



Irish Network Stevenage Newsletter & Calendar November & December 2026



“Supporting the older community in Stevenage and surrounding areas”

Wow – can you believe it? We’ve almost travelled a full 365 days around the sun again and Christmas is already peeking around the corner.

As wonderful as this time of year is, it’s also when we need to be mindful of the changing weather and look out for ourselves and each other. Keeping up with your usual activities is important for mental and emotional wellbeing. Staying active and attending your regular groups helps keep isolation at bay – once we slip out of the habit, it can be surprisingly hard to get back into the swing of things. It’s tempting to stay curled up in the warmth at home, but if it’s safe to travel, give yourself that gentle nudge to keep going.

Our AGM in September was a wonderful success, with fantastic attendance and to celebrate everything we’ve achieved this year. We also held a MacMillan Coffee Morning during the meeting – and together we raised an amazing £250.00. A huge thank you to everyone who attended, baked, donated, and supported the event.



A special mention goes to Noreen, who as the well-deserved recipient of the Luke Donovan Volunteer’s Award, she gives so much of her time and her contribution makes a real difference to our INS family.

We have had a busy few months; we had a lovely trip to our friends at Luton Irish Forum, a

Fish & Chip lunch at The Poplars, a stall at the Older Peoples Day, we attended the Mayors Tea Party and even created an art mural for the new Independent living Scheme at the Oval! We’re delighted to be hosting a special Tea Dance to celebrate Stevenage’s 80th Anniversary. We want this event to feel extra special as our way of showing gratitude to the town that welcomed us so warmly as part of its community.

A new Line Dancing Group has started at St Peters in Broadwater and everyone is welcome, no matter your ability. If you’d like to join, simply contact the office.

Our Christmas Lunch will take place on 16th December, 2026. Tickets go on sale in November, and as they sell out very quickly, make sure you grab yours early!

Monday	2nd	9.15am-10.15am	Tai Chi	The Oval C.C.
Monday	2nd	10.15am-12.15pm	Tea & Chat	The Oval C.C.
Monday	2nd	10.30am-11.30am	Sing-along with Dave	The Oval C.C.
Monday	2nd	12.30pm-1.30pm	Line Dancing	The Oval C.C.
Monday	2nd	6.15pm-7.30pm	Monday Night Bingo	Timebridge C.C.
Tuesday	3rd	10.00am-11.30am	Breakfast Club	The Oval C.C.
Tuesday	3rd	11.30am-12.30pm	Tuesdays Line Dancing	The Oval C.C.
Tuesday	3rd	12.00pm-1.00pm	Salsacize	Chells Manor C.C.
Wednesday	4th	9.00am-12.00pm	Member's Support	Sherma Batson Centre
Wednesday	4th	9.45am-10.45am	Zumba Gold	Timebridge C.C.
Wednesday	4th	10.00am-11.00am	Line Dancing	St Peters Church
Wednesday	4th	1.00pm-2.30pm	Bingo	Stevenage Postels Club
Thursday	5th	9.30am-11.00am	Breakfast Club	Poplars C.C.
Thursday	5th	TBC	Craft-Pottery Class	The Oval C.C.
Thursday	5th	11.00am-12.30pm	Bingo	Poplars C.C.
Friday	6th	10.00am-11.00am	Yoga	The Oval C.C.
Friday	6th	11.30am-12.30pm	Exercise and Fitness	The Oval C.C.
Friday	6th	12.30pm-1.30pm	Friday Lunch Club	The Oval C.C.
Friday	6th	1.30pm-2.30pm	Beginners Line Dancing	Methodist Church Old Town, w1/6
Friday	6th	7.30pm-9.00pm	Friday Night Bingo	Symonds Green C.C.
Monday	9th	9.15am-10.15am	Tai Chi	The Oval C.C.
Monday	9th	10.15am-12.15pm	Tea & Chat	The Oval C.C.
Monday	9th	10.30am-11.30am	Sing-along with Dave	The Oval C.C.
Monday	9th	12.30pm-1.30pm	Line Dancing	The Oval C.C.
Monday	9th	6.15pm-7.30pm	Monday Night Bingo	Timebridge C.C.
Tuesday	10th	10.00am-11.30am	Breakfast Club	The Oval C.C.
Tuesday	10th	TBC	Friendship Group	Sherma Batson Centre
Tuesday	10th	11.30am-12.30pm	Tuesdays Line Dancing	The Oval C.C.

Tuesday	10th	12.00pm-1.00pm	Salsacize	Chells Manor C.C.
Wednesday	11th	9.00am-12.00pm	Member's Support	Sherma Batson
Wednesday	11th	9.45am-10.45am	Zumba Gold	Timebridge C.C.
Wednesday	11th	10.00am-11.00am	Line Dancing	St Peters Church
Wednesday	11th	1.00pm-4.00pm	Tea Dance, 80 Years of Stevenage	The Oval C.C.
Thursday	12th	9.30am-11.00am	Breakfast Club	Poplars C.C.
Thursday	12th	11.00am-12.30pm	Bingo	Poplars C.C.
Thursday	12th	10.30am-12.00pm	Men's Club	Sherma Batson
Friday	13th	10.00am-11.00am	Yoga	The Oval C.C.
Friday	13th	11.30am-12.30pm	Exercise and Fitness	The Oval C.C.
Friday	13th	12.30pm-1.30pm	Friday Lunch Club	The Oval C.C.
Friday	13th	1.30pm-2.30pm	Beginners Line Dancing	Methodist Church Old Town, w2/6
Friday	13th	7.30pm-9.00pm	Friday Night Bingo	Symonds Green C.C.
Monday	16th	9.15am-10.15am	Tai Chi	The Oval C.C.
Monday	16th	10.15am-12.15pm	Tea & Chat	The Oval C.C.
Monday	16th	10.30am-11.30am	Sing-along with Dave	The Oval C.C.
Monday	16th	12.30pm-1.30pm	Line Dancing	The Oval C.C.
Monday	16th	6.15pm-7.30pm	Monday Night Bingo	Timebridge C.C.
Tuesday	17th	10.00am-11.30am	Breakfast Club	The Oval C.C.
Tuesday	17th	TBC	The Red Shed	The Red Shed
Tuesday	17th	11.30am-12.30pm	Tuesdays Line Dancing	The Oval C.C.
Tuesday	17th	12.00pm-1.00pm	Salsacize	Chells Manor C.C.
Wednesday	18th	9.00am-12.00pm	Member's Support	Sherma Batson
Wednesday	18th	9.45am-10.45am	Zumba Gold	Timebridge C.C.
Wednesday	18th	10.00am-11.00am	Line Dancing	St Peters Church
Wednesday	18th	1.00pm-2.30pm	Bingo	Stevenage Postels
Thursday	19th	9.30am-11.00am	Breakfast Club	Poplars C.C.
Thursday	19th	TBC	Craft	The Oval C.C.
Thursday	19th	11.00am-12.30pm	Bingo	Poplars C.C.

Friday	20th	10.00am-11.00am	Yoga	The Oval C.C.
Friday	20th	11.30am-12.30pm	Exercise and Fitness	The Oval C.C.
Friday	20th	12.30pm-1.30pm	Friday Lunch Club	The Oval C.C.
Friday	20th	1.30pm-2.30pm	Beginners Line Dancing	Methodist Church Old Town, w3/6
Friday	20th	7.30pm-9.00pm	Friday Night Bingo	Symonds Green C.C.
Monday	23rd	9.15am-10.15am	Tai Chi	The Oval C.C.
Monday	23rd	10.15am-12.15pm	Tea & Chat	The Oval C.C.
Monday	23rd	10.30am-11.30am	Sing-along with Dave	The Oval C.C.
Monday	23rd	12.30pm-1.30pm	Line Dancing	The Oval C.C.
Monday	23rd	6.15pm-7.30pm	Monday Night Bingo	Timebridge C.C.
Tuesday	24th	10.00am-11.30am	Breakfast Club	The Oval C.C.
Tuesday	24th	11.30am-12.30pm	Tuesdays Line Dancing	The Oval C.C.
Tuesday	24th	12.00pm-1.00pm	Salsacize	Chells Manor C.C.
Wednesday	25th	9.00am-12.00pm	Member's Support	Sherma Batson
Wednesday	25th	9.45am-10.45am	Zumba Gold	Timebridge C.C.
Wednesday	25th	10.00am-11.00am	Line Dancing	St Peters Church
Wednesday	25th	1.00pm-3.00pm	Afternoon Social	The Oval C.C.
Thursday	26th	9.30am-11.00am	Breakfast Club	Poplars C.C.
Thursday	26th	10.30am-12.00pm	Men's Club	Sherma Batson
Thursday	26th	11.00am-12.30pm	Bingo	Poplars C.C.
Friday	27th	10.00am-11.00am	Yoga	The Oval C.C.
Friday	27th	11.30am-12.30pm	Exercise and Fitness	The Oval C.C.
Friday	27th	12.30pm-1.30pm	Friday Lunch Club	The Oval C.C.
Friday	27th	1.30pm-2.30pm	Beginners Line Dancing	Methodist Church Old Town, w4/6
Friday	27th	7.30pm-9.00pm	Friday Night Bingo	Symonds Green C.C.
Monday	30th	9.15am-10.15am	Tai Chi	The Oval C.C.
Monday	30th	10.15am-12.15pm	Tea & Chat	The Oval C.C.
Monday	30th	10.30am-11.30am	Sing-along with Dave	The Oval C.C.
Monday	30th	12.30pm-1.30pm	Line Dancing	The Oval C.C.
Monday	30th	6.15pm-7.30pm	Monday Night Bingo	Timebridge C.C.

DECEMBER				
Tuesday	1st	10.00am-11.30am	Breakfast Club	The Oval C.C.
Tuesday	1st	Ticket Only	The Codfather Lunch	Poplars C.C.
Tuesday	1st	11.30am-12.30pm	Tuesdays Line Dancing	The Oval C.C.
Tuesday	1st	12.00pm-1.00pm	Salsacize	Chells Manor C.C.
Wednesday	2nd	9.00am-12.00pm	Member's Support	Sherma Batson
Wednesday	2nd	9.45am-10.45am	Zumba Gold	Timebridge C.C.
Wednesday	2nd	10.00am-11.00am	Line Dancing	St Peters Church
Wednesday	2nd	1.00pm-2.30pm	Bingo	Stevenage Postels Club
Thursday	3rd	9.30am-11.00am	Breakfast Club	Poplars C.C.
Thursday	3rd	11.00am-12.30pm	Bingo	Poplars C.C.
Friday	4th	10.00am-11.00am	Yoga	The Oval C.C.
Friday	4th	11.30am-12.30pm	Exercise and Fitness	The Oval C.C.
Friday	4th	12.30pm-1.30pm	Friday Lunch Club	The Oval C.C.
Friday	4th	1.30pm-2.30pm	Beginners Line Dancing	Methodist Church Old Town, w5/6
Friday	4th	7.30pm-9.00pm	Friday Night Bingo	Symonds Green C.C.
Monday	7th	9.15am-10.15am	Tai Chi	The Oval C.C.
Monday	7th	10.15am-12.15pm	Tea & Chat	The Oval C.C.
Monday	7th	10.30am-11.30am	Sing-along with Dave	The Oval C.C.
Monday	7th	12.30pm-1.30pm	Line Dancing	The Oval C.C.
Monday	7th	6.15pm-7.30pm	Monday Night Bingo	Timebridge C.C.
Tuesday	8th	10.00am-11.30am	Breakfast Club	The Oval C.C.
Tuesday	8th	TBC	Friendship Group	Sherma Batson
Tuesday	8th	11.30am-12.30pm	Tuesdays Line Dancing	The Oval C.C.
Tuesday	8th	12.00pm-1.00pm	Salsacize	Chells Manor C.C.
Wednesday	9th	9.00am-12.00pm	Member's Support	Sherma Batson
Wednesday	9th	CANCELLED	Zumba Gold	Timebridge C.C.
Wednesday	9th	10.00am-11.00am	Line Dancing	St Peters Church
Wednesday	9th	1.00pm-2.30pm	Bingo	Stevenage Postels
Thursday	10th	9.30am-11.00am	Breakfast Club	Poplars C.C.

Thursday	10th	11.00am-12.30pm	Bingo	Poplars C.C.
Thursday	10th	10.30am-12.00pm	Men's Club	Sherma Batson Centre
Friday	11th	10.00am-11.00am	Yoga	The Oval C.C.
Friday	11th	11.30am-12.30pm	Exercise and Fitness	The Oval C.C.
Friday	11th	12.30pm-1.30pm	Friday Lunch Club	The Oval C.C.
Friday	11th	1.30pm-2.30pm	Beginners Line Dancing	Methodist Church Old Town, w6/6
Friday	11th	7.30pm-9.00pm	Friday Night Bingo	Symonds Green C.C.
Monday	14th	9.15am-10.15am	Tai Chi	The Oval C.C.
Monday	14th	10.15am-12.15pm	Tea & Chat	The Oval C.C.
Monday	14th	10.30am-11.30am	Sing-along with Dave	The Oval C.C.
Monday	14th	12.30pm-1.30pm	Line Dancing	The Oval C.C.
Monday	14th	6.15pm-7.30pm	Monday Night Bingo	Timebridge C.C.
Tuesday	15th	10.00am-11.30am	Breakfast Club	The Oval C.C.
Tuesday	15th	TBC	The Red Shed & Craft	The Red Shed,
Tuesday	15th	11.30am-12.30pm	Tuesdays Line Dancing	The Oval C.C.
Tuesday	15th	12.00pm-1.00pm	Salsacize	Chells Manor C.C.
Wednesday	16th	CANCELLED	Member's Support	Sherma Batson Centre
Wednesday	16th	CANCELLED	Zumba Gold	Timebridge C.C.
Wednesday	16th	CANCELLED	Line Dancing	St Peters Church
Wednesday	16th	Ticket Only	Christmas Lunch	The Holiday Inn
Thursday	17th	9.30am-11.00am	Breakfast Club	Poplars C.C.
Thursday	17th	11.00am-12.30pm	Bingo	Poplars C.C.
Friday	18th	10.00am-11.00am	Yoga	The Oval C.C.
Friday	18th	11.30am-12.30pm	Exercise and Fitness	The Oval C.C.
Friday	18th	12.30pm-1.30pm	Friday Lunch Club	The Oval C.C.
Friday	18th	7.30pm-9.00pm	Friday Night Bingo	Symonds Green C.C.
Monday	21st	9.15am-10.15am	Tai Chi	The Oval C.C.
Monday	21st	10.15am-12.15pm	Tea & Chat	The Oval C.C.
Monday	21st	10.30am-11.30am	Sing-along with Dave	The Oval C.C.

Monday	21st	12.30pm-1.30pm	Line Dancing	The Oval C.C.
Monday	21st	6.15pm-7.30pm	Monday Night Bingo	Timebridge C.C.
Tuesday	22nd	10.00am-11.30am	Breakfast Club	The Oval C.C.
Tuesday	22nd	11.30am-12.30pm	Tuesdays Line Dancing	The Oval C.C.
Tuesday	22nd	12.00pm-1.00pm	Salsacize	Chells Manor C.C.
Wednesday	23rd	9.00am-12.00pm	Member's Support	Sherma Batson Centre
Wednesday	23rd	CANCELLED	Zumba Gold	Timebridge C.C.
Wednesday	23rd	10.00am-11.00am	Line Dancing	St Peters Church
Wednesday	23rd	1.00pm-2.30pm	Bingo	Stevenage Postels Club

CLOSED UNTIL MONDAY 4TH JANUARY, 2027

A Christmas Message from Our Trustees

As we approach Christmas and the end of another busy and rewarding year, we would like to wish all our members, volunteers, staff, supporters and their families a very Merry Christmas and a happy, healthy New Year.

Looking back, we all feel incredibly proud of what we have achieved together. Irish Network Stevenage continues to grow, with activities across eight neighbourhood centres, helping people stay active, connected and involved in their local communities. It is wonderful to see friendships flourishing, new members joining us and so many people discovering new interests and creating happy memories together.

Christmas reminds us how important friendship, kindness and belonging are, particularly at a time when some people may feel lonely. At Irish Network Stevenage, we want everyone to feel welcome, valued and supported; we are proud of the community we continue to build together.

Looking ahead to 2027, we are excited about the opportunities to develop even more activities, promote health and wellbeing, welcome new members and volunteers, and continue reducing loneliness across Stevenage.

Until we meet again in the New Year, I hope you enjoy a peaceful Christmas filled with happiness, laughter and friendship.

Merry Christmas and best wishes for a wonderful 2027!



Our Activities

Afternoon Social: The afternoon includes a Raffle, Live Music and lots of fun. Tea, coffee and biscuits are provided. Entry is £3.50 for members and £4.50 non-members.

Breakfast Club: We will be providing free tea, coffee and a light breakfast on Thursday's at the Poplars Community Centre, which is next to Sainsbury's and everyone is welcome!

Monday Night Bingo: Our Evening Bingo at Timebridge is a fantastic venue with a great bar! Entry is £7.00 for 6 games. Flyers can be purchased separately. Non members welcome.

Wednesday Bingo: Our Wednesday afternoon bingo sessions are always great fun with great winnings! You can also buy lunch at The Postels Club and the bar is open! Entry is £8.50 for 6 games and a flyer and includes tea and coffee. Non members welcome.

Thursday Bingo: A fun and easy going bingo session at Poplars Community Centre. Entry is £8.50 for 6 games and a flyer and includes tea and coffee.

Friendship Group: This is a group made up of more vulnerable members. Places are limited and there is a waiting list; booking is essential. £2.00 per session.

Friday Night Bingo: Our Friday night bingo sessions at Symonds Green are seeing lot of new members! Entry is £10.50 for 5 games and 3 flyers. Non members welcome.

Friday Lunch Club: A pre-booked light lunch open to all. Places are limited and booking is essential. £3.50 for members and £5.50 for non-members.

Line Dancing: Classes are on Monday, Tuesday and Wednesday, are perfect for all abilities and are all about having fun! £2.50 for members and £4.50 for non-members.

Exercise & Fitness Class: A gentle Exercise and Fitness class for all abilities. £2.50 members and £4.50 for non-members.

Men's Club: A men's only morning to spend time with friends playing cards at the Sherma Batson Centre. Small fee of £1.00.

Salsacize: A fun and exciting class that helps you dance your way to fitness! Helps improve cardio and flexibility. £2.50 for members and £4.50 for non-members.

Sing-a-Long with Dave: A relaxed and fun session for all singing abilities. £2.50 for members and £4.50 for non-members.

Tai Chi: A gentle exercise and stretching to create harmony between mind and body. £2.50 for members and £4.50 for non-members.

Tea Dance: An afternoon of live entertainment including tea, coffee, sandwiches & cakes. Entry is £4.50 members and £5.50 for non-members. Tickets are purchased pre-event.

Tea and Chat: Free tea, coffee and biscuits and a chance to meet old friends and make new ones.

Yoga: A mixture of Pilates and Yoga. An exercise that increases core strength and improves posture. £2.50 members and £4.50 non-members.

Zumba Gold: Focuses on balance, motion and coordination for the older person, £2.50 members and £4.50 non-members.