



## ***Irish Network Stevenage Newsletter & Calendar December 2024***



***“Supporting the older community in Stevenage and surrounding areas”***



We have now had our first full month in our new community centres - and what a month it has been! We have had lots of new members join us as the new community centres are more convenient for some people plus we have increased our activities! Moving into the

New Year we will be adding even more activities - so watch this space! As mentioned at all our activities, if anyone has any issues regarding transport to the new centres, please do let us know as we can arrange transport.

Last month we had our annual trip to Luton Irish Forum, which was fantastic with over 100 friends dancing the afternoon away! We were also privileged to be invited to the Irish Embassy to meet the Irish Ambassador and we were also proud to lay a



wreath on Remembrance Sunday.



We recently had the honour of being the only charity to be asked to present at the Hertfordshire Community Foundation Annual Reception about the work that we do and the challenges we face with the reduction in support to our sector and members. The response was overwhelming. To be seen as such a proactive and

supportive charity in Hertfordshire is such an honour and we will continue to advocate for our members to bring around positive change.

Activities as usual on Friday 20th December, then closed for the Christmas break and reopen on Friday 3rd January 2025. From all the staff, volunteers and Trustees we wish you a happy and peaceful Christmas.

Monday	2nd	9.15am - 10.15am	Tai Chi	The Oval C.C.
Monday	2nd	10.15am - 12.15pm	Tea Room	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.
Tuesday	3rd	9.30am - 10.30am	Breakfast Club	The Oval C.C.
Tuesday	3rd	10.30am - 1.00pm	Tea & Chat	The Oval C.C.
Tuesday	3rd	11.30am - 12.30pm	Line Dancing	The Oval C.C.
Tuesday	3rd	12.00pm-1.00pm	Salsacize	Chells Manor C.C.
Wednesday	4th	1.00pm - 2.30pm	Bingo	Stevenage Postels Club
Thursday	5th	10.30am - 11.30pm	Men's Club	Sherma Batson Centre
Thursday	5th	1.00pm - 2.00pm	Chair Based Exercise	Symonds Green C.C.
Thursday	5th	2.15pm - 3.15pm	YogaLates	Symonds Green C.C.
Friday	6th	10.00am - 11.00am	YogaLates	Timebridge C.C.
Friday	6th	11.30am - 12.30pm	Chair Based Exercise	Timebridge C.C.
Friday	6th	12.30pm - 1.30pm	Friday Lunch Club	Timebridge C.C.
Friday	6th	12.45pm - 1.45pm	Chair Based Exercise	Timebridge C.C.
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 Room	The Oval C.C.
Monday	9th	<b>CANCELLED</b>	Sing-along with Dave	The Oval C.C.
Monday	9th	10.00am-11.00am &11.00am-12.00pm	1-1 IT Lessons	Sherma Batson Centre
Monday	9th	12.30pm - 1.30pm	Line Dancing	The Oval C.C.
Tuesday	10th	<b>CANCELLED</b>	Breakfast Club	The Oval C.C.
Tuesday	10th	<b>CANCELLED</b>	Tea & Chat	The Oval C.C.
Tuesday	10th	<b>CANCELLED</b>	Tuesdays Line Dancing	The Oval C.C.
Tuesday	10th	<b>CANCELLED</b>	Friendship Group	
Tuesday	10th	<b>CANCELLED</b>	Salsacize	Chells Manor C.C.
Tuesday	10th	<b>Ticket only</b>	CHRISTMAS LUNCH	The Holiday Inn
Wednesday	11th	1.00pm - 2.30pm	Bingo	Stevenage Postels Club
Thursday	12th	1.00pm - 2.00pm	Chair Based Exercise	Symonds Green C.C.



Thursday	12th	2.15pm - 3.15pm	YogaLates	Symonds Green C.C.
Friday	13th	10.00am - 11.00am	YogaLates	Timebridge C.C.
Friday	13th	11.30am - 12.30pm	Chair Based Exercise	Timebridge C.C.
Friday	13th	12.30pm - 1.30pm	Friday Lunch Club	Timebridge C.C.
Friday	13th	12.45pm - 1.45pm	Chair Based Exercise	Timebridge C.C.
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 Room	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.
Tuesday	17th	9.30am - 10.30am	Breakfast Club	The Oval C.C.
Tuesday	17th	10.30am - 1.00pm	Tea & Chat	The Oval C.C.
Tuesday	17th	11.30am - 12.30pm	Line Dancing	The Oval C.C.
Tuesday	17th	10.00am - 12.00pm	The Red Shed & Craft Group	
Tuesday	17th	12.00pm - 1.00pm	Salsacize	Chells Manor C.C.
Tuesday	17th	1.00pm - 2.30pm	Bingo	Stevenage Postels Club
Thursday	19th	10.30am - 11.30pm	Men's Club	Sherma Batson Centre
Thursday	19th	1.00pm - 2.00pm	Chair Based Exercise	Symonds Green C.C.
Thursday	19th	2.15pm - 3.15pm	YogaLates	Symonds Green C.C.
Friday	20th	10.00am - 11.00am	YogaLates	Timebridge C.C.
Friday	20th	11.30am - 12.30pm	Chair Based Exercise	Timebridge C.C.
Friday	20th	12.30pm - 1.30pm	Friday Lunch Club	Timebridge C.C.
Friday	20th	12.45pm - 1.45pm	Chair Based Exercise	Timebridge C.C.
Friday	20th	7.30pm - 9.00pm	Friday Night Bingo	Symonds Green C.C.
<b>2025</b>				
Friday	3rd	10.00am - 11.00am	YogaLates	Timebridge C.C.
Friday	3rd	11.30am - 12.30pm	Chair Based Exercise	Timebridge C.C.
Friday	3rd	12.30pm - 1.30pm	Friday Lunch Club	Timebridge C.C.
Friday	3rd	12.45pm - 1.45pm	Chair Based Exercise	Timebridge C.C.
Friday	3rd	7.30pm - 9.00pm	Friday Night Bingo	Symonds Green C.C.



## Our Activities

Below are details of the events we are running. These are open to all but INS members have priority. Booking for some activities is essential.

**1:1 IT Classes** Helping you learn what you want at your own pace from basic IT to Facebook or Emailing. The cost is £3.50 per session and needs to be booked in advance.

**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.

**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.

**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.

**Bingo** Feeling lucky? Come along, on Wednesday entry is £8.50/£12.50 non-members and/or Friday, entry is £10.00/£14.00 non-members for 6 games with free tea, coffee and biscuit and flyer available. All profits are given out as prize money.

**Line Dancing** Mondays class is for the more experienced dancer and Tuesdays one is for those relatively new to Line Dancing. Classes are about having fun - we don't take it too seriously! £2.50 for members and £4.50 for non-members.

**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.

**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.

**Exercise Class** Everyone is welcome. A gentle chair based exercise class for all abilities. £2.50 for members and £4.50 for non-members and needs to be booked in advance.

**Yogalates** A mixture of Pilates and Yoga. An exercise that increases core strength and improves posture, whilst increasing flexibility and reducing stiffness. £2.50 for members and £4.50 for non-members and needs to be booked in advanced.

**Tuesdays Breakfast Club** A healthy breakfast is the best start to the day and we are providing you with a free one on Tuesdays so do come along!

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

**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.

**Tai Chi** A gentle exercise and stretching to create harmony between mind and body. £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.

### Contact Us

Sherma Batson Centre, 10-12 Exchange Road, Stevenage, Herts, SG1 1PZ.

info@irishnetworkstevenage.org.uk, www.irishnetworkstevenage.org.uk

Tel: 01438 725400. Office hours 9.00am - 3.00pm, Monday, Wednesday, Friday

