



# **Irish Network Stevenage Calendar October 2022**



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



As we come into October we can all feel the weather changing, so now is a good time to make sure your home is nice and warm, you have all your jabs and you are looking after yourself; eat properly and keep moving!

We have had some lovely events over the last month, including our annual trip to Southend which was a fantastic day out and our new Fri-

day Bingo has been a great success with lots of new people coming along, and big prize money! As from the 29<sup>th</sup> September we are starting a “Thursdays Tea

and Chat” at the Community Centre, it will be from 10.00am to 12.30pm and is open to all our members. This is an opportunity for you to come along for free tea, coffee and biscuits and chat to others. There may even be a few games on



the go, there is no need to book, just turn up!

It may seem early to talk about Christmas but we do like to get ahead of things.

So we have our Annual Christmas lunch at The Cromwell on 13<sup>th</sup> December and

tickets are on sale from 12<sup>th</sup> October. This is always popular and members will be the priority, so do get your tickets soon, as these sell out quickly. As you know, membership was due in September and the fees do help us keep our costs down so if you haven't renewed, please contact the office. Detailed inside are the times and dates of all our activities so please do have a look and see if there is something you are interested in trying.



# Dates for your Diary

Descriptions of all the activities are on the back page and includes whether booking is needed and the costs. All events are held at Bedwell Community Centre unless otherwise specified.

<b>OCTOBER</b>			
<b>Monday</b>	<b>3rd</b>	<b>10.00am - 12.00pm</b>	<b>1-1 IT Lessons</b>
<b>Monday</b>	<b>3rd</b>	<b>1.00pm - 2.00pm</b>	<b>Line Dancing</b>
<b>Monday</b>	<b>3rd</b>	<b>2.15pm - 3.15pm</b>	<b>Line Dancing</b>
<b>Tuesday</b>	<b>4th</b>	<b>9.30am - 10.30am</b>	<b>Beginners Line Dancing</b>
<b>Tuesday</b>	<b>4th</b>	<b>1.30pm - 2.30pm</b>	<b>Salsacize</b>
<b>Wednesday</b>	<b>5th</b>	<b>1.00pm - 2.30pm</b>	<b>Bingo</b>
<b>Thursday</b>	<b>6th</b>	<b>10.00am - 12.30pm</b>	<b>Thursdays Tea &amp; Chat</b>
<b>Thursday</b>	<b>6th</b>	<b>10.30am - 12.00pm</b>	<b>Men's Club</b>
<b>Thursday</b>	<b>6th</b>	<b>1.00pm - 2.00pm</b>	<b>YogaLates</b>
<b>Thursday</b>	<b>6th</b>	<b>TBC</b>	<b>Carers Stepping Out</b>
<b>Friday</b>	<b>7th</b>	<b>10.00am - 11.00am</b>	<b>YogaLates</b>
<b>Friday</b>	<b>7th</b>	<b>11.30am - 12.30pm</b>	<b>Chair Based Exercise</b>
<b>Friday</b>	<b>7th</b>	<b>12.30pm - 1.30pm</b>	<b>Friday Lunch Club</b>
<b>Friday</b>	<b>7th</b>	<b>7.30pm - 10.00pm</b>	<b>Friday Night Bingo</b>
<b>Monday</b>	<b>10th</b>	<b>10.00am - 12.00pm</b>	<b>1-1 IT Lessons</b>
<b>Monday</b>	<b>10th</b>	<b>1.00pm - 2.00pm</b>	<b>Line Dancing</b>
<b>Monday</b>	<b>10th</b>	<b>2.15pm - 3.15pm</b>	<b>Line Dancing</b>
<b>Tuesday</b>	<b>11th</b>	<b>9.30am - 10.30am</b>	<b>Beginners Line Dancing</b>
<b>Tuesday</b>	<b>11th</b>	<b>TBC</b>	<b>Friendship Group</b>
<b>Tuesday</b>	<b>11th</b>	<b>1.30pm - 2.30pm</b>	<b>Salsacize</b>
<b>Wednesday</b>	<b>12th</b>	<b>1.00pm - 3.00pm</b>	<b>Tea Dance</b>
<b>Thursday</b>	<b>13th</b>	<b>10.00am - 12.30pm</b>	<b>Thursdays Tea &amp; Chat</b>
<b>Thursday</b>	<b>13th</b>	<b>1.00pm - 2.00pm</b>	<b>YogaLates</b>
<b>Friday</b>	<b>14th</b>	<b>10.00am - 11.00am</b>	<b>YogaLates</b>
<b>Friday</b>	<b>14th</b>	<b>11.30am - 12.30pm</b>	<b>Chair Based Exercise</b>
<b>Friday</b>	<b>14th</b>	<b>12.30pm - 1.30pm</b>	<b>Friday Lunch Club</b>
<b>Friday</b>	<b>14th</b>	<b>7.30pm - 10.00pm</b>	<b>Friday Night Bingo</b>

<b>Monday</b>	<b>17th</b>	<b>10.00am - 12.00pm</b>	<b>1-1 IT Lessons</b>
<b>Monday</b>	<b>17th</b>	<b>1.00pm - 2.00pm</b>	<b>Line Dancing</b>
<b>Monday</b>	<b>17th</b>	<b>2.15pm - 3.15pm</b>	<b>Line Dancing</b>
<b>Tuesday</b>	<b>18th</b>	<b>9.30am - 10.30am</b>	<b>Beginners Line Dancing</b>
<b>Tuesday</b>	<b>18th</b>	<b>10.00am - 12.00pm</b>	<b>The Red Shed</b>
<b>Tuesday</b>	<b>18th</b>	<b>1.30pm - 2.30pm</b>	<b>Salsacize</b>
<b>Wednesday</b>	<b>19th</b>	<b>1.00pm - 2.30pm</b>	<b>Bingo</b>
<b>Thursday</b>	<b>20th</b>	<b>10.00am - 12.30pm</b>	<b>Thursdays Tea &amp; Chat</b>
<b>Thursday</b>	<b>20th</b>	<b>10.30am - 12.00pm</b>	<b>Men's Club</b>
<b>Thursday</b>	<b>20th</b>	<b>10.30am - 12.00pm</b>	<b>Craft</b>
<b>Thursday</b>	<b>20th</b>	<b>1.00pm - 2.00pm</b>	<b>YogaLates</b>
<b>Friday</b>	<b>21st</b>	<b>10.00am - 11.00am</b>	<b>YogaLates</b>
<b>Friday</b>	<b>21st</b>	<b>11.30am - 12.30pm</b>	<b>Chair Based Exercise</b>
<b>Friday</b>	<b>21st</b>	<b>12.30pm - 1.30pm</b>	<b>Friday Lunch Club</b>
<b>Friday</b>	<b>21st</b>	<b>7.30pm - 10.00pm</b>	<b>Friday Night Bingo</b>
<b>Monday</b>	<b>24th</b>	<b>10.00am - 12.00pm</b>	<b>1-1 IT Lessons</b>
<b>Monday</b>	<b>24th</b>	<b>1.00pm - 2.00pm</b>	<b>Line Dancing</b>
<b>Monday</b>	<b>24th</b>	<b>2.15pm - 3.15pm</b>	<b>Line Dancing</b>
<b>Tuesday</b>	<b>25th</b>	<b>CANCELLED</b>	<b>Beginners Line Dancing</b>
<b>Tuesday</b>	<b>25th</b>	<b>1.30pm - 2.30pm</b>	<b>Salsacize</b>
<b>Wednesday</b>	<b>26th</b>	<b>1.00pm - 3.00pm</b>	<b>Afternoon Social</b>
<b>Thursday</b>	<b>27th</b>	<b>10.00am - 12.30pm</b>	<b>Thursdays Tea &amp; Chat</b>
<b>Thursday</b>	<b>27th</b>	<b>1.00pm - 2.00pm</b>	<b>YogaLates</b>
<b>Friday</b>	<b>28th</b>	<b>11.30am - 12.30pm</b>	<b>Chair Based Exercise</b>
<b>Friday</b>	<b>28th</b>	<b>12.30pm - 1.30pm</b>	<b>Friday Lunch Club</b>
<b>Friday</b>	<b>28th</b>	<b>7.30pm - 10.00pm</b>	<b>Friday Night Bingo</b>
<b>Monday</b>	<b>31st</b>	<b>10.00am - 12.00pm</b>	<b>1-1 IT Lessons</b>
<b>Monday</b>	<b>31st</b>	<b>1.00pm - 2.00pm</b>	<b>Line Dancing</b>
<b>Monday</b>	<b>31st</b>	<b>2.15pm - 3.15pm</b>	<b>Line Dancing</b>

## Our Activities

Please see below for details of the events we are running. These are open to all but INS members are a 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. Cost is £3.00 per session and need 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 or having a walk around Fairlands Valley. We are also planning on arranging other occasional activities. Small fee of £1.00.

**Tea Dance** An afternoon of live entertainment including tea, coffee, homemade sandwiches, cakes and scones. Entry is £4.00 for members and £5.00 for non-members and tickets must be purchased pre-event.

**Bingo** Feeling lucky? Why not come to one of our Bingo afternoons — Entry is £1.00 and it is £6.00 for 6 games with free tea, coffee and biscuit and flyer available for £1.00 All profits are given out as prize money — we have been told how generous we are!

**Beginners Line Dancing** This is a new addition to our activities and it's tailored towards people with little or no dancing experience, who would like to learn line dance. It's a fun easy going class with a focus on fun! £2.00 per session.

**Line Dancing** Two classes a week, suitable for all dancers, each class is £2.00 and open to everyone. Booking is essential.

**Afternoon Social** Everyone is welcome to our monthly socials and entry is £3.00 for members and £4.00 non-members. The afternoon includes a Raffle, Live Music and lots of fun. Tea, coffee and biscuits are provided.

**Friday Lunch Club** A pre-booked light lunch open to all. Places are limited and booking is essential. £3.00 per lunch.

**Exercise Class** Everyone is welcome. A gentle chair based exercise class once a week for all abilities. £2.00 per person.

**Yogalates** This is a mixture of Pilates and Yoga. An exercise that increases core strength and improves posture, whilst increasing flexibility and reducing stiffness. £2.00 per person.

**Thursdays 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. £2.00 per person.

### Contact Us

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