



The Queen's Award
for Voluntary Service

Irish Network Stevenage Calendar November 2022



“Supporting the older community in Stevenage and surrounding areas”



Winter is just around the corner, 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!

Apart from the regular scheduled activities, we have the **Christmas lunch** to look forward to. Tickets went on sale on October 12th for

the lunch which is being held at the **Holiday Inn**, next to the Stevenage Fire Station on St George's Way on 13th December. If you haven't already, get in touch for your ticket; £14 for members.

The **“Thursdays Tea and Chat”** at the Community Centre has been running for a few weeks. Do drop in anytime between 10.00am to 12.30pm to chat to friends, old and new, over a tea or coffee with a biscuit and it's free and open to all members. There may even be a few games on the go; there is no need to book, just turn up!



The **Christmas savings club** will be closing soon, so please make sure your Bank details are up to date. The increased costs of energy started on 1st October so please make sure you are receiving your full benefit entitlements. The energy

assistance from the Government is automatic so beware of scams; there may also be other help available to you.

Detailed inside are the times and dates of all our activities so please have a look and see if there is something you are interested in trying.

Throughout November & December, over 60's get **soup, roll and hot drink** from Asda for £1.



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.

NOVEMBER			
Tuesday	1st	9.30am - 10.30am	Beginners Line Dancing
Tuesday	1st	1.30pm - 2.30pm	Salsacize
Wednesday	2nd	1.00pm - 2.30pm	Bingo
Wednesday	2nd	10.30 pm - 5.00pm	Milton Keynes Irish Club
Thursday	3rd	10.00am - 12.30pm	Thursdays Tea & Chat
Thursday	3rd	10.30am - 12.00pm	Mens Club
Thursday	3rd	1.00pm - 2.00pm	YogaLates
Friday	4th	10.00am - 11.00am	YogaLates
Friday	4th	11.30am - 12.30pm	Chair Based Exercise
Friday	4th	12.30pm - 1.30pm	Friday Lunch Club
Friday	4th	7.30pm - 10.00pm	Friday Night Bingo
Monday	7th	10.00am - 12.00pm	1-1 IT Lessons
Monday	7th	1.00pm - 2.00pm	Line Dancing
Monday	7th	2.15pm - 3.15pm	Line Dancing
Tuesday	8th	TBC	Friendship Group
Tuesday	8th	9.30am - 10.30am	Beginners Line Dancing
Tuesday	8th	1.30pm - 2.30pm	Salsacize
Wednesday	9th	1.00pm - 3.00pm	Tea Dance
Thursday	10th	10.00am - 12.30pm	Thursdays Tea & Chat
Thursday	10th	1.00pm - 2.00pm	YogaLates
Friday	11th	10.00am - 11.00am	YogaLates
Friday	11th	11.30am - 12.30pm	Chair Based Exercise
Friday	11th	12.30pm - 1.30pm	Friday Lunch Club
Friday	11th	7.30pm - 10.00pm	Friday Night Bingo
Monday	14th	10.00am - 12.00pm	1-1 IT Lessons
Monday	14th	1.00pm - 2.00pm	Line Dancing
Monday	14th	2.15pm - 3.15pm	Line Dancing

Tuesday	15th	9.30am - 10.30am	Beginners Line Dancing
Tuesday	15th	10.00am - 12.00pm	The Red Shed
Tuesday	15th	1.30pm - 2.30pm	Salsacize
Wednesday	16th	1.00pm - 2.30pm	Bingo
Thursday	17th	10.30am - 12.00pm	Craft
Thursday	17th	10.00am - 12.30pm	Thursdays Tea & Chat
Thursday	17th	10.30am - 12.00pm	Men's Club
Thursday	17th	1.00pm - 2.00pm	YogaLates
Friday	18th	10.00am - 11.00am	YogaLates
Friday	18th	11.30am - 12.30pm	Chair Based Exercise
Friday	18th	12.30pm - 1.30pm	Friday Lunch Club
Friday	18th	7.30pm - 10.00pm	Friday Night Bingo
Monday	21st	10.00am - 12.00pm	1-1 IT Lessons
Monday	21st	1.00pm - 2.00pm	Line Dancing
Monday	21st	2.15pm - 3.15pm	Line Dancing
Tuesday	22nd	9.30am - 10.30am	Beginners Line Dancing
Tuesday	22nd	1.30pm - 2.30pm	Salsacize
Wednesday	23rd	1.00pm - 3.00pm	Afternoon Social
Thursday	24th	10.00am - 12.30pm	Thursdays Tea & Chat
Thursday	24th	1.00pm - 2.00pm	YogaLates
Friday	25th	10.00am - 11.00am	YogaLates
Friday	25th	11.30am - 12.30pm	Chair Based Exercise
Friday	25th	12.30pm - 1.30pm	Friday Lunch Club
Friday	25th	7.30pm - 10.00pm	Friday Night Bingo
Monday	28th	10.00am - 12.00pm	1-1 IT Lessons
Monday	28th	1.00pm - 2.00pm	Line Dancing
Monday	28th	2.15pm - 3.15pm	Line Dancing
Tuesday	29th	9.30am - 10.30am	Beginners Line Dancing
Tuesday	29th	1.30pm - 2.30pm	Salsacize
Wednesday	30th	1.00pm - 2.30pm	Bingo

Our Activities

Please see below for 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. 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

Sherma Batson Centre, 10-12 Exchange Road, Stevenage, Herts, SG1 1PZ.
info@irishnetworkstevenage.org.uk, www.irishnetworkstevenage.org.uk
Tel: 01438 725400