



Irish Network Stevenage Calendar JANUARY 2023



“Supporting the older community in Stevenage and surrounding areas”

HAPPY NEW YEAR and welcome to the first Newsletter of 2023. Many of the activities are the same, at the same time and venue and we hope to continue to see many of you again during this coming year. Remember if you have ideas for new events/activities, please pass on your ideas; we love to hear about them.

We had a busy month getting ready for Christmas. Our lovely volunteers organised and delivered 75



hampers for Christmas and we gave out 200

Winter Bags (courtesy of Small Acts of Kindness) which had lovely winter gifts in. Of course, the main event that took place in December was the **Christmas Lunch**. It was one of the biggest held to date and we were so pleased that so many of you came

regardless of the terrible weather. We hope you all enjoyed yourselves and took the opportunity to look up and chat to friends old and new.

The **Ballroom dancing** on Fridays, is now running from 1:30pm to 2:30pm. So with Yogolates followed by the Exercise class in the morning and then on to our Friday Lunch club and then Ballroom Dancing we have a fun filled Friday! 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.



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.

JANUARY			
Wednesday	4th	1.00pm - 2.30pm	Bingo
Thursday	5th	10.00am - 12.30pm	Thursdays Tea & Chat
Thursday	5th	10.30am - 12.00pm	Mens Club
Thursday	5th	1.00pm - 2.00pm	YogaLates
Friday	6th	10.00am - 11.00am	YogaLates
Friday	6th	11.30am - 12.30pm	Chair Based Exercise
Friday	6th	12.30pm - 1.30pm	Friday Lunch Club
Friday	6th	1.30pm - 2.30pm	Ballroom dancing
Friday	6th	7.30pm - 10.00pm	Friday Night Bingo
Monday	9th	10.00am - 12.00pm	1-1 IT Lessons
Monday	9th	1.00pm - 2.00pm	Line Dancing
Monday	9th	2.15pm - 3.15pm	Line Dancing
Tuesday	10th	9.30am - 10.30am	Line Dancing
Tuesday	10th	TBC	Friendship Group
Tuesday	10th	1.30pm - 2.30pm	Salsacize
Wednesday	11th	1.00pm - 3.00pm	Tea Dance
Thursday	12th	10.00am - 12.30pm	Thursdays Tea & Chat
Thursday	12th	1.00pm - 2.00pm	YogaLates
Friday	13th	10.00am - 11.00am	YogaLates
Friday	13th	11.30am - 12.30pm	Chair Based Exercise
Friday	13th	12.30pm - 1.30pm	Friday Lunch Club
Friday	13th	1.30pm - 2.30pm	Ballroom dancing
Friday	13th	7.30pm - 10.00pm	Friday Night Bingo
Monday	16th	CANCELLED	1-1 IT Lessons
Monday	16th	1.00pm - 2.00pm	Line Dancing
Monday	16th	2.15pm - 3.15pm	Line Dancing

Tuesday	17th	9.30am - 10.30am	Line Dancing
Tuesday	17th	1.30pm - 2.30pm	Salsacize
Wednesday	18th	1.00pm - 2.30pm	Bingo
Thursday	19th	10.00am - 12.30pm	Thursdays Tea & Chat
Thursday	19th	10.30am - 12.00pm	Mens Club
Thursday	19th	1.00pm - 2.00pm	YogaLates
Friday	20th	10.00am - 11.00am	YogaLates
Friday	20th	11.30am - 12.30pm	Chair Based Exercise
Friday	20th	12.30pm - 1.30pm	Friday Lunch Club
Friday	20th	1.30pm - 2.30pm	Ballroom dancing
Friday	20th	7.30pm - 10.00pm	Friday Night Bingo
Monday	23rd	10.00am - 12.00pm	1-1 IT Lessons
Monday	23rd	1.00pm - 2.00pm	Line Dancing
Monday	23rd	2.15pm - 3.15pm	Line Dancing
Tuesday	24th	9.30am - 10.30am	Line Dancing
Tuesday	24th	1.30pm - 2.30pm	Salsacize
Wednesday	25th	1.00pm - 3.00pm	Afternoon Social
Thursday	26th	10.00am - 12.30pm	Thursdays Tea & Chat
Thursday	26th	10.30am - 12.00pm	Craft
Thursday	26th	1.00pm - 2.00pm	YogaLates
Friday	27th	10.00am - 11.00am	YogaLates
Friday	27th	11.30am - 12.30pm	Chair Based Exercise
Friday	27th	12.30pm - 1.30pm	Friday Lunch Club
Friday	27th	1.30pm - 2.30pm	Ballroom dancing
Friday	27th	7.30pm - 10.00pm	Friday Night Bingo
Monday	30th	10.00am - 12.00pm	1-1 IT Lessons
Monday	30th	1.00pm - 2.00pm	Line Dancing
Monday	30th	2.15pm - 3.15pm	Line Dancing
Tuesday	31st	9.30am - 10.30am	Line Dancing
Tuesday	31st	1.30pm - 2.30pm	Salsacize

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!

Ballroom Dancing This is a new addition to our activities and is great fun. It's tailored towards people with little or no experience, who would like to learn some easy Ballroom dances. It's a fun easy going class with a focus on fun! £2.00 per session.

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

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