



## ***Irish Network Stevenage Newsletter & Calendar May/June 2025***



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

Once again we had fantastic St Patrick's Day celebrations! With the



dance on the Saturday and the presentation of the Shamrock and lunch on the day itself, we thoroughly enjoyed ourselves, as did 350 members! For some of our newer members it was the first

time that they had celebrated St Patrick's Day with us and they had such a great time they are asking why we can't have St Patrick's Day every month!

We have lots planned over the next two including a trip to visit our friends at Milton Keynes Welfare and a lovely day trip to Cambridge. The list for Milton Keynes is now closed, but the Cambridge one opens at the beginning of May so please do put your name on the list if you are interested in going. We will also have more trips during the year so make sure you check any notices at the activities you attend, and get your name on the lists as soon as possible.



The NHS states that people over the age of 65 should do a minimum of 150 minutes per week of moderate activity, so we are encouraging people to try and increase their activity, even if it's just adding in one class a week. Exercise can help reduce the risks of falling and enable people to live independently for longer; don't wait for something to go wrong – prevention is better than cure! So try a line dancing class, or exercise class or even a Yogalates class. These are also good fun and a great way of meeting people. For more information please do contact the office.

MAY 2025				
Thursday	1st	10.30am - 12.00pm	Men's Club	Sherma Batson Centre
Thursday	1st	1.00pm - 2.00pm	Thursday Line Dancing	Shephall Green Centre
Thursday	1st	<b>Cancelled</b>	Chair Based Exercise	Symonds Green C.C.
Thursday	1st	<b>Cancelled</b>	YogaLates	Symonds Green C.C.
Friday	2nd	10.00am - 11.00am	YogaLates	The Oval C.C.
Friday	2nd	11.30am - 12.30pm	Chair Based Exercise	The Oval C.C.
Friday	2nd	11.30am - 12.30pm	Beginners Line Dancing	Timebridge C.C. W2 of 6
Friday	2nd	12.30pm - 1.30pm	Friday Lunch Club	The Oval C.C.
Friday	2nd	1.00pm - 2.30pm	Sequence Dancing	Timebridge C.C. W1 of 6
Friday	2nd	2.00pm - 3.00pm	Friday Line Dancing	Symonds Green C.C.
Friday	2nd	7.30pm - 9.00pm	Friday Night Bingo	Symonds Green C.C.
<b>Monday</b>	<b>5th</b>	<b>CLOSED</b>	<b>May Bank Holiday</b>	
Tuesday	6th	10.00am - 12.00pm	Tea & Chat	The Oval C.C.
Tuesday	6th	11.30am - 12.30pm	Tuesdays Line Dancing	The Oval C.C.
Tuesday	6th	12.00pm - 1.00pm	Salsacize	Chells Manor C.C.
Wednesday	7th	1.00pm - 2.30pm	Bingo	Stevenage Postels Club
Thursday	8th	1.00pm - 2.00pm	Thursday Line Dancing	Shephall Green Centre
Thursday	8th	1.00pm - 2.00pm	Chair Based Exercise	Symonds Green C.C.
Thursday	8th	2.15pm - 3.15pm	YogaLates	Symonds Green C.C.
Friday	9th	10.00am - 11.00am	YogaLates	The Oval C.C.
Friday	9th	11.30am - 12.30pm	Chair Based Exercise	The Oval C.C.
Friday	9th	11.30am - 12.30pm	Beginners Line Dancing	Timebridge C.C. W3 of 6
Friday	9th	12.30pm - 1.30pm	Friday Lunch Club	The Oval C.C.
Friday	9th	1.00pm - 2.30pm	Sequence Dancing	Timebridge C.C. W2 of 6
Friday	9th	2.00pm - 3.00pm	Friday Line Dancing	Symonds Green C.C.
Friday	9th	7.30pm - 9.00pm	Friday Night Bingo	Symonds Green C.C.
Monday	12th	9.15am - 10.15am	Tai Chi	The Oval C.C.
Monday	12th	10.15am - 12.15pm	Tea & Chat	The Oval C.C.
Monday	12th	10.30am - 11.30am	Sing-along with Dave	The Oval C.C.

Monday	12th	12.30pm - 1.30pm	Line Dancing	The Oval C.C.
Monday	12th	7.30pm - 9.00pm	Monday Night Bingo	Timebridge C.C.
Tuesday	13th	10.00am - 12.00pm	Tea & Chat	The Oval C.C.
Tuesday	13th	11.30am - 12.30pm	Tuesdays Line Dancing	The Oval C.C.
Tuesday	13th	TBC	Friendship Group	Sherma Batson Centre
Tuesday	13th	12.00pm - 1.00pm	Salsacize	Chells Manor C.C.
Wednesday	14th	1.00pm - 3.00pm	Tea Dance	The Oval C.C.
Thursday	15th	10.30am - 12.00pm	Men's Club	Sherma Batson Centre
Thursday	15th	1.00pm - 2.00pm	Thursday Line Dancing	Shephall Green Centre
Thursday	15th	1.00pm - 2.00pm	Chair Based Exercise	Symonds Green C.C.
Thursday	15th	<b>Cancelled</b>	YogaLates	Symonds Green C.C.
Friday	16th	10.00am - 11.00am	YogaLates	The Oval C.C.
Friday	16th	11.30am - 12.30pm	Chair Based Exercise	The Oval C.C.
Friday	16th	11.30am - 12.30pm	Beginners Line Dancing	Timebridge C.C. W4 of 6
Friday	16th	12.30pm - 1.30pm	Friday Lunch Club	The Oval C.C.
Friday	16th	1.00pm - 2.30pm	Sequence Dancing	Timebridge C.C. W3 of 6
Friday	16th	2.00pm - 3.00pm	Friday Line Dancing	Symonds Green C.C.
Friday	16th	7.30pm - 9.00pm	Friday Night Bingo	Symonds Green C.C.
Monday	19th	9.15am - 10.15am	Tai Chi	The Oval C.C.
Monday	19th	10.15am - 12.15pm	Tea & Chat	The Oval C.C.
Monday	19th	10.30am - 11.30am	Sing-along with Dave	The Oval C.C.
Monday	19th	12.30pm - 1.30pm	Line Dancing	The Oval C.C.
Monday	19th	7.30pm - 9.00pm	Monday Night Bingo	Timebridge C.C.
Tuesday	20th	10.00am - 12.00pm	Tea & Chat	The Oval C.C.
Tuesday	20th	11.30am - 12.30pm	Tuesdays Line Dancing	The Oval C.C.
Tuesday	20th	TBC	The Red Shed	
Tuesday	20th	12.00pm - 1.00pm	Salsacize	Chells Manor C.C.
Wednesday	21st	1.00pm - 2.30pm	Bingo	Stevenage Postels Club
Wednesday	21st	Ticket Only	Trip to Milton Keynes Irish Welfare Group	

Thursday	22nd	TBC	Craft	The Oval C.C.
Thursday	22nd	1.00pm - 2.00pm	Thursday Line Dancing	Shephall Green Centre
Thursday	22nd	1.00pm - 2.00pm	Chair Based Exercise	Symonds Green C.C.
Thursday	22nd	2.15pm - 3.15pm	YogaLates	Symonds Green C.C.
Friday	23rd	10.00am - 11.00am	YogaLates	The Oval C.C.
Friday	23rd	11.30am - 12.30pm	Chair Based Exercise	The Oval C.C.
Friday	23rd	11.30am - 12.30pm	Beginners Line Dancing	Timebridge C.C. W5 of 6
Friday	23rd	12.30pm - 1.30pm	Friday Lunch Club	The Oval C.C.
Friday	23rd	1.00pm - 2.30pm	Sequence Dancing	Timebridge C.C.W4 of 6
Friday	23rd	2.00pm - 3.00pm	Friday Line Dancing	Symonds Green C.C.
Friday	23rd	7.30pm - 9.00pm	Friday Night Bingo	Symonds Green C.C.
<b>Monday</b>	<b>26th</b>	<b>CLOSED</b>	<b>Spring Bank Holiday</b>	
Tuesday	27th	10.00am - 12.00pm	Tea & Chat	The Oval C.C.
Tuesday	27th	11.30am - 12.30pm	Tuesdays Line Dancing	The Oval C.C.
Tuesday	27th	12.00pm - 1.00pm	Salsacize	Chells Manor C.C.
Wednesday	28th	1.00pm - 3.00pm	Afternoon Social	The Oval C.C.
Thursday	29th	10.30am - 12.00pm	Men's Club	Sherma Batson Centre
Thursday	29th	1.00pm - 2.00pm	Thursday Line Dancing	Shephall Green Centre
Thursday	29th	1.00pm - 2.00pm	Chair Based Exercise	Symonds Green C.C.
Thursday	29th	2.15pm - 3.15pm	YogaLates	Symonds Green C.C.
Friday	30th	10.00am - 11.00am	YogaLates	The Oval C.C.
Friday	30th	11.30am - 12.30pm	Chair Based Exercise	The Oval C.C.
Friday	30th	11.30am - 12.30pm	Beginners Line Dancing	Timebridge C.C. W6 of 6
Friday	30th	12.30pm - 1.30pm	Friday Lunch Club	The Oval C.C.
Friday	30th	1.00pm - 2.30pm	Sequence Dancing	Timebridge C.C. W5 of 6
Friday	30th	2.00pm - 3.00pm	Friday Line Dancing	Symonds Green C.C.
Friday	30th	7.30pm - 9.00pm	Friday Night Bingo	Symonds Green C.C.

JUNE 2025				
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	7.30pm - 9.00pm	Monday Night Bingo	Timebridge C.C.
Tuesday	3rd	10.00am - 12.00pm	Tea & Chat	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	1.00pm - 2.30pm	Bingo	Stevenage Postels Club
Thursday	5th	1.00pm - 2.00pm	Thursday Line Dancing	Shephall Green 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	The Oval C.C.
Friday	6th	11.30am - 12.30pm	Chair Based Exercise	The Oval C.C.
Friday	6th	12.30pm - 1.30pm	Friday Lunch Club	The Oval C.C.
Friday	6th	1.00pm - 2.30pm	Sequence Dancing	Timebridge C.C. W6 of 6
Friday	6th	2.00pm - 3.00pm	Friday Line Dancing	Symonds Green 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 & 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	7.30pm - 9.00pm	Monday Night Bingo	Timebridge C.C.
Tuesday	10th	10.00am - 12.00pm	Tea & Chat	The Oval C.C.
Tuesday	10th	11.30am - 12.30pm	Tuesdays Line Dancing	The Oval C.C.
Tuesday	10th	TBC	Friendship Group	Sherma Batson Centre
Tuesday	10th	12.00pm - 1.00pm	Salsacize	Chells Manor C.C.
Tuesday	10th	Ticket Only	Day Trip to Cambridge	
Wednesday	11th	1.00pm - 3.00pm	Luke's Anniversary Tea Dance	The Oval C.C.



Thursday	12th	10.30am - 12.00pm	Men's Club	Sherma Batson Centre
Thursday	12th	1.00pm - 2.00pm	Thursday Line Dancing	Shephall Green Centre
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	The Oval C.C.
Friday	13th	11.30am - 12.30pm	Chair Based Exercise	The Oval C.C.
Friday	13th	12.30pm - 1.30pm	Friday Lunch Club	The Oval C.C.
Friday	13th	2.00pm - 3.00pm	Friday Line Dancing	Symonds Green 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 & 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	7.30pm - 9.00pm	Monday Night Bingo	Timebridge C.C.
Tuesday	17th	10.00am - 12.00pm	Tea & Chat	The Oval C.C.
Tuesday	17th	11.30am - 12.30pm	Tuesdays Line Dancing	The Oval C.C.
Tuesday	17th	TBC	The Red Shed	
Tuesday	17th	12.00pm - 1.00pm	Salsacize	Chells Manor C.C.
Wednesday	18th	1.00pm - 2.30pm	Bingo	Stevenage Postels Club
Thursday	19th	TBC	Craft	The Oval C.C.
Thursday	19th	1.00pm - 2.00pm	Thursday Line Dancing	Shephall Green 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	The Oval C.C.
Friday	20th	11.30am - 12.30pm	Chair Based Exercise	The Oval C.C.
Friday	20th	11.30am - 12.30pm	Beginners Line Dancing	Timebridge C.C. W1 of 6
Friday	20th	12.30pm - 1.30pm	Friday Lunch Club	The Oval C.C.
Friday	20th	2.00pm - 3.00pm	Friday Line Dancing	Symonds Green C.C.
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	7.30pm - 9.00pm	Monday Night Bingo	Timebridge C.C.
Tuesday	24th	10.00am - 12.00pm	Tea & Chat	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	1.00pm - 2.30pm	Bingo	Stevenage Postels Club
Thursday	26th	10.30am - 12.00pm	Men's Club	Sherma Batson Centre
Thursday	26th	1.00pm - 2.00pm	Thursday Line Dancing	Shephall Green Centre
Thursday	26th	1.00pm - 2.00pm	Chair Based Exercise	Symonds Green C.C.
Thursday	26th	2.15pm - 3.15pm	YogaLates	Symonds Green C.C.
Friday	27th	10.00am - 11.00am	YogaLates	The Oval C.C.
Friday	27th	11.30am - 12.30pm	Chair Based Exercise	The Oval C.C.
Friday	27th	11.30am - 12.30pm	Beginners Line Dancing	Timebridge C.C. W2 of 6
Friday	27th	12.30pm - 1.30pm	Friday Lunch Club	The Oval C.C.
Friday	27th	2.00pm - 3.00pm	Friday Line Dancing	Symonds Green C.C.
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	7.30pm - 9.00pm	Monday Night Bingo	Timebridge C.C.

## Our Activities

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

**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.

**Monday Night Bingo** Our Evening Bingo at Timebridge is a new addition and 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.

## Our Activities cont.

**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** 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.

**Beginners Line Dancing** This class is one for those new to Line Dancing. Classes are led by an experienced dancer and are all about having fun - we don't take it too seriously! It's a 6 week programme and needs to be booked in advance. £2.50 per session.

**Exercise Class** Everyone is welcome. A gentle chair based exercise class for all abilities. £2.50 for 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.

**Sequence Dancing** This is loosely based on Ballroom and Latin dancing all about having fun! It's a 6 week programme and needs to be booked in advance. £2.50 per session

**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.

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

Contact Us:

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

[info@irishnetworkstevenage.org.uk](mailto:info@irishnetworkstevenage.org.uk), [www.irishnetworkstevenage.org.uk](http://www.irishnetworkstevenage.org.uk)

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