



Irish Network Stevenage Newsletter & Calendar November & December 2025



“Supporting the older community in Stevenage and surrounding areas”

How can we be nearing the end of 2025 already! This time of year is always busy, as the weather gets worse we encourage all our members to look after themselves and each other. It is important to keep as active as possible, attending your regular events keeps you busy and socially engaged. We know it is tempting to stay inside when it gets colder, but if it is safe to do so you should come out,



otherwise you can quickly get out of your routine and become isolated.

We have had a busy time, with a visit from our friends at Luton Irish Forum in September and then going to see them in October, our members are definitely having a lot of fun! We also started our new Free Breakfast Club followed by Bingo, which is at Poplars Community Centre, this has been great, we have had existing members come along, and new people from the local area, which is exactly what we wanted!



This year we also had a MacMillan Coffee morning and raised an amazing £325! A big thank you to our volunteers that made such lovely cakes! Our AGM was very well attended again and gave everyone the opportunity to understand more about the work that goes on behind the scenes. This year Jean Hayden received the Luke Donovan Volunteers Award and Margaret Rice was given the role of INS Ambassador for all the fantastic networking she does for us. We are very lucky to have these two fantastic volunteers!

The next couple of months are going to be busy too. We have a new Zumba Gold class starting, and a fantastic Community health event on 6th November, which will bring lots of medical professionals together to provide advice and support and we will have a lovely free brunch for everyone to enjoy as well – so do come along. Christmas tickets are now on sale, as you know this is a very popular event, so get your tickets early to avoid disappointment. Due to the popularity of this event, it will be members only first.

NOVEMBER

Monday	3rd	9.15am - 10.15am	Tai Chi	The Oval C.C.
Monday	3rd	10.15am - 12.15pm	Tea & Chat	The Oval C.C.
Monday	3rd	CANCELLED	Sing-along with Dave	The Oval C.C.
Monday	3rd	12.30pm - 1.30pm	Line Dancing	The Oval C.C.
Monday	3rd	6.15pm - 8.00pm	Monday Night Bingo	Timebridge C.C.
Tuesday	4th	10.00am - 12.00pm	Breakfast Club	The Oval C.C.
Tuesday	4th	11.30am - 12.30pm	Tuesdays Line Dancing	The Oval C.C.
Tuesday	4th	12.00pm - 1.00pm	Salsacize	Chells Manor C.C.
Wednesday	5th	9.00am - 12.00pm	Member's Support	Sherma Batson Centre
Wednesday	5th	9.30am - 10.30am	Zumba Gold	Timebridge C.C. w1/5
Wednesday	5th	1.00pm - 2.30pm	Bingo	Stevenage Postels Club
Thursday	6th	9.30am - 12.00pm	Health Day	The Oval C.C.
Thursday	6th	9.30am - 11.00am	Breakfast Club	Poplars C.C.
Thursday	6th	11.00am - 1.00pm	Bingo	Poplars C.C.
Thursday	6th	1.00pm - 2.00pm	Chair Based Exercise	Symonds Green C.C.
Thursday	6th	2.15pm - 3.15pm	YogaLates	Symonds Green C.C.
Friday	7th	10.00am -11.00am	YogaLates	The Oval C.C.
Friday	7th	11.30am - 12.30pm	Chair Based Exercise	The Oval C.C.
Friday	7th	12.30pm - 1.30pm	Friday Lunch Club	The Oval C.C.
Friday	7th	7.30pm - 9.00pm	Friday Night Bingo	Symonds Green C.C.
Monday	10th	9.15am - 10.15am	Tai Chi	The Oval C.C.
Monday	10th	10.15am - 12.15pm	Tea & Chat	The Oval C.C.
Monday	10th	10.30am - 11.30am	Sing-along with Dave	The Oval C.C.
Monday	10th	12.30pm - 1.30pm	Line Dancing	The Oval C.C.
Monday	10th	6.15pm - 8.00pm	Monday Night Bingo	Timebridge C.C.
Tuesday	11th	TBC	Friendship Group	Sherma Batson Centre ²

Tuesday	11th	10.00am-12.00pm	Breakfast Club	The Oval C.C.
Tuesday	11th	11.30am - 12.30pm	Tuesdays Line Dancing	The Oval C.C.
Tuesday	11th	12.00pm - 1.00pm	Salsacize	Chells Manor C.C.
Wednesday	12th	9.00am - 12.00pm	Member's Support	Sherma Batson Centre
Wednesday	12th	9.30am -10.30am	Zumba Gold	Timebridge C.C. w2/5
Wednesday	12th	1.00pm - 3.00pm	Tea Dance	The Oval C.C.
Thursday	13th	9.30am - 11.00am	Breakfast Club	Poplars C.C.
Thursday	13th	10.30am - 12.00pm	Men's Club	Sherma Batson Centre
Thursday	13th	11.00am - 1.00pm	Bingo	Poplars C.C.
Thursday	13th	1.00pm - 2.00pm	Chair Based Exercise	Symonds Green C.C.
Thursday	13th	2.15pm - 3.15pm	YogaLates	Symonds Green C.C.
Friday	14th	10.00am - 11.00am	YogaLates	The Oval C.C.
Friday	14th	11.30am - 12.30pm	Chair Based Exercise	The Oval C.C.
Friday	14th	12.30pm - 1.30pm	Friday Lunch Club	The Oval C.C.
Friday	14th	7.30pm - 9.00pm	Friday Night Bingo	Symonds Green C.C.
Monday	17th	9.15am - 10.15am	Tai Chi	The Oval C.C.
Monday	17th	10.15am - 12.15pm	Tea & Chat	The Oval C.C.
Monday	17th	10.30am - 11.30am	Sing-along with Dave	The Oval C.C.
Monday	17th	12.30pm - 1.30pm	Line Dancing	The Oval C.C.
Monday	17th	6.15pm - 8.00pm	Monday Night Bingo	Timebridge C.C.
Tuesday	18th	TBC	The Red Shed	The Red Shed
Tuesday	18th	10.00am-12.00pm	Breakfast Club	The Oval C.C.
Tuesday	18th	11.30am - 12.30pm	Tuesdays Line Dancing	The Oval C.C.
Tuesday	18th	12.00pm - 1.00pm	Salsacize	Chells Manor C.C.
Wednesday	19th	9.00am - 12.00pm	Member's Support	Sherma Batson Centre
Wednesday	19th	9.30am -10.30am	Zumba Gold	Timebridge C.C. w3/5
Wednesday	19th	1.00pm - 2.30pm	Bingo	Stevenage Postels Club ₃

Thursday	20th	TBC	Craft	The Oval C.C.
Thursday	20th	9.30am - 11.00am	Breakfast Club	Poplars C.C.
Thursday	20th	11.00am - 1.00pm	Bingo	Poplars C.C.
Thursday	20th	1.00pm - 2.00pm	Chair Based Exercise	Symonds Green C.C.
Thursday	20th	2.15pm - 3.15pm	YogaLates	Symonds Green C.C.
Friday	21st	10.00am - 11.00am	YogaLates	The Oval C.C.
Friday	21st	11.30am - 12.30pm	Chair Based Exercise	The Oval C.C.
Friday	21st	12.30pm - 1.30pm	Friday Lunch Club	The Oval C.C.
Friday	21st	7.30pm - 9.00pm	Friday Night Bingo	Symonds Green C.C.
Monday	24th	9.15am - 10.15am	Tai Chi	The Oval C.C.
Monday	24th	10.15am - 12.15pm	Tea & Chat	The Oval C.C.
Monday	24th	10.30am - 11.30am	Sing-along with Dave	The Oval C.C.
Monday	24th	12.30pm - 1.30pm	Line Dancing	The Oval C.C.
Monday	24th	6.15pm - 8.00pm	Monday Night Bingo	Timebridge C.C.
Tuesday	25th	10.00am-12.00pm	Breakfast Club	The Oval C.C.
Tuesday	25th	11.30am - 12.30pm	Tuesdays Line Dancing	The Oval C.C.
Tuesday	25th	12.00pm - 1.00pm	Salsacize	Chells Manor C.C.
Wednesday	26th	9.00am - 12.00pm	Member's Support	Sherma Batson Centre
Wednesday	26th	9.30am -10.30am	Zumba Gold	Timebridge C.C. w4/5
Wednesday	26th	1.00pm - 3.00pm	Afternoon Social	The Oval C.C.
Thursday	27th	9.30am - 11.00am	Breakfast Club	Poplars C.C.
Thursday	27th	10.30am - 12.00pm	Men's Club	Sherma Batson Centre
Thursday	27th	11.00am - 1.00pm	Bingo	Poplars C.C.
Thursday	27th	1.00pm - 2.00pm	Chair Based Exercise	Symonds Green C.C.
Thursday	27th	2.15pm - 3.15pm	YogaLates	Symonds Green C.C.
Friday	28th	10.00am - 11.00am	YogaLates	The Oval C.C.
Friday	28th	11.30am - 12.30pm	Chair Based Exercise	The Oval C.C.

Friday	28th	12.30pm - 1.30pm	Friday Lunch Club	The Oval C.C.
Friday	28th	7.30pm - 9.00pm	Friday Night Bingo	Symonds Green C.C.
		DECEMBER		
Monday	1st	9.15am - 10.15am	Tai Chi	The Oval C.C.
Monday	1st	10.15am - 12.15pm	Tea & Chat	The Oval C.C.
Monday	1st	10.30am - 11.30am	Sing-along with Dave	The Oval C.C.
Monday	1st	12.30pm - 1.30pm	Line Dancing	The Oval C.C.
Monday	1st	6.15pm - 8.00pm	Monday Night Bingo	Timebridge C.C.
Tuesday	2nd	10.00am-12.00pm	Breakfast Club	The Oval C.C.
Tuesday	2nd	11.30am - 12.30pm	Tuesdays Line Dancing	The Oval C.C.
Tuesday	2nd	12.00pm - 1.00pm	Salsacize	Chells Manor C.C.
Wednesday	3rd	9.00am - 12.00pm	Member's Support	Sherma Batson Centre
Wednesday	3rd	9.30am -10.30am	Zumba Gold	Timebridge C.C. w5/5
Wednesday	3rd	1.00pm - 2.30pm	Bingo	Stevenage Postels Club
Thursday	4th	9.30am - 11.00am	Breakfast Club	Poplars C.C.
Thursday	4th	11.00am - 1.00pm	Bingo	Poplars C.C.
Thursday	4th	1.00pm - 2.00pm	Chair Based Exercise	Symonds Green C.C.
Thursday	4th	2.15pm - 3.15pm	YogaLates	Symonds Green C.C.
Friday	5th	10.00am - 11.00am	YogaLates	The Oval C.C.
Friday	5th	11.30am - 12.30pm	Chair Based Exercise	The Oval C.C.
Friday	5th	12.30pm - 1.30pm	Friday Lunch Club	The Oval C.C.
Friday	5th	7.30pm - 9.00pm	Friday Night Bingo	Symonds Green C.C.
Monday	8th	9.15am - 10.15am	Tai Chi	The Oval C.C.
Monday	8th	10.15am - 12.15pm	Tea & Chat	The Oval C.C.
Monday	8th	10.30am - 11.30am	Sing-along with Dave	The Oval C.C.
Monday	8th	12.30pm - 1.30pm	Line Dancing	The Oval C.C.

Monday	8th	6.15pm - 8.00pm	Monday Night Bingo	Timebridge C.C.
Tuesday	9th	Ticket Only	Christmas Lunch	Holiday Inn
Tuesday	9th	CANCELLED	Tea & Chat	The Oval C.C.
Tuesday	9th	CANCELLED	Tuesdays Line Dancing	The Oval C.C.
Tuesday	9th	CANCELLED	Salsacize	Chells Manor C.C.
Wednesday	10th	9.00am - 12.00pm	Member's Support	Sherma Batson Centre
Wednesday	10th	1.00pm - 2.30pm	Bingo	Stevenage Postels Club
Thursday	11th	9.30am - 11.00am	Breakfast Club	Poplars C.C.
Thursday	11th	10.30am - 12.00pm	Men's Club	Sherma Batson Centre
Thursday	11th	11.00am - 1.00pm	Bingo	Poplars C.C.
Thursday	11th	1.00pm - 2.00pm	Chair Based Exercise	Symonds Green C.C.
Thursday	11th	2.15pm - 3.15pm	YogaLates	Symonds Green C.C.
Friday	12th	10.00am - 11.00am	YogaLates	The Oval C.C.
Friday	12th	11.30am - 12.30pm	Chair Based Exercise	The Oval C.C.
Friday	12th	12.30pm - 1.30pm	Friday Lunch Club	The Oval C.C.
Friday	12th	7.30pm - 9.00pm	Friday Night Bingo	Symonds Green C.C.
Monday	15th	9.15am - 10.15am	Tai Chi	The Oval C.C.
Monday	15th	10.15am - 12.15pm	Tea & Chat	The Oval C.C.
Monday	15th	10.30am - 11.30am	Sing-along with Dave	The Oval C.C.
Monday	15th	12.30pm - 1.30pm	Line Dancing	The Oval C.C.
Monday	15th	6.15pm - 8.00pm	Monday Night Bingo	Timebridge C.C.
Tuesday	16th	10.00am-12.00pm	Breakfast Club	The Oval C.C.
Tuesday	16th	11.30am - 12.30pm	Tuesdays Line Dancing	The Oval C.C.
Tuesday	16th	12.00pm - 1.00pm	Salsacize	Chells Manor C.C.
Wednesday	17th	9.00am - 12.00pm	Member's Support	Sherma Batson Centre
Wednesday	17th	1.00pm - 2.30pm	Bingo	Stevenage Postels Club

Thursday	18th	9.30am - 11.00am	Breakfast Club	Poplars C.C.
Thursday	18th	TBC	Craft Special	The Oval C.C.
Thursday	18th	11.00am - 1.00pm	Bingo	Poplars C.C.
Thursday	18th	1.00pm - 2.00pm	Chair Based Exercise	Symonds Green C.C.
Thursday	18th	2.15pm - 3.15pm	YogaLates	Symonds Green C.C.
Friday	19th	10.00am - 11.00am	YogaLates	The Oval C.C.
Friday	19th	11.30am - 12.30pm	Chair Based Exercise	The Oval C.C.
Friday	19th	12.30pm - 1.30pm	Friday Lunch Club	The Oval C.C.
Friday	19th	7.30pm - 9.00pm	Friday Night Bingo	Symonds Green C.C.
		Jan 2026		
Monday	5th	9.15am - 10.15am	Tai Chi	The Oval C.C.
Monday	5th	10.15am - 12.15pm	Tea & Chat	The Oval C.C.
Monday	5th	10.30am - 11.30am	Sing-along with Dave	The Oval C.C.
Monday	5th	12.30pm - 1.30pm	Line Dancing	The Oval C.C.
Monday	5th	6.30pm - 8.00pm	Monday Night Bingo	Timebridge C.C.
Tuesday	6th	10.00am-12.00pm	Breakfast Club	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	9.00am - 12.00pm	Member's Support	Sherma Batson Centre
Wednesday	7th	9.30am -10.30am	Zumba Gold	Timebridge C.C.
Wednesday	7th	1.00pm - 2.30pm	Bingo	Stevenage Postels Club
Thursday	8th	9.30am - 11.00am	Breakfast Club	Poplars C.C.
Thursday	8th	10.30am - 12.00pm	Men's Club	Sherma Batson Centre
Thursday	8th	11.00am - 1.00pm	Bingo	Poplars C.C.
Thursday	8th	1.00pm - 2.00pm	Chair Based Exercise	Symonds Green C.C.
Thursday	8th	2.15pm - 3.15pm	YogaLates	Symonds Green C.C.

Our Activities

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.

Breakfast Club*: NEW We will be providing free tea, coffee and a light breakfast on Thursday's at the Poplars Community Centre, which is next to Sainsbury's and everyone is welcome!

Monday Night Bingo: Our Evening Bingo at Timebridge 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.

Thursday Bingo*: NEW A fun and easy going bingo session at Poplars Community Centre. Entry is £8.00 for 6 games and a flyer and includes tea and coffee.

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 is for the more experienced dancer and Tuesdays is for those relatively new to dancing. Classes are all about having fun! £2.50 for members and £4.50 for non-members.

Exercise Class: A gentle chair based exercise class for all abilities. £2.50 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.

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. £2.50 members and £4.50 non-members.

Zumba Gold*NEW: Focuses on balance, motion and coordination for the older person, £2.50 members/£4.50 non-members.