



Irish Network Stevenage Newsletter & Calendar July/August 2025



“Supporting the older community in Stevenage and surrounding areas”

What a great few months we have for you! We have started our amazing new 12 week Sign Language course which is delivered by a fantastic local CiC called invis-Ability. At the end of the course we are hoping to have a monthly Tea and Chat that will be Sign only. This will give our members the opportunity to use what they have learnt!



Our annual trip to Southend will be on 19th August and tickets will be on sale from 9th July. It is a “first come first serve” basis so either come to the office on the morning of 9th July or you can get your tickets at the Tea Dance that afternoon. We also have our Summer Ball on 26th July and will be held at The Oval, those tickets are on sale now.



Our trip out to Milton Keynes Welfare Group was perfect! We were made to feel very welcome, with a lovely lunch, lots of singing and dancing and the customary game of bingo as well! Our day trip to Cambridge was lovely; it's such a beautiful historic city to wander around and the shopping was fantastic too!

We had over 90 people at our June Tea Dance, which was held to mark the two year anniversary of Luke's passing. It was lovely to see so many older members that don't come out so much, come along to commemorate this. The Irish Network Stevenage is part of Luke's legacy, one that he was proud of and we honour his memory by continuing it in the way he would have wanted.

As always, we are keen to provide activities and events that our members want, so if you do have any ideas about what you would like us to do, please do contact the office and we will see what we can do!

JULY

Tuesday	1st	10.00am - 12.00pm	Tea & Chat	The Oval C.C.
Tuesday	1st	11.30am - 12.30pm	Tuesdays Line Dancing	The Oval C.C.
Tuesday	1st	12.00pm - 1.00pm	Salsacize	Chells Manor C.C.
Tuesday	1st	Pre-booked Wk3/12	Sign Language Course	Symonds Green C.C.
Wednesday	2nd	1.00pm - 2.30pm	Bingo	Stevenage Postels Club
Thursday	3rd	1.00pm - 2.00pm	Thursday Line Dancing	Shephall Green Centre
Thursday	3rd	1.00pm - 2.00pm	Chair Based Exercise	Symonds Green C.C.
Thursday	3rd	2.15pm - 3.15pm	YogaLates	Symonds Green C.C.
Friday	4th	10.00am - 11.00am	YogaLates	The Oval C.C.
Friday	4th	11.30am - 12.30pm	Chair Based Exercise	The Oval C.C.
Friday	4th	12.30pm - 1.30pm	Friday Lunch Club	The Oval C.C.
Friday	4th	7.30pm - 9.00pm	Friday Night Bingo	Symonds Green C.C.
Monday	7th	9.15am - 10.15am	Tai Chi	The Oval C.C.
Monday	7th	10.15am - 12.15pm	Tea & Chat	The Oval C.C.
Monday	7th	10.30am - 11.30am	Sing-along with Dave	The Oval C.C.
Monday	7th	12.30pm - 1.30pm	Line Dancing	The Oval C.C.
Monday	7th	7.30pm - 9.00pm	Monday Night Bingo	Timebridge C.C.
Tuesday	8th	10.00am - 12.00pm	Tea & Chat	The Oval C.C.
Tuesday	8th	11.30am - 12.30pm	Tuesdays Line Dancing	The Oval C.C.
Tuesday	8th	Pre-booked Wk4/12	Sign Language Course	Symonds Green C.C.
Tuesday	8th	TBC	Friendship Group	Sherma Batson Centre
Tuesday	8th	12.00pm - 1.00pm	Salsacize	Chells Manor C.C.
Wednesday	9th	1.00pm - 3.00pm	Tea Dance	The Oval C.C.
Thursday	10th	10.30am - 12.00pm	Men's Club	Sherma Batson Centre
Thursday	10th	1.00pm - 2.00pm	Thursday Line Dancing	Shephall Green Centre
Thursday	10th	1.00pm - 2.00pm	Chair Based Exercise	Symonds Green C.C.
Thursday	10th	2.15pm - 3.15pm	YogaLates	Symonds Green C.C.

Friday	11th	10.00am - 11.00am	YogaLates	The Oval C.C.
Friday	11th	11.30am - 12.30pm	Chair Based Exercise	The Oval C.C.
Friday	11th	12.30pm - 1.30pm	Friday Lunch Club	The Oval C.C.
Friday	11th	7.30pm - 9.00pm	Friday Night Bingo	Symonds Green C.C.
Monday	14th	9.15am - 10.15am	Tai Chi	The Oval C.C.
Monday	14th	10.15am - 12.15pm	Tea & Chat	The Oval C.C.
Monday	14th	10.30am - 11.30am	Sing-along with Dave	The Oval C.C.
Monday	14th	12.30pm - 1.30pm	Line Dancing	The Oval C.C.
Monday	14th	7.30pm - 9.00pm	Monday Night Bingo	Timebridge C.C.
Tuesday	15th	10.00am - 12.00pm	Tea & Chat	The Oval C.C.
Tuesday	15th	11.30am - 12.30pm	Tuesdays Line Dancing	The Oval C.C.
Tuesday	15th	Pre-booked W5/12	Sign Language Course	Symonds Green C.C.
Tuesday	15th	TBC	The Red Shed	
Tuesday	15th	12.00pm - 1.00pm	Salsacize	Chells Manor C.C.
Wednesday	16th	1.00pm - 2.30pm	Bingo	Stevenage Postels Club
Thursday	17th	TBC	Craft	The Oval C.C.
Thursday	17th	1.00pm - 2.00pm	Thursday Line Dancing	Shephall Green Centre
Thursday	17th	1.00pm - 2.00pm	Chair Based Exercise	Symonds Green C.C.
Thursday	17th	2.15pm - 3.15pm	YogaLates	Symonds Green C.C.
Friday	18th	10.00am - 11.00am	YogaLates	The Oval C.C.
Friday	18th	11.30am - 12.30pm	Chair Based Exercise	The Oval C.C.
Friday	18th	CANCELLED	Friday Lunch Club	The Oval C.C.
Friday	18th	7.30pm - 9.00pm	Friday Night Bingo	Symonds Green C.C.
Monday	21st	9.15am - 10.15am	Tai Chi	The Oval C.C.
Monday	21st	10.15am - 12.15pm	Tea & Chat	The Oval C.C.
Monday	21st	10.30am - 11.30am	Sing-along with Dave	The Oval C.C.

Monday	21st	12.30pm - 1.30pm	Line Dancing	The Oval C.C.
Monday	21st	7.30pm - 9.00pm	Monday Night Bingo	Timebridge C.C.
Tuesday	22nd	10.00am - 12.00pm	Tea & Chat	The Oval C.C.
Tuesday	22nd	11.30am - 12.30pm	Tuesdays Line Dancing	The Oval C.C.
Tuesday	22nd	Pre-booked W6/12	Sign Language Course	Symonds Green C.C.
Tuesday	22nd	12.00pm - 1.00pm	Salsacize	Chells Manor C.C.
Wednesday	23rd	1.00pm - 3.00pm	Afternoon Social	The Oval C.C.
Thursday	24th	10.30am - 12.00pm	Men's Club	Sherma Batson Centre
Thursday	24th	1.00pm - 2.00pm	Thursday Line Dancing	Shephall Green Centre
Thursday	24th	1.00pm - 2.00pm	Chair Based Exercise	Symonds Green C.C.
Thursday	24th	2.15pm - 3.15pm	YogaLates	Symonds Green C.C.
Friday	25th	10.00am - 11.00am	YogaLates	The Oval C.C.
Friday	25th	11.30am - 12.30pm	Chair Based Exercise	The Oval C.C.
Friday	25th	12.30pm - 1.30pm	Friday Lunch Club	The Oval C.C.
Friday	25th	7.30pm - 9.00pm	Friday Night Bingo	Symonds Green C.C.
Saturday	26th	7.30pm - 11.00pm	Summer Ball	The Oval C.C.
Monday	28th	9.15am - 10.15am	Tai Chi	The Oval C.C.
Monday	28th	10.15am - 12.15pm	Tea & Chat	The Oval C.C.
Monday	28th	10.30am - 11.30am	Sing-along with Dave	The Oval C.C.
Monday	28th	12.30pm - 1.30pm	Line Dancing	The Oval C.C.
Monday	28th	7.30pm - 9.00pm	Monday Night Bingo	Timebridge C.C.
Tuesday	29th	10.00am - 12.00pm	Tea & Chat	The Oval C.C.
Tuesday	29th	11.30am - 12.30pm	Tuesdays Line Dancing	The Oval C.C.
Tuesday	29th	Pre-booked W7/12	Sign Language Course	Symonds Green C.C.
Tuesday	29th	12.00pm - 1.00pm	Salsacize	Chells Manor C.C.
Wednesday	30th	1.00pm - 2.30pm	Bingo	Stevenage Postels Club
Thursday	31st	1.00pm - 2.00pm	Thursday Line Dancing	Shephall Green Centre
Thursday	31st	1.00pm - 2.00pm	Chair Based Exercise	Symonds Green C.C.

Thursday	31st	2.15pm - 3.15pm	YogaLates	Symonds Green C.C.
AUGUST				
Friday	1st	10.00am - 11.00am	YogaLates	The Oval C.C.
Friday	1st	11.30am - 12.30pm	Chair Based Exercise	The Oval C.C.
Friday	1st	12.30pm - 1.30pm	Friday Lunch Club	The Oval C.C.
Friday	1st	7.30pm - 9.00pm	Friday Night Bingo	Symonds Green C.C.
Monday	4th	9.15am - 10.15am	Tai Chi	The Oval C.C.
Monday	4th	10.15am - 12.15pm	Tea & Chat	The Oval C.C.
Monday	4th	10.30am - 11.30am	Sing-along with Dave	The Oval C.C.
Monday	4th	12.30pm - 1.30pm	Line Dancing	The Oval C.C.
Monday	4th	7.30pm - 9.00pm	Monday Night Bingo	Timebridge C.C.
Tuesday	5th	10.00am - 12.00pm	Tea & Chat	The Oval C.C.
Tuesday	5th	Pre-booked W8/12	Sign Language Course	Symonds Green C.C.
Tuesday	5th	11.30am - 12.30pm	Tuesdays Line Dancing	The Oval C.C.
Tuesday	5th	12.00pm - 1.00pm	Salsacize	Chells Manor C.C.
Wednesday	6th	1.00pm - 2.30pm	Bingo	Stevenage Postels Club
Thursday	7th	10.30am - 12.00pm	Men's Club	Sherma Batson Centre
Thursday	7th	1.00pm - 2.00pm	Thursday Line Dancing	Shephall Green Centre
Thursday	7th	1.00pm - 2.00pm	Chair Based Exercise	Symonds Green C.C.
Thursday	7th	2.15pm - 3.15pm	YogaLates	Symonds Green C.C.
Friday	8th	10.00am - 11.00am	YogaLates	The Oval C.C.
Friday	8th	11.30am - 12.30pm	Chair Based Exercise	The Oval C.C.
Friday	8th	12.30pm - 1.30pm	Friday Lunch Club	The Oval C.C.
Friday	8th	7.30pm - 9.00pm	Friday Night Bingo	Symonds Green C.C.
Monday	11th	9.15am - 10.15am	Tai Chi	The Oval C.C.
Monday	11th	10.15am - 12.15pm	Tea & Chat	The Oval C.C.

Monday	11th	10.30am - 11.30am	Sing-along with Dave	The Oval C.C.
Monday	11th	12.30pm - 1.30pm	Line Dancing	The Oval C.C.
Monday	11th	7.30pm - 9.00pm	Monday Night Bingo	Timebridge C.C.
Tuesday	12th	10.00am - 12.00pm	Tea & Chat	The Oval C.C.
Tuesday	12th	11.30am - 12.30pm	Tuesdays Line Dancing	The Oval C.C.
Tuesday	12th	Pre-booked W9/12	Sign Language Course	Symonds Green C.C.
Tuesday	12th	TBC	Friendship Group	Sherma Batson Centre
Tuesday	12th	12.00pm - 1.00pm	Salsacize	Chells Manor C.C.
Wednesday	13th	1.00pm - 3.00pm	Tea Dance	The Oval C.C.
Thursday	14th	1.00pm - 2.00pm	Thursday Line Dancing	Shephall Green Centre
Thursday	14th	1.00pm - 2.00pm	Chair Based Exercise	Symonds Green C.C.
Thursday	14th	2.15pm - 3.15pm	YogaLates	Symonds Green C.C.
Friday	15th	10.00am - 11.00am	YogaLates	The Oval C.C.
Friday	15th	11.30am - 12.30pm	Chair Based Exercise	The Oval C.C.
Friday	15th	12.30pm - 1.30pm	Friday Lunch Club	The Oval C.C.
Friday	15th	7.30pm - 9.00pm	Friday Night Bingo	Symonds Green C.C.
Monday	18th	9.15am - 10.15am	Tai Chi	The Oval C.C.
Monday	18th	10.15am - 12.15pm	Tea & Chat	The Oval C.C.
Monday	18th	10.30am - 11.30am	Sing-along with Dave	The Oval C.C.
Monday	18th	12.30pm - 1.30pm	Line Dancing	The Oval C.C.
Monday	18th	7.30pm - 9.00pm	Monday Night Bingo	Timebridge C.C.
Tuesday	19th	10.00am - 12.00pm	Tea & Chat	The Oval C.C.
Tuesday	19th	11.30am - 12.30pm	Tuesdays Line Dancing	The Oval C.C.
Tuesday	19th	TBC	The Red Shed	
Tuesday	19th	12.00pm - 1.00pm	Salsacize	Chells Manor C.C.
Tuesday	19th	TICKET ONLY	Day Trip	Southend-on-Sea

Wednesday	20th	1.00pm - 2.30pm	Bingo	Stevenage Postels Club
Thursday	21st	10.30am - 12.00pm	Men's Club	Sherma Batson Centre
Thursday	21st	1.00pm - 2.00pm	Thursday Line Dancing	Shephall Green Centre
Thursday	21st	1.00pm - 2.00pm	Chair Based Exercise	Symonds Green C.C.
Thursday	21st	2.15pm - 3.15pm	YogaLates	Symonds Green C.C.
Friday	22nd	10.00am - 11.00am	YogaLates	The Oval C.C.
Friday	22nd	11.30am - 12.30pm	Chair Based Exercise	The Oval C.C.
Friday	22nd	12.30pm - 1.30pm	Friday Lunch Club	The Oval C.C.
Friday	22nd	7.30pm - 9.00pm	Friday Night Bingo	Symonds Green C.C.
Monday	25th	CLOSED	SUMMER BANK HOLIDAY	
Tuesday	26th	10.00am - 12.00pm	Tea & Chat	The Oval C.C.
Tuesday	26th	Pre-booked W10/12	Sign Language Course	Symonds Green C.C.
Tuesday	26th	11.30am - 12.30pm	Tuesdays Line Dancing	The Oval C.C.
Tuesday	26th	12.00pm - 1.00pm	Salsacize	Chells Manor C.C.
Wednesday	27th	1.00pm - 2.30pm	Bingo	Stevenage Postels Club
Thursday	28th	1.00pm - 2.00pm	Thursday Line Dancing	Shephall Green Centre
Thursday	28th	1.00pm - 2.00pm	Chair Based Exercise	Symonds Green C.C.
Thursday	28th	2.15pm - 3.15pm	YogaLates	Symonds Green C.C.
Friday	29th	10.00am - 11.00am	YogaLates	The Oval C.C.
Friday	29th	11.30am - 12.30pm	Chair Based Exercise	The Oval C.C.
Friday	29th	12.30pm - 1.30pm	Friday Lunch Club	The Oval C.C.
Friday	29th	7.30pm - 9.00pm	Friday Night Bingo	Symonds Green C.C.

On the back page you will see a list of activities available to you.
This will tell you the cost and whether you need to book your chosen activity.

You don't need to be a member to try out an activity, so if you see something you would like to try, do come along to a session.

As the calendar shows 2 months at a time, there may be occasions when activities are changed for reasons beyond our control and the calendar is not changed to reflect this.

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.

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.

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. Thursdays class open to all. Classes are about having fun - we don't take it too seriously! £2.50 for members and £4.50 for non-members.

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.

Sign Language Course: A 12 week pre-booked course teaching British Sign Language.

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.

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

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