



Irish Network Stevenage Newsletter & Calendar July & August 2026



“Supporting the older community in Stevenage and surrounding areas”



Wow! To think that this time last year we had just began our Sign Language course, we didn't have Zumba Gold classes, we hadn't even started our Breakfast Club and Bingo at Poplars Community Centre and we hadn't even thought of a Mindful Movement workshop! What a difference a year makes!

For those of you that were able to join us for the Luton Irish Forum visit, I am sure you will agree - what an amazing afternoon! With that and the free Fish and Chip lunch at The Oval to celebrate 80 years of Stevenage and all the other activities we had, well we just hope you have the energy for more! We have planned some wonderful events for your summer diaries. Firstly, we have our wonderful Summer Ball taking place on 11th July at the Oval, with music provided by the fantastic Frankie. The tickets are already going fast so be sure to buy yours quickly! This is followed by our annual trip to Southend on the 18th August and tickets will be on sale at our Tea Dance on 8th July. As per previous years, these are booked on a “first come, first serve” basis so either call into the office or get your tickets at the next event.



Please do look at the schedule for the dates and do ask if you need more information or would like to add your name to a list you are interested in. Also don't forget, we are always adding activities and events, so do keep your eyes peeled and watch out for notices at any of the events you attend. Some things get booked really quickly so it is important that you take a moment to look at the notices at the activities, so you don't miss out.

The INS is one of Luke Donovan's legacies. He was very proud of it and all it provided for our community. It seems so hard to believe that we are 3 years on since his passing. Our timetable of activities and events create a lasting tribute to Luke, ensuring his ideas and activities manifest for the community. Through all that we offer, Luke's dedication is celebrated by continuing it in the same vein with our members at the forefront of everything.

Member's Support is available on Wednesdays throughout July.

Wednesday	1st	9.45am - 10.45am	Zumba Gold	Timebridge C.C.
Wednesday	1st	1.00pm - 2.30pm	Bingo	Stevenage Postels Club
Thursday	2nd	9.30am - 11.00am	Breakfast Club	Poplars C.C.
Thursday	2nd	11.00am - 12.30pm	Bingo	Poplars C.C.
Thursday	2nd	12.30pm-1.30pm	Zumba Gold	Symonds Green C.C.
Friday	3rd	10.00am - 11.00am	Yoga	The Oval C.C.
Friday	3rd	11.30am - 12.30pm	Exercise and Fitness	The Oval C.C.
Friday	3rd	12.30pm - 1.30pm	Friday Lunch Club	The Oval C.C.
Friday	3rd	2.00pm - 3.00pm	Beginners Line Dancing	Great Ashby C.C. w4/6
Friday	3rd	7.30pm - 9.00pm	Friday Night Bingo	Symonds Green C.C.
Monday	6th	9.15am - 10.15am	Tai Chi	The Oval C.C.
Monday	6th	10.15am - 12.15pm	Tea & Chat	The Oval C.C.
Monday	6th	10.30am - 11.30am	Sing-along with Dave	The Oval C.C.
Monday	6th	12.30pm - 1.30pm	Line Dancing	The Oval C.C.
Monday	6th	6.15pm - 8.00pm	Monday Night Bingo	Timebridge C.C.
Tuesday	7th	10.00am-11.30am	Breakfast Club	The Oval C.C.
Tuesday	7th	11.30am - 12.30pm	Tuesdays Line Dancing	The Oval C.C.
Tuesday	7th	12.00pm - 1.00pm	Salsacize	Chells Manor C.C.
Tuesday	7th	1.30pm - 2.30pm	Mindful Movements Workshop	Chells Manor C.C. w6/6
Wednesday	8th	9.00am - 12.00pm	Member's Support	Sherma Batson Centre
Wednesday	8th	9.45am - 10.45am	Zumba Gold	Timebridge C.C.
Wednesday	8th	1.00pm - 3.00pm	Tea Dance	The Oval C.C.
Thursday	9th	9.30am - 11.00am	Breakfast Club	Poplars C.C.
Thursday	9th	10.30am - 12.00pm	Men's Club	Sherma Batson Centre
Thursday	9th	11.00am - 12.30pm	Bingo	Poplars C.C.
Thursday	9th	12.30pm-1.30pm	Zumba Gold	Symonds Green C.C.
Friday	10th	10.00am - 11.00am	Yoga	The Oval C.C.
Friday	10th	11.30am - 12.30pm	Exercise and Fitness	The Oval C.C.
Friday	10th	12.30pm - 1.30pm	Friday Lunch Club	The Oval C.C.
Friday	10th	2.00pm - 3.00pm	Beginners Line Dancing	Great Ashby C.C. w5/6

Friday	10th	7.30pm - 9.00pm	Friday Night Bingo	Symonds Green C.C.
Saturday	11th	7.30pm - 11.00pm	Summer Ball - Ticketed	The Oval C.C.
Monday	13th	9.15am - 10.15am	Tai Chi	The Oval C.C.
Monday	13th	10.15am - 12.15pm	Tea & Chat	The Oval C.C.
Monday	13th	10.30am - 11.30am	Sing-along with Dave	The Oval C.C.
Monday	13th	12.30pm - 1.30pm	Line Dancing	The Oval C.C.
Monday	13th	6.15pm - 8.00pm	Monday Night Bingo	Timebridge C.C.
Tuesday	14th	10.00am-11.30am	Breakfast Club	The Oval C.C.
Tuesday	14th	TBC	Friendship Group	Sherma Batson Centre
Tuesday	14th	11.30am - 12.30pm	Tuesdays Line Dancing	The Oval C.C.
Tuesday	14th	12.00pm - 1.00pm	Salsacize	Chells Manor C.C.
Wednesday	15th	9.45am - 10.45am	Zumba Gold	Timebridge C.C.
Wednesday	15th	1.00pm - 2.30pm	Bingo	Stevenage Postels Club
Thursday	16th	9.30am - 11.00am	Breakfast Club	Poplars C.C.
Thursday	16th	TBC	Craft	The Oval C.C.
Thursday	16th	11.00am - 12.30pm	Bingo	Poplars C.C.
Thursday	16th	12.30pm-1.30pm	Zumba Gold	Symonds Green C.C.
Friday	17th	10.00am - 11.00am	Yoga	The Oval C.C.
Friday	17th	11.30am - 12.30pm	Exercise and Fitness	The Oval C.C.
Friday	17th	12.30pm - 1.30pm	Friday Lunch Club	The Oval C.C.
Friday	17th	2.00pm - 3.00pm	Beginners Line Dancing	Great Ashby C.C. w6/6
Friday	17th	7.30pm - 9.00pm	Friday Night Bingo	Symonds Green C.C.
Monday	20th	9.15am - 10.15am	Tai Chi	The Oval C.C.
Monday	20th	10.15am - 12.15pm	Tea & Chat	The Oval C.C.
Monday	20th	10.30am - 11.30am	Sing-along with Dave	The Oval C.C.
Monday	20th	12.30pm - 1.30pm	Line Dancing	The Oval C.C.
Monday	20th	2.00pm - 3.00pm	Latin Dancing made fun	Chells Manor C.C. W1/6
Monday	20th	6.15pm - 8.00pm	Monday Night Bingo	Timebridge C.C.

Tuesday	21st	10.00am-11.30am	Breakfast Club	The Oval C.C.
Tuesday	21st	11.30am - 12.30pm	Tuesdays Line Dancing	The Oval C.C.
Tuesday	21st	12.00pm - 1.00pm	Salsacize	Chells Manor C.C.
Tuesday	21st	TBC	The Red Shed	The Red Shed
Wednesday	22nd	9.45am - 10.45am	Zumba Gold	Timebridge C.C.
Wednesday	22nd	1.00pm - 3.00pm	Afternoon Social	The Oval C.C.
Thursday	23rd	9.30am - 11.00am	Breakfast Club	Poplars C.C.
Thursday	23rd	10.30am - 12.00pm	Men's Club	Sherma Batson Centre
Thursday	23rd	11.00am - 12.30pm	Bingo	Poplars C.C.
Friday	24th	10.00am - 11.00am	Yoga	The Oval C.C.
Friday	24th	11.30am - 12.30pm	Exercise and Fitness	The Oval C.C.
Friday	24th	12.30pm - 1.30pm	Friday Lunch Club	The Oval C.C.
Friday	24th	7.30pm - 9.00pm	Friday Night Bingo	Symonds Green C.C.
Monday	27th	9.15am - 10.15am	Tai Chi	The Oval C.C.
Monday	27th	10.15am - 12.15pm	Tea & Chat	The Oval C.C.
Monday	27th	10.30am - 11.30am	Sing-along with Dave	The Oval C.C.
Monday	27th	12.30pm - 1.30pm	Line Dancing	The Oval C.C.
Monday	27th	2.00pm - 3.00pm	Latin Dancing made fun	Chells Manor C.C. W2/6
Monday	27th	6.15pm - 8.00pm	Monday Night Bingo	Timebridge C.C.
Tuesday	28th	10.00am-11.30am	Breakfast Club	The Oval C.C.
Tuesday	28th	11.30am - 12.30pm	Tuesdays Line Dancing	The Oval C.C.
Tuesday	28th	12.00pm - 1.00pm	Salsacize	Chells Manor C.C.
Wednesday	29th	9.45am - 10.45am	Zumba Gold	Timebridge C.C.
Wednesday	29th	1.00pm - 2.30pm	Bingo	Stevenage Postels Club
Thursday	30th	9.30am - 11.00am	Breakfast Club	Poplars C.C.
Thursday	30th	11.00am - 12.30pm	Bingo	Poplars C.C.
Friday	31st	10.00am - 11.00am	Yoga	The Oval C.C.
Friday	31st	11.30am - 12.30pm	Exercise and Fitness	The Oval C.C.

Friday	31st	12.30pm - 1.30pm	Friday Lunch Club	The Oval C.C.
Friday	31st	7.30pm - 9.00pm	Friday Night Bingo	Symonds Green C.C.
AUGUST				
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	10.30am - 11.30am	Sing-along with Dave	The Oval C.C.
Monday	3rd	12.30pm - 1.30pm	Line Dancing	The Oval C.C.
Monday	3rd	2.00pm - 3.00pm	Latin Dancing made fun	Chells Manor C.C. W3/6
Monday	3rd	6.15pm - 8.00pm	Monday Night Bingo	Timebridge C.C.
Tuesday	4th	10.00am-11.30am	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	9.45am - 10.45am	Zumba Gold	Timebridge C.C.
Wednesday	5th	9.00am - 12.00pm	Member's Support	Sherma Batson Centre
Wednesday	5th	1.00pm - 2.30pm	Bingo	Stevenage Postels Club
Thursday	6th	9.30am - 11.00am	Breakfast Club	Poplars C.C.
Thursday	6th	10.30am - 12.00pm	Men's Club	Sherma Batson Centre
Thursday	6th	11.00am - 12.30pm	Bingo	Poplars C.C.
Friday	7th	10.00am - 11.00am	Yoga	The Oval C.C.
Friday	7th	11.30am - 12.30pm	Exercise and Fitness	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	2.00pm - 3.00pm	Latin Dancing made fun	Chells Manor C.C. w4/6
Monday	10th	6.15pm - 8.00pm	Monday Night Bingo	Timebridge C.C.

Tuesday	11th	10.00am-11.30am	Breakfast Club	The Oval C.C.
Tuesday	11th	TBC	Friendship Group	Sherma Batson Centre
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	9.45am - 10.45am	Zumba Gold	Timebridge C.C.
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	11.00am - 12.30pm	Bingo	Poplars C.C.
Friday	14th	10.00am - 11.00am	Yoga	The Oval C.C.
Friday	14th	11.30am - 12.30pm	Exercise and Fitness	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	2.00pm - 3.00pm	Latin Dancing made fun	Chells Manor C.C. w5/6
Monday	17th	6.15pm - 8.00pm	Monday Night Bingo	Timebridge C.C.
Tuesday	18th	Day trip to Southend -on-Sea - Ticket Only		
Tuesday	18th	10.00am-11.30am	Breakfast Club	The Oval C.C.
Tuesday	18th	TBC	The Red Shed	The Red Shed
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	9.45am - 10.45am	Zumba Gold	Timebridge C.C.
Wednesday	19th	1.00pm - 2.30pm	Bingo	Stevenage Postels Club
Thursday	20th	9.30am - 11.00am	Breakfast Club	Poplars C.C.

Thursday	20th	10.30am - 12.00pm	Men's Club	Sherma Batson Centre
Thursday	20th	11.00am - 12.30pm	Bingo	Poplars C.C.
Friday	21st	10.00am - 11.00am	Yoga	The Oval C.C.
Friday	21st	11.30am - 12.30pm	Exercise and Fitness	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	2.00pm - 3.00pm	Latin Dancing made fun	Chells Manor C.C. w6/6
Monday	24th	6.15pm - 8.00pm	Monday Night Bingo	Timebridge C.C.
Tuesday	25th	10.00am-11.30am	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	9.45am - 10.45am	Zumba Gold	Timebridge C.C.
Wednesday	26th	1.00pm - 2.30pm	Bingo	Stevenage Postels Club
Thursday	27th	9.30am - 11.00am	Breakfast Club	Poplars C.C.
Thursday	27th	11.00am - 12.30pm	Bingo	Poplars C.C.
Friday	28th	10.00am - 11.00am	Yoga	The Oval C.C.
Friday	28th	11.30am - 12.30pm	Exercise and Fitness	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.
Monday	31st	CLOSED	SUMMER BANK HOLIDAY	

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: 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: A fun and easy going bingo session at Poplars Community Centre. Entry is £8.50 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 & Fitness Class: A gentle Exercise and Fitness 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.

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

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

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

Charity number 1149576