



Irish Network Stevenage Newsletter & Calendar May & June 2026



“Supporting the older community in Stevenage and surrounding areas”



What an amazing month March was for all of us! A chance to celebrate our Irish heritage on St. Patrick's Day. There was a fantastic turnout for both events; Saturday's dance and Tuesday's lunch. We had over 300 people attend across each event, including the Mayor, Baroness Sharon Taylor our MP, Kevin Bonavia and Gerry Waldron, First Secretary from the Irish Embassy, Father Michael and Stevenage Councillors.

We are coming into that time again when seasonal allergies are at their peak; it's crucial to take proactive steps to manage symptoms. Wearing a mask to reduce inhalation of pollen, using pollen barriers (balm) around the nose and wearing sunglasses or a wide brimmed hat can all help. Also taking Antihistamines can help with flare ups but do check with your GP or pharmacist to ensure it doesn't conflict with other prescribed medicines.

So far this year, we have offered nigh on 320 activities. Our INS volunteers are an invaluable source of support in the community for us as they help to deliver the services and activities you all love. We are truly fortunate to have our band of helpers and appreciate each and every one of them!



Our Luton friends are coming to a **Tea Dance Special** in June and tickets will be available at the May Tea Dance. There will also be a day trip St Albans; tickets available at the May Afternoon Social. Our aim is to reduce that feeling of isolation and provide fun and engaging activities that enable everyone to socialise, regardless of ability. Even though there are various different opportunities on offer, we are always looking for new ideas. Please, please, if you do have any suggestions, contact the office.

New! Beginners Line Dancing starting Friday 5th June for 6 weeks and Mindful Movements Workshop starting Tuesday 2nd June for 6 weeks. Learn techniques for calming the mind. For either activity, call the office to book your place or find out more information.

Friday	1st	10.00am-11.00am	Yoga	The Oval C.C.
Friday	1st	11.30am-12.30pm	Exercise and Fitness	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	CLOSED	Early May Bank Holiday	
Tuesday	5th	10.00am-11.30am	Breakfast Club	The Oval 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	9.00am-12.00pm	Member's Support	Sherma Batson Centre
Wednesday	6th	9.45am-10.45am	Zumba Gold	Timebridge C.C.
Wednesday	6th	1.00pm-2.30pm	Bingo	Stevenage Postels Club
Thursday	7th	9.30am-11.00am	Breakfast Club	Poplars C.C.
Thursday	7th	11.00am-12.30pm	Bingo	Poplars C.C.
Thursday	7th	12.30pm-1.30pm	Zumba Gold	Great Ashby (rm3)
Friday	8th	10.00am-11.00am	Yoga	The Oval C.C.
Friday	8th	11.30am-12.30pm	Exercise and Fitness	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	6.15pm-8.00pm	Monday Night Bingo	Timebridge C.C.
Tuesday	12th	10.00am-11.30am	Breakfast Club	The Oval C.C.
Tuesday	12th	11.30am-12.30pm	Tuesdays Line Dancing	The Oval C.C.
Tuesday	12th	12.00pm-1.00pm	Salsacize	Chells Manor C.C.
Wednesday	13th	9.00am-12.00pm	Member's Support	Sherma Batson Centre
Wednesday	13th	9.45am-10.45am	Zumba Gold	Timebridge C.C.

Wednesday	13th	1.00pm-3.00pm	Tea Dance	The Oval C.C.
Thursday	13th	9.30am-11.00am	Breakfast Club	Poplars C.C.
Thursday	14th	10.30am-12.00pm	Men's Club	Sherma Batson Centre
Thursday	14th	11.00am-12.30pm	Bingo	Poplars C.C.
Thursday	14th	12.30pm-1.30pm	Zumba Gold	Symonds Green C.C.
Friday	15th	10.00am-11.00am	Yoga	The Oval C.C.
Friday	15th	11.30am-12.30pm	Exercise and Fitness	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	6.15pm-8.00pm	Monday Night Bingo	Timebridge C.C.
Tuesday	19th	10.00am-11.30am	Breakfast Club	The Oval C.C.
Tuesday	19th	TBC	The Red Shed	The Red Shed
Tuesday	19th	11.30am-12.30pm	Tuesdays Line Dancing	The Oval C.C.
Tuesday	19th	12.00pm-1.00pm	Salsacize	Chells Manor C.C.
Wednesday	20th	9.00am-12.00pm	Member's Support	Sherma Batson Centre
Wednesday	20th	9.45am-10.45am	Zumba Gold	Timebridge C.C.
Wednesday	20th	1.00pm-2.30pm	Bingo	Stevenage Postels
Thursday	21st	9.30am-11.00am	Breakfast Club	Poplars C.C.
Thursday	21st	TBC	Craft	The Oval C.C.
Thursday	21st	11.00am-12.30pm	Bingo	Poplars C.C.
Thursday	21st	12.30pm-1.30pm	Zumba Gold	Symonds Green C.C.
Friday	22nd	10.00am-11.00am	Yoga	The Oval C.C.
Friday	22nd	11.30am-12.30pm	Exercise and Fitness	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	Spring Bank Holiday	
Tuesday	26th	10.00am-11.30am	Breakfast Club	The Oval 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	9.00am-12.00pm	Member's Support	Sherma Batson Centre
Wednesday	27th	9.45am-10.45am	Zumba Gold	Timebridge C.C.
Wednesday	27th	1.00pm-3.00pm	Afternoon Social	The Oval C.C.
Thursday	28th	9.30am-11.00am	Breakfast Club	Poplars C.C.
Thursday	28th	10.30am-12.00pm	Men's Club	Sherma Batson Centre
Thursday	28th	11.00am-12.30pm	Bingo	Poplars C.C.
Thursday	28th	12.30pm-1.30pm	Zumba Gold	Symonds Green C.C.
Friday	29th	10.00am-11.00am	Yoga	The Oval C.C.
Friday	29th	11.30am-12.30pm	Exercise and Fitness	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.
JUNE				
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-11.30am	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.
Tuesday	2nd	1.30pm - 2.30pm	Mindful Movements Workshop	Chells Manor C.C. w1/6
Wednesday	3rd	9.00am - 12.00pm	Member's Support	Sherma Batson Centre

Wednesday	3rd	9.45am - 10.45am	Zumba Gold	Timebridge C.C.
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 - 12.30pm	Bingo	Poplars C.C.
Thursday	4th	12.30pm-1.30pm	Zumba Gold	Symonds Green C.C.
Friday	5th	10.00am - 11.00am	Yoga	The Oval C.C.
Friday	5th	11.30am - 12.30pm	Exercise and Fitness	The Oval C.C.
Friday	5th	TICKET ONLY	Stevenage 80th Celebrations - Fish & Chip Lunch	
Friday	5th	2.00pm - 3.00pm	Beginners Line Dancing	Great Ashby C.C. w1/6
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	10.00am-11.30am	Breakfast Club	The Oval C.C.
Tuesday	9th	TBC	Friendship Group	Sherma Batson Centre
Tuesday	9th	11.30am - 12.30pm	Tuesdays Line Dancing	The Oval C.C.
Tuesday	9th	12.00pm - 1.00pm	Salsacize	Chells Manor C.C.
Tuesday	9th	1.30pm - 2.30pm	Mindful Movements Workshop	Chells Manor C.C. w2/6
Wednesday	10th	9.00am - 12.00pm	Member's Support	Sherma Batson Centre
Wednesday	10th	9.45am - 10.45am	Zumba Gold	Timebridge C.C.
Wednesday	10th	TICKET ONLY	Tea Dance Special with Luton Irish Forum	The Oval C.C.
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 - 12.30pm	Bingo	Poplars C.C.
Thursday	11th	12.30pm-1.30pm	Zumba Gold	Symonds Green C.C.
Friday	12th	10.00am - 11.00am	Yoga	The Oval C.C.

Friday	12th	11.30am - 12.30pm	Exercise and Fitness	The Oval C.C.
Friday	12th	12.30pm - 1.30pm	Friday Lunch Club	The Oval C.C.
Friday	12th	2.00pm - 3.00pm	Beginners Line Dancing	Great Ashby C.C. w2/6
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-11.30am	Breakfast Club	The Oval C.C.
Tuesday	16th	TBC	The Red Shed	The Red Shed
Tuesday	16th	11.30am - 12.30pm	Tuesdays Line Dancing	The Oval C.C.
Tuesday	16th	12.00pm - 1.00pm	Salsacize	Chells Manor C.C.
Tuesday	16th	1.30pm - 2.30pm	Mindful Movements Workshop	Chells Manor C.C. w3/6
Wednesday	17th	9.00am - 12.00pm	Member's Support	Sherma Batson Centre
Wednesday	17th	9.45am - 10.45am	Zumba Gold	Timebridge C.C.
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	The Oval C.C.
Thursday	18th	11.00am - 12.30pm	Bingo	Poplars C.C.
Thursday	18th	12.30pm-1.30pm	Zumba Gold	Symonds Green C.C.
Friday	19th	10.00am - 11.00am	Yoga	The Oval C.C.
Friday	19th	11.30am - 12.30pm	Exercise and Fitness	The Oval C.C.
Friday	19th	12.30pm - 1.30pm	Friday Lunch Club	The Oval C.C.
Friday	19th	2.00pm - 3.00pm	Beginners Line Dancing	Great Ashby C.C. w3/6
Friday	19th	7.30pm - 9.00pm	Friday Night Bingo	Symonds Green C.C.
Monday	22nd	9.15am - 10.15am	Tai Chi	The Oval C.C.
Monday	22nd	10.15am - 12.15pm	Tea & Chat	The Oval C.C.

Monday	22nd	10.30am - 11.30am	Sing-along with Dave	The Oval C.C.
Monday	22nd	12.30pm - 1.30pm	Line Dancing	The Oval C.C.
Monday	22nd	6.15pm - 8.00pm	Monday Night Bingo	Timebridge C.C.
Tuesday	23rd	10.00am-11.30am	Breakfast Club	The Oval C.C.
Tuesday	23rd	11.30am - 12.30pm	Tuesdays Line Dancing	The Oval C.C.
Tuesday	23rd	12.00pm - 1.00pm	Salsacize	Chells Manor C.C.
Tuesday	23rd	1.30pm - 2.30pm	Mindful Movements Workshop	Chells Manor C.C. w4/6
Wednesday	24th	9.00am - 12.00pm	Member's Support	Sherma Batson Centre
Wednesday	24th	9.45am - 10.45am	Zumba Gold	Timebridge C.C.
Wednesday	24th	Ticket Only	Day Trip to St Albans	10.00am - 4.00pm
Wednesday	24th	1.00pm - 2.30pm	Bingo	Stevenage Postels Club
Thursday	25th	9.30am - 11.00am	Breakfast Club	Poplars C.C.
Thursday	25th	10.30am - 12.00pm	Men's Club	Sherma Batson Centre
Thursday	25th	11.00am - 12.30pm	Bingo	Poplars C.C.
Thursday	25th	12.30pm-1.30pm	Zumba Gold	Symonds Green C.C.
Friday	26th	10.00am - 11.00am	Yoga	The Oval C.C.
Friday	26th	11.30am - 12.30pm	Exercise and Fitness	The Oval C.C.
Friday	26th	12.30pm - 1.30pm	Friday Lunch Club	The Oval C.C.
Friday	26th	2.00pm - 3.00pm	Beginners Line Dancing	Great Ashby C.C. w4/6
Friday	26th	7.30pm - 9.00pm	Friday Night Bingo	Symonds Green C.C.
Monday	29th	9.15am - 10.15am	Tai Chi	The Oval C.C.
Monday	29th	10.15am - 12.15pm	Tea & Chat	The Oval C.C.
Monday	29th	10.30am - 11.30am	Sing-along with Dave	The Oval C.C.
Monday	29th	12.30pm - 1.30pm	Line Dancing	The Oval C.C.
Monday	29th	6.15pm - 8.00pm	Monday Night Bingo	Timebridge C.C.
Tuesday	30th	10.00am-11.30am	Breakfast Club	The Oval C.C.
Tuesday	30th	11.30am - 12.30pm	Tuesdays Line Dancing	The Oval C.C.
Tuesday	30th	12.00pm - 1.00pm	Salsacize	Chells Manor C.C.
Tuesday	30th	1.30pm - 2.30pm	Mindful Movements Workshop	Chells Manor C.C. w5/6 ₇

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 & 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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Charity number 1149576 8