



Irish Network Stevenage Newsletter & Calendar September & October 2026



"Supporting the older community in Stevenage and surrounding areas"

Well, what a year it has been already! As we look ahead to the autumn months, we are delighted to have another wonderful selection of activities, outings and social events planned. In addition to all our regular activities we have our **Codfather Fish and Chip Lunch** on Friday 25th September at Poplars Community Centre, Then, on Wednesday 7th October, we will be heading out to visit our friends at the **Luton Irish Forum** and then on Saturday 31st October, we will be holding our **Halloween Party**. These occasions always give us the chance to catch up, have a chat, share a laugh and spend some quality time together. These events are ticket only, and all the information will be available at the activities you attend. Our events are always popular, so get your ticket as soon as they go on sale.



One of the big surprises of the year was a visit from our Prime Minister! As the only charity that was asked to meet him, we explained the impact groups like ours have and how much support we need, we explained that addressing isolation is at

the forefront of everything we do. We told him our activities are all about keeping active, meeting people and, most of all, enjoying ourselves together, he was very impressed by all the events and agreed that grassroots charities like ours need and deserve more support.

We are pleased to announce we will be holding our **2026 AGM** and our McMillian Coffee Morning at our Social Afternoon on 23rd September, and everyone is welcome! Come and hear about what we have been doing over the last 12 months and what we have planned. For full details please contact the office.

Membership is due in September and even though the cost of running our events has increased over the year, we have managed to keep the annual Membership Fee at only £8.00 for people over retirement age. Details of how to renew will be at our events.

A big part of what makes our activities so special is the people who come along, so thank you for your continued support and for making our activities such a vibrant and welcoming part of the community. Here is to a fantastic autumn – we cannot wait to share it with you.



Tuesday	1st	10.00am-11.30am	Breakfast Club	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.
Wednesday	2nd	9.00am-12.00pm	Member's Support	Sherma Batson
Wednesday	2nd	9.45am-10.45am	Zumba Gold	Timebridge C.C.
Wednesday	2nd	1.00pm-2.30pm	Bingo	Stevenage Postels
Thursday	3rd	9.30am-11.00am	Breakfast Club	Poplars C.C.
Thursday	3rd	10.30am-12.00pm	Men's Club	Sherma Batson
Thursday	3rd	11.00am-12.30pm	Bingo	Poplars C.C.
Friday	4th	10.00am-11.00am	Yoga	The Oval C.C.
Friday	4th	11.30am-12.30pm	Exercise and Fitness	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	6.15pm-8.00pm	Monday Night Bingo	Timebridge C.C.
Tuesday	8th	10.00am-11.30am	Breakfast Club	The Oval C.C.
Tuesday	8th	TBC	Friendship Group	Sherma Batson Centre
Tuesday	8th	11.30am-12.30pm	Tuesdays Line Dancing	The Oval C.C.
Tuesday	8th	12.00pm-1.00pm	Salsacize	Chells Manor C.C.
Wednesday	9th	9.00am-12.00pm	Member's Support	Sherma Batson Centre
Wednesday	9th	9.45am-10.45am	Zumba Gold	Timebridge C.C.
Wednesday	9th	1.00pm-3.00pm	Tea Dance	The Oval C.C.
Thursday	10th	9.30am-11.00am	Breakfast Club	Poplars C.C.
Thursday	10th	11.00am-12.30pm	Bingo	Poplars C.C.
Friday	11th	10.00am-11.00am	Yoga	The Oval C.C.
Friday	11th	11.30am-12.30pm	Exercise and Fitness	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	6.15pm-8.00pm	Monday Night Bingo	Timebridge C.C.
Tuesday	15th	10.00am-11.30am	Breakfast Club	The Oval C.C.
Tuesday	15th	TBC	The Red Shed	The Red Shed
Tuesday	15th	11.30am-12.30pm	Tuesdays Line Dancing	The Oval C.C.
Tuesday	15th	12.00pm-1.00pm	Salsacize	Chells Manor C.C.
Wednesday	16th	9.00am-12.00pm	Member's Support	Sherma Batson Centre
Wednesday	16th	9.45am-10.45am	Zumba Gold	Timebridge C.C.
Wednesday	16th	1.00pm-2.30pm	Bingo	Stevenage Postels Club
Thursday	17th	9.30am-11.00am	Breakfast Club	Poplars C.C.
Thursday	17th	TBC	Craft	The Oval C.C.
Thursday	17th	10.30am-12.00pm	Men's Club	Sherma Batson Centre
Thursday	17th	11.00am-12.30pm	Bingo	Poplars C.C.
Friday	18th	10.00am-11.00am	Yoga	The Oval C.C.
Friday	18th	11.30am-12.30pm	Exercise and Fitness	The Oval C.C.
Friday	18th	12.30pm-1.30pm	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	6.15pm-8.00pm	Monday Night Bingo	Timebridge C.C.
Tuesday	22nd	10.00am-11.30am	Breakfast Club	The Oval C.C.
Tuesday	22nd	11.30am-12.30pm	Tuesdays Line Dancing	The Oval C.C.
Tuesday	22nd	12.00pm-1.00pm	Salsacize	Chells Manor C.C.

Wednesday	23rd	9.00am-12.00pm	Member's Support	Sherma Batson
Wednesday	23rd	9.45am-10.45am	Zumba Gold	Timebridge C.C.
Wednesday	23rd	1.00pm-3.00pm	Afternoon Social & AGM	The Oval C.C.
Thursday	24th	9.30am-11.00am	Breakfast Club	Poplars C.C.
Thursday	24th	11.00am-12.30pm	Bingo	Poplars C.C.
Friday	25th	10.00am-11.00am	Yoga	The Oval C.C.
Friday	25th	11.30am-12.30pm	Exercise and Fitness	The Oval C.C.
Friday	25th	CANCELLED	Friday Lunch Club	The Oval C.C.
Friday	25th	Ticket Only	The Codfather Lunch	Poplars C.C.
Friday	25th	7.30pm-9.00pm	Friday Night Bingo	Symonds Green 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	6.15pm-8.00pm	Monday Night Bingo	Timebridge C.C.
Tuesday	29th	10.00am-11.30am	Breakfast Club	The Oval C.C.
Tuesday	29th	11.30am-12.30pm	Tuesdays Line Dancing	The Oval C.C.
Tuesday	29th	12.00pm-1.00pm	Salsacize	Chells Manor C.C.
Wednesday	30th	9.00am-12.00pm	Member's Support	Sherma Batson Centre
Wednesday	30th	9.45am-10.45am	Zumba Gold	Timebridge C.C.
Wednesday	30th	10.00am-11.00am	Line Dancing **New	St Peters Church, Broadwater
Wednesday	30th	1.00pm-2.30pm	Bingo	Stevenage Postels Club

October

Thursday	1st	9.30am-11.00am	Breakfast Club	Poplars C.C.
Thursday	1st	10.30am-12.00pm	Men's Club	Sherma Batson Centre
Thursday	1st	11.00am-12.30pm	Bingo	Poplars C.C.
Friday	2nd	10.00am-11.00am	Yoga	The Oval C.C.

Friday	2nd	11.30am-12.30pm	Exercise and Fitness	The Oval C.C.
Friday	2nd	12.30pm-1.30pm	Friday Lunch Club	The Oval C.C.
Friday	2nd	7.30pm-9.00pm	Friday Night Bingo	Symonds Green C.C.
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	6.15pm-8.00pm	Monday Night Bingo	Timebridge C.C.
Tuesday	6th	10.00am-11.30am	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	9.45am-10.45am	Zumba Gold	Timebridge C.C.
Wednesday	7th	10.00am-11.00am	Line Dancing **New	St Peters Church, Broadwater
Wednesday	7th	1.00pm-2.30pm	Bingo	Stevenage Postels Club
Wednesday	7th	Ticket only	Luton Irish Forum Autumn Social	Luton
Thursday	8th	9.30am-11.00am	Breakfast Club	Poplars C.C.
Thursday	8th	11.00am-12.30pm	Bingo	Poplars C.C.
Friday	9th	10.00am-11.00am	Yoga	The Oval C.C.
Friday	9th	11.30am-12.30pm	Exercise and Fitness	The Oval C.C.
Friday	9th	12.30pm-1.30pm	Friday Lunch Club	The Oval 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	6.15pm-8.00pm	Monday Night Bingo	Timebridge C.C.
Tuesday	13th	10.00am-11.30am	Breakfast Club	The Oval C.C.
Tuesday	13th	TBC	Friendship Group	Sherma Batson Centre

Tuesday	13th	11.30am-12.30pm	Tuesdays Line Dancing	The Oval C.C.
Tuesday	13th	12.00pm-1.00pm	Salsacize	Chells Manor C.C.
Wednesday	14th	9.00am-12.00pm	Member's Support	Sherma Batson Centre
Wednesday	14th	9.45am-10.45am	Zumba Gold	Timebridge C.C.
Wednesday	14th	10.00am-11.00am	Line Dancing **New	St Peters Church, Broadwater
Wednesday	14th	1.00pm-3.00pm	Tea Dance	The Oval C.C.
Thursday	15th	9.30am-11.00am	Breakfast Club	Poplars C.C.
Thursday	15th	11.00am-12.30pm	Bingo	Poplars C.C.
Thursday	15th	TBC	Craft	The Oval C.C.
Thursday	15th	10.30am-12.00pm	Men's Club	Sherma Batson Centre
Friday	16th	10.00am-11.00am	Yoga	The Oval C.C.
Friday	16th	11.30am-12.30pm	Exercise and Fitness	The Oval C.C.
Friday	16th	12.30pm-1.30pm	Friday Lunch Club	The Oval 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	6.15pm-8.00pm	Monday Night Bingo	Timebridge C.C.
Tuesday	20th	10.00am-11.30am	Breakfast Club	The Oval C.C.
Tuesday	20th	TBC	The Red Shed	The Red Shed
Tuesday	20th	11.30am-12.30pm	Tuesdays Line Dancing	The Oval C.C.
Tuesday	20th	12.00pm-1.00pm	Salsacize	Chells Manor C.C.
Wednesday	21st	9.00am-12.00pm	Member's Support	Sherma Batson Centre
Wednesday	21st	9.45am-10.45am	Zumba Gold	Timebridge C.C.
Wednesday	21st	10.00am-11.00am	Line Dancing **New	St Peters Church, Broadwater
Wednesday	21st	1.00pm-2.30pm	Bingo	Stevenage Postels Club
Thursday	22nd	9.30am-11.00am	Breakfast Club	Poplars C.C.
Thursday	22nd	11.00am-12.30pm	Bingo	Poplars C.C.

Friday	23rd	10.00am-11.00am	Yoga	The Oval C.C.
Friday	23rd	11.30am-12.30pm	Exercise and Fitness	The Oval C.C.
Friday	23rd	12.30pm-1.30pm	Friday Lunch Club	The Oval C.C.
Friday	23rd	7.30pm-9.00pm	Friday Night Bingo	Symonds Green C.C.
Monday	26th	9.15am-10.15am	Tai Chi	The Oval C.C.
Monday	26th	10.15am-12.15pm	Tea & Chat	The Oval C.C.
Monday	26th	10.30am-11.30am	Sing-along with Dave	The Oval C.C.
Monday	26th	12.30pm-1.30pm	Line Dancing	The Oval C.C.
Monday	26th	6.15pm-8.00pm	Monday Night Bingo	Timebridge C.C.
Tuesday	27th	10.00am-11.30am	Breakfast Club	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	9.00am-12.00pm	Member's Support	Sherma Batson Centre
Wednesday	28th	9.45am-10.45am	Latin Dancing with Courtney	Timebridge C.C.
Wednesday	28th	10.00am-11.00am	Line Dancing **New	St Peters Church, Broadwater
Wednesday	28th	1.00pm-3.00pm	Afternoon Social	The Oval C.C.
Thursday	29th	9.30am-11.00am	Breakfast Club	Poplars C.C.
Thursday	29th	10.30am-12.00pm	Men's Club	Sherma Batson Centre
Thursday	29th	11.00am-12.30pm	Bingo	Poplars C.C.
Friday	30th	10.00am-11.00am	Yoga	The Oval C.C.
Friday	30th	11.30am-12.30pm	Exercise and Fitness	The Oval C.C.
Friday	30th	12.30pm-1.30pm	Friday Lunch Club	The Oval C.C.
Friday	30th	7.30pm-9.00pm	Friday Night Bingo	Symonds Green C.C.
Saturday	31st	7.30pm-11.00pm	Halloween Dance	CIU, Old Town

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: Classes are on Monday, Tuesday and Wednesday, are perfect for all abilities and 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