



Irish Network Stevenage Newsletter & Calendar September & October 2025



“Supporting the older community in Stevenage and surrounding areas”

We have had a great time over the last few months, the sun has been shining and we had a lovely trip to Southend, the company was great and so was the weather!

Our Summer Ball in July was great fun and Frankie had everyone on the dance floor (as usual). When we visit other groups



or they come to us, they often comment that our members are the first on the dance floor – we do love to enjoy ourselves! At our age we have earned the right to have as much fun as possible!



We are pleased to announce that our Tuesday Tea and Chat has now returned after the break for summer, and everyone is welcome. When our Sign Language classes come to an end this group will come along to the Tuesday Tea and Chat as well, where one of our volunteers will be taking their orders in Sign Language! This is a great way for members to use the skills that they learnt in the class.

Membership is due in September and like everyone else we have seen a big increase in our costs; refreshments alone have gone up by 30%. As a charity our aim is to keep activities and events affordable,



we keep our charges and our membership as low as possible. We are pleased to say that this year again, we have been able to keep the annual membership at £8.00 for people over retirement age. We are a charity that supports its members and appreciates the support they show us. So do please contact the office to renew your membership.

SEPTEMBER

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.* New Time
Tuesday	2nd	10.00am-12.00pm	Tea & Chat	The Oval C.C.
Tuesday	2nd	10.00am - 11.00pm	Sign Language Course	Symonds Green C.C. w11/12
Tuesday	2nd	10.30am - 11.15am	Beginners Line Dancing	The Oval C.C. w6/6
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	1.00pm - 2.30pm	Bingo	Stevenage Postels Club
Thursday	4th	10.30am - 12.00pm	Men's Club	Sherma Batson Centre
Thursday	4th	1.00pm - 2.00pm	Chair Based Exercise	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. *New Time
Tuesday	9th	10.00am-12.00pm	Tea & Chat	The Oval C.C.
Tuesday	9th	10.00am - 11.00pm	Sign Language Course	Symonds Green C.C. w12/12
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.
Wednesday	10th	9.00am - 12.00pm	Member's Support	Sherma Batson Centre
Wednesday	10th	TICKET ONLY	Tea Dance Special	The Oval C.C.
Thursday	11th	1.00pm - 2.00pm	Chair Based Exercise	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. *New Time
Tuesday	16th	10.00am-12.00pm	Tea & Chat	The Oval C.C.
Tuesday	16th	TBC	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.
Wednesday	17th	9.00am - 12.00pm	Member's Support	Sherma Batson Centre
Wednesday	17th	1.00pm - 2.30pm	Bingo	Stevenage Postels Club
Thursday	18th	10.30am - 12.00pm	Men's Club	Sherma Batson Centre
Thursday	18th	1.00pm - 2.00pm	Chair Based Exercise	Symonds Green C.C.
Friday	19th	CANCELLED	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.

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. *New time
Tuesday	23rd	10.00am-12.00pm	Tea & Chat	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.
Wednesday	24th	9.00am - 12.00pm	Member's Support	Sherma Batson Centre
Wednesday	24th	1.00pm - 3.00pm	Afternoon Social & AGM	The Oval C.C.
Thursday	25th	TBC	Craft	The Oval C.C.
Thursday	25th	1.00pm - 2.00pm	Chair Based Exercise	Symonds Green C.C.
Friday	26th	9.30am - 1.30pm	MacMillan Coffee Morning	The Oval C.C.
Friday	26th	CANCELLED	YogaLates	The Oval C.C.
Friday	26th	11.30am - 12.30pm	Chair Based Exercise	The Oval C.C.
Friday	26th	12.30pm - 1.30pm	Friday Lunch Club	The Oval C.C.
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. *New time
Tuesday	30th	10.00am-12.00pm	Tea & Chat	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.
OCTOBER				
Wednesday	1st	9.00am - 12.00pm	Member's Support	Sherma Batson Centre
Wednesday	1st	1.00pm - 2.30pm	Bingo	Stevenage Postels Club

Thursday	2nd	10.30am - 12.00pm	Men's Club	Sherma Batson Centre
Thursday	2nd	1.00pm - 2.00pm	Chair Based Exercise	Symonds Green C.C.
Thursday	2nd	2.15pm - 3.15pm	YogaLates	Symonds Green C.C.
Friday	3rd	10.00am - 11.00am	YogaLates	The Oval C.C.
Friday	3rd	11.30am - 12.30pm	Chair Based Exercise	The Oval C.C.
Friday	3rd	12.30pm - 1.30pm	Friday Lunch Club	The Oval C.C.
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-12.00pm	Tea & Chat	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.
Wednesday	8th	9.00am - 12.00pm	Member's Support	Sherma Batson Centre
Wednesday	8th	1.00pm - 3.00pm	Tea Dance	The Oval C.C.
Thursday	9th	1.00pm - 2.00pm	Chair Based Exercise	Symonds Green C.C.
Thursday	9th	2.15pm - 3.15pm	YogaLates	Symonds Green C.C.
Friday	10th	10.00am - 11.00am	YogaLates	The Oval C.C.
Friday	10th	11.30am - 12.30pm	Chair Based Exercise	The Oval C.C.
Friday	10th	12.30pm - 1.30pm	Friday Lunch Club	The Oval C.C.
Friday	10th	7.30pm - 9.00pm	Friday Night Bingo	Symonds Green 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	TBC	Friendship Group	Sherma Batson Centre
Tuesday	14th	10.00am-12.00pm	Tea & Chat	The Oval C.C.
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	9.00am - 12.00pm	Member's Support	Sherma Batson Centre
Wednesday	15th	Ticket Only	Luton Irish Forum	Autumn Social
Wednesday	15th	1.00pm - 2.30pm	Bingo	Stevenage Postels Club
Thursday	16th	10.30am - 12.00pm	Men's Club	Sherma Batson Centre
Thursday	16th	1.00pm - 2.00pm	Chair Based Exercise	Symonds Green C.C.
Thursday	16th	2.15pm - 3.15pm	YogaLates	Symonds Green C.C.
Friday	17th	10.00am - 11.00am	YogaLates	The Oval C.C.
Friday	17th	11.30am - 12.30pm	Chair Based Exercise	The Oval C.C.
Friday	17th	12.30pm - 1.30pm	Friday Lunch Club	The Oval C.C.
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	6.15pm - 8.00pm	Monday Night Bingo	Timebridge C.C.
Tuesday	21st	TBC	The Red Shed	
Tuesday	21st	10.00am-12.00pm	Tea & Chat	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.
Wednesday	22nd	9.00am - 12.00pm	Member's Support	Sherma Batson Centre
Wednesday	22nd	1.00pm - 3.00pm	Afternoon Social	The Oval C.C.
Thursday	23rd	TBC	Craft	The Oval C.C.

Thursday	23rd	1.00pm - 2.00pm	Chair Based Exercise	Symonds Green C.C.
Thursday	23rd	2.15pm - 3.15pm	YogaLates	Symonds Green C.C.
Friday	24th	10.00am - 11.00am	YogaLates	The Oval C.C.
Friday	24th	11.30am - 12.30pm	Chair Based Exercise	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.
Saturday	25th	7.30pm - 11.00pm	Halloween Dance	The Oval 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	6.15pm - 8.00pm	Monday Night Bingo	Timebridge C.C.
Tuesday	28th	10.00am-12.00pm	Tea & Chat	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	9.00am - 12.00pm	Member's Support	Sherma Batson Centre
Wednesday	29th	1.00pm - 2.30pm	Bingo	Stevenage Postels Club
Thursday	30th	10.30am - 12.00pm	Men's Club	Sherma Batson Centre
Thursday	30th	1.00pm - 2.00pm	Chair Based Exercise	Symonds Green C.C.
Thursday	30th	2.15pm - 3.15pm	YogaLates	Symonds Green C.C.
Friday	31st	10.00am - 11.00am	YogaLates	The Oval C.C.
Friday	31st	11.30am - 12.30pm	Chair Based Exercise	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.

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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