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| Oakdale Residents Community Association |  Registered Charity 1047652 | Oakdale Community Partnership Centre Wimborne Road Oakdale, Poole BH15 3DL Tel, Fax, Ansaphone 01202 269353 |
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WEEKLY ACTIVITIES AT THE OAKDALE COMMUNITY CENTRE

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| Extend <i>with Diane</i> | Mondays 9.30 - 10.30am | Exercise movement to music for able and less able men & women to promote health and enhance quality of life. Tel: 01202 386069 |
| Ballroom Dancing <i>for visually impaired</i> | Mondays 2.00 - 3.30pm | Please ring Hilary to join. Tel: 07891 222479 |
| Line Dancing <i>with Carden Dance School</i> | Mondays 7.00 - 8.15pm | For beginners or improvers alike. Tel: 01202 709251 |
| ORCA Whist Club <i>In the Margaret Craig Room</i> Tel: 01202 686390 - Bert Tel: 01202 730817 - Peggy | Tuesdays 2.00 - 4.00pm | The Club continues to thrive, new experienced members are always welcome. |
| Ballroom Dancing | Tuesdays 4.30 - 5.45pm 6.00 - 7.15pm 8.00 - 9.30pm | Ring Hilary on 07891 222479 to join. |
| Tai Chi <i>For All Abilities</i> | Wednesdays 9.30 - 11.00am | Phone Paul at Natural Healing. 1 hour for beginners, 1.5 hours for improvers. Tel: 08007 566422 |
| ORCA Short Mat Bowls <i>All levels catered for</i> Tel: 01202 386713 - Jackie Tel: 01202 657053 - Bob | Wednesdays 7.00 - 9.00pm | A thriving club. All levels catered for with opportunities for those with a competitive edge to play in the Dorset League. |
| ORCA Community Bingo <i>In the Margaret Craig Room</i> | Thursdays 1.45 - 3.00pm | Prize Bingo - 2 books and refreshments £1.50 Eyes Down 2pm Ring Debbie 669176 / Carole 258619 |
| Say So Drama <i>For All Abilities</i> | Thursdays 1.00 - 3.00pm <i>Term Time</i> | Drama classes for adults with learning difficulties, by Curious Arts. Tel: 0845 372 1313 - Kathryn Hay |
| SJ Dance Studio <i>Disco Dance & Movement</i> Tel: 01202 463886 | Thursdays 4.00 - 9.00pm | Hour long disco dance and movement classes for all ages and abilities organised by Sarah Fowler (AISTD qualified teacher). |
| Legs Bums & Tums <i>Exercise Stretches & Relaxation</i> | Fridays 9.30 - 10.30am | Tel Brenda 01202 676546 / 07857 689449 |
| ORCA Prize Bingo Night | First Friday Of Every Month | Doors open 7.00pm Eyes Down 7.30pm |
| Oakdale Pensioners Club <i>Margaret Craig Room</i> | 2nd Monday Of Every Month | Informal meeting with a guest speaker every month including refreshments 2-4pm Tel: 01202 386163 |

The ORCA Hall (PA System, chairs and tables for up to 80), and the Margaret Craig Room (seats up to 30 with café facilities), are available for hire.
ORCA also hires its large gas BBQ. Contact Lesley Kerley on 01202 772894