


















WEEKLY ACTIVITIES AT THE OAKDALE COMMUNITY CENTRE

 Extend <i>with Diane</i>	Mondays 10.00 - 11.00am	Main Hall 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	Main Hall Please ring to join. Tel: 07891 222479
 Oakdale Pensioners Club	Second Monday each month 1.30—3.30pm	Margaret Craig Room A friendly get-together, guest speaker and refreshments; outings arranged Tel: Brenda 01202 386163
 ORCA Crafts	Fourth Monday each month 1.30—3.30pm	Margaret Craig Room Share craft skills Tel: Jenny 01202 252138
 Yoga for Every Body	Mondays 6.00-7.00	Main Hall Mixed ability Hatha yoga. Flow style class. Emphasis on alignment and breathing. Pre and Post Natal qualified. Tel: Mandy Bunting 07917 753212
 Yoga Class	Tuesdays 11.15am-12.15pm	Main Hall phone join, tel. Lynda 01202 748023
 ORCA Whist Club	Tuesdays 2.00—4.00pm	Margaret Craig Room The club continues; new Experienced members are always welcome Tel: Bert 01202 686390 / Peggy 01202 730817
 Ballroom Dancing	Tuesdays 4.30—9.00pm	Main Hall Three classes. To join, tel. 07891 222479
 Tai Chi	Wednesdays 9.30—11am	Main Hall Paul at Natural Elements Tel: 0800 7566422
	Wednesday afternoons	hall available for hire
 ORCA Short Mat Bowls Club All levels catered for	Wednesdays 7.00—9.00pm	Main Hall All levels catered for with opportunities for those with a competitive edge to play in the Dorset League. Tel: Jackie 01202 386713
 Pilates	Thursdays 10—11am	Main Hall Tel: Jenny 07867 785 589
 C.O.A.S.T. and ORCA Tea and Cakes	1st Thursday each month 1.30—3.15pm	Margaret Craig Room Tea and cakes
 C.O.A.S.T. and ORCA Community Bingo	2nd Thursday each month 1.45—3pm	Margaret Craig Room Two books and refreshments £1.50, excellent prizes Debbie 01202 669176 / Carole 01202 258619
 Say So Drama For all abilities	Thursdays 12.45—2.45pm Term time	Main Hall For all abilities—Drama classes for adults with learning difficulties, by Curious Arts Tel: 07725 942609 Emma Greenslade
 SJ Dance Studio Disco Dance & Movement	Thursdays 4.00—9.00pm	Main Hall Hour long disco dance and movement classes for all ages and abilities, organised by Sarah Fowler (AISTD qualified teacher). Tel: 07887 951 750
	Friday daytime	Hall available to hire

**The ORCA Hall is equipped with PA System, chairs and tables for up to 80.
The Margaret Craig Room seats up to 30 with café facilities. Both available for hire.
ORCA also hires its large gas BBQ. Contact Lesley Kerley on 01202 772894 @26 Feb 2013**