



Strouden Park Community Centre

What's on
May 2026

Charity Number: 1216899

Please find our What's On guide, with all our weekly events set out across the next seven pages.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

We also support two community groups that meet at the Centre on a periodic basis:

- Private Education Group
- ICAD (Community Group)

31 Vanguard Road, Bournemouth, BH8 9NU
Tel: **01202 980161** Email: stroudenparkcc@gmail.com
www.stroudenparkcc.co.uk

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MONDAY

9:45-10:45 – **Adagio Dance school** – Adult Ballet – in the **Avery Hall**

10:00-12:30 – **Strouden Park Community Event – Warm Welcome coffee morning** – in the **Vanguard** – All welcome to join for tea/coffee, cake and conversation

10:00-14.30 – **Private Education Group** – in the **Haddon Hall**

11:15-12:45 – **Every day dance – Move together** – A fun, relaxed movement class for adults with learning disabilities and additional needs.

13:00-14:00 – **Balance and Boogie especially for adults aged 60 and over**

14.30-15.30 – **Be Kind Pilates** – seated chair exercise class

16:45-18:00 – **Making Memories** – Young carers dance class – **1st Monday of the Month in the Vanguard/Haddon Hall**

17.30-18.30 – **Bollywood Dance (for children)** – in the **Avery Hall**

18:30-19:15 – **Adagio Dance School** – Adult Jazz

19:15-20:00 – **Adagio Dance School** – Adult tap

19:30-21:00 – **Adagio Dance School** – Adult Ballet and tap – in the **Avery Hall**

WiggleGig Dance Academy in the **Vanguard/Haddon Hall**

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TUESDAY

The Pilates shed in the **Avery Hall**

9:30-10:30 – Mat exercise class for intermediate level

10:30 – Mat exercise class for beginners' level

11:45-12:30 – Chair exercise class

13:00-16:00 – **Just Good Friends Whist game** – Monthly – dates vary
in the **Vanguard Hall**

13:15-14:45 – **Private Education group** – in the **Haddon Hall**

16:00-21:00 – **Adagio Dance School** – Children's ballet and tap classes
in the **Avery Hall**

18:00-23:00 – **Team Nexus** – Gaming evening – at **Vanguard/Haddon Hall**

STEM Ventures (monthly) a science class for home-educated students,
dates/times vary

Bingo – 3rd Tuesday afternoon of the month

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WEDNESDAY

09:15-13:00 – **Baby ballet** – Young children's dance class – in the **Vanguard/Haddon Hall**

Tai Chi – in the **Avery Hall**

10:00-11:00 – Intermediate adult class

11:30-12:30 – Beginners class

WiggleGig Dance Academy in the **Avery Hall**

13:30-14:30 – Adult Tap

14:45-15:45 – Adult Ballet

16:00-16:45 – Children's Cheerleading

17:00-18:00 – **Future Scholars Ltd** – in the **Vanguard/Haddon Hall**
– an education class for teenagers.

17:00-20:45 – **Adagio Dance School** – in the **Avery Hall**
Various classes, teen ballet, pointe work, musical theatre

19:30-22:00 – **Rueda Algeria** – Cuban dance

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THURSDAY

10:00-11:45 – **Amethyst Choir** – in the **Avery Hall**

12:00-14:00 – **Strouden Park Community Lunch club** – in the **Vanguard/Haddon Hall**. £5 two-course lunch and hot drink. Booking essential

13:00-14:30 – **Adagio Dance school** – Adult tap – in the **Avery Hall**

14:00-16:30 – **Whist Game** – all welcome in the **Vanguard/Haddon Hall**

Adagio Dance school

16:00-18:15 – Children's ballet and tap – in the **Avery hall**

18:15-19:45 – Children's musical theatre – in the **Vanguard/Haddon Hall**

19:00-20:00 – **The Pilates Shed** – Mat exercise class – in the **Avery Hall**

20:00-21:00 – **SLA group**

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FRIDAY

10:00-11:30 – **Yoga with Nicky** – in the **Avery Hall**

12:30-14:30 – **Private Education group** – in the **Haddon Hall**

13:00-14:30 – **Strouden Park Community Event – Baby and Toddler group (Busy Bees)** – Under 5's stay and play session in the **Avery Hall**

16:30- 19:45 – **Adagio Dance school** – Children's musical theatre, teen ballet and tap dance – in the **Avery Hall**

18:15-19:45 – **Indian Dance** – in the **Vanguard/Haddon Hall**

20:00-22:00 – **Umbanda com Esperanca** – Social meeting 3rd Friday of the month

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09:00-12:00 – **Adagio Dance School** – Children's ballet and tap dance classes
– in the **Avery Hall**

09:00-12:00 – **Adagio Dance School** – Children's tap and ballet dance in the
Vanguard/Haddon Hall

11.30-13:00 – **Heaven Care Foot Clinic** – Toenail care for the over 55's every
9 weeks – in the **Vanguard Hall**

14:00-16:00 – **G.L.A.D** – Afternoon Tea Dance – 3rd sat of each month in the
Avery Hall

15:00-19:00 – **Spiritualist church meeting** – fortnightly in the
Vanguard/Haddon Hall

17:30-21:30 – **Christian church congregation**

Vicky Claydon, photographer – monthly sessions

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SUNDAY

9:00-12:00 – **Baby Ballet** – **NEW CLASS** Starting in September!

10:00-14:00 – **Bulgarian language school** – in the **Vanguard/Haddon Hall**

14:00-16:00 – **Reuda de Algeria** – Cuban dance for experienced participants
– in the **Avery Hall (monthly)**

14:00-20:00 – **Drumming and Meditation Group Monthly** – dates vary in the
Vanguard/Haddon Hall

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