



## What's On at our centres

Monday 4<sup>th</sup> February – Sunday 10<sup>th</sup> February

BLOW AWAY THOSE WINTER BLUES AND IMPROVE YOUR HEALTH & WELLBEING BY GETTING OUT AND ABOUT, JOINING A NEW GROUP, OR LEARNING A NEW SKILL.

PLEASE CALL US ON 01604 583626 OR E: [OFFICE@DUSTON-PC.GOV.UK](mailto:OFFICE@DUSTON-PC.GOV.UK)

MON	TUE	WED	THU	FRI	SAT	SUN
	Pilates	Favell Day Services	St Luke's PPG café drop in			
Gentle Yoga	Weightwatchers	Slimming World	Yoga	Boxing Class	Martial Arts	Pentecostal Church
Indoor Bowls	Computer Pals	Duston Art Group	Indoor Bowls		Taekwondo	Weight-watchers
Bridge Club	Not so Dusty	Happy Circle	Hartbeeps		Dance Class	Duston Ramblers 'ramble'
Scouts	Duston Camera Club	Pilates	Pilates			
	Rock Choir	Local Health Walk	Slimming World			
	Brownies	Yoga	Table Tennis			
	Guides & Rangers	Youth Club jnrs	Guides			
	Beavers & Cubs	Youth Club snrs	Duston Ramblers 'amble'			
	Local Health Walks	Weight-watchers				



DUSTON PARISH COUNCIL

