



What's On at our centres

Monday 28th January to Sunday 3rd 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

FOR MORE INFO ON ANY OF THE GROUPS LISTED BELOW

MON	TUE	WED	THU	FRI	SAT	SUN
	Sugar & Spice	Favel Day Services				
RBL Lunch Club	Weight-watchers	Slimming World	Yoga	Boxing Class	Martial Arts	Pentecostal Church
Gentle Yoga	Computer Pals	Duston Art Group	Indoor Bowls		Taekwondo	Weight-watchers
Bridge Club	Pilates	Happy Circle Duston Garden Club	Hartbeeps			
Scouts	Duston Camera Club	Pilates	Pilates			
Indoor Bowls	Rock Choir	Local Health Walk	Slimming World			
Duston History Club	Brownies	Yoga	Table Tennis			
	Guides	Youth Club jnrs	Guides			
	Beavers & Cubs	Youth Club snrs				
	Local Health Walks	Weightwatchers				



DUSTON PARISH COUNCIL

