



What's On at our centres

Monday 25th March to Sunday 31st March

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

MON	TUE	WED	THU	FRI	SAT	SUN
	Sugar & Spice	Favel Day Services	Hartbeeps			
	Weight-watchers Brownies	Slimming World	DPC Finance and General Purposes meeting	Boxing Class	Community Info & Wellness Fair	Pentecostal Church
Gentle Yoga	Computer Pals	Duston Art Group	Indoor Bowls		Taekwondo	Weight-watchers
Bridge Club	Pilates Indoor Bowls	Happy Circle Weight-watchers	U5's Music Class Guides	Federation Town Women	Dance Class	
Indoor Bowls	Duston Camera Club	Pilates	Pilates		Martial Arts	
Beavers & Cubs	Local Health Walks	Local Health Walk	Slimming World			
	Guides	Yoga	Table Tennis			
	Rock Choir	U5's Music Class	Cotswold WI			
	Beavers & Cubs	Youth Club Jnrs & Snrs	Yoga			