



What's On at our centres

Monday 8th April to Sunday 14th April

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	Favell Day Services	DPC Full Council Meeting			
Duston History Club	Weight-watchers	Weightwatchers	Yoga	Boxing Class	Martial Arts	Pentecostal Church
Gentle Yoga	Computer Pals	Duston Art Group	Indoor Bowls		Taekwondo	Weight-watchers
Bridge Club	Pilates	Happy Circle	Slimming World			
Indoor Bowls	Duston Camera Club	Duston Garden Club	Table Tennis			
	Local Health Walks	Upton & Duston WI				
		Local Health Walks				
		Yoga				
		Slimming World				



DUSTON PARISH COUNCIL

