



What's On at our centres

Monday 15th April to Sunday 21st 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
		Favel Day Services	Table Tennis			
RBL Ladies Section	Weight-watchers	Slimming World	Yoga			Pentecostal Church
Indoor Bowls	Computer Pals	Duston Art Group	Indoor Bowls			Weight-watchers
Bridge Club	Pilates	Happy Circle	Town's Women Guild			
	Not So Dusty	Weight-watchers				
	Duston Camera Club	Yoga	Slimming World			
	Local Health Walks	Local Health Walk				

