



What's On at our centres

Monday 6th May to Sunday 12th May

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
	Not So Dusty	Favell Day Services				
	Weight-watchers	Weightwatchers	Yoga	Boxing Class	Martial Arts	Pentecostal Church
	Computer Pals	Duston Art Group	Indoor Bowls		Taekwondo	Weight-watchers
	Pilates	Happy Circle	Slimming World		Special Spring Fayre	
	Fitness Class	Duston Garden Club	Hartbeeps		Cats Protection	
	Duston Camera Club	Upton & Duston WI	U5's Music Class			
	Local Health Walks	Local Health Walks	Guides			
	Brownies	Youth Club jnrs & snrs	Weight-watchers			
	Guides	Slimming World				
	Beavers & Cubs	Yoga				
	Rock Choir	U5's Music Class				



DUSTON PARISH COUNCIL

