



What's On at our centres

Monday 13th May to Sunday 19th 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
Beavers & Cubs	Sugar & Spice Not So Dusty	Favell Day Services	DPC Full Council Meeting			
Duston History Club	Weight-Watchers	Weight-Watchers	Yoga	Boxing Class	Martial Arts	Pentecostal Church
Gentle Yoga	Computer Pals	Duston Art Group	Indoor Bowls		Taekwondo	Weight-Watchers
Bridge Club	Pilates Fitness Class	Happy Circle U5's Music Class	Slimming World Weight-Watchers		Dance Class	
Indoor Bowls	Duston Camera Club	Yoga	Hartbeeps			
	Local Health Walks	Local Health Walks	Guides			
	Brownies	Youth Club Jnrs & Snrs				
	Guides & Rangers	Slimming World				
	Rock Choir					
	Beavers & Cubs					