



## What's On at our centres

### Monday 20<sup>th</sup> May to Sunday 26<sup>th</sup> 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](mailto:office@duston-pc.gov.uk)

for more info on any of the groups listed below

MON	TUE	WED	THU	FRI	SAT	SUN
Indoor Bowls	Computer Pals	Favel Day Services Pilates	Hartbeeps Guides		Taekwondo	
RBL Ladies section	Weight-Watchers Brownies	Slimming World	Ballet Classes for over 55's	Boxing Class	Martial Arts	Pentecostal Church
Gentle Yoga	Rock Choir	Duston Art Group	Indoor Bowls			Weight-Watchers
Bridge Club	Pilates Fitness Class	Happy Circle Weight-Watchers	Pilates			
Beavers & Cubs	Duston Camera Club	Youth Club Jnrs & Snrs	Weight-Watchers			
	Local Health Walks	Local Health Walk	Slimming World			
		Yoga	Yoga			
		U5's Music Class	Cotswold WI			