



What's On at our centres

Monday 10th June to Sunday 16th June

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
Indoor Bowls	Not So Dusty	Favell Day Services	TechyTots			
		Pilates				
Gentle Yoga	Weight-Watchers	Weight-Watchers	Yoga	Duston Players	Martial Arts	Pentecostal Church
	Rock Choir	Duston Players	Duston Players		Dance Class	
Bridge Club	Computer Pals	Duston Art Group	Indoor Bowls		Taekwondo	Weight-Watchers
Duston History Club	Pilates	Happy Circle	Slimming World		Duston Players	
	Sugar & Spice	Duston Garden Club	Hartbeeps			
Beavers & Cubs	Duston Camera Club	Upton & Duston WI	Ballet Class			
	Local Health Walks	Local Health Walks	Guides			
	Brownies	Youth Club jnrs & snrs	Weight-Watchers			
		Slimming World	Pilates			
		Yoga				
		U5's Music Class				



DUSTON PARISH COUNCIL

