



What's On at our centres

Monday 9th September to Sunday 15th September

Blow away those cobwebs 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	Computer Pals Not So Dusty	Favel Day Services Pilates	Table Tennis		Taekwondo	
Duston History Club	Weight-Watchers	Slimming World Upton & Duston WI	Ballet Classes for over 55's		Table Top Sale	Pentecostal Church
Gentle Yoga	Rangers	Duston Art Group	Indoor Bowls		Martial Arts	Weight-Watchers
Bridge Club	Pilates Sugar & Spice	Happy Circle Weight-Watchers	Pilates Hartbeeps			
Beavers & Cubs	Duston Camera Club	Youth Club Jnrs & Snrs	Weight-Watchers			
	Local Health Walks	Local Health Walk	Slimming World			
	Guides	Yoga	Yoga			
	Beavers & Cubs	Duston Garden Club				