



# What's On at our centres

## Monday 16<sup>th</sup> September to Sunday 22<sup>nd</sup> 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](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 Not So Dusty	Favel Day Services Pilates	Table Tennis DPC Meeting			
Bridge Club	Weight-Watchers Rock Choir	Slimming World	Ballet Classes for over 55's		Taekwondo	Pentecostal Church
Gentle Yoga	Brownies	Duston Art Group	Indoor Bowls		Martial Arts	Weight-Watchers
RBL Women Section	Pilates	Happy Circle Weight-Watchers	Pilates Hartbeeps			
Scouts	Duston Camera Club	Youth Club Jnrs & Snrs	Weight-Watchers			
	Local Health Walks Guides	Local Health Walk Yoga	Slimming World Yoga			
	Beavers & Cubs		Town's Women Guild			
			Guides			

