



What's On at our centres

Monday 23rd to Sunday 29th 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
Scouts	Rock Choir Guides	Favell Day Services Pilates	Table Tennis Pilates	NHS Blood & Transplant	Martial Arts	Pentecostal Church
Bridge Club Gentle Yoga	Weight-Watchers Computer Pals	Weight-Watchers Duston Art Group	Indoor Bowls		Taekwondo	Weight-Watchers
Indoor Bowls	Pilates Sugar & Spice Duston Camera Club	Happy Circle Yoga	Slimming World Weight-Watchers Hartbeeps		Dance Class	
	Local Health Walks	Local Health Walks	Guides			
	Brownies	Youth Club Jnrs & Snrs	Cotswold WI			
	Beavers & Cubs	Slimming World	Ballet Class			
	Rangers					



DUSTON PARISH COUNCIL

