



What's On at our centres

Monday 30th September to Sunday 6th October

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		Martial Arts	Pentecostal Church
Bridge Club Gentle Yoga	Weight-Watchers Computer Pals	Weight-Watchers Duston Art Group	Yoga Indoor Bowls		Taekwondo	Weight-Watchers
Indoor Bowls	Pilates Not So Dusty	Happy Circle	Slimming World Weight-Watchers		Dance Class	
	Duston Camera Club	Yoga	Hartbeeps			
	Local Health Walks	Local Health Walks	Guides			
	Brownies	Youth Club Jnrs & Snrs				
	Beavers & Cubs	Slimming World	Ballet Class			



DUSTON PARISH COUNCIL

