



## What's On at our centres

### Monday 7<sup>th</sup> to Sunday 13<sup>th</sup> 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](mailto: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		Funny Faces Production	Pentecostal Church
Bridge Club	Weight-Watchers	Weight-Watchers	Yoga		Dance Class	Weight-Watchers
Gentle Yoga	Computer Pals	Duston Art Group	Indoor Bowls		Martial Arts	
	Pilates Sugar & Spice	Happy Circle Upton Duston WI	Slimming World Weight-Watchers		Book Convention	
	Duston Camera Club	Yoga	Hartbeeps			
	Local Health Walks	Local Health Walks	Guides			
	Brownies	Youth Club Jnrs & Snrs				
		Slimming World	Ballet Class			



DUSTON PARISH COUNCIL

