



What's On at our centres

Monday 14th to Sunday 20th 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
Indoor Bowls	Computer Pals Not So Dusty	Favel Day Services Pilates	Health & Wellbeing event: 'Living with Food Allergies'		Taekwondo	
Duston History Club	Weight-Watchers Brownies	Slimming World	Ballet Classes for over 55's		Dance Class	Pentecostal Church
Gentle Yoga	Rock Choir	Duston Art Group	Indoor Bowls		Martial Arts	Weight-Watchers
Bridge Club	Pilates	Happy Circle Weight-Watchers	Pilates Hartbeeps			
Scouts	Duston Camera Club	Youth Club Jnrs & Snrs	Weight-Watchers			
	Local Health Walks	Local Health Walk	Slimming World			
	Guides	Yoga	Yoga			
	Beavers & Cubs		Guides			
			Table Tennis			