



What's On at our centres

Monday 21st to Sunday 27th 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	Favel Day Services Pilates	Cotswold WI		Taekwondo	
RBL Womens Section	Weight-Watchers	Slimming World	Ballet Classes for over 55's		Martial Arts	Pentecostal Church
Gentle Yoga	Rock Choir	Duston Art Group	Indoor Bowls			Weight-Watchers
Bridge Club	Pilates Sugar & Spice	Happy Circle Weight-Watchers	Pilates Table Tennis			
Scouts	Duston Camera Club	Youth Club Jnrs & Snrs	Weight-Watchers			
	Local Health Walks	Local Health Walk	Slimming World			
	Guides	Yoga	Yoga			
	Beavers & Cubs		Guides			