



What's On at our centres

Monday 28th October to Sunday 3rd November

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	Hartbeeps		Taekwondo	
Scouts	Weight-Watchers	Slimming World	Ballet Classes for over 55's		Martial Arts	Pentecostal Church
Gentle Yoga	Beavers & Cubs	Duston Art Group	Indoor Bowls		Dance Class	Weight-Watchers
Bridge Club	Pilates	Happy Circle Weight-Watchers	Table Tennis			
	Duston Camera Club	Youth Club Jnrs & Snrs	Weight-Watchers			
	Local Health Walks	Local Health Walk	Slimming World			
		Yoga	Yoga			
			Guides			