



# What's On at our centres

## Monday 11<sup>th</sup> to Sunday 17<sup>th</sup> 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](mailto: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 Rock Choir	Favel Day Services Pilates	Hartbeeps Pilates		Taekwondo Martial Arts	Pentecostal Church
Duston History Club	Weight-Watchers Not So Dusty	Slimming World Upton & Duston WI	Ballet Classes for over 55's		Christmas Market @ St. Luke's Centre	Weight-Watchers
Gentle Yoga	Beavers & Cubs	Duston Art Group	Indoor Bowls			
Bridge Club Scouts	Pilates Sweaty Mama	Happy Circle Weight-Watchers	Table Tennis			
	Duston Camera Club	Youth Club Jnrs & Snrs	Weight-Watchers			
	Local Health Walks	Local Health Walk	Slimming World			
	Guides	Yoga	Yoga			
	Sugar & Spice		Guides			