



What's On at our centres

Monday 18th to Sunday 24th 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 Rock Choir	Favel Day Services Pilates	Hartbeeps Pilates		Taekwondo Martial Arts	Pentecostal Church
RBL Women Section	Weight-Watchers	Slimming World Yoga	Ballet Classes for over 55's		Dance Class	Weight-Watchers
Gentle Yoga	Beavers & Cubs	Duston Art Group	Indoor Bowls			
Bridge Club Scouts	Pilates Sweaty Mama	Happy Circle Weight-Watchers	Table Tennis Weight-Watchers			
	Duston Camera Club	Youth Club Jnrs & Snrs	H&W: Living with Psoriasis & Eczema			
	Local Health Walks	Local Health Walk	Slimming World			
	Brownies		Yoga			
			Guides			
			Town Womens Guild			