



What's On at our centres

Monday 9th to Sunday 15th December

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	Hartbeeps Pilates		Taekwondo Martial Arts	Pentecostal Church
Bridge Club	Weight-Watchers	Slimming World Yoga	Ballet Classes for over 55's	Christmas Jumper Day		Weight-Watchers
Gentle Yoga	Beavers & Cubs	Duston Art Group	Elections			
	Pilates Sweaty Mama	Happy Circle Weight-Watchers	Weight-Watchers			
	Duston Camera Club	Youth Club Jnrs & Snrs	Cotswold WI			
	Local Health Walks	Local Health Walk	Slimming World			
		Upton Duston WI	Yoga			
			Guides			