



# What's On at our centres

## Monday 16<sup>th</sup> to Sunday 22<sup>nd</sup> 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](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	Favel Day Services	Hartbeeps Guides		Taekwondo Martial Arts	Weight-Watchers
Bridge Club	Weight-Watchers Brownies	Slimming World	Ballet Classes for over 55's			
Gentle Yoga	Beavers & Cubs	Duston Art Group	Table Tennis			
	Pilates Sweaty Mama	Happy Circle Weight-Watchers	Weight-Watchers Slimming World			
	Local Health Walks	Local Health Walk	Town Womens Guild			