



What's On at our centres

Monday 6th to Sunday 12th January

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 Slimming World	Hartbeeps Guides	NHS Bloods	Taekwondo Martial Arts	Weight-Watchers
Bridge Club	Weight-Watchers Brownies	Youth Club Jnrs & Snrs	Ballet Classes for over 55's		Dance Class	Church of Pentecost
Gentle Yoga	Beavers & Cubs	Duston Art Group	Table Tennis		Psychic Fair	
Scouts	Pilates Sweaty Mama	Happy Circle Weight-Watchers	Weight-Watchers Slimming World			
	Local Health Walks	Local Health Walk	Indoor Bowls			
	Irish Dance	Yoga	Yoga			
	Duston Camera Club	Upton Duston WI	Pilates			
		Pilates	Irish Dance			
		Duston Garden Club				