



# What's On at our centres

## Monday 3<sup>rd</sup> February to Sunday 9<sup>th</sup> February

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 Slimming World	Hartbeeps		Martial Arts	Weight-Watchers
Bridge Club	Weight-Watchers Brownies		Ballet Classes for over 55's		Taekwondo	Church of Pentecost
Gentle Yoga		Duston Art Group	Table Tennis		Dance Class	
Scouts	Pilates Sweaty Mama	Happy Circle Weight-Watchers	Weight-Watchers Slimming World			
	Local Health Walk	Local Health Walk	Indoor Bowls			
	Irish Dance	Yoga	Yoga			
	Duston Camera Club	Pilates	Pilates			
	Guides		Irish Dance			
			Local Health Walk			

