

Upholstery with Kim on Tuesdays at 6-30: This is a practical, hands-on class where you bring along your own piece of furniture and learn to re-upholster it, usually by stripping it right back to basics. By the end of the course you'll not only have acquired some new skills but you'll have a lovely new chair to show off to your friends – and all your own work (well, with a little help from Kim!) Contact Kim on 217031

Yoga with Ava on Wednesdays at 6-30: This popular yoga class is loved by its regulars for its relaxed atmosphere. Whatever your ability, Ava will support you to enjoy this great, healthy form of exercise. What better way to end a mid-week working day? Call Ava 07908711480 or email aveyogauk@gmail.com

Art classes with Vista Arts: 8 week courses from the end of January: **Oil Techniques Continued** with Robin, Mondays 10am to 12.30pm; **Introduction to Oils** with Robin, Mondays 1.30pm to 4.00pm; **Drawing with colour** with Rose, Weds 10am to 12.30pm. Weekend workshops: **Art from the Start:** Saturday and Sunday 3/4th March: ideal for beginners or for those terrified to start! **Stained Glass:** Sunday 25th March with Pam Gilmour, for both beginners and more experienced glass makers; **Life Drawing** with Robin: Saturday 28th April. For more information contact rosevistaarts@outlook.com

Gong bathing with Christina- 2nd Thursday of every month, 7pm: And now for something completely different! Using a plethora of instruments, Christina will take you on a sonic journey. As you lie on your mat (fully-clothed and cosy under a blanket) your body becomes immersed in gong sound, vibrating in sympathy, loosening tension, clearing blockages, establishing a sense of balance and harmony to support natural healing mechanisms. You may float away into a deep and dreamless sleep (snoring allowed!), you may have vivid visions and sudden realisations, you might lose all sense of time and space... Anything goes, and every gong bath is a different experience! To find out more, ring Christina Sharaz on 217139 or email tina@sharaz.info

All gardens great and small: Do you love your garden? Do you like looking round other peoples' gardens? If so, we're looking for your help in an exciting new venture – the North Dalton Open Gardens day on Sunday 24th June. See the separate flyer for more details.

Church News: The church services for February are: **Sat 3rd Feb Holy Communion** 6pm; **Sun 11th Feb Service of the Word** 9.30 led by a church warden; **Sun 18th Feb Holy Communion by Extension** led by Dorothy Prescott; **Sun 25th Feb no service** at North Dalton - please join other churches. The Parochial Church Council has recently been informed of the resignation of our previous vicar - so a new vicar will need to be found for North Dalton and the other affected parishes. It's an opportunity for the PCC to consider what we want from our parish church and priest. Discussions are taking place.



At the Star: Meals at the Star are becoming ever more popular – available evenings Wednesdays to Saturdays and Sunday lunchtimes. And if you'd like to treat your truelove to something special, book now for the Star's **Valentine meal:** 3 courses cooked with passion by Sean and served by Karen with love! Just £49 per couple. In March, look out for the **Mother's Day** menu coming up soon. Phone: 217688 to book.

Keeping connected: This is the third of our 'trial' village newsletters and feedback so far has been positive. But we're aware that we only cover some of the things that go on in the village. So if you have any news or information to share do let us know. Pass it to one of the committee or email di@dmss.co.uk

Other ways to stay connected include visiting our village website www.northdalton.org and joining the North Dalton group on Facebook. And of course, the best way of all is to come along to one of our village hall events. **See you there!**