







New for 2020 Fun and accessible sessions to stretch into the New Year! Weekly **Chair Yoga & Social** sessions run by Jo from the village. Chair yoga is for anyone who would benefit from exercising using a chair for support. Build strength and improve your flexibility and balance and maybe learn some new ways to manage stress or anxiety better. Then have a cuppa, a chat and some homemade cake. Sessions start on **Friday 24th January** from 10 to 11-30 at the village hall. £4 a session including cake. To book a place or if you have any questions, contact Jo on 07710 244026



Calling all Gardeners! In June 2018 North Dalton held its first Open Gardens with over a 12 village gardens opened to the public for a day. It was fantastically successful, with over 300 visitors. After taking a year off (to rest!) we're planning another Open Gardens in 2020 on Sunday 28th June. We're looking for anyone who'd be interested in participating or helping in any way (you don't have to have a garden to join in!). If you'd be interested or want to know more, contact Louise on 217679.

Beyond the village! If you're tempted to stray beyond the village boundaries in the New Year you might want to attend Beverley's **Stages Festival**. Running from 12th to 16th February they have a fabulous line up this year including Mark Radcliffe, Tom Robinson, Lindisfarne and Holy Moly & the Crackers to name just a few. Tickets are booked through the East Riding Theatre Tel: 01482 874050. Email: boxoffice@eastridingtheatre.co.uk

Village Events at a Glance

	Friday 13th December from 12	Senior Citizens Lunch	Phone Nick on 219428 or contact Pam Beachell, Phil Hindley or Paul Clayphan
	Sunday 15th Dec 6pm	Carols by Candlelight	All Saints Church
	Friday 20th December from 7-30 to 11 (Children's party at 6pm)	Party night in the village hall	Free entry. Drinks and burgers available to purchase
	Christmas Eve 6pm	Christingle	All Saints Church
	Thursdays 2nd Jan 30th Jan & 27th Feb 9-30 to 12	Coffee & Chat Visit the library van, meet friends, enjoy Tina's homemade treats & browse the books in the village hall	Contact Tina & Gerry 217414 Free entry. Drinks & cakes £1
	Friday 7th February 7-30pm	Ian McMillan & Luke Carver Goss Words, Music, Glee & Delight. We're thrilled to host these fantastic entertainers at North Dalton Village Hall	Tickets £12-50. Contact Rose 217625 or any member of the village hall committee. Book early to avoid disappointment!