

Dorset News for the week of January 2, 2012

Happy New Year and I send a wish for many blessings, health and happiness to all in 2012!

The next Dorset Book Club takes place on Wednesday, January 4 at 1:00 p.m. and the group will be talking about "Room" by Emma Donoghue. All are welcome. For more information, contact the library at 705-766-9969.

The next Dorset Ladies Night takes place on Wednesday, January 4 from 7:00 to 9:00 p.m. and all ladies are welcome. The cost to participate is \$5 per person. Call the Recreation Centre at 705-766-9968 for more information or to sign up.

Call 705-766-9968, drop in to the Dorset Recreation Centre or send an email to [drc@algonquinhighlands.com](mailto:drc@algonquinhighlands.com) to sign up for the "Winterfest Yoga" classes (subsidized by the Winterfest Legacy fund). There will be a 4 week session offered Wednesdays from 10:00 a.m. to 11:00 a.m. from January 11 to February 1, 2012. The cost is \$5 per person (normal fee is \$15) and all are welcome. A minimum is required for the program to run so if you are interested, please call to sign up to ensure the class is a go.

Yoga is a wonderful practice that can help to reduce stress, strengthen and rejuvenate the body, increase flexibility and energy, improve self awareness and promote healthy living and healing.

Why not stick around right after Yoga class for the "Mid Week Power Jam" hand drumming session with Gillian Thomas of Rhythmic by Nature from 11:15 a.m. to 12 noon.

Explore your own sense of rhythm and discover the joy of music making. Participants will use African hand drums and percussion instruments which are provided and will learn loose and some structured rhythms.

Participants will be given lots of opportunity for exploration in a fun and non-judgmental environment. No experience is necessary and all from beginners to experienced hand drummers are welcome. Feel free to bring your own drum if you have one. The cost is \$10 per person. To sign up or find out more, give the Recreation Centre a call at 705-766-9968.

Birthday wishes for the week of January 1 to 7 go out to Larry Bradbury, John Clayton, Jordan Wilson and Alex Jordan. For all who have birthdays, anniversaries and special occasions this week, have fun on your special day!

To submit an item of interest or a birthday wish, please email me at [melalfano@hotmail.com](mailto:melalfano@hotmail.com) or give me a call at 705-766-0076.