

**Volunteers – The Alice NEEDS you... Call for a chat 01626 778039**

**Fancy a Coffee just £ 1.30...Cake just 40p... FREE WiFi, Newspapers & Chat**

**Also AT THE ALICE**

**Appointments required**

**Wednesday & Fridays**  
**NEW SWEDISH MASSAGE**  
 with Aromatherapy.  
**CAROLINE PHILLIPS**  
 01626 879402  
 07796420975  
 cbezphil@gmail.com

**JANE THOMAS**  
**CHIROPODIST**  
 Alternate Wed morning by  
 appointment **01626 778039**

**MARGARET**  
**FOREVER YOUNG**  
 inc Massage, Pedicure,  
 Nail trimmings  
 Thursdays - **07999 071374**

**WELLNESS IN MIND**  
**Teign Counselling**  
**Steven Smyth-Bonfield**  
 BA Hons, Adv, Dip Interrative  
 Councillor MBACP.  
**call 07474 836773**  
[stevenbonfield@gmail.com](mailto:stevenbonfield@gmail.com)  
[www.teigncounselling.com](http://www.teigncounselling.com)

**We are a licensed premises  
 with bar facilities.**

**PERFECT FOR FUNCTIONS**  
**HIRE of HALL £11.00 per hr.**  
 Sat night £50  
 ( use of kitchen extra )  
 Room 2 £8.50 per hr. Room  
 6 £7.50 per hr.  
**Contact 01626 778039**

**NEW NEW... COMPUTER CLASS for Beginners**  
**WEDNESDAY AFTERNOON - 2 – 3.30 pm**  
**21<sup>st</sup> & 28<sup>th</sup> June and 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup> July**  
**Limited Spaces, Booking Essential**

**Sarah Hornett – Remedial massage Therapist**  
**Specialising in Neck problems, Hopi Ear Candles, & more.**  
**07944 434769 Sarah.Hornett@hotmail.com**

**NEW DAY – NOW on TUESDAYS –**  
**WIGGLES & GIGGLES - Eastern Dancing Fun**  
**5 – 6pm - £3.00 Starting 6<sup>th</sup> June**

**ONCE A MONTH**

<b>MONDAY</b> <b>LADIES MOOSE</b> 6 pm 3rd Monday <b>AFTERNOON SOCIAL DANCE</b> 2- 4pm Last Monday	<b>THURSDAY</b> <b>MUSIC 4 MEMORIES</b> led by Ruth 10-12 3 <sup>rd</sup> Thursday
<b>TUESDAY</b> <b>DRIVE &amp; DINE</b> 12am 1 <sup>st</sup> Tuesday <b>TEIGNMOUTH LADIES GUILD</b> 2 - 5 pm 3rd Tuesday	<b>SATURDAY</b> <b>FOLK CLUB</b> 8pm 2 <sup>nd</sup> Saturday for more details see website <a href="http://www.teignmouthfolkconcerts.co.uk">www.teignmouthfolkconcerts.co.uk</a>

**Music on Mondays 11 - 12**

**5<sup>th</sup> Beryl Coombs - Karaoke**  
**12<sup>th</sup> No music**  
**19<sup>th</sup> Anthony Powell – singalong with Keyboard**  
**26<sup>th</sup> Beryl Coombs - Karaoke**



**the alice cross centre**

**1 - 3 Bitton Park Rd. Teignmouth Devon TQ14 9BT**  
**Telephone: 01626 778039 email: info @thealicecross.co.uk**  
[www.thealicecross.co.uk](http://www.thealicecross.co.uk) [www.facebook.com/alicecrosscentre](http://www.facebook.com/alicecrosscentre) reg charity no: 800996

**JUNE 2017**

**WEEKDAY ACTIVITIES**

**MONDAY**  
 MUSIC ON MONDAY 11 - 12 ( see panel overleaf )  
 MONDAY CHAT CLUB 10.30 - 12.  
 BALLROOM DANCING 1.30 - 3.30pm  
 Beginners & improvers

**TUESDAY**  
 LINE DANCING 10.30 - 12. with Viv Wilson  
 WIGGLES & GIGGLES 5-6 starting 6<sup>th</sup> June  
 CHESS CLUB 6pm

**WEDNESDAY**  
 Yoga is Back– SEATED GENTLE YOGA – 11.30 – 12.30  
 With Lisa £3.50 per session Booking essential space limited  
 SEATED EXERCISE 10 - 10.30am  
 with Clive from Devon Senior Active  
 COUNTRY DANCING 10.30 - 12 with John  
 TABLE TENNIS 2 - 4 pm with Don Large  
 NEW COMPUTER CLASS 2-3.30pm  
 TEIGN CHORAL SOCIETY 7 pm till close

**THURSDAY**  
 MEMORY SUPPORT 10-12 Every Thursday  
 MEMORY CAFÉ 10-12  
 MUSIC 4 MEMORIES 10-12 – 3<sup>rd</sup> Thursday of mth  
 EAST meets WEST 9.45 – 10.45am Tutor led  
 MUSIC to MOVEMENT 11 - 12 with Marrienne  
 TAI CHI 2.30 - 4pm

**FRIDAY**  
 ART CLUB 10 - 12 with Marguerite  
 BOARD GAMES 10.30 – 12 with Kate  
 CRAFT CIRCLE 1.30 – 3 Helen/Marguerite  
 TEIGNMOUTH BRIDGE CLUB  
 DUPLICATE BRIDGE 1.45 - 5pm  
 PRECINCT BRIDGE  
 CONTRACT BRIDGE 7 - 10pm no partner required

**Upcoming Events**

**6<sup>th</sup> JUNE - 1<sup>st</sup> Tuesday**  
**DRIVE & DINE**

**Transport & 2 course meal £10**  
**Followed by Bingo with Kate**  
**To book transport call 01626 778039**

**Sunday 4<sup>th</sup> - Garden Party**  
**at Bitton House 11am – 3pm**

**Thursday 8<sup>th</sup> Polling Station**  
**Memory Café run in Room 2**  
**but NO lunches.**

**Saturday 10<sup>th</sup>**  
**Teignmouth FOLK Club**  
**Saskia Griffiths –Moore & Ciaran**  
**Algar - Mothers Ruin**  
**doors open at 8pm**

**CARER'S WEEK – 12<sup>th</sup> – 16<sup>th</sup>**

**Friday 16<sup>th</sup> Acoustic Adrian**  
**A mix of music from the 60's**  
**70's, pop classics & country.**  
**10.45am till midday**  
**followed by Fish & Chips.**

**Saturday 17<sup>th</sup> – 7.30pm**  
**'Great Get Together' Party Night**  
**'Breakneck Smooth' playing a**  
**mix of 50/60/70 & modern music**  
**Bring a plate of food to share.**



**NEW: PLEASE NOTE LUNCH IS NOW SERVED FROM MIDDAY**

If you have food intolerances or allergies please check with the chef when ordering

Please Pre-book by 10am Phone 01626 778039

	w/c 29/05/17	wc 05/06/17	Wc 12/06/17	Wc 19/06/17	w/c 26/06/17
<b>MONDAY</b>	Closed for Bank Holiday	Roast beef with homemade Yorkshires and seasonal fresh vegetables	Roast gammon roasted potatoes and seasonal vegetables	Cottage pie	Fish and chips with garden or mushy peas
<b>TUESDAY</b>	Toad in the Hole Pork chops chips and peas	Drive and Dine Lamb Chops Baked Fish	Roast Chicken with stuffing and seasonal vegetables	Scampi chips and peas	Sausages mash peas and onion gravy
<b>WEDSDAY</b>	Roast chicken Ham egg and chips	Gammon with parsley sauce and new potatoes	Chicken and ham pie with seasonal vegetables and new potatoes	Baked Cod and jersey new potatoes with mixed vegetables	Shepherd's pie
<b>THURSDAY</b>	Cod and Chips with garden or mushy peas Cottage pie	Closed for Polling	Slow cooked roast beef with homemade Yorkshire puddings and seasonal vegetables	Lasagne with garlic bread and salad	Smoked Haddock and cheddar fish cakes (2) With jersey potatoes and salad
<b>FRIDAY</b>	Fish and chips Roast gammon roast potatoes and fresh vegetables	Fish and chips Col's homemade steak and stilton pie with new potatoes and peas	Fish and chips Cottage Pie	Fish and Chips with garden or mushy peas Slow roasted lamb with seasonal vegetables	Fish and chips garden or mushy peas Lamb Chops with new potatoes and seasonal vegetables

**9am-1pm  
Bacon roll / sandwich  
+ mug of tea £ 2.50**

**DRIVE & DINE**  
To register, book or more information Contact  
**01626 778039**

**SUNDAY LUNCHES  
START AGAIN IN  
SEPTEMBER**

**Booking essential**

**01626 778039  
or Colin 07597 273037**

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Here at the Alice Cross we are delighted to have been awarded another 5\* rating on an unannounced EHO visit

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**Takeaway Meals – 2 for £5.00**

- Cottage pie
- Shepherd's pie
- Beef stew / dumplings
- Pork casserole
- Beef or Vegetable Lasagne
- Broccoli & Stilton Pasta
- Liver & Onions
- Macaroni Cheese
- Fish Pie
- Irish Stew

*These are available for collection on a daily basis contact Chef for other options.*

**\* PLEASE NOTE** We will also have specials on each day please contact the kitchen staff to find out what the choices are. We also offer a vegetarian option each day.  
Please also see our take away hot food options.

**Main meal £4.50 & Sweet £1.00**