



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

cbzphil@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

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**

1st & 29th May Centre - CLOSED Bank Holiday

4th May Centre CLOSED Polling Day

Sarah Hornett – Remedial massage Therapist

Specialising in Neck problems, Hopi Ear Candles,
Organic Relaxing Facials & more.

07944 434769 Sarah.Hornett@hotmail.com

NEW on Thursdays **WIGGLES & GIGGLES**

Eastern Dancing Fun

4.30 – 5.30pm - £3.00

Saturday 20th OPEN DAY 10.30am – 3pm

At The Alice Cross

PIMMS & STRAWBERRIES on the lawn

**Come try our great programme of taster
sessions inc. Yoga, Eastern Dance, line
dance, meditation, keep fit and more**

**Freshly made snacks & refreshments,
table top, information and Grand raffle
draw**

Music on Mondays

11 - 12

1st **CLOSED Bank Holiday**

15th **Beryl Coombs - Karaoke**

22nd - **Anthony Powell** – singalong with Keyboard

29th – **CLOSED Bank Holiday**

MAY 2017

UK National Smile month

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

AFTERNOON SOCIAL DANCE 2 - 4pm Last Mon of month

TUESDAY

LINE DANCING 10.30 - 12. with Viv Wilson

CHESS CLUB 6pm

WEDNESDAY

Yoga is Back– SEATED GENTLE YOGA – 11.30 – 12.30

With Lisa £3 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

TEIGN CHORAL SOCIETY 7 pm till close

THURSDAY

MEMORY SUPPORT 10-12 Every Thursday

MEMORY CAFÉ 10-12 – 1st Thursday of mth

MUSIC 4 MEMORIES 10-12 – 3rd Thursday of mth

EAST meets WEST 9.45 – 10.45am Tutor led

MUSIC to MOVEMENT 11 - 12 with Marianne

TAI CHI 2.30 - 4pm

NEW – Wiggles & Giggles 4.30 – 5.30pm

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

1st Tuesday **DRIVE & DINE**

Transport & 2 course meal £10
With Musical Entertainment

To book transport call **01626 778039**

18th Memory Support Cafe

10am -12

Launch of the NEW weekly support
programme with VIH & meet the
Mayor. Come & try your hand at
quizzes, crosswords, singing, ipads,
tablets. Every Thursday.

Alice Cross -Grand Spring Raffle

Tickets £1

Bumper Hamper main prize plus
lots of great family prizes
Draw on Sat 20th May

MAY DANCE 22nd – 2-4 pm

Smile, join us at the Alice Cross
for an afternoon of dancing,
listening to the best loved
recorded music of Victor
Sylvester, Glen Miller etc. Tea,
homemade cakes & friendship
with Viv Wilson

Saturday 27th May

Name That Tune Musical Quiz
with Marianne 7.30 to 11pm
Bring and share supper £5
includes raffle draw

Lunch Menu – 9am-1pm Bacon roll/ sandwich + mug of tea £ 2.50

Lunch MENU at THE ALICE CROSS

DRIVE & DINE

To register, book or more information Contact - **01626 778039**

NEW : PLEASE NOTE LUNCH IS NOW SERVED FROM MIDDAY
STANDARD MAIN COURSE £4.50 / LARGE £ 5.00 PUDDING with custard £1.00
Please Pre-book by 10am Phone 01626 778039

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

MAY 2017	w/c 01/05/17	wc 08/05/17	wc 15/05/17	Wc 22/05/17	w/c 29/05/17
MONDAY	Closed for Bank Holiday	Roast beef Scampi and chips	Gammon egg and chips Chicken casserole	Roast chicken Liver and onions	Closed for Bank Holiday
TUESDAY	DRIVE N DINE Luxury Fish Pie or Meat & Potato Pie With seasonal veg	Sausage and potato bake Pie and Mash	Lamb chops veg and new potatoes Ham egg and chips	Shepherd's Pie and veg Scampi chips and peas	Toad in the hole Pork chop Chips and peas
WEDNESDAY	Lamb chops Ham, egg and chips	Cottage Pie Roast pork	Fish and chips Liver and onion with creamy mash	Roast beef and Yorkshire pudding Fish cakes salad and chips	Roast Chicken, ham egg and chips
THURSDAY	CLOSED FOR POLLING	Sausage and mash Beef Lasagne salad and garlic bread	Shepherd's pie Quiche salad and chips	Jane's homemade pasty chips and beans or salad Potato bake and salad	
FRIDAY	Fish and chips	Fish and chips Roast beef and Yorkshire pudding	Fish and chips Cottage pie fresh vegetables	Fish and Chips	

Sunday Lunch - May 7th
Choice of desserts.
£ 7 for 2 courses.
 Roast Pork, Beef or Nut Roast. Also a Fish Option available
Booking essential
01626 778039
or Colin 07597 273037

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

Takeaway Meals – 2 for £5.00

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

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