

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



# 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

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**

IN JULY – Bring a friend to eat and both enjoy a

FREE cuppa

### Eastern Dance for ALL

**TUESDAY** Evenings 5-6pm – Wiggles & Giggles. Tutor led class.

Our new lively and authentic Eastern dance & music class.

If you want to learn ‘ belly dance ‘ to truly eastern music this is the class for you.

**THURSDAY** Mornings 10-11am – East meets West. Tutor led class. An evolving class which uniquely combines contemporary music with original Eastern roots, aiming to give a fun and social get together.

Newcomers Welcome

## HELP HELP HELP ...

We urgently need BRIC a BRAC for our table top sales on **1<sup>st</sup>, 15<sup>th</sup>, 22<sup>nd</sup> JULY**

Any books, children's toys, puzzles & good quality items you can donate would be truly appreciated.

### Music on Mondays 11 - 12

**3<sup>rd</sup> Jo Collett – singalong accompanied by piano**

**10<sup>th</sup> John Hammond - Piano**

**24<sup>th</sup> Beryl Coombs - Karaoke**

**31<sup>st</sup> Beryl Coombs – Karaoke**

why not stay for lunch.

## JULY 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 Marianne

TAI CHI 2.30 - 4pm

#### FRIDAY

ART CLUB 10 - 12 with Marguerite

Advance class full, please ring if interested.

BOARD GAMES 10.30 – 12 with Kate

CRAFT CIRCLE 1.30 – 3 start again in SEPT

TEIGNMOUTH BRIDGE CLUB

DUPLICATE BRIDGE 1.45 - 5pm

PRECINCT BRIDGE

CONTRACT BRIDGE 7 - 10pm no partner required

## Upcoming Events

**4<sup>th</sup> JULY - 1<sup>st</sup> Tuesday**

### DRIVE & DINE

Transport & 2 course meal £10

Your best loved tunes from 1920s to 1960s with WARNER & WILSON.

Paul & Viv will take you back with easy listening, love ballads & a bit a jazz.

To book transport call **01626 778039**

**Saturday 8<sup>th</sup> Teignmouth Folk Club**

with Ian Bruce & CELT

Doors open at 8pm

**Saturday 15<sup>th</sup>**

**Weavers of Wellbeing**

Boom, shake, shake off the gloom.

Soul to Soul mediations using music.

2pm in Main Hall.

Please call/text Julie for more information – 07976 646392

**Tuesday 1<sup>st</sup> August**

**PIMMS & Painting**

**Teignmouth Art Club**

2-5pm.

Pimms & Strawberries whilst you

view the beautiful work of the society. Browse or buy.

Followed by Wiggles & Giggles eastern dance performance why not join in !

**5 – 20<sup>th</sup> AUGUST**

**ALICE CROSS is CLOSED for essential repair work**



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

Please Pre-book by 10am Phone 01626 778039

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

	w/c03/07/17	w/c 10/07/17	w/c 17/07/17	w/c 24/07/17	w/c31/07/17
<b>MONDAY</b>	Slow roasted beef with homemade Yorkshire pudding and seasonal vegetables	Breaded Chicken stuffed with cream cheese, stilton and mushrooms	Slow roasted lamb with roast potatoes and seasonal vegetables	Roast chicken with stuffing roasted potatoes and vegetables	Smoked Haddock with new potatoes and seasonal vegetables
<b>TUESDAY</b>	<b>DRIVE N DINE</b> Minced beef cobbler Potato bake Both with seasonal vegetables	Lamb and Dauphinoise potato bake	Sausages creamy mash, onion gravy and peas	Shepherd's pie and mixed vegetables	
<b>WEDNESDAY</b>	Chicken Casserole with a selection of vegetables	Cottage pie with seasonal vegetables	Pork steaks with leek champ and seasonal vegetables	Roast beef with homemade Yorkshire pudding roast potatoes and seasonal vegetables	
<b>THURSDAY</b>	Lamb chops with seasonal vegetables and new potatoes	Individual steak and kidney pie with new potatoes and peas	Baked cod new potatoes and vegetables	Jane's homemade pasty chips and beans or salad	
<b>FRIDAY</b>	Fish and chips with garden or mushy peas	Fish and chips with garden or mushy peas Toad in the hole mash and mixed vegetables	Fish and chips with garden and mushy peas Roast pork with stuffing and seasonal vegetables	Fish and Chips with garden or mushy peas Slow roasted Lamb with roast potatoes and mixed 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 kitchen staff to find out what they are. We also offer a vegetarian option each day. Please also see our take away hot food options. During the summer months we will be offering a range of salads please contact us for details

**Main meal £4.50 & Sweet £1.00**