

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. MBACP.
Adv. Dip Integrative Counsellor.
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**

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 & Beginners Welcome

Starting again

Thursday 7th Tai Chi
Friday 8th Art Club
Friday 8th Craft Club
Wed 13th Yoga
Monday 18th NEW time 10.45 – 11.45
Ballroom Dancing

Music on Mondays 11 - 12

4th John Hammond - piano music to listen to
11th Beryl Coombs - karaoke
18th Anthony Powell - singalong with keyboards
25th Jo Collett - singalong with Piano
why not stay for lunch.



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 www.facebook.com/alicecrosscentre reg charity no: 800996

September 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 5-6pm Beginners welcome
CHESS CLUB 6pm

WEDNESDAY

Yoga – SEATED GENTLE YOGA – 10.45 – 11.45
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 – 3rd Thursday of mth
EAST meets WEST 9.45 – 10.45am Tutor led
MUSIC to MOVEMENT 11 - 12 with Marrianne
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 pm starts SEPT
TEIGNMOUTH BRIDGE CLUB
DUPLICATE BRIDGE 1.45 - 5pm
PRECINCT BRIDGE
CONTRACT BRIDGE 7 - 10pm no partner required

Upcoming Events

5th Sept - 1st Tuesday

DRIVE & DINE

Transport & 2 course meal £10
Followed by a Quiz
with Clive & Caroline
Cottage Pie or Sausage & Mash
To book transport call
01626 778039

Tuesday 26th September

NEW – FILM CLUB

2-4pm Free Entry, refreshments
& cakes available to purchase.
MAMMA MIA
Plus come and choose the film
for October.

©

NO FOLK CLUB in September

Contact Hugh Diamond for more
details **01626 775517**
hugh.teignmouthconcerts@gmail.com



SEPTEMBER 2017 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 04/09/17	w/c 11/09/17	w/c 18/09/17	w/c 25/09/17	
MONDAY	Roast beef with homemade Yorkshires and seasonal fresh vegetables Ham egg and chips	Roast Chicken with seasonal fresh vegetables Ham egg and chips	Roast beef with homemade Yorkshires and seasonal fresh vegetables Liver & Onions, mash & peas	Roast Chicken with seasonal fresh vegetables	
TUESDAY	DRIVE n DINE Cottage pie with seasonal vegetables Sausages mash peas and onion gravy	Pork Steaks, new potatoes, Veg & gravy Scampi & chips	Beef stew & dumplings with seasonal vegetables	Toad in the hole mash and mixed vegetables	Sunday Lunch Club
WEDNESDAY	Lasagne with garlic bread and salad Baked Cod new pots & peas	Cottage pie with seasonal vegetables Quiche & Salad	Gammon, new pots & parsley sauce	Fish pie & seasonal veg	
THURSDAY	Chicken & Ham Pie with new potatoes and peas	Sausages, creamy mash, onions, gravy & peas	Chicken & Leek pie with new potatoes and peas Faggot & Mash	Lasagne with garlic bread and salad Baked Cod new pots & peas	
FRIDAY	Must pre-order Fish and chips with garden or mushy peas, or sausage chips, being bought in from Jolly Good Fish Bar	Must pre-order Fish and chips with garden or mushy peas, or sausage chips, being bought in from Jolly Good Fish Bar	Must pre-order Fish and chips with garden or mushy peas, or sausage chips, being bought in from Jolly Good Fish Bar	Fish and chips with garden or mushy peas	

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

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

SUNDAY LUNCH
1st October
12noon for service at 12.30
Roast Turkey, Beef or Nut Roast with seasonal veg.
£7.00 main course
£2.50 pudding

Booking essential
01626 778039

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

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.**

Main meal £4.50 & Sweet £1.00