

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



the alice cross centre

I - 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

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. 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**

TECHNOLOGY DAY. Tuesday 24th Oct. 10 – 4pm

Cosmic Gadget Show - Get Connected!

Helping you find the best broadband deal, gain an understanding of the jargon & introduce you to gadgets such as Apple ipads, Android tablets, smartphones etc. Bring your own device if you have one.

Staying Safe Online

Exploring the online world is great fun & we want you to stay safe whilst exploring. That's why protecting yourselves and your personal information and knowing what to look out for is important to understand. This session will give you an overview on hacking, phishing, trolling, email scams etc.

From 2-4pm DROP IN Question & Answer time

bring your own gadget also some laptops & ipads available to try.

NEW: Quizercise. Tuesday 17th Oct 9.45-10.15am

30 mins per session Tutor Led 15+ regular attendees.

Combination of mental/physical exercises, inc a quiz to stimulate the brain & resistance band training, muscle strengthening, stress balls etc.

Benefits: Improve overall fitness, flexibility & muscle condition. Reduce stiffness in arthritic hands etc.

Music on Mondays 11 - 12

- 2nd John Hammond - light piano music
- 9th Anthony Powell - singalong with keyboards
- 16th Beryl Coombes - karaoke
- 23rd Jo Collett - singalong with Piano
- 30th Call office to check who is on.

October 2017

October is TECHNOLOGY month

WEEKDAY ACTIVITIES

MONDAY

MUSIC ON MONDAY 11 - 12 (see panel overleaf)
 MONDAY CHAT CLUB 10.30 - 12.
 BALLROOM DANCING 1.30 - 3.30pm Beg/Improvers

TUESDAY

New Quizercise 9.45 – 10.15
 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 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 pm starts SEPT
 TEIGNMOUTH BRIDGE CLUB
 DUPLICATE BRIDGE 1.45 - 5pm
 PRECINCT BRIDGE
 CONTRACT BRIDGE 7 - 10pm no partner required

Upcoming Events

3rd Oct - 1st Tuesday

DRIVE & DINE

Transport & 2 course meal £10
 Followed by a BINGO
 Roast Chicken / veg or Beef Stew &
 dumplings. To book transport call
01626 778039

Wed 4th Oct. 2 – 3.30pm

Computer Class with Angie
 Learn the basics, bring your laptop if
 you have one.

Ipads / Tablets Class starts on
Monday 30th October 2-3.30pm

Sat 14th Oct

Teignmouth Folk Concert presents
Steve Turner & Julia Howe
£10 on door £8 in advance
 Doors open at 8pm

Tues 24th Oct 10am – 4pm

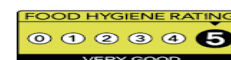
Technology Day for ALL.
See back page for more info....

Sat 28th Oct

Mayors Spooktacular Quiz Night
 Fish n Chip supper & Halloween
 trivia quiz
Spooky Fancy Dress optional.
Team of 6 £45 inc food
Bar available.

Tues 31st Oct 2-4pm

FREE Film Club The African Queen 2
Refreshments to buy.



NEW : PLEASE NOTE LUNCH IS NOW SERVED FROM MIDDAY OCTOBER 2017 MENU				If you have food intolerances or allergies please check with the chef when ordering		
Please Pre-book by 10am Phone 01626 778039						
	w/c 02/10/17	w/c 09/10/17	w/c 16/10/17	w/c 23/10/17	w/c 30/10/17	
MONDAY	Roast Pork with roasted potatoes and vegetables Turkey & Veg Pie	Roast chicken with stuffing & seasonal vegetables Fish Pie & seasonal veg	Roast beef with homemade Yorkshires & seasonal vegetables Liver & Onions, mash & peas	Roast chicken with stuffing & seasonal vegetables Baked Cod new pots & peas	Roast Lamb with mint sauce & seasonal veg Chicken Korma Curry	NEXT SUNDAY LUNCH CLUB ROAST 5 th November midday for 1pm
TUESDAY	DRIVE n DINE Roast Chicken with seasonal veg Beef stew & dumplings with seasonal veg	Toad in the hole mash and mixed vegetables	Beef stew & dumplings with seasonal vegetables	Cottage pie with seasonal vegetables	Pork Chops , Mash & Onion gravy	Please book 01626 778039
WEDNESDAY	Minced beef cobbler with seasonal vegetables	Cottage pie with seasonal vegetables	Gammon, new pots & parsley sauce	Beef stew & dumplings with seasonal vegetables	Chicken & Leek pie with new potatoes & peas	
THURSDAY	Chicken & Leek pie with new potatoes & peas Lasagne with garlic bread and salad	Pork Chops , Mash & Onion gravy Quiche, new pots & veg	Chicken & gammon pie new potatoes & peas Baked Cod new pots & peas	Chicken Korma Curry Macaroni cheese Baked Cod new pots & peas	Toad in the hole mash and mixed vegetables Fish Pie & seasonal veg	
FRIDAY	Fish and chips with garden or mushy peas Beef stew & dumplings with seasonal veg	Fish and chips with garden or mushy peas Lasagne with garlic bread and salad	Fish and chips with garden or mushy peas Macaroni cheese	Fish and chips with garden or mushy peas	Fish and chips with garden or mushy peas	

*PLEASE NOTE We can offer vegetarian options. Please also see our take away hot food options.

Main meal £4.50 & Sweet £1.00

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

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

SUNDAY LUNCH
5th November
12noon for service at 1pm
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.