



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

Also AT THE ALICE

Appointments required

Wednesday & Fridays

SWEDISH MASSAGE

CAROLINE PHILLIPS

01626 879402 / 07796420975

cbezphil@gmail.com

NEW Sports & Swedish
Massage, Aromatherapy

with Vanda Rudge

Call 01626 772694

to book appointment

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.

Contact **01626 778039**

Rotary Club Film & Food nights.

Casablanca

£15 includes a meal & Film

6.30pm for 7pm start

Wednesday 8th at Mount Pleasant Dawlish

Friday 10th at Bitton House Teignmouth

Wednesday 22nd at Clifford Arms Shaldon

NEW Classes starting in November

| | | |
|--------------------------|------------------------|--------------|
| Saturday 4 th | Beginner/Inter Pilates | 9.30-10.30am |
| Thurs 9 th | Advanced Pilates | 7.30 8.30pm |
| | With Beth | |
| Thurs 9 th | PiYo class with Julie | 6.15-7.15pm |

Thank you to Cosmic & Weatherheads Web for our
fantastic Digital Day.

Following on we will run another digital session to
help with connecting to the web, smart phone usage,
managing data etc. Watch this space for details.

Currently our Ipad class is full but we aim to run
another in the new year for laptops & tablets, get in
touch and leave your contact details.

Music on Mondays 11 - 12

| | |
|------------------|---|
| 6 th | Anthony Powell - Singalong |
| 13 th | Beryl Coombes Karaoke- remembrance theme music |
| 20 th | John Hammond – light piano music |
| 27 th | Jo Collett - singalong with Piano |

November 2017

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 |
| TEIGN CHORAL SOCIETY | 7 pm till close |

THURSDAY

| | |
|-------------------|---|
| MEMORY SUPPORT | 10-12 Every Thursday |
| MEMORY CAFÉ | 10-12 |
| MUSIC 4 MEMORIES | 10-12 – 3 rd 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 |
| 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 December - 1st Tuesday

DRIVE & DINE

Transport & 2 course meal £10

Followed by

Trinity School Choir Christmas Carols

To book transport call 01626 778039

Fri 3rd Nov FREE EVENT

Gay White - Various Verse
Light hearted poems for all occasions

Tues 7th Nov AGM – 2.45pm

In The Main Hall

Thurs 9th NEW Evening PiYo Class

with Julie 6.15-7.15pm

Thurs 9th NEW Evening Pilates

Advanced with Beth 7.30-8.30pm

Sat 11th Nov

Teignmouth FOLK Club

Presents CEJ T

£10 on door £8 in advance

Doors open at 8pm

Fri 17th Nov

The Jewellery Box Party Night

Gifts & treats to buy from 7pm

Bar open.

Sat 25th Nov

Christmas lights switch on in the

Triangle

Tues 28th 2-4pm

FREE Film Club Guys & Dolls

Refreshments to buy.



NEW: PLEASE NOTE LUNCH IS NOW SERVED FROM MIDDAY
NOVEMBER 2017 MENU

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

Please Pre-book by calling 01626 778039

| | w/c 6/11/17 | w/c 13/11/17 | w/c 20/11/17 | w/c 27/11/17 | |
|------------------|--|---|---|---|--|
| MONDAY | Roast pork, seasonal vegetables & roast potatoes Cottage pie & seasonal vegetables | Roast beef, homemade Yorkshire puddings, seasonal fresh vegetables Fish pie, seasonal vegetables | Roast chicken, stuffing fresh vegetables Beef stew and dumplings | Roast gammon, seasonal vegetables, roast potatoes Liver and onions, mas potatoes, fresh vegetables | NEXT SUNDAY LUNCH CLUB ROAST Turkey or Beef 3 rd December midday for 1pm |
| TUESDAY | Sausages, peas and creamy mash Cauliflower cheese | Smoked haddock, new potatoes and peas Lasagne, garlic bread, salad garnish. | Pork goulash, creamy mash and seasonal vegetables Gammon, egg and chips | Chicken casserole and mash potatoes Scampi, chips and peas | Please book 01626 778039 |
| WEDNESDAY | Chicken & bacon pie, new potatoes, peas Liver & onions, fresh vegetables, creamy mash | Toad in the hole, roast potatoes, fresh vegetables scampi, chips & peas | Cheese & potato bake with seasonal fresh vegetables Cottage pie & seasonal vegetables | Lasagne, salad and garlic bread Cauliflower cheese | |
| THURSDAY | Minced beef cobbler, chips & seasonal vegetables fish pie & seasonal vegetables | Pork schnitzel, dauphinoise potatoes & peas Chicken korma & rice | Roast pork, fresh vegetables & apple sauce Steak & stilton pie & seasonal fresh vegetables or | Beef, mushroom & red wine pie, roast potatoes, seasonal fresh vegetables Herb crusted baked cod, new potatoes & peas Cauliflower cheese | |
| FRIDAY | Fish and chips from Jolly Good with garden or mushy peas | Fish and chips from Jolly Good with garden or mushy peas | Fish and chips from Jolly Good with garden or mushy peas | 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
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.

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

Main meal £4.50 & Sweet £1.00