

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

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
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**

Film Club Tuesday 30th January

The Full Monty

REOPEN ON

WEDNESDAY 3rd JANUARY 2018

Next Sunday Lunch Club is
14th JANUARY 2018

PLEASE BOOK EARLY

Art Class starts Friday 5th January

Wiggles & Giggles back on Tuesday 9th January

Tai Chi starts Thursday 11th January

Music on Mondays 11 - 12

8th Beryl Coombs - Karaoke
15th Anthony Powell, singalong with keyboard
22nd Jo Collect singing accompanied by Piano
29th Beryl Coombs - Karaoke

January 2018 HAPPY NEW YEAR TO ALL

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 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 Marrienne
TAI CHI 2.30 - 4pm
PILATES 7.30 – 8.30pm
Pilates also on a SATURDAY at 9.30 – 10.30am

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
TEIGNMOUTH BRIDGE CLUB
DUPLICATE BRIDGE 1.45 - 5pm
PRECINCT BRIDGE
CONTRACT BRIDGE 7 - 10pm no partner required

Upcoming Events

SUNDAY 14th January 2018

Sunday Lunch Club.
12noon for 1pm
Turkey/ Nut Roast dinner &
trimmings

6th February - 1st Tuesday DRIVE & DINE

Transport & 2 course meal £10
To book transport call **01626**
778039

Saturday 13th January 8pm

Folk Club
No Petticoats Here
Louise Jordan, Rubato.
£10 on the door
£ 8.00 in advance
hugh.teignmouthfolkconcerts@gmail.com

Please note we will be
CLOSED
Monday 5th February
for Polling Day

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 calling 01626 778039		January Sunday lunch club is 14/1/18			
		Drive n Dine returns Tuesday 6 th February 2018			
	w/c 1/1/18	w/c 8/1/18	w/c 15/1/18	w/c 22/1/18	w/c 29/1/18
MONDAY	CLOSED	Roast Lamb with roast potatoes & seasonal veg Or Beef & red wine Pie with seasonal veg	Roast Chicken with seasonal veg Or Sausage, mash & seasonal veg	Roast Pork with seasonal veg Or Herb crusted Cod, new potatoes & peas	Roast Beef with seasonal veg Or Liver & Onion, mash & seasonal veg
TUESDAY	CLOSED	Pork Chops with mash & peas Or Beef stew & dumplings	Gammon, Egg & Chips with Parsley sauce Or Lasagne, salad & garlic bread	Sausage, mash & seasonal veg Or Scampi, Chips & Peas	Fish Pie & seasonal veg Or Cottage Pie with seasonal veg
WEDNESDAY	Toad in the Hole with seasonal veg Or Chicken Korma	Minced Beef Cobbler with seasonal veg Or Fish Pie with seasonal veg	Chicken & Leek Gratin with seasonal veg Or Cauliflower Cheese	Lasagne, Salad & Garlic Bread Or Cheese & Potato Bake with seasonal veg	Roast Chicken with seasonal veg Or Scampi, Chips & Peas
THURSDAY	Chicken in white wine sauce with seasonal veg Or Cottage Pie with seasonal veg	Turkey & Gammon Pie, roast potatoes & seasonal veg Or Baked Cod with new potatoes	Pork Schnitzel with roasted veg Or Chicken Korma	Roast Gammon with seasonal veg Or Smoked Haddock, new potatoes & peas	Creamy Pork with seasonal veg Or Cauliflower Cheese
FRIDAY	Fish & Chips with garden or mushy peas	Fish & Chips with garden or mushy peas	Fish & Chips with garden or mushy peas	Fish & Chips with garden or mushy peas	Fish & 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
14th January 2018
12noon for service at 1pm
Roast Turkey Dinner
or Nut Roast with all the trimmings.
£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.