

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

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

2018 CELEBRATING 40 YEARS SINCE THE OPENING OF THE ALICE CROSS CENTRE



# the alice cross centre

1 - 3 Bitton Park Rd. Teignmouth Devon TQ14 9BT

Telephone: 01626 778039

email: [info@thealicecross.co.uk](mailto:info@thealicecross.co.uk)

[www.thealicecross.co.uk](http://www.thealicecross.co.uk)

[www.facebook.com/alicecrosscentre](https://www.facebook.com/alicecrosscentre)

reg charity no: 800996

## JUNE 2018

### WEEKDAY ACTIVITIES

Modest fees.

#### MONDAY

MUSIC ON MONDAY	11 - 12 ( see panel overleaf )
MONDAY CHAT CLUB	10.30 - 12
Seated Exercise with Rob	2 - 2.30pm
Trim Teign weigh in drop in	2.30 - 3.30pm
Group Keep Fit with Rob	2.45pm
Zumba Gold with Emma	3.30pm
Seated Yoga with Lisa	3.30 - 4.30pm
Mat Yoga with Lisa	4.45 - 5.45pm

#### TUESDAY

New Quizercise	9.45 - 10.15
LINE DANCING	10.30 - 12. with Viv Wilson
BALLROOM DANCING	1.30 - 3.30pm Beg/Improvers
WIGGLES & GIGGLES	5-6pm Beginners welcome

#### WEDNESDAY

Yoga- SEATED YOGA Improvers	10.45 - 11.45
SEATED EXERCISE	10 - 10.30am
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
EAST meets WEST	9.45 - 10.45am Tutor led
TAI CHI	2.30 - 4pm
PILATES	7.30 - 8.30pm

#### FRIDAY

Dancercise with Marriane	9.30 - 10.30am starts 15th
ART CLUB advanced, spaces limited	10 - 12 with Marguerite
BOARD GAMES	10.35 - 12 with Kate
CRAFT CIRCLE	1.30 - 3 pm

#### SATURDAY

PILATES	9.30 - 10.30am
Bollywood workshop	11 - 12noon
2 <sup>nd</sup> Sat of the month	

## Upcoming Events

### Sunday 3<sup>rd</sup> & 24<sup>th</sup> LUNCH CLUB

Roast & Trimmings

### Tuesday 5<sup>th</sup> June 2018

DRIVE & DINE

With Entertainment from  
The Teigns

### Wednesday 6<sup>th</sup> June 2018

FREE Film Club 2 - 4pm  
Showing LION

### Wednesday 13<sup>th</sup> June

CARERS WEEK CELEBRATION  
Information & Refreshments  
10am - 4pm

### Saturday 16<sup>th</sup> June

MUSIC NIGHT 7.30pm  
Miles Far Away  
Contemporary Americana

### Sunday 17<sup>th</sup> June

ARMED FORCES DAY  
On the Den

### Thursday 21<sup>st</sup> June

Chetham School Musicians  
Provide an hour of excellent  
classical entertainment  
1-15 - 2.15pm

### Ipad Drop in Sessions

2-4pm with Angie

Thurs -28<sup>th</sup> June, 26<sup>th</sup> July, 23<sup>rd</sup> Aug

### Also AT THE ALICE

#### Appointments required

SWEDISH MASSAGE

CAROLINE PHILLIPS

01626 879402 / 07796420975

[cbezphil@gmail.com](mailto:cbezphil@gmail.com)

NEW Sports & Swedish  
Massage, Aromatherapy  
with Vanda Halina

Call 01626 772694

to book appointment

Massage Therapy

Gary Glanville

07966 381802

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 07576 603669

[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.

### St JAMES' COMMUNITY OPEN DAY

9<sup>th</sup> JUNE

With a special feature at 10am with a  
re- blessing of Alice Cross building.

All Welcome

Followed by a Craft Fair in St James'  
Churchyard, Spanish workshop, Bollywood  
dancing, BBQ, Pimms & Strawberries and more  
throughout the area 10am - 3pm

#### HOW TO GET TO THE ALICE CROSS

Go to Teignmouth Fire Station, cross the main road and  
go over the Railway Bridge up towards St James Church,  
pass the Vets & Clippers Hairdressers on your left and  
the Centre is set back on the left with a tarmac  
forecourt.

Parking for 4 cars is prioritised for blue badge holders or  
drop off, blue badge holders can park for 3 hours in the  
residents parking zone outside Alice Cross

#### Music on Mondays 11 - 12

4 <sup>th</sup>	Anthony Powell singalong
11 <sup>th</sup>	Karaoke with Beryl Coombs
18 <sup>th</sup>	The Teigns singalong
25 <sup>th</sup>	Karaoke with Beryl Coombs

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				June Sunday lunch clubs: 03/06/18 and 24/06/18	
	w/c 28/5/18	w/c 4/6/18	w/c 11/6/18	w/c 18/6/18	w/c 25/6/18
MONDAY	<b>CLOSED BANK HOLIDAY</b>	Roast lamb all the trimmings Or Ham Salad, new pots	Roast Port, all the trimmings Or Ham salad, new pots	Roast Chicken, all the trimmings Or Quiche Salad, new pots	Roast Gammon, all the trimmings Or Chicken salad, new pots
TUESDAY	Roast beef and all the trimmings or Toad in the hole, roast pots and fresh veg.	<b>DRIVE AND DINE</b>  Roast Beef Chicken and leek pie	Homemade fishcakes, new pots, peas Or Mince beef pasta bake	Cottage Pie, fresh veg Or Poached Salmon, chips/new pots and salad	Cheese Ploughmans Or Chicken and mushroom pie, veg and roast pots
WEDNESDAY	Macaroni cheese Or A Ham/cheese ploughman's	Fish Pie, fresh veg Or Chicken breast, rice and salad	Roast lamb, all the trimmings Or Haddock, poached egg ,new pots, peas	Sausage mash, onion gravy Or Jacket pots, tuna salad	Gammon, egg and chips Or Roast Pork, all the trimmings
THURSDAY	Smoked Haddock Florentine new pots and peas or Mushroom stroganoff with rice or lasagna, chips and Garlic bread	Toad in the hole, fresh veg, new pots Steak and mushroom pie, roast pots	Chicken and leek gratin, roast pots, peas Or Lasagne, chips	Chicken Cordon bleu, (spinach & cheddar cheese) new pots, peas Or Cauli and broccoli cheese bake and crusty bread or jacket pot	Hunters chicken, new pots, peas Or Lasagne or Salmon, new pots, salad
FRIDAY	Fish and Chips with Garden peas or mushy peas	Fish and chips Or Roast gammon, all the trimmings	Fish and Chips Or Chicken Salad, chips	Fish and chips	Fish and Chips

\*PLEASE NOTE: In July & August we will only provide light snacks on Wednesdays, see snack menu for 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**  
**3rd & 24th June 2018**  
12noon for service at 1pm  
Roast Beef or Roast Pork  
£7.00 main course  
£2.50 pudding

**Booking essential**

**01626 778039**

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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  
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.*