

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

Also AT THE ALICE

Appointments required

SWEDISH MASSAGE

CAROLINE PHILLIPS

01626 879402 / 07796420975

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

www.teigncounselling.com

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

2nd Jo Collect piano accompanied singalong
9th Anthony Powell – singalong with keyboard
16th The Teigns – acoustic singing group bring our favourite songs to sing from 1950's – 1960's
23rd Amanda Lynn – singing war time hit music from the 1940's, 50's, & 60's

We are a licensed premises with bar facilities.
PERFECT FOR FUNCTIONS
HIRE of HALL £11.00 per hour
Call 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

JULY 2018

WEEKDAY ACTIVITIES

Modest fees.

MONDAY

MUSIC ON MONDAY 11 - 12 (see panel overleaf)
MONDAY CHAT CLUB 10.30 – 12
HEALTHY COOKERY WORKSHOP 1.30 – 2.30pm
Trim Teign weigh in drop in 2.30 – 3.30pm
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 Marianne 9.30 – 10.30, 6th 20th & 27th
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 2nd Sat of mth
Dancercise with Marianne Advanced 11.-12 on 21st

Upcoming Events

Sunday 8th & 29th LUNCH CLUB

Roast & Trimmings
8th is Beef or Lamb
9th is Beef or Turkey

Tuesday 3rd July

DRIVE & DINE

With Amanda Lynn
a fabulous journey back to
the 40's, 50's, 60's
With this great singer

Wednesday 18th July

MAP -

alcohol support group
session 1 – 3pm

Thursday 26th July

IPAD

Drop in session 2- 4pm

Saturday 28th July

Carnival Table Top
on the Den

NEW : PLEASE NOTE LUNCH IS NOW SERVED FROM MIDDAY				If you have food intolerances or allergies please check with the chef when ordering	
During July and August we will have lighter options available on Wednesday lunch time rather than the usual hot meals. Please Pre-book by calling 01626 778039				July Sunday lunch club is 8th July Roast Beef or Roast Lamb & 29th July is Roast Beef or Turkey Drive n Dine returns Tuesday 3rd July 2018	
	W/C 2/7/18	w/c 9/7/18	w/c 16/7/18	w/c 23/7/18	w/c 30/7/18
MONDAY	Roast Beef All the trimmings Or Ham Salad	Roast Pork All the trimmings Or Quiche & salad	Roast Lamb All the trimmings Or Haddock, new pots, peas	Roast chicken All the trimmings Or Herb crusted cod New pots and salad	Roast Gammon All the trimmings Or Ham Salad New Pots
TUESDAY	Drive and Dine Roast Lamb and all the trimmings Or Cottage pie and seasonal Veg	Gammon, egg & chips Or Sausage, mash Onion gravy	Cauliflower & Broccoli bake Chips or crusty bread Or Chicken & leek gratin	Toad in the hole Fresh veg, new pots Or Quiche & salad	Shepherd's pie Fresh veg Or Turkey & gammon pie Roast pots, veg
WEDNESDAY	Light Lunch options Available	Light Lunch options Available	Light Lunch options Available	Light Lunch options Available	Light Lunch options Available
THURSDAY	Scampi, chips & peas Or Chicken & leek pie Roast pots, fresh veg	Fish pie with Fresh veg Or Roast chicken Fresh veg	Sausage, egg, Chips & beans Or Cottage pie	Roast lamb All the trimmings Or Lasagne, chips Garlic bread	Roast chicken All the trimmings Or Steak & mushroom pie Fresh veg
FRIDAY	Fish and Chips with Garden peas or mushy peas	Fish and Chips with Garden peas or mushy peas	Fish and Chips with Garden peas or mushy peas	Fish and Chips with Garden peas or mushy peas	Fish and Chips with Garden peas 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
8th & 29th July 2018
12noon for service at 1pm
£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 Chicken casserole
Beef or Vegetable Lasagne
Cauliflower Cheese
Beef stew / dumplings

*These are available for collection on a
daily basis contact Chef for other
options.*