

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

www.thealicecross.co.uk

www.facebook.com/alicecrosscentre

reg charity no: 800996

November 2018

WEEKDAY ACTIVITIES - Modest fees.

MONDAY

MUSIC ON MONDAY	11 - 12 (see panel overleaf)
MONDAY CHAT CLUB	10.30 – 12
Munch & Move	12.30 – 2pm
Cookery Workshop	1.30 – 2.30pm £2pw
Trim Club	1.30 – 2.30pm
Keep Fit with Rob	2.05 – 2.35pm
Zumba Gold	3.30 – 4.30
Seated Yoga	3.30 – 4.30pm
Mat Yoga	4.45 – 5.45pm
Walking Group starts on 3 rd - FREE	

TUESDAY

Quizzercise	9.45 – 10.15
LINE DANCING	10.30 - 12.
BALLROOM DANCING	1.30 - 3.30pm
WIGGLES & GIGGLES	5-6pm Beginners welcome

WEDNESDAY

Yoga– SEATED	10.45 – 11.45
SEATED EXERCISE	10 - 10.30am
COUNTRY DANCING	10.30 - 12 with John
MAP Course – drink wise age well	1 – 2.30pm
TABLE TENNIS	2 - 4 pm with Don Large
PILATES	5.30 – 6.30pm with Beth

THURSDAY

MEMORY CAFÉ	10-12
EAST meets WEST	9.45 – 10.45am Tutor led
TAI CHI	2.30 - 4pm
PILATES	7.30 – 8.30pm

ART GROUP starts in Sept

FRIDAY

Dancercise with Marrienne	9.30 – 10.30am
ART CLUB advanced, spaces limited	10 - 12 with Marguerite
BOARD GAMES	10.35 – 12 with Kate
CROCHET CLASS	1.30 – 3.30pm (1st Fri of mth)
CRAFT CIRCLE	1.30 – 3 pm (last Fri of mth)

SATURDAY

PILATES	9.30 – 10.30am
Dancercise level 2	11 – 12pm 17 th Nov
Bollywood workshop	11 – 12noon 10 th Nov
2 nd Sat of the month	

Upcoming Events

Sunday 11th

Remembrance Day Lunch
2 course lunch & a drink £10.00
(wine/beer/ or soft drink)
Entertainment - Amanda Lynn War
time songs after lunch.

1st Nov – Final iPad Session
2.30 – 4.30 with Angie

6th Nov – DRIVE n DINE
Roast Lamb, Chicken or Leek Pie
with The Teigns

12th Nov – Open music evening
with Hugh Diamond from 7pm

13th Nov – The Alice Cross
Annual General Meeting at 2pm
All welcome, followed by a talk from
Sue Wroe of Teignbridge CVS.

The relationship between Voluntary,
Community & Social Enterprise (VCSE)
and Health & Social Care in our area &
the future.

14th Nov – Musical Show – 2pm
‘Keep the home fires burning’
A show to remember & celebrate the
Centenary of the WW1 & the RAF

24th Nov – Christmas Craft Fair
See back page

26th Neighbourhood Planning
Open Meeting – 6-8pm
Refreshments provided

Glow in the Park

Sat 10th November 2018



Brite Services Recruitment company taking part
in the Glow in the Park event at Westpoint, in
Exeter - designed to make us dance or walk
around a themed course dressed in bright
colours and lights!

We are really pleased to be raising money for
The Alice Cross Centre, based in Teignmouth.

<https://www.totalgiving.co.uk/mypage/briteservices>

24th Nov – Christmas Craft Fair
10 – 1pm

Various stalls selling gifts,
Children’s Craft Table, and a Elf Trail.
Plus an award winning Photographer
The Picture Lady
doing Christmas shoots

Refreshments available

Music on Mondays 11 - 12

5 th	Jo Collett
12 th	Sue Goddard
19 th	Anthony Powell
29 th	Jo Collett

Also AT THE ALICE

Appointments required

SWEDISH MASSAGE
CAROLINE PHILLIPS
01626 879402 / 07796420975
cbzphil@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

We are a licensed premises
with bar facilities.

PERFECT FOR FUNCTIONS
HIRE of HALL £11.00 per hr.
778039

NEW : PLEASE NOTE LUNCH IS NOW SERVED FROM MIDDAY

Please Pre-book by calling 01626 778039

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

Remembrance Sunday lunch club is 11th

November Roast Beef or Roast Pork

Drive & Dine Tuesday 6th November 2018

	W/C 29/10/18	w/c 5/11/18	w/c 12/11/18	w/c 19/11/18	w/c 26/11/18
MONDAY	Roast Chicken with all the trimmings Or Minced Beef Cobbler	Roast Gammon and all the trimmings or Cottage Pie Or Ham Salad	Roast Beef and all the trimmings or Cottage pie Or Chicken Salad	Roast Pork and all the trimmings or Quiche and chips or Beef Salad	Roast Lamb and all the trimmings or Mince and Potato Pie
TUESDAY	Fish Pie with Potatoes and Veg Or Lasagne, Salad and Garlic Bread	Drive n Dine Roast Lamb and all the trimmings or Chicken and leek pie	Liver and bacon, Mash and veg or Herb Crusted Cod with New Potatoes and Peas	Chicken and Mushroom pie, roast potatoes and Veg or Beef casserole, Mash and Veg.	Cauliflower and Broccoli Bake or Toad in the hole with Mash and Veg
WEDNESDAY	Cottage Pie with Veg Or Light Lunch options Available	Liver and Onions with Mash and Veg Or Light Lunch options Available	Baked Fish with Parsley Sauce New potatoes and Veg or Light Lunch options Available	Sausage Casserole with potatoes and veg or Light Lunch options Available	Irish Stew with Veg Or Light Lunch options Available
THURSDAY	Port Schnitzel, Sauté Potatoes & Veg. Or Pasties, Chips & Peas	Beef Stew, Dumplings and Crusty Bread or Chicken and mushroom turnovers with potatoes and Veg	Roast Lamb and all the Trimmings or Steak and Mushroom Pie	Chicken Curry and rice or Egg and Bacon pie	Lasagne with garlic Bread Or Cauliflower Cheese or Haddock Florentine
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

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

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

SUNDAY LUNCH
11th November
12noon for service at 1pm
Remembrance Day Lunch
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