

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](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.  
**778039**

We will be CLOSED on Friday 21<sup>st</sup> Dec,  
Thurs 3<sup>rd</sup> Jan & Fri 4<sup>th</sup> Jan 2019

We will reopen on Monday 7<sup>th</sup> January  
2019

Please note : there is NO Dancercise or  
Craft Class in December

Merry Christmas &  
A Happy New Year to you  
ALL  
from The Alice Cross

**Music on Mondays 11 - 12**

3<sup>rd</sup> Jo Collett  
10<sup>th</sup> Anthony Powell  
17<sup>th</sup> Christmas Singalong with Sue Goddard



# 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](http://www.facebook.com/alicecrosscentre) reg charity no: 800996

## DECEMBER 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

#### TUESDAY

Quizercise 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

#### FRIDAY

Dancercise with Marrienne 9.30 – 10.30am 11<sup>th</sup> Jan  
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  
Bollywood workshop 11 – 12noon 8<sup>th</sup> Dec  
2<sup>nd</sup> Sat of the month

## Upcoming Events

### 4<sup>th</sup> Dec – DRIVE n DINE

with Trinity School Choir singing  
Carols & Tony Everest magician  
entertains

Roast Turkey & all the trimmings or  
Turkey & Gammon Pie

### Next Drive n Dine Tuesday 5<sup>th</sup>

February 2019

### Saturday 8<sup>th</sup> Dec – 7.30pm

GLORIOUS RASCALS  
Supported by Hunters Moon  
3 piece Acoustic Band  
Charity Fundraiser £5.00

### Monday 10<sup>th</sup> Dec – 7pm

Poetry Open Mic Night

### Friday 14<sup>th</sup> – Save the Children

Wear a Christmas Jumper  
Fundraiser

### Tuesday 18<sup>th</sup> Dec – FREE EVENT

Christmas Lunch & Film Club  
It's A Wonderful Life  
Eating at Midday  
Film show at 1.30pm

### Wednesday 19<sup>th</sup>

Poetry Night 7pm

### Tuesday 25<sup>th</sup> December

CHRISTMAS DAY LUNCH

### Next Sunday Lunch is

27<sup>th</sup> January 2019

**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

**No Sunday lunch club in December**

**Drive & Dine Tuesday 4th December 2018**

	<b>W/C 3/12/18</b>	<b>w/c 10/12/18</b>	<b>w/c 17/12/18</b>	<b>w/c 24/12/18</b>	<b>w/c 31/12/18</b>
<b>MONDAY</b>	Roast Beef and all the Trimmings Or Chicken and Veg pie Or Ham Salad	Roast Lamb and all the trimmings or Sausage Casserole	Roast Turkey and all the trimmings Or Cottage Pie and Veg	<b>CLOSED</b>	<b>CLOSED</b>
<b>TUESDAY</b>	<b>Drive and Dine</b> Roast Turkey & all the trimmings Or Turkey and Gammon Pie	Beef Stew, Crusty Bread and Dumplings Or Shepherd's Pie and Veg	Roast Turkey and all the trimmings Veg or fish option <b>FILM CLUB FREE EVENT</b>	<b>CHRISTMAS DAY LUNCH</b>	<b>CLOSED</b>
<b>WEDNESDAY</b>	Chicken Casserole & Veg		Christmas Meal	<b>CLOSED</b>	<b>CLOSED</b>
<b>THURSDAY</b>	Beef Cobbler and Rosemary Scones with Fresh Veg Or Roast Lamb and all the trimmings	Fish Pie and fresh veg or Turkey and Gammon pie with veg	Roast Turkey and all the trimmings or Meat and Potato Pie	<b>CLOSED</b>	<b>CLOSED</b>
<b>FRIDAY</b>	Fish and Chips with Garden peas or mushy peas	<b>BRIDGE CLUB LUNCH</b> Christmas Meal	Fish and Chips with Garden peas or mushy peas	<b>CLOSED</b>	<b>CLOSED</b>

**\*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**

**CHRISTMAS DAY LUNCH  
25th DECEMBER**

**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.*