

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**

Happy New year to you  
**ALL**  
from The Alice Cross

We are looking forward to welcoming you all  
back and hopefully to meet a few new faces!



**New Bereavement Support Group!!**  
Starts 29<sup>th</sup> January 2-4pm. Sessions will be  
held the last Tuesday of every month!

#### Music on Mondays

14<sup>th</sup> January at 11-12noon- Jo Collett  
21<sup>st</sup> January – Anthony Powell  
28<sup>th</sup> January – Beryl Coombes



# 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

## January 2019

### WEEKDAY ACTIVITIES - Modest fees.

#### MONDAY

MUSIC ON MONDAY 11 - 12 (see panel overleaf)  
MONDAY CHAT CLUB 10.30 – 12  
Trim Club 1.30 – 2.30pm  
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 CAFE 10-12  
EAST meets WEST 9.45 – 10.45am Tutorled  
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 (19<sup>th</sup>) 11 – 12pm  
Bollywood workshop (12<sup>th</sup>) 11 – 12noon

## Upcoming Events

### Monday 21<sup>st</sup> January

Hugh Diamond Music Night  
7pm.

### Friday 25<sup>th</sup> January

Poetry Night at 7pm

### Sunday 27<sup>th</sup> January

Sunday lunch Club 12pm  
Booking essential- Please  
call.

### Tuesday 29<sup>th</sup> January

NEW Bereavement Support  
group! – **WAVES**  
Will be held the last Tuesday  
of every month- 2-4pm

### Wednesday 30<sup>th</sup> January

Rotary Club Quiz and meal  
evening.  
£10 per ticket- 7.30pm  
Bar will be open

### The Next Drive and Dine will be Tuesday 5<sup>th</sup> February

Come and join us for a meal  
and entertainment including  
travel for £10 – Booking  
essential  
Choose either- Roast Lamb and  
all the trimmings or Chicken and  
mushroom pie followed by a  
Quiz with Caroline.



**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

January Sunday lunch club is 27<sup>th</sup> January 2019  
Drive n Dine returns Tuesday 5<sup>th</sup> February 2019

	w/c 31/12/18	w/c 7/1/19	w/c 14/1/19	w/c 21/1/19	w/c 28/1/19
<b>MONDAY</b>	<b>CLOSED</b>	Roast Lamb with roast potatoes & seasonal veg Or Chicken Casserole	Roast Beef and all the trimmings or Scampi and chips with peas	Roast Gammon or Steak and red wine pie and veg	Roast Chicken and all the trimmings or Cottage pie
<b>TUESDAY</b>	<b>CLOSED</b>	Liver and Bacon with Mash and veg Or Fish Pie and Veg	Beef Stew or Shepherd's pie and fresh veg	Toad in the hole or Chicken gratin and fresh veg	Chicken and mushroom pie or Beef stew
<b>WEDNESDAY</b>	<b>CLOSED</b>	Gammon, eggs and Chips Or Cottage pie	Egg and bacon pie with Chips and beans or Chicken Casserole and veg	Smoked Haddock and poached eggs, new potatoes and peas or Minced beef Pasta	Scampi chips and peas Or Pork chops, mash and veg
<b>THURSDAY</b>	<b>CLOSED</b>	Roast Gammon with Fresh veg or Sausage Casserole and veg	Beef Cobbler and Rosemary Scones or Chicken Curry and rice	Lasagne and salad with Chips/Garlic bread Or Roast Lamb and veg.	Cauliflower Cheese Or Turkey and Gammon pie Or Lasagne
<b>FRIDAY</b>	<b>CLOSED</b>	Fish and Chips with Garden or mushy peas	Fish and Chips with Garden or mushy peas	Fish and Chips with Garden or mushy peas	Fish and 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**

**DRIVE & DINE**

To register, book or more information Contact  
**01626 778039**

**Sunday Lunch Club  
27<sup>th</sup> January 2019  
Roast Beef, Haggis  
neeps and tatties or  
Baked Fish.**

**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

**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.*