

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  
[cbzphil@gmail.com](mailto: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](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**

**Town Council Burns Night**  
**Saturday 2<sup>nd</sup> Feb at Bitton House 7pm**

**City of Exeter Pipe and Drum band providing the entertainment**

**A Charity Fundraiser for Alice Cross & VIH**

**£20 per ticket from Bitton House**

**Waves**  
**Bereavement Support Group**  
**26<sup>th</sup> February 2 - 4pm in Room 2**

**St Patricks Day At the Alice**  
**17<sup>th</sup> March**  
**Musical entertainment & dancing. Cream Tea & Refreshments. 2 – 4pm**  
**Tickets available at the centre from mid February.**

**Music on Mondays 11 - 12**

4<sup>th</sup> Jo Collett  
11<sup>th</sup> Anthony Powell  
18<sup>th</sup> Beryl Coombs  
25<sup>th</sup> Beryl Coombs



# 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

## FEBRUARY 2019

### WEEKDAY ACTIVITIES - Modest fees.

#### MONDAY

MUSIC ON MONDAY 11 - 12 ( see panel overleaf )  
MONDAY CHAT CLUB 10.30 – 12  
Munch & Move 12.30 – 2pm  
Chair Fit 1.15 – 1.45  
Trim Teign Weigh In 1.45 room 2  
Gentle Circuits 2.00 – 2.45  
HOPE Social group 2.45 – 3.30  
Zumba Gold 3.30 – 4.30  
Seated Yoga 3.30 – 4.30  
Mat Yoga 4.45 – 5.45

#### TUESDAY

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

#### WEDNESDAY

Yoga – SEATED 10.45 – 11.45  
SEATED EXERCISE 10 - 10.30am  
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  
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  
Bollywood workshop 11 – 12noon  
2<sup>nd</sup> Sat of the month

### Upcoming Events

#### Town Council Burns Night

**Saturday 2<sup>nd</sup> Feb**  
**Bitton House 7pm**  
**Charity Fundraiser for Alice Cross & VIH**  
**£20 per ticket from Bitton House**

#### Drive n Dine

**Tuesday 5<sup>th</sup> February 2019**  
**With a Quiz**

**Choice of Roast Lamb or Chicken & Mushroom Pie**

#### BOLLY WOOD

**9<sup>th</sup> February**  
**11 – 12 noon.**

#### Folk Music Night 8pm

**With Hugh Diamond**  
**Monday 11<sup>th</sup> February**

#### 24<sup>th</sup> Sunday Lunch Club

#### Waves

**Bereavement Support Group**  
**Saturday 26<sup>th</sup> February**  
**2 – 4pm in Room 2**

**St Patricks Day At the Alice**  
**17<sup>th</sup> March**  
**Musical entertainment & dancing.**  
**Cream Tea & Refreshments**  
**2 – 4pm**  
**Tickets available at the centre from mid February.**

**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

February Sunday lunch club is 24<sup>th</sup> Beef, Turkey or Baked fish.

Drive n Dine returns Tuesday 5<sup>th</sup> February 2019

	w/c 4/2/19	w/c 11/2/19	w/c 18/2/19	w/c 25/2/19	4/3/19
MONDAY	Roast Pork and all the trimmings or Liver and Bacon with mash and Veg or Scampi and Chips	Roast lamb and all the trimmings or Chicken and Mushroom pie or Scampi and Chips.	Roast Chicken and all the trimmings or Cottage pie and veg or Scampi and Chips	Roast Gammon and all the trimmings Or Turkey Curry Or Scampi and Chips	Roast Beef and all the trimmings or Chicken Casserole Or Scampi and Chips
TUESDAY	<u>Drive and Dine</u> Roast Lamb and all the trimmings or Chicken and mushroom pie with veg	Toad in the hole, new potatoes and veg or Cottage pie and Veg	Shepherd's pie and veg or Gammon, Egg and Chips	Chicken in a white wine sauce, Mash and veg or Pork Goulash with herby dumplings and veg	<u>Drive and dine</u> Sausage and mash or Roast Beef and all the trimmings
WEDNESDAY	Beef Cobbler, Fresh Veg or Scampi, Chips and peas	Fish pie and Veg or Chicken and leek gratin	Sausage Casserole with mash and veg or Beef Stew and mash with Dumplings	Roast lamb and all the trimmings or Chicken Curry with Rice	Irish Stew and Crusty Bread or Honey Mustard chicken, mash and veg.
THURSDAY	Pork Schnitzel with potato Salad	Sausage, egg, Bacon with chips and beans Or Roast gammon and veg	Chicken and mushroom turnovers, Chips and beans or Herb crusted Cod and new potatoes and peas	Haddock Florentine, New potatoes and peas or lasagne, chips and Garlic bread	Chicken cordon bleu (spinach and cheese) new pots and peas Or Pasty, chips and beans
FRIDAY	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	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**

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

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

**SUNDAY LUNCH CLUB  
24TH FEBRUARY**

**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.*