

Volunteers – The Alice NEEDS you... Call for a chat 01626 778039

Fancy a Coffee just £ 1.30...Cake just 40p... FREE WiFi, Newspapers & Chat

Also AT THE ALICE
Appointments required

SWEDISH MASSAGE
CAROLINE PHILLIPS

01626 879402 / 07796420975

cbezphil@gmail.com

Masseur / Counselling

Anna Sabzevari
07504799794

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 £14.00 per hr.
01626 778039
Reduced rate for block booking

The Loft Therapy Rooms
a new venture at The Alice Cross Centre
Complementary Therapies

Karen – 07954 586052 – Hypnotherapy, Reiki, Access
Bars, Hypnobirthing, Alcohol & Drug Counselling and past
Life Regression.

Gary Glanvill – 07966 381802 - Massage therapy from
relaxing to deep tissue

Vanda Halina Therapies – 01626 772694 – Swedish
Aromatherapy & Sports Massage, Reiki Healing.

Saturday 24th Aug – Summer Party 7–10.30pm

DJ David playing 50s, 60s & 70s
Bar will be Open

Free Event but please register interest for

Summer Yoga class – running
throughout August.

Monday 5th – 12th and 19th

Gentle Yoga with Jacquie 4.15 – 5.15pm £ 3.50

Hatha Flow Yoga

Wednesday 7th, 14th and 21st August
10am-11am at Botanical Gardens Shaldon
(Wet weather at the Alice Cross)

Music on Mondays 11 - 12

5th TBC
12th Anthony Powell - keyboard
19th Jo Collett – piano singalong



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

August 2019

WEEKDAY ACTIVITIES - Modest fees.

MONDAY

Walk / Jog/parkrun – The Den 9.30 – 10.30 - free
MUSIC ON MONDAY 11 - 12 (see panel overleaf)
MONDAY CHAT CLUB 10.30 – 12
Chair Fit easy exercise 1.15 – 1.45 Back sept 2nd
Trim Club Weigh & Support 1.30 – 2.30 Back sept 2nd
Post HOPE Club 2.00 – 3.15 rm 2 Free
Dancercise 3.00 – 4.00 Back 2nd Sept
Seated Yoga 3.30 – 4.30 Back 2nd Sept
Mat Based Yoga 4.15 – 5.15 5th, 12th & 19th

TUESDAY

Couch to Coast – 6th & 20th Aug 10am-12pm
Walking group at The Alice 10am – Noon – 13th Aug
LINE DANCING 10.30 - 12.00 with Viv Wilson
BALLROOM DANCING 1.30 - 3.30
CREATIVE WRITING 2.30 - 4.30 -1st Tues
WIGGLES & GIGGLES 5-6pm Beginners welcome
Relaxation Class 7pm – 8pm (upstairs) £5

WEDNESDAY

SEATED EXERCISE 10 - 10.30am
Hatha Flow Yoga 10.00 – 11.00am Shaldon Botanical
Gdns 7th, 14th & 21st wet weather at Alice
MAP Course – drink wise age well 1 – 2.30pm
TABLE TENNIS none on 1st 2 - 4 pm with Don Large
PILATES 5.30 – 6.30pm with Beth
Walk / Jog/parkrun – The Den 6 – 7pm
RELAXATION 7pm till 8pm £5 (upstairs)

THURSDAY

MEMORY CAFÉ 10-12
EAST meets WEST 10am Tutor led
TAI CHI Back 5th Sept
PILATES 7.30 – 8.30pm

FRIDAY

BOARD GAMES 10.35 – 12 with Kate
CRAFT CIRCLE 1.30 – 3 pm (last Fri of mth)
Crochet Club 1.30 – 3.30

SATURDAY

PILATES 9.30 – 10.30am
BOLLYWOOD 11am 2nd Sat of the month

Upcoming Events

Carnival Procession

Thursday 1st Aug from 5pm
Come along and watch or take part

Writing Group

Tuesday 6th Aug 2-4pm

Once a month writing class with Liz
Diamond

Drive n Dine

Tuesday 6th Aug 2019 – 12noon

Followed by Entertainment from Viv Wilson
“They don’t write them like that anymore”
Transport + 2 course lunch all only £10.
Booking essential call 01626 778039

Sunday Lunch club – 11th Aug

Beef, Pork or Baked Fish followed by dessert.
Serving at 1pm £9.50 each
Booking essential 01626 778039

Monday 12th Aug – Folk Club 8pm

Folk music session with Hugh Diamond

Wed 14th Aug – 10.45 -10.30am

Carers Coffee morning

Join Devon carers for an informal chat, coffee
and tea. Any age welcome.

Teignmouth Together Event

Sunday 18th Aug 10am – 4pm
On the Den

Lunch n Learn

Wednesday 21st Aug – 10.30am
National Rheumatoid Arthritis Society
Free unless having lunch

Saturday 24th Aug

Summer Party – 7 - 10.30pm

Alice Cross centre are hosting a Summer
Party night for all who attend.

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

Sunday lunch club is 11 August 2019

Drive and Dine returns Tuesday 6th Aug 2019

	w/c 29/7/19	w/c 5/8/19	w/c 12/8/19	w/c 19/8/19	W/c 26/8/19
MONDAY	Roast pork All the trimmings Or Lasagne, chips & salad	Roast lamb All the trimmings Or Scampi & chips	Roast chicken All the trimmings Or Shepherds pie	Roast gammon All the trimmings Or Cottage pie	Closed
TUESDAY	Quiche, chips & peas Or Liver, onions, mash & veg	D&D Gammon, egg, pineapple And chips Or Cottage Pie	Chicken & leek In a white wine sauce, Potato gratin & veg Or Scampi, chips & peas	Salmon on a bed of Golden veg rice Or Chicken curry Rice & chips	Closed
WEDNESDAY	Steak & mushroom pie Roast pots & veg Or Sausage, egg, bacon & chips	Turkey & veg pie Roast pots & veg Or Cheese ploughmans	Egg & bacon pie Chips & beans Or Fish pie & fresh veg	Sausage mash Fresh veg, onion gravy Or Ham salad & New pots	Closed
THURSDAY	Roast chicken All the trimmings Or Gammon, egg And chips	Fish cakes, chips & peas Or Sausage, egg, bacon, Chips & beans	Roast gammon All the trimmings Or Herb crusted cod New pots & peas	Roast lamb All the trimmings Or Chicken & mushroom Turnover, chips & peas	Closed
FRIDAY	Fish and chips	Fish and chips	Fish and chips	Fish and chips	Closed

***PLEASE NOTE We can offer vegetarian options. Please also see our take away hot food options.**

