

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



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

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

Also AT THE ALICE Appointments required

Wednesday & Fridays
NEW SWEDISH MASSAGE
with Aromatherapy.
CAROLINE PHILLIPS
01626 879402
07796420975
cbezphil@gmail.com

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, Adv, Dip Interrative
Councillor MBACP.
call 07474 836773
stevenbonfield@gmail.com
www.teigncounselling.com

SARAH HORNETT
Remedial Massage Therapist
Specialising in Neck problems,
Hopi Ear Candles, & more.
07944 434769
Sarah.Hornett@hotmail.com

We are CLOSED from
5th – 20th August
therefore there is no coffee bar or
lunches during this time.

Some clubs will run as below
Monday club room 2 ... 10.30 - 12
Weds seated exercise in hall... 10 - 10.30
Thurs Memory café... 10 - 12

Tues Wiggles and Giggles 5 – 6pm

We are assuming evening classes will run
as normal.

24th August – NO keep fit

East meets West is only running Thursday
17th August

Music on Mondays 11 - 12

21st Jo Collett – singalong accompanied by piano

Why not stay on for lunch

AUGUST 2017

WEEKDAY ACTIVITIES

Please Note most classes not running 5-
20th please see back page for details

MONDAY

MUSIC ON MONDAY 11 - 12 (see panel overleaf)
MONDAY CHAT CLUB 10.30 - 12.
BALLROOM DANCING 1.30 - 3.30pm
Beginners & improvers

TUESDAY

LINE DANCING 10.30 - 12. with Viv Wilson
WIGGLES & GIGGLES 5-6 starting 6th June
CHESS CLUB 6pm

WEDNESDAY

SEATED GENTLE YOGA 10.45 – 11.45 from 13th Sept
With Lisa £3.50 per session Booking essential space limited
SEATED EXERCISE 10 - 10.30am
with Clive from Devon Senior Active

COUNTRY DANCING 10.30 - 12 with John
TABLE TENNIS 2 - 4 pm with Don Large
NEW COMPUTER CLASS 2-3.30pm Starts 20th Sept
TEIGN CHORAL SOCIETY 7 pm till close

THURSDAY

MEMORY SUPPORT 10-12 Every Thursday
MEMORY CAFÉ 10-12
MUSIC 4 MEMORIES 10-12 – 3rd Thursday of mth
EAST meets WEST 10– 11am Tutor led
MUSIC TO MOVEMENT 11 - 12 with Marianne
TAI CHI 2.30 - 4pm

FRIDAY

ART CLUB 10 - 12 with Marguerite
Advance level full, please ring if interested
BOARD GAMES 10.30 – 12 with Kate
CRAFT CIRCLE 1.30 – 3 Start again in SEPT
TEIGNMOUTH BRIDGE CLUB
DUPLICATE BRIDGE 1.45 - 5pm
PRECINCT BRIDGE
CONTRACT BRIDGE 7 - 10pm no partner required

Upcoming Events

Tuesday 1st August
Alice Cross & Teignmouth Arts
Society
Pimms & Paintings
2- 4pm - £2 entry
Come and take a look at our
building whilst also viewing
some great Art work created by
Local Artists. You can bring a
painting to sell or just browse.

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Followed by Wiggles & Giggles
Eastern dance performance why
not join in !

Saturday 12th August
Teignmouth Folk Club
Singaround Party, No charge, bar
will be run by the club.
Contact Hugh Diamond for
details 01626 775517
Hugh.teignmouthconcerts@gmail.com

5 – 20th AUGUST
ALICE CROSS CLOSED
for essential repair work

Also CLOSED 28th August
for the Bank Holiday

Tuesday 5th September
Next Drive n Dine
with a Quiz



NEW: PLEASE NOTE LUNCH IS NOW SERVED FROM MIDDAY				If you have food intolerances or allergies please check with the chef when ordering	
Please Pre-book by 10am Phone 01626 778039					
	w/c 21/08/17	w/c 28/08/17	w/c 04/09/17		
MONDAY	Roast chicken with stuffing roasted potatoes and vegetables Ham egg and chips	CLOSED BANK HOLIDAY	Roast beef with homemade Yorkshires and seasonal fresh vegetables Ham egg and chips		
TUESDAY	Chicken Casserole with a selection of vegetables	Toad in the hole mash and mixed vegetables	DRIVE n DINE Cottage pie with seasonal vegetables Sausages mash peas and onion gravy		
WEDNESDAY	Minced beef cobbler with seasonal vegetables	Cottage pie with seasonal vegetables	Lasagne with garlic bread and salad		
THURSDAY	Lasagne with garlic bread and salad	Chicken & Leek pie with new potatoes and peas	Chicken & Ham Pie with new potatoes and peas		
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		

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

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

SUNDAY LUNCHES
START AGAIN IN
SEPTEMBER
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
Beef stew / dumplings
Pork casserole
Beef or Vegetable Lasagne
Broccoli & Stilton Pasta
Liver & Onions
Macaroni Cheese
Fish Pie
Irish Stew

*These are available for collection on a
daily basis contact Chef for other
options.*

***PLEASE NOTE** We will also have specials on each day please contact kitchen staff to find out what they are.
We also offer a vegetarian option each day. Please also see our take away hot food options.
During the summer months we will be offering a range of salads please contact us for details

Main meal £4.50 & Sweet £1.00