



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

Also AT THE ALICE Appointments required

Wednesday & Fridays
SWEDISH MASSAGE
CAROLINE PHILLIPS
01626 879402 / 07796420975
cbezphil@gmail.com

NEW Sports & Swedish
Massage, Aromatherapy
with Vanda Rudge
Call 01626 772694
to book appointment

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 07474 836773
stevenbonfield@gmail.com
www.teigncounselling.com

We are a licensed premises
with bar facilities.

PERFECT FOR FUNCTIONS
HIRE of HALL £11.00 per hr.
Contact 01626 778039

25th December

**CHRISTMAS DAY LUNCH
BOOK YOUR PLACES NOW**

**CLOSED 22nd DECEMBER REOPEN ON
WEDNESDAY 3rd JANUARY 2018**

Next Sunday Lunch Club is
7th JANUARY 2018

PLEASE BOOK EARLY

Message to Volunteers & Clients

Have a lovely Christmas & all the best for
the New Year. Thank you for supporting
The Alice Cross and we look forward to
seeing you again on 3rd January 2018

Julia xx

Music on Mondays 11 - 12

- 4th Jo Collett - singalong with Piano
- 11th Anthony Powell, carols & singalong with keyboard
- 18th Beryl Coombs leads a Karaoke session

December 2017 MERRY CHRISTMAS TO ALL WEEKDAY ACTIVITIES

MONDAY

MUSIC ON MONDAY	11 - 12 (see panel overleaf)
MONDAY CHAT CLUB	10.30 - 12.
BALLROOM DANCING	1.30 - 3.30pm Beg/Improvers

TUESDAY

New Quizercise	9.45 – 10.15
LINE DANCING	10.30 - 12. with Viv Wilson
WIGGLES & GIGGLES	5-6pm Beginners welcome
CHESS CLUB	6pm

WEDNESDAY

Yoga– SEATED GENTLE YOGA – 10.45 – 11.45	
With Lisa £3.50 per session <u>Booking essential space limited</u>	
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
TEIGN CHORAL SOCIETY	7 pm till close

THURSDAY

MEMORY SUPPORT	10-12 Every Thursday
MEMORY CAFÉ	10-12
MUSIC 4 MEMORIES	10-12 – 3 rd Thursday of mth
EAST meets WEST	9.45 – 10.45am Tutor led
MUSIC to MOVEMENT	11 - 12 with Marianne
TAI CHI	2.30 - 4pm

FRIDAY

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

Upcoming Events

SUNDAY 3rd December

Sunday Lunch Club. 12noon for 1pm
Turkey/ Nut Roast dinner & trimmings

5th December - 1st Tuesday

DRIVE & DINE

Transport & 2 course meal £10
Followed by
Trinity School Choir Christmas Carols
To book transport call 01626 778039

Friday 8th December – 10.30am

Fabulous Talk

“Christmas around the world”
with samples of Christmassy foods.

Saturday 9th December – 8pm

Folk Club presents
Jim Causley & Bill Murray

Monday 11th December

Christmas Lunch at The Alice
With musical singalong from Anthony
Powell
Turkey, Beef or Nut Roast

Tuesday 12th December

WiFi - 10.30am - 12
Another chance to learn about
Broadband, WiFi and ask the experts
some questions.

Thursday 14th December 2-4pm

Alice Cross Christmas Show
Music, dancing, sketches & poetry -
£3.50 inc refreshments

**NEW: PLEASE NOTE LUNCH IS NOW SERVED FROM MIDDAY
DECEMBER 2017 - JANUARY 2018 MENU**

If you have food intolerances or allergies please check with the chef when ordering

Please Pre-book by calling 01626 778039

January Sunday lunch club is 7/1/18

	w/c 4/12/17	w/c 11/12/17	w/c 18/12/17	w/c 25/12/17	w/c 1/1/2018
MONDAY	Roast lamb and Seasonal veg. Or Herb crusted Cod with New potatoes and peas	ALICE CROSS CHRISTMAS LUNCH Roast Turkey & seasonal veg	Roast Chicken and seasonal veg or Fish pie and seasonal veg.	CHRISTMAS DAY LUNCH	CLOSED
TUESDAY	Drive n Dine Roast Turkey & seasonal veg Or Cottage pie and Veg	Sausage, Creamy Mash, seasonal veg or Cheese and potato Bake	Chicken Casserole, Seasonal veg and mash or Gammon, eggs and Chips	CLOSED	CLOSED
WEDNESDAY	Cauliflower cheese and seasonal veg or Beef stew	Christmas Lunch Roast Turkey and seasonal veg or Steak and stilton pie and veg.	Mince Beef cobbler and veg or Creamy Pork and seasonal veg	CLOSED	Toad and the hole, seasonal veg or Chicken Korma
THURSDAY	Roast Gammon, seasonal veg or scampi and chips, peas	Cottage pie seasonal veg or Chicken Korma	Beef stew and Dumplings or Chicken, ham pie, chips and peas.	CLOSED	Chicken in white wine sauce, seasonal veg or Cottage pie and seasonal vegs
FRIDAY	Fish and chips with garden or mushy peas	BRIDGE CLUB Christmas lunch Roast Turkey & seasonal veg	Fish and chips with garden or mushy peas	CLOSED	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 LUNCH
3rd December**
12noon for service at 1pm
Roast Turkey Dinner
or Nut Roast with all the trimmings.
£7.00 main course
£2.50 pudding

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
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.

Main meal £4.50 & Sweet £1.00