

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

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**

NOTICE.....WE NEED YOUR SUPPORT whilst
footbridge works take place Feb – May 2018.
Network Rail work on the footbridge to the library is
really going to impact on PARKING locally. Please
don't give up on coming to the centre. We have 4
spots on the forecourt and Waitrose allows 1.5 hrs
parking and Teign Street car park is only 5 minutes
walk away.

We are really sorry that it will be tricky to park but it
is not the centre's fault and we will be working away
as hard as ever to provide a great fun place to meet.
We will be open for lunches daily and all our regular
activities will be running.

PLEASE SUPPORT us through this period, we hope all
work will be finished by 30th May. Call **01626 778039**
if you need help getting here.

FREE Film Club - Tuesday 13th March @ 2pm
The Full Monty

St Patrick's Day with Celtic Trio Dumbo's Feather
A fine selection of traditional reels, jigs, polkas airs and
songs performed with real verve and skill on multiple
instruments by the trio

Music on Mondays 11 - 12

5th Karaoke with Beryl Coombs
12th Karaoke with Beryl Coombs
19th St Patricks celebration with Celtic Trio –
Dumbo's Feather
26th Anthony Powell singalong with keyboard
2nd April CLOSED Bank Holiday



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: 800006

March 2018

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 YOGA Improvers – 10.45 – 11.45
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
SEATED YOGA – Beginners 12 – 1pm
TABLE TENNIS 2 - 4 pm with Don Large
TEIGN CHORAL SOCIETY 7 pm till close

THURSDAY

MEMORY CAFÉ 10-12
MUSIC 4 MEMORIES 10-12 – 3rd Thursday of mth
EAST meets WEST 9.45 – 10.45am Tutor led
MUSIC to MOVEMENT 11 - 12 with Marianne
TAI CHI 2.30 - 4pm
PILATES 7.30 – 8.30pm
Pilates also on a SATURDAY at 9.30 – 10.30am

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
TEIGNMOUTH BRIDGE CLUB
DUPLICATE BRIDGE 1.45 - 5pm
PRECINCT BRIDGE

Upcoming Events

SUNDAY 11th March 2018

Sunday Lunch Club.
12noon for 1pm
Roast Beef or Roast Pork

Friday 2nd March – 1.30 – 3pm CROCHET club

6th March 2018 - 1st Tuesday DRIVE & DINE

Transport & 2 course meal £10
with a QUIZ to follow
To book transport call 01626
778039

Saturday 10th March - 8pm Teignmouth Folk Club

Dick Miles
£10 on the door
£8 in advance
hugh.teignmouthfolkconcerts@gmail.com

Saturday 10th March – 11am Bollywood Workshop

Monday 19th March 2 -3.30pm
NEW ipad classes
Limited spaces – 4 sessions

Friday 30th March
CLOSED Bank Holiday

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 calling 01626 778039				March Sunday lunch club is 11/3/18 –Roast Beef or Roast Pork	
				Drive n Dine returns Tuesday 6 th March 2018	
	w/c 5/3/18	w/c 12/3/18	w/c 19/3/18	w/c 26/3/18	w/c 2/4/18
MONDAY	Roast chicken, Roast potatoes, Seasonal Veg Or Cottage Pie	Roast Beef and Seasonal veg or Scampi chips and peas	Roast pork and seasonal veg or Lasagne with Garlic bread	Roast Gammon and seasonal veg or herb crusted Cod, New potatoes and peas	CLOSED
TUESDAY	<u>Drive and Dine</u> Roast Lamb and all the trimmings or Liver and onions, mash and veg.	Cottage pie, seasonal veg or Sausage, mash and onion gravy.	Toad in the hole, mash and seasonal veg or Quiche, Chips and beans	Beef Stew and dumplings or Chicken Korma and rice.	<u>Drive and Dine</u> Cottage pie seasonal veg or Chicken casserole mash and seasonal veg
WEDNESDAY	Gammon, egg, pineapple and Chips or herb crusted Cod and new pots and peas.	Steak and stilton pie Roast potatoes and veg. Roast pork seasonal veg	Sausage, egg, chips and beans or minced beef cobbler	Fish pie and Seasonal veg or Roast Chicken and seasonal veg	Savoury Mince beef pasta and crusty bread or Sausage, mash and Seasonal Veg
THURSDAY	Chicken and leek gratin, and seasonal veg or cottage pie and veg.	Tuna potato bake and seasonal veg or Beef and mushroom Stroganoff	Pork schnitzel, new potatoes and veg or Roast Gammon and veg	Lasagne salad/ Chips and garlic Bread Creamy pork casserole and seasonal veg	Roast Chicken seasonal veg or Cauliflower cheese
FRIDAY	Fish & Chips with garden or mushy peas	Fish & Chips with garden or mushy peas	Fish & Chips with garden or mushy peas	CLOSED	Fish & Chips with garden or mushy peas or Quiche, Chips and 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
11th March 2018
12noon for service at 1pm
Roast Beef or Roast Pork
£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.