

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

[cbezphil@gmail.com](mailto:cbezphil@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 £12.00 per hr.

**01626 778039**

**PLEASE NOTE:**

The centre will be CLOSED on Friday 19<sup>th</sup> and Monday 22<sup>nd</sup> for Easter. Also CLOSED on 2<sup>nd</sup> May for polling day.

Look out for more details on our Health & Wellbeing OPEN day Wednesday 1<sup>st</sup> May.

We are a Coop charity, every time you shop at the Coop & use your membership card you can help raise funds for our memory café, by choosing Alice Cross Thank you.

**Cooking with Carol  
Monday 2<sup>nd</sup> April 2-3pm.  
Roasted Vegetable Frittata**

Do you want to learn or improve your cooking skills.

Would you like to learn to cook from scratch ? Come and join Carol, to learn some easy, healthy and tasty recipes that you get to take home.

To find out more please contact the Alice Cross on **01626 778039** or email [info@thealicecross.co.uk](mailto:info@thealicecross.co.uk)

**Music on Mondays 11 - 12**

- 1<sup>st</sup> Richard on Guitar playing 50's & 60's
- 8<sup>th</sup> Pauline and Dave – Karaoke session
- 15<sup>th</sup> Jo Collett singalong with Piano.
- 22<sup>nd</sup> CLOSED
- 29<sup>th</sup> Anthony Powell



# 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](http://www.facebook.com/alicecrosscentre)

reg charity no: 800996

## April 2019

### WEEKDAY ACTIVITIES - Modest fees.

#### MONDAY

- MUSIC ON MONDAY 11 - 12 ( see panel overleaf )
- MONDAY CHAT CLUB 10.30 – 12
- Munch & Move 12.30 – 1.50 must book £7
- Chair Fit easy exercise 1.15 – 1.45 with Shari £3.50
- Trim Club Weigh & Support 1.30 – 2.30 rm1 drop in £1
- Cookery Workshop 2.00 – 3.00 £2pw
- Fitness Circuits 50+ 2.00 – 2.45 with Shari £3.50
- Post HOPE Club 2.00 – 3.15 rm 2 Free
- Zumba Gold dance moves 3.30 – 4.30 Emma £4pw
- Seated Yoga 3.30 – 4.30 with Lisa rm2 £3.50
- Mat Based Yoga 4.45 – 5.45 with Lisa –Hall £4

#### TUESDAY

- QUIZERCISE – 9.30 – 10.25 rm2
- LINE DANCING 10.30 - 12.00
- MEDITATION 10.45 – 11.45 2<sup>nd</sup> April £4
- BALLROOM DANCING 1.30 - 3.30
- CREATIVE WRITING 2.30 - 4.30 -1<sup>st</sup> & 3<sup>rd</sup> Tues
- WIGGLES & GIGGLES 5-6pm Beginners welcome

#### WEDNESDAY

- SEATED EXERCISE 10 - 10.30am
- Yoga– SEATED 10.45 – 11.45
- MAP Course – drink wise age well 1 – 2.30pm
- TABLE TENNIS 2 - 4 pm with Don Large
- MEDITATION 5-6pm £5
- 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
- CRAFT CIRCLE 1.30 – 3 pm ( last Fri of mth)
- Crochet Club 5<sup>th</sup> April 1.30 – 3.30

#### SATURDAY

- PILATES 9.30 – 10.30am

## Upcoming Events

### Drive n Dine

**Tuesday 9<sup>th</sup> April 2019**

With Amanda Lynn & musical show  
Choice of Roast Lamb or Chicken & Leek Gratin

### New Writing Group – 2.30-4.30

**Tuesday 23rd April**

With Liz Diamond

### Art Raffle Draw – 5<sup>th</sup> April 10am

To win a painting by  
Dee Holdsworth

### Folk Music Night 8pm

With Hugh Diamond  
Monday 8<sup>th</sup> April

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

Roast Turkey, Lamb or Baked Fish

### Kingsway Carnival

17<sup>th</sup> April – 11am – 3pm at  
Kingsway. Lots of activities going on  
for all, showcasing the services in the  
area. – FREE

### NEW Lunch and Learn

**24<sup>th</sup> April 10.45am**

Questions & answer session with VIH  
followed by 2 course lunch £5.50

### Waves

### Bereavement Support Group

**30<sup>th</sup> April**

**2 – 4pm in Room 2**