

**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 / 077966420975

[cbzephil@gmail.com](mailto:cbzephil@gmail.com)

**Sports, Swedish Massage,**

**Aromatherapy**

with Vanda Halina

Call 01626 772694

**Massage Therapy**

Gary Glanville 07966 381802

**Reiki/ Meditation/Masseur**

Karen Giesler 07954486052

**Masseur / Counselling**

Anna Sabzevari

07504799794

**JANE THOMAS - CHIROPODIST**

*Alternate Wed morning by*

appointment **01626 778039**

**MARGARET - FOREVER**

**YOUNG - inc Massages, Pedicure,**

Nail trimmings

Thursdays - **07999 071374**

**WELLNESS IN MIND**

**Teign Counselling**

Steven Smyth-Borfield

BA Hons. MBACP.

Adv. Dip Integrative Counsellor.

call **07576 603669**

[stevenborfield@gmail.com](mailto:stevenborfield@gmail.com)

[www.teigncounselling.com](http://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**

Produced & printed in association with the Woodland Trust Carbon Capture Program by ASAP Printing 01626 437370



**the alice cross centre**

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Telephone: 01626 778039

[www.thealicecross.co.uk](http://www.thealicecross.co.uk)

[www.facebook.com/thealicecrosscentre](https://www.facebook.com/thealicecrosscentre)

email: [info@thealicecross.co.uk](mailto:info@thealicecross.co.uk)

**May 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**

LINE DANCING 10.30 - 12.00

RELAXATION 10.45 - 11.45 £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 none on 1st 2 - 4 pm with Don Large

RELAXATION 6-7pm £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 9.30 - 10.30am last session 17<sup>th</sup> May

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 None this mth 1.30 - 3.30

**SATURDAY**

PILATES 9.30 - 10.30am

**Upcoming Events**

**Health & Wellbeing open day**

**Wednesday 1<sup>st</sup> May – 10am – 3pm**

A free event organized by the Alice,

Trim Teign & NHS HOPE programme.

Raffle for Motor Neurone disease. Join

us for a health MOT, taster sessions &

talks from health professionals

**Drive n Dine**

**Tuesday 7<sup>th</sup> May 2019 – 12noon**

Followed by Bingo

Transport to the centre + 2 course lunch

all only £10. Booking essential call

**01626 778039**

**Teignmouth Folk Music**

**Saturday 11<sup>th</sup> May 8pm**

Tickets on the door £12

Ian Bruce & Harping Mad.

Bar open, call for info 01626 775517

**HAFLA Evening 7pm**

**Saturday 18<sup>th</sup> May.**

**Dementia Awareness Week**

**20<sup>th</sup> – 24<sup>th</sup> May**

20<sup>th</sup> Jo Collett – singalong

21<sup>st</sup> Lunch followed by a talk on

memory café

**Lunch & Learn 10.45 – 12.30**

**Wednesday 22<sup>nd</sup> May**

Angie Weatherhead will be joining us

for a session about iPads and Apps that

will be beneficial for older people.

Lunch available for only £5.50

**Music on Mondays 11 - 12**

- 6<sup>th</sup> CLOSED Bank Holiday
- 13<sup>th</sup> Anthony Powell
- 20<sup>th</sup> Jo Collett singalong
- 27<sup>th</sup> CLOSED Bank Holiday

A free event organized by the Alice, Trim Teign & NHS HOPE programme with a Raffle for Motor Neurone disease. Join us for a health MOT, taster sessions & talks from health professionals, including Pharmacist, Anxiety talks, plus many more. Buffet lunch available

**Wellbeing Open Day -1<sup>st</sup> May 10 – 3pm.**

**Monday 6<sup>th</sup> and 27<sup>th</sup> Bank Holiday**

**Friday 24<sup>th</sup> May**

**Thursday 2<sup>nd</sup> and 23<sup>rd</sup> May**

**Polling Station**

**Centre Closures**

**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

**No Sunday lunch in May – next one is 9<sup>th</sup> June**  
**Drive and Dine returns Tuesday 7<sup>th</sup> May**

	w/c 29/4/19	w/c 6/5	w/c 13/5	w/c 20/5	w/c 27/5
<b>MONDAY</b>	Roast Gammon and all the trimmings or Herb Crusted Cod or Scampi, Chips and peas	<b>Closed</b> <b>Bank Holiday</b>	Roast Lamb & all the trimmings or Cottage Pie Or Scampi & chips	Roast Chicken with all the trimmings or Cheese & Bacon Omelettes & chips	<b>Closed</b> <b>Bank Holiday</b>
<b>TUESDAY</b>	Steak and Mushroom pie with chips and peas Or Scampi and chips with peas	<b>Drive and Dine</b> Cottage Pie Or Roast Chicken with all trimmings	Pork Chops, potato gratin & peas or Herb crusted Cod	Egg, Bacon Sausage, Chips & beans or Steak & Mushroom Pie with mash & peas	Roast Lamb with all the trimmings Or Fish Pie
<b>WEDNESDAY</b>	<b>Open Day</b> <b>Buffet Lunch</b>	Sausage Casserole with mashed potato Or Gammon, Egg & Chips	Lasagne, Chips & Garlic bread or Chicken Casserole	Cauliflower Cheese, chips & crusty bread or Chicken in white wine sauce	Sausage, egg, chips & beans Or Shepherds Pie
<b>THURSDAY</b>	<b>Closed</b> <b>POLLING</b> <b>STATION</b>	Honey Mustard Chicken with new potatoes or Steak & red wine Pie with all the trimmings	Pasty, chips & beans Or Roast Chicken with all the trimmings	<b>Closed</b> <b>POLLING</b> <b>STATION</b>	Lasagne, Salad & chips Or Roast Gammon with all the trimmings
<b>FRIDAY</b>	Fish and Chips with Garden or mushy peas	Fish and Chips with Garden or mushy peas	Fish and Chips with Garden or mushy peas	<b>CLOSED</b>	Fish and Chips with Garden or mushy peas

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

**9am-1pm**

**Bacon roll / sandwich**  
**+ mug of tea £ 2.50**

**DRIVE & DINE**

To register, book or more information Contact  
**01626 778039**

**SUNDAY LUNCH CLUB**

None in May  
Next one on 9th June

**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**