

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

The Loft Therapy Rooms

Karen – 07954 586052 – Hypnotherapy, Reiki, Access Bars, Hypnobirthing, Alcohol & Drug Counselling and past Life Regression.

Gary Glanvill – 07966 381802

- Massage therapy from relaxing to deep tissue Vanda Halina Therapies – 01626 772694 – Swedish Aromatherapy & Sports Massage, Reiki Healing.

Masseur / Counselling

Anna Sabzevari
07504799794

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

stevengbonfield@gmail.com

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

Try Hula Hooping and Join us for one of our Workshops! Guaranteed to be fun and lively! Sunday 22nd September at Shaldon School Hall! 10am- 3.30pm



See poster for all timings

50+ Workshop – Hoop Skills
2.30pm -3.30 £7 for the Class

Sea Shanty Festival

28th and 29th September

Teignmouth will be hosting Events all over the town at many pubs and Venues – Sea Shanty singers, craft workshops and other activities.

The Alice Cross will be holding Workshops here 1-5pm both Saturday and Sunday.

More Details can be found in the Sea Shanty program/ Facebook page.

Music on Mondays 11 - 12

2nd Sue Hutchings
9th Malcolm playing Guitar
16th The Teigns
23rd Jo Collett
30th Anthony Powell



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

September 2019

WEEKDAY ACTIVITIES - Modest fees.

MONDAY

Walk / Jog/parkrun –	The Den 9.30 – 10.30 - free
MUSIC ON MONDAY	11 - 12 (see panel overleaf)
MONDAY CHAT CLUB	10.30 – 12
Chair Fit easy exercise	1.15 – 1.45
Trim Club Weigh & Support	1.30 – 2.30
Post HOPE Club	2.00 – 3.15 rm 2 Free
Seated Yoga	3.30 – 4.30 with Lisa
Mat Based Yoga	4.45-5.45pm with Lisa

TUESDAY

Couch to Coast –	10am – last session 3 rd sept
LINE DANCING	10.30 - 12.00 with Viv Wilson
BALLROOM DANCING	1.30 - 3.30
CREATIVE WRITING	2.30 - 4.30 -1 st Tues each mth
WIGGLES & GIGGLES	5-6pm Beginners welcome
Relaxation Class	7pm – 8pm (upstairs) £5

WEDNESDAY

SEATED EXERCISE	10 - 10.30am
MAP Course – drink wise age well	1 – 2.30pm
TABLE TENNIS	2 - 4 pm with Don Large
PILATES	5.30 – 6.30pm with Beth
Walk / Jog/parkrun – The Den	6 – 7pm
RELAXATION	7pm till 8pm£5 (upstairs)

THURSDAY

MEMORY CAFÉ	10-12
EAST meets WEST	10am Tutor led
New Beginnings	2.30- 4.30 (4week course)
TAI CHI	2.30 4pm
PILATES	7.30 – 8.30pm

FRIDAY

BOARD GAMES	10.35 – 12 with Kate
CRAFT CIRCLE	1.30 – 3 pm (last Fri of mth)
Crochet Club	1.30 – 3.30 (1 st Fri of mth)

SATURDAY

PILATES	9.30 – 10.30am
BOLLYWOOD	11am 2 nd Sat of the mth (14 th)

Upcoming Events

Central Ward Surgery

Monday 2nd September

-local MP's here to speak to residents 6-8pm

Writing Group

Tuesday 3rd Sept 2-4pm

Once a month writing class with Liz Diamond

Monday 9th Sept – Folk Club 8pm

Folk music session with Hugh Diamond

Drive n Dine

Tuesday 10th Sept 2019 – 12noon

Two course lunch (Roast Lamb and all the trimmings or Sausage and Mash with Veg) Followed by Entertainment . Transport Available all for only £10. Booking essential call 01626 778039

Wed 11th Sept –10.30am-12noon

Carers Coffee morning

Join Devon carers for an informal chat, coffee and tea. Any age welcome.

Thursday 12th September 2.30-4.30

New Beginnings – Bereavement Group
Four week course, Booking essential

Sunday Lunch club – 15th September

Lamb, Turkey or Baked Fish followed by dessert.

Serving at 1pm £9.50 each

Booking essential 01626 778039

Sunday 22nd September

Try hula hooping – 10-3.30

Come and try Hula Hooping Suitable for all levels, See Back for more detail

Monday 23rd September

Poetry evening at the Alice Cross

7pm-11pm

28/29th Sept -Sea Shanty Festival

Workshops taking place at the Centre 1pm-5pm Sat and Sun

NEW : 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
Sunday lunch club is 15 September - Turkey, Lamb or Baked Fish
Drive and Dine returns Tuesday 10th Sept 2019

Takeaways
Available

Please ask if you would like to order Frozen takeaway meals. We try to stock a selection *including –
 Cottage Pie
 Shepherd Pie
 Fish Pie
 Liver and onions
***other options available, please ask!**
 Daily lunch option can also be ordered as Take away.

	w/c 2/9/19	w/c 9/9/19	w/c 16/9/19	w/c 23/9/19	W/c 30/9/19
MONDAY	Roast beef All the trimmings Or Shepherds Pie	Roast lamb All the trimmings Or Ham salad	Roast chicken All the trimmings Or Liver & onions Mash & veg	Roast gammon All the trimmings Or Sausage & mash & veg	Roast pork All the trimmings Or Cottage pie with fresh veg
TUESDAY	Savoury beef strudel Chips, fresh veg Or Quiche, chips & beans	<u>Drive and Dine</u> Roast Lamb and all the trimmings or Sausage and mash	Fish pie, fresh veg Or Egg & bacon pie Chips and beans	Peppers stuffed with Savoury mince Or Ham, egg and chips	Steak & ale pie Roast pots & fresh veg Or Chicken casserole, mash And fresh veg
WEDNESDAY	Lasagne & chips Garlic bread Or Cottage pie	Liver & onions, mash Fresh veg Or Cauli & Broccoli Bake Chips & crusty bread	Steak, mushroom & Red wine pie, roast pots & fresh veg Or Shepherds pie	Bacon & cheese turnovers Chips and beans Or Chicken curry	Savoury mince pasta Or Salmon, new pots And peas
THURSDAY	Chicken & mushroom Turnovers Or Fish Pie	Roast gammon Fresh veg Or Pasty, chips & peas	Chicken & mushroom pie Roast pots & fresh veg Or Toad in the hole	Lasagne, chips & garlic bread Or Haddock Florentine Or Meat & potato pie	Chicken cordon bleu Chips and peas Or Roast lamb All the trimmings
FRIDAY	Fish and chips	Fish and chips	Fish and chips	Fish and chips	Fish and chips

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