

olunteers – 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

steven@bonfield@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

You are invited to attend

The Alice Cross

Annual General Meeting

Tuesday 12th November at 2pm

In the Main Hall

The meeting will be followed by a talk from Tom
Mack from Active Devon at 2.45pm

Refreshments will follow.

EGM 1pm in room 2

swinging 60s afternoon



Bring along a
souvenir/photo
from the 60s to Talk
about

Thurs 28th
November

1.30- 3.30pm

1960 Themed afternoon
Music by The Teigns
Refreshments Available

Fancy Dress Encouraged not optional!

Music on Mondays 11 - 12

4th Nov Anthony Powell on keyboard
11th Nov Amanda Lynn –Remembrance Special
18th Nov The Teigns (Singing Group)
25th Nov Sue Hutchings on Piano



Many U3A Groups are running
from the Alice Cross, please
contact U3A to find out more!



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

November 2019

WEEKDAY ACTIVITIES - Modest fees.

MONDAY

MUSIC ON MONDAY 11 - 12 (see panel overleaf)
MONDAY CHAT CLUB 10.30 – 12
Chair Fit easy exercise 1.15 – 1.45 with Shari £3.50
Trim Club Weigh & Support 1.30 – 2.30
Post HOPE Club 2.15 – 3.15 rm 2 Free
Seated Yoga 3.30 – 4.30 with Lisa
Mat Based Yoga 4.45-5.45pm with Lisa
Mindfulness Class 6.30-8pm with Emma Toms

TUESDAY

Walking Group Nov 12th, 26th & Dec10th at 10am
U3A True Crime 1st Tue each month 10.30-12pm
U3A Social Group 2nd and 4th week 10.30-12noon
U3A Discussion Group 3rd Week each month 10.30-12pm
LINE DANCING 10.30 - 12.00 with Viv Wilson
U3A Buddhism/psychotherapy 2-4pm David Cochran07757706812
BALLROOM DANCING 1.30 - 3.30
WIGGLES & GIGGLES 5-6pm Beginners welcome
Chess Club 7-10pm

WEDNESDAY

SEATED EXERCISE 10 - 10.30am with Clive
Seated Yoga 10.45- 11.45 with Lisa
MAP Course – drink wise age well 1 – 2.30pm
TABLE TENNIS 2 - 4 pm with Don Large
PILATES 5.30 – 6.30pm with Beth
RELAXATION 7pm till 8pm£5 (upstairs) Karen

THURSDAY

MEMORY CAFÉ 10-12 room 2
Alice's eastern Dancers 10am Tutor led
Tai Chi 2.30- 3.30 10th and 24th
ABS Drama Group 4.30- 6pm 8yrs Up
Yoga (Hatha flow) with Janet 6-7pm
PILATES 7.30 – 8.30pm with Beth

FRIDAY

Art Club 10-12pm (call to book)
BOARD GAMES 10.35 – 12 with Kate
Bridge Club 1.30-5pm
CRAFT CIRCLE 1.30 – 3 pm (last Fri of mth)
Dramatically Different 4.30-6pm 4-10yrs, 6pm-7.30 10-
(Teignmouth youth theatre) 14yrs and 7.30-9pm 14+

SATURDAY

PILATES 9.30 – 10.30am
BOLLYWOOD 11am 2nd Sat of the mth (9th)

Upcoming Events

Drive n Dine

Tuesday 5th November – 12noon

Two course lunch (Fish pie or Roast Lamb.)
Followed by Entertainment. Transport Available all
for only £10. Booking essential call 01626 778039

New Beginnings Focus Group Meeting

Thursday 7th November 2pm-4pm.

We are hoping to start a bereavement support
group, In order to provide a needed/wanted
service we are holding an open meeting to shape
the new service. Open to all.

Sunday Lunch club –

10th November 12pm

Roast Pork, Beef or Baked Fish followed by
dessert. Bar open at 12pm
Serving at 1pm £9.50 each
Booking essential 01626 778039

Remembrance Monday Music Session

Monday 11th November 11am

We will be joined by Amanda Lynn singing some
wartime classics.

Alice Cross AGM

Tuesday 12th November at 2pm

Annual General meeting followed by a talk from
Tom Mack from Active Devon. Refreshments
served after meeting

Wed 13th November 10.30-12noon

Carers Coffee morning

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

Thurs 28th November

Swinging 60s Afternoon 1.30-3.30pm

1960s themed- Fancy dress encouraged
Singing from the Teigns. Music and dancing all
welcome to attend

Tuesday 3rd December

Drive and Dine 12noon

Two course lunch Roast Turkey Followed by
Entertainment. Transport Available all for only
£10. Booking essential call 01626 778039

THE ALICE CROSS CHRISTMAS SHOW

Thursday 5th December 2pm- 4pm

Tickets on sale soon!

NEW : PLEASE NOTE LUNCH IS NOW SERVED FROM MIDDAY
November

Please Pre-book by calling 01626 778039 Book by 11am to avoid disappointment

If you have food intolerances or allergies please check with the chef when ordering
10th November Sunday lunch club is Lamb or Beef
Drive and Dine returns Tuesday 5th November 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 28/10/19	w/c 4/11/19	w/c 11/11/19	w/c 18/11/19	W/c 25/11/19
MONDAY	Roast Beef and all the trimmings or Joe Wicks one pot Creamy Pork, leek and Mushroom stew	Roast gammon with all the trimmings Or Baked fish, new pots and peas	Roast lamb, all the trimmings Or Scampi & chips Or Pork lasagne	Roast chicken all the trimmings Or Cottage pie or Easy lamb biryani (Joe Wicks)	Roast pork with all the trimmings Or Honey mustard chicken tray bake (Joe Wicks)
TUESDAY	Sausage and Mash with veg and onion gravy Or Beef Cobbler mash and veg	Drive and Dine Fish pie Or Roast lamb	Sausage casserole, mash & veg Or Liver and bacon Mash and veg	Lamb and apricot casserole, mash & veg Or Chicken cordon bleu	Minty green lamb moussaka Or Chicken curry rice and chips
WEDNESDAY	Chicken and leek Gratin, Mash and Veg or Cottage pie and veg	Sausage & mash Veg and gravy Or Cottage pie, fresh veg	Beef stew, mash & crusty bread Or Salmon on a bed of rice	Shepherd's pie and veg Or Ham salad and chips	Beef strudel New pots and veg Or Fish pie and veg
THURSDAY	Meat and potato pie with fresh veg Or Roast Lamb and all the trimmings	Chicken & mushroom pie, roast pots and veg Or Herb crusted cod, new pots and peas	Creamy bacon, sugar snap & mint farfalle Or Tuna potato bake	Mushroom stroganoff with rice Or Bacon & cheese turnovers, chips & beans	Lasagne Or Haddock Florentine Or Cauliflower cheese
FRIDAY	Fish and chips With Mushy/Garden peas	Fish and chips With Mushy/Garden peas	Fish and chips With Mushy/Garden peas	Fish and chips With Mushy/Garden peas	Fish and chips With Mushy/Garden peas

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