

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

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.

Swedish Massage with Aromatherapy.

Caroline Phillips
07796420975/01626 879402
Level 3 Massage Therapist

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

Valentines 60s Music Event

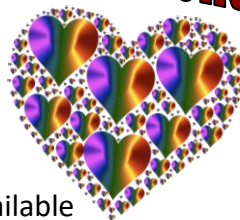
Thursday 13th February
2-4pm

1960 Themed afternoon
Music by The Teigns

Refreshments Available

A fun Musical afternoon

Fancy Dress Optional but encouraged!



Quiz Night at the Alice Cross



Friday 28th February

Alice Cross Quiz night with Teignmouth Rotary Club 7-10pm

Two Course Meal – Chicken Curry or Vegetable Lasagna with a pudding, followed by a Quiz from the Rotary Club

Book in advance
Teams of 6

all for only £10
Raising money for local Charities

Music on Mondays 11 - 12

3rd February – Teignmouth Comm. School Oliver Songs
10th February - Trevor on Piano
17th February - The Teigns
24th February- Jo Collett



Many U3A Groups are running from the Alice Cross, please contact U3A to find out more!
www.Teignmouthu3a.org.uk

Locally printed by ASAP Printing LTD



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

February 2020

WEEKDAY ACTIVITIES - Modest fees.

MONDAY

Outdoor fitness with Rob	9.30 – 10.30 (at the pier)
MONDAY CHAT CLUB	10.30 – 12
MUSIC ON MONDAY	11 - 12 (see panel overleaf)
Chair Fit easy exercise	1.15 – 1.45 Rm2 £3.50
Trim Club Weigh & Support	1.30 – 2.30pm
ZUMBA Gold	2pm-2.45pm with Vicki
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

TUESDAY

LINE DANCING	10.30 - 12.00 with Viv Wilson
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

THURSDAY

MEMORY CAFÉ	10-12am room 2
Alice's eastern Dancers	10am - 11am Tutor led
Tai Chi	2.30- 3.30 13th and 27th
ABS Drama Group	4.30- 6pm 8yrs Up
PILATES	7.30 – 8.30pm with Beth

FRIDAY

Art Club	10-12pm (call for info)
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 10-14yrs and 7.30-9pm 14+
Precinct Bridge Club	7pm-9pm Room 2

SATURDAY

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

Upcoming Events

Tuesday 4th February
Drive and Dine 12noon

Two course lunch Roast Turkey Followed by Musical entertainment. Transport Available all for only £10.

Booking essential
call **01626 778039**

Thursday 6th February 10-12

Mosaic making at the memory Café.
In the Main Hall

Thursday 13th February 2-4pm

Valentines 60's music event

1960 themed tea dance, music played by the Teigns. Fancy dress optional but encouraged!
FREE and all welcome!
Refreshments available!

NEW Zumba Gold Class with Vicki

Mondays at 2pm – 2.45pm

Fun and Vibrant dance/exercise Class with a fun and friendly instructor. Suitable for all levels.
Class is £3.50 pay as you go or block booking discount available!

Trim Teign -Weight loss group

Mondays at The Alice Cross Centre
1.30- 2.30pm

Join our low cost weekly weigh in group. Only £1 per week (£5 reg)

Sunday 16th Feb 2020

Sunday lunch club

Join us for Sunday lunch
Serving Roast Beef, Lamb or baked Fish.
Bars open at 12pm Lunch served at 1pm.
Entertainment from the **Dawlish Songbirds**.
Two Courses for only £9.50

Friday 28th February

Alice Cross Quiz night with Teignmouth Rotary Club 7-10pm

Two Course Meal – Chicken Curry or Vegetable Lasagna with a pudding, followed by a Quiz from the Rotary Club all for £10

NEW : PLEASE NOTE LUNCH IS NOW SERVED FROM MIDDAY

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
 Sunday Lunch – 16th Feb Roast Beef Lamb or Fish
 Drive and Dine 4 February

	w/c 3/02/20	w/c 10/02/20	w/c 17/02/20	w/c 28/02/20	w/ c 2/03/20
MONDAY	Roast Gammon All the trimmings Or Scampi, chips & peas	Roast lamb All the trimmings Or Ham, new potatoes Peas and parsley sauce	Roast chicken All the trimmings Or Beef strudel	Roast beef All the trimmings Or Herb crusted cod, new potatoes and peas	Roast pork All the trimmings Or Beef stroganoff
TUESDAY	Drive and Dine Cottage Pie with Veg Or Roast Lamb and all the trimmings	Ham & mushroom omelette, chips and beans Or Fish pie and Veg	Pork fillet with mustard sauce, mash and veg Or Cottage Pie with veg	Chicken casserole, mash, veg Or Beef curry, rice and chips	Drive and Dine Gammon and mash Or Roast chicken with all the trimmings
WEDNESDAY Vegan	Vegan Vegetable lasagne chips and peas Or Sausage & mash Fresh veg	Vegan shepherd's pie, fresh veg Or Egg and bacon pie chips and beans	Vegan Mushroom stroganoff, rice and chips Or Fish pie with Veg	Vegan Vegetable curry Or Cottage pie with Veg	Vegan Spicy cauli & broccoli bake New potatoes, crusty bread Or Beef strudel, mash & veg
THURSDAY	Herb crusted cod new potatoes & peas Or Meat & potato pie with mash and peas	Roast chicken All the trimmings Or Cottage pie with Fresh veg	Roast lamb All the trimmings Or Chicken gratin, mash and fresh veg	Shepherd's pie Or Lasagne Or Cauliflower cheese	Homemade fish fingers chips and peas Or Pasty, chips and peas
FRIDAY	Fish and chips with mushy or garden peas	Fish and Chips with Mushy or Garden peas	Fish and Chips with Mushy or Garden peas	Fish and Chips with Mushy or Garden peas	Fish and Chips with Mushy or Garden peas

NEWS –

**All our Food is
made fresh, and
we avoid
processed food!
We are
Launching a
Vegan
Wednesday in
our menu
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.

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