

Volunteers – The Alice NEEDS you... Call for a chat 01626 778039

Fancy a Coffee just £ 1.30...Cake just 40p... FREE Wi-Fi, Newspapers & Chat

**Also AT THE ALICE**  
Appointments required

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 - CHIROPDIST  
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](mailto:stevengbonfield@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

Running throughout March we have

## Lose it for Lent

40 Days  
Spring Clean

### your Pre-loved to be Re-loved!

Looking for people to join us in a declutter this Lent and donate quality sellable items to us for a table top sale in April.  
Table Top sale will be held on 18<sup>th</sup> April 1- 4pm at the Alice Cross Centre. We are also looking for Stall holders, £5 per table. Limited numbers available.

## Grief Support Group

Starting on 5<sup>th</sup> March at 2.30pm- 4.30pm

The group will be led by two experienced counsellors.  
We are hoping to run the group bi-weekly (dependent on numbers.) It will be a friendly and supportive group.

Please join us!

## New - Memory Booster Sessions

Starting 10<sup>th</sup> and 17<sup>th</sup> March at 2- 4pm!

(will run the 2<sup>nd</sup> and the 3<sup>rd</sup> week each month)

This is in addition to our regular Memory Café we hold each Thursday!

The program will offer a variety of activities at the sessions  
Donation welcome! Open to all.

### Music on Mondays 11 - 12

2 <sup>nd</sup> March -	Anthony Powell on Keyboard
9 <sup>th</sup> March-	Trevor on the Piano
16 <sup>th</sup> March-	The Teigns
23 <sup>rd</sup> March-	Brian Lawless on Guitar
30 <sup>th</sup> March-	Rob Hall Singalong



Many U3A Groups are running from the Alice Cross, please contact U3A to find out more!  
[www.Teignmouthu3a.org.uk](http://www.Teignmouthu3a.org.uk)

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# the alice cross centre

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

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

reg charity no: 800996

## March 2020

### WEEKDAY ACTIVITIES - Modest fees.

#### MONDAY

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
Mindfulness Class	6.30-8.30 with Emma Thom

#### TUESDAY

LINE DANCING	10.30 - 12.00 with Viv Wilson
Memory Café	2-4pm (10 <sup>th</sup> and 17 <sup>th</sup> March)
WIGGLES & GIGGLES	5-6pm Beginners welcome
Chess Club	7-10pm in the hall

#### WEDNESDAY

SEATED EXERCISE	10 - 10.30am with Clive
Seated Yoga	10.45- 11.45 with Lisa
MAG (mutual Aid Group)	1 – 2.30pm
TABLE TENNIS	2 - 4 pm with Don Large
PILATES	5.30 - 6.30pm with Beth
Teign Choral	7pm-10pm in the Hall

#### THURSDAY

MEMORY CAFÉ	10-12am room 2
Alice's eastern Dancers	10am - 11am with Sally
Highlight Devon Communities	1.30-3.30 12 <sup>th</sup> & 26 <sup>th</sup>
Tai Chi	2.30- 3.30 (5 <sup>th</sup> and 19 <sup>th</sup> )Hall
Grief Support Group	2.30-4.30 (5 <sup>th</sup> and 19 <sup>th</sup> ) room 2
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
Knit and natter,	
Crochet and Chatter	1.30 – 3 pm (1 <sup>st</sup> Fri of month)
Dramatically Different	4.30-6pm 4-10yrs, 6pm-7.30
(Teignmouth youth theatre)	10-14yrs and 7.30-9pm 14+

#### SATURDAY

PILATES	9.30 – 10.30am
BOLLYWOOD	11am 2 <sup>nd</sup> Sat of the month (14 <sup>th</sup> )

## Upcoming Events

Running throughout March we have

**'Lose it for lent, your Pre-loved to be Re-loved!**  
Looking for people to join us in a declutter this Lent and donate quality sellable items to us for a table top in April!

### Tuesday 3<sup>th</sup> March Drive and Dine 12noon

Two course lunch Followed by Musical entertainment from the Teigns . Transport Available all for only £10.

Booking essential  
call 01626 778039

### Mutual Aid Group.

**Wednesdays 1-2.30 Room 2**  
Peer Support, Drink Smart, Live Well.

### Thursday 5<sup>th</sup> March

**Grief Support Group. 2.30-4.30 Room 2**  
Initial meeting, offering support to those going through Grief. Regular sessions will be arranged at this session. Group lead by qualified people.

### Knit and Natter, Crochet and Chatter 6<sup>th</sup> March 1.30-3.30pm

Group meet the 1<sup>st</sup> week each month in room 2, come along and take part, all levels welcome!

### New – Memory booster session 2-4pm in the hall starts 10<sup>th</sup> March

Will run on the 2<sup>nd</sup> and the 3<sup>rd</sup> week each month  
Due to the existing Memory Café being so popular we are now starting another group. Please come along and join us for a varied program of activity.

### Saturday 14<sup>th</sup> March 7.30pm Folk Club – Music event

Organised by Huw Diamond, live music and bar will be open, Tickets Available on the Door.  
[Hugh.teignmouthfolkconcerts@gmail.com](mailto:Hugh.teignmouthfolkconcerts@gmail.com)

### Sunday 15<sup>th</sup> March 2020 St Patrick's Sunday lunch

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

NEW : PLEASE NOTE LUNCH IS NOW SERVED FROM MIDDAY				If you have food intolerances or allergies please check with the chef when ordering		<u><b>NEWS –</b></u> <b>All our Food is made fresh, and we avoid processed food!</b> <b>We are Launching a Vegan Wednesday in our menu</b> <u><b>Takeaways Available</b></u> 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 Pre-book by calling 01626 778039 Book by 11am to avoid disappointment				Sunday Lunch – 15 <sup>th</sup> March Beef or Turkey Drive and Dine 3rd March		
	w/ c 2/3/20	w/c 9/3/20	w/c 16/3/20	w/c 23/3/20	W/c 30/3/20	
<b>MONDAY</b>  Healthy options available	Roast pork All the trimmings Or Beef Stroganoff with Rice or Ham Salad	Roast lamb All the trimmings Or Scampi, chips and peas or Jacket and Beans	Roast chicken All the trimmings Or New pots & peas with Herb crusted cod	Roast beef All the trimmings Or Cheese and broccoli quiche, chips/New potatoes and beans	Roast gammon All the trimmings Or Scampi, chips and peas or Baked Fish, new potatoes and Veg	
<b>TUESDAY</b>	<b>Drive and Dine</b> Gammon, parsley sauce and mash Or Roast chicken & all the trimmings	Chicken and mushroom turnovers, chips & peas Or Sausage, mash and veg	Scampi, chips and peas or Toad in the hole, mash and fresh veg	Bacon, eggs, chips and beans Or Chicken Wellington, chips and peas	Chicken, gammon & leek pie, roast potatoes and veg Or Beef & mushroom stroganoff And rice	
<b>WEDNESDAY</b> Vegan	Spicy cauli & broccoli bake, new pots and crusty bread or Beef strudel, mash and veg or Jacket potato and Beans	Cauliflower cheese & chips plus veg Or Cottage pie and fresh veg Or Sweet potato and Mediterranean Veg	Cottage pie, fresh veg Or Chicken & mushroom turnovers & veg Or Chickpea and Spinach Curry	Tuna pasta bake Or Liver and onion, mash and veg or Ratatouille with and Sweet potato	Shepherd's pie Fresh veg Or Sweet and sour pork and rice or Vegan Shepherd's pie and Veg	
<b>THURSDAY</b>	Homemade fish fingers Chips and peas Or Pasty, chips and peas	Bubble & squeak, slice of gammon & fried egg Or Roast chicken All the trimmings	Chicken thighs chopped in bacon, potato gratin & peas Or Roast lamb All the trimmings	Cheese & bacon turnovers, beans & chips Or Roast chicken All the trimmings	Homemade fish cakes, chips & mushy peas Or Roast lamb All the trimmings	
<b>FRIDAY</b>	Fish and Chips with Mushy or 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.- Vegan options available**