



# August Activities

Monday		
Monday Music - Singalong music session	10.30- 12pm	Hall
Monday Chat Club—Ladies Social Group	10am-12pm	Room 2
Lunch Club and Meal Delivery—See Menu	12 noon	
Yoga with Alison	7.15-8.15pm	Hall
Tuesday		
Line Dancing with Viv Wilson	10.15-11.45am	Hall
Quilters Tea Party- isabel@thecherrett.co.uk	10.30- 12.30pm	Room 2
Craft Group	1pm – 3pm	Hall
USA Italian Class *membership needed 2 <sup>nd</sup> & 3 <sup>rd</sup> week	2.30-4pm	Room 2
Mat Yoga with Lisa <a href="mailto:lisayogaforall@gmail.com">lisayogaforall@gmail.com</a> <b>Back in Sept</b>	4.15- 5.15pm	Hall
Wiggles and Giggles—Eastern Dance Class with Helen	5.30-6.30pm	Hall
Chess Club <a href="mailto:bill.ingham@ymail.com">bill.ingham@ymail.com</a> <b>Back in Sept</b>	6.30pm- 10pm	Hall
Wednesday		
Zumba Gold with Peta £3.50 <b>no session 3<sup>rd</sup> Aug</b>	9.30-10.15am	Hall
Grief Support Group— Bereavement peer support Session- 1 <sup>st</sup> and 3 <sup>rd</sup> Wednesday <b>Back in September</b>	10.30- 12pm	Room 2
Seated Yoga with Lisa <a href="mailto:lisa-yogaforall@gmail.com">lisa-yogaforall@gmail.com</a> <b>Back in sept</b>	10.45- 11.45am	Hall
1:1 Digital support Booking needed call 01626 778039	12.30-3pm	Room 2
Table Tennis	1.30-3.30pm	Hall
USA Spanish Sessions *membership required	3pm-4pm	Room 2
Thursday		
Memory Café	10am-12pm	Hall
Lunch Club and meal delivery	12noon	Hall
Teignaid Housing and Benefit help	12.30- 2.30pm	Room 2
Tai Chi 07968 174934	2.30-3.30pm	Hall
World Ship society Second week each month	8pm-10pm	Hall
Friday		
The Teigns Rehearsal & Coffee morning	10-12pm	Hall
Lunch Club and meal delivery		
ZUMBA Gold with Peta £3.50	1.30pm- 2.15	Hall
Dramatically Different Youth Drama Club— Contact Rachel.swain@hotmail.co.uk for info <b>Back in September!</b>	4.30- 9.30pm Different age groups	Hall
Sunday		
Meals delivered to the home—see Menu		

## Please Note

Some of our classes and sessions are taking a break in August so may not be running as normal. We suggest calling us on 01626 778039 to check before attending.

# Activities in August!

## Pilates with Kelly

**Thursday 5.30 - 6.30pm**

**£5 per session or £25 for 6 weeks**

Please register interest with us by calling

**01626 778039**

## 1:1 Digital support for handheld devices

**Wednesday 12.30- 3pm Booking needed**

Do you struggle with a device? Would you like to improve your knowledge and skills, or are you having issues with your device and would like some help with it?

## Wiggles & Giggles - Eastern Dancing

**Tuesday evenings 5.30pm - 6.30pm.**

Lively, fun and vibrant dance class for all abilities. Just pop along to find out more! All levels welcome!

## Zumba Gold -

**Wednesdays at 9.30-10.15am & Fridays at 1.30pm -**

**2.15pm only £3.50 per session.**

A fun and lively exercise class with upbeat music and fun routines suitable for all abilities.



## Alice Cross Craft Group -

**Tuesdays 1-3pm in the Hall**

Offering a variety of crafts to try at only £2 a session, suitable for all abilities. All materials supplied and tea and coffee available.

## Monday Music Coffee Morning

**10.30 - 12pm in the Hall -**

Come along and meet new people, have a chat and singalong. Refreshments available.

- Monday 1st Aug- Diantha Sings
  - Monday 8th Aug - The Teigns
  - Monday 15th Aug- Dawlish Songbirds
  - Monday 22nd Aug - martin and Malcolm
- Lunch is available in the centre after the music Session. Booking required!**

# News from the Kitchen

## August Menu

**\*PLEASE NOTE - Monday, Thursdays and Friday meals can be enjoyed in the Centre at 12pm.**

	1 <sup>st</sup> August	8 <sup>th</sup> August	15 <sup>th</sup> August	22 <sup>nd</sup> August	29 <sup>th</sup> August
<b>M O N</b>	Chicken, leek and bacon hotpot served with seasonal vegetables	Beef cobbler served with seasonal vegetables	Chicken wrapped with smoked bacon, cheesy potatoes and roast Mediterranean veg	Lincolnshire pork sausages, buttery mash, seasonal vegetables and onion gravy	<b>Bank Holiday</b>
<b>TUE S</b>					
<b>WE D</b>					
<b>TH UR S</b>	Pork loin with colcannon and seasonal vegetables	Homemade Swedish style meatballs with mashed potatoes and greens	Boneless marinated chicken thigh, vegetable fried rice and prawn crackers	Cottage pie served with seasonal vegetables	Pork chops, buttery mash, seasonal vegetables and a cider gravy
<b>FRI</b>	Beer battered cod, homemade chips, peas and tartar sauce	Pan fried salmon fillet with lemon and thyme crushed baby potatoes and veg	Beer battered cod, homemade chips, peas and tartar sauce	Fillet of hake, pesto, buttered new potatoes and seasonal veg	Beer battered cod, homemade chips, peas and tartar sauce
<b>SU N</b>		Roast shoulder of pork, roast potatoes, stuffing, seasonal veg, apple sauce and gravy		Roast Lamb, roast potatoes, seasonal veg, mint sauce and gravy	

**Menu Choices are subject to change.**

Please The Alice Cross Centre on 01626 778039 if you would like to be added to the delivery list and/or to book a meal.

For paying clients: Main Meal is £5, plus £2 if you would like a Dessert

## Events

### Regatta Charity table top sale

**Tuesday 2nd August on the Den**  
**10am till 4pm**

### The Den charity table top sale

**Saturday 20th August on the Den**  
**10am till 4pm**

Come along and support us, we will be selling lots of lovely items including, Games, Books and Cakes! Raising much needed funds for the Charity

## Volunteer Opportunities

We have many opportunities available and something for all. To find out more please visit -

**[www.thealicecross.co.uk/volunteer-for-us](http://www.thealicecross.co.uk/volunteer-for-us)**

Download an application form or please email

**[Yvonne@thealicecross.co.uk](mailto:Yvonne@thealicecross.co.uk)**