Other Services

Gary Glanvill - 07966 381802 -Massage therapy from relaxing to deep tissue Vanda Halina Therapies - 01626 772694 - Swedish Aromatherapy

& Sports Massage, Reiki Healing.

JANE THOMAS - CHIROPODIST BSc (Hons) MCPod **HCPC** registered

Alternate Wed morning by appointment 01626 778039

WELLNESS IN MIND -Teign Counselling Steven Smyth-Bonfield BA Hons. MBACP. Adv. Dip Integrative Counsellor. call 07576 603669 stevengbonfield@gmail.com

Room Hire Available

Licensed premises with bar facilities. HIRE of HALL £15.00 per hr. 01626 778039 Reduced rate for block/regular bookings Kitchen and smaller rooms available.

We are here



Contact us

1-3 Bitton Park Road, Teignmouth Devon TQ14 9BT Telephone 01626778039 Email: info@thealicecross.co.uk www.thealicecross.co.uk www.facebook.com/alicecrosscentre www.instagram.com/thealicecross

Please Support our work

Fundraising

Donate to us directly using-

www.paypal.me/thealicecross

Gift aid gives us an extra 20%, The Alice Cross Gift Aid form can be found at

https://thealicecross.co.uk/support-the-

alice/donations

Scan OR Code to Donate-

Use your camera or QR app on your smart phone to make a one off donation to help support us and our work.

https://www.totalgiving.co.uk/appeal/Alicecross mealservice

> Free Wills service from Tozers Solicitors--Call 01626 772376

Charity Lottery—your weekly chance to win £25,000. Tickets are £1 per week, Visit https://www.theweatherlottery.com/charitiesH

omepage.php?client=ALICE







The Alice **Cross Centre**



August Newsletter 2022

Charity Number 800996

Newsletter online at https://thealicecross.co.uk/activities/calendar-2/monthly-newsletter

Our Vision

Community centre of choice for improved health and well-being for all.

August Activities

10.30-12pm

10am-12pm

7.15-8.15pm

10.15-11.45am

10.30- 12.30pm

1pm - 3pm

4.15- 5.15pm

5.30-6.30pm

6.30pm- 10pm

9.30-10.15am

10.30- 12pm

10.45-11.45am

12.30-3pm

1.30-3.30pm

10am-12pm

12.30- 2.30pm

2.30-3.30pm

8pm-10pm

10-12pm

1.30pm- 2.15

4.30- 9.30pm

Different age

groups

12noon

3pm-4pm

2.30-4pm

12 noon

Hall

crafts

Room 2

Monday

Tuesday

Craft Group

Back in Sept

Wednesday

September

778039

Thursday Memory Café

Table Tennis

Seated Yoga with Lisa lisa-

Lunch Club and meal delivery

Lunch Club and meal delivery

ZUMBA Gold with Peta £3.50

Tai Chi 07968 174934

Back in September!

Sunday

Teignaid Housing and Benefit help

yogaforall@gmail.comBack in sept

3rd week

Yoga with Alison

Line Dancing with Viv Wilson

Monday Music - Singalong music session

Monday Chat Club—Ladies Social Group

Lunch Club and Meal Delivery—See Menu

Quilters Tea Party- isabel@thecherrett.co.uk

U3A Italian Class *membership needed 2nd &

Mat Yoga with Lisa lisayogaforall@gmail.com

Wiggles and Giggles-Eastern Dance Class with

Chess Club bill.ingham@ymail.com Back in Sept

Zumba Gold with Peta £3.50 no session 3rd Aug

Grief Support Group - Bereavement peer sup-

1:1 Digital support Booking needed call 01626

U3A Spanish Sessions *membership required

World Ship society Second week each month

The Teigns Rehearsal & Coffee morning

Dramatically Different Youth Drama Club-

Meals delivered to the home—see Menu

Contact Rachel.swain@hotmail.co.uk for info

port Session- 1st and 3rd Wednesday Back in

News from the Kitchen

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!

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

	I* August	8 th August	15 th August	22 nd August	29th August
M O N	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 vegeta- bles and onion gravy	Bank Holiday
TUE S					
WE D					
TH UR S	Pork loin with colcannon and seasonal vegetables	Homemade Swe- dish style meat- balls 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
FRI	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
SU N		Roast shoulder of pork, roast pota- toes, stuffing, sea- sonal 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

Volunteeer Opportunities

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

www.thealicecross.co.uk/volunteer-for-us

Download an application form or please email

Yvonne@thealicecross.co.uk

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.