#### 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

## **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 register interest with us by calling 01626

778039





# The Alice **Cross Centre**



## September **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.

## **September Activities**

Monday					
·	10.20 12pm	Hall			
	day Music - Singalong music session 10.30–12pm				
Monday Chat Club—Ladies Social Group	10am-12pm	Room 2			
unch Club and Meal Delivery 12 noon					
Yoga with Alison	7.15-8.15pm	Hall			
Tuesday					
Line Dancing with Viv Wilson	10.15-11.45am	Hall			
Quilters Tea Party-	10.30- 12.30pm	Room 2			
isabel@thecherrett.co.uk					
Craft Group £2 per session 5 <sup>th</sup> & 19 <sup>th</sup> only	1pm – 3pm	Hall			
U3A Italian Class *membership needed 2 <sup>nd</sup> 2.30-4pm		Room 2			
& 3 <sup>rd</sup> week					
Mat Yoga with Lisa <u>lisayogaforall@gmail.com</u>	4.15- 5.15pm	Hall			
Wiggles and Giggles—Eastern Dance Class	5.30-6.30pm	Hall			
with Helen					
Chess Club bill.ingham@ymail.com	6.30pm- 10pm	Hall			
Wednesday					
Zumba Gold with Peta £3.50	9.30-10.15am	Hall			
Grief Support Group – Bereavement peer	10.30- 12pm	Room 2			
support Session - 1 <sup>st</sup> and 3 <sup>rd</sup> Wednesday					
Seated Yoga with Lisa <u>lisa-</u>	10.45- 11.45am	Hall			
yogaforall@gmail.com					
1:1 Digital support Booking needed call	12.30-3pm	Room 2			
01626 778039					
Table Tennis	1.30-3.30pm	Hall			
Thursday					
Memory Café	10am-12pm	Hall			
Lunch Club and meal delivery	12noon	Hall			
Teignaid Housing and Benefit help	12.30- 2.30pm	Room 2			
World Ship society Second week each	7.30pm-9.30pm	Hall			
month					
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—	4.30- 9.30pm	Hall			
Contact Rachel.swain@hotmail.co.uk	Different age groups				
Sunday					
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#### **Alice Crafters**

Meals delivered to the home—see Menu

Alternate Tuesdays 1-3pm in the Hall (5th and 19th sept)

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

## **Activities in September!**

#### **Pilates with Kelly**

Thursday 5.30 - 6.30pm

£5 per session or £25 for 6 weeks

#### 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.

#### Monday Music Coffee Morning 10.30 - 12pm in the Hall -

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

- Monday 5th Sept- Diantha Sings
- Monday 12th Sept The Teigns
- Monday 19th Sept- Dawlish Songbirds
- Monday 26th Sept martin and Malcolm

Lunch is available in the centre after the music **Events** Session. Booking required!

#### **Teignmouth PRIDE table top sale**

Saturday 10th & Sun 11th September in the Triangle 10am till 4pm

#### The Den charity table top sale

Saturday 17th September on the Den 10am till 4pm Come along and support us, we will be selling lots of

lovely items including, Games, Books, jewellery and Cakes! Raising much needed funds for the Charity

## News from the Kitchen

September \*PLEASE NOTE - Monday, Thursdays and Friday

	Menu	meals can be enjoyed in the Centre at 12pm.		
	5 <sup>th</sup> September	12 <sup>th</sup> September	19 <sup>th</sup> September	26 <sup>th</sup> September
M O N	Honey and Soy marinated beef served with a vege- table and egg noo- dle stirfry and prawn crackers	Chicken breast stuffed with chorizo, mozzarella and fresh basil with, herby potatoes and seasonal vegetables	Chinese style pork loin served with sticky coconut rice and seasonal vegeta- bles *New Recipe*	Traditional butcher's sausages served with spring onion mash, seasonal vegetables and gravy
T U E S				
W E D				
T H U R S	Spaghetti Carbonara with mushrooms, parmesan and smoked bacon lar- dons served with garlic bread *Requested Dish*	sausages, smoked bacon, onions &	Chicken Pesto Pasta - chicken breast, onions and mushrooms in a creamy bechamel, par- mesan and pesto sauce, and a panzanel- la side salad	Fragrant Thai green chicken curry made with lemongrass, ginger, coriander, chilli, lime and coconut served with basmati rice and prawn crackers  *Back by popular  Demand*
F R I	Salmon fillet with Mediterranean style vegetables and light- ly spiced potato wedges	Beer battered cod loin served with homemade thick cut chips, garden peas and tartar sauce *Freshly prepared and cooked by Steve and Sophie*	Garlic King prawns served with a red len- til and sweet potato mash, ratatouille and mixed greens *Chefs Favourite*	Beer battered cod loin served with homemade thick cut chips, garden peas and tartar sauce *Freshly prepared and cooked by Ste- ve and Sophie*
S U N	Roast Chicken and stuffing served with roast potatoes, sea- sonal veg, Yorkshire pud and gravy		Roast Beef served with roast potatoes, seasonal veg, Yorkshire pud and gravy	

Menu Choices are subject to change. Please call The Alice Cross Centre on 01626 778039 if you would like to be added to the delivery list- (subject to criteria) or to book a meal. For paying clients: Main Meal is £5, plus £2 if you would like a Dessert

**Future Events** 

**Saturday 1st October** 

Tickets are £12 each and include a Curry!

Bar will be open, selling a selection of drinks.

Booking essential- Please call 01626 778039

**Sunday Lunch Club returns!** 

Sunday 16th October at 12pm

Two Course Lunch followed by tea and coffee, Bar will be open selling a selection of Drinks

More info to follow, but please register interest on 01626 778039