

September 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 | 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 £2 per session 5 th & 19 th only | 1pm – 3pm | Hall |
| U3A Italian Class *membership needed 2 nd & 3 rd week | 2.30-4pm | Room 2 |
| Mat Yoga with Lisa lisayogaforall@gmail.com | 4.15- 5.15pm | Hall |
| Wiggles and Giggles—Eastern Dance Class with Helen | 5.30-6.30pm | Hall |
| 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 support Session- 1 st and 3 rd Wednesday | 10.30- 12pm | Room 2 |
| Seated Yoga with Lisa lisayogaforall@gmail.com | 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 |
| 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 month | 7.30pm-9.30pm | 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 | 4.30- 9.30pm Different age groups | Hall |
| Sunday | | |
| Meals delivered to the home—see Menu | | |



Alice Crafters

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 Session. Booking required!

Events

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 Menu

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

| | 5 th September | 12 th September | 19 th September | 26 th September |
|-----------|---|---|--|--|
| M O N | Honey and Soy marinated beef served with a vegetable and egg noodle 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 vegetables *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 lardons served with garlic bread *Requested Dish* | 'Dublin Coddle' - sausages, smoked bacon, onions & pearl barley in a thick broth topped with sliced new potatoes, with seasonal vegetables *Requested Dish* | Chicken Pesto Pasta - chicken breast, onions and mushrooms in a creamy bechamel, parmesan and pesto sauce, and a panzanella 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 lightly 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 lentil 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 Steve and Sophie* |
| S U N | Roast Chicken and stuffing served with roast potatoes, seasonal 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