

Please Support our work

Gary Glanvill – 07966 381802 -Qualified Raynor Massage Therapist, offering personalised treatments, from relaxing through to deep tissue, as required.

Vanda Halina Therapies – 01626 772694 – Swedish Aromatherapy & Sports Massage, Reiki Healing.

Carole Clark 0788 740 1639- Call for more info!
Qualified with International Institute of Holistic Therapists & ITEC in reflexology and Indian head massage. Also offering facials and manicures & pedicures, Reiki healing stages 1 and 2, reflexology and sports massage.



JANE THOMAS - CHIROPODIST BSc (Hons) MCPod
HCPC registered

Alternate Wed morning by appointment 01626 778039 (2nd & 16th)

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

Room Hire Available

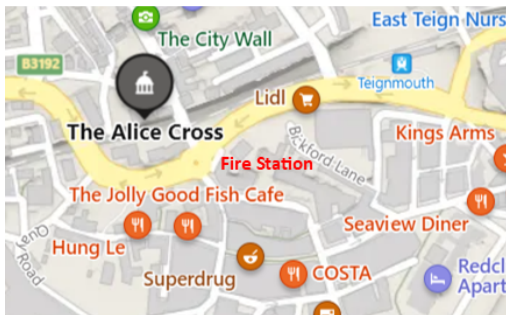
Licensed premises with bar facilities.

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

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>

Sponsor a Christmas meal at the Alice Cross

Help the Alice Cross make Christmas day that little bit special for our community. We would like to serve a 2 course Christmas meal, with mince pies, sherry, and a little gift, in the centre on Christmas day, serving to anyone who would otherwise spend Christmas day alone.

Help us spread some cheer this Christmas!

You can sponsor a Christmas meal for just £10

www.totalgiving.co.uk/appeal/ChristmasFund



Scan the QR Code to sponsor a meal

Free Wills service from Tozers Solicitors-
-Call 01626 772376

Volunteer 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



Card Payments now accepted



The Alice Cross Centre



November 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.

November Activities

Activities in November!

News from the Kitchen

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	
New Monday hEAT Café—Starting Nov 14th	2-4.30pm	Hall
Yoga with Alison	6pm	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 1 st & 15 th only	1pm – 3pm	Hall
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 £5	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	14.30-4.30pm	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
NEW - hEAT Café	2-4.30pm	Hall
Pilates -£5 a session	5.30- 6.30	Hall
World Ship society Second week each month	7.30pm- 9.30pm	Hall
Friday		
The Teigns Rehearsal & Coffee morning	10-11.30pm	Hall
Lunch Club and meal delivery		
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		

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

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

- Monday 7th Nov- Diantha Sings
- Monday 14th Nov - The Teigns
- Monday 21st Nov - Dawlish Songbirds
- Monday 28th Nov- Martin and Malcolm

Lunch is available in the centre after the music session. Booking required!



Cafe

Every Monday (from the 14th Nov) & Thursday from **2pm-4.30**. Come along and be warm and cosy, with great company and plenty of activities to do. There will be hot food and refreshments in a friendly café setting.

Pilates with Kelly Thursday 5.30 - 6.30pm
£5 per session or £25 for 6 weeks

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 £5 per session.
A fun and lively exercise class with upbeat music and fun routines suitable for all abilities.

1:1 Digital support for handheld devices

Wednesday 14.30- 16:30 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?

Alice Crafters

Alternate Tuesdays 1-3pm in the Hall (1st & 15th)

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



November Events

Sunday 13th November

Remembrance Sunday Lunch

Join us for a remembrance Sunday lunch following the parade in town, serving a roast dinner and dessert. Freshly prepared by Steve and Ruth. Doors open at 12, serving at 12.30pm. Bar will be open selling a variety of drinks. **£10 per person, booking essential.**



Christmas Craft Fair

Saturday 19th November 10-2.30pm

Browse and shop from fabulous local and talented stallholders, a wide selection of unique gifts and crafts. We will be serving festive treats and refreshments for all to enjoy. Join us for some festive fun.

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

	October 31 st	8 th November	15 th November	22 nd November	29 th November
MON	Traditional butcher's faggots served with mashed potato, seasonal vegetables	Cottage Pie served with a selection of seasonal vegetables	Chicken casserole, buttered baby potatoes and seasonal vegetables	Hungarian Beef Goulash, crème fraîche and bread roll	Spaghetti bolognese topped with parmesan cheese
TUES					
WED					
THURS	Beef stroganoff served with basmati rice	Creamy garlic chicken mushrooms, with roasted potatoes and seasonal vegetables	Beef Bourguignon served with mashed potatoes and seasonal vegetables	Marinated pork steak served with bacon and cabbage mash, garden peas and gravy	Butcher's sausages served with spring onion mash, seasonal vegetables, and gravy
FRI	Sustainable catch of the day served with baby potatoes and seasonal vegetables	Beer battered cod loin served with homemade thick cut chips, garden peas and tartar sauce *Freshly prepared and cooked by Steve and Sophie*	Sustainable catch of the day served with baby potatoes and seasonal vegetables	Beer battered cod loin served with homemade thick cut chips, garden peas and tartar sauce *Freshly prepared and cooked by Steve and Sophie*	Sustainable catch of the day served with baby potatoes and seasonal vegetables
SUN	Roast shoulder of pork served with roast potatoes, seasonal veg, Yorkshire pud and gravy	Remembrance Sunday Lunch. <i>in the centre only, cooked by Steve and Ruth.</i>	Roast Turkey & stuffing served with roast potatoes seasonal veg, Yorkshire pud & 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

Christmas light Switch on Tabletop

Saturday 3rd December 10-4pm

Join us in town for some festive fun and support us at the same time! We will be at the market selling jewellery, gifts and cakes before the town lights switch on!

The Alice Cross Presents

Christmas Day Lunch

Sunday 25th December at 12pm

Are you or someone you know going to be alone at Christmas? Come and join us at the Alice Cross for Christmas amongst friends. To book a place please call 01626 778039.



December Closures

The Alice Cross will be closing from Friday 23rd December until 4th January (apart from Christmas day).