

October 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	6pm	Hall
Tuesday		
Line Dancing with Viv Wilson	10.15-11.45am	Hall
Quilters Tea Party- isa-bel@thecherrett.co.uk	10.30- 12.30pm	Room 2
Craft Group £2 per session 4 th & 18 th only	1pm – 3pm	Hall
Mat Yoga with Lisa lisa-yogaforall@gmail.com	4.15- 5.15pm	Hall
Wiggles and Giggles—Eastern Dance Class with Helen- Back 11 th Oct	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 lisa-yogaforall@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	2-4pm	Hall
Pilates	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 3th Oct- Diantha Sings
- Monday 10th Oct - Dawlish Songbirds
- Monday 17th Oct - Martin and Malcolm
- Monday 24th Oct - The Teigns
- Monday 31st Oct- Dawlish Songbirds

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

Activities in October!

New - Cafe

Starts on Thursday October the 6th at 2pm and is open to all. 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.

Our official launch is the 13th of October at 2pm.

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 only £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 with it?



Alice Crafters

Alternate Tuesdays 1-3pm in the Hall (4th and 18th Oct)

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

Events

The Den charity table top sale

Saturday 15th October 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 our Charity

Psychic Fayre and Clairvoyance Evening

Saturday 22nd October- Fayre 12-5pm (free entry) and evening starts at 7.30pm - £6 on the door!

Future Events

Sunday Lunch Club returns!

Sunday 23rd October at 12pm

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

Booking essential- Please call 01626 778039

Murder Mystery Party

Saturday 29th October at 7pm

1920s themed fundraiser. Cluedo style murder mystery with buffet. Booking essential and character will be given when you book. Dress code 1920's.

Tickets are £20 each.

Bar will be open, selling a selection of drinks.

Coming Soon

Divas Cabaret Evening Fundraiser

Saturday 19th November at 7.30pm

Tickets are £20 each with a meal, Call 01626 778039

for more info

News from the Kitchen

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

	3 rd October	10 th October	17 th October	24 th October
MON	Chicken casserole served with new potatoes and seasonal vegetables	Corned beef hash – fried onions, corned beef and potatoes topped with a fried egg	Traditional beef Stew and dumplings served with seasonal vegetables	Toad in the hole served with a selection of seasonal vegetables and gravy
TUES				
WED				
THURS	Traditional Spaghetti Bolognese topped with parmesan cheese	Pork Loins served with garlic and thyme roasted potatoes, seasonal vegetables and gravy	Turkey, bacon and leek pie served with seasonal vegetables	Beef Meatballs in a tomato and basil sauce served with penne pasta and parmesan cheese
FRI	Fish Pie – Cod, smoked haddock and salmon in a creamy sauce topped with cheesy mash, served with mixed greens	Beer battered cod loin served with homemade thick cut chips, garden peas and tartar sauce <i>*Freshly prepared and cooked by Steve and Sophie*</i>	Plaice fillet served with dauphinoise potatoes and seasonal vegetables	Beer battered cod loin served with homemade thick cut chips, garden peas and tartar sauce <i>*Freshly prepared and cooked by Steve and Sophie*</i>
SUN	Roast Shoulder of Pork served with roast potatoes, crackling, seasonal veg, Yorkshire pudding, gravy and apple sauce		Roast Chicken and stuffing served with roast potatoes, seasonal veg, Yorkshire pudding 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