Other Services

Gary Glanvill - 07966 381802 -Massage therapy from relaxing to deep tissue.

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 I and 2, reflexology and sports massage.

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 £18.00 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

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Donate to us directly using-

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

alice/donations



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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





Card Payments now accepted



The Alice **Cross Centre**



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.

October Activities

Monday

Tuesday

Monday Music - Singalong music session

Monday Chat Club—Ladies Social Group

Craft Group £2 per session 4th & 18th only

Wiggles and Giggles—Eastern Dance Class

Grief Support Group - Bereavement peer

1:1 Digital support Booking needed call

Chess Club bill.ingham@ymail.com

support Session - 1st and 3rd Wednesday

Lunch Club and Meal Delivery

Line Dancing with Viv Wilson

Quilters Tea Party- isa-

bel@thecherrett.co.uk

Mat Yoga with Lisa lisa-

yogaforall@gmail.com

Wednesday

with Helen- Back 11th Oct

Zumba Gold with Peta £5

Seated Yoga with Lisa lisa-

Lunch Club and meal delivery

Teignaid Housing and Benefit help

World Ship society Second week each

The Teigns Rehearsal & Coffee morning

Club — Contact Rachel.swain@hotmail.co.uk

Meals delivered to the home-see Menu

singalong. Refreshments available.

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

Come along and meet new people, have a chat and

Monday 3th Oct- Diantha Sings Monday 10th Oct - Dawlish Songbirds

Monday 24th Oct - The Teigns Monday 31st Oct- Dawlish Songbirds

Lunch is available in the centre after the music

session. Booking required!

Monday 17th Oct - Martin and Malcolm

Dramatically Different Youth Drama

Lunch Club and meal delivery

yogaforall@gmail.com

01626 778039

Table Tennis

Memory Café

NEW - hEAT Café

Thursday

Pilates

month Friday

Sunday

Yoga with Alison

Activities in October!

Future Events



Starts on Thursday October the 6th at 2pm and is open to all. Come along and be warm and cosy, There will be hot food and refreshments in a

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

Lively, fun and vibrant dance class for all abilities. Just Zumba Gold -

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 **Events** available.

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

and evening starts at 7.30pm - £6 on the door!

Hall

Hall

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Hall Hall

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Room

Room

10.30-12pm

10am-12pm

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

14.30-4.30pm

1.30-3.30pm

10am-12pm

12.30-2.30pm

7.30pm-9.30pm

12noon

2-4pm

5.30-6.30

10-11.30pm

4.30- 9.30pm

Different age groups

12 noon

6pm

New - FEAT Cafe

with great company and plenty of activities to do. friendly café setting.

Wiggles & Giggles - Eastern Dancing

Tuesday evenings 5.30pm - 6.30pm.

pop along to find out more! All levels welcomes ...

Wednesdays at 9.30-10.15am only £5 per session.

Psychic Fayre and Clairvoyance Evening

Saturday 22nd October- Fayre 12-5pm (free entry)

Sunday Lunch Club returns!

Sunday 23th 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 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
MOM	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 Bolognaise 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 *Freshly prepared and cooked by Steve and Sophie*	Plaice fillet served with dauphinoise 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*
NOS	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	

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