

July Activities

Monday		
Monday Music - Singalong music session	10.30- 12pm	Hall
Monday Chat Club—Ladies Social Group	10am-12pm	Room2
Proud2be Youth Group – 13-17years ** booking on website – proud2be.org.uk	5pm- 7pm Term time only	Hall
Tuesday		
Line Dancing with Viv Wilson	10.15-11.45am	Hall
Quilters Tea Party isa-bel@thecherretts.co.uk	10.30- 12.30pm	Room2
Chair Yoga with Lisa 07714 644468 **	2.30- 3.30	Hall
Mat Yoga with Lisa **	4.15- 5.15pm	Hall
Mat Yoga with Lisa **	5.30- 6.30pm	Hall
Wednesday		
Zumba Gold with Peta £5	9.30-10.15am	Hall
Grief Support Group – Bereavement peer support Session 5 th & 19 th July- booking required	10.30- 12pm	Room2
Seated Yoga with Lisa 07714 644468 **	10.45- 11.45am	Hall
1:1 Digital support Booking needed 01626 778039 to arrange a time	2.30-4.30pm	Room2
Table Tennis	1.30-3.30pm	Hall
Thursday		
Memory Café	10am-12pm	Hall
Teignaid Housing and Benefit help	12.30-2.30pm	Room2
Community Café	1.30-4pm	Hall
World Ship society Second week monthly	7.30pm-9.30pm	Hall
Friday		
Music & Coffee morning	10-11.30pm	Hall
Dramatically Different Youth Drama Club** —Contact Rachel.swain@hotmail.co.uk	4.30- 9.30pm Term time only	Hall
Saturday		
Community Breakfast Café – pay what you can	8.30-12pm	Hall
Sunday		
Sunday Lunch Club 9 th July only	12pm – 2pm	Hall
** Term time groups only – Don't run in Schools Holidays		

Activities in July

Thursday Community Café

Thursday from 1.30pm-4.00pm. Open to all, food and refreshments on a pay what you can in a friendly café setting.

Community Breakfast Cafe every Saturday 8.30 - 12pm

Our Community Café will be open Saturday mornings offering breakfasts on a pay what you can basis! Community Café is open to all, no need to book.

1:1 Digital support for handheld devices Wednesday 14.30- 16:30 Booking needed

We can help you with many devices, laptops, phones and tablets. We welcome donations to keep the service running.

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

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

- Monday 3rd July- Diantha Sings
- Monday 10th July - The Teigns
- Monday 17th July- Viv Wilson
- Monday 24th July - Guest- Gillian Legault
- Monday 31st July- Malcolm and Martin

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

Yoga Classes

Tuesdays - Chair Yoga - 2.30-3.30, Mat Yoga 4.15-5.15 & Mat Yoga - 5.30-6.30

Wednesday- 10.45- 11.45

Book a place call 07714 644468 or email lisayogaforall@gmail.com

Monday Chat Club- Ladies social group Monday 10- 12pm in Room 2

Social club, come along and meet new friends, enjoy some games, have a chat and enjoy a drink together. Small Donation for refreshments

EVENTS-

Wellbeing Walk

Wednesday 5th July 2pm- 3pm

Meeting at the pier this walk is suitable for people who would like to increase there fitness levels, it includes some slopes and uneven surfaces. Please wear suitable footwear and bring a bottle of water.

Events

Charity Open Gardens

Saturday 8th July 1-4pm

Serving Pimms, Strawberries & Cream, Refreshments & Cake, Featuring the Teigns.

9 The Rowdens,

Teignmouth, TQ14 8TT

Sunday Lunch

Sunday 9th July

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

Only £10 for two courses

Booking essential- Please call 01626 778039

Charity Table Top on the Den

Sunday 16th July 10-4pm

Come down and support us, we will be selling bric-a-brac and cakes. Donations of cake are welcome!

News from the Kitchen

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

	3 rd July	10 th July	17 th July	24 th July	31 st July
MON	Sausage casserole with mash. Raspberry and apple Sponge	Cottage pie and Veg Jam sponge	Spanish Style chicken and chorizo stew Rice pudding and Jam	Bolognaise Penne Pasta Fruit Salad	Chicken with a Blue cheese Sauce Treacle Tart
TUES					
WED					
THURS	Hunters Chicken with potatoes Treacle Sponge	Sausage Mash and gravy Apple Crumble	Chilli Con Carne and Rice (mild) Bread and butter pudding	Chicken Thigh, potatoes, and Mediterranean Veg Apple and berry pie	Mild Pork Madras and rice Pineapple upside down cake
Friday	Catch of the day with Veg Bakewell	Fish and Chips with peas (Garden and Musty) Chocolate Brownie	Catch of the day with Veg Salted Caramel cheesecake	Fish and Chips with peas (Garden and Musty) Trifle	Catch of the day with Veg Ginger Sponge and Custard
SUN	Roast Chicken and all the trimmings Sticky toffee pudding		Roast Pork and all the trimmings Lemon Posset		Honey Roast Gammon Ham and all the trimmings Mixed berry Fragipan

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