

August Activities

Monday		
Monday Music - Singalong music session	10.30- 12pm	Hall
Monday Chat Club—Ladies Social Group	10am-12pm	Room2
Tuesday		
Line Dancing with Viv Wilson	10.15-11.45am	Hall
Quilters Tea Party isabel@thecherretts.co.uk	10.30- 12.30pm	Room2
Wednesday		
Zumba Gold with Peta £5 from 16 th Aug	9.30-10.15am	Hall
Grief Support Group – Bereavement peer support 2 nd & 16 th booking required	10.30- 12pm	Room2
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
Saturday		
Community Breakfast Café	8.30- 12pm	Hall
Sunday		
Sunday Lunch Club 3 rd Sept only	12pm – 2pm	Hall

During August many activities take a break, they will all return in September. We will also be closed on **Monday 28th August- No meal delivery**

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

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.

Activities in August

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 August- Diantha Sings

Monday 14th August- The Teigns

Monday 21st August - Viv Wilson

Monday 28th August -Closed Bank holiday

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

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.

Community Breakfast Cafe

Every Saturday - 8.30- 12pm

Our Community Cafe is serving breakfasts on a pay what you can basis! It is open to all, no need to book.

EVENTS - AUG

Teignmouth Regatta Table top

Tuesday 1st August 10- 4pm on the Den

Join us on the Den and pick up a bargain, we will have teddies and toys for sale, as well as our delicious cakes and treats

Charity Table Top on the Den

Sunday 20th August 10-4pm

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

EVENTS - COMING SOON

Alice's Cocktail Club

Friday 1st September 7pm

Join us for a fundraising evening of cocktails and live music in aid of **Dawlish Community Transport**

- Free Entry (all welcome)

Sunday Lunch

Sunday 3rd September

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

Events coming soon

Wellbeing Walk

Wednesday 6th September 2pm- 3pm

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

Teignmouth Pride - Table top

September 16th & 17th in the triangle.
Come down and support us, we will be selling craft items, bric-a-brac and cakes. Donations of cake are welcome!

Family Games evening

Saturday 23rd September 6.30- 9.30pm

Back by popular demand a family friendly event suitable for ages 8-100, to include fish and chip supper for adults and pizza for the children. **£12 per person** (1 Child free per Adult) teams of 4.

Booking essential!



SCAN THE QR TO REGISTER
tinyurl.com/4cz7rkfe

News from the Kitchen

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

	31 st July	7 th Aug	14 th Aug	21 st Aug	28 th Aug
MON	Chicken with a Blue cheese Sauce Treacle Tart	Cottage pie and Veg Rhubarb fool	Sweet and sour Pork with rice Chocolate brownie	Pork loin with colcannon mash and veg. Ginger sponge and custard	Bank Holiday
TUES					
WED					
THURS	Meatball tomato penne pasta Mixed fruit Crumble	Sausage mash Rice pudding and jam	Beef stroganoff with Rice Sticky toffee	Chicken thigh with garlic and herb hassle back pots Lemon Cheesecake	Hunters chicken with potatoes and Veg Apple Pie and custard
Friday	Catch of the day with Veg Mixed berry Fragipan	Fish and Chips with peas Pineapple upside down cake	Catch of the day Bakewell tart	Fish and Chips with peas Chocolate Sponge and Custard	Catch of the day Bread and butter pudding
SUN	Honey Roast Gammon Ham and all the trimmings Treacle Sponge and Custard		Roast Chicken with all the trimming Trifle		Roast Pork and all the trimmings Fruit Salad

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, dessert £2