

November Activities

| Monday | | |
|---|---------------------------------------|--------|
| Monday Music - Singalong music session | 10.30- 12pm | Hall |
| Monday Chat Club—Ladies Social Group | 10am-12pm | Room2 |
| Youth Choir 7-16 years teignmouthyouthchoir@gmail.com | 3.45-4.30pm | Hall |
| Tuesday | | |
| Line Dancing with Viv Wilson | 10.15-11.45am | Hall |
| Quilters Tea Party isabel@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 |
| Chess Club | 7-9pm | Hall |
| Wednesday | | |
| Zumba Gold with Peta £5 | 9.30-10.15am | Hall |
| Grief Support Group – Bereavement peer support Session 1st & 15th Booking required | 10.30- 12pm | Room2 |
| New-Mid week Roast dinner- eat in only Main course £6 and optional dessert £2 | 12.30pm | Hall |
| Seated Yoga with Lisa 07714 644468 | 10.45- 11.45am | Hall |
| Table Tennis | 1.30-3.30pm | Room 2 |
| 1:1 Digital support Booking needed 01626 778039 | 2.30-4.30pm | Hall |
| Thursday | | |
| Memory Café | 10am-12pm | Hall |
| Teignaid Housing and Benefit help | 1-3pm | 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 in the centre 12th November £10 for 2 courses | 12pm – 1.30pm | Hall |

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

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

Monday 6th November- Diantha Sings

Monday 13th November - Viv Wilson

Monday 20th November - The Teigns

Monday 27th November - Martin and Malcolm
Lunch is available in the centre after the music session. Booking required!

Activities in November

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

NEW Mid week Roast Dinner Starting Wednesday 1st November 12.30pm

Each week there will be either roast pork, beef or chicken with a Vegan option with roast potatoes and vegetables with gravy. A dessert can be added for an extra £2.

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.

Thursday Community Café

Thursday from 1.30pm-4.00pm

Open to all, food and refreshments on a pay what you can basis, in a friendly café setting.

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. last order for full breakfast **11.30am**

EVENTS - November

Wellbeing Walk

Wednesday 1st November 2pm- 3pm

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

Pre-loved Sale

Saturday 4th November 9am- 12pm

Tabletop of all things preloved, toys, homeware, clothes and lots more. pop along to get breakfast and a bargain.

Sunday Lunch- Remembrance Lunch

Sunday 12th November 12pm

Two Course Lunch followed by tea and coffee, Bar will be open selling a selection of drinks, £10 for two courses

Booking essential- Please call 01626 778039

Events coming soon

Christmas craft fair

Saturday 18th November 10-2pm

Local craft makers join us selling wonderful gifts and festive treats. Come browse our wonderful selection and try our Breakfast café for some lovely food or even a festive sweet treat. **Free entry**

Stitch and B*tch Craft Group

Sunday 26th November 6-8pm

Evening Craft and chat session, bring along something you enjoy and relax and chat with others. Donation of £3 to cover refreshments and Biscuits.

All welcome no booking required

Are you looking for a Christmas meal as a group?

We are serving Christmas lunch on

Wednesday 13th December at 12.15.

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.**

| | 30 th October | 6 th November | 13 th November | 20 th November | 27 th November |
|--------|--|---|---|--|---|
| MON | Spanish style Stew ----- Ginger sponge | Spaghetti meatballs in a tomato and basil sauce ----- Bakewell | Cottage pie with Veg ----- Fruit Crumble | Pork Casserole with mash ----- Jam Sponge | Chicken and chorizo jambalaya ----- Chocolate Sponge |
| TUES | | | | | |
| WED | Midweek Roast of the day – Eat in only Booking required | Midweek Roast of the day – Eat in only Booking required | Midweek Roast of the day – Eat in only Booking required | Midweek Roast of the day – Eat in only Booking required | Midweek Roast of the day – Eat in only Booking required |
| THURS | Chicken thigh with hassle back potatoes and veg. ----- Apple Crumble | Creamy garlic and herb chicken with veg. ----- Rice Pudding and Jam | Sausage and mash with veg. ----- Bread and butter pudding | Chilli Con Carne with rice ----- Apple Pie and Custard | Marinated pork loin and colcannon mash ----- Treacle tart |
| Friday | Fish and chips with Peas ----- Trifle | Catch of the day ----- Lemon Cheesecake | Fish and chips with Peas ----- Lemon drizzle sponge cake | Catch of the day ----- Banoffee pie | Fish and chips with Peas ----- Lemon posset |
| SAT | Saturday Breakfast Café 8.30-12pm | Saturday Breakfast Café 8.30-12pm | Saturday Breakfast Café 8.30-12pm | Saturday Breakfast Café 8.30-12pm | Saturday Breakfast Café 8.30-12pm |
| SUN | | Roast Pork and all the trimmings ----- Sticky toffee pudding (Eat in) | | Roast Chicken and all the trimmings ----- Eton Mess | |

Menu Choices are subject to change. Please call 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