

January Activities

Monday		
Monday Music - Singalong music session	10.30- 12pm	Hall
Monday Club—Ladies Social Group £3pw	10am-12pm	Room2
New Monday Community Café	1-3.30pm	Hall
Youth Choir 7-16 years teignmouthyouthchoir@gmail.com	3.45-4.30pm (Term time only)	Hall
Tuesday		
Line Dancing with Viv Wilson	10.15-11.45am	Hall
Quilters Tea Party isabel@thecherretts.co.uk	10.30- 12.30pm	Room2
New Zumba Toning Starting 9th January	12-12.45	Hall
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 3 rd & 17 th Booking required	10.30- 12pm	Room2
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	1pm-3.30pm	Hall
World Ship society Second week monthly	7.30pm-9.30pm	Hall
Friday		
Music & Coffee morning	10-11.30pm	Hall
New Community Café	1pm- 3.30pm	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	9am-12pm	Hall
Sunday		
Sunday Lunch Club 7th and 21st January	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 8th January - Diantha Sings

Monday 15th January - The Teigns

Monday 22nd January - Malcolm Tester

Monday 29th January - Peta Howell

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

Activities in January

Monday 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. £3 per week

New Zumba Toning Tuesdays 12pm - 12.45pm

New Dance based exercise class using light weights. Suitable for most abilities. Friendly instructor, only £5 per session

Mid week Roast Dinner Every Wednesday 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.

Community Café

Monday from 1pm-3.30pm

Thursday from 1.30pm-4.00pm

Friday from 1pm-3.00pm

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

Community Breakfast Cafe Every Saturday - 9am- 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 for January

Well-being Walk

Wednesday 3rd January at 2pm

Meeting at the pier at 2pm! Suitable for all levels of fitness. please bring a drink and suitable footwear.

Events coming soon

Sunday Lunch Club

Sunday 7th January & Sunday 21st January at 12pm

Come and join us at the Centre for a roast dinner and all the trimmings, Only £10 per person and includes main, pudding and dessert as well as tea/coffee. Bar will be open with a selection of drinks for sale.

Booking required 01626 778039

Burns Night at the Alice Cross Wednesday 25th January 7pm

Burns Night supper, 3 course meal with music and blessing of the haggis. Tickets are only £16.95 per person. Booking required please call 01626 778039

Stitch and B*tch

Sunday 28th January 6-8pm

Social craft group, open to all. Bring your own crafts/ projects. £3 included tea/coffee

News from the Kitchen

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

	1st January	8th January	15th January	22nd January	29th January
MON	Bank Holiday	Irish Stew ----- Apple Strudel	Chicken Casserole ----- Chocolate Sponge	Beef Stew ----- Bakewell tart	Pork Casserole ----- Rice Pudding and Jam
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	Marinated pork loin with veg. ----- Rice pudding and Jam	Faggots mash and veg. ----- Apple and apricot tart	Pork loins with colcannon ----- Apple Pie	Pasta Bolognese ---- ----- Lemon Drizzle cake	Cottage pie and veg. ----- Syrup sponge
FRIDAY	Catch of the day ----- Chocolate Brownie	Fish and chips with Peas ----- Frangipane	Catch of the day ----- Ginger sponge	Fish and chips with Peas ----- Trifle	Catch of the day ----- Sticky toffee pudding
SAT	Saturday Breakfast Café 9am-12pm	Saturday Breakfast Café 9am-12pm	Saturday Breakfast Café 9am-12pm	Saturday Breakfast Café 9am-12pm	Saturday Breakfast Café 9am-12pm
SUN	Pork and all the trimmings ----- Mixed fruit Crumble (Eat in)		Beef and all the trimmings ----- Eton Mess (Eat in)		Turkey and all the trimmings ----- Lemon Posset (Eat in)

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