

Volunteers – The Alice NEEDS you... Call for a chat 01626 778039

Fancy a Coffee just £ 1.30...Cake\* just 40p... FREE WiFi, Newspapers & Chat

**Also AT THE ALICE**  
Appointments required

**The Loft Therapy Rooms**

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

Vanda Halina Therapies – 01626 772694 – Swedish Aromatherapy & Sports Massage, Reiki Healing.

**Masseur / Counselling**

Anna Sabzevari  
07504799794

**JANE THOMAS - CHIROPODIST**  
Alternate Wed morning by appointment **01626 778039**

**MARGARET - FOREVER YOUNG** - inc Massage, Pedicure, Nail trimmings

Thursdays - **07999 071374**

**WELLNESS IN MIND**

Teign Counselling

Steven Smyth-Bonfield

BA Hons. MBACP.

Adv. Dip Integrative Counsellor.

call **07576 603669**

[stevengbonfield@gmail.com](mailto:stevengbonfield@gmail.com)

[www.teigncounselling.com](http://www.teigncounselling.com)

**We are a licensed premises with bar facilities.**

**PERFECT FOR FUNCTIONS**

HIRE of HALL £14.00 per hr. **01626 778039**

Reduced rate for block booking

**Christmas Together 2019**

**Christmas Day Lunch**

At the Alice Cross Centre  
A Free Community Lunch aimed at all who would otherwise be alone on Christmas Day! Booking essential **by 15<sup>th</sup> December 01626 778039**  
*Transport available\**

3 Courses (starter, Main and Dessert)  
Donations Welcome in person or Via

<https://www.totalgiving.co.uk/appeal/Christmastgether>

**The Alice Cross Christmas Show**



**Christmas Variety Show**

Organised by our very talented volunteers!  
Don't miss it!

**Thursday 5<sup>th</sup> December 2pm – 4pm**

Tickets are **£3.50** (includes hot drink and mince pie)

**Available Now from the Centre**

**Music on Mondays 11 - 12**

**2nd December – Jo Collett**  
**9<sup>th</sup> December – Anthony Powell**  
**16<sup>th</sup> December – Malcolm and Martin**



Many **U3A Groups** are running from the Alice Cross, (True Crime, Buddhism, French & Spanish, Discussion, IT Support and Social Groups.

Please visit- <https://u3asites.org.uk/teignmouth> for more info



**the alice cross centre**

1 - 3 Bitton Park Rd. Teignmouth Devon TQ14 9BT

Telephone: **01626 778039**

email: [info@thealicecross.co.uk](mailto:info@thealicecross.co.uk)

[www.thealicecross.co.uk](http://www.thealicecross.co.uk)

[www.facebook.com/alicecrosscentre](http://www.facebook.com/alicecrosscentre) reg charity no: 800996

**December 2019**

**WEEKDAY ACTIVITIES - Modest fees.**

**MONDAY**

MUSIC ON MONDAY 11 - 12 (see panel overleaf)  
MONDAY CHAT CLUB 10.30 – 12  
Outdoor fitness 9.30- 10.30 with Rob  
Chair Fit easy exercise 1.15 – 1.45 with Shari £3.50  
Trim Club Weigh & Support 1.30 – 2.30  
ZUMBA Gold 2pm-2.45 (9<sup>th</sup>&16<sup>th</sup>) FREE  
Post HOPE Club 2.15 – 3.15 rm 2 Free  
Seated Yoga 3.30 – 4.30 with Lisa  
Mat Based Yoga 4.45-5.45pm with Lisa  
Mindfulness Class 6.30-8pm with Emma Thom

**TUESDAY**

Walking Group Dec 10th at 10am  
LINE DANCING 10.30 - 12.00 with Viv Wilson  
BALLROOM DANCING 1.30 - 3.30  
WIGGLES & GIGGLES 5-6pm Beginners welcome  
Chess Club 7-10pm

**WEDNESDAY**

SEATED EXERCISE 10 - 10.30am with Clive  
Seated Yoga 10.45- 11.45 with Lisa  
MAP Course – 1 – 2.30pm  
TABLE TENNIS 2 - 4 pm with Don Large  
PILATES 5.30 – 6.30pm with Beth

**THURSDAY**

MEMORY CAFÉ 10-12 room 2  
Alice's Eastern Dancers 10am Tutor led  
New Beginnings **TBC Call for info**  
Tai Chi 2.30- 3.30 3rd week each mth  
ABS Drama Group 4.30- 6pm 8yrs Up  
PILATES 7.30 – 8.30pm with Beth

**FRIDAY**

Art Club 10-12pm (call to book)  
BOARD GAMES 10.35 – 12 with Kate  
Bridge Club 1.30-5pm  
Knit & Knatter, 1.30- 3pm (6<sup>th</sup> December)  
Crochet & Chatter 1.30 – 3 pm (last Fri of mth)  
CRAFT CIRCLE 4.30-6pm 4-10yrs, 6pm-7.30 10-14yrs and 7.30-9pm 14+  
Dramatically Different (Teignmouth youth theatre) 7pm-9pm Room 2  
Precinct Bridge Club

**SATURDAY**

PILATES 9.30 – 10.30am  
BOLLYWOOD 11am 2<sup>nd</sup> Sat of the mth (14th)

**Upcoming Events**

**Drive n Dine**

**Tuesday 3<sup>rd</sup> December – 12noon**

Two course lunch (Fish pie or Roast Lamb.)  
Followed by Christmas Carols from Trinity School Choir and Dario the entertainer.  
Transport Available all for only £10.  
**Booking essential call 01626 778039**

**THE ALICE CROSS CHRISTMAS SHOW**

Organised by our talented Volunteers, A Festive Variety Show.  
Tickets are **£3.50** and include hot drink and mince pie.  
On sale now!

**Sunday 15<sup>th</sup> December**

**Sunday Lunch Club**

Roast Turkey, Beef or Baked Fish followed by dessert. Bar open at 12pm  
Serving at 1pm £9.50 for 2 courses  
Booking essential 01626 778039

**Wed 11<sup>th</sup> December 10.30-12noon**

**Carers Coffee morning**

Join Devon carers for an informal chat, coffee and tea. Any age welcome.

**Wednesday 11<sup>th</sup> December**

**Poetry Evening 7-11pm**

Contact Teignmouth poetry for info  
Bar will be open  
Veronica Aaronson  
[ronnieaaronson@hotmail.com](mailto:ronnieaaronson@hotmail.com)

**Thursday 12<sup>th</sup> December**

**Centre Closed due to election and being used as a polling station.**  
(groups in other rooms may still go ahead!)

**Centre closed for Christmas (exception of Christmas day) from Sat 21<sup>st</sup>- Sunday 5<sup>th</sup> January 2020.**

(Open as normal from Monday 6<sup>th</sup>)  
**No Drive and Dine in January next one will be 4<sup>th</sup> Feb 2020**

**Merry Christmas to you all and wishing you a Happy New Year!**

**Takeaways****Available**

Please ask if you would like to order Frozen takeaway meals. We try to stock a selection \*including –  
Cottage Pie  
Shepherd Pie  
Fish Pie  
Liver and onions  
\*other options

**NEW : PLEASE NOTE LUNCH IS NOW SERVED FROM MIDDAY  
DECEMBER**

Please Pre-book by calling 01626 778039 Book by 10.30AM

If you have food intolerances or allergies please check with the chef when ordering  
**Sunday lunch club is 15/12/19 – Roast turkey and all the trimmings, Roast Beef or Baked Fish Drive and Dine Tuesday 3<sup>rd</sup> December 2019 – Roast turkey or Cottage Pie**  
**Please note NO Drive and Dine in January!**

	w/c 2/12/19	w/c 9/12/19	w/c 16/12/19	w/c 23/12/19	W/c 30/12/19
<b>MONDAY</b>	Roast lamb and all the trimmings Or Shepherd's Pie and Veg	Roast gammon and all the trimmings Or Roast turkey and all the trimmings Or Cottage pie	Turkey & all the trimmings Or Cottage Pie and Veg	<b>CLOSED</b>	<b>CLOSED</b>
<b>TUESDAY</b>	<b>Drive and Dine</b> Roast turkey and all the Trimmings or Cottage Pie (Nut roast available)	Scampi, chips & peas Or Chicken curry, rice and chips	Ham, egg, chips & peas Or Roast chicken, all the trimmings	<b>CLOSED</b>	<b>CLOSED</b>
<b>WEDNESDAY</b>	Cottage pie and fresh veg Or Creamy pork and spinach lasagne	Lasagne, chips & garlic bread Or Beef stew & dumplings	Roast Turkey and all the trimmings Or Fish Pie and Veg	<b>Open for Xmas Dinner</b> <b>Please book a place</b> <b>01626778039</b>	<b>CLOSED</b>
<b>THURSDAY</b>	Roast Turkey and all the trimmings Or Stuffed pepper on a bed of rice	<b>CLOSED POLLING DAY</b>	Roast turkey, all the trimmings Or Seasonal turkey & veg & cranberry pasty	<b>CLOSED</b>	<b>CLOSED</b>
<b>FRIDAY</b>	Fish and chips With Mushy/Garden peas	Roast turkey, all the trimmings Or Fish and Chips	Fish and chips With Mushy/Garden peas	<b>CLOSED</b>	<b>CLOSED</b>

**\*PLEASE NOTE We can offer vegetarian/ GF and dairy free options. Please also see our Take Away hot food options**