

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

Karen – 07954 586052 – Hypnotherapy, Reiki, Access Bars, Hypnobirthing, Alcohol & Drug Counselling and past Life Regression.

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
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

Get fit this January with the Alice Cross

We offer a large variety of classes and activities on a weekly basis. All our classes are low cost and we have something for all abilities and ages!

- Dance Classes** **Seated Exercise** **Pilates** (all Levels)
Upbeat Exercise **Tai Chi**
Table Tennis **Yoga** **Outdoor Exercise**

Are you looking for a room to hire?

The Alice Cross Centre can offer rooms to hire on a regular or adhoc basis. The space is ideal for meetings, Community groups, Classes and private functions!

We can also offer use of the bar and kitchen

Please call to discuss availability and cost.

Music on Mondays 11 - 12

- 6th January** **Malcolm Adams**
13th January **Viv Wilson Singalong**
20th January **The Teigns**
27th January **Jo Collett**



Many U3A Groups are running from the Alice Cross, please contact U3A to find out more!
www.Teignmouthu3a.org.uk



the alice cross centre

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

Telephone: 01626 778039

email: info@thealicecross.co.uk

www.thealicecross.co.uk

www.facebook.com/alicecrosscentre

reg charity no: 800996

January 2020- Happy New Year all

WEEKDAY ACTIVITIES - Modest fees.

MONDAY

- Outdoor fitness with Rob 9.30 – 10.30 (at the pier)
- MONDAY CHAT CLUB 10.30 – 12
- MUSIC ON MONDAY 11 - 12 (see panel overleaf)
- Chair Fit easy exercise 1.15 – 1.45 Rm2 £3.50
- Trim Club Weigh & Support 1.30 – 2.30 (starting 13th)
- ZUMBA Gold 2pm-2.45pm with Vicki
- Post HOPE Club 2.15 – 3.15 rm 2 Free (13th)
- Seated Yoga 3.30 – 4.30 with Lisa
- Mat Based Yoga 4.45-5.45pm with Lisa

TUESDAY

- LINE DANCING 10.30 - 12.00 with Viv Wilson
- 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 – drink wise age well 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
- Tai Chi 2.30- 3.30 9th and 23rd
- 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
- CRAFT CIRCLE 1.30 – 3 pm (last Fri of mth)
- Dramatically Different 4.30-6pm 4-10yrs, 6pm-7.30 10-14yrs and 7.30-9pm 14+
- Precinct Bridge Club 7pm-9pm Room 2

SATURDAY

- PILATES 9.30 – 10.30am
- BOLLYWOOD 11am 2nd Sat of the mth (11th)

Upcoming Events

**NEW Zumba Gold Class with Vicki
Mondays at 2pm – 2.45pm**

Fun and Vibrant dance/exercise Class with a fun and friendly instructor.

Suitable for all levels go at you own pace!
Class is £3.50 pay as you go or block booking discount available!

**Trim Teign -Weightloss group
Mondays at The Alice Cross Centre
1.30- 2.30pm**

New year, new healthier you? Join our low cost weekly weigh in group. Only £1 per week (£5 reg)

Loss weight and support a local charity at the same time.

Music on Mondays

Every Monday 11am – 12noon

Each week we will be joined by a different talented musician who will play for us (wide variety of music) we can then have a good singalong session.

Free all welcome

Sunday 19th January 2020

Sunday lunch club

Join us for a burns special Sunday lunch
Serving Roast Beef, Haggis, Pork or baked Fish.
Bars open at 12pm Lunch served at 1pm.
Two Courses for only £9.50

Monday 20th January 7, 2020

Monday Music with the Teigns

An upbeat and fun group of singers, singing well known songs for all to sing along with.

Free

Tuesday 4th February

Drive and Dine 12noon

Two course lunch Roast Turkey Followed by Musical entertainment. Transport Available all for only £10.

**Booking essential
call 01626 778039**

NEW : PLEASE NOTE LUNCH IS NOW SERVED FROM MIDDAY Please Pre-book by calling 01626 778039 Book by 11am to avoid disappointment				If you have food intolerances or allergies please check with the chef when ordering 19th January Sunday lunch club is Roast Beef, Roast Pork, Haggis or Baked Fish	
	w/c 30/1/20	w/c 6/1/20	w/c 13/1/20	w/c 20/1/20	w/ c 27/1/20
MONDAY	Closed	Roast Gammon and all the trimmings Or Scampi and chips Or Cauliflower cheese	Roast Lamb and all the trimmings Or Vegetable Lasagne	Roast Chicken and all the trimmings or Joe Wicks Lancaster Hot pot and Veg.	Roast Beef and all the trimmings Or Ham, egg and chips or Nut Roast and all the trimmings (Vegan)
TUESDAY	Closed	Cottage pie or Fish Pie	Liver and onions with Mash and veg or Chicken Curry and Rice	Beef Stroganoff and Rice or Lamb and Apricot Casserole with Veg	Steak pie and Mash with peas or Herb Crusted Cod and New potatoes Or Jacket potato and Baked Beans
WEDNESDAY	Closed	Beef Stew, Mash and Dumplings or Chicken Casserole	Sausage and Mash with veg or Toad in the Hole	Creamy pork, Spinach Lasagne or Savoury Beef Strudel and Veg Or Vegan Lasagne or Jacket potato and Beans	Shepherds pie and Veg or Beef Stew, & Dumplings with Mash Or Vegan Shepherds pie
THURSDAY	Closed	Turkey and Gammon pie with Roast potatoes or Cheese and bacon Turnovers	Chicken and Leek pie with roast potatoes Or Cottage pie	Roast Lamb and all the trimmings Or Chicken Cordon Bleu or Carrot and coriander Soup	Lasagne with Chips and Garlic Bread Or Chicken Curry Or Vegetable Curry
FRIDAY	Closed	Fish and Chips with Mushy or Garden peas	Fish and Chips with Mushy or Garden peas	Fish and Chips with Mushy or Garden peas	Fish and Chips with Mushy or Garden peas

NEWS –

**All our Food is made fresh, and we avoid processed food!
We are Launching a Vegan option in our lunch Choices**

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 available, please ask!**

Daily lunch option can also be ordered as Take away.

***PLEASE NOTE We can offer vegetarian options. Please also see our take away hot food options.- Vegan options available**