

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](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

**Friday 25<sup>th</sup> October 7pm**  
**Charity Quiz night**

in aid of the Alice Cross Centre,  
Volunteering in Health and Teignmouth  
Rotary Club.

Two Course meal (Veg lasagna or Chicken Curry)  
followed by a quiz only £10 per person



**Lunch and Learn – U3A are Launching in**  
**Teignmouth**

**Wednesday 16<sup>th</sup> October**

10.40 am -12noon Followed by Lunch  
U3A will be joining us for an informative talk  
introducing there plans for Teignmouth. Come  
along to find out more. Talk is free to all and  
lunch is only £5.50 for two courses



**Music on Mondays 11 - 12**

<b>30<sup>th</sup> Sept</b>	<b>Anthony Powell on keyboard</b>
<b>7<sup>th</sup> Oct</b>	<b>Sue Hutchings on Piano</b>
<b>14<sup>th</sup> Oct</b>	<b>Jo Collett on Piano</b>
<b>21<sup>st</sup> Oct</b>	<b>The Teigns (Singing Group)</b>
<b>28<sup>th</sup> Oct</b>	<b>Malcolm Adams on Guitar</b>



# 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](https://www.facebook.com/alicecrosscentre) reg charity no: 800996

## October 2019

### WEEKDAY ACTIVITIES - Modest fees.

#### MONDAY

MUSIC ON MONDAY	11 - 12 ( see panel overleaf)
MONDAY CHAT CLUB	10.30 – 12
Chair Fit easy exercise	1.15 – 1.45 with Shari £3.50
Trim Club Weigh & Support	1.30 – 2.30
Fitness with Rob	2pm-3pm starting 7 <sup>th</sup> £3.50
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

#### TUESDAY

Couch to Coast –	Contact for more info
LINE DANCING	10.30 - 12.00 with Viv Wilson
BALLROOM DANCING	1.30 - 3.30 15th Oct onwards
WIGGLES & GIGGLES	5-6pm Beginners welcome
Relaxation Class	7pm – 8pm (upstairs) £5

#### 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
RELAXATION	7pm till 8pm £5 (upstairs)

#### THURSDAY

MEMORY CAFÉ	10-12
Alice's eastern Dancers	10am Tutor led
New Beginnings Bereavement Support	<b>Please call for Details.</b>
ABS Drama Group	4.30- 6pm
Yoga (Hatha flow) with Janet	6-7pm
PILATES	7.30 – 8.30pm

#### FRIDAY

Art Club	10-12pm (call to book)
BOARD GAMES	10.35 – 12 with Kate
Bridge Club	1.30-5pm
Crochet Club	1.30 – 3.00 (1 <sup>st</sup> Fri of mth)
CRAFT CIRCLE	1.30 – 3 pm (last Fri of mth)
Dramatically Different	4.30-6pm 4-10yrs, 6pm-7.30 10-
(Teignmouth youth theatre)	14yrs and 7.30-9pm 14+
Precinct Bridge Club	7pm-9pm Room 2

#### SATURDAY

PILATES	9.30 – 10.30am
BOLLYWOOD	11am 2 <sup>nd</sup> Sat of the mth (12 <sup>th</sup> )

## Upcoming Events

### Drive n Dine

**Tuesday 1<sup>st</sup> Oct 2019 – 12noon**

Two course lunch (Roast Gammon and veg  
or Cottage pie and veg.) Followed by  
Entertainment . Transport Available all for  
only £10. **Booking essential call 01626**  
**778039**

**Wed 9<sup>th</sup> October 10.30-12noon**

### Carers Coffee morning

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

**Scouts AGM – Pasty and pint**

Friday 11<sup>th</sup> October at 6.30 in the hall

**Sunday Lunch club – 13<sup>th</sup> October**

Roast Lamb, Beef or Baked Fish followed by  
dessert. Bar open at 12pm  
Serving at 1pm £9.50 each  
Booking essential 01626 778039

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Classes

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Volunteering in Health and Teignmouth  
Rotary Club.  
Two Course meal followed by a quiz only  
£10 per person

**Shopmobility AGM**

Thursday 31<sup>st</sup> October

1pm in Room 2

All Welcome

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

October

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  
**13th October Sunday lunch club is Lamb or Beef**  
**Drive and Dine returns Tuesday 1<sup>st</sup> October 2019**

	w/c 30/9/19	w/c 7/10/19	w/c 14/10/19	w/c 21/10/19	W/c 28/10/19
<b>MONDAY</b>	Roast pork and all the trimmings Or Scampi, chips & peas	Roast gammon & all the trimmings Or Herb crusted cod, new potatoes and peas	Roast lamb with all the trimmings Or A Joe Wicks Lancaster hotpot	Roast Chicken and all the trimmings or Ham salad, new potatoes or scampi, chips & peas	Roast Beef and all the trimmings or Joe Wicks one pot Creamy Pork, leek and Mushroom stew
<b>TUESDAY</b>	Roast gammon all the trimmings Or Cottage pie and fresh veg	One pot chicken goulash, mash & crusty bread or Scampi, chips & peas	Ham, egg and chips Or Shepherds pie with fresh veg	Fish Finger and chips and Mushy peas Or Cottage Pie	Sausage and Mash with veg and onion gravy Or Beef Cobbler mash and veg
<b>WEDNESDAY</b>	Chicken & mushroom fricassee served on a bed of rice Or Salmon, new potatoes & veg	Haddock Florentine, new potatoes & peas Or Roast Gammon with all the trimmings	Sausage & mash with fresh veg Or Cauliflower cheese & fresh veg	Scampi, Chips and peas or Shepherds pie and Veg	Chicken and leek Gratin, Mash and Veg or Cottage pie and veg
<b>THURSDAY</b>	Chicken curry Rice and chips or Roast lamb & veg	Creamy pork, spinach & mushroom lasagne Or Steak, red wine & mushroom pie, fresh veg	Roast chicken with all the trimmings Or Pasty, chips and peas	Lasagne, chips and Salad or Haddock Florentine with new potatoes and peas or Cauliflower Cheese	Meat and potato pie with fresh veg Or Roast Lamb and all the trimmings
<b>FRIDAY</b>	Cottage pie with veg or Baked Fish New potatoes and veg	Fish and chips With Mushy/ Garden peas	Fish and chips With Mushy/Garden peas	Fish and chips With Mushy/Garden peas	Fish and chips With Mushy/Garden peas

**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.**