

## Other Services

Gary Glanvill - 07966 381802 -

Massage therapy from relaxing to deep tissue  
Vanda Halina Therapies - 01626 772694 - Swedish  
Aromatherapy & Sports Massage, Reiki Healing.

JANE THOMAS - CHIROPODIST

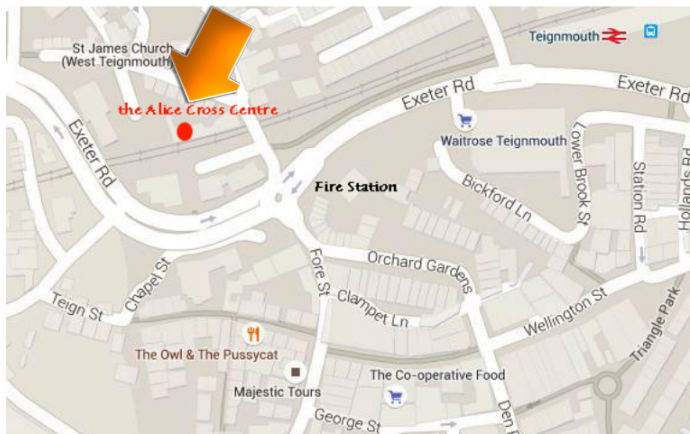
Alternate Wed morning by appointment 01626 778039

WELLNESS IN MIND - Teign Counselling Steven Smyth-Bonfield  
BA Hons. MBACP. Adv. Dip Integrative Counsellor.  
call 07576 603669 stevenbonfield@gmail.com

### Room Hire Available

licensed premises with bar facilities.  
HIRE of HALL £15.00 per hr. 01626 778039  
Reduced rate for block/regular bookings  
Kitchen and smaller rooms available.

## We are here



## Contact Us

1-3 Bitton Park Road, Teignmouth  
Devon TQ14 9BT

Telephone 01626778039

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)

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## Please Support our work

### Fundraising



Donate to us directly using-  
[www.paypal.me/thealicecross](https://www.paypal.me/thealicecross)

Gift aid gives us an extra 25%,  
The Alice Cross Gift aid  
form can be found at

[https://thealicecross.co.uk/su  
pport-the-alice/donations](https://thealicecross.co.uk/support-the-alice/donations)

### Scan QR Code to Donate-

Use your Camera or QR app on your smart  
phone to make a one off donation to help  
support us and our work.

Free Wills service from Tozers Solicitors-  
-Call 01626 772376

Charity Lottery—your weekly chance to win  
£25,000. Tickets are £1 per week, Visit

[https://www.theweatherlottery.com/charitiesHo](https://www.theweatherlottery.com/charitiesHome)

[mepage.php?client=ALICE](https://www.theweatherlottery.com/charitiesHome?client=ALICE)



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## Shopping online

[www.Easyfundraising.org.uk](http://www.Easyfundraising.org.uk) - Register & Select  
charity The Alice Cross Centre

[www.smile.amazon.co.uk](http://www.smile.amazon.co.uk) - Log in as normal and  
select Age Concern Teignmouth and Shaldon.

<https://www.giveasyoulive.com> - Sign up and  
Select Age Concern Teignmouth and Shaldon.



Card Payments now  
accepted



# The Alice Cross Centre



## April Newsletter 2022

Charity Number 800996

Newsletter online at

[https://thealicecross.co.uk/activities/calendar-  
2/monthly-newsletter](https://thealicecross.co.uk/activities/calendar-2/monthly-newsletter)

**Our Vision**  
**Community Centre of  
choice for improved  
Health and Wellbeing  
for all**

# April Activities

## Weekly sessions

Mon	Monday Music - Singalong music session	10.30- 12pm	Hall
	Monday Chat Club—Ladies Social Group	10am-12pm	Room 2
	Meals delivered to the home—See Menu	12 noon	
	Yoga with Alison	7.15-8.15pm	Hall
Tues	Line Dancing with Viv Wilson	10.15-11.45am	Hall
	Quilters Tea Party- isabel@thecherrett.co.uk	10.30- 12.30pm	Room 2
	Craft Group	1pm – 3pm	Hall
	U3A Italian Class *membership needed 2 <sup>nd</sup> & 3 <sup>rd</sup> week	2.30-4pm	Room 2
	Mat Yoga with Lisa lisayogaforall@gmail.com	4.15- 5.15pm	Hall
	Wiggles and Giggles—Eastern Dance Class with Helen	5.30-6.30pm	Hall
	Chess Club bill.ingham@ymail.com	6.30pm- 10pm	Hall
Wed	Zumba Gold with Peta £3.50	9.30-10.15am	Hall
	Grief Support Group – Bereavement peer support Session- 1 <sup>st</sup> and 3 <sup>rd</sup> Wednesday	10.30- 12pm	Room 2
	Seated Yoga with Lisa lisa-yogaforall@gmail.com	10.45- 11.45am	Hall
	Computing for improvers —Booking needed call 01626 778039	1-2.30pm	Room 2
	Table Tennis	2pm-3.30pm	Hall
Thurs	U3A Spanish Sessions *membership required	3pm-4pm	Room 2
	Memory Café	10am-12pm	Hall
	Lunch Club	12noon	Hall
	Teignaid	12.30- 2.30pm	Room 2
	Tai Chi 07968 174934	2.30-3.30pm	Hall
Fri	Beginners Yoga with Laura	5.30- 6.30pm	Hall
	World Ship society Second week each month	8pm-10pm	Hall
	The Teigns Rehearsal & Coffee morning	10-12pm	Hall
	Meals delivered to the home—see Menu		
	ZUMBA Gold with Peta £3.50	1.30pm- 2.15	Hall
	Dramatically Different Youth Drama Club—Contact Rachel.swain@hotmail.co.uk for info	4.30- 9.30pm	Hall

# April Activities

## New Classes for 2022



### NEW Alice Cross Craft Group -

Tuesdays 1-3pm in the Hall

Offering a variety of crafts to try at a only £2 a session. Suitable for all abilities

### NEW Zumba Gold

Wednesdays at 9.30-10.15am & Fridays at 1.30pm - 2.15pm only £3.50 per session. A fun and lively exercise class with upbeat music and fun routines suitable for all abilities.

### NEW Computer for improvers

6 week course, 1pm - 2.30pm. Next Date to be confirmed!

A 6 week Computer course for beginners/ improvers you will ideally have your own Laptop. please let us know when booking. Booking essential .

### Quilters Tea Party -

Tuesday mornings 10.30-12.30pm.

friendly group of enthusiasts who enjoy quilting, embroidery, knitting, crochet and anything associated with a sewing needle. Contact Isabel on 07791126208 for info

### Wiggles & Giggles - Eastern Dancing

Tuesday evenings 4.30-5.30pm.

Lively, fun and Vibrant Dance Class for all abilities, just pop along to find out more

### Monday Music

10.30 - 12pm in the Hall -Come along and meet new people, have a chat and singalong. Refreshments available.

- Monday 4th April- Martin and Malcolm
- Monday 11th April - Diantha Coombes
- Monday 18th- Easter Monday no Session
- Monday 25th April - Dawlish Songbirds



### New Manager has been appointed

in March we have said farewell to the manager Julia Street who has run the Centre for 12 years. She will be missed by us all. We are please to say be have a new lady taking over as manager called Jacqueline O'Brien she starts on Monday 4th April.

## Events



### Sing and Dance Party Night

Saturday 21st May 7pm - 10.30 - NEW Date

Fun filled evening of music and dancing, up beat and lively music from the Teigns. Buffet available and a variety of drinks available at the bar. £8 per ticket, available at the Alice Cross Centre



### The Queens Platinum Jubilee Celebrations

Thursday 2nd- Sunday 5th June

Good Morning with Alice, we will be taking part in

Teignmouth's Celebrations for the Jubilee weekend. we will be showcasing some of our activities down on the den each morning for the community to get involved. come along and join in, fun for all..

### More details to follow!

**\*PLEASE NOTE** - Menu Choices are subject to change, please Call us to be added to the delivery list and/or book a meal. - Suggested Donation for 2 course lunch £5.

### April Menu

	28 <sup>th</sup> March	4 <sup>th</sup> April	11 <sup>th</sup> April	18 <sup>th</sup> April	25 <sup>th</sup> April
MON	Pie, Mash with Veg	Pork Chops with Roast Potatoes and Fresh Veg	Sausage and Mash with fresh Veg	Roast Gammon and all the Trim-mings	Moussaka, Garlic Bread and Veg
TUES					
WED					
THURS	Liver and Bacon with Mash and veg	Cumberland Pie and Veg	Mild Chilli with Rice	Fish pie and veg	Pork and Apple in Gravy with mash and veg
FRI	Fish and chips with peas		Fish and chips with peas		Fish and chips with peas
SUN		Roast Lamb and all the trimmings		Roast Chicken and all the Trim-mings	

## Volunteer Opportunities

We have many opportunities available,, something for all. To find out more please visit -

[www.thealicecross.co.uk/volunteer-for-us](http://www.thealicecross.co.uk/volunteer-for-us)

download an application form, alternatively please email [Yvonne@thealicecross.co.uk](mailto:Yvonne@thealicecross.co.uk)