

December Activities

Monday		
Monday Music - Singalong music session	10.30- 12pm	Hall
Monday Chat Club—Ladies Social Group	10am-12pm	Room 2
Lunch Club and Meal Delivery	12 noon	
New Monday hEAT Café	2-4.30pm	Hall
Wednesday		
Zumba Gold with Peta £5	9.30-10.15am	Hall
Grief Support Group – Bereavement peer support Session- 7 th DEC	10.30- 12pm	Room 2
Seated Yoga with Lisa 07714 644468	10.45- 11.45am	Hall
1:1 Digital support Booking needed 01626 778039	14.30-4.30pm	Room 2
Table Tennis	1.30-3.30pm	Hall
Thursday		
Memory Café	10am-12pm	Hall
Lunch Club and meal delivery	12noon	Hall
Teignaid Housing and Benefit help	12.30- 2.30pm	Room 2
hEAT Café	2-4.30pm	Hall
Pilates -£5 a session	5.30- 6.30	Hall
World Ship society Second week each month	7.30pm-9.30pm	Hall
Friday		
The Teigns Rehearsal & Coffee morning	10-11.30pm	Hall
Lunch Club and meal delivery		
Meals delivered to the home—see Menu		

Zumba Gold - Wednesdays 9.30-10.15am £5
A fun and lively exercise class with upbeat music and fun routines suitable for all abilities.

Alice Crafters

£2 Alternate Tuesdays 1-3pm in the Hall (13th Dec)
Offering a variety of crafts. suitable for all abilities. All materials supplied and tea and coffee available.

hEAT Café

Every Monday & Thursday from 2pm-4.30pm.
Come along and be warm and cosy, with great company and plenty of activities to do. There will be hot food and refreshments in a friendly café setting. Donate what you can afford for food.

Activities in December!

Pilates with Kelly **Thursday 5.30 - 6.30pm**
£5 per session or £25 for 6 weeks - all levels

Wiggles & Giggles - Eastern Dancing
Tuesday evenings 5.30pm - 6.30pm.

Lively, fun and vibrant dance class for all abilities. Just pop along to find out more! All levels welcome!



1:1 Digital support for handheld devices

Wednesday 14.30- 16:30 Booking needed

Do you struggle with a device? Would you like to improve your knowledge and skills, or are you having issues with your device and would like some help?

Monday Music Coffee Morning

10.30 - 12pm in the Hall -

Come along and meet new people, have a chat and singalong. Refreshments available.

- **Monday 5th December- Diantha Sings**
- **Monday 12th December - The Teigns**
- **Monday 19th December- Dawlish Songbirds**

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

December Events

Christmas light Switch on Tabletop

Saturday 3rd December 10-4pm

Join us in town for some festive fun and support us at the same time! We will be at the market selling jewellery, gifts cakes & raffle tickets before the town lights switch on!

Grand Christmas Raffle Draw!

Wednesday 21st December at 1pm!

Tickets are on sale now from the Centre only £1 per ticket and a chance of winning a Christmas hamper. Come and join us for the live draw and enjoy some festive music from singing for pleasure with seasonal drinks and treats

The Alice Cross Presents

Christmas Day Lunch

Sunday 25th December at 12pm

Are you or someone you know going to be alone at Christmas? Come and join us at the Alice Cross for Christmas amongst friends. To book a place please call 01626 778039.

News from the Kitchen

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

	December 5 th	12 th December	19 th December	26 th December
MON	Marinated chicken thigh served with sweet potato mash & seasonal vegetables	Cottage Pie served with a selection of seasonal vegetables	Butcher sausages with mashed potatoes, seasonal veg and gravy	
TUES				
WED				
THURS	Beef Stew and dumplings served with seasonal vegetables	Marinated pork loins with colcannon mash, veg and gravy	Chicken with Italian sausage served with new potatoes roasted Mediterranean veg	Closed for Christmas be back Thursday 5 th January 2023
FRI	Beer battered cod loin served with homemade thick cut chips, garden peas and tartar sauce *Freshly prepared and cooked by Steve and Sophie*	Sustainable catch of the day served with baby potatoes and seasonal vegetables	Beer battered cod loin served with homemade thick cut chips, garden peas and tartar sauce *Freshly prepared and cooked by Steve and Sophie*	
SUN		Roast chicken served with roast potatoes, seasonal veg, Yorkshire pud and gravy Delivery only		

Menu Choices are subject to change. Please call The Alice Cross Centre 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, plus £2 if you would like a dessert

December Closures

The Alice Cross will be closing from Friday 23rd December until 4th January (apart from Christmas day).

Future Events

Burns Night

Wednesday 25th January, at 7pm

Come and join us for a hearty Burns Night meal (which includes haggis, neeps and tatties.) More info to follow. Booking required. Call for more info

Sunday Lunch in the Centre

Sunday 22nd January at 12 noon

Two course Sunday lunch with all the trimmings followed by tea/coffee. Bar open to serve drinks, Doors open at 12 noon. £10 per person