

Please Support our work

Gary Glanvill – 07966 381802 -Qualified Raynor Massage Therapist, offering personalised treatments, from relaxing through to deep tissue, as required.

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

Carole Clark 0788 740 1639- Call for more info!

Qualified with International Institute of Holistic Therapists & ITEC in reflexology and Indian head massage. Also offering facials and manicures & pedicures, Reiki healing stages 1 and 2, reflexology and sports massage.

JANE THOMAS - CHIROPODIST BSc (Hons) MCPod
HCPC registered

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

www.thealicecross.co.uk

www.facebook.com/alicecrosscentre

www.instagram.com/thealicecross

Fundraising

Donate to us directly using-

www.paypal.me/thealicecross

Gift aid gives us an extra 20%, The Alice Cross Gift Aid form can be found at

<https://thealicecross.co.uk/support-the-alice/donations>

Thank you to all our supporters and customers this year.

We wish you all a very happy Christmas and new year!
from the Alice Cross Centre team !

Free Wills service from Tozers Solicitors-
-Call 01626 772376

Volunteer Opportunities

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

www.thealicecross.co.uk/volunteer-for-us

Download an application form or please email

Yvonne@thealicecross.co.uk

Please register interest with us by calling **01626**

778039



Card Payments now accepted



The Alice Cross Centre



December Newsletter 2022

Charity Number 800996

Newsletter online at

<https://thealicecross.co.uk/activities/calendar-2/monthly-newsletter>

Our Vision

Community centre of choice for improved health and well-being for all.

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		
Line Dancing with Viv Wilson	10.15-11.45am	Hall
Quilters Tea Party isabel@theherrett.co.uk	10.30- 12.30pm	Room 2
Craft Group £2 per session 13 th December	1pm – 3pm	Hall
Mat Yoga with Lisa 07714 644468	4.15- 5.15pm	Hall
Wiggles and Giggles—Eastern Dance Class	5.30-6.30pm	Hall
Chess Club bill.ingham@gmail.com	6.30pm- 10pm	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		

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.

- o **Monday 5th December- Diantha Sings**
- o **Monday 12th December - The Teigns**
- o **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	Closed for Christmas be back Thursday 5 th January 2023
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	
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

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.



Cafe

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.