



Fancy a Coffee just £ 1.00...Cake just 40p... FREE WiFi, Newspapers & Chat

Also AT THE ALICE Appointments required

NEW SWEDISH MASSAGE

with Aromatherapy.

CAROLINE PHILLIPS

01626 879402

07796420975

cbezphil@gmail.com

**JANE THOMAS
CHIROPODIST**

Alternate Wed morning by
appointment **01626 778039**

MARGARET

FOREVER YOUNG

inc Massage, Pedicure,

Nail trimmings

Thursdays - **07799 071374**

WELLNESS IN MIND

Teign Counselling

Steven Smyth-Bonfield

BA Hons, Adv, Dip Interrative

Councillor MBACP.

call **07474 836773**

stevenbonfield@gmail.com

www.teigncounselling.com

We are a licensed premises
with bar facilities.

PERFECT FOR FUNCTIONS

HIRE of HALL £11.00 per hr.

Sat night £50

(use of kitchen extra)

Room 2 £8.50 per hr. Room

6 £7.50 per hr.

Contact **01626 778039**

Starting Friday 3rd Feb - 11am – 12 with Kate
BOARD GAMES GALORE
If you like rummikub, scrabble, whist & other games, come along
to our NEW Activity Club. You could always book for lunch too ☺

Starting Friday 3rd Feb with Helen & Marguerite
AFTERNOON CRAFTS

Please check posters for times

COMING SOON – Saturday 11th March 2 – 4pm
NEW – WIGGLES & GIGGLES

Learn the basics of Eastern Dancing in a 2 hour workshop.
Then a regular class on a Thursday Afternoon

ONCE A MONTH

MONDAY

LADIES MOOSE

6 pm 3rd Monday

AFTERNOON SOCIAL DANCE

2- 4pm Last Monday

TUESDAY

DRIVE & DINE

12am 1st Tuesday

TEIGNMOUTH LADIES GUILD

2 - 5 pm 3rd Tuesday

THURSDAY

MEMORY CAFE – with VIH

10-12 1st Thursday

MUSIC 4 MEMORIES

led by Ruth

10-12 3rd Thursday

SATURDAY

FOLK CLUB

8pm 2nd Saturday

for more details see website

www.teignmouthfolkconcerts.co.uk

Music on Mondays 11 - 12

27th Anthony Powell – singalong

Why not stay on for lunch

FEBRUARY 2017

WEEKDAY ACTIVITIES

MONDAY

MUSIC ON MONDAY 11 - 12 (see panel overleaf)

MONDAY CHAT CLUB 10.30 - 12.

BALLROOM DANCING 1.30 - 3.30pm

Beginners & improvers

AFTERNOON SOCIAL DANCE 2 - 4pm Last Mon of month

TUESDAY

LINE DANCING 10.30 - 12. with Viv Wilson

CHESS CLUB 6pm

WEDNESDAY

Yoga is Back– SEATED GENTLE YOGA – 11.30 – 12.30

With Sharon £3 per session **Booking essential space limited**

SEATED EXERCISE 10 - 10.30am

with Clive from Devon Senior Active

COUNTRY DANCING 10.30 - 12 with John

TABLE TENNIS 2 - 4 pm with Don Large

TEIGN CHORAL SOCIETY 7 pm till close

THURSDAY

MEMORY CAFE 10-12 – 1st Thursday of mth

MUSIC 4 MEMORIES 10-12 – 3rd Thursday of mth

EASTERN DANCING 10 - 11am Tutor led

MUSIC TO MOVEMENT 11 - 12 with Marriane

TAI CHI 2.30 - 4pm

first ½ hour for beginners

FRIDAY

ART CLUB 10 - 12 with Marguerite

TEIGNMOUTH BRIDGE CLUB

DUPLICATE BRIDGE 1.45 - 5pm

PRECINCT BRIDGE

CONTRACT BRIDGE 7 - 10pm no partner required

Upcoming Events

1st Tuesday - 7th FEBRUARY

DRIVE & DINE

£10 inc. transport & 2 course meal
Entertainment by Dawlish Songbirds
To book transport call **01626 774484**

Thursday 2nd 11am – 12

Looking for something more lively then
try out 50+ Movement to Music class
with Marriane and her
Sparkly Dancing Shoes.
All abilities welcome.

Saturday 4th

Barn Dance 7 – 10.30pm

Delighted to welcome back the
Teigny Lastic Band
& caller Joan Holloway.
A great night of dancing inc. Hot Supper
only £10.

Advance booking recommended
01626 778039

Saturday 11th – Folk Club

with Jez Lowe & Steve Nolan
£10 in advance - £12 on the door
Doors open 8pm.

Starting - Monday 27th February

NEW – Monday Social Afternoon.
Dancing, Tea, Cakes & Music by
Anthony Powell. 2 – 4pm



NEW : PLEASE NOTE LUNCH IS NOW SERVED FROM MIDDAY STANDARD MAIN COURSE £4.00/ LARGE £5.00 - PUDDING with custard 80p Please Pre-book by 10am Phone 01626 778039			If you have food intolerances or allergies please check with the chef when ordering PLEASE CONTACT THE KITCHEN TO CHECK ON DAILY SPECIALS		
	w/c 30/01/17	w/c 06/02/17	w/c 13/02/17	w/c 20/02/17	w/c 27/02/17
MONDAY	Chicken Chasseur with new potatoes and seasonal vegetables Omelette and homemade chips	Roast beef, Yorkshire pudding and seasonal vegetables Smoked haddock mashed potato and garden peas	Roast gammon and seasonal vegetables Faggots onion gravy and mustard mash	Roast chicken and seasonal vegetables Sausage and potato bake	Roast lamb with seasonal vegetables Baked cod with creamy mash and vegetables
TUESDAY	Shepherd's pie new potatoes and seasonal vegetables Sausage casserole with mustard mash	DRIVE N DINE Beef stew & Dumplings Baked salmon & Veg	Toad in the hole creamy mash and onion gravy Chicken and ham pie with new potatoes and vegetables	Scampi chips and peas Cottage pie with new potatoes and seasonal vegetables	Roast chicken with seasonal vegetables Faggots chips and mushy/garden peas
WEDS'DAY	Ham, egg and homemade chips Scampi chips and peas	Roast chicken and seasonal vegetables Macaroni cheese garlic bread and salad	Roast pork with seasonal vegetables Steak and stilton pie new potatoes and vegetables	Mince beef cobbler roast potatoes and vegetables Sausages with bubble and squeak	Fresh fish and homemade chips Slow cooked Braising steak Creamy mash and vegetables
THURSDAY	Liver and bacon with creamy mash Roast pork with stuffing and seasonal vegetables	Beef stew and dumplings with creamy mash Lamb chops creamy mash and vegetables	Chicken casserole with mash potato and seasonal vegetables Pork steak with stilton and mushroom sauce new potatoes and selection of vegetables	Lasagne, salad and garlic bread Creamy potato bake with garlic bread and salad	Meatballs and spaghetti Jacket potato with chilli and side salad
FRIDAY	Pork casserole with herby dumplings new potatoes and vegetables Fresh fish and homemade chips	Steak and ale pie, new potatoes and vegetables Fresh fish and homemade chips	Fresh fish and homemade chips Cottage pie creamy mash and vegetables	Fresh fish and homemade chips Roast lamb and seasonal vegetables	Fresh fish and homemade chips Chicken stir fry

9am-1pm
Bacon roll / sandwich
+ mug of tea £ 2.50

DRIVE & DINE
To register, book or more information Contact
01626 778039

Next - Sunday Lunch
26th February 12noon
Choice of desserts.
£ 7 for 2 courses.
Chicken or Beef
Booking essential
01626 778039
or Colin 07597 273037

Here at the Alice Cross we are delighted to have been awarded another 5* rating on an unannounced EHO visit

Takeaway Meals – 2 for £5.00

Cottage pie	Liver & Onions
Shepherd's pie	Macaroni Cheese
Beef stew / dumplings	Fish Pie
Pork casserole	Irish Stew
Beef or Vegetable Lasagne	
Broccoli & Stilton Pasta	

These are available for collection on a daily basis contact Chef for other options.

***PLEASE NOTE takeaway promotion of 2 for £5**

SUNDAY LUNCH IS 26TH 1PM BOOKING ESSENTIAL AS NUMBERS ARE RESTRICTED MEAL CHOICE IS ROAST BEEF OR CHICKEN