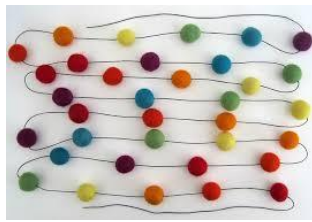


Richmond Village, Letcombe Regis

ACTIVITIES PROGRAMME

Week beginning 17th November



Monday 17th November

Physiotherapy and Chiropodist Appointments all day in the Spa.
Please book with the Spa for chiropody and book with Dawn on
01235 821800 for physiotherapy.

- 10:00-12:00 Shopping Trip to Wantage
10:00 Aqua Fit in the pool
10:30-11:30 Ipad group lesson with John Walker - Conservatory
10:30-12:30 Shopping Trip to Wantage
11:00 Tai Chi Seated in the studio – level 1
11:45 Tai Chi Standing in the studio – level 2
14:00 Afternoon walk / Circuits – level 2– Weather permitting
14:00-17:00 Individual computer sessions – please book with Lizzie
and Andy
15:15 Residents' Association Meeting in the Restaurant

Tuesday 18th November

- 10:00-12:00 Glass painting – This session is for all levels – Come
along to try it or just to watch
10:30 Scrabble Club in the Library
11:00 Shall we Dance in the studio – level 2
11:00 Aqua Steady in the pool – level 1
11:15 Memory Games in the Conservatory with Andy
13:30 Hydro-therapy in the pool – please book with Dawn at
Progressive Physiotherapy – 01235 821800
14:30 Pilates Class in the studio – level 2
14:30 Seated Exercise Class in Sycamore – level 1
15:00 Assisted Swim in the pool

15:00	Afternoon tea in the Conservatory
15:30-17:30	Table Tennis in the Dance Studio – level 2
16:00-17:00	Hand bells with Jenny in the Art and Craft Room
18:30	Aqua Aerobics in the pool – level 3

Wednesday 19th November

Hairdressing all day – please book with the spa.

The gym will be closed from 3pm.

10:00	Men's Boot Camp in the studio or gym – level 2
10:00-14:00	Woodstock shopping
11:00 – 12:00	Sports group with Andy in the Conservatory
14:00-16:00	Art Club in the Art and Craft Room
14:30	Sculpt and stretch – Studio with Abigail – Cancelled
14:30-15:30	Knit and natter with Sue in the Conservatory
15:00	Tap Dancing – Please speak to Lucy
15:30-16:30	Singing group in the Conservatory
15:30-17:30	Table Tennis in the Dance Studio – level 2 - Cancelled
17:30	Gentle Aerobics with Abigail – Level 2/3 - Cancelled
18:00-19:00	Shape shifters in The Lodge
18:00-21:00	Christmas Festive evening in the spa
19:15	Pilates in the studio – level 3- Cancelled

Thursday 20th November

10:00	Brain Games in Art and Craft Room
10:00	Assisted Swim in the pool
10:30	Coffee in the Conservatory
11:30	Staying steady in the studio – level 1
13:30-17:00	Newbury shopping
14:00-16:00	Art Club in the Art and Craft Room
14:30	Aqua Aerobics in the pool – level 2 - Cancelled
16:00	Bridge Club in the Conservatory
18:00	Aqua Intense in the Pool – Level 3

Friday 21st November

Hairdressing Appointments all morning - Please book with the Spa.

10:00-12:00	Shopping Trip to Wantage
-------------	--------------------------

10:30-12:30	Shopping Trip to Wantage
10:30	Tai Chi Standing in the studio – level 2
10:30	Current Affairs Coffee club in the Conservatory
11:30	Tai Chi Seated in the studio – level 1
11:30	Physio in pool – please book
14:30	Seated exercise class in Sycamore – level 1
15:00	Ladies Posture Perfect in the studio – level 2
15:30-17:30	Table Tennis in the Dance Studio – level 2
15:45-16:45	Friday Quiz with prize
17:00	Happy hour at the bar

Saturday 22nd November

Morning chiropractor appointments in the Spa – please book with Dan at Espina Chiropractic – 01235 410708
Table Tennis all day in the Spa

09:30	Beginners Table Tennis in the Dance Studio – level 2
15:00-17:00	Film Club in the Conservatory – James Cagney, Blood on the Sun and John Wayne, Lawless frontier

Sunday 23rd November

Table Tennis all day in the Spa

10:00	Holy Communion at St Andrew's Church
14:00-15:00	Grandchildren's swim in the pool – booking essential

NOTES FOR THE WEEK

Christmas Festive Evening

Wednesday 19th November, 18:00 – 21:00 in the Spa

Come join the Spa team for a lovely evening of wine and nibbles whilst you look around the stalls. The products for sale range from Elemis, Nailtiques, Orly, faux fur, handbags, jewellery and clothes to name but a few.....Don't forget to bring cash.

Film for Saturday 22nd November

3 Classics including James Cagney, Blood on the Sun and John Wayne, Lawless Frontier.....

James Cagney is Nick Condon, an American newspaper editor working in Japan between World War I and World War II. Whilst investigating the double murder of a fellow reporter and his wife, Condon discovers.....

Felt Making

Friday 28th November, 14:00 – 16:00. Art and craft room.

Felt made with wool has been around for thousands of years. It is a simple ancient craft with infinite possibilities.

We will be making felt balls and cords using beautifully soft, colourful unspun merino wool. This will be a relaxing and sociable session where you will learn some basic felt making techniques and will together produce a garland for our Christmas tree. No intricate or close up work. Please put your name down at reception.

IPAD Computer Classes

Monday 17th November, 10:30 – 11:30. Conservatory

Ipad computer classes are starting with our new computer wizard John Walker. Just turn up with your Ipad. Those without I pads are also welcome. John will be finding out what you would like to learn and then will be going through your list of requests over the next few weeks.

Watermill Theatre

Thomas Hardy's - Far From The Madding Crowd

23rd April – Leaving Richmond at 12:00

We have 11 tickets for this much loved Hardy tale. Meet at reception at 11:45 to leave Letcombe by 12:00 to arrive in time for lunch in the Watermill's highly recommended restaurant at 13:00. The performance begins at 14:30. Tickets cost £15.50 and you can pay for the lunch on the day. Please book at reception and sign to confirm that you are happy for the ticket price to be put onto your account. Unfortunately on trips like these cancellations will not be refundable.

6 Week Photography Class

We have the opportunity to get a 6 week photography class in the New Year. This is only possible if we get more than eight people in the group. Please put your name down at reception if you are interested. There will not be a charge for this class. Starting date and time to be decided.

Notices

A warm welcome to Mr and Mrs Robins who have moved into 71 Pavilion Walk.

We are working hard to sort out the problems we are having with the swimming pool temperature. The pool has been kept open for those who don't mind the cooler water but know that the majority of you want it warmer. This process is out of the control of spa staff, but we will let you know as soon as it has been fixed. Thank you for your patience.

Sharon Hunt.

Resident's Association Meeting 17th November, 15:15 in the restaurant.