

Richmond Village, Letcombe Regis

ACTIVITIES PROGRAMME

Week beginning 2nd February



Monday 2nd February

Physiotherapy and Chiropody 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 Computer group session with John Walker in the
Conservatory – now also for laptops, Macs and PCs. All
welcome!
10:30-12:30 Shopping trip to Wantage
11:00-11:30 Tai Chi seated in the studio – level 1
11:45 Tai Chi standing in the studio – level 2
14:00 Afternoon walk – level 2 – speak to Frank
14:00-16:00 Chess for all in the Conservatory
14:30-17:00 Individual beginners computer sessions – please book
with Andy and Lizzie on 4579
17:00 Poetry Club – Hands and Feet

Tuesday 3rd February

The swimming pool is closed from 13:00 – 17:00

- 10:00-12:00 Glass painting – this session is for all levels – come
along to try it or just watch
10:30 Scrabble Club in the Library
10:00 Farm House Kitchen – Tea and Talk
Vale and Downland Museum
11:00 Shall we Dance in the studio – level 2
11:00 Aqua Steady in the pool – level 1
11:00 Memory Games in the Conservatory with Lizzie
13:30 **Hydro-therapy in the pool – please book with Dawn at
Progressive Physiotherapy – 01235 821800 - Cancelled**

| | |
|-------------|---|
| 14:30 | Pilates class in the studio – level 2 |
| 14:30 | Seated Exercise class in Sycamore – level 1 - Cancelled |
| 15:00 | Assisted Swim in the pool - Cancelled |
| 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 Bootcamp in the pool – level 3 |

Wednesday 4th February

Hairdressing all day – please book with the spa.

| | |
|---------------|--|
| 10:00 | Men's Boot Camp in the studio or gym |
| 10:00 – 12:00 | Millets |
| 10:30 | Matt Sage – Music and song writing in the Conservatory |
| 11:00 – 12:00 | Sports group with Andy in the Art and Craft room |
| 14:00-16:00 | Art Club in the Art and Craft Room |
| 14:30 | Posture perfect – studio with Abigail |
| 14:30-15:30 | Knit and natter with Sue in the Conservatory |
| 15:00 | Beginner Tap Dancing with Lucy– level 2 |
| 15:30-16:30 | Singing group in the Conservatory with Sheenagh |
| 15:30-17:30 | Table tennis in the Dance Studio – level 2 |
| 17:30 | Gentle Aerobics with Abigail – Level 2/3 |
| 18:00-19:00 | Shape shifters in the Studio |

Thursday 5th February

| | |
|-------------|--|
| 10:00 | Brain Games in Art and Craft Room |
| 10:00 | Assisted Swim in the pool |
| 10:30 | Coffee in the Conservatory |
| 10:30 | Elite Clothing – Outside the restaurant |
| 10:30 | Yoga – Level 3 – this is a mat class, so you need to be able to get down and up from the floor |
| 11:30-12:00 | Staying steady in the studio – level 1 |
| 13:30 | Didcot Cinema – The Theory of Everything – Book at reception |
| 14:00-16:00 | Art Club in the Art and Craft Room |
| 14:30 | Aqua Aerobics in the pool – level 2 |
| 16:00 | Bridge Club in the Conservatory |
| 18:00 | Aqua Intense in the Pool – Level 3 |

Friday 6th February

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 |
| 11:30-12:00 | 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 – Please book only 12 spaces available |
| 15:30-17:30 | Table tennis in the Dance Studio – level 2 |
| 18:00-19:00 | Transform With Colour - In the Wellness Spa - £6:00 |

Saturday 7th February

Morning chiropractor appointments in the Spa – please book with Dan at Espina Chiroprody – 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 – The Madness of King George |

Sunday 8th February

Table Tennis all day in the Spa

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

NOTES FOR THE WEEK

DVD – The Madness of King George

Saturday 7th February. In the Conservatory, 15:00 – 17:00.

1788 – King George III (Nigel Hawthorne) is almost 30 years into his reign and is once again preparing for the Opening of Parliament. His majesty was all powerful and all knowing. But he wasn't quite all there....

Rescheduled event

Talk about training race horses – Sara and Mark Bradstock
Rescheduled to 13th February, 15:00 – 16:00. In the Conservatory.

An administration issue prevented this talk happening on Tuesday 27th, a huge apology to the enthusiastic crowd that turned up. It has been re-scheduled for Friday 13th Feb and as a special treat Sarah is bringing in Carruthers, Hennessy Gold Cup winner. This is an informal 40 minute talk followed by meeting the magnificent horse, Carruthers.

Didcot Cinema – The Theory of Everything, Thursday 5th February, £5.76 each

Meet at reception at 13:30, film starts at 14:30

Due to popular demand, I have booked more tickets for the film *The Theory of Everything*. This is the extraordinary story of one of the world's greatest minds, the renowned astrophysicist Stephen Hawking, who falls in love with fellow Cambridge student Jane Wilde.....

Book at reception – 10 tickets with 2 wheelchair spaces.

Jeeves and Wooster – Oxford Playhouse - Thursday 12th Feb
Meet at reception at 12:45, to leave at 13:00. Play starts at 14:30

Adapted from the beloved works by P.G. Wodehouse, the hilarious antics of ***Jeeves and Wooster*** come to the stage in this raucous comedy...Winner of the 2014 Olivier Award for Best New Comedy, ***Jeeves and Wooster*** has received a host of four and five star reviews. Get ready to laugh out loud.

Please book at reception - £17.52 per person.

10 tickets with one wheelchair space. A few spaces left.

Opera Unmasked – Sunday 22nd February. 14:30 – 17:00
In the Conservatory with Jim Mitchell

Opera Unmasked is an exciting new project with aims to encourage enjoyment and understanding of Opera, Theatre, Ballet and other performing arts. Opera Unmasked is also for those who already have a strong interest in watching quality live productions of all types. This project has been initiated by Jim Mitchell, founder and creator of the very successful Wantage Betjeman Festival. Jim will be sharing his passion for opera over the next months, every other Sunday starting from 22nd February.

No booking required – Just turn up

Thank you to Douglas Wyndham-Harris who was first to suggest an Opera event and has recommended a list of productions.

The Eyston Arms – East Hendred

Tuesday 10th February leaving Richmond at 11:30 and return at 14:30

Superior pub food in a truly lovely village – The Good Food guide

This one is a bit more pricey but worth every penny!

Table of 7 booked – Please book at reception