

Richmond Village, Letcombe Regis
ACTIVITIES PROGRAMME
Week beginning 9th February



Monday 9th 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! – cancelled**
- 10:30-12:00 Matt Sage – singer song writer in the Conservatory – rescheduled. Please come along, it will be fun!
- 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 - cancelled**
14:00-16:00 **Chess for all in the Conservatory - cancelled**
14:30-17:00 John Walker (our iPad tutor) is making himself available for computer or television issues. Please contact John individually on 07525 368812 to find out fee and to book
- 14:30-17:00 Computer sessions for individuals and beginners – please book with Andy and Lizzie on 4579
15:30-16:30 Book Club with Amanda Ferguson in the Conservatory

Tuesday 10th February

- 10:00-12:00 Glass painting – this session is for all levels – come along to try it or just watch

- 10:00-12:00 Late Spring – bereavement group – Wantage Independent Advice Centre – book at reception, transport provided
- 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 - cancelled**
- 11:00 Memory Games in the Conservatory with Andy
- 11:15 Easton Arms pub lunch, East Hendred – book at reception. Transport provided
- 13:30 Hydro-therapy in the pool – please book with Dawn at Progressive Physiotherapy – 01235 821800
- 14:00 WI Country Market – Outside restaurant
- 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 Bootcamp in the pool – level 3 - cancelled**

Wednesday 11th February

Hairdressing all day – please book with the spa.

- 10:00 Men's Boot Camp in the studio or gym
- 10:00 – 14:00 Newbury 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 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 12th February

- 10:00 **Brain Games in Art and Craft Room - cancelled**
- 10:00 Assisted Swim in the pool
- 10:00-12:00 Millets Farm
- 10:30 Coffee in the Conservatory with Revd Leonora

- 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
- 13:00 Jeeves and Wooster, Oxford Playhouse. Meet at reception at 13:00
- 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 13th 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
- 15:00 Talk on racing horses with Sara and Mark Bradstock in the Conservatory and then outside to meet Carruthers, The Hennessy Gold Cup Winner!
- 15:30-17:30 Table tennis in the Dance Studio – level 2

Saturday 14th February

Morning chiropractor appointments in the Spa – please book with Dan at Espina Chiropody – 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 – Kind Hearts and Coronets

Sunday 15th February

Table Tennis all day in the Spa

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

NOTES FOR THE WEEK

Matt Sage – Singer/songwriter

Monday 9th February, 10:30 – 12:00, in the Conservatory

Matt is coming in to give us a one off musical experience that will hopefully leave us feeling inspired. No booking required, just come along.

Talk about training race horses – Sara and Mark Bradstock

Friday 13th February, 15:00 – 16:00, in the Conservatory

This is an informal 40 minute talk followed by meeting the magnificent horse, Carruthers.

DVD – Kind Hearts and Coronets

Saturday 14th February. In the Conservatory, 15:00 – 17:00.

The great Alec Guinness plays all eight members of the aristocratic D'Ascoyne family, murdered by the suave Louis Mazzini in order to inherit a dukedom....

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

Jim Mitchell will be sharing his passion for opera over the next few months, every other Sunday starting from 22nd February.
No booking required – just turn up

**Bible Reading Group – Starts Monday 23rd Feb.
in the Library, 11:30 – 12:30 with Abigail**

This monthly group will read bible texts together, explore the text and gives time for reflection.
No booking required – just turn up

**Bunting and Banter – New Art and Craft group
Wednesday 25th February – 10:30 – 12:30, Art Room**

This is an opportunity for me to bring in some textile artists to teach us different techniques, which we can then use to make interesting bunting. Always useful for our larger events and why have ordinary decoration when we can create unique work to reflect our village? Our first three sessions will be with textile artist Ann Griffiths, who is looking to be creative with handkerchiefs. These are drop-in, sociable sessions with refreshments provided. Please come along for the banter and the experience.

Note from Lizzie

A few 'no shows' over the last few weeks has left me shaken. Please show your support by turning up to the rescheduled Horse Racing talk and the Matt Sage, music making session. For my part, I will refine my procedures by calling **and** emailing all new bookings the day before they are due to arrive.

Onwards and upwards!