



APRIL 2018

APRIL EVENTS AT A GLANCE

- THURS 12TH** Visit to Compton Verney, Art & Gardens (book by 3rd)
(£15 plus transport)
- SAT 21ST** St Giles Orchestra Concert, Oxford (book by 12th)
(£10 plus transport)
- SUN 22ND** Oxford Chamber Music Society Concert (book by 12th)
(£20 plus transport)
- TUES 24TH** Supper Club £10.75 (book by 12th)
- WED 25TH** Visit to Churchill War Rooms, London (book by 8th)
(£15.75 plus transport)

**JUICING WORKSHOP****WEDNESDAY 18TH - 2PM**

If you want to take steps to improve your health and wellbeing through adding Juices and Smoothies to your daily diet, come along to this workshop to learn about the benefits of juicing and you will also get an opportunity to try the juices during the session. We will look at the various types of juicers and blenders on the market and why a juice is different to a smoothie.

**PLEASE SIGN UP IN
ACTIVITES ROOM**

**JOIN RESIDENTS AND STAFF TO CELEBRATE
THE GRAND OPENING OF THE
BOWLING GREEN / CROQUET LAWN**

**THURSDAY 19TH APRIL 11.30AM**

**RICHMOND CHOIR
SPRING
PERFORMANCE**

**FRIDAY 13TH APRIL
3PM**

during Friday: Time for Tea
Please come along to hear and support our Village choir

**COTSWOLD HEARING CLINIC
at Richmond Witney**

**TUESDAY 10th APRIL
10AM TO 4PM
MEETING ROOM**

Assessments/Ear Wax Removal
(Cash payment on the day)

Please book at Reception

Monthly Activities Programme Week Commencing 2nd April

Morning

Afternoon & Evening

<p>Monday 2nd April</p>	<p>No Coffee Morning Today...instead 11.45-12.45 Easter Monday Drinks Come along & enjoy a glass of Pimms Lounge Bar</p>	<p>No Exercise Classes Today</p>
<p>Tuesday 3rd April</p>	<p>9am Pure Stretch – The Studio 10am Tai Chi(seated) – The Studio 10.45 Tai Chi(standing) – The Studio</p>	<p>1pm Town Transport 1.45 Sainsbury's Transport 3pm Passion for Poetry – Blue Lounge with Guest Poet- Ian McEwen 3pm Pilates – The Studio 5pm Aqua Aerobics</p>
<p>Wednesday 4th April</p>	<p>10am Art with Abbie – Activities Room 11am Dance Fit – The Studio 11.30 Pilates – The Studio</p>	<p>2pm Craft Workshop – Activities Room 2.14 Aqua Intense 3pm Holy Communion – Mulberry Lounge 4pm Yoga – The Studio</p>
<p>Thursday 5th April</p>	<p>9.15 Tai Chi(standing) – The Studio 10am Town Trip / 10.30 Library Trip 10.30 Mahjong – Activites Room 12pm Tai Chi(seated) – The Studio</p>	<p>2.15 Pilates – The Studio 3pm Golden Memories Tea Dance– Restaurant 3pm Knit & Natter – Lounge 6pm Aqua Fit</p>
<p>Friday 6th April</p>	<p>10am Bridge Club – Blue Lounge 10.15 Richmond Choir - Restaurant 10.30 Falls Prevention – The Studio 11.30 Aqua Aerobics</p>	<p>2.30 Pure Stretch – The Studio 3pm Friday:Time for Tea - Lounge</p>
<p>Saturday 7th April</p>	<p>10.30 Saturday Social – Lounge Bar (Scrabble, Rummikub, Crosswords)</p>	<p>5pm – 6pm Happy Hour at the Bar</p>
<p>Sunday 8th April</p>		<p>1.45 Grandchildren Swim 2.30 Film Afternoon – Blue Lounge</p>

Week Commencing 9th April

Morning

Afternoon/Evening



RICHMOND
WITNEY
Part of Bupa

<p>Monday 9th April</p>	<p>9.45 Aqua Steady 10.30 Monday Coffee Morning – Lounge Bar</p>	<p>2pm Beginners Bridge – Activities Room 3.15 Falls Prevention – The Studio 4pm Dance Fit – The Studio 4.30 Yoga – The Studio</p>
<p>Tuesday 10th April</p>	<p>9am Pure Stretch – The Studio 10am-4pm Hearing Clinic- Meeting Room 10am Tai Chi(seated) – The Studio 10.45 Tai Chi(standing) – The Studio</p>	<p>1pm Town Transport 1.45 Sainsbury Transport 2pm Book Club – Library 2.30 Current Affairs – Blue Lounge 3pm Pilates – The Studio 5pm Aqua Aerobics</p>
<p>Wednesday 11th April</p>	<p>10am Art with Abbie – Activities Room 11am Dance Fit – The Studio 11.30 Pilates – The Studio 12.15 Kurling Taster Session – Activities Room</p>	<p>2pm Craft Workshop – Activites Room 2.15 Aqua Intense 4pm Yoga – The Studio</p>
<p>Thursday 12th April</p>	<p>9.15 Tai Chi(standing) – The Studio 9.30 Visit to Compton Verney Gardens & Art Exhibitions 10am Town Transport / 10.30 Library Transport 10.30 Mahjong – Activites Room</p>	<p>2.15 Pilates – The Studio 3pm Knit & Natter – Lounge 6pm Aqua Fit</p>
<p>Friday 13th April</p>	<p>10am Bridge Club – Blue Lounge 10.15 Richmond Choir – Restaurant 10.30 Falls Prevention – The Studio 11.30 Aqua Aerobics</p>	<p>2.30 Pure Stretch – The Studio 3pm Spring Performance by Richmond Witney Choir at Friday:Time for Tea</p>
<p>Saturday 14th April</p>	<p>10.30 Saturday Social – Lounge Bar (Scrabble, Rummikub, Crosswords)</p>	
<p>Sunday 15th April</p>		<p>1.45 Grandchildren Swim 4pm Witney Baptist Service – Mulberry Lounge (All Welcome)</p>

Week Commencing 16th April

Morning

Afternoon/Evening



RICHMOND
WITNEY
Part of Bupa

<p>Monday 16th April</p>	<p>9.45 Aqua Steady 10.30 Monday Coffee Morning – Lounge Bar 11.45 Kurling Taster Session – Activities Room</p>	<p>1.30 Alzheimers Uk Carers Meeting – Blue Lounge 2pm Beginners Bridge – Activities Room 3.15 Falls Prevention – The Studio 4pm Dance Fit – The Studio 4.30 Yoga – The Studio</p>
<p>Tuesday 17th April</p>	<p>9am Pure Stretch – The Studio 10am Tai Chi(seated) – The Studio 10.45 Tai Chi(standing) – The Studio</p>	<p>1pm Town Transport 1.45 Sainsbury’s Transport 3pm Passion for Poetry – Blue Lounge 3pm Pilates – The Studio 5pm Aqua Aerobics</p>
<p>Wednesday 18th April</p>	<p>10am Art with Abbie– Activities Room 10.30 Alzheimers Uk Dementia Café-Lounge Bar 11am Dance Fit – The Studio 11.30 Pilates – The Studio</p>	<p>2.15 Aqua Intense 2pm Juicing Talk & Demo – Activities Room 4pm Yoga – The Studio</p>
<p>Thursday 19th April</p>	<p>9.15 Tai Chi(standing) – The Studio 10am Town Transport / 10.30 Library Transport 11.30 Grand Opening of the Croquet Lawn/ Bowling Green</p>	<p>2.15 Pilates – The Studio 3pm Knit & Natter – Lounge 6pm Aqua Fit</p>
<p>Friday 20th April</p>	<p>10am Bridge Club – Blue Lounge 10.15 Richmond Choir – Restaurant 10.30 Falls Prevention – The Studio 11.30 Aqua Aerobics</p>	<p>1pm Walk with Tina 2.30 Pure Stretch – The Studio 3pm Friday:Time for Tea - Lounge</p>
<p>Saturday 21st April</p>	<p>NATIONAL CARE HOME OPEN DAY 10.30 Saturday Social – Lounge Bar (Scrabble, Rummikub, Crosswords)</p>	<p>6.30 St Giles Orchestra Concert - Oxford</p>
<p>Sunday 22nd April</p>	<p></p>	<p>1.45 Grandchildren Swim 1.45 Oxford Chamber Music Society: Mozart Quintet – Oxford Holywell Music Room</p>

Week Commencing 23rd April

Morning

Afternoon/Evening



RICHMOND
WITNEY
Part of Bupa

Monday 23rd April	9.45 Aqua Steady 10.30 Monday Coffee Morning – Lounge Bar	2pm Beginners Bridge – Activities Room 3.15 Falls Prevention – The Studio 4pm Dance Fit – The Studio 4.30 Yoga – The Studio
Tuesday 24th April	9am Pure Stretch – The Studio 10am Tai Chi(seated) – The Studio 10.45 Tai Chi(standing) – The Studio	1pm Town Transport 1.45 Sainsbury Transport 2.30 Current Affairs – Blue Lounge 3pm Pilates – The Studio 5pm Aqua Aerobics 6.30 Supper Club - Restaurant
Wednesday 25th April	11am Dance Fit – The Studio 11.30 Pilates – The Studio	2pm Craft Workshop – Activities Room 2.15 Aqua Intense 4pm Yoga – The Studio
Thursday 26th April	9.15 Tai Chi(standing) – The Studio 10am Town Transport / 10.45 Library Transport 10.30 Mahjong – Activites Room 12pm Tai Chi(seated) – The Studio	2.15 Pilates – The Studio 3pm Knit & Natter – Lounge 6pm Aqua Fit
Friday 27th April	10am Bridge Club – Blue Lounge 10.15 Richmond Choir - Restaurant 10.30 Falls Prevention – The Studio 11.30 Aqua Aerobics	2.30 Pure Stretch – The Studio 2.30 Eynsham Market Stall during friday: Time for Tea – Lounge Bar
Saturday 28th April	10.30 Saturday Social – Lounge Bar (Scrabble, Rummikub, Crosswords)	
Sunday 29th April		1.45 Grandchildren Swim 2.30 Film Afternoon – Blue Lounge

Week Commencing

Morning

Afternoon/Evening



**RICHMOND
WITNEY**

Part of Bupa

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