



## OCTOBER EVENTS AT A GLANCE

TUESDAY 10 <sup>TH</sup>	Walk around Minster Lovell - plus tea stop (weather dependent, residents own transport)	(book by 6 <sup>th</sup> )
FRIDAY 13 <sup>TH</sup>	Oxford Concerto Orchestra Concert £10	(book by 9 <sup>th</sup> )
SATURDAY 14 <sup>TH</sup>	Tea (or Prosecco!) & Scones £3.50	(book by 9 <sup>th</sup> )
TUESDAY 17 <sup>TH</sup>	Batsford Arboretum £7	(book by 9 <sup>th</sup> )
MONDAY 23 <sup>RD</sup>	Supper Club £9.75	(book by 15 <sup>th</sup> )
WEDNESDAY 25 <sup>TH</sup>	Human Story Theatre-Connies Calendar (tickets available from Reception)	
FRIDAY 27 <sup>TH</sup>	New John Lewis Store, Oxford (we will be using public transport into Oxford)	(book by 20 <sup>th</sup> )

CHELTENHAM LITERATURE  
FESTIVALWEDNESDAY 11<sup>TH</sup> OCTOBER**CAN WE ALL BE SUPER-AGERS?**(sponsored by Richmond Villages)  
SEE JO FOR MORE DETAILS

As they ease into their 70s and 80s the impressive and intrepid Super-Agers continue to challenge themselves by proving their mental and physical agility. We are joined by **Sarah Harper**, Professor of Gerontology at the University of Oxford, **Ray Matthews** who, starting on his 75th birthday, ran 75 marathons in 75 days, the Green Goddess **Diana Moran** (*Sod Sitting, Get Moving*) and **Daphne Selfe** (*The Way We Wore*), who, nearing 90 years old, continues to work as a professional model. They discuss how they haven't let age become a barrier to their aspirations and how we can join them. Chaired by **Janet Ellis**.

**GOLDEN MEMORIES TEA DANCE**  
**THURSDAY 5<sup>TH</sup> OCTOBER 2PM - 4PM**  
**IN THE RESTAURANT****ALL WELCOME****LITTLE RICHMOND TREASURES**

Following a recent documentary on Channel 4 Richmond Witney have linked with Little Treasures Nursery of Witney for a 6-week activity programme to bring together retirement residents & nursery children. This first programme is purely for residents living within the Village Centre. We hope to extend this in the future.

# MONTHLY ACTIVITIES PROGRAMME - WEEK COMMENCING 2<sup>ND</sup> OCTOBER



## MORNING

## AFTERNOON/EVENING

<b>Monday 2<sup>nd</sup> October</b>	10.30 Monday Coffee Morning – Bar Lounge	1.30 Alzheimers Carers Group – Blue Lounge 2pm Beginners Bridge – Activities Room 4pm Dance Fit – The Studio
<b>Tuesday 3<sup>rd</sup> October</b>	10am Town Visits – meet Reception 10am Tai Chi (seated) – The Studio 10.45 Tai Chi (standing) – The Studio	2.30 Current Affairs – Blue Lounge 4pm Pilates –The Studio 4pm Chess – The Bar <b>6.45 Cineworld:La Boheme (FULLY BOOKED)</b>
<b>Wednesday 4<sup>th</sup> October</b>	10am Art with Abbie – Activites Room 10.30 Richmond Little Treasures – Blue Lounge 11am Dance Fit – The Studio 11.30 Yoga – The Studio	2pm Advanced Bridge – Blue Lounge 3.30 Holy Communion – Mulberry Lounge
<b>Thursday 5<sup>th</sup> October</b>	9.15 Tai Chi (standing) – The Studio 10am Town Visits 10.30 Mahjong for Beginners – Activities Room 12.00 Tai Chi (seated) – The Studio	<b>2pm Tea dance – Restaurant-ALL WELCOME</b> 2.15 Pilates – The Studio 3pm Knit & Natter – Lounge Bar
<b>Friday 6<sup>th</sup> October</b>	10am Bridge Club – Blue Lounge 10.30 Richmond Choir – The Restaurant	2.15 Fusion – The Studio 3pm Friday: Time For Tea - Bar Lounge 3pm Book Club – The Library
<b>Saturday 7<sup>th</sup> October</b>	10:30 Saturday Morning Social – Activities Room (Coffee, Board Games, Scrabble etc)	7pm Sherlock Holmes & The Crimson Cobbles Cassington Village Hall(see residents notice Board)
<b>Sunday 8<sup>th</sup> October</b>		1.45 Grandchildren swim

# MONTHLY ACTIVITIES PROGRAMME - WEEK COMMENCING 9<sup>TH</sup> OCTOBER



## MORNING

## AFTERNOON/EVENING

<b>Monday 9<sup>th</sup> October</b>	No Coffee Morning Today	2pm Beginners Bridge – Activities Room 4pm Dance Fit – The Studio
<b>Tuesday 10<sup>th</sup> October</b>	10am Art with Abbie – Activities Room 10am Town Visits – meet Reception 10am Tai Chi (seated) – The Studio 10.45 Tai Chi (standing) – The Studio	<b>1pm Walk with Tina around Minster Lovell</b> 3pm Passion for Poetry - Blue Lounge 4pm Pilates – The Studio
<b>Wednesday 11<sup>th</sup> October</b>	10.30 Little Richmond Treasures – Blue Lounge 10.30 Alzheimers Dementia Cafe – The Bar 11am Dance Fit – The Studio 11.30 Yoga – The Studio	<b>Cheltenham Literary Festival – See Front Page</b> 2pm Advanced Bridge – Blue Lounge 2.30 Crafts Workshop – Activites Room
<b>Thursday 12<sup>th</sup> October</b>	9.15 Tai Chi (standing) – The Studio 10am Town Visits 10.30 Mahjong for Beginners – Activities Room 12.00 Tai Chi (seated) – The Studio	2.15 Pilates – The Studio 3pm Knit & Natter – Lounge Bar
<b>Friday 13<sup>th</sup> October</b>	10am Bridge Club – Blue Lounge 10.30 Richmond Choir – The Restaurant	3pm Friday: Time for Tea – Bar Lounge <b>6pm Oxford Concerto Orchestra Concert: (Mozart) at St John the Evangelist</b>
<b>Saturday 14<sup>th</sup> October</b>	10:30 Saturday Morning Social – Activities Room (Coffee, Board Games, Scrabble etc)	3pm Join residents for Tea (or Prosecco!) & Scones – Lounge Bar
<b>Sunday 15<sup>th</sup> October</b>		1.45 Grandchildren swim 2pm Film Afternoon – Blue Lounge

# MONTHLY ACTIVITIES PROGRAMME - WEEK COMMENCING 16<sup>th</sup> October



## MORNING

## AFTERNOON/EVENING

<b>Monday 16<sup>th</sup> October</b>	10.30 Monday Coffee Morning – Bar Lounge (with 1 <sup>st</sup> performance by Richmond Choir)	2pm Beginners Bridge – Activities Room 4pm Dance Fit – The Studio
<b>Tuesday 17<sup>th</sup> October</b>	<b>10am Batsford Arboretum Visit</b> 10am Town Visits – meet Reception 10am Tai Chi(seated) – The Studio 10.45 Tai Chi(standing) – The Studio	2.30 Current Affairs Group – Blue Lounge 4pm Pilates – The Studio 4pm Chess – The Bar
<b>Wednesday 18<sup>th</sup> October</b>	10.30 Littel Richmond Treasures – Blue Lounge 11am Dance Fit – The Studio 11.30 Yoga – The Studio 12.15 Yoqa – The Studio	2pm Witney Library - meet Reception 2pm Advanced Bridge – Blue Lounge 2.30 Crafts Workshop – Activities Room <b>6pm-7pm Happy Hour in the Bar</b>
<b>Thursday 19<sup>th</sup> October</b>	9.15 Tai Chi (standing) – The Studio 10am Town visitis 10.30 Mahjong for Beginners - Activities Room 12.00 Tai Chi (seated) – The Studio	2.15 Pilates – The Studio 3pm Knit & Natter – The Lounge
<b>Friday 20th October</b>	10am Bridge Club – Blue Lounge 10.30 Richmond Choir – The Restaurant	3pm Friday Time for Tea –The Lounge
<b>Saturday 21st October</b>	10:30 Saturday Morning Social – Activities Room (Coffee, Board Games, Scrabble etc)	
<b>Sunday 22nd October</b>		1.45pm Grandchildren swim

# MONTHLY ACTIVITIES PROGRAMME - WEEK COMMENCING 23<sup>RD</sup> OCTOBER



## MORNING

## AFTERNOON/EVENING

<p><b>Monday</b> 23<sup>rd</sup> October</p>	<p>10.30 Monday Coffee Morning – Lounge Bar</p>	<p>2pm Beginners Bridge – Activities Room 4pm Dance Fit – The Studio <b>6.30 Supper Club - Restaurant</b></p>
<p><b>Tuesday</b> 24<sup>th</sup> October</p>	<p>10am Town Visits – meet Reception 10am Tai Chi(seated) – The Studio 10.45 Tai Chi(standing) – The Studio</p>	<p>3pm Passion for Poetry – Blue Lounge 4pm Pilates – The Studio</p>
<p><b>Wednesday</b> 25<sup>th</sup> October</p>	<p>10am Art with Abbie – Activities Room 11am Dance Fit – The Studio 11.30 Yoga – The Studio 12.15 Yoga – The Studio</p>	<p>2pm Advanced Bridge – Blue Lounge 2.30 Crafts Workshop – Activities Room <b>7.30 Human Story Theatre – Restaurant (Connies Calendar)</b></p>
<p><b>Thursday</b> 26<sup>th</sup> October</p>	<p>9.15 Tai Chi( standing) – The Studio 10am Town Visits – meet Reception 10.30 Mahjong – Activities Room 12.00 Tai Chi( seated) – The Studio</p>	<p>3pm Knit &amp; Natter – Lounge Bar</p>
<p><b>Friday</b> 27<sup>th</sup> October</p>	<p>10am Bridge Club – Blue Lounge 10.30 Richmond Choir – The Restaurant <b>12.00 Visit to the NEW John Lewis Store Oxford</b></p>	<p>3pm Friday: Time for Tea –Lounge Bar</p>
<p><b>Saturday</b> 28<sup>th</sup> October</p>	<p>10:30 Saturday Morning Social – Activities Room (Coffee, Board Games, Scrabble etc)</p>	
<p><b>Sunday</b> 29<sup>th</sup> October</p>		<p>1.45 Grandchildren swim 2pm Film Afternoon - Blue Lounge</p>

# MONTHLY ACTIVITIES PROGRAMME - WEEK COMMENCING 30<sup>TH</sup> OCTOBER



## Morning

## Afternoon & Evening

<b>Monday 30<sup>th</sup> October</b>	10.30 Monday Coffee Morning – Lounge Bar	2pm Beginners Bridge – Activities Room 4pm Dance Fit – The Studio
<b>Tuesday 31<sup>st</sup> October</b>	10am Town visits – meet Reception 10am Tai Chi (seated) – The Studio 10.45 Tai Chi (standing) – The Studio	2.30 Current Affairs Group – Blue Lounge 4pm Pilates – The Studio 4pm Chess – The Bar



