

Richmond Village, Letcombe Regis
ACTIVITIES PROGRAMME
Week beginning 10th April



10 YEAR CELEBRATION

Planning Permission granted for this development

Monday 10th April

**Chiropody appointments all day in the Spa.
Please book with Spa for chiropody.**

- 09:00-09:45 Dynamic Strength and Balance Level 3**
10:00-12:00 Shopping trip to Wantage.
10:00-10:30 Tai Chi in the studio, Level 2.
10:00-10:30 Aqua fit in the pool, Level 2.
10:30-12:30 Shopping trip to Wantage.
11:15-11:45 Tai Chi in the studio, Level 2.
11:30-12:15 Brain games in the Art & Crafts room – group led by Sylwia.
14:00-15:00 iPad/laptop computer group session with John Walker in the Conservatory – This class will be held on the 1st & 3rd Monday of the month – **No class this week.**
14:00-16:00 Chess in the Library – Resident led.
14:00-15:00 Walk/Hike – Starting in April. Book at the Spa.
14:30-15:30 Computer sessions for individuals and beginners – please book with Andy 4579.
14:30-15:30 Balance and Stability, Level 1 in the Studio.
14:45-16:00 Library trip to Wantage – book with Reception (7 places) – 1st Monday of month
15:30-16:30 Book Club with Amanda Ferguson in the Conservatory.
15:45-16:15 Zoolab – Exotic animals on display in reception.
16:00-17:00 Resident only swim.

17:30-18:00 Circuit Training, Level 3 in the Spa.

19:30-20:30 **Yoga - Starts mid-April**

Tuesday 11th April

09:15-09:45 Aqua Circuits, Level 2

10:00-11:00 Ladies Gym Session, Level 1

10:00-13:00 Painting class for all in the Art and Craft room – this drop in class has a tutor who can assist you with watercolour, acrylics, glass painting or just do your own thing.

10:30-11:00 Meditation, Level 1 – In the Spa.

10:00-11:00 Memory Games in the Conservatory with Andy.

11:00-12:00 Memory Games in the Conservatory with Andy.

11:15-12:15 Pilates in the studio, Level 2.

14:00-14:45 Mens' Ball Games and Sports, Level 2

15:00 Afternoon Tea with Tracy.

15:30 Table tennis in the studio.

16:00-17:00 Bell Ringing with Jenny Tyack in the Art and Craft Room.

16:00-17:00 Resident only swim.

18:30-19:30 Pilates, Level 3 in the studio.

18:30-19:15 Aqua Circuit, Level 3.

Wednesday 12th April

Hairdressing all day – please book with the spa.

09:00-10:00 Aerobics + Pilates, level 2 in the studio.

10:00-14:00 Oxford shopping trip – please book with reception (7 places).

10:15-10:45 Aqua Fit, level 2

10:30-11:00 Tai Chi (Seated & Standing), level 1&2 in the studio.

11:15-12:00 Posture perfect in the Studio.

11:00-12:00 Sports group in the Conservatory with Andy.

14:00-16:00 Art Club in the Art and Craft Room – Materials available for your use.

14:15-15:30 Knit and Natter with Sue in the bowling green alcove.

14:30-15:30 Balance and Stability in the studio, level 1.

- 15:45-18:00** Table tennis in the studio.
- 15:30-16:30** Singing group with Sheenagh in the Conservatory – Songs for the heart – **cancelled this week**
- 15:30** Happy Hour including Piano Music at the bar with Roger Selmon – celebrating 10 years since planning permission granted for this site.
- 16:00-17:00** Residents only swim.
- 19:00-20:00** Barre Pilates, level 3 in the studio.

Thursday 13th April

- 09:15-10:00** Dynamic strength and balance, Level 3.
- 10:15-11:00** Circle Dancing, Level 2.
- 10:30** Coffee morning in the Conservatory
- 11:00-12:00** Reminiscence Group with Sylwia
- 11:15-12:15** Balance & Stability, Level 1 / 2. This class includes floor work.
- 10:00-14:00** Newbury Shopping trip – Book at reception.
- 14:00-15:00** Friends and Neighbours Afternoon Tea at the Village Hall – Please book transport with reception.
- 14:00-16:00** Art Club in the Art and Craft Room – Materials available for your use.
- 14:00-14:45** Seated Exercise in Sycamore, Low Level.
- 15:00-15:30** Aqua Fit, Level 1.
- 15:30** Holy Communion in the Private Dining Room.
- 15:55** Bridge Club in the Conservatory.
- 16:00-17:00** Resident only swim.
- 18:00-18:45** Aqua intense in the pool, level 3

Friday 14th April

Hairdressing appointments all day - book with spa.

- 09:00-10:00** Aerobics + Pilates, Level 2 in the studio.
- 10:00-12:00** Shopping trip to Wantage.
- 10:15-10:45** Men's Circuit Training in the Gym.
- 10:15-10:45** Tai Chi, Level 2
- 10:30-12:30** Shopping trip to Wantage.

- 10:30-11:30** Current Affairs in the Conservatory with Andy.
- 11:00-11:30** Tai chi, Level 2 in the studio.
- 11:15-11:45** Circuit Training, Level 2 in the studio.
- 12:00-12:30** Volley Ball in the pool, Level 2.
- 14:30-15:15** Posture Perfect, Level 1 in the studio.
- 15:30-16:30** Jackie's Easy Listening – *Music for the Soul*.
- 15:30-18:00** Table tennis in the studio.
- 16:00-17:00** Resident only swim.

Saturday 15th April

- 09:00- 09:45** Circuit Training level 3.
- 10:00-12:00** Table tennis group session in the studio – Just turn up.
- 12:00-17:00** Table tennis independent play - please book a session.
- 15:00** Film club – *Eddie the Eagle*.

Sunday 16th April

- 10:00** St Andrew's Church LR – Family Holy Communion - Easter Sunday.
- 12:00** Roger Selmon playing piano over Sunday lunch.
- 13:45-14:45** Grandchildren swim – booking essential, Age 12 and under.

