

**Richmond Village, Letcombe Regis**  
**ACTIVITIES PROGRAMME**  
**Week beginning 24<sup>th</sup> July**



**Monday 24<sup>th</sup> July**

**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.**  
**10:30-12:00 Bowling on the Green.**  
**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 –  
cancelled until further notice.**  
**14:00-15:00 iPad/laptop computer group session with  
John Walker in the Conservatory – This class  
will be held on the 1<sup>st</sup> & 3<sup>rd</sup> Monday of the  
month – Cancelled until further notice.**  
**14:00-16:00 Chess in the Library – Resident led.**  
**14:00-16:00 Croquet on the Green.**  
**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 –1<sup>st</sup> Monday of month  
– No trip this week.**  
**16:00-17:00 Resident only swim.**  
**17:15-18:00 Circuit Training, Level 3 in the Spa.**  
**19:30-20:30 Yoga in the Studio.**

## Tuesday 25<sup>th</sup> July

- 09:30-10:00 Aqua Circuits, Level 2  
10:00-14:30 Newbury Shopping trip - Book at reception (7 places).  
10:15-11:00 Ladies Gym Session, Level 1  
10:15-11:00 Memory Games in the Conservatory with Andy.  
10:30-11:00 Meditation, Level 1 – In the Spa.  
11:00-12:00 Memory Games in the Conservatory with Andy.  
11:15-12:00 Pilates in the studio, Level 1.  
12:15-13:00 Pilates in the studio, Level 2. **New Class**  
14:00-16:00 Bowling on the Green.  
14:00-14:45 Mens' Ball Games and Sports, Level 2  
15:00-16:00 Afternoon Tea with Tracy.  
15:30 Table tennis in the studio.  
16:00-17:00 Landscape History Talk with Julie Smalley in the Conservatory.  
16:00-17:00 Bell Ringing with Jenny Tyack in the Art & Crafts Room.  
16:00-17:00 Resident only swim.  
18:00-18:45 Aqua Circuit, Level 3.  
18:45-19:30 Pilates, Level 3 in the studio.

## Wednesday 26<sup>th</sup> July

Hairdressing all day – please book with the spa.

- 09:00-10:00 Aerobics + Pilates, level 3 in the studio.  
10:15-10:45 Aqua Fit, level 2  
10:30-12:00 Bowling on the Green.  
10:30-11:00 Tai Chi (Seated & Standing), level 1&2 in the studio.  
11:00-12:00 Sports group in the Conservatory with Andy.  
11:15-12:00 Zumba dance in the Studio.  
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.  
 15:15-16:30 Fashion show in the Restaurant – Come along to see next season’s fashions. Lots of models you may recognize!  
 15:30-16:30 Singing group with Sheenagh in the Conservatory – Songs for the heart - **No group this week.**  
 15:45-18:00 Table tennis in the studio.  
 16:00-17:00 Residents only swim.  
 17:00-18:00 Happy hour in the bar, accompanied by Nick Gill at the piano.  
 19:00-20:00 Barre Pilates, level 3 in the studio.

### Thursday 27<sup>th</sup> July

- 09:15-09:45 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 – **Cancelled until further notice.**  
 11:15-12:15 Balance & Stability, Level 1 / 2. This class includes floor work.  
 13:30-16:30 Burford Shopping trip – Book at reception (7 places).  
 14:00-16:00 Croquet on the Green.  
 14:00-16:00 Art Club in the Art and Craft Room – Materials available for your use.  
 14:30-15:00 Aqua Zumba, Level 1.  
 15:55 Bridge Club in the Conservatory.  
 16:15-16:45 Seated exercise in Sycamore Lounge, Care Home.  
 16:00-17:00 Resident only swim.  
 18:00-18:45 Aqua intense in the pool, level 3  
 19:00-20:00 Barre Pilates, Level 3.

### Friday 28<sup>th</sup> July

Hairdressing appointments all day - book with spa.

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

- 09:00-09:45 Aqua Barre.
- 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.
- 14:00-16:30 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.
- 14:30-15:15 Posture Perfect, Level 1 in the Studio.
- 15:00-16:00 **\*Special** Reminiscence Café with Tracy in the Private Dining Room and Restaurant. This café falls on Tracy's last day with us. Let's get as many of us together to reminisce about some of the many activities and events organized by this most caring of individuals. Freshments supplied.
- 15:30-18:00 Table tennis in the studio.
- 16:00-18:00 Bowling on the Green.
- 16:00-17:00 Resident only swim.

### Saturday 29<sup>th</sup> July

- 10:00-12:00 Table tennis group session in the studio – Just turn up.
- 10:30-18:00 Open session for Bowling & Croquet.
- 12:00-17:00 Table tennis independent play - please book a session.
- 15:00 Film club – *The African Queen* in the Conservatory.

### Sunday 30<sup>th</sup> July

- 10:00 St Andrew's Church LR – No service.
- 10:30-18:00 Open session for Bowling & Croquet.
- 13:45-14:45 Grandchildren swim – booking essential, Age 12 and under.