

Richmond Village, Letcombe Regis
ACTIVITIES PROGRAMME
Week beginning 1st January 2018



Monday 1st January

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

- 09:00-09:45** Dynamic Strength and Balance, Level 3.-
Cancelled
- 10:00-12:00** Shopping trip to Wantage. **No trip today.**
- 10:00-10:30** Aqua fit in the pool, Level 1/2. - **Cancelled**
- 10:30-12:00** Bowling on the Green. **(No Bowling or Croquet until early spring 2018).**
- 10:30-12:30** Shopping trip to Wantage. **No trip today.**
- 11:15-11:45** Tai Chi (Seated & Standing), Level 1&2 in the studio. – **No class today.**
- 14:00-15:00** iPad/laptop computer group session with John Walker in the Conservatory – This class will be held on the 2nd & 4th Monday of the month. – **No class this week.**
- 14:00-16:00** Croquet on the Green. **(No Bowling or Croquet).**
- 14:30-15:30** Computer sessions for individuals and beginners – please book with Andy 4041.
Cancelled.
- 14:30-15:15** Balance and Stability, Level 1 in the Studio. –
Cancelled.
- 14:45-16:00** Library trip to Wantage –
1st Monday of month. – **No trip this week**
- 15:30-17:00** Chess in the Library – Resident led.
- 16:00-17:00** Resident only swim – **Cancelled.**
- 16.45-17.45** Poetry Club with Mary Rice in the Library this month the theme is ‘Love’.

Tuesday 2nd January

- 09:30-10:00 Aqua Circuits, Level 2.
10:00-14:00 Newbury Trip - Book at reception (7 places).
10:00-12:00 Creative Crafts in the Art and Crafts room with Pam.
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 Ladies Gym Session, Level 1.
11:15-12:00 Pilates in the studio, Level 1.
12:15-13:00 Pilates in the studio, Level 2.
14:00- Art Club
14:00-16:00 Bowling on the Green. (No Bowling or Croquet).
14:30-15:15 Balance and Stability, Level 2.
15:00-16:00 Afternoon Tea with Pam.
15:30-17:30 Table tennis in the studio.
16:00-16:30 Seated Games, Level 1 in Sycamore lounge
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 3rd January

Hairdressing all day – please book with the spa.

- 09:00-10:00 Aerobics + Pilates, Level 2 in the studio.
10:00-12:00 Creative Crafts in the Art and Crafts room with Pam.
10:15-11:00 Aqua Barre, Level 1.
10:30-12:00 Bowling on the Green. (No Bowling or Croquet).
10:15-10:45 Tai Chi (Seated & Standing), Level 1&2 in the studio.
11:00-12:00 Sports group in the Conservatory with Andy.
11:15-11:45 Zumba in the Studio, Level 2. No class today.
14:00-16:00 Art Club in the Art and Craft Room – Materials available for your use.
14:00-15:30 Knit and Natter with Sue in the bowling green alcove.

- 14:30-15:15** Balance and Stability in the studio, Level 1.
- 15:45-17:30** Table tennis in the studio.
- 15:30-16:30** Singing for fun with Sheenagh in the Conservatory – Open to all!
- 16:00-17:00** Residents only swim.
- 18:00-19:00** Yoga in the Studio

Thursday 4th January

- 09:00-09:45** Dynamic strength and balance with Kettlebells, Level 3.
- 10:30-11:00** Coffee morning in the Conservatory.
- 13:30-16:30** Trip to Oxford - Book at reception (7 places).
- 14:00-16:00** Croquet on the Green. **(No Bowling or Croquet).**
- 14:00-16:00** Art Club in the Art and Craft Room – Materials available for your use.
- 14:30-15:15** Balance and Stability, Level 2.
- 15:55** Bridge Club in the Conservatory.
- 16:00-16:30** Seated Exercise in Sycamore, Low Level.
- 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 intense in the pool, Level 3.
- 19:00-20:00** Barre Pilates, Level 3.

Friday 5th January

Hairdressing appointments all day - book with spa.

- 09:00-09:45** Pilates, Level 2.
- 10:00-12:00** Shopping trip to Wantage.
- 10:00-11:00** Aerobics & Pilates, Level 2 in the Studio.
- 10:30-12:30** Shopping trip to Wantage.
- 10:30-11:30** Current Affairs in the Conservatory with Andy.
- 11:15-11:45** Tai chi (Seated & Standing), Level 1&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.
15:30-17:30 Table tennis in the studio.
16:00-18:00 Bowling on the Green. **(No Bowling or Croquet).**
16:00-17:00 Resident only swim.

Saturday 6th January

- 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 – Saving Mr Banks, in the
Conservatory.

Sunday 7th January

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