

Richmond Village, Letcombe Regis
ACTIVITIES PROGRAMME
Week beginning 9th October



Monday 9th October

**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 Aqua fit in the pool, Level 1/2.**
- 10:30-12:00 Bowling on the Green.**
- 10:30-12:30 Shopping trip to Wantage.**
- 11:15-11:45 Tai Chi (Seated & Standing), Level 1&2 in the studio.**
- 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 until 23rd October.****
- 14:00-16:00 Croquet on the Green.**
- 14:30-15:30 Computer sessions for individuals and beginners – please book with Andy 4041.**
- 14:30-15:15 Balance and Stability, Level 1 in the Studio.**
- 14:45-16:00 Library trip to Wantage – 1st Monday of month. Please book with reception.**
- 15:30-17:00 Chess in the Library – Resident led.**
- 16:00-17:00 Resident only swim.**
- 15:30-16:30 Book Club in the Conservatory with Amanda Ferguson.**
- 17:15-18:00 Circuit Training, Level 3 in the Gym.**

Tuesday 10th October

- 09:30-10:00 Aqua Circuits, Level 2.
10:00-14:00 Reading trip - Book at reception (7 places).
10:15-11:00 Memory Games in the Conservatory with Andy.
10:15-11:00 Ladies Gym Session, Level 1.
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 Men's Gym Session, Level 1.
11:15-12:00 Pilates in the studio, Level 1.
12:15-13:00 Pilates in the studio, Level 2.
14:00-16:00 Bowling on the Green.
14:30-15:15 Balance and Stability, Level 2.
15:00 Afternoon Tea with Andy.
15:00-15:45 Zoolab's exotic animals in Reception.
15:30 Table tennis in the studio.
16:00-16:30 Seated Games, Level 1 in Sycamore lounge – **New class.**
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 11th October

Hairdressing all day – please book with the spa.

- 09:00-10:00 Aerobics + Pilates, Level 2 in the studio.
10:15-11:00 Aqua Barre, Level 1.
10:30-12:00 Bowling on the Green.
10:15-10:45 Tai Chi (Seated & Standing), Level 1&2 in the studio.
11:00 *Loot* at The Watermill Theatre, Newbury – no more tickets available – Transport from reception.
11:00-12:00 Sports group in the Conservatory.
11:15-11:45 Zumba in the Studio, Level 2.
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.**
- 14:30-15:15 Balance and Stability in the studio, Level 1.**
- 15:45-18:00 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**
- 19:00-20:00 Barre Pilates, Level 3 in the studio.**

Thursday 12th October

- 09:00-09:45 Dynamic strength and balance with kettlebells, Level 3.**
- 10:00-10:45 Circle Dancing, Level 2.**
- 10:30 Coffee morning in the Conservatory – followed by Focus Group meeting on *TV Systems from 11.00am***
- 11:15-11:45 Aqua Zumba, Level 2.**
- 13:30-16:30 Newbury 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.**
- 14:30-15:15 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. All welcome.**
- 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.**
- 19:15-20:15 Jim Mitchell in the Conservatory singing *The Magic of the Musicals*.**

Friday 13th October

Hairdressing appointments all day - book with spa.

- 09:00-09:45 Aqua Barre, Level 1.**
- 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.**
- 15:30-16:30 Monthly quiz with Andy in the Conservatory.**
- 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 14th October

- 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 – *Andre Rieu* in the Conservatory.**

Sunday 15th October

- 10:00 St Andrew's Church LR – Matins Service.**
- 10:30-18:00 Open session for Bowling & Croquet.**
- 13:45-14:45 Grandchildren swim – booking essential, Age 12 and under.**