

Richmond Village, Letcombe Regis
ACTIVITIES PROGRAMME
Week beginning 22nd September



Monday 22nd September

**Physiotherapy and Chiropodist Appointments all day in the Spa.
Please book with the Spa for chiropody and book with Dawn on
01235 821800 for physiotherapy.**

10:00-12:00	Shopping Trip to Wantage
10:00	Aqua Fit in the pool
10:30-12:30	Shopping Trip to Wantage
11:00	Combi tone – basic martial arts – Something NEW - Spa
11:45	Combi tone – basic martial arts – Something NEW - Spa
14:00	Afternoon walk or Gym Circuits – level 2
14:00-16:00	Chess for all in the Conservatory
16:00	Bowling Club on the Green

Tuesday 23rd September

10:30	Scrabble Club in the Library
11:00	Shall we Dance in the studio – level 2
11:00	Aqua Steady in the pool – level 1
11:15	Memory Games in the Conservatory
14:00	Pilates Class in the studio – level 2
14:00	Hydro-therapy in the pool – please book with Dawn at Progressive Physiotherapy – 01235 821800
14:15	Tea and Talk – The Tanneries of Wantage - FULL
14:30	Seated Exercise Class in Sycamore – level 1
15:00	Assisted Swim in the pool
15:00	Afternoon tea in the Conservatory
15:30-17:30	Table Tennis in the Dance Studio – level 2

- 16:00-18:00 Croquet on the Green
- 16:00-17:00 Hand bells with Jenny in the Art and Craft Room
- 18:30 Aqua Aerobics in the pool – level 3

Wednesday 24th September

Hairdressing all day – please book with the spa.

- 10:00-12:00 Bowling on the Green
- 10:00 Men’s Boot Camp in the studio or gym – level 2
- 10:00-14:00 Oxford Centre – Shopping trip
- 11:15 Tai Chi Standing in the studio – level 2
- 14:00 Art Club in the Art and Craft Room
- 14:30 Seated exercise class in Sycamore - level 1
- 14:30-15:30 Knit and natter with Sue in the Conservatory
- 15:00 Beginner Tap Dancing with Lucy in the studio – level 2
- 15:30-16.30 Sports quiz with Andy in the Conservatory
– The Ryder Cup
- 15:00-17:00 Richmond Radio in the Conservatory
- 15:30-17:30 Table Tennis in the Dance Studio – level 2
- 17:30 Gentle Aerobics in the studio – Level 2
- 18:00 Zumba in the studio – level 3
- 19:15 Pilates in the studio – level 3

Thursday 25th September – Spa Closed

- 10:00 Brain Games in Art and Craft Room
- 10:00 **Assisted Swim in the pool - Cancelled**
- 10:00-12:00 Croquet on the Green
- 10:00-12:00 Stelle and Dot Jewellery – Outside restaurant
- 10:30 Coffee in the Conservatory
- 10:00-14:00 Newbury shopping
- 11:30 **Staying steady in the studio – level 1 - Cancelled**
- 14:00 Art Club in the Art and Craft Room
- 14:30 **Aqua Aerobics in the pool – level 2 - Cancelled**
- 15:00 **Pool Games – level 2 - Cancelled**
- 16:00 Richmond Bridge Club in the Conservatory
- 18:00 **Aqua Intense in the Pool – Level 3 - Cancelled**

Friday 26th September

Hairdressing Appointments all day - Please book with the Spa.

10:00-12:00	Shopping Trip to Wantage
10:30-12:30	Shopping Trip to Wantage
10:30	Tai Chi Standing in the studio – level 2
10:30	Coffee club conversation with Andy in the Conservatory – Current Affairs
11:30	Tai Chi Seated in the studio – level 1
11:30	Physio in pool – please book
14:30	Seated exercise class in Sycamore – level 1
15:00	Ladies Posture Perfect in the studio – level 2
15:30	Singing group in the Conservatory-Cancelled
15:30-17:30	Table Tennis in the Dance Studio – level 2
16:00-18:00	Bowling on the Green
18:00	Zumba in the studio – level 3

Saturday 27th September

Morning chiropractor appointments in the Spa – please book with Dan at Espina Chiropractic – 01235 410708

Table Tennis all day in the Spa

09:30	Beginners Table Tennis in the Dance Studio – level 2
10:00-12:00	Croquet on the Green
14:00-16:00	Film Club in the Conservatory - Philomena
16:00-18:00	Bowling on the Green

Sunday 28th September

Table Tennis all day in the Spa

10:00-12:00	Bowling on the Green
10:00	Holy Communion in St Andrew's Church
14:00-15:00	Grandchildren's swim in the pool – booking essential
16:00-18:00	Croquet on the Green

NOTES FOR THE WEEK

Tea and Talk – Wayland Museum **Wantage Tanneries – Tuesday 23rd Sept** **Leaving Richmond 14:15 pick up 16:00**

If this Tea and Talk is successful I'll book up the Wheelwrights as soon as they have availability.

Supper Club **Wednesday 24th September 18:00**

Lorraine Chapman - Flautist

Oktoberfest **Friday 3rd October – 14:00 – 16:00** **The Beacon Wantage**

In association with Loose Canon Brewery, The Beacon's Oktoberfest celebrates all that is good about beer with many ales, ciders and ports to try.

Book at reception

Christmas Card Competition **Deadline 31st October**

This Christmas card competition is for a bit of fun and in aid of the Richmond Charity, The Alzheimer's Society.

I will be posting out blank card templates with your weekly schedule and you or any of your family, children or grandchildren, can do the artwork. Once these are complete they will be turned into greeting cards ready to be sold. The name of the artist will be on the back and the one who sells the most will be the winner.

Tony Hadland - Talk **William Gill – Victorian Explorer and Spy** **3rd October**

Tony Hadland tells the fascinating story of William Gill's courageous and very Victorian character.

Poetry Club Theme for October is Sport and Games

One2one computer sessions starting from 6th October 2014. More details to follow.

Notices

The next few weeks will have landscaping contractors working on the site.

Now that the nights are drawing in we are looking at rectifying the lighting problems outside.

The Spa is closed all day 25th September