

Richmond Village, Letcombe Regis
ACTIVITIES PROGRAMME
Week beginning 1st December



Monday 1st December

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
10:30-11:30 Ipad group lesson with John Walker – Conservatory
10:30-12:30 Shopping Trip to Wantage
11:00 Tai Chi Seated in the studio – level 1
11:45 Tai Chi Standing in the studio – level 2
14:00 **Afternoon walk / Circuits – level 2 - Cancelled**
14:00 – 16:00 Chess Club and draughts for all in the Conservatory
14:00-17:00 Individual computer sessions – please book with Lizzie
and Andy
17:00 Poetry Group - Winter

Tuesday 2nd December

- 10:00-12:00 Glass painting – This session is for all levels – Come
along to try it or just to watch
10:00-12:30 Faringdon Farmer's Market
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 with Andy
13:30 Hydro-therapy in the pool – please book with Dawn at
Progressive Physiotherapy – 01235 821800
14:30 Pilates Class in the studio – level 2

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| 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 |
| 16:00-17:00 | Hand bells with Jenny in the Art Room |
| 18:30 | Aqua Aerobics in the pool – level 3 |

Wednesday 3rd December

Hairdressing all day – please book with the spa.

The gym will be closed from 3pm.

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| 10:00 | Men's Boot Camp in the studio or gym – Cancelled |
| 10:00-14:00 | Millet's Farm |
| 11:00 – 12:00 | Sports group with Andy in the Conservatory |
| 14:00-16:00 | Art Club in the Art and Craft Room |
| 14:30 | Sculpt and stretch – Studio with Abigail |
| 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 | Singing group in the Conservatory |
| 15:30-17:30 | Table Tennis in the Dance Studio – level 2 |
| 17:30 | Gentle Aerobics with Abigail – Level 2/3 |
| 18:00-19:00 | Shape shifters in The Studio |
| 19:15 | Pilates in the studio – level 3 |

Thursday 4th December

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| 10:00 | Brain Games in Art and Craft Room |
| 10:00 | Assisted Swim in the pool |
| 10:30 | Sassy's stall is back for a Christmas special |
| 13:30 – 17:00 | Newbury |
| 10:30 | Coffee in the Conservatory |
| 11:30 | Staying steady in the studio – level 1 |
| 14:00-16:00 | Art Club in the Art and Craft Room |
| 14:30 | Aqua Aerobics in the pool – level 2 |
| 16:00 | Bridge Club in the Conservatory |
| 18:00 | Aqua Intense in the Pool – Level 3 - Cancelled |

Friday 5th December

Hairdressing Appointments all morning - Please book with the Spa.

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| 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 | Current Affairs Coffee club in the Conservatory |
| 11:30 | Tai Chi Seated in the studio – level 1 |
| 11:30 | Physio in pool – please book |
| 14:00 | Felt making with Nicki Parsons – turn up on the day |
| 14:30 | Seated exercise class in Sycamore – level 1 |
| 15:00 | Ladies Posture Perfect in the studio – level 2 |
| 15:00 – 16:00 | Andante Christmas Concert in the restaurant |
| 15:30-17:30 | Table Tennis in the Dance Studio – level 2 |

Saturday 6th December

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

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| 09:30 | Beginners Table Tennis in the Dance Studio – level 2 |
| 15:00-17:00 | Film Club in the Conservatory – Sideways |

Sunday 7th December

Table Tennis all day in the Spa

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| 10:00 | Holy Communion at St Andrew's Church |
| 14:00-15:00 | Grandchildren's swim in the pool – booking essential |

NOTES FOR THE WEEK

Faringdon Farmer's Market

Tuesday 2nd December. Bus leaving Letcombe at 10:00 and returning at 12:30.

A quick visit to the Faringdon Farmer's Market to see what it's like.

Andante Christmas Concert

Friday 5th December, in the restaurant, 1500 - 1600

Multi-instrumentalists Andante comprises of the fabulous instrumental and vocal talents of Vee Sweeney and Mark Rowson. Versatile and stylish performers, they combine differing musical backgrounds and skills to create a refreshing and unusual act. Vee brings classical and Irish influences to the blend whilst Mark adds original and exciting ideas.

Just turn up!

Film – Sideways

Saturday 6th December. In the Conservatory, 15:00 – 17:00.

Nominated for five academy awards, Sideways is about a wine tasting road trip through California's Central Coast.....Rating 15.

Oxford University Press Museum

Tuesday 9th December, Leaving Richmond at 10:30 and pick up at 14:30. All disabled facilities available. Café in premises.

The OUP Museum traces the history of Oxford University's involvement in printing and publishing from the 15th Century to the present day. There are displays on OUP buildings, the 17th Century Fell Types, The Oxford Almanacs, Alice in Wonderland and more. **Please book at reception.**

Mosaic Workshop

Thursday 11 December, 11:00 – 13:00 in the Art and Craft room

A one off informal and sociable mosaic workshop with Carol to make decorations for our Christmas tree. Please book at reception or tell Lizzie if you are interested in joining in.

Golden Loom

Thursday 18 December, 11:00 12:00 in the Conservatory

A wonderful weaving of stories, pictures, poems and carols, not to mention some fascinating facts about all things Christmassy! Where did the idea of a traditional Christmas come from? Does Santa really live in Lapland? Why does he wear a red suit? Who invented Christmas crackers? This lively show is a special Christmas treat that will entertain and enchant any audience.

Just turn up!

Notices

A reminder for residents to book in advance when inviting guests to the restaurant, as service is getting busier especially at weekends. Thank you.
Paul Welch.

A box will be put in the reception area on Monday 1st December for you to vote for your 2015 Charity of the Year.

