

## Richmond Village, Letcombe Regis

### ACTIVITIES PROGRAMME

Week beginning 15th December



#### Monday 15<sup>th</sup> 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  
10:00 – 11:30 Decorate the Christmas tree in the restaurant with  
sherry and mince pies and Jenny's bell ringers  
10:30-11:30 **Ipad group lesson with John – Cancelled until 5<sup>th</sup> Jan**  
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- Speak to Frank  
14:00 – 16:00 Chess for all in the Conservatory  
14:00-17:00 Individual computer sessions – please book with Lizzie  
and Andy

#### Tuesday 16<sup>th</sup> December

- 10:00-12:00 Glass painting – This session is for all levels – Come  
along to try it or just to watch  
10:30 Scrabble Club in the Library  
11:00 **Shall we Dance in the studio – Cancelled until Jan**  
11:00 Aqua Steady in the pool – level 1  
10:45 Memory Games in the Conservatory with Andy  
11:45-14:00 Lunch in the Bay Tree Pub – by invitation only  
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

14:30	Seated Exercise Class in Sycamore – level 1
15:00	Assisted Swim in the pool
15:00	<b>Afternoon tea in the Conservatory – cancelled</b>
15:00	Ridgeway primary school choir with Sue Worth
15:30-17:30	Table Tennis in the Dance Studio – level 2
16:00-17:00	<b>Hand bells with Jenny – cancelled until Jan 6th</b>
16:30-17:30	Happy hour in the bar
18:30	<b>Aqua Aerobics in the pool – level 3 - cancelled</b>
19:30	Letcombe Singers with readings by Richard Baker– St Andrew’s Church

### Wednesday 17<sup>th</sup> December

Hairdressing all day – please book with the spa.

10:00	<b>Men’s Boot Camp in the studio or gym - cancelled</b>
10:00-14:00	Cirencester shopping
11:00 – 12:00	<b>Sports group with Andy in the Conservatory - cancelled</b>
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 with Sheenagh
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

### Thursday 18<sup>th</sup> December

10:00	<b>Brain Games in Art and Craft Room - Cancelled until Jan</b>
10:30	Coffee in the Conservatory
11:00 – 12:00	Golden Loom – Christmas Foray talk with Mindy
11:30	Staying steady in the studio – level 1
13:30 – 17:00	Newbury shopping
14:00-16:00	Art Club in the Art and Craft Room
14:30	Aqua Aerobics in the pool – level 2
14:30	Holy Communion with Revd Leonora in the Private Dining room
16:00	Bridge Club in the Conservatory
18:00	Aqua Intense in the Pool – Level 3

## Friday 19<sup>th</sup> December

Hairdressing Appointments all morning - Please book with the Spa.

10:00-12:00	Shopping Trip to Wantage
10:00-14:00	Moda Jewellery outside the restaurant
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
14:30	<b>Seated exercise class in Sycamore – level 1 - Cancelled</b>
15:00	Ladies Posture Perfect in the studio – level 2
15:30-17:30	Table Tennis in the Dance Studio – level 2
19:00	Silver Band in the restaurant

## Saturday 20<sup>th</sup> December

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
15:00-17:00	Film Club in the Conservatory – Singing in the Rain

## Sunday 21<sup>st</sup> December

Table Tennis all day in the Spa

14:00-15:00	Grandchildren's swim in the pool – booking essential
18:00	Carol service – St Andrew's Church

## NOTES FOR THE WEEK

### Christmas Tree Decoration

**Monday 15<sup>th</sup> December, 10:00. In the restaurant.**

Come and decorate the tree with us in the restaurant. We've got sherry, mince pies and Jenny's bell ringers.

### Ridgeway Primary School

**Tuesday 16<sup>th</sup> December 15:00. In the restaurant.**

The children will be singing Christmas carols with Sue Worth and standing in for Revd Leonora. Readings from Sue and residents.

Happy Hour at the bar. 16:30 – 17:30.

**Letcombe Singers**

**Tuesday 16<sup>th</sup> December 19:30. St Andrews Church.**

Performance by Letcombe Singers with readings from Richard Baker.

**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! This lively show is a special Christmas treat that will entertain and enchant any audience.

**Just turn up!**

**Silver Band**

**Friday 19<sup>th</sup> December, 19:00 in the Restaurant**

Just turn up and enjoy!

**Film – Singing in the Rain**

**Saturday 20<sup>th</sup> December. In the Conservatory, 15:00 – 17:00.**

Set in Hollywood in the roaring 20s, starring Gene Kelly, Donald O'Connor and Debbie Reynolds. An exhilarating musical comedy...

**Boar's Head in Ardington**

**Tuesday 30<sup>th</sup> December, leaving Richmond at 11:45**

A table of 10 is booked in this traditional, cosy and friendly country pub in the centre of Ardington. Disabled access and facilities available.

Please book at reception.

**Watermill Theatre – The Deep Blue Sea**

**Thursday 25<sup>th</sup> June 2015, leaving Richmond at 11:45**

**Lunch is reserved in the Watermill restaurant for 13:00**

Terence Rattigan's 1950s masterpiece portrays the emotional turmoil of a woman defying convention and the destructive power of love.....The Deep Blue Sea promises to be unforgettably moving.

11 seats available – No wheelchair spaces unfortunately. Please book at reception. Tickets are £15.50 and will be taken out of your account on receipt of your signature.

Residents are invited to donate to the Richmond Staff fund. Cheques are payable to *Richmond Letcombe Regis Ltd* and can be left at reception.

Please remember to nominate your charity for 2015. The pink box is next to the greeting cards in the reception. Paper and pens are supplied.

Don't run out of your medication this month, put in your prescription early!

The notice board to exchange Christmas cards will be up by Monday.

3 copies of Scoop still to find. Please look in your bookcases. Thank you.