

Richmond Village, Letcombe Regis
ACTIVITIES PROGRAMME
Week beginning 19th January



Monday 19th January

Physiotherapy and Chiropody 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 in the Conservatory
10:30-12:30 Shopping Trip to Wantage
11:00-11:30 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
14:30-17:00 Individual beginners computer sessions – please book with Andy and Lizzie

Tuesday 20th January

- 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 – level 2 - cancelled
11:00 Aqua Steady in the pool – level 1
11:00 Memory Games in the Conservatory with Andy
11:40 Lunch at The Boar's Head, Ardington. Leaving Letcombe at 11:40, pick up at 14:30 - FULL
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	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 and Craft room
18:30	Aqua Bootcamp in the pool – level 3

Wednesday 21st January

Hairdressing all day – please book with the spa.

10:00	Men's Boot Camp in the studio or gym
10:00 – 14:00	Newbury shopping
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 in the Conservatory
15:00	Beginner Tap Dancing with Lucy– 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 22nd January

10:00	Brain Games in Art and Craft Room
10:00	Assisted Swim in the pool
10:30	Coffee in the Conservatory
10:30	Yoga - Level 3 – New! This is a mat class, so you need to be able to get down and up from the floor
11:30-12:00	Staying steady in the studio – level 1
13:30-16:30	Newbury shopping
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
17:10-18:10	Mobile Library
18:00	Aqua Intense in the Pool – Level 3

Friday 23rd January

Hairdressing appointments all morning - 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	Current Affairs Coffee club in the Conservatory
11:30-12:00	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
15:30-17:30	Table Tennis in the Dance Studio – level 2

Saturday 24th January

Morning chiropractor appointments in the Spa – please book with
Dan at Espina Chiropody – 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 – Love Actually

Sunday 25th January

Table Tennis all day in the Spa

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

NOTES FOR THE WEEK

Lunch @ The Boars Head – Ardington

Tuesday 20th January leaving Richmond at 12:00 and return at 15:00

The Boar's Head offers excellent homemade seasonal foods accompanied
by a wide selection of drinks, to suit all tastes.

Table of 7 booked – FULL

DVD – Love Actually

Saturday 24th January. In the Conservatory, 15:00 – 17:00.

Love Actually explores the ups and downs of relationships in the weeks
building up to Christmas.....

Late Spring – Bereavement Group – 27th January

The Wantage Independent Advice Centre 10:00 – 12:00

These sessions occur in a relaxed and friendly setting with others who
understand about how being bereaved can make you feel, simply because

they are 'feeling it too'. The groups provide people with the opportunity to 'just be themselves' as we gently stroll together along the journey we all face following the death of a loved one. A journey that is one on which we all have to find our own way of 'carrying on and coping' whilst not 'forgetting'. **Transport provided – please book at reception.**

Making jewellery with beads – Monday 26th January, 14:00

This one off workshop is presented to you by Jackie Osborne. Everyone who comes along will go away with a necklace, bracelet and if you're really good, both.

If the workshop is a success we will invite Jackie back to give us more tuition. Book at reception.

Supper Club – 28th January, 6pm **The Oxford Male Harmony Choir**

Please book through the restaurant

The Vale and Downland Museum – 3rd Feb

Tea and Talk – The Farmhouse Kitchen
Leaving Letcombe at 10:15 for 10:30 talk, pick up at 12:00

An interesting talk followed by tea and cake.

No charge. Book at reception.

Music and songwriting with Matt Sage **Wednesday 4th Feb – 11:00 in the Conservatory**

Matt Sage is an inspirational song writer and performer. He founded the legendary Catweazle Club, an innovative performance space in Oxford. He uses creativity, imagination and collaboration to create songs. Please join Matt for a fun and one off experience. Bring instruments if you want or just bring yourself.

No booking required.

Wine Tasting

Brian Davis who did some wine tasting at our Christmas Fayre would like to come back to do an early evening wine tasting session. He has proposed presenting 10 wines at £15 per head. If you would be interested in an event like this, at that price, please put your name down at reception.

We would need 10 people to go ahead.