

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



Monday 9th March

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	Computer group session with John Walker in the Conservatory. All welcome!
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 – level 2 – speak to Frank
14:00-16:00	Chess for all in the Conservatory
14:30-16:30	Computer sessions for individuals and beginners – please book with Lizzie on 4579

Tuesday 10th March

10:00	Late Spring Bereavement Group – Please book
10:30-12:30	Glass painting – In the Art and Craft Room
10:30	Scrabble Club in the Library
11:00	Aqua Steady in the pool – level 1
11:00	Memory Games in the Conservatory - Cancelled
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 11th March

Hairdressing all day – please book with the spa.

10:00 Men's Boot Camp in the studio or gym
10:00-12:30 Millets
11:00-12:00 **Sports group with Andy in the Conservatory - cancelled**
14:00-16:00 Art Club in the Art and Craft Room
14:30 Posture perfect – studio with Abigail
14:30-15:30 Knit and natter with Sue in the fireplace alcove
15:00 Beginner Tap Dancing with Lucy– 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

Thursday 12th March

10:00 Brain Games in Art and Craft Room
10:00 Assisted Swim in the pool
10:00 Shall we Dance in the studio – level 2
10:00-14:00 Newbury shopping trip
10:30 Coffee in the Conservatory
10:30 Yoga – Level 3 – 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
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

Friday 13th March

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 with Lizzie

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 – please book only 12 spaces available
15:30-17:30	Table tennis in the Dance Studio – level 2

Saturday 14th March

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 – Song for Marion

Sunday 15th March

Table Tennis all day in the Spa

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

NOTES FOR THE WEEK

Richmond Villages Art Competition Tuesday 10:30 – 12:30, Glass Painting

To celebrate Richmond Letcombe Regis' love of the creative arts and the increased use of the Art and Craft room as a sociable and creative space, we have decided to enter this art competition. Residents from the care floor are working towards a piece that uses materials from the natural world and ILU/ALU residents will be asked to contribute to a large glass painting in the Art and Craft room. Please drop in on Tuesdays from 10:30 onwards to drink tea/coffee and chat whilst helping with this project. No experience required.

Film – Song for Marion Saturday 14th March: 15:00-17:00. In the Conservatory

A heart-warming story about living life to the full. Grumpy pensioner Arthur (Terence Stamp) is reluctantly persuaded by his beloved wife Marion (Venessa Redgrave) to join her highly unconventional choir...

Calling all film lovers!

Film Club Meeting **Thursday 12th March – 11:15, Conservatory**

We have now got a year's subscription to a film club called Cinema Paradiso. This meeting is an opportunity to choose different films and to restructure Film Club.

Talk on Mr Davey **Tuesday 17th March. 14:30 – 16:00, Vale and Downland Museum**

Find out about Mr Edward Davey, a Victorian businessman and long time resident of Wantage who had a passion for collecting 'curiosities'. Mr Davey provides an excellent example of the Victorian gentleman who loved discovery and learning. Famous locally for his geological investigations, fossil discoveries and archeological digs, Davey wrote a detailed and illustrated journal and one of the volumes is now part of the museum's collection.

8 place available, please book at reception. There is no charge for this talk.

Sam Strange's Magic Show **Wednesday 8th April. 15:00 – 16:00** **in the Restaurant**

This is our Easter fund-raising event for our charity of the year, The Wantage Independent Advice Centre. The talented Sam Strange will wow us with a full show of his tricks and wizardry skills. Some of us have already been amazed by the taster Sam gave some months ago and now he is promising to blow us away with this extraordinary show. Please come along and invite your family and friends too.

This show is open to Richmond residents and our local town communities.

Tickets cost £8 per adult, £4 per children and £20 per family ticket (2 adults and more than 2 children).

To pay for tickets please bring cash or card payment to Lizzie in the Art room or ring her on 01235 774579.

Notes

Laundry

We will be putting a new laundry system in place, details to follow. We aim to have this up and running by April. Thank you, Sharon Hunt.

The report containing the speed monitor results is now available in the library for anyone who would like to view it.

To clarify that the photography group starts on 17th April.