

Richmond Village, Letcombe Regis
ACTIVITIES PROGRAMME
Week beginning 16th March



Monday 16th 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.

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| 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! |
| 11:30 | Film Club meeting 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 – level 2 – speak to Frank |
| 14:00-16:00 | Chess for all in the Conservatory - cancelled |
| 14:30-16:30 | Computer sessions for individuals and beginners – please book with Lizzie and Andy on 4579 |
| 15:30-16:30 | Book Club with Amanda Ferguson in the Conservatory |

Tuesday 17th March

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| 10:00 | London Westfield Shopping |
| 10:30-12:30 | Glass painting – In the Art and Craft Room with Lizzie |
| 10:30 | Scrabble Club in the Library |
| 11:00 | Aqua Steady in the pool – level 1 |
| 11:00 | 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 |
| 14:30 | Seated Exercise class in Sycamore – level 1 |
| 14:30 | Tea and Talk – Vale and Downland Museum – Mr Davey |

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 18th March

Hairdressing all day – please book with the spa.

10:00	Men's Boot Camp in the studio or gym
10:00-12:30	Milletts Farm
11:00-12:00	Sports group with Andy in the Conservatory
14:00-16:00	Art Club in the Art and Craft Room
14:00-18:00	Richmond Letcombe Regis opens its doors to show people around the premises
14:30	Posture perfect – studio with Abigail
14:30-15:30	Knit and natter with Sue in the bowling green alcove
15:00	Beginner Tap Dancing with Lucy– level 2 - cancelled
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 19th 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
10:30	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
15:00	Andante playing in the restaurant
16:00	Bridge Club in the Conservatory
17:15	Mobile Library
18:00	Aqua Intense in the Pool – Level 3

Friday 20th 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 Andy
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 21st 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 – cancelled

Sunday 22nd March

Table Tennis all day in the Spa

10:00	Holy Communion B, 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

Please drop in on Tuesdays from 10:30 onwards to drink tea/coffee and chat whilst helping with this project. No experience required.

Andante – Shindig Show

Thursday 19th March: 15:00-16:00. In the restaurant

Andante are back with their Shindig show where traditional meets contemporary in a lively, fun Irish show that you don't have to be Irish to enjoy.

Multi instrumentalists Vee and Mark are versatile and stylish performers combining different musical backgrounds to create a refreshing and unusual act. Their shows can feature up to 15 different instruments. This event is free of charge, please come along and enjoy the show.

Film Club Meeting - rescheduled

Monday 16th March – 11:30, 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.

Please book at reception.

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.

Get your tickets before they all go!

Bowls Match

Saturday 25th April

This will be the first friendly match of the season and we are looking to put together a Richmond Letcombe team. If you are interested please speak to Lucy. Opponents are still to be confirmed

Note

Opera Unmasked – Jim Mitchell has contacted to say that he cannot show Tosca on 22nd March. I will let you know as soon as a new date for this showing is confirmed.

Please make sure the book club is informed if you are unable to attend. This will ensure that a new book is put to one side for you. Thank you.