

# LOVEDAY®

Abbey Road

## Activities and Events

WEEK COMMENCING 12th SEPTEMBER 2022

Mexican Independence Day | Friday 16th September



## Monday 12th

- 10.30am Newspaper front pages**  
All the newspaper front pages from UK and around the world
- 11.15am Monday stretch & move**  
A gentle stretch & balance session to get you started for the week ahead
- 2.00pm Foods of yesteryear**  
Reflect on what culinary delights we enjoy, how food and shopping for food has changed over the years
- 3.15pm Culinary masterclass**  
Adriano & team will be sharing more culinary wizardry with us all
- 5.00pm Ines & Laura Entertain**  
This dynamic duo perform an eclectic mix of music on piano & violin

## Tuesday 13th

- 10.30am Newspaper front pages**  
All the newspaper front pages from UK and around the world
- ALL DAY Roald Dahl Day**
- 11.15am Reminiscence & discussion**  
Time to reflect on the wonderful works of Roald Dahl
- 1.30pm Retro sweet shop time**  
Visit our very own sweet shop to select your favourites before the movie starts. Rhubarb and custard anyone?
- 2.00pm Movie matinee**  
With your pick and mix in hand, join us for Roald Dahl's classic Charlie & the Chocolate factory... the original obviously
- 4.45pm A gathering of friends**  
To discuss our day and what we have enjoyed thus far

## Wednesday 14th

- 10.30am Newspaper front pages**  
All the newspaper front pages from UK and around the world
- 11.00am Music & movement**  
Join Pernille for a fun and engaging session where you will move and flow to the beautiful music
- 2.00pm Art with Grace**  
Join Grace for our Loveday art workshop for national colouring day
- 3.30pm Basil Hodge**  
Live, sweet mellow jazz piano
- 5.00pm Spot the difference**  
An opportunity to work as a group to find as many differences in our giant picture

## Thursday 15th

- 10.30am Newspaper front pages**  
All the newspaper front pages from UK and around the world
- 11.15am Aboriginal dot art with Claudine**  
We will explore aboriginal art as today is Aboriginal day and international dot day
- 2.00pm Christian Gerhaher baritone; Gerold Huber piano**  
This leading duo return for a program of songs from the German Lieder tradition, including a set of five songs by Berg often alternatively named Postcard-Lieder after the short texts that are set
- 2.15pm Poetry Session**  
Join us in the for some Aboriginal inspired poetry
- 3.30pm Tai Chi with Paul**  
Paul will lead us in a session of wonderful calming moves to enrich your mind, body and spirit

## Friday 16th

- 10.00am Newspaper Front Pages**  
All the newspaper front pages from UK and around the world
- ALL DAY Mexican independence day**
- 11.00am Let us get moving**  
An invigorating dance session set to Mexican music, setting us up for an exciting weekend
- 2.00pm Frida Kahlo**  
Known for her many portraits, self-portraits, and works inspired by the nature and artifacts of Mexico, we will attempt a self-portrait in the style of Frida Kahlo
- 3.30pm Taste of Mexico**  
Join us in the dining room for a sample of traditional Mexican street foods. Perhaps a shot of tequila for the brave!
- 4.00pm Mariachi Fiesta time**  
This mariachi band know how to party, bringing you classic Mexican mariachi music with some surprises in between too... the fiesta has arrived!

## Saturday 17th

- 10.30am Newspaper front pages**  
All the newspaper front pages from UK and around the world
- ALL DAY London Fashion week starts**
- 11.15am Catwalk moves**  
Join our exercise session where our movements will incorporate our best catwalk moves too
- 1.45pm Reminiscence & discussion**  
A gathering of friends to discuss our favourite fashion eras
- 3.30pm Fashion art**  
With a plethora of fabric to choose from we will design and create our new Loveday 2022 fashion week look on card models

## Sunday 18th

- 10.30am Newspaper front pages**  
All the newspaper front pages from UK and around the world
- 11.00am Sunday stretch club**  
An innovative seated stretch class using props to get you moving
- 2.30pm Sunday crossword**  
Test your knowledge with our weekend crossword
- 3.30pm Fashion week accessories**  
Create your own jewellery for your London fashion week look
- 5.00pm Loveday reflection**  
A look back over the week we've had together, what have been our highlights?

“Life is 10% what happens to me and 90% of how I react to it.”

CHARLES SWINDOLL

Our programme is comprised of highly innovative, evidence-based activities, following five components that ensure every day is lived well.

### Sense & Sensory

Stimulate the mind, memory and the senses with activities.

### Mind & Memory

New learning incorporating the latest technology and expert tuition.

### Arts & Culture

Singing, music and art making have been proven to improve mood and behaviour.

### Eldergym

Improve confidence, strengthen bones, muscles and the heart.

### Culinary Masters

Our award-winning Chefs lead interactive classes and demonstrations.

