

LOVEDAY®

Abbey Road

Activities and Events

WEEK COMMENCING 26th SEPTEMBER 2022

A Trip to Wigmore Hall | Wednesday 28th September | 7.00pm



Monday 26th

- 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 Loveday creative class**
Our first session, working with autumnal coloured papers to create our decoupage animals
- 3.00pm John sessions**
John will be entertaining us with his musical skills
- 4.30pm A trip down memory lane**
An informal gathering of Loveday friends discussing years gone by and working through our Memory lane books

Tuesday 27th

- 10.30am Newspaper front pages**
All the newspaper front pages from UK and around the world
- 11.00am Music & movement**
Pernille will get you moving and singing. To all your favourite tunes
- 2.00pm Art with Grace**
Join Grace in our activity room and create your own masterpiece
- 3.30pm Ten pin bowling**
Ten pin bowling in the garden (weather permitting)
- 5.00pm Name that tune**
Pre-supper competition to test your musical knowledge

Wednesday 28th

- 10.30am Newspaper front pages**
All the newspaper front pages from UK and around the world
- 11.15am Seated yoga**
Join me in the Activity room for a gentle introduction to seated yoga, great for the body and mind. Activity room
- 2.00pm Reminiscence & discussion**
Today's subject is music and The Beatles...well we are in Abbey Road!
- 3.00pm Beatles art**
Let us get creative and make our own Beatles models
- 7.00pm A trip to Wigmore Hall**
Dame Sarah Connolly mezzo-soprano; Joseph Middleton piano. This will also be streaming live in the GF lounge for those that wish to stay home and see this performance.

Thursday 29th

- 10.30am Newspaper front pages**
All the newspaper front pages from UK and around the world
- ALL DAY National Coffee day**
- 11.15am Square Mile coffee experience**
We will be joined by one of London's finest coffee roasters to share how coffee beans can be so very different and sample them for ourselves
- 2.00pm Tai Chi with Paul**
Paul will lead us in a session of wonderful calming moves to enrich your mind, body and spirit
- 3.00pm Culinary masterclass**
Adriano & team will once again delight us with their culinary magic. Today's main ingredient is coffee... sweet or savoury I wonder!
- 4.30pm Coffee Bean Art**
How creative can we be with the humble coffee bean?

Friday 30th

- 10.00am Newspaper Front Pages**
All the newspaper front pages from UK and around the world
- 11.00am Bollywood movements**
An introduction to the beautiful & colourful Bollywood dance moves set to traditional music
- 1.30pm Shiatsu in the Spa**
Relax and enjoy a hand or head massage based on traditional Japanese
- 3.00pm Poetry hour**
Rumi or originally known as Jalāl ad-Dīn Muhammad Rūmī, was a 13th-century evergreen and ever-famous Persian poet, Islamic scholar, Sufi mystic and Hanafi faqih
- 4.30pm Ines & Laura entertain**
This dynamic duo join us for an eclectic mix of music on piano & violin

Saturday 1st

- 10.30am Newspaper Front Pages but not as you know it!**
After breakfast we will take our papers and walk to the coffee shop to enjoy each other company. Let's see what is going on in the world.
- 2.00pm Yuri Sabatini Entertains**
This talented operatic tenor will delight us with his classic arias and sensuous tunes
- 4.00pm Mind & memory**
What is puzzling you? Join us for a selection of games and puzzles

Sunday 2nd

- 10.30am Newspaper front pages**
All the newspaper front pages from UK and around the world
- 11.15am Sunday stretches**
A mixture of gentle yoga and tai chi movements to limber us up for our day ahead
- 2.00pm Cards & board games**
Bridge, backgammon, chess, rummy and more
- 4.00pm Sunday Matinee**
Good old classic movie

“You are not a drop in the ocean. You are the entire ocean, in a drop.”

RUMI

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.

