

LOVEDAY®

Abbey Road

Activities and Events

WEEK COMMENCING 5th SEPTEMBER 2022

Seaside Fun | Friday 9th September | 10.00am



Monday 5th

- 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
- 2.30pm International day of charity**
Local groups will be invited to join us in the garden for tea and cakes, live music, garden games and fun to celebrate international day of charity

Tuesday 6th

- 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
- 2.30pm National read a book day**
Discuss what books we love and why. Childhood and adult favourites
- 3.30pm Tai Chi with Paul**
Paul will lead us in a session of wonderful calming moves to enrich your mind, body and spirit
- 5.00pm Name that tune**
You name it we will play it on our endless catalogue of YouTube music

Wednesday 7th

- 10.30am Newspaper front pages**
All the newspaper front pages from UK and around the world
- ALL DAY Brazilian independence day**
- 11.00am Cultural art discovery session**
A look into Brazilian art and a creative session using oil paints
- 2.30pm Brazilian Sway Duo**
Join us for duet Brazilian Sway, re-imagined much loved pop & soul classics in Brazilian Grooves
- 3.30pm Culinary masterclass**
Adriano & team will serve up a little Brazilian treat. Bolinhos de bacalhau, (mini cod cakes)
- 4.00pm Cocktail time**
Brazilian cocktail time, the Caipirinha will pair perfectly with our Bolinhos de bacalhau

Thursday 8th

- 10.30am Newspaper front pages**
All the newspaper front pages from UK and around the world
- 11.15am Stretch & move**
A gentle stretch & balance session to keep you agile & invigorated
- 2.00pm Elisabeth Brauss**
Watch one of Wigmore Halls special recordings of this most talented pianist
- 2.30pm Creative writing session**
Engage in our creative writing session celebration international literacy day
- 4.00pm Board games and cards**
Lets re-visit some of the classic card and board games. Rummy, dominoes, bridge, backgammon and much more

Friday 9th

- 10.00am Seaside fun, a day for everyone**
A day trip to historic Portsmouth, shopping at Gunwharf, a boat trip around the historic dockyard to see warships past and present and lunch at Blanc brasserie. And not a kiss me quick hat in sight!

Saturday 10th

- 10.30am Newspaper front pages**
All the newspaper front pages from UK and around the world
- 11.00am Art for our garden**
Lets create flowers out of clay to display in our garden
- 2.00pm Poetry**
Create our own poetry using where we went and what we saw on yesterday trip to the coast as our subject
- 4.00pm An afternoon of opera**
Harry Kersley will delight you with his opera singing

Sunday 11th

- 10.30am Newspaper front pages**
All the newspaper front pages from UK and around the world
- 11.15am Harvest festival**
A celebration of the food grown on the land. We will be taking a look at some of the most magnificent fruit and veg harvested then give it to our wonderful Adriano & team to see what culinary wizardry can be produced from our offerings. Who's looking forward to lunch?
- 2.00pm Gardening time**
A walk round our gardens to see what has come to an end this summer and look at what we could replace it with for our colder months
- 3.00pm Reminiscence & discussion**
Favourite films, actors and actresses. How many words can we make out of supercalifragilisticexpialidocious?
- 4.30pm Loveday cinema**
Cosy up for an afternoon Fred and Ginger classic and of course an ice cream

“The most difficult thing is the decision to act, the rest is merely tenacity.”

AMELIA EARHART

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.

