

LOVEDAY® CHELSEA COURT PLACE

Activities and Events

WEEK COMMENCING 15th AUGUST 2022



Monday 15th

- 10:00am News, views, politics & papers**
Keeping abreast of the latest news
- 11:00am Yoga**
Charlotte Khan joins us in a session of fun, relaxing yoga
- 2:00pm Workshop**
Indian Independence day Knowledge facts food tasting
- 3:00pm Magical Music Monday**
The talented Anton Pazicky plays the accordion for us today.
- 4:00pm Documentary**
David Attenborough (members Choice)

Tuesday 16th

- 10:00am News, views, politics & papers**
Keeping abreast of the latest news
- 10:00am Day trip to Brighton**
Members have the opportunity to spend the day in Brighton
- 11:00am Fabulous fitness**
It's Tuesday Moves day. We will be upping the tempo and enjoying an innovative stretch and tone class!
- 1:00pm Psychodynamic therapy**
Klaudia runs her engaging and interactive session
- 2:00pm Perfect Poetry with Fiona**
If you'd love to listen to a beautiful poem Meet the library of our wonderful home For an afternoon of listening to rhyme It starts at 2, so be there on time!
- 3:00pm Documentary**
War Women. Spies and Angels
- 4:00pm Music**
Karaoke singing to our favourite hits

Wednesday 17th

- 10:00am News, views, politics & papers**
We will be discussing the latest in politics and international and national news
- 11:00am Loveday arts club**
Create, express, and communicate in our guided art workshop
- 2:00am Loveday arts club**
The art session continues
- 2:30pm Exhibition at the Saatchi Gallery**
Journey through 185 years of Tiffany & Co
- 3:30pm Music & movement**
Hannah Bailes leads an innovative workshop filled with music, singing, dancing and laughter
- 4:00pm Hand Massages**
Members receive hand massages from the staff

Thursday 18th

- 10:00am News, views, politics & papers**
We will be discussing the latest in politics and international and national news
- 11:00am Music**
The Human Jukebox is in the house! Derek Paravacini will be entertaining us with our favourite songs
- 2:00pm Discussion**
It happened in August Facts and History
- 3:00pm Master Culinary**
Members will be making Fruit Salad
- 4:00pm Music**
Listening to music from the Caribbean and drinking Pina coladas'

Friday 19th

- 10:00am News, views, politics & papers**
Discussing the latest headlines and current affairs
- 11:00am Fabulous fitness**
Get ready to workout with an innovative Friday Fit class
- 2:00pm Armchair Travel**
Members learn about New Zealand
- 4:00pm Workshop**
History on different tea sets, drinking tea from vintage tea cups
- 5:00pm Tea Party**
Members enjoy a fancy tea party fit for a queen

Saturday 20th

- 10:00am News, views, politics & papers**
What do the papers say? Join us to review the headlines
- 11:00am Fabulous fitness**
Energise your weekend with a Saturday Stretch Session
- 2:00pm Out and about**
Members take a stroll through Chelsea. (Weather Permitting)
- 3:00pm Flower arranging**
We will be honing our floral art skills and creating beautiful arrangements to decorate our home
- 4:00pm Games afternoon**
Join us for a game of dominoes

Sunday 21st

- 10:00am News, views, politics & papers**
We will be relaxing and reviewing the Sunday papers and magazines
- 11:00am Various church services**
Radio
- 12:00pm Sunday roast club**
Our Chefs will be preparing a very special Sunday Roast with all the trimmings
- 2:00pm Chelsea Court Quiz**
Will you be crowned Quiz Queen or King?
- 3:00pm Karaoke**
Get your requests at the ready! Fun and laughter guaranteed!
- 4:00pm Relax & unwind**
Ending the week with calming classical music

“It is a natural thing that we should change.”

FROM BREAKFAST AT TIFFANY'S NOVEL

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.

