

LOVEDAY®
CHELSEA
COURT PLACE

Activities and Events

WEEK COMMENCING 22nd AUGUST 2022

Culinary Masterclass | Thursday 25th August | 2:00pm



Monday 22nd

- 10:00am News, views, politics & papers**
Keeping up to date with the latest national and international news
- 11:00am Yoga**
Charlotte Khan joins us in a session of fun, relaxing yoga
- 2:00pm Quiz**
This week's topic is Occupations
- 3:00pm Magical Music Monday**
Katie Lewis from Tap about Town delivers a spectacular tap dance performance
- 4:00pm Documentary**
Superhuman Geniuses - Extraordinary People Documentary

Tuesday 23rd

- 10:00am News, views, politics & papers**
Keeping up to date with the latest national and international news
- 11:00am Fabulous fitness**
It's Tuesday Moves day. We will be upping the tempo and enjoying an innovative stretch and tone class!
- 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 Music**
Karaoke singing to our favourite hits
- 4:00pm Documentary**
War Women : The Home Front

Wednesday 24th

- 10:00am News, views, politics & papers**
Keeping up to date with the latest national and international news
- 11:00am Loveday arts club**
Create, express, and communicate in our guided art workshop
- 2:00pm Loveday arts club**
The art session continues
- 3:30pm Music & movement**
Hannah Bailes leads an innovative workshop filled with music, singing, dancing and laughter
- 4:30pm Relaxation & meditation**
Unwinding to the soothing sounds of calming music

Thursday 25th

- 10:00am News, views, politics & papers**
Keeping up to date with the latest national and international news
- 11:00am Music**
The Human Jukebox is in the house! Derek Paravacini will be entertaining us with our favourite songs
- 2:00pm Culinary Masterclass**
Members will be making healthy smoothies and tasty delights
- 3:00pm Kim Graham**
Musical performance from the talented singer Kim Graham
- 4:00pm Music**
Listening to music from the Caribbean and drinking Pina coladas'

Friday 26th

- 10:00am News, views, politics & papers**
Keeping up to date with the latest national and international news
- 11:00am Fabulous fitness**
Get ready to workout with an innovative Friday Fit class
- 2:00pm Colour and wine**
Members enjoy a glass of wine while colouring in prints of our favourite artists
- 3:00pm Sing-a-long**
Members enjoy singing their favourite Hymns
- 4:00pm Chelsea Court Cinema Presents**
Movie night members choice

Saturday 27th

- 10:00am News, views, politics & papers**
Keeping up to date with the latest national and international news
- 11:00am Fabulous fitness**
Energise your weekend with a Saturday Stretch Session
- 2:00pm Music**
Karaoke with staff
- 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 28th

- 10:00am News, views, politics & papers**
Keeping up to date with the latest national and international news
- 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**
Members compete with other members to score the highest
- 3:00pm Games**
Bingo or Bowling...Members Choice!
- 4:00pm Relaxation**
Listening to calming music.

“Being Human is Given, Keeping our Humanity is a Choice”

ANON

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.

