

LOVEDAY®
CHELSEA
COURT PLACE

Activities and Events

WEEK COMMENCING 29th AUGUST 2022

Culinary Masterclass | Thursday 1st September | 3:00pm



Thursday 1st

- 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 Documentary**
Over 1 hour of 1970's Classic British Adverts
- 3.00pm Culinary Masterclass**
Members will be making Trifle
- 4.00pm Music**
Listening to music from the British Archives

Monday 29th

- 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 Tribute**
A tribute to Louis Armstrong
- 3.00pm Magical Monday**
Name that tune and sing it!
- 4.00pm Documentary**
Dame Edith Sitwell – Face to face interview 1959

Friday 2nd

- 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 & wine**
Members enjoy a glass of wine while colouring in prints of our favourite artists
- 3.00pm Aperitif**
A visit to Chelsea Gardens
- 6.00pm Chelsea Court Cinema Presents**
Agatha Christie's Death on the Nile

Tuesday 30th

- 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 Meeting**
Resident council meeting
- 4.00pm Documentary**
Marilyn Monroe: The Hidden tapes

Saturday 3rd

- 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

Wednesday 31st

- 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
- 2.00am Loveday arts club**
The art session continues
- 3.30pm Music & movement**
Staff leads an innovative workshop filled with music, singing, dancing and laughter
- 4.30pm Relaxation & meditation**
Unwinding to the soothing sounds of calming music

Sunday 4th

- 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 Dominoes...Members Choice!
- 4.00pm Relaxation**
Listening to calming music

“By all these lovely tokens, September days are here. With summer’s best of weather and autumn’s best of cheer.”

HELEN HUNT JACKSON

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.

