

LOVEDAY® CHELSEA COURT PLACE

Activities and Events

WEEK COMMENCING 8th AUGUST 2022

Excursion | Wednesday 10th August | 10.30am



Monday 8th

- 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 Author Workshop**
Exploring history with our Resident Author Nadia Cohen
- 3:00pm Magical Music Monday**
Back by popular demand, Yuri Sabatini the terrific tenor will be serenading us
- 4:00pm Documentary**
Marie Antoinette – The Downfall and death of a queen

Thursday 11th

- 10:00am News and Views**
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 & Reflection**
A Tribute to Coco Chanel
- 3:00pm Culinary Masterclass**
Going bananas making Banana Splits with our Master Chefs
- 4:00pm Music**
Listening to fabulous French music

Friday 12th

- 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**
Fasten your seatbelts and enjoy the ride to New Zealand, where we will explore the history and culture of these beautiful islands
- 4:00pm Chelsea Court Cinema Presents**
International Youth Day - Members Choice! Get your popcorn and settle in to watch a movie that the young ones watch today!

“Happiness is when what you think, what you say and what you do are in harmony”

MAHATMA GANDHI

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.

Tuesday 9th

- 10:00am News, views, politics & papers**
Keeping abreast of the latest news
- 11:00am Fabulous fitness**
It's Tuesday Moves day with 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 Chelsea Court Cinema presents**
Documentary - War Women Fighters
- 4:00pm Music**
Get your requests at the ready and join us as we sing and dance the afternoon away to our favourite hits

Saturday 13th

- 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 Music**
Sing and dance away the afternoon
- 3:00pm Flower arranging**
We will be honing our floral art skills and creating beautiful arrangements to decorate our home
- 4:00pm Bowling**
Will you strike it lucky in our Ten Pin Tournament

Wednesday 10th

- 10:30am Excursion**
Excursion to the Vision & Virtuosity by Tiffany & Co. exhibition at the Saatchi Gallery
- 11:00am Loveday arts club**
Create, express, and communicate in our guided art workshop with Artist in Residence Grace Holliday
- 2:00pm Loveday arts club**
Continuing our art session
- 3:30pm Music and Movement**
An innovative workshop filled with music, singing, dancing and laughter
- 4:30pm Relaxation & meditation**
Unwinding to the soothing sounds of calming music

Sunday 14th

- 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 King or Queen
- 3:00pm Karaoke**
Singing, dancing and laughing away to our favourite music
- 4:00pm Mind and Memory**
It's games afternoon!

