

# LOVEDAY<sup>®</sup>

CHELSEA COURT PLACE

## Activities & Events

Week Commencing 12th December



Singing | Thursday 15th December | 2:00pm

## Monday 12th

● 10:00am

### News & Views

Keep 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

### Reminiscence

The story of Christmas

● 3:00pm

### Music

The Spectacular Janet Farlie is here to perform for us!

● 4:00pm

### Documentary

Origins of Christmas

## Tuesday 13th

● 10:00am

### News & Views

Keep up to date with the latest national and international news

● 11:00am

### Panto

Tickled Pink Productions presents CHRISTMAS

● 1:00pm

### Psychodynamic Dance Therapy

Klaudia guides our Members with an uplifting session through non-verbal and verbal communication

● 2:00pm

### Perfect poetry with Fiona

Meet us at the library of our wonderful home for an afternoon of listening to rhyme. It starts at 2pm, so be there on time!

● 3:00pm

### Art with staff

Christmas art class

● 4:00pm

### Art with staff

Christmas art class continues with staff

## Wednesday 14th

● 10:00am

### News & Views

Keep up to date with the latest national and international news

● 11:00am

### Loveday Arts Club

Create, express, and communicate in our guided art workshop with Grace

● 2:00pm

### Loveday Arts Club

Art workshop continues with staff

● 3:30pm

### Music and Movement

Pernille leads an innovative workshop filled with music, singing, dancing and laughter

● 4:30pm

### Relaxation & meditation

Unwinding to the soothing sounds of calming music

“The best way to spread Christmas cheer  
is singing loud for all to hear”

**BUDDY THE ELF**

## Thursday 15th

● 10:00am

### News & Views

Keeping abreast of the latest news

● 11:00am

### Music

The Human Jukebox is in the house! Derek Paravacini will be entertaining us with our favourite songs

● 2:00pm

### Singing

Sing a long to our favourite Christmas songs and carols

● 3:00pm

### Culinary Masterclass

Members will be making their very own Minced Pies

● 4:00pm

### Relaxation

Music and hand massages for all

## Friday 16th

● 10:00am

### News & Views

Keeping abreast of the latest news

● 11:00am

### Fabulous Fitness

Get ready to workout with an innovative Friday keep fit class

● 1:00pm

### Members Christmas Party

Games, Dancing, singing, quizzes and prizes to be won. Finger foods and refreshments available

● 2:00pm

### Live Performance

Miss Swing. Dancing, singing, quizzes and prizes to be won. Finger foods and refreshments available

● 4:00pm

### Live Performance

The fabulous Satin Dollz are back to razzle and dazzle us in an amazing dancing and singing Christmas performance

## Saturday 17th

● 10:00am

### News & Views

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

### Shopping

Members go to local florist to buy flowers

● 3:00pm

### Flower Arranging

We will be honing our floral art skills and creating beautiful arrangements to decorate our home

● 4:00pm

### Games

Singing and parachutes

## Sunday 18th

● 10:00am

### News & Views

We will be relaxing and reviewing the Sunday papers and magazines

● 11:00am

### Various church services

Join in with religious services

● 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

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

- **Art & Culture.** Singing, music and art marking 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