

LOVEDAY[®]

CHELSEA COURT PLACE

Activities & Events

Week Commencing 19th December



The legend of Santa | Wednesday 21st December | 4:30pm

Tuesday 20th

● 10:00am

News & Views

Keep up to date with the latest national and international news

● 11:00am

Fabulous Fitness

It's Tuesday Movesday with Brigid. We will be upping the tempo and enjoying an innovative stretch and tone class!

● 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!

● 4:00pm

Games

Join us in for more games, fun and laughter!

Monday 19th

● 7:00-9:00am

Breakfast at Christmas time

Members enjoy a special Christmas Breakfast from our 5-star chefs! Don't forget the Bucks fizz

● 10:00am

News & Views

Keep up to date with the latest national and international news

● 11:00am

Christmas Brew

Join us for a Christmas brew

● 2:00pm

Christmas Biblical quiz

Members compete to win the title King or Queen

● 3:00pm

Magical Monday

Get ready to dance with violinist Olivia Ziani

● 4:00pm

Relaxation

Members listen to soothing classical music and refreshments

Wednesday 21st

● 10:00am

News & Views

Keep up to date with the latest national and international news

● 11:00am

Art with staff

Keeping up with the festive season Members are creating

● 2:00pm

Art with staff

Art workshop continues with staff

● 3:30pm

Armchair games

Armchair football

● 4:30pm

Documentary

The legends of Santa

“Just remember, the true spirit of
Christmas lies in your heart”

THE POLAR EXPRESS

Thursday 22nd

● 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

Cognitive Stimulation

● 3:00pm

Master Chef

Members will be decorating Gingerbread

● 4:00pm

Story time

Members will be treated to a Christmas story telling

● 5:00pm

Candlelight supper

Candlelight Supper with Yuri Sabatini and pianist

Friday 23rd

● 10:00am

News & Views

Keeping abreast of the latest news

● 11:00am

Fabulous Fitness

Get ready to workout with an innovative Friday Fit Class

● 2:00pm

Hanukkah

Members learn and celebrate Hanukkah music, games and customs

● 3:00pm

Chelsea Court Place Cinema Presents

It's a wonderful life, starring James Stewart (1946) snacks and refreshments to be had

● 4:00pm

Chelsea Court Place Cinema Presents

We'll have a 2nd watch of It's a wonderful life with snacks and refreshments to be had

Saturday 24th

● 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

Fancy Flowers

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

● 3:00pm

Manicures and massages

Relax and be pampered with a magical manicure and a luxurious hand massage

● 4:00pm

Karaoke

Members join in the singing and dancing to their favourite Christmas hits

Sunday 25th

● 10:00am

News & Views

We will be relaxing and reviewing the Sunday papers and magazines

● 11:00am

Various church services

BBC1 Songs of Praise The UK's Favourite Christmas hymns

● 12:00pm

Sunday Roast Club

Our Chefs will be preparing a very special Sunday Roast with all the trimmings

● 2:00pm

Santa Visits Chelsea Court Place

Santa is here to bring good cheer and Christmas presents in tow

● 3:00pm

Games

Members Choice

● 4:00pm

Chelsea Court Place Cinema Presents

The Christmas Chronicles

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