

# LOVEDAY<sup>®</sup>

CHELSEA COURT PLACE

## Activities & Events

Week Commencing 26th December



Firework Watch | Saturday 31st December | 4:00pm

## Tuesday 27th

● 10:00am

### News & Views

Keep up to date with the latest national and international news

● 11:00am

### Fabulous Fitness

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

● 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

### Cognitive Stimulation

Advent

● 4:00pm

### Music

Karaoke singing to our favourite hits

## Monday 26th

● 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

### Cognitive stimulation

Christmas

● 3:00pm

### Magical Monday

Andre Rieu – Home for Christmas

● 4:00pm

### Magical Monday

As above

## Wednesday 28th

● 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

## Thursday 29th

● 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

● 3:00pm

### Culinary Masterclass

Members sample Mulled wine and Eggnog tasting

● 4:00pm

### Music

Listening to music

## Friday 30th

● 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

### Armchair Travel

Members learn about New Zealand

● 4:00pm

### Chelsea Court Place Cinema Presents

Movie night members choice

“What the new year brings to you will depend a great deal on what you bring to the new year”

**VERN MCLELLAN**

## Saturday 31st

● 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

### Cognitive Stimulation

New Years Eve and New Year Traditions around the world

● 3:00pm

### Flower Arranging

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

● 4:00pm

### Firework watch

Members join in as we watch Australia ring in the new year as we all sing Auld lang syne

## Sunday 1st

● 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

### Our New Year's resolution

Members and staff share their New Year's Resolution and a glass of Bubbly

● 3:00pm

### Karaoke

Members sing along to their favourite tunes with musical instruments

● 4:00pm

### Games and Quiz

Members choice

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