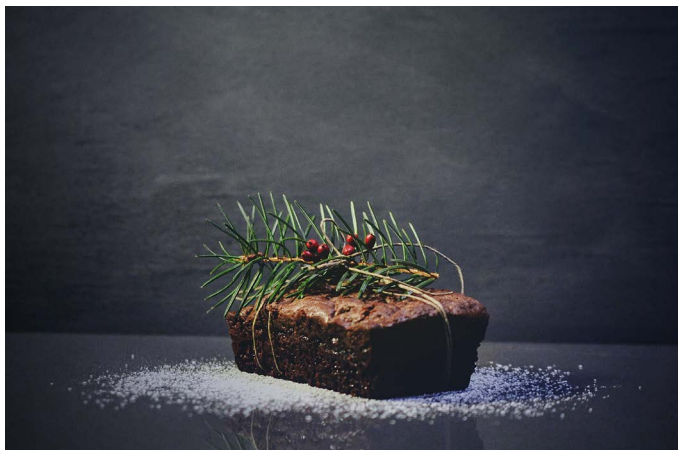


# LOVEDAY<sup>®</sup>

CHELSEA COURT PLACE

Activities & Events  
Week Commencing 5th December



Culinary Masterclass | Thursday 8th December | 3:00pm

## Monday 5th

● 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

### Live performance

Tremello Duo (Opera singing duets)

● 3:00pm

### Live Performance

Caroline Kennedy our amazing Soprano will perform for us

● 4:00pm

### Outing

London taxi Christmas light tour

“Tis the Season to be Jolly”

S.CLAUS

## Tuesday 6th

● 10:00am

### News & Views

Keep 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!

● 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

### Outing

Members Christmas shopping day

● 4:00pm

### Outing

London taxi Christmas light tour

## Wednesday 7th

● 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 8th

### ● ALL DAY

#### Team Spirit

It is Christmas Jumper day! Join us and wear your silly or fun festive jumper

### ● 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

#### Talk and Interesting Facts

### ● 3:00pm

#### Culinary Masterclass

Making Spiced Christmas Fruit Cake

### ● 4:00pm

#### Relaxation

With drinks and sampling our Fruit Cake

## Friday 9th

### ● 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

#### Christmas Prepping

Members and staff wrap their Christmas Presents for their loved ones

### ● 4:00pm

#### Relaxation

Listening to our favourite Christmas Carols

### ● 5:00pm

#### Poetic Christmas light supper

Staff and members share their favourite Christmas poems

## Saturday 10th

### ● 10:00am

#### News & Views

Keeping abreast of the latest news

### ● 11:00am

#### Fabulous Fitness

Energise your weekend with a Saturday Stretch Session

### ● 2:00pm

#### Live Performance

Katie Lewis brings us a spectacular performance with her tap dancing

### ● 3:00pm

#### Flower Arranging

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

### ● 4:00pm

#### Games afternoon

Singing and parachutes

## Sunday 11th

### ● 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

#### Colour and Wine

Join us for a glass of your favourite tippie

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