

# LOVEDAY®

## Kensington

### Activities and Events

WEEK COMMENCING 22nd AUGUST 2022

National Dog Day | Friday 26th August | 11.00am



## Monday 22nd

- 10.30am Newspaper front pages**  
All the newspaper front pages from UK and around the world
- 11.30am Film Noir with Judy Garland**  
The life and times of one of the greatest movie stars
- 2.00pm Jessica Cherag-Zade**  
Loveday Choir, singing for the soul rehearsals
- 4.00pm Loveday Arts and Crafts Club**  
Lead by Claudine

## Tuesday 23rd

- 10.30am Newspaper front pages**  
All the newspaper front pages from the UK and around the world
- 11.30am Kensington gardening club**  
Maintaining our beautiful herb garden
- 2.30pm Jessica De Giudici**  
Vintage in sound, vintage in heart - Jessica will get you moving and singing the blues
- 4.00pm Relaxation & meditation**  
Timeout on the terrace for a little pre-supper pampering

## Wednesday 24th

- 10.30am Newspaper front pages**
- 11.00am Art with Grace**  
Our Artist in Residence returns with a special floral project
- 12.00pm Midweek manicures & massage**  
Relaxation and well-being as you get the full beauty treatment for your hands and nails
- 2.30pm Paul Kissaun entertains**  
Our talented pianist and vocalist is back
- 3.30pm Clay art**  
Etching your design which will then be set with plaster of Paris for your unique handmade artwork
- 4.30pm Walk around Kensington**  
A relaxing stroll around the neighborhood with a bit of history about the area

## Thursday 25th

- 10.30am Newspaper front pages**  
All the newspaper front pages from UK and around the world
- 11.30am Tai Chi with Paul**  
Light movement for mind, body and spirit
- 2.30pm Bat day**  
Find out all about bats in the UK and enjoy some bat-themed art
- 4.00pm Thursday Tunes**  
A journey through the decades with piano accompaniment as we drove into the musical archives

## Friday 26th

- 10.30am Newspaper front pages**  
All the newspaper front pages from UK and around the world
- 11.00am National Dog Day**  
Celebrating canines as every dog has its day
- 11.30am Recreate!**  
Hands are the focus as Members are invited to strike a pose with a steady hand
- 2.30pm Yuri Sabatini entertains**  
World-renowned tenor returns to Loveday Kensington for a special performance
- 4.00pm A trip to Japan House Kensington**  
Enjoy a beverage of choice in the ambience and aura of Japan

## Saturday 27th

- 10.30am Newspaper front pages**  
All the newspaper front pages from UK and around the world
- 11.00am Saturday quiz**  
You know the score... 100 questions... how many will you get right?
- 2.30pm Around The World: Kensington & Chelsea Festival**  
Enjoy this modern acrobatic adventure!

## Sunday 28th

- 10.30am Newspaper front pages**  
All the newspaper front pages from UK and around the world
- 11.30am Bishops Park & Fulham Palace Museum**  
Bask in the sun at Fulham Palace and enjoy the ponds of Bishops Gardens
- 4.30pm Pre-supper stretches**  
Feel relaxed and refreshed as we do gentle stretches based on tai chi and yoga
- 5.00pm Light piano music with supper**

“Dogs have boundless enthusiasm but no sense of shame. I should have a dog as a life coach.”

MOBY

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.

