

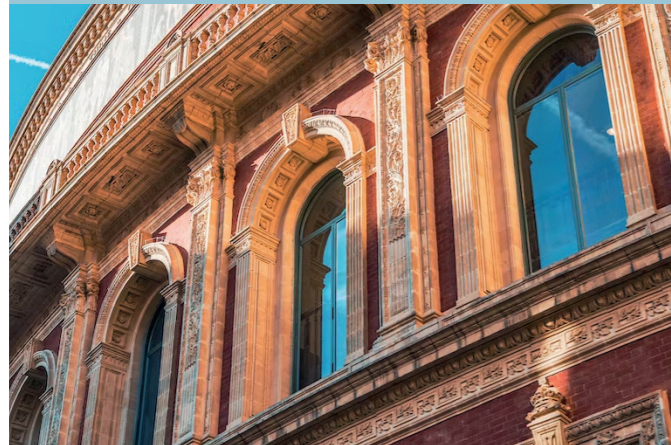
# LOVEDAY®

## Kensington

### Activities and Events

WEEK COMMENCING 29th AUGUST 2022

Tour of Royal Albert Hall | Friday 2nd September | 2.30pm



## Monday 29th

- 10.30am Newspaper front pages**  
All the newspaper front pages from UK and around the world
- 11.30am Monday Quiz**  
Get your brain in motion as we start the week
- 2.00pm Jessica Cherag-Zade**  
Loveday Choir, singing for the soul rehearsals
- 4.00pm Walk around Kensington**  
Leisurely afternoon stroll through the sights and scenes of Kensington

## Tuesday 30th

- 10.30am Newspaper front pages**  
All the newspaper front pages from the UK and around the world
- 11.00am Keep Fit Exercises**  
Fun and movement with Claude
- 2.30pm Loveday arts & crafts club**  
We will be etching in clay which will then be set in plaster of paris
- 4.00pm Discussion Class**  
Talking about memories and sharing experiences
- 5.00pm Light piano music & relaxation**  
Relax before upper with music of your choice

## Wednesday 31st

- 11.00am Walk in Hyde Park**  
Midweek morning walk through Hyde Park and Kensington Gardens
- 2.00pm Art with Grace**  
Exploring mixed-media techniques in creating nature-inspired imagery, Members will take inspiration from Grace's experimental drawing and painting practice
- 3.30pm Create!**  
Getting handy as we recreate images using our steady hands
- 4.30pm Midweek music**  
Wind down the day with live piano music featuring all genres.

## Thursday 1st

- 10.30am Spotlight**  
Members spotlight including morning pampering and conversation
- 11.30am Tai Chi with Paul**  
A morning session with Paul for your body and mind
- 2.30pm Move with Maria**  
Join Maria for her engaging music and dance workshop
- 4.00pm Mannequin installation**  
Completing the design of the artistic mannequin's costume

## Friday 2nd

- 10.30am Spotlight**  
Members spotlight including morning pampering and conversation
- 11.00am Gardening**  
Last planting of the season
- 2.30pm Tour of Royal Albert Hall**  
Exclusive and personalised Loveday tour of the world famous concert venue featuring a special behind the scenes rehearsal experience.
- 5.00pm Basil Hodge on piano**  
Sit back and enjoy

## Saturday 3rd

- 10.30am Spotlight**  
Members spotlight including morning pampering and conversation
- 11.00am Saturday Quiz**  
100 questions, have your thinking caps at the ready
- 2.30pm Loveday picturebook project**  
Writing a dedication to ourselves or family members as the authors of our stories
- 4.00pm The arts works of Van Gogh**  
Documentary and discussion
- 5.00pm Poetry**  
Read by Alex followed by discussion

## Sunday 4th

- 10.30am Spotlight**  
Members spotlight including morning pampering and conversation
- 11.00am Gardening**  
Maintaining and enjoying the front garden and garden terrace
- 2.30pm Loveday picturebook project**  
Create your book cover to bring it to life
- 4.00pm Loveday Cinema Presents**  
Members choice, will they choose Spielberg, Hitchcock or Scorsese?

“Wherever you go, no matter what the weather, always bring your own sunshine.”

ANTHONY J. D'ANGELO

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.

