

LOVEDAY[®]

Kensington

Activities and Events

WEEK COMMENCING 19th SEPTEMBER 2022

Outing to Kensington Palace | Sunday 25th September | 2.30pm



Monday 19th

- 10.30am Spotlight**
Members spotlight including morning pampering and conversation
- 11.00am The mind & body**
Roxy will introduce this Monday morning session for your body and mind
- 2.30pm Jessica Cherag-Zade**
Loveday Choir, singing for the soul rehearsals
- 4.00pm Kensington High Street**
Light refreshments before supper around our local neighbourhood

Tuesday 20th

- 10.30am Spotlight**
Members spotlight including morning pampering and conversation
- 11.00am Culinary masterclass**
Members will be led by our talented chefs in creating another culinary delight
- 2.30pm Iberian dancers and folk music**
This will get you moving and smiling
- 4.00pm Light piano music**
Enjoy relaxing music and a drink before Supper

Wednesday 21st

- 10.30am Spotlight**
Members spotlight including morning pampering and conversation
- 11.00am Music & movement**
Join Pernille for a fun and engaging session where you will move and flow to the beautiful music
- 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
- 4.00pm Documentary: The Turbulent Life of Pablo Picasso**
Art history documentary about the Spanish painter, sculptor, printmaker, ceramicist and theatre designer

Thursday 22nd

- 10.30am Spotlight**
Members spotlight including morning pampering and conversation
- 11.00am Tai Chi with Paul**
Gentle movements and meditative sounds
- 2.30pm Swimming for all**
Swimming trip to Kensington
- 4.00pm Pimm's cocktails and light music**
Members are invited to the terrace garden for a little aperitif before supper and tonight's theatrical performance
- 5.30pm Tickled Pink Theatre**
Let us entertain you, sit back and enjoy as the theatre comes to you at Loveday Kensington

Friday 23rd

- 10.30am Spotlight**
Members spotlight including morning pampering and conversation
- 11.00am Members shopping trip**
A bit of retail therapy
- 1.00pm Saint Abbots church**
Lunch time music at our local Church
- 2.30pm Paul Kissaun entertains**
The magical and talented pianist and vocalist returns with his unique and engaging sounds
- 4.00pm Documentary: Disney Nature's Monkey Kingdom**
Documentary describing the hierarchical social structure of the toque macaque monkey, a species found only in Sri Lanka and endangered because of habitat destruction

Saturday 24th

- 10.30am Spotlight**
Members spotlight including morning pampering and conversation
- 11.00am Gardening**
Selecting and planting from the extravagant catalogue of indoor plants and succulents to love and look after
- 2.30pm Ceramic Painting**
Keep attentive and your mind at ease with some striking ceramic painting
- 5.00pm Late afternoon stroll in Kensington**
Feel rejuvenated with a light walk before supper

Sunday 25th

- 10.30am Spotlight**
Members spotlight including morning pampering and conversation
- 11.00am Buttons jewellery-making**
Set your spare and beloved buttons in the sewing basket free and turn them into wearable masterpieces! Led by Alex
- 2.30pm Outing to Kensington Palace**
Life Through A Royal Lens - an exhibition exploring the Royal Family's enduring relationship with the camera, by renowned photographers that shaped the royal image

“Everything you can imagine is real.”

PABLO PICASSO

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.

