

LOVE DAY®

—
ABBEY ROAD

Activities & Events Week Commencing 15th May



A Night at the Opera | Friday 19th May | 3:00pm

Monday 15th

● 10:00am

News & Views

Keep up to date with the latest national and international news

● 11:00am

Monday Yoga

Join us for a lively session of yoga with Charlotte

● 2:00pm

National Chocolate Chip Day

It's National Chocolate Chip Day, members will be sampling some delicious chocolates from around the world and making cookies with them

● 3:00pm

Magical Monday Music

Alistair Sutherland is back with lots of fabulous songs to entertain us with

● 4:00pm

Documentary

Marilyn Monroe: The iconic blonde Full Biography

Tuesday 16th

● 10:00am

News & Views

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● 11:00am

Fabulous Physio Fitness

Let's get physical with a physio fitness class with Brigid

● 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

Dominoes

Members compete to win in a game of dominoes

● 4:00pm

Afternoon Chit chat

Members engage in friendly conversation with staff

“Kindness is one thing you can't give away. It always comes back”

GEORGE SKOLSKY

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

Wednesday 17th

● 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 Artist in Residence Grace Holliday



● 2:00pm

Loveday Arts Club

Art with staff continues

● 3:30pm

Music and Movement

Members and Pernille perform for us

● 4:30pm

Flower Arranging

Decorating our beautiful home

Thursday 18th

● 10:00am

News & Views

We will be discussing the latest in politics, international and national news (and critiquing!)

● 11:00am

Morning sing-a-long

Members gather to sing-a-long to their favourite inspirational songs

● 2:00pm

Culinary Masterclass

Members make their own mini Pizzas

● 2:00pm

Outing to The Royal Albert Hall

The fantastic Royal Philharmonic Orchestra serenade us with a spectacular performance



● 3:00pm

Discussion and Sampling foods

After making their own snacks members get to enjoy

● 4:00pm

Relaxation

Listening to calming music



Friday 19th

● 10:00am

News & Views

Discussing the latest headlines and current affairs

● 11:00am

Fabulous Fitness

Get ready to workout with an innovative Friday Fit Class with Brigid

● 2:00pm

Quiz

Anatomy Trivia Clues

● 3:00pm

A Night at the Opera

We're out on another fantastic excursion to The Royal Opera House

● 4:00pm

Fun fact Friday

Random facts about everything

● 5:00pm

Tea Party

Members enjoy a delightful tea party set for a King or a Queen



Saturday 20th

● 10:00am

News & Views

Keep up to date with the latest national and international news

● 11:00am

Fabulous Fitness

Energise your weekend with a Saturday Stretch Session

● 2:00pm

Games

Members play Bingo with staff

● 3:00pm

Manicures and massages

Relax and be pampered with a magical manicure and a luxurious hand massage

● 4:00pm

Gardening

Tending to our beautiful garden



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Sunday 21st

● 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 on the radio

● 12:00pm

Sunday Roast Club

Our Chefs will be preparing a very special Sunday Roast with all the trimmings



● 2:00pm

Puzzle time

What is puzzling you? Join us for an afternoon of games and puzzle

● 3:00pm

Quiz

What are the classic Cliches?

● 4:00pm

Abbey Road Presents...

Members movie choice



“Every single year, we’re a different person. I don’t think we’re the same person all of our lives.”

STEVEN SPIELBERG