

LOVE DAY®

—
ABBEEY ROAD

Activities & Events

Week Commencing 14th November



Calidore String Quartet live from Wigmore Hall | Monday 14th November | 1:00pm

Monday 14th

● 10:30am Ground Floor lounge

Newspaper front pages

All the newspaper front pages from UK and the world.

● 11:15am Activity room

Monday movement class

Join Maria for an engaging Monday morning musical movement session.

● 1:00pm First Floor lounge

Calidore String Quartet

Beamed live from Wigmore Hall, enjoy this string quartet's performance of pieces by Beethoven and Smetana.

● 1:45pm

Movember spa session

An opportunity for those growing their moustache to be pampered. Our talented local male grooming specialist will be visiting our salon to style your tash.

● 3:15pm Dining room

Reminiscence and discussion

An opportunity to discuss our favourite traditional foods from our childhood memories, dishes from our cultural backgrounds or something from our travels.

● 5:00pm Ground Floor lounge

Ines & Laura entertain

This dynamic duo perform an eclectic mix of music on piano & violin.

Tuesday 15th

● 10:30am Ground Floor lounge

Newspaper front pages

All the newspaper front pages from UK and the world.

● 11:15am Activity room

Tai Chi with Paul

Paul will lead us in a session of wonderful calming moves to enrich your mind, body and spirit.

● 1:30pm

Arts and crafts

As winter sets in, food becomes scarce for our wildlife. Today we will make fat ball feeders to hang in our garden, keeping the birds fed through the cold winter months.

● 2:45pm Dining room

Travel and taste

The first of our travel & taste sessions, we will go on a virtual journey to Italy and experience a traditional dish.

● 4:15pm Activity room

Just a spoonful of sugar...

Today we will heighten our awareness of our sugar intake and discuss small ways to reduce or replace the sugar in our food.

● 5:30pm Dining room/lounge

Light piano music

A time to reflect on our busy day & listen to some relaxing piano music.

Wednesday 16th

● 10:30am Ground Floor lounge

Newspaper front pages

All the newspaper front pages from UK and the world.

● 11:15am Activity room

Stretch and wiggle

A gentle exercise session using props to help keep us agile. Today's session will be set to the music from 'The Sound of Music' to mark the 63rd anniversary of the film.

● 1:15pm

Spitalfields Market trip

This is a lively market with independent vendors for clothing, jewelry, home items, art & gourmet products.

● 5:30pm Ground Floor lounge

Paul Kissaun entertains

Paul is back on the piano to bring your favorite tunes to get singing and dancing.

Thursday 17th

● 10:30am Ground Floor lounge

Newspaper front pages

All the newspaper front pages from UK and around the world.

● 11:15am Activity room

Music and movement

Pernille will get you moving and singing.

● 2:00pm

Abbey Road art club

Exploring mixed-media techniques in creating nature-inspired imagery, Members will take inspiration from Grace's experimental drawing and painting practice.

● 3:15pm Dining room

Culinary masterclass

The chefs will be helping us make bread to enjoy with our supper. Warm bread and butter, is there anything better?

● 4:30pm Ground Floor lounge

Comedy hour

Watching some of our greatest comedians, today we look at Norman Wisdom & Michael Crawford's, Frank Spencer.

Friday 18th

● 10:30am Ground Floor lounge

Newspaper front pages

All the newspaper front pages from UK and the world.

● 11:00am Activity room

Friday fitness

Today's session is set to music from the top Disney movies.

● 1:30pm Ground Floor lounge

Friday at the flicks

Celebrating Mickey Mouse's birthday, one of the great 1940 Disney movies 'Fantasia'.

● 3:00pm

Travel and taste

Today's global culinary journey take us to France.

● 4:00pm

Loveday sweet shop

Once again bringing the sweet shop to you but today with a difference, our weekend goodies will all be sugar free.

● 4:30pm

Micky versus Minnie

Two teams, Micky's versus Minnie's indoor bowling match.

Saturday 19th

● 10:30am Ground Floor lounge

Newspaper front pages

All the newspaper front pages from UK and the world.

● 11:00am

Morning meander

A gentle walk to St John's High Street for a little therapy of the retail kind.

● 2:00pm

Male beauty

On International men's day we will make moisturizing facial oils for beards & moustaches using various essential oils.

● 3:00pm

In the salon

A bit of Spa time for relaxing music and hand massages.

● 5:00pm

Brain exercise

It's quiz time - 100 general knowledge questions. How many will you get right?

● 7:00pm Ground floor lounge

Saturday night at the movies

Mission Impossible - American action spy film based on the television series of the same name created by Bruce Geller.

Sunday 20th

● 10:30am

Coffee and friends

A fresh walk to our local coffee house for a coffee, croissant and discuss the world today.

● 2:00pm Ground Floor lounge

History hour 'St Edmund's Day'

King Edmund, the original Patron Saint of England and King of East Anglia. Let us learn more about this Saint.

● 4:30pm Ground Floor lounge

Board games and cards

Let's re-visit some of the classic card and board games. Rummy, dominoes, bridge, backgammon and much more.

● 5:30pm Ground Floor lounge

Basil Hodge

Live, sweet jazz piano, a mellow way round our week off.

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