

LOVEDAY®

—
ABBAY ROAD

Activities & Events Week Commencing 21st November



Learn the Art of Origami | Thursday 24th November | 11:00am

Monday 21st

● 10:30am Ground Floor lounge

Newspaper front pages

All the newspaper front pages from UK and the world.

● 11:15am Activity room

Monday move and stretch

Monday morning stretch and move session to limber up for the week ahead.

● 1:00pm Ground floor lounge

The King's Singers

Beamed live from Wigmore Hall, many of the world's most famous living composers have written for The King's Singers over the course of their history. 'Masterpiece' is a selection of some of their most iconic commissions.

● 2:00pm Salon

Shiatsu in the salon

Claudine will be offering shiatsu hand massages, a relaxing therapy based on traditional Japanese massage techniques.

● 3:30pm Dining room

Culinary masterclass

The chefs work with us to prepare our gingerbread and make the first parts of our festive gingerbread village scene.

● 5:00pm Ground Floor lounge

Gary Webb entertains

The talented guitarist Gary, joins us again to delight us with some familiar tunes.

Tuesday 22nd

● 10:30am Ground Floor lounge

Newspaper front pages

All the newspaper front pages from UK and the world.

● 11:15am Activity room

Music and movement

Pernille will get you moving and singing.

● 2:00pm Dining room

Jigsaws and puzzles

Join us for jigsaws and puzzles in the dining room.

● 3:30pm

Travel and taste

Today's global culinary journey take us to Spain.

● 5:00pm Dining room/lounge

Light piano music

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

Wednesday 23rd

● 10:30am Ground Floor lounge

Newspaper front pages

All the newspaper front pages from UK and the world.

● 11:15am Activity room

Jukebox moves

Movement class paired with your favorite jukebox tunes. 1,2,3 o'clock, 4 o'clock rock.....

● 1:45pm

Horticultural Loveday with Joshua

Our horticultural expert joins us in the garden to share what we can plant before the frost in preparation for spring.

● 2:30pm

Garden watch

After an invigorating gardening session, let us reward ourselves with a hot drink and see what birds our feeders are attracting.

● 3:15pm

Travel and taste

Today's global culinary journey take us to America.

● 4:15pm

Rock 'n' Roll dance

This dance duo entertain us with rock'n'roll and jive moves and teach us some steps too.

● 7:45pm Ground floor lounge

Kirill Gerstein entertains

Beamed live from Wigmore Hall, the acclaimed pianist performs a selection of musical pieces.

Thursday 24th

● 10:30am Ground Floor lounge

Newspaper front pages

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

● 11:00am Activity room

Creative art

Join us in the activity room and learn the art of origami (paper art).

● 1:30pm Activity room

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.

● 3:00pm Salon & Spa

The big pamper session

Time to get our hair & make-up professionally done for the arrival of our guests this evening.

● 5:00pm

An evening with family and friends

Bringing our Global food month to end on a big high. We invite family & friends to join us for a magnificent evening to celebrate the end to Global Food Month. Includes live music and fine dining menu from around the world.

Friday 25th

● 10:30am

Christmas shopping

We will be taking a trip to Westfield Shopping Centre to make a start on our Christmas shopping, stopping for lunch along the way.

● 4:00pm Activity room

Creative art

The dream catcher is one of the most enduring and widespread symbols associated with Native American culture. Join us in making your own.

● 5:30pm

Native American dance

This colorful dance duo will delight us with traditional costume, dance moves and music.

Saturday 26th

● 10:30am Ground Floor lounge

Coffee morning

An opportunity to visit our local 'London coffee bank', put the world to rights and eat cake, who's in?

● 2:00pm

Acrostic poems

Celebrating 'Thanksgiving' let us create our poems together.

● 4:00pm Ground Floor lounge

Saturday matinee

Planes, Trains & Automobiles – a modern classic comedy just in time for Thanksgiving Day, starring Steve Martin & John Candy.

● 6:00pm Ground Floor lounge

Rest and relaxation

An opportunity for Members and staff to relax and reflect on our past week of activities. What were your highlights?

Sunday 27th

● 10:30am Ground Floor lounge

Newspaper front pages

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

● 11:00am Garden/activity room

Zumba

A fun movement class inspired by latin dance and music.

● 1:45pm

Regents Park outing

Opened for the first time in 1835, the park has since evolved to contain the London Zoo, Queen Mary's Gardens, an outdoor theatre and numerous statues, memorials and fountains. Let us go explore this beautiful park.

● 4:45pm

Pre-supper gathering

Time to warm up with a pre-supper tittle and ready ourselves for live entertainment.

● 5:15pm

Paul Kissaun entertains

Paul returns with his vast musical repertoire, this afternoon's session promises to deliver all your favourite seasonal tunes to get you in the mood.

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