

# LOVEDAY®

—  
ABBEY ROAD

## Activities & Events

Week Commencing 28th November



Culinary masterclass | Friday 2nd December | 2:00pm

## Monday 28th

● 10:30am Ground Floor lounge

### Newspaper front pages

Our morning gathering of friends to deliberate & digest this morning's news & views.

● 11:15am Activity room

### Monday move and stretch

Monday morning stretch & move session to help us limber up for the week ahead.

● 2:00pm Activity room

### Art and crafts

Making a start on our handmade Christmas stocking.... Will you get a gift or a lump of coal?

● 3:00pm

### Afternoon stroll

A light walk around our beautiful area, fresh air, fun and fitness.

● 4:30pm Ground Floor lounge

### Jessica Cherag Zade

Jessica on vocals & Melissa on piano, will delight us with their musical session, encouraging us to sing along to our favourites and add them to our loveday songbook.

## Tuesday 29th

● 10:30am Ground Floor lounge

### Newspaper front pages

Our morning gathering of friends to deliberate & digest this morning's news & views.

● 11:15am

### Exercise for body and mind

Join us in the activity studio for a therapeutic exercise class learning square dancing techniques.

● 2:00pm Activity room

### Loveday art

Working with paints to create a series of marbled motifs to be used later as part of our festive card making.

● 3:30pm Activity room

### Kinetic sand

Firstly making kinetic sand, we will then make our festive candle molds ready for pouring wax.

● 5:00pm Ground Floor lounge

### Square dance troupe on square dancing day

Showing & sharing with us their square dancing skills.

## Wednesday 30th

● 10:30am Ground Floor lounge

### Newspaper front pages

All the newspaper front pages from UK and the world.

● 11:15am Activity room

### Move with Maria

Join Maria for her engaging musical movement session creating an environment that promotes curiosity and acceptance through creativity and positivity.

● 2:00pm

### Flower arranging the Scottish way....

Using traditional Scottish flowers, pines, thistles & heather, we will produce our special St Andrew's day displays.

● 3:00pm Dining room

### Culinary Masterclass St Andrew's Day

Adriano & team will delight us with their culinary magic. Today we will be making traditional Scottish oat cakes.

● 4:00pm Dining room

### Ali McDonald trio

Ali & friends will entertain us with traditional Scottish music and dancing to celebrate St Andrew's day.

● 6:00pm First Floor lounge

### Amatis Piano Trio

Streaming from Wigmore Hall.

## Thursday 1st

● 10:30am Ground Floor lounge

### Newspaper front pages

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

● 11:00am Activity room

### Yoga with Annie

Join our experienced Yoga practitioner for a seated session, introducing us to a variety of techniques and movements.

● 1:30pm Activity room

### Arts and crafts

Let's paint our ceramic Christmas bells to adorn our tree this afternoon.

● 5:00pm Ground Floor lounge

### Yuri Sabatini

The operatic tenor Yuri Sabatini performs classic arias and sensuous tunes.

## Friday 2nd

● 10:30am Ground Floor lounge

### Newspaper front pages

Our morning gathering of friends to deliberate & digest this morning's news & views.

● 11:15am

### Music and movement

Join Pernille for an engaging class of fluid movement to gentle music.

● 2:00pm Dining room

### Culinary masterclass

The big build with Claude Part 1: Join us to build our Loveday festive village out of the gingerbread that we have baked.

● 3:45pm Ground Floor dining room

### School Choir

Children from one of our local schools will be joining us for a Christmas carol or two and there may be a visit from Old St Nick himself.....

● 5:00pm Ground Floor lounge

### Pre-supper gathering

Light piano music and a pre-supper drink.

## Saturday 3rd

● 10:30am Ground Floor lounge

### Newspaper front pages

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

● 11:00am

### Let the festivities begin

Lets us crank up the carols, don our festive hats and adorn our home.

● 2:00pm

### Let the festivities continue

Let us adorn our trees with the finest of decorations.

● 3:55pm Dining room

### The big light up

Come and count down to the 4pm switching on of our lights.

● 4:00pm Dining room

### Paul Kissaun starts the party

Thanks to Paul's vast Christmas musical repertoire, we will hear all of our favourite tunes to get us in the festive mood.

● 5:00pm

### Party time continued

Our wonderful chef has prepared our festive finger food buffet, mulled wine and homemade mince pies

## Sunday 4th

● 10:30am Ground Floor lounge

### Newspaper front pages

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

● 2:00pm

### Indoor Bowling

Our Loveday teams will go head to head in a round or two.

● 3:00pm Activity room

### Creative writing

Studying today's picture we will take turns to say what we feel the picture is telling us, layering these observations we will conjure our own story.

● 4:30pm Ground Floor lounge

### Natalia Cerqueria

Entertaining us with her vast repertoire, vocal talents and accordion.

● 6:00pm Ground Floor lounge

### Christmas movie

Grab a blanket and get comfy for our first festive movie, Miracle on 34th Street.

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 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