

LOVEDAY[®]

—
ABBEEY ROAD

Activities & Events
Week Commencing 7th November



Horticulture at Loveday Abbey Road | Wednesday 9th November | 1:30pm

Tuesday 8th

● 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

A trip to Borough Market

Take in the hustle and bustle of Borough Market in Southwark, one of the largest and oldest food markets in London. Let us see if we can find some game to sample on British Game week.

● 5:00pm Dining room/lounge

Light Piano Music

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

Monday 7th

● 10:30am Ground Floor lounge

Newspaper front pages

All the newspaper front pages from UK and the world.

● 11:15am Activity room

Stretch and move

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

● 1:00pm First Floor lounge

Cinquecento

Songs for Troubled Times streaming live from Wigmore Hall.

● 1:30pm Activity room

Creative writing

Create your own story of who, what, where, why & when based on what we think a picture is telling us.

● 3:30pm Dining room

Reminiscence and discussion

Discuss our favourite traditional puddings and vote for what we would like to see in Wednesday's Culinary Masterclass.

● 4:45pm Ground Floor lounge

Yuri Sabatini entertains

The operatic tenor Yuri performs classic arias with passion and emotion.

Wednesday 9th

● 10:30am Ground Floor lounge

Newspaper front pages

All the newspaper front pages from UK and the world

● 11:15am Activity room

Abbey Road art club

Exploring mixed-media techniques in creating nature-inspired imagery, with Grace.

● 1:30pm

Horticultural Loveday with Joshua

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

● 3:15pm

Culinary masterclass

Our chefs will once again delight us with their culinary magic. You voted for your favourite British pudding and the winner is...

● 5:30pm Ground Floor lounge

John Sessions entertains

John will be entertaining us with his musical skills & vast repertoire.

Thursday 10th

● 10:30am Ground Floor lounge

Newspaper front pages

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

● 11:15am Activity room

Great Loveday Bakeoff: part 1

Together we will prepare and bake our vanilla cupcakes.

● 2:00pm Activity room

Great Loveday Bakeoff: part 2

Time to ice and adorn our fabulous cupcakes.

● 3:15pm Physio Room

Music and movement

Join Maria for her engaging music and dance workshop.

● 5:00pm Ground Floor lounge

Basil Hodge entertains

Live, sweet, mellow jazz piano.

Friday 11th

● 10:30am Ground Floor lounge

Newspaper front pages

All the newspaper front pages from UK and the world.

● 10:55am Dining room

Two minute silence

Those wishing to observe the two minutes silence at 11.00am will gather to honour the fallen British and Commonwealth servicemen and women.

● 11:30am Activity room

Creative art

Today we will be working with clay to create our garden roses.

● 1:30pm Activity room

Friday fitness

Energetic class mixing exercise and dance movements.

● 3:00pm First Floor lounge

Poetry recital

We recite Remembrance Day poems to honour the fallen.

● 4:30pm

Retro Sweet Trolley

Visit our very own Loveday sweet shop for a tuppence worth of your favorites for the weekend.

● 6:30pm Dining room

Cards night

All the card games you can play and maybe a new game too.

Saturday 12th

● 10:00am Ground Floor lounge

Newspaper front pages

All the newspaper front pages from UK and the world.

● 11:15am Physio room

Yoga with Charlotte

Charlotte Khan joins us in a session of fun, relaxing yoga.

● 1:30pm Activity room

Poppy art

Making our poppies to wear and to decorate our home for tomorrow's remembrance Sunday.

● 2:50pm Second Floor lounge

Kaleidoscope Chamber Collective

Musical works by Duruflé, Saint-Saëns and Tailleferre.

● 3:15pm

Saturday stroll

A light stroll around the grand streets of St John's Wood.

● 5:00pm

Wine-tasting session

Sample our three differing Tempranillos before supper.

Sunday 13th

● 10:30am Ground Floor lounge

Newspaper front pages

All the newspaper front pages from UK and the world.

● 11:00am Ground Floor lounge

Remembrance Sunday

Two minutes silence at 11.00am followed by a showing of the Remembrance day service.

● 12:30pm

Special Sunday Roast

The chefs have put together a beautiful traditional roast lunch with the addition of roasted pheasant to end our British game week.

● 2:30pm Ground Floor lounge

Sunday matinee – 'Escape to victory'

Based on a true story, this 1963 movie deals with the largest Allied escape attempt from a German P.O.W. camp during World War II.

● 4:00pm

Loveday reflection

Thoughts on this week's activities and a look to next week. What is on our wish list of things to do and places to go?

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