

LOVEDAY®

CHELSEA COURT PLACE

Activities & Events

Week Commencing 14th November



Armchair Travel | Thursday 17th November | 4:00pm

Tuesday 15th

● 10:00am

News & Views

Keep up to date with the latest national and international news

● 11:00am

Fabulous Fitness

It's Tuesday Moves day. We will be upping the tempo and enjoying an innovative stretch and tone class!

● 1:00pm

Psychodynamic Dance Therapy

Klaudia guides our Members with an uplifting session through non-verbal and verbal communication

● 2:00pm

Perfect poetry with Fiona

If you'd love to listen to a beautiful poem. Meet the library of our wonderful home. For an afternoon of listening to rhyme. It starts at 2, so be there on time!

● 3:00pm

Karaoke

Staff and members sing along to their favourite hits

● 4:00pm

Relaxation

Listening to meditation music

Monday 14th

● 10:00am

News & Views

Keep up to date with the latest national and international news

● 11:00am

Yoga

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

● 2:00pm

Quiz

Who will be crowned quiz king or queen?

● 3:00pm

Yuri Sabatini entertains

The talented tenor will be singing for us with passion and emotion. Not to be missed!

● 4:00pm

Music

Members relax to calming music.

Wednesday 16th

● 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 Grace

● 2:00pm

Loveday Arts Club

Art workshop continues with staff

● 3:30pm

Music and Movement

Pernille leads an innovative workshop filled with music, singing, dancing and laughter

● 4:30pm

Relaxation & meditation

Unwinding to the soothing sounds of calming music

Thursday 17th

● 10:00am

News & Views

Keeping abreast of the latest news

● 11:00am

Music

The Human Jukebox is in the house! Derek Paravacini will be entertaining us with our favourite songs

● 2:00pm

Outing

Trip to Duke of York Market

● 3:00pm

Culinary Masterclass

Members will be sampling Camembert with a selection of dipping sticks

● 4:00pm

Armchair Travel

Members take a quick trip to France to discover the country food and culture

Saturday 19th

● 10:00am

News & Views

Keeping abreast of the latest news

● 11:00am

Fabulous Fitness

Energise your weekend with a Saturday Stretch Session

● 2:00pm

Flower Arranging

We will be honing our floral art skills and creating beautiful arrangements to decorate our home

● 2:00pm

International Men's Day

The gents go to the pub for a beer and a chat!

● 3:00pm

Raymond Brian entertains

Clarinetist Raymond will perform for us.

● 4:00pm

Games afternoon

Join us for a game of dominoes

Friday 18th

● 10:00am

News & Views

Keeping abreast of the latest news

● 11:00am

Fabulous Fitness

Get ready to workout with an innovative Friday keep fit class

● 2:00pm

Anton Pazicky entertains

Anton will be playing a collection of French tunes on his Accordion

● 3:00pm

Refreshments

Members enjoy refreshments and conversation

● 4:00pm

Music, games, quiz

Members' Choice!

Sunday 20th

● 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

● 12:00pm

Sunday Roast Club

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

● 2:00pm

Chelsea Court cinema presents

Meet The Parents

● 4:00pm

Relax and unwind

Ending the week with calming spiritual music

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