

# LOVEDAY<sup>®</sup>

CHELSEA COURT PLACE

## Activities & Events

Week Commencing 21st November



Reminiscence | Monday 21st November | 3:00pm

## Tuesday 22nd

● 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

### Musical Performance

Miss Holiday entertains us with her catchy songs

● 4:00pm

### Relaxation

Listening to meditation music

## Wednesday 23rd

● 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

## Monday 21st

● 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

### Reminiscence

Members take a trip down memory lane with The Orient Express

● 4:00pm

### Music

Members relax to calming music

## Thursday 24th

● 10:00am

### News & Views

Keeping abreast of the latest news

● 11:00am

### Derek Paravacini entertains

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

● 3:00pm

### Culinary Masterclass

Members enjoy making and eating pasta

● 4:00pm

### Armchair Travel

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

## Friday 25th

● 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

### Quiz

Who will be quiz King or Queen?

● 3:00pm

### Proverbs Quiz

Finish the proverb

● 4:00pm

### Relaxation

Listening to music of their choice

● 5:00pm

### Tea party

Members enjoy a beautiful spread of a variety of cakes, sandwiches and such delights

## Saturday 26th

● 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

● 4:00pm

### Games afternoon

Join us for a game of dominoes

## Sunday 27th

● 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