

LOVEDAY[®]

CHELSEA COURT PLACE

Activities & Events

Week Commencing 28th November



Christmas Tree Lighting | Friday 2nd December | 5:00pm

Tuesday 29th

● 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

Art with Staff

The start of Christmas decorations

Monday 28th

● 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

Rebecca Burraway entertains

Rebecca will be singing and dancing to the lovely melodies.

● 4:00pm

Documentary

Most Puzzling Underwater Ruins EVER Discovered

Wednesday 30th

● 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 1st

● 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

● 2:00pm

Culinary Masterclass

Making our own traditional Christmas fruit cake

● 3:00pm

The Sound of Music

Film, sing along and interesting facts... these are a few of my favourite things!

Friday 2nd

● 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

Christmas tree decorating!

Members and staff decorate the Christmas tree while we sing our favourite Carols

● 3:00pm

Refreshments and treats

Eggnog and minced pies

● 5:00pm

Christmas tree lighting

The big count down to the lighting of the tree

Saturday 3rd

● 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 4th

● 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

A Castle for Christmas

● 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