

LOVEDAY[®]

CHELSEA COURT PLACE

Activities & Events

Week Commencing 7th November



Remembrance Sunday | Sunday 13th November | 11:00am

Tuesday 8th

● 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

Members will be making poppies ready for Remembrance Sunday!

Monday 7th

● 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

Bingo

Who will be the ultimate winner of bingo! Be in it to win it

● 3:00pm

Alistair Sutherland entertains

The talented Baritone singer will be performing for us. Not to be missed!

● 4:00pm

Music

Members relax to calming music

Wednesday 9th

● 10:00am

News & Views

Keep up to date with the latest national and international news

● 10:30am

Inventors Day

Members learn who created our favourite gadgets

● 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 10th

● 10:00am

News & Views

Keeping abreast of the latest news

● 11:00am

Piano Music

The English savant and musical prodigy Derek Paravacini will be entertaining us with our favourite songs

● 2:00pm

Harry Kersley entertains

The talented tenor performs opera and popular songs

● 3:00pm

Culinary Masterclass

Members will be making Chinese spring rolls

● 4:00pm

Armchair Travel

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

Friday 11th

● 10:00am

News & Views

Keeping abreast of the latest news

● 10:55am

Two minutes silence

Staff & Members will gather to observe the two minutes silence at 11am to honour and commemorate the fallen British and Commonwealth servicemen and women

● 11:05am

Fabulous Fitness

Get ready to workout with an innovative Friday keep fit class

● 2:00pm

Remembrance Day

Members will reflect on Remembrance Day

● 3:00pm

Refreshments

Members enjoy refreshments and conversation

Saturday 12th

● 10:00am

News & Views

Keeping abreast of the latest news

● 11:00am

Fabulous Fitness

Energise your weekend with a Saturday Stretch Session

● 2:00pm

Cognitive Stimulation

Guy Fawkes Day

● 3:00pm

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 13th

● 10:00am

News & Views

We will be relaxing and reviewing the Sunday papers and magazines

● 11:00am

Remembrance Sunday

Prayers of Remembrance to commemorate the contribution of British and Commonwealth servicemen and women in the two World Wars and later conflicts

● 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

The Longest Day, starring John Wayne

● 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