

LOVEDAY

KENSINGTON

Activities & Events

Week Commencing 14th November



Duo Eunoia entertain with violin and piano | Tuesday 15th November | 2.30pm

Monday 14th

● 10:30am

Good morning Loveday Kensington

Members will take a look at the newspaper front pages and also find out what is going on today at Loveday Kensington.

● 11:00am

Physiotherapy exercises

Loveday's resident physiotherapist Brigid leads a structured session with movement and stretches to help with mobility, strength and balance.

● 1.00pm

Live from Wigmore Hall

Calidore String Quartet perform music of Beethoven and Smetana.

● 2.00pm

Jessica Cherag-Zade entertains

Songs meant for singing... please join along with the personalised songsheets.

● 3.30pm

Global Food Month: Romania

Hear all about Romania from our dining staff Irina including sampling some Romanian delights.

● 5.00pm

Piano music

Monday music with some classic tunes for Members to sing and dance to, or just sit and enjoy.

Tuesday 15th

● 10:30am

Good morning Loveday Kensington

● 10.45am

Swimming

Benefits for mind and body in the pool at Imagine Spa.

● 11.00am

Keep fit exercises

Light exercises and stretches, and a stroll out in the fresh air.

● 2.00pm

Christmas Cake feeding

Stage three of our Christmas cake-making and it's time to feed our cakes.

● 2.30pm

Duo Eunoia entertain with violin and piano

Inês and Laura return with their engaging musical range presented with creativity, improvisation and connection.

● 3.30pm

Global Food Month: Foods of religion

Celebrating Interfaith Week we will sample some delicacies from a variety of religions.

● 4.30pm

Songs from the religions

A range of well-known as well as unusual songs from various religions.

Wednesday 16th

● 10:30am

Good morning Loveday Kensington

● 11.00am

Music and movement

Pernille will lead members in contemporary dance, Ballet and eurhythmics along with music.

● 1.30pm

Culinary Masterclass

Making and tasting some of the delights of Mexico.

● 2.30pm

Mexican Art

Exploring the works of Frida Kahlo, Members will find out about Mexico's famous artist and create work in her style.

● 4:00pm

Mariachi Rey entertain

The Mexican band will bring vibrant entertainment combining the authentic and colourful costumes of Mexico.

● 5.00pm

Salt, Tequila, Lime

Try the classic combination of saltiness, sweetness and sourness.

Thursday 17th

● 10:30am

Good morning Loveday Kensington

● 11:00am

Tai Chi with Paul

Increasing mobility, flexibility, posture and balance.

● 1:30pm

Culinary Masterclass

Make fresh bread on Homemade Bread Day.

● 2:30pm

Move with Maria

A weekly space where we use creative body movement to express our thoughts and feelings and connect with others.

● 4.00pm

John Sessions entertains

A mix of Rat Pack and swing classics.

● 5.00pm

Sugar Awareness Week

Information about sugar intake and sugar alternatives.

Friday 18th

● 10:00am

Good morning Loveday Kensington

● 10.30am

Taylor Wessing Exhibition

A visit to Cromwell Place to see the winners of the renowned national portrait prize.

● 1.30pm

Culinary Masterclass

We will be making a special autumnal cider in celebration of National Apple Cider Day.

● 2.30pm

Paul Kissaun entertains

The Piano and vocals maestro returns for an eclectic range of songs during his engaging performance.

● 4.00pm

Happy birthday Mickey Mouse

Games for all to celebrate Mickey's 94th birthday.

● 5.00pm

Songs from Disney

● 6.30pm

Mickey Mouse Movie Night

Steamboat Willie (1928) followed by Disney's Fantasia (1940).

Saturday 19th

● 10:30am

Good morning Loveday Kensington

● 11.00am

Saturday Quiz

One hundred questions... test your general knowledge

● 1.30pm

International Men's Day

We're celebrating the male Members of Loveday Kensington.

● 2.30pm

Arts and crafts

Getting creative in preparation for the festive period.

● 4.00pm

Board games and cards

Scrabble, kalooki and Uno are just some of the games that will be played.

● 5:00pm

Pre-supper walk

Wrap up for a leisurely walk taking in the lights and sights of Kensington.

● 6:30pm

Saturday night at the movies

Member's choice and popcorn!

Sunday 20th

● 10:30am

Good morning Loveday Kensington

● 11.00am

High Street Kensington Farmers' Market

Stroll through the tree-lined stalls for fresh food and fresh air.

● 2.30pm

Natalia Cerqueria entertains

Natalia returns with her songs on the accordion.

● 4.00pm

Poetry and Food

Feast on this smorgasbord of poems about eating and cooking, exploring our relationships with food.

● 5.00pm

Music

Some light, relaxing music before supper.

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