

# LOVEDAY

KENSINGTON

Activities & Events  
Week Commencing 21st November



World Cup: England v Iran | Monday 21st November | 1.00pm

## Monday 21st

● 10:30am

### Good morning Loveday Kensington

Members will take a look at the newspaper front pages

● 11:00am

### Physiotherapy exercises

Brigid leads a structured session with movement and stretches to help with mobility, strength and balance

● 1.00pm

### Live from Wigmore Hall

The King's Singers combine original masterpieces with music from the Renaissance right up to the present day

● 1.00pm

### World Cup: England vs Iran

Watch England's first game in the World Cup live from Qatar

● 2.00pm

### Jessica Cherag-Zade and Melissa Chew entertain

Jessica and Melissa perform songs meant for singing with personalised Loveday songsheets

● 3.30pm

### World Television Day

Reminiscence with iconic and magical moments from tv gold

● 5.30pm

### Tickled Pink presents: Aladdin!

The magical story of Aladdin is brought to life in this fun and engaging pantomime show

## Tuesday 22nd

● 10:30am

### Good morning Loveday Kensington

● 10.45am

### Swimming

Exercise and leisure for the body and mind at Imagine Spa

● 11.00am

### Outside exercise

Stretching our legs and taking in the fresh air

● 1.00pm

### World Cup: Denmark vs Tunisia

In celebration of the upcoming Tunisian food tasting

● 1.30pm

### Arts and crafts

Members will be making a festive creation

● 3.00pm

### Global Food Month: Tunisia

Sameh will be introducing Members to the sights, sounds and tastes of Tunisia

● 4.30pm

### Harry Kersley entertains

Opera and swing – these easy-listening songs will get you singing and dancing

## Wednesday 23rd

● 10:30am

### Good morning Loveday Kensington

● 11.00am

### Music and movement

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

● 2.00pm

### Art with Grace

Exploring mixed-media techniques in creating nature-inspired imagery, Members will take inspiration from Grace's experimental drawing and painting practice

● 1:00pm

### World Cup: Germany vs Japan

Get your red, yellow and black scarves out for the first game in Group E

● 3.15pm

### Christmas Cake

We will be adding marzipan to our Christmas cakes

● 4.00pm

### Global Food Month: World Cup

Food from countries involved in the World Cup in Qatar

## Thursday 24th

● 10:30am

Good morning Loveday Kensington

● 11:00am

Tai Chi with Paul

Increasing mobility, flexibility, posture and balance

● 2:00pm

Opera Holland Park Afternoon Tea Party

Join us for a celebratory afternoon tea whilst being entertained by the wonderful singers from Opera Holland Park

● 4:30pm

Piano music

Light music before supper

## Friday 25th

● 10:30am

Good morning Loveday Kensington

● 11:00am

Yoga with Annie

Physical, mental, and spiritual practices to master and still the mind

● 2:30pm

Paul Kissaun entertains

Paul returns with his eclectic and engaging performance accompanied with piano and vocals

● 4:00pm

World Cup Memories

Iconic images and memories from football's greatest global competition

● 7:00pm

World Cup: England vs USA

The World Cup continues with England taking on USA in the second of the group matches

## Saturday 26th

● 10:30am

Good morning Loveday Kensington

● 11:00am

Saturday Quiz

Test your knowledge on any trivia of your choice!

● 12:00pm

Around the Square

Pre-lunch stroll around Kensington Square

● 2:00pm

Iberian Dancers

The dancers return in celebration of Global Food Month – expect castanets and a lot of energy

● 3:30pm

Spanish art

Learn about the great Spanish artists Gaudi, Dali and Picasso, and recreate some of your own pieces

● 4:45pm

Spanish poetry

Discover the great Spanish poets

## Sunday 27th

● 10:30am

Good morning Loveday Kensington

● 11:00am

Arts and crafts

Festive merriment as we get creative for Christmas

● 2:00pm

Christmas windows

A walk along Kensington High Street admiring the shop windows adorned with their Christmas displays

● 3:30pm

Fun and games

Board games, card games and ball games for all with an edge of competitiveness

● 4:45pm

Sunday thoughts

A look back at the previous week and talk of the fun we have in store for the coming week

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