

LOVEDAY

KENSINGTON

Activities & Events
Week Commencing 7th November



Remembrance Day music and poetry | Friday 11th November | 11:15am

Monday 7th

● 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

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

● 2.00pm

Jessica Cherag-Zade entertains

Jessica returns with songs meant for singing. Please join along with the personalised songsheets.

● 3.00pm

Member's birthday party

Come and celebrate!

● 3.30pm

Reminiscence and discussion

Talking about memories of baking and vote on what will be baked in Wednesday's Culinary Masterclass.

● 4.15pm

Afternoon stroll

● 5.00pm

Pre-supper singalong

Join in with popular songs before supper.

Tuesday 8th

● 10:30am

Good morning Loveday Kensington

● 11.00am

Zumba

An engaging and fun exercise session set to music.

● 1.45pm

Piano music

Members will enjoy some live piano music to get them in the mood for this afternoon's main entertainment.

● 2.30pm

Jessica De Giudici

Jessica returns to Loveday Kensington with her rich and luxurious voice.

● 4.00pm

Acrostic poetry

Create your own acrostic poem based on a series of personalised words.

● 4.45pm

Ball games

Focus and agility with games before supper.

Wednesday 9th

● 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

Music and movement

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

● 1.30pm

Swimming

A session for your body and mind at Imagine Spa.

● 2.30pm

Loveday Arts Club

Members will continue their colourful poppy-making art session in time for Remembrance Day.

● 4:00pm

Creative writing

Create your own story of who, what, where, why & when based on what we think a culinary picture is telling us.

● 5.00pm

Piano music

Relaxing piano music to accompany supper.

Thursday 10th

● 10:30am

Good morning Loveday Kensington

● 11:00am

Tai Chi with Paul

Increasing mobility, flexibility, posture and balance.

● 1:30pm

Piano music

● 2:30pm

Move with Maria

Join Maria for this engaging musical movement session.

● 3:30pm

Afternoon stroll

● 6:30pm

Cards night

Play your cards right, Kalooki, Rummy, Snap - all the card games you can play.

Friday 11th

● 10:30am

Good morning Loveday Kensington

● 11:00am

Remembrance Day

We will all join together for a moment's silence to remember the fallen servicemen and women. Lest we forget.

● 11:15am

Remembrance Day music and poetry

Members will listen to live piano music in keeping with Poppy Day and recite poetry of Wilfred Owen and Siegfried Sassoon.

● 1:30pm

Culinary Masterclass

Head Chef Sam will be baking another culinary masterpiece.

● 2:30pm

Paul Kissaun entertains

● 3:30pm

Retro pick'n'mix sweet trolley

● 4:00pm

Global Food Month: Poland

Hear about Poland from care coordinator Izabela, and try Pierogi, the classic Polish filled dumplings.

● 5:00pm

Basil Hodge on Piano

Saturday 12th

● 10:30am

Good morning Loveday Kensington

● 11:00am

Saturday Quiz

One hundred questions... who will be the Loveday Kensington champion quizzier?

● 1:30pm

Japan House visit

As part of our Global Food monthly theme, Members will visit the tranquil and artistic space at Japan House and experience some authentic Japanese beverages and snacks.

● 3:00pm

Afternoon fun

Join us for board games, dominoes, cards or jigsaws for focusing the mind, and ball games for agility and dexterity.

● 4:30pm

Saturday Night Fever

Members will let their hair down with some classic groovy tunes for a swinging Saturday evening.

● 5:00pm

Party time continued

Our wonderful chef has prepared our festive finger food buffet, mulled wine and homemade mince pies

Sunday 13th

● 10:30am

Good morning Loveday Kensington

● 10:45am

Remembrance Sunday

Live coverage of the annual Remembrance Sunday commemorations at the Cenotaph.

● 1:30pm

Remember with poetry

Some classic Remembrance Sunday poetry and thought.

● 2:30pm

Walk around Kensington

Take in the fresh air with a leisurely stroll around our local surroundings.

● 4:00pm

Pre-supper music

Light music and optional dancing, with some classic and favourite tunes.

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