

LOVEDAY®

Abbey Road

Activities and Events

WEEK COMMENCING 31st OCTOBER 2022



Monday 31st

- 10.30am Newspaper front pages**
All the newspaper front pages from UK and around the world (**Ground Floor Lounge**)
- 11.15am Stretch & move**
Monday morning stretch and move session to limber up for the week ahead. Let's do the timewalk again! (**Physiotherapy Room**)
- 1.45pm Creative art**
Let us get our pumpkins ready to display in our garden for Halloween. (**Activity Room**)
- 3.30pm Afternoon Stroll**
A meander around our beautiful neighbourhood to see how many houses have decorated for Halloween.
- 5.00pm Paul Kissaun entertains**
Paul returns to entertain us with his vast musical repertoire, this afternoon's session promises to deliver all your favourite tunes
- 7.00pm Fright Night**
Grab your treats and join us In the ground floor lounge for this iconic 1978 scary movie 'Halloween'

Tuesday 1st

- 10.30am Newspaper front pages**
All the newspaper front pages from UK and around the world (**Ground Floor Lounge**)
- 11.15am Tai Chi with Paul**
Paul will lead us in a session of wonderful calming moves to enrich your mind, body and spirit. (**Activities Room**)
- 2.00pm Basil Hodge entertains**
Live, sweet mellow jazz piano
- 3.00pm Culinary Masterclass**
The chefs will once again delight us with their culinary magic. Today's recipe is beetroot and vegan cheese crackers.
- 4.30pm Pre-supper drinks**
A gathering of friends in the dining room for a pre-supper drink and to sample the delights we made in our master class.
- 5.00pm Natalia entertains**
Natalia will delight us with her beautiful vocals singing a variety of songs from all genres. (**Ground Floor Lounge**)

Wednesday 2nd

- 10.30am Newspaper front pages**
All the newspaper front pages from UK and around the world (**Ground Floor Lounge**)
- 11.15am Music and movement**
Join Maria for her engaging musical movement session creating an environment that promotes curiosity and acceptance through creativity and positivity
- 1.45pm A gathering of friends**
An opportunity to discuss what troubles us and how we can support each other not only on stress awareness day but every day. (**First Floor Lounge**)
- 3.15pm Horticulture at Loveday Abbey Road**
Winter is setting in, let us see what is still thriving in our beautiful garden, and what can be done before the frost sets in.
- 4.30pm Harriet Adie entertains**
Harriet has an enormously varied repertoire on her harp. She is as equally happy performing light classical, folk or jazz tunes, as she is pop and Bollywood music.

Thursday 3rd

- 10.00am Coffee and Friends**
Let us take the papers to Club Med for coffee, pastries and front pages. We will soon put the world straight.....
- 1.30pm Abbey Road Art Club**
Exploring mixed-media techniques in creating nature-inspired imagery, Members will take inspiration from Grace's experimental drawing and painting practice
- 3.30pm Flower Arranging**
We will be honing our floral art skills and creating beautiful arrangements to decorate our home
- 4:30pm Ines and Laura entertain**
This dynamic duo perform an eclectic mix of music on piano and violin
- 6.30pm Stargazing**
With hats, gloves, scarfs and coats on, we will grab the blankets and hot chocolate and do some garden stargazing...

Friday 4th

- 10.30am Newspaper front pages**
All the newspaper front pages from UK and around the world (**Ground Floor Lounge**)
- 11:00am Resident Author**
Join Nadia for a discussion about our memories of family roast dinners, our favorite part of the roast & dessert
- 1.30pm Creative book making**
Having discussed our roast dinner memories with Nadia, let's put together our own roast dinner favorite recipes book
- 3.00pm Loveday Spa**
Join us in our salon to relax, listen to soft meditative music, breath in the wonderful spa scent whilst having a fabulous relaxing pampering spa treatment
- 4.15pm Acrostic poem**
Using the word fireworks as our inspiration, let us create our poem

Saturday 5th

- 10.30am Newspaper front pages**
All the newspaper front pages from UK and around the world (**Ground Floor Lounge**)
- 11.00am Stretch and move**
A gentle stretch and balance session to keep you agile and invigorated (**LG Activity Lounge**)
- 2.00pm Reminiscence and discussion**
Join us in the 2nd floor lounge for a trip down memory lane. Today's subject is Guy Fawkes.
- 3.00pm Board games and cards**
Let's re-visit some of the classic card and board games. Rummy, dominoes, bridge, backgammon and much more (**Ground Floor Lounge**)
- 4.30pm Gary Webb entertains**
Relax in the dining area , reflect on your week whilst listening to the talented guitarist Gary who will be playing some familiar tunes

Sunday 6th

- 10.30am Newspaper front pages**
All the newspaper front pages from UK and around the world (**Ground Floor Lounge**)
- 11.00am Seated Sunday stretches**
A gentle 30 minute stretch and balance session to keep you agile and invigorated. (**Activity room**)
- 11.45am Loveday Art Club**
Our Team will help to create autumnal mosaic cards.
- 2.00pm Loveday Cinema**
Cozy up for an afternoon classic movie and of course an ice cream (**Ground Floor Lounge**)
- 4.30pm Sunday Quiz**
A Sunday afternoon Quiz to test your culinary knowledge

“Let food be thy medicine and
medicine be thy food.”

HIPPOCRATES

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.

Arts & 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.

