

# LOVEDAY®

Abbey Road

## Activities and Events

WEEK COMMENCING 17th OCTOBER 2022

ROH Live and Lunch | Friday 21st October | 11.30am



## Monday 17th

- 10.30am Newspaper front pages**  
All the newspaper front pages from UK and around the world (Ground Floor Lounge)
- All day Cricket World Cup**  
All of today's cricket, live from Australia (First Floor Lounge)
- 11.15am Monday stretch & move**  
A gentle stretch & balance session to get you started for the week ahead (Activities Room)
- 1.45pm Black Poetry Day**  
Celebrating Black Poetry Day, we will be sharing an anthology of African-American poetry (Ground Floor Lounge)
- 3.30pm Edible art**  
As baking week continues we will introduce you to edible art but sometimes things are not always as they seem! (Activities Room)
- 4.45pm John sessions**  
John will be entertaining us with his musical skills & vast repertoire (Ground Floor Lounge)

## Tuesday 18th

- 10.30am Newspaper front pages**  
All the newspaper front pages from UK and around the world (Ground Floor Lounge)
- All day Cricket World Cup**  
All of today's cricket, live from Australia (Second Floor Lounge)
- 11.00am A trip to Lords**  
A trip to the famous Lords cricket grounds for a private tour of the buildings and grounds
- 2.00pm Nadia Cohen**  
A visit from our resident author to continue discussing our memories from the opera (Ground Floor Lounge)
- 3.30pm Gardener's hour**  
A chance to discuss what is happening in our garden with our highly knowledgeable gardener and what to look for now winter in on its way
- 5.00pm Name that tune**  
Pre-supper competition to test your musical knowledge. Name that tune in 4!

## Wednesday 19th

- 10.30am Newspaper front pages**  
All the newspaper front pages from UK and around the world (Ground Floor Lounge)
- All day Cricket World Cup**  
All of today's cricket, live from Australia (First Floor Lounge)
- 11.15am Music & movement**  
Join Pernille for an engaging class of fluid movement to gentle music (Activities Room)
- 1.45pm Retail therapy**  
A trip to Regents street for some retail therapy
- 4.30pm On this day**  
Let us take a trip through history to see what memorable events have taken place on 19th October in the past (Ground Floor Lounge)
- 5.30pm Olena Tokar & Igor Gryshyn**  
The Ukrainian lyric soprano has won numerous prizes and is currently a member of the Leipzig Opera. With her equally eminent pianist compatriot she includes today's songs by Alma Mahler and Pauline Viardot (Dining Room)

## Thursday 20th

- 10.30am Newspaper front pages**  
All the newspaper front pages from UK and around the world (Ground Floor Lounge)
- All day Cricket World Cup**  
All of today's cricket, live from Australia (Second Floor Lounge)
- 11.00am Tai Chi with Paul**  
Paul will lead us in a session of wonderful calming moves to enrich your mind, body and spirit
- 2.00pm Resident artist**  
Grace will be sharing techniques using oils & canvas
- 3.15pm Time for body & mind**  
Join us in the salon, relax, listen to our soft meditative music and breath in the wonderful spa scent whilst having a fabulous hand massage
- 4.15pm Pre-supper stroll**  
A light walk around the beautiful surroundings of Abbey Road before supper
- 5.30pm Yuri Sabatini entertains**  
The operatic lyric tenor performs classic arias and sensuous tunes

## Friday 21st

- 10.30am Newspaper front pages**  
All the newspaper front pages from UK and around the world (Ground Floor Lounge)
- All day Cricket World Cup**  
All of today's cricket, live from Australia (Second Floor Lounge)
- 11.00am Music & movement**  
Join Maria for her engaging music and dance workshop
- 11.30am ROH Live and lunch**  
A trip to the Royal Opera House for a light lunch followed by performances by Royal Opera House and guests artists in the Paul Hamlyn Hall
- 3.00pm Creative writing**  
Using this week's picture, let us discuss what we think is happening, what year this may have been taken and build a story together (Activities Room)
- 4.15pm Ines & Laura entertain**  
This dynamic duo perform an eclectic mix of music on piano & violin (Ground Floor Lounge)

## Saturday 22nd

- 10.30am Newspaper front pages**  
All the newspaper front pages from UK and around the world (Ground Floor Lounge)
- All day Cricket World Cup**  
All of today's cricket, live from Australia (Second Floor Lounge)
- 11.00am Saturday morning 3 C's**  
A leisurely stroll to our local coffee shop for coffee, cake & conversation
- 2.00pm Anyone for tennis?**  
Join our team for some outdoor (weather permitting) or indoor balloon tennis, great exercise and fabulous fun!
- 4.00pm Saturday afternoon matinee**  
Popcorn (and tissues) at the ready for this emotive epic, classic movie 'The colour purple' starring Whoopie Goldberg & Oprah Winfrey

## Sunday 23rd

- 10.30am Newspaper front pages**  
All the newspaper front pages from UK and around the world (Ground Floor Lounge)
- All day Cricket World Cup**  
All of today's cricket, live from Australia (First Floor Lounge)
- 11.00am Sunday stretch club**  
A slow and meaningful stretch class to release tension in the neck, back and shoulders (Activities Room)
- 12.00pm Operathon**  
The first of two trips today to Sarastro's restaurant for lunch and to support Janet Fairlie who will be singing for 10 hours raising money for Ukraine
- 2.00pm Poetry recital**  
Today we will be reading poetry from the talented author and poet Maya Angelou
- 6.00pm Operathon**  
Our second trip to Sarastro's this time for supper and to support Janet Fairlie who will still be singing her heart out for Ukraine

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.

