

# LOVEDAY®

Abbey Road

## Activities and Events

WEEK COMMENCING 24th OCTOBER 2022

Festival of Lights exercise class | Wednesday 26th October | 11.15am



### Monday 24th

- 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 Stretch & move**  
Monday morning stretch & move session to limber up for the week ahead (**Activities Room**)
- 1.45pm A trip down memory lane**  
An informal gathering of Loveday friends discussing years gone by and working through our Memory lane book (**Third Floor Lounge**)
- 3.15pm Loveday creative class**  
Our first session, working with African inspired papers to create our decoupage animals (**Activities Room**)
- 4.30pm Concerto & conversation**  
Light piano music and pre-supper aperitif whilst listening to the collective playlist produced today (**Ground Floor Lounge**)

### Tuesday 25th

- 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**)
- 1.30pm The big pamper**  
We prepare for our magical night with family & friends with appointments in our salon for professional manicures, hair and make-up before donning our finery for this evenings soiree (**Lower Ground Salon**)
- 4.00pm World Opera Day - Loveday invites...**  
As our month of opera comes to a close we invite you, your family & friends to join us at Loveday Kensington for an extraordinary evening of opera singers along with a fabulous surprise, paired with an extra special menu prepared by our award winning chefs

### Wednesday 26th

- 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**)
- 11.15am Festival of Lights exercise class**  
Diwali is a festival of lights and one of the major festivals celebrated by Hindus, Jains, Sikhs, and some Buddhists. Today we will have a special exercise class Diwali style
- 1.45pm Gilbert and Sullivan reminiscence**  
Exploring the works of the founders of British comic Opera
- 3.00pm Loveday creative class**  
Our second session, working with African inspired papers to create our decoupage animals (**Activities Room**)
- 5.30pm Paul Kissaun**  
British pianist and vocalist Paul Kissaun returns with his eclectic and engaging entertainment (**Ground Floor Lounge**)
- 8.00pm Live steam from Wigmore Hall**  
Alina Ibragimova violin; Cédric Tiberghien piano. A duo whose two members are each musicians of distinctive personality once again come together for a programme that reflects their wide musical interest (**First Floor Lounge**)

“Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that.”

MARTIN LUTHER KING JR.

### Thursday 27th

- 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 Move with Maria**  
Join Maria for her engaging music and dance workshop
- 2.00pm Resident artist**  
Exploring mixed-media techniques in creating nature-inspired imagery, Members will take inspiration from Grace's experimental drawing and painting practice
- 3.15pm Culinary Masterclass**  
Adriano & team will be sharing with us how to make and mirror glaze a French opera cake. Did I hear you say 'here's one I prepared earlier?'
- 6.00pm Sleight of hand or pure magic?**  
To mark International magic week, we have invited the incredible magician, Jamie Raven to share an evening with us. Hold on to your wallets!

### Friday 28th

- 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**)
- 11.15am Tai Chi with Paul**  
Paul will lead us in a session of wonderful calming moves to enrich your mind, body and spirit
- 2.00pm Loveday creative class**  
Our third & final session, working with African inspired papers to create our decoupage animals
- 3.30pm Pick'n'mix & popcorn**  
A quick trip to the Loveday sweet shop for a bag of goodies for the weekend
- 5.00pm Live opera singing**  
Harry Kersley will delight you with his opera singing

### Saturday 29th

- 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 High Street fun!**  
A trip to St John's Wood High Street for fresh air fun and retail therapy
- 2.00pm Art for our garden**  
Let's create flowers out of clay to display in our garden
- 3.30pm Ten pin bowling**  
Ten pin bowling in the garden (weather permitting)
- 5.00pm Basil Hodge**  
Live, jazz piano & vast repertoire, Basil will delight (**Ground Floor Lounge**)

### Sunday 30th

- 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 Sunday stretches**  
A mixture of gentle yoga and tai chi movements to limber us up for our day ahead (**Activities Room**)
- 1.30pm International Sand Sculpting Championship**  
Using kinetic sand we will try to create our own iconic place/building out of sand, let us see who is the Loveday champion this year (**Activities Room**)
- 3.00pm Sunday matinee**  
A good old classic movie showing in the ground floor lounge
- 5.00pm Cards & board games**  
Bridge, backgammon, chess, rummy and more with relaxing background piano music (**GLDR**)

