

LOVEDAY® CHELSEA COURT PLACE

Activities and Events

WEEK COMMENCING 10th OCTOBER 2022



Monday 10th

- 10:00am News, views, politics & papers**
Keeping up to date with the latest national and international news
- 11:00am Yoga**
Charlotte Khan joins us in a session of fun, relaxing yoga
- 2:00pm Reminiscence**
Who is Christopher Columbus? Trivia and Quiz
- 3:00pm Music**
Listening to Sea Shanties
- 4:00pm Documentary**
Is Christopher Columbus who we think he is? The secrets and lies of Columbus

Tuesday 11th

- 10:00am News, views, politics & papers**
Keeping up to date with the latest national and international news
- 11:00am Fabulous fitness**
It's Tuesday Moves day. We will be upping the tempo and enjoying an innovative stretch and tone class!
- 1:00pm Psychodynamic dance therapy**
Klaudia guides an uplifting session through non-verbal and verbal communication
- 2:00pm Perfect Poetry with Fiona**
If you'd love to listen to a beautiful poem Meet the library of our wonderful home For an afternoon of listening to rhyme It starts at 2, so be there on time!
- 3:00pm On screen theatrical performance**
Madam Butterfly refreshments

Wednesday 12th

- 10:00am News, views, politics & papers**
We will be discussing the latest in politics and international and national news
- 11:00am Loveday arts club**
Create, express, and communicate in our guided art workshop
- 2:00pm Loveday arts club**
Continuing art session
- 3:30pm Music & movement**
Pernille leads an innovative workshop filled with music, singing, dancing and laughter
- 4:30pm Relaxation & meditation**
Unwinding to the soothing sounds of calming music

Thursday 13th

- 10:00am News, views, politics & papers**
Keeping up to date with the latest national and international news
- 11:00am Music**
The Human Jukebox is in the house! Derek Paravacini will be entertaining us with our favourite songs
- 2:00pm Talk & interesting facts**
Celebrating Black History month
- 3:00pm Culinary masterclass**
Members will be making their very own Pizzas
- 4:00pm Relaxation**
Music and hand massages for all

Friday 14th

- 10:00am News, views, politics & papers**
Keeping up to date with the latest national and international news
- 11:00am Fabulous fitness**
Get ready to workout with an innovative Friday Fit class
- 2:00pm On screen performance**
Andre Rieu plays for the Royal Family of the Netherlands
- 4:00pm Relaxation**
Tea and a chat

Saturday 15th

- 10:00am News, views, politics & papers**
Keeping up to date with the latest national and international news
- 11:00am Fabulous fitness**
Energise your weekend with a Saturday Stretch Session
- 2:00pm Shopping**
Members go shopping for Pumpkins
- 3:00pm Flower arranging**
We will be honing our floral art skills and creating beautiful arrangements to decorate our home
- 4:00pm Games**
Singing and parachutes

Sunday 16th

- 10:00am News, views, politics & papers**
We will be relaxing and reviewing the Sunday papers and magazines
- 11:00am Various church services**
Radio and St. Lukes
- 12:00pm Sunday roast club**
Our Chefs will be preparing a very special Sunday Roast with all the trimmings
- 2:00pm Chelsea Court quiz**
Members compete with other members to score the highest
- 3:00pm Games**
Bingo or Bowling...Members Choice!
- 4:00pm Relaxation**
Listening to calming music

“Where words fail, music speaks.”

HANS CHRISTIAN ANDERSEN

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.

