

LOVEDAY® CHELSEA COURT PLACE

Activities and Events

WEEK COMMENCING 24th OCTOBER 2022

Diwali Workshop | Thursday 24th October | 3.00pm



Monday 24th

- 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 Musical performance**
The wonderful and talented Rebecca Burraway performs for us
- 3.00pm Workshop**
Diwali
- 4.00pm Music**
Listening to music from India

Tuesday 25th

- 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 Cognitive stimulation**
All about Apples
- 4.00pm Music & relaxation**
Calming music

Wednesday 26th

- 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 Art Exhibition at CCP**
Members show their own interpretation of The Garden Museum and tea party
- 3.30pm Music & movement**
Pernille leads an innovative workshop filled with music, singing, dancing and laughter
- 4.30pm Relaxation & meditation**
Members listen to music of their choice

Thursday 27th

- 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
- 3.00pm Culinary masterclass**
Sampling fruits and veggies
- 4.00pm Music**
Listening to all songs with fruit in the lyrics

Friday 28th

- 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 Quiz**
Who will be named king or queen of the quiz
- 3.00pm Musical performance**
The Italian Tenor Yuri Sabatini performs for us
- 4.00pm Refreshments**
Hot cocoa Bar with topping of your choice

Saturday 29th

- 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 Flower arranging**
We will be honing our floral art skills and creating beautiful arrangements to decorate our home
- 3.00pm Quiz**
Alphabet quiz
- 4.00pm Games afternoon**
Join us for an afternoon of puzzling

Sunday 30th

- 10.00am News, views, politics & papers**
Keeping up to date with the latest national and international news
- 11.00am Various church services**
Radio
- 12.00pm Sunday roast club**
Our Chefs will be preparing a very special Sunday Roast with all the trimmings
- 2:00pm Chelsea Court quiz**
Will you be crowned Quiz Queen or King?
- 3:00pm Karaoke**
Get your requests at the ready! Fun and laughter guaranteed!
- 4.00pm Relax & unwind**
Ending the week with calming Spiritual music

“A ship in port is safe, but that's not what ships are built for.”

GRACE HOPPER

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.

