

LOVEDAY® CHELSEA COURT PLACE

Activities and Events

WEEK COMMENCING 31st OCTOBER 2022

Halloween Tea Party | Monday 31st October | 2.00pm



Monday 31st

- 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 Halloween**
Halloween afternoon Tea Party
- 4.00pm Music**
Spooky music to end the afternoon

Tuesday 1st

- 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 World Vegan Day**
Members sample vegan food
- 4.00pm Music & relaxation**
Listening to traditional pub songs

Wednesday 2nd

- 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**
Art workshop continues with staff
- 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 3rd

- 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 Loveday Arts**
Getting creative
- 3.00pm Culinary Masterclass**
Members enjoy sampling food on a charcuterie board
- 4.00pm Music**
Sing a long with staff

Friday 4th

- 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 Poetry by Staff**
Staff read their favourite poems
- 3.00pm Art by staff**
Members and staff get creative with paint

Saturday 5th

- 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 Cognitive stimulation**
Guy Fawkes Day
- 3.00pm Flower Arranging**
We will be honing our floral art skills and creating beautiful arrangements to decorate our home
- 4.00pm Games afternoon**
Join us for an afternoon of dominoes

Sunday 6th

- 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

“Every leaf speaks bliss to me,
fluttering from the autumn tree...”

EMILY BRONTË

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.

