

LOVEDAY® CHELSEA COURT PLACE

Activities and Events

WEEK COMMENCING 3rd OCTOBER 2022



Loveday Arts Club | Wednesday 5th October | 11.00am

Monday 3rd

- 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/discussion**
October in History
- 3:00pm Refreshments**
Members sit and chat with staff over coffee and tea
- 4:00pm Music**
Listening to the opera singer Leontyne Price

Tuesday 4th

- 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 Colour & wine**
Members relax with a colouring in session
- 4:00pm Music & relaxation**
Listening to traditional and folk Irish music

Wednesday 5th

- 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 Global James Bond Day**
Chelsea Court Cinema Presents Octopussy Starring Roger Moore (1983)
- 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 6th

- 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 making Healthy Wraps with staff
- 4:00pm Music**
Listening to Andrea Bocelli

Friday 7th

- 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 Relaxation**
Members enjoy a hot cup of cocoa and laugh at everyone's miss matched socks including their own in recognition of odd socks day
- 4:00pm Music**
Listening to Luciano Pavarotti

Saturday 8th

- 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 Music**
- 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 a game of dominoes

Sunday 9th

- 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 classical music

“Art is a line around your thoughts.”

GUSTAV KLIMT

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.

