

LOVEDAY®

Kensington

Activities and Events

WEEK COMMENCING 31st OCTOBER 2022

Fireworks | Friday 4th November | 4.30pm



Monday 31st

- 10.30am Spotlight**
Morning conversation to start the day with information of what's happening today
- 11.00am Physiotherapy exercises**
Loveday's resident physiotherapist Brigid leads a structured session with movement and stretches to help with mobility, strength and balance
- 1.00pm Live from Wigmore Hall**
Tim Mead countertenor performs with Laurence Cummings on harpsichord and Jonathan Manson on cello, music including A Scarlatti, Bononcini, Caldara and Handel
- 2.00pm Jessica Cherag-Zade entertains**
Jessica performs with her weekly session where Members are encouraged to sing along with some well-known songs
- 3.30pm Look-back at October**
Time to see photos and videos of the activities that have taken place throughout the month
- 4.30pm Live piano music**
We end the month with uplifting piano music to leave you on a high note, with a few weird and wonderful tunes for Halloween

Thursday 3rd

- 10.30am Spotlight**
Morning conversation to start the day
- 11.00am Tai Chi with Paul**
Join in with the gentle Chinese martial art practiced for increasing mobility, flexibility, posture and balance through gentle exercise, stretching, meditation and calm
- 2.30pm Move with Maria**
Join Maria for her engaging musical movement session creating an environment that promotes curiosity and acceptance through creativity and positivity
- 4.00pm Sandwich Day**
Find out about the history of the humble sandwich. What is Loveday Kensington's favourite sandwich filling and how does it compare to the UK's top ten sandwiches
- 5.00pm Sandwich Day Arts and Crafts**
Discussion and creation as Members will make a personalised layered artwork
- 6.00pm Sandwich Day Tasting Menu**
The chefs will prepare a special selection of sandwich fillings

Friday 4th

- 10.30am Spotlight**
Morning conversation to start the day with information of what's happening today
- 11.00am Keep fit session**
Using a variety of techniques Members will have that Friday feeling with uplifting exercises
- 11.45pm Photography session**
Whether you are the photographer or the model, join us for this interactive, creative and fun session
- 2.00pm Who was Guy Fawkes?**
Discussion and facts about Guy Fawkes and a creative firework art session
- 3.00pm Friday piano time**
Members are invited to submit requests for an engaging and entertaining music session
- 4.30pm Fireworks**
Join us for indoor and outdoor fireworks with roasted chestnuts and marshmallows

Tuesday 1st

- 10.30am Spotlight**
Morning conversation to start the day with information of what's happening today
- 11.00am An introduction to Global Food**
We begin the month with taste and sounds from around the world, and introduce some of the food journeys we will be going on
- 11.30am Italian focus**
Staff member Maria will lead us on a short Italian adventure
- 1.15pm Global Food Quiz**
Know your Italian meringue from your French meringue and your baguette from your focaccia as we discover who knows about Global Food
- 2.00pm Ben White Entertains**
Ben sings the songs of Italy
- 3.00pm World Vegan Day**
Members will learn about the vegan revolution and sample some new vegan products and meat substitutes
- 4.00pm Journey through Italy**
Pictorial and musical journey through Italy with discussion and memories of past visits
- 5.00pm Music of Italy**
From Verdi to Bocelli, we will sample some fine music from Italy accompanied by a glass of Chianti or Pinot Grigio

Saturday 5th

- 10.30am Spotlight**
Morning conversation to start the day with information of what's happening today
- 11.00am Saturday Quiz**
One hundred questions... who will be Loveday Kensington's champion quizzier?
- 2.00pm Arts & crafts**
Members will make paper poppies in readiness for Remembrance Day
- 4.00pm Afternoon Fun**
Join us for board games and card games aplenty, ball games for agility and dexterity, with this session of fun
- 5.00pm Saturday Night Fever**
Members will let their hair down with some classic groovy tunes for a swinging Saturday evening

Wednesday 2nd

- 10.30am Spotlight**
Morning conversation to start the day with information of what's happening today
- 11.00am Music & movement**
Pernille leads Members in contemporary dance, ballet and eurythmics along with music
- 1.30pm Culinary Masterclass**
Our talented chefs will lead a session making two types of authentic sauerkraut
- 2.30pm Loveday Arts Club**
Exploring mixed-media techniques in creating nature-inspired imagery, Members will take inspiration from Grace's experimental drawing and painting techniques
- 4.00pm Bavarian food tasting**
Taking inspiration from Germany and Austria, Members will sample bratwurst, sauerkraut, smoked cheese and beer
- 5.00pm German and Austrian Music**
Continuing the Bavarian and Alemannic theme with jovial music – lederhosen optional
- 7.00pm Loveday Kensington presents...**
An evening showing of 1965 classic musical film The Sound of Music featuring Julie Andrews and Christopher Plummer

Sunday 6th

- 10.30am Spotlight**
Morning conversation to start the day with information of what's happening today
- 11.00am Sunday Stretches**
Get ready for the start of the week with an engaging session of motivational moves
- 2.00pm Poetry**
Members will hear, read and discuss poetry based on the World Wars as we begin to acknowledge Remembrance Day
- 3.30pm Walk around Kensington**
Take in the fresh air with a leisurely stroll around our local surrounding
- 5.00pm Pre-supper music**
Light music and optional dancing, with some classic and favourite tunes

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.

“People who love to eat are always the best people”

JULIA CHILD

