

LOVEDAY®

Kensington

Activities and Events

WEEK COMMENCING 10th OCTOBER 2022

Royal Opera House Encore: Aida | Sunday 16th October | 2.00pm



Monday 10th

- 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
- 2.30pm Jessica Cherag-Zade entertains**
Jessica performs with her weekly session where Members are encouraged to sing along with some well-known songs
- 4.00pm Members' shopping**
Monday shopping trip – a bit of retail therapy
- 5.00pm Documentary**
Featuring a biography of American-born Greek soprano Maria Callas who was one of the most renowned and influential opera singers of the 20th century

Tuesday 11th

- 10.30am Spotlight**
Members spotlight including morning pampering and conversation
- 11.00am The mindfulness session**
Focus, fun and movement with Roxy
- 2.30pm Jessica De Giudici**
London-based jazz, blues, soul and swing with eclectic vocalist Jessica and her vintage style
- 4.00pm Afternoon walk around Kensington**
Take in the local sights during a gentle walk around our neighbourhood

Wednesday 12th

- 10.30am Spotlight**
Members spotlight including morning pampering and conversation
- 11.30am Music & movement**
Pernille leads Members in contemporary dance, ballet and eurythmics along with music
- 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 practice
- 4.00pm Back in the day..**
Step back to the 80s with enigmatic chef Keith Floyd
- 6.00pm Wigmore Sessions: Duo Eunoia**
Inês Delgado (violin) and Laura Casas Camera (piano) perform Arvo Pärt, C Schumann, Falla and more in the informal and intimate Bechstein Bar at Wigmore Hall

Thursday 13th

- 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
- 2.30pm Swimming**
Benefits for your entire body at Imagine Health Club and Spa
- 4.00pm Roxy sings the blues**
Enjoy an aperitif and the sounds of jazz and the blues

Friday 14th

- 10.30am Spotlight**
Morning conversation to start the day with information of what's happening today
- 11.00am Friday retail therapy**
Kensington High Street shopping and coffee morning
- 2.30pm Belly-dancing**
A dance that has its origins in Egypt, let's move the hips and torso
- 5.00pm Basil Hodge entertains**
Light piano music leading up to and accompanying your evening meal

Saturday 15th

- 10.30am Spotlight**
Morning conversation to start the day with information of what's happening today
- 11.00am Musical movie**
Members' choice... West Side Story or Mama Mia? Joining in with the singing is highly encouraged
- 2.30pm Outing to Japan House**
Visit the cultural home of Japan in London, enjoy a drink of matcha tea and explore the new exhibition The Carpenters' Line about Japanese craftsmanship and the 1,300 years of master woodworking from the densely forested Hida region of Gifu Prefecture in central Japan
- 4.30pm Light piano music**
Light piano music and aperitifs before Dinner

Sunday 16th

- 10.30am Spotlight**
Morning conversation to start the day with information of what's happening today
- 11.00am Sunday games**
All Members and staff are invited for a relaxed board game, card game or interactive game
- 2.00pm Royal Opera House Encore: Aida**
Verdi's large-scale political drama is reimagined within a contemporary world, framing its power struggles and toxic jealousies in the apparatus of a modern, totalitarian state. Shown at Vue Fulham Broadway
- 2.30pm Sunday matinee**
Members' choice with popcorn accompaniment
- 4.30pm Afternoon walk around Kensington**
Take in the local sights during a gentle walk around our neighbourhood

“When the curtain rises, the only thing that speaks is courage.”

MARIA CALLAS

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.

