

LOVEDAY®

Kensington

Activities and Events

WEEK COMMENCING 17th OCTOBER 2022



Thursday 20th

- 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 Apple Day**
Get right to the core with information and tasting a variety of different apples

Monday 17th

- 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 Ball games**
Focus, dexterity and fun is the name of the game

Friday 21st

- 10.30am Spotlight**
Morning conversation to start the day with information of what's happening today
- 10.45am Holland Park**
Enjoy the serene nature with a walk through Holland Park
- 2.30pm Paul Kissaun entertains**
The piano and vocals maestro returns for an eclectic range of songs during his truly person-centred performance
- 4.00pm Fun & games**
Time for board games, dominoes, cards and more

Tuesday 18th

- 10.30am Spotlight**
Members spotlight including morning pampering and conversation
- 11.00am Culinary masterclass (part 1)**
It's all about eclairs today, with choux pastry being the first part of today's culinary sessions
- 1.30pm Culinary masterclass (part 2)**
It's time for part two – decorating and filling your eclairs
- 2.30pm Yuri Sabatini entertains**
Beautiful operatic sounds from the enigmatic tenor
- 3.30am Culinary masterclass (part 3)**
Perhaps the most fun part – tasting our homemade eclairs
- 4.30pm Name That Tune**
Classic entertainment game with live piano

Saturday 22nd

- 10.30am Spotlight**
Morning conversation to start the day with information of what's happening today
- 11.00am Saturday Quiz**
Who will be today's quiz champion?
- 2.00pm Artistic Moments**
Experiment with any medium of your choice and bring out your creative flair, lead by Alex
- 3.30pm Afternoon Stroll**
Fresh air and stretching the legs with a gentle stroll around the local neighbourhood
- 4.45pm Indoor games**
Accurate aiming with some competitive ball games

“No good opera plot can be sensible,
for people do not sing when they are
feeling sensible.”

W. H. AUDEN

Wednesday 19th

- 10.30am Spotlight**
Members spotlight including morning pampering and conversation
- 11.00am Music & movement**
Pernille leads Members in contemporary dance, ballet and eurythmics along with music
- 1.30am Swimming**
Benefits for the whole body - join us for swimming at the local Imagine health club
- 2.30pm Loveday Kensington Art Club**
Exploring mixed-media techniques in creating nature-inspired imagery, Members will take inspiration from Grace's experimental drawing and painting practice
- 4.00pm National Chocolate Week**
Find out all about chocolate and sample a selection of wonderful chocolates including some classics and some modern twists

Sunday 23rd

- 10.00am Spotlight**
Morning conversation to start the day with information of what's happening today
- 10.30am Walk around Kensington Gardens**
A refreshing morning walk around the local neighbourhood
- 12.00pm Operathon for Ukraine**
Outing to the Sarastro restaurant to hear the amazing singers from the Royal Opera, English National Opera and Glyndebourne who will be performing throughout the day in aid of UNICEF. We will be leaving at 11.30am to get to the restaurant
- 2.30pm Natalia Cerqueria Entertains**
Natalia returns with songs on her accordion
- 4.00pm Light pre-supper music**
Join us for light music and conversation before your evening meal

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.

