

LOVEDAY®

Kensington

Activities and Events

WEEK COMMENCING 3rd OCTOBER 2022

Outing to the Science Museum | Friday 7th October | 11.00am



Monday 3rd

- 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
- 2.00pm 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

Tuesday 4th

- 10.30am Spotlight**
Morning conversation to start the day with information of what's happening today
- 11.00am Culinary masterclass**
The Delights of Indian cooking led by Sam, our Head Chef
- 2.30pm The Bollywood Dancers**
Learn the Indian dances of the Bollywood movies and let the sounds and colours come alive
- 4.00pm Afternoon walk around Kensington**
Take in the local sights during a gentle walk around our neighbourhood

Wednesday 5th

- 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
- 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 Afternoon walk around Kensington**
Take in the local sights during a gentle walk around our local neighbourhood

“The world is extremely interesting
to a joyful soul.”

ALEXANDRA STODDARD

Thursday 6th

- 10.30am Spotlight**
Morning conversation to start the day with information of what's happening today
- 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
- 2.00pm Swimming**
Benefits for your entire body at Imagine Health Club and Spa
- 2.30pm National Poetry Day**
Celebration of the written art form representing this year's theme, the environment
- 4.00pm Music & massage**
A little relaxation music and massage before supper

Friday 7th

- 10.30am Spotlight**
Morning conversation to start the day with information of what's happening today
- 11.00am World Space Week: Science Museum**
Outing to the home of human ingenuity in celebration of World Space Week. Members will have the opportunity to visit the new exhibition Science Fiction: Voyage to the Edge of Imagination, the most anticipated experience in the galaxy
- 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 The Builders Arms**
Join us before supper for a walk and a little light refreshment at our friendly local, The Builders Arms

Saturday 8th

- 10.30am Spotlight**
Morning conversation to start the day with information of what's happening today
- 11.00am Holland Park**
Outing to the 22.5 hectares of gardens featuring large areas of woodland abundant with wildlife
- 2.30pm Luis Martelo**
The sounds of Brazil - Chorando Saudade
- 5.00pm Massage**
Time for a little pampering and relaxing hand massage

Sunday 9th

- 10.30am Spotlight**
Morning conversation to start the day with information of what's happening today
- 11.00am World Post Day**
Members will be chatting about the history of Royal Mail, design and write their own cards, after which they will then put them in the local postbox
- 2.00pm Royal Opera House Encore: Mayerling**
The oppressive glamour of the Austro-Hungarian court in the 1880s sets the scene for this suspenseful drama. Shown at Vue Fulham Broadway
- 2.30pm Natalia Cerqueria**
Natalia returns with songs on her accordion
- 4.30pm Massage**
Time for a little pampering and relaxing hand massage

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.

