

LOVEDAY®

Kensington

Activities and Events

WEEK COMMENCING 15th AUGUST 2022

A Trip to Brighton | Tuesday 16th August | 9.30am



Monday 15th

- 10:30am Newspaper front pages**
All the newspaper front pages from UK and around the world
- 11:30am The Mind Session**
Exercise, movement and focus
- 2.00pm Jessica Cherag-Zade**
Loveday Choir, singing for the soul rehearsals
- 4.00pm A walk to Kensington Gardens**
For beautiful scenery, ice cream and coffee

Tuesday 16th

- 9.30am A trip to the seaside**
Join us for a trip to Brighton where we will enjoy the Victorian pavilion, a delicious seafood lunch, a stroll along the beach and collecting shells

Wednesday 17th

- 10.30am Newspaper front pages**
All the newspaper front pages from UK and around the world
- 11.30am Music & movement**
Stretch and move with Claudine
- 2.00pm Art with Grace**
Exploring mixed-media techniques in creating nature-inspired imagery, Members will take inspiration from Grace's experimental drawing and painting practice
- 4.00pm Magical manicures**
A little pampering

Thursday 18th

- 10.30am Newspaper front pages**
All the newspaper front pages from UK and around the world
- 11.30am Tai Chi**
Paul will lead us in a session of wonderful calming moves, enriching your mind, body, and spirit
- 2.30pm Bowling at Queens London**
Roll and bowl at the iconic Queens London
- 5.00pm Relaxing hand massages**

Friday 19th

- 10.30am Newspaper front pages**
All the newspaper front pages from UK and around the world
- 11.30am Culinary masterclass**
Making, baking and tasting with our talented Master Chefs
- 1.30pm Holland Park Carnival**
Feel the sounds of the Caribbean and enjoy the wonderful steel pans
- 5.00pm Basil Hodge on piano**
Sit back relax and enjoy the show

Saturday 20th

- 10.30am Newspaper front pages**
All the newspaper front pages from UK and around the world
- 11.00am Members moment**
A trip to the High Street!
- 2.30pm Java Whiskers Cat Cafe**
Take a visit to the comfortable and easy-going café, greeted by cats!
- 5.00pm Cat Poetry read by Alex**

Sunday 21st

- 10.30am Newspaper front pages**
All the newspaper front pages from UK and around the world
- 11.30am Loveday Picture Book Project: Design your book cover**
Continuing on with the Picture Book Project
- 2.30pm Theatre Temoin**
Circus, music and acrobatics entwined with flood brings climate change and Covid recovery into conversation through socially engaged practice
- 5.00pm A little pampering**
Namaste - hand massage session

“There is no friend as loyal as a book.”

ERNEST HEMINGWAY

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.

