

LOVEDAY®

Kensington

Activities and Events

WEEK COMMENCING 1st AUGUST 2022

A Day Out to the British Museum | Friday 5th August | 11.30am



Monday 1st

- 10.30am Newspaper front pages**
All the newspaper front pages from UK and around the world
- 11.30am Exercise & mind**
Roxy will introduce this Monday morning session for your body and mind
- 2.30pm Jessica Cherag-Zade**
Loveday Kensington Choir in rehearsals
- 4.00pm Kensington High Street**
A walk before supper

Tuesday 2nd

- 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
- 2.00pm Loveday Cinema presents Member's choice!**
Popcorn and Pick 'n' Mix is at the ready!
- 4.00pm Roxy sings the blues**
All you got to do is swing and sing along

Wednesday 3rd

- 10.30am Newspaper front pages**
All the newspaper front pages from UK and around the world
- 11.30am Music & movement**
Dancing our way through the week
- 2.00pm A Loveday arts excursion to the Chelsea Physic Gardens**
The most beautiful little botanical secret oasis in the middle of London, let's find inspiration for our next art project!
- 5.00pm Pimm's cocktails & music**
Relaxing on the terrace with an afternoon aperitif

Thursday 4th

- 10.30am Newspaper front pages**
All the newspaper front pages from UK and around the world
- 11.30am Tai Chi with Paul**
Gentle movements and meditative sounds
- 1.00pm Picnic in Kensington Gardens**
Let's sit by the water's edge and have a game of boules
- 4.00pm Loveday cinema presents**
The Life and Times of Nat King Cole

Friday 5th

- 10.30am Newspaper front pages**
All the newspaper front pages from UK and around the world
- 11.30am A Day out to the British Museum**
Let's go back in time and visit the times of the Pharaoh's and their mummified tombs...
- 4.00pm Time for a little pampering**
Hand massage with essential oils, let's put into practise what we have learnt in our herbal sessions
- 5.00pm Basil Hodge on piano**
Sweet and mellow sounds of Jazz

Saturday 6th

- 10.30am Newspaper front pages**
All the newspaper front pages from UK and around the world
- 11.30am Beatrix Potter exhibition**
Visit the exhibition dedicated to the well-renowned storyteller and illustrator Beatrix Potter!
- 4.00pm Loveday picture book project**
Become your own publisher in your own story at Loveday Kensington, lead by Alex!

Sunday 7th

- 10.30am Newspaper front pages**
All the newspaper front pages from UK and around the world
- 10.30am Outing to Holland Park**
Explore the beautiful Japanese Garden
- 3.00pm Loveday arts & crafts club**
Designing and making summer brooches
- 4.00pm Trip to Montparnasse café for coffee and cake**

“Adopt the pace of nature.
Her secret is patience.”

RALPH WALDO EMERSON

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.

