

LOVEDAY® Kensington

Activities and Events

WEEK COMMENCING 22nd AUGUST 2022

Fulham Palace Museum | Sunday 28th August | 11.30am



Monday 22nd

- 10.30am Newspaper front pages**
All the newspaper front pages from UK and around the world
- 11.30am Film Noir with Judy Garland**
The life and times of one of the greatest movie stars
- 2.00pm Jessica Cherag-Zade**
Loveday Choir, singing for the soul rehearsals
- 4.00pm Loveday Arts and Crafts Club**
Lead by Claudine

Tuesday 23rd

- 10.30am Newspaper front pages**
All the newspaper front pages from the UK and around the world
- 11.30am Kensington gardening club**
Maintaining our beautiful herb garden
- 2.30pm Jessica De Gludici**
Vintage in sound, vintage in heart - Jessy will get you moving and singing the blues
- 4.00pm Relaxation & meditation**
Timeout on the terrace for a little pre-supper pampering

Wednesday 24th

- 10.30am Newspaper front pages**
All the newspaper front pages from UK and around the world
- 11.30am Members shopping trips**
A trip to the high street!
- 2.00pm Boules and beverages at Kensington Square**
Swing your hips and have a game!
- 4.00pm Concerto & conversation**
Light piano music and an afternoon aperitif

Thursday 25th

- 10.30am Newspaper front pages**
All the newspaper front pages from UK and around the world
- 11.30am Tai Chi with Paul**
Light movement for mind, body and spirit
- 2.30pm Loveday Picture Book Project: About the Author**
Continuing on with our project, we will be writing a dedication to ourselves as the authors of our story
- 4.00pm Poetry with Alex**
Poetry of your own choice!

Friday 26th

- 10.30am Newspaper front pages**
All the newspaper front pages from UK and around the world
- 11.30am Loveday Picture Book Project: Book Cover Design**
Create your book cover design to bring your book to life
- 1.30pm Paul Kissaun entertains**
British pianist and vocalist Paul Kissaun returns with his eclectic and engaging entertainment
- 4.00pm A trip to Japan House Kensington**
Enjoy a beverage of choice in the ambience and aura of Japan

Saturday 27th

- 10.30am Newspaper front pages**
All the newspaper front pages from UK and around the world
- 11.30am Loveday Picture Book Project: Finale**
Celebrate the completion of new Authors of Loveday, which will be presented and sold on the 9th September Open day fair
- 2.30pm Around The World: Kensington & Chelsea Festival**
Enjoy this modern acrobatic adventure!

Sunday 28th

- 10.30am Newspaper front pages**
All the newspaper front pages from UK and around the world
- 11.30am Bishops Park & Fulham Palace Museum**
Bask in the sun at Fulham Palace and enjoy the ponds of Bishops Gardens
- 4.30pm Relax & unwind**
A light supper and gentle ambience
- 5.00pm Light piano music with supper**

“What is a cynic? A man who knows the price of everything and the value of nothing.”

OSCAR WILDE

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.

