

LOVEDAY®

Kensington

Activities and Events

WEEK COMMENCING 29th AUGUST 2022

Holland Park | Monday 29th August | 4.00pm



Monday 29th

- 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 Jessica Cherag-Zade**
Loveday Choir, singing for the soul rehearsals
- 4.00pm A visit to Holland Park and the Rose Garden**
Enjoy a stroll in the park, a cup of coffee read a book and watch the passes by

Tuesday 30th

- 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 Loveday arts & crafts club**
Lead by Claudine
- 4.00pm Culinary masterclass**
We will be making delicious homemade lemonade to enjoy with fresh strawberries and cream on the terrace
- 5.00pm Light piano music & relaxation**

Wednesday 31st

- 10.30am Newspaper front pages**
All the newspaper front pages from UK and around the world
- 11.00am Members shopping trips**
A trip to the high street!
- 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 Loveday cinema presents**
Animals of Africa, narrated by Sir David Attenborough. A captivating insight into the lives of African animals

“Wherever you go, no matter what the weather, always bring your own sunshine.”

ANTHONY J. D'ANGELO

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.

