

# This week

at

## LOVEDAY®

### CHELSEA COURT PLACE



Creative Art with Grace

## Monday

- 10:00am News, views, politics and papers**  
Keeping abreast of the latest news
- 11:00am Monday Music**  
Let's sing away those Monday blues as Derek entertains us with our favourite songs from yesteryear
- 1:00pm Pub Lunch**  
Outing to the Sydney Arms a pub lunch
- 3:00pm Reminiscence Therapy**  
Join us for our favourite interactive board games.
- 4:00pm Out and about in Chelsea**  
Join us for a stroll around our neighbourhood
- All Day One to One workshops with Caroline**  
Tailored activities & excursions curated for each individual

## Tuesday

- 10:00am News, views, politics and papers**  
Daily discussions and newspaper reviews
- 11:00am Armchair ballet**  
Bend, stretch, point and flex in our dance fitness class
- 2:00pm Natural History Museum**  
Join us for a trip to the Natural History Museum to discover the stories of life
- 3:00pm Culinary Masterclass**  
We will be making (and tasting!) fruit tarts with our Masterchefs!
- 4:00pm One to one physiotherapy**  
Available to book
- 4:00pm Out and about**  
Join us for a spot of window shopping along the King's Road
- All Day One to One workshops with Caroline**  
Tailored activities & excursions curated for each individual

## Wednesday

- 10:00am News, views, politics and papers**  
Keeping abreast of the latest news
- 10:00am Eldergym**  
Yoga to the beat –pose and move to your favourite music
- 12:00pm Art Workshop**  
Abstract landscape painting using oils and mixed media as we create new work our next art exhibition
- 3:00pm Saatchi Gallery**  
Tutankhamen: Treasures of the Golden Pharaoh exhibition at the Saatchi Gallery
- 4:00pm Out and about**  
Join us for an afternoon stroll to St Luke's Park
- All Day One to One workshops with Caroline**  
Tailored activities & excursions curated for each individual

## Thursday

- 10:00am News, views, politics and papers**  
Keeping abreast of the latest news
- 11:00am Wild Science**  
Our furry, fluffy and scaly friends from Wild Science will be visiting
- 2:00pm Qi Jong**  
Energise, strengthen and balance your mind and body with this ancient Chinese moving meditation class
- 3:00pm Music Therapy**  
We will be making magical music with our favourite instruments
- 4:00pm One to one Music Therapy**  
Available to book
- 4:00pm Out and about**  
We are off for an afternoon stroll around the neighbourhood
- All Day One to One workshops with Caroline**  
Tailored activities & excursions curated for each individual

## Friday

- 10:00am News, views, politics and papers**  
Daily discussions and newspaper reviews
- Magnificent manicures**  
Patricia will be doing some fancy filing, polishing and pampering
- 11:00pm Eldergym**  
Join us for Friday Fitness as our PT puts us through our paces with a pre-weekend workout!
- 2:00pm Yuri Sabatini**  
Tenor Yuri Sabatini will be serenading us with his operatic ensembles
- 3:00pm Cognitive Stimulation Therapy**  
One on one sessions available to book
- 4:00pm Out and about**  
Join us for an adventure to find blue plaques in Chelsea and learn about the amazing people who lived in our borough
- All Day One to One workshops with Caroline**  
Tailored activities & excursions curated for each individual

## Saturday

- 10:00am News, views, politics and papers**  
Keeping abreast of the latest news
- Hairdressing**  
The salon is open for hairdressing and beauty therapies
- 10:00am Dynamic Dance Therapy**  
Join us for Friday Fitness as our PT puts us through our paces with a pre-weekend workout!
- 11:00am Aromatherapy hand massages**  
Enjoy some relaxation and perfect pampering with an aromatherapy hand massage
- 3:00pm Fancy Flowers**  
Help us decorate our home as we create beautiful floral arrangements in our floral art workshops
- 4:00pm Out and about**  
We are off for an afternoon stroll around the neighbourhood
- All Day One to One workshops with Caroline**  
Tailored activities & excursions curated for each individual

## Sunday

- 10:00am News, views, politics and papers**  
We will be relaxing and reviewing the Sunday papers and magazines
- 11:00am Various church services**  
Radio and locally
- 2:00pm Chelsea Court Quiz**  
Are you ready to be crowned Quiz King or Queen? Come put your knowledge of Kings and Queens to the test!
- 3:00pm Café culture**  
We will be heading to Peggy Porshens, our favourite local café for cake, coffee and conversation
- 4:00pm Out and about**  
Join us for a walk to St Luke's park to admire the gardens and enjoy the afternoon sunshine

“One small positive thought in the morning can change your whole day”

### Book your One-to-One Workshop:

Including Cognitive Stimulation Therapy, Art Therapy, Physiotherapy, Personal Training and Music Therapy. Please contact our concierge team to schedule these sessions.

### Day Club Highlights

The Day Club activities are open to all members. Events may be subject to change

### Sense and 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.