

LOVE DAY®

—
ABBEY ROAD

Activities & Events Week Commencing 15th May



A Night at the Opera | Friday 19th May | 3:00pm

Tuesday 16th

● 10:00am

News & Views

Keep up to date with the latest national and international news



● 11:00am

Fabulous Physio Fitness

Let's get physical with a physio fitness class with Brigid

● 2:00pm

Perfect poetry with Fiona

Meet us at the library of our wonderful home for an afternoon of listening to rhyme. It starts at 2pm, so be there on time!

● 3:00pm

Dominoes

Members compete to win in a game of dominoes

● 4:00pm

Afternoon Chit chat

Members engage in friendly conversation with staff

Monday 15th

● 10:00am

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● 11:00am

Monday Yoga

Join us for a lively session of yoga with Charlotte

● 2:00pm

National Chocolate Chip Day

It's National Chocolate Chip Day, members will be sampling some delicious chocolates from around the world and making cookies with them

● 3:00pm

Magical Monday Music

Alistair Sutherland is back with lots of fabulous songs to entertain us with

● 4:00pm

Documentary

Marilyn Monroe: The iconic blonde Full Biography

“Kindness is one thing you can't give away. It always comes back”

GEORGE SKOLSKY

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

- **Art & Culture.** Singing, music and art marking 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

Wednesday 17th

● 10:00am

News & Views

Keep up to date with the latest national and international news

● 11:00am

Loveday Arts Club

Create, express and communicate in our guided art workshop with Artist in Residence Grace Holliday



● 2:00pm

Loveday Arts Club

Art with staff continues

● 3:30pm

Music and Movement

Members and Pernille perform for us

● 4:30pm

Flower Arranging

Decorating our beautiful home

Thursday 18th

● 10:00am

News & Views

We will be discussing the latest in politics, international and national news (and critiquing!)

● 11:00am

Morning sing-a-long

Members gather to sing-a-long to their favourite inspirational songs

● 2:00pm

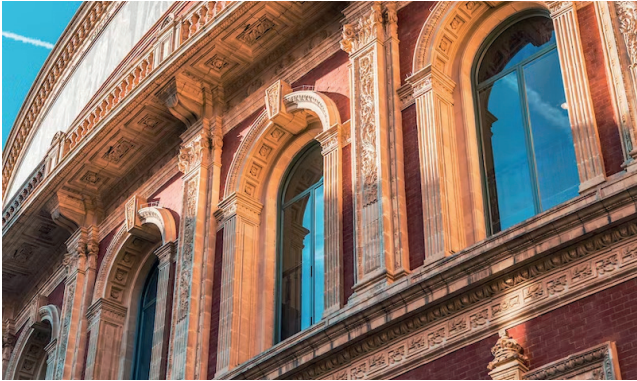
Culinary Masterclass

Members make their own mini Pizzas

● 2:00pm

Outing to The Royal Albert Hall

The fantastic Royal Philharmonic Orchestertera serenade us with a spectacular performance



● 3:00pm

Discussion and Sampling foods

After making their own snacks members get to enjoy

● 4:00pm

Relaxation

Listening to calming music



Friday 19th

● 10:00am

News & Views

Discussing the latest headlines and current affairs

● 11:00am

Fabulous Fitness

Get ready to workout with an innovative Friday Fit Class with Brigid

● 2:00pm

Quiz

Anatomy Trivia Clues

● 3:00pm

A Night at the Opera

We're out on another fantastic excursion to The Royal Opera House

● 4:00pm

Fun fact Friday

Random facts about everything

● 5:00pm

Tea Party

Members enjoy a delightful tea party set for a King or a Queen



Saturday 20th

● 10:00am

News & Views

Keep up to date with the latest national and international news

● 11:00am

Fabulous Fitness

Energise your weekend with a Saturday Stretch Session

● 2:00pm

Games

Members play Bingo with staff

● 3:00pm

Manicures and massages

Relax and be pampered with a magical manicure and a luxurious hand massage

● 4:00pm

Gardening

Tending to our beautiful garden



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Sunday 21st

● 10:00am

News & Views

We will be relaxing and reviewing the Sunday papers and magazines

● 11:00am

Various church services

Join in with religious services on the radio

● 12:00pm

Sunday Roast Club

Our Chefs will be preparing a very special Sunday Roast with all the trimmings



● 2:00pm

Puzzle time

What is puzzling you? Join us for an afternoon of games and puzzle

● 3:00pm

Quiz

What are the classic Cliches?

● 4:00pm

Abbey Road Presents...

Members movie choice



"Every single year, we're a different person. I don't think we're the same person all of our lives."

STEVEN SPIELBERG