



Anastasia Lodge



Autumn newsletter 2024

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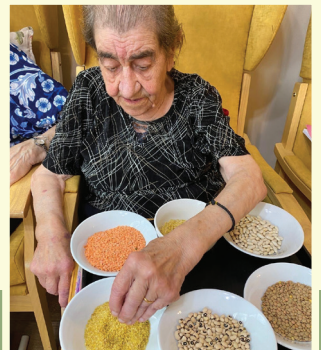
As we move from the warm summer into the crisp autumn, we look back on a season filled with outdoor enjoyment and beautiful garden moments. Our residents loved dining and engaging in activities outside. We also enjoyed a memorable visit to Forty Hall's Walled Garden with Spring flowers, a visit to their café and feeding the ducks!

Our residents have been actively involved in tending to the garden, a gentle and beneficial activity that contributes to their overall well-being. This hands-on experience not only nurtures our plants but also provides a wonderful opportunity for them to stay active and connected with nature.

In addition to their gardening efforts, our residents enjoyed a variety of sensory activities, such as identifying different pulses by colour, texture, and aroma. These exercises were not only fun but also enhanced their sensory skills and knowledge. We also took a trip to Broomfield Park, where we soaked in the vibrant floral scenery. Don't miss the beautiful moments captured, see page 4 for more photos!

We hope to see you at our From Home to Home Walk this month!

Norma Dimaiwat, Registered Manager



From Home to Home Walk



Scan me to
donate and
sign up!



On Saturday 21 September 2024, World Alzheimer's Day, we are completing a 4km stroll between our care homes in Winchmore Hill and Southgate, in support of the Alzheimer's Society.

Our guided walk is entirely wheelchair accessible and should last around 1 to 1.5 hours. We will pass through the charming Grovelands Park and down along Southgate High Street before concluding our walk at Autumn Gardens, where we invite you to spend the afternoon together with us enjoying refreshments and delicious cakes!

Join us on Saturday, 21 September 2024, World Alzheimer's Day. Together, we can support the Alzheimer's Society and work towards a world without dementia.



Event details:

Date: Saturday 21 September 2024, 1.30pm

Location: Anastasia Lodge (starting point)

10-14 Arundel Gardens, Winchmore Hill, N21 3AE

Duration of walk*: Approx. 1 to 1.5 hours

Finish: Autumn Gardens, 73 Trent Gardens, Southgate, N14 4QB

Talk to the team to find out more!

Join us on this journey of hope and progress!

Celebrating our staff

Every season we highlight staff who have gone above and beyond to help support residents and staff.

Lorna Ioannou Senior Care Assistant



Lorna joined us nearly eight years ago and has since become an indispensable part of our team. Starting her journey as a care assistant, her dedication and hard work allowed her to advance to the role of Senior Care Assistant. Lorna is known for her reliability and trustworthiness, attributes that greatly enhance our team's dynamics. She consistently provides our residents with the utmost care and compassion, always ensuring their safety and comfort.

A delightful afternoon trip to Broomfield Park

A recent trip to Broomfield Park was filled with fun as residents explored the park, fed ducks, played ball games, and danced under a willow tree with staff. It was a joyful afternoon of outdoor activities and memorable moments.



Thank you to all our amazing staff

Autumn calendar of events

SEPTEMBER 2024

16-20 Professional Care Workers' Week

Let's celebrate the wonderful contributions of our care workers and strengthen the bond between residents and staff.

18 - Live entertainment with Luke
Residents can sing along to some of their favourite songs.

21 - World Alzheimer's Day
Join us at our From Home to Home Walk between our homes in aid of Alzheimer's Society (see page 3).

23 - September Birthday Party
We celebrate this month's birthdays.

27 - Macmillan Coffee Morning
Residents will enjoy tea and cake at the world's biggest coffee morning in support of Macmillan.

OCTOBER 2024

2 - National Grandparents Day
A special day to celebrate the bond between family members.

11 - October Birthday Party
We celebrate this month's birthdays.

31 - Halloween
Spooktacular Halloween festivities!

NOVEMBER 2024

1 - Diwali celebrations
We will have crafts and activities to celebrate the festival of light.

5 - Guy Fawkes Day
Firework themed activities

11 - Remembrance Sunday
We will watch the Service of Remembrance in memory of those who have lost their lives.

13 - November Birthday Party
We celebrate this month's birthdays.

13 - World Kindness Day
Sharing world-wide messages of positivity from our postcards of kindness wall.

Key events alongside our daily activity schedule

Celebrating recent birthdays!



**Happy
Birthday!**

Follow us on Facebook for regular updates





Scan me to
donate and
sign up!



From Home to Home Walk

Join us on a guided 4km walk between our care homes in aid of the Alzheimer's Society.

Saturday
21
September

Start at 1.30pm: Anastasia Lodge 10-14
Arundel Gardens, Winchmore Hill, N21 3AE

Finish: Autumn Gardens, 73 Trent Gardens,
Southgate, N14 4QB

Autumn Gardens
&
Anastasia Lodge

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