



Anastasia Lodge



Winter newsletter 2024

autumn-gardens.com



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We're thrilled to share that our From Home to Home Walk in September was an incredible success! With perfect weather on our side, we were joined by residents, their families, and members of the wider community—including the Mayor of Enfield, Cllr Mohammad Islam, and local media.

Thanks to the generosity of our amazing supporters, we surpassed our fundraising target, raising over £4,000 for the Alzheimer's Society.



Autumn has been a season to remember, filled with creativity and celebrations. From autumnal craft activities leading up to our spooky Halloween party it's been a joy to see so many residents getting involved in our activities.

Our **Residents, Family and Friends Meeting** will be taking place in the Dining Room at Anastasia Lodge on **Saturday 25 January 2025**, from 2pm to 4pm. We would encourage you to attend the meeting as it is an opportunity to discuss various general topics relevant to life at Autumn Gardens. To book please email info@anastasialodge.com or call 020 8886 1034.

As the year comes to a close, I'd like to take this opportunity to wish all our friends and family members a joyful Christmas and a Happy New Year. Here's to more cherished moments together in 2025!

Norma Dimaiwat, Registered Manager

Wishing you a Merry Christmas!

Come Together Memory Club

We are excited to announce the relaunch of our Come Together Memory Club on Wednesday 8 January 2025, and continuing on the first Wednesday of every month from 1pm to 3 pm!

Please help us share this news by telling friends and family that visitors can enjoy:

- **Socialising in a safe, dementia-friendly environment**
- **Live entertainment, memory games, and activities**
- **Relaxing with refreshments and homemade specialties**

What's more it's fun, friendly and completely FREE!

Our Come Together Memory Club is designed to bring older people and their carers together to enjoy a relaxed, welcoming atmosphere within the safe environment of our care home in Southgate, Autumn Gardens.

We encourage attendees to reserve their space today! All visitors must be accompanied by their carer, and are required to notify us of any dietary requirements in advance.

To book your place email welcome@autumn-gardens.com



Supporting the community

Celebrating our staff

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

Faviola Verdi Care Assistant and Activities Coordinator



This year, we were thrilled to welcome Faviola to our team, and from day one, she has been an incredible addition. Her caring, giving, and loving nature shines through in everything she does, especially in the way she looks after our residents. Faviola is also fantastic at engaging in activities with our residents and often comes up with new, creative ideas that bring joy to everyone. Her dedication and warmth have truly made a difference.

Autumnal crafts help to decorate our home!

Throughout autumn, our residents have enjoyed a variety of creative crafts, from making colourful collages to designing wreaths and decorations. These handmade creations now brighten our home. It's wonderful to see their creativity showcased and our home filled with the spirit of autumn!



Thank you to all our amazing staff

Autumn calendar of events

DECEMBER 2024

12 - Christmas Jumper Day

Residents will dress to impress in their favourite Christmas jumper.

13 - Christmas Songs with Savvas

Let's get into the festive spirit!

17 - Pre-Christmas celebrations

We warmly invite families to join us for a special time with their loved ones, enjoying mulled wine, mince pies and delicious kourampiedes from 2pm.

18 - December Birthday Party

We celebrate this month's birthdays.

25 - Christmas Day

As our residents have been good this year they will enjoy a surprise visit from Father Christmas, as well as a delicious traditional lunch!

30 - Festive Lunch

Residents will be spoilt this year with a second Christmas lunch!

31 - New Year's Eve

Residents will add messages of gratitude and hope for the New Year to our wishing tree.

JANUARY 2025

1 - New Year's Day

New Year's Day celebrations.

6 - Epiphany

Our residents will celebrate and enjoy loukoumades.

7 - St John's Day

Watch a live stream service from St Demetrios Church.

15 - January Birthday Party

We celebrate this month's birthdays.

20 - National Cheese Lovers Day

Residents will enjoy cheese, crackers and wine!

25 - Resident, Friends and Family meeting, 2pm – 4pm

Join us in the Dining Room.

FEBRUARY 2025

12 - February Birthday Party

We celebrate this month's birthdays.

13 - Live Music Event

Join Jonny at 2pm in our lounge.

14 - Valentine's Day

Let's celebrate love and each other.

Key events alongside our daily activity schedule

Celebrating recent birthdays!



**Happy
Birthday!**

Follow us on Facebook for regular updates





Come Together Memory Club at Autumn Gardens care home

Our FREE Come Together Memory Club is designed to bring older people and their carers together to enjoy a relaxed, welcoming atmosphere within the safe environment of our care home.

Our first event will be held on Wednesday 8 January 2025, from 1 to 3pm. Thereafter, the first Wednesday of every month, from 1 to 3pm.

- **Socialising in a safe, dementia-friendly environment**
- **Live entertainment, memory games, and activities**
- **Relaxing with home-made refreshments**

Autumn Gardens
Anastasia Lodge

To find out more visit
autumn-gardens.com