



Anastasia Lodge



Autumn newsletter 2023

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What an eventful Summer it has been! Our residents have been making the most of the sunny days, enjoying time in the garden and venturing out to local attractions including the delightful Forty Hall Farm and Broomfield Park – our residents really enjoyed getting out and about!

Summer has brought our garden to life, and you might have noticed our Loquat tree, known as the “Mespilia” in Cyprus, in our front garden. It’s a rarity in the UK, and it’s even more uncommon to

see it bearing fruit. Fortunately, we had a plentiful harvest and enjoyed every bite!

Our staff members and residents have been actively sharing their cultural heritage with each other. From global cuisines to dance performances, residents have had the opportunity to learn about different customs. They experienced the art of henna decoration, a beautiful tradition from India, and indulged in delicious Caribbean cocktails as part of this enriching cultural exchange.

Looking ahead to Autumn, our activity team is hard at work planning seasonal events, including spooktacular Halloween festivities and preparations for the upcoming festive season.

Norma Dimaiwat, Registered Manager



From Home to Home Walk

A walk in aid of Alzheimer's Society



Join us for a 4km stroll between our care homes, starting at 1.30pm on Saturday 7 October 2023, from Anastasia Lodge. The 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!



Visit our website to sign up and donate



Join us and help make a difference!

Celebrating our staff

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



Raminder Kaur Care Assistant

Raminder's compassion, attention to detail and dedication helps us to create a warm and nurturing environment for our residents. Raminder's excellent care makes her a valued member of our team and her dedication to enhancing residents' well-being is genuinely inspiring. Keep up the great work!

Our trip to Broomfield Park



Thank you to all our amazing staff

Autumn calendar of events

Key events that residents can look forward to this Autumn alongside our daily schedule.

SEPTEMBER 2023

16 September - Oktoberfest

This German festival is now a worldwide phenomenon celebrating Bavarian culture and flowing pints of beer. Cheers!

21 September - World Alzheimer's Day

We are sharing knowledge about dementia and raising funds with a sponsored 4km walk (see page 3)

21 September- Live entertainment with Luke

Residents can sing along to some of their favourite songs!

29 September – Macmillan Coffee Morning

Residents will enjoy tea and cake at the world's biggest coffee morning in support of Macmillan

OCTOBER 2023

1 October - International Day of the Older Persons

Promoting the development of a society for all ages

2 October– National Grandparents Day

A special day to celebrate the bond between family members

31 October - Halloween

Spooktacular Halloween festivities!

NOVEMBER 2023

5 November - Guy Fawkes Day

Firework themed activities

12 November - Diwali celebrations

We will have crafts and activities to celebrate the festival of light

12 November - Remembrance Sunday

We will watch the Service of Remembrance in memory of those who have lost their lives

13 November – World Kindness Day

Sharing world-wide messages of positivity from our postcards of kindness wall

16 November - Live Greek music

Residents will be up on their feet dancing along to traditional music!

30 November - St Andrews Day

Scottish food and activities to celebrate Scotland's official national day!

Internal birthday celebrations continue

Celebrating recent birthdays!

Follow us on Facebook for regular updates



Happy Birthday!





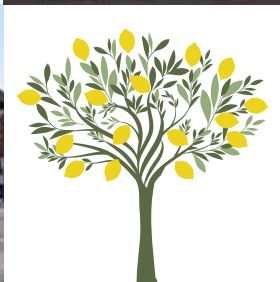
From Home to Home Walk



Join us on
Saturday
7 October
2023



1.30pm
start at
Anastasia
Lodge



Sign up to
our walk on
our website



Donate now
and support
this fantastic
cause

