



Autumn Gardens



Autumn newsletter 2023

autumn-gardens.com



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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. From visits to Trent Park, the delightful Forty Hall Farm, to the impressive Palm Court at Alexandra Palace – our residents have truly soaked up the joys of the season.

Over the past few months, we've also embarked on various learning journeys, delving into the fascinating world of trains and making a variety of different global cuisines. Our annual BBQ was a sizzling success and we enjoyed a special visit from the ice cream van! Residents danced along to live entertainment and we even hosted our very own Wimbledon-inspired tennis competition. Don't forget to follow us on Facebook to keep up with our activities.

Looking ahead to Autumn, our dedicated activity team is hard at work planning seasonal events, including spooktacular Halloween festivities and preparations for the upcoming festive season. Get ready for a season filled with warmth, laughter and unforgettable moments!

Martina De Vizia, 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.



Mailinta Ntintso **Night Time Care Assistant**

Mailinta Ntintso has been an invaluable part of our team for two years now. Mailinta has consistently provided exceptional care and support to our residents during the night hours. Her kind-hearted nature and professional approach create a sense of security and comfort for both residents and their families.



Tajpreet Singh **Care Assistant**

With a genuine dedication to the well-being of our residents, Tajpreet tends to their needs with utmost care and respect. Tajpreet's diligence shines through, as he consistently makes himself readily available to offer assistance whenever it's required.

Keep up the great work!

Autumn calendar of events

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

SEPTEMBER 2023

11 September - Live Greek music
Residents will be up on their feet dancing along to traditional music!

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)

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

11 October - Live entertainment with Luke

Residents can sing along to some of their favourite songs!

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

30 November - St Andrews Day

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

Thank you to all our amazing staff

Internal birthday celebrations continue

Celebrating recent birthdays!

Follow us on Facebook for regular updates





From Home to Home Walk



Join us on
Saturday
7 October
2023



In aid of



1.30pm
start at
Anastasia
Lodge



Sign up to
our walk on
our website



Donate now
and support
this fantastic
cause

