



Anastasia Lodge



Winter newsletter 2023

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Welcome to our Winter newsletter! As Autumn unfolded, our home was a hive of activity.

September brought the vibrant spirit of the Notting Hill Carnival to us with a lively Caribbean Party, complete with fruity cocktails. Additionally, our residents hosted a delightful coffee morning in aid of Macmillan.

October was a month of remarkable celebrations, notably Betty's incredible 102nd birthday! Live musician Luke Carey graced us with his acoustic tunes, adding a delightful musical touch and Halloween brought a wave of spooky fun and themed activities for everyone to enjoy.

In November, our exceptional staff joined hands with residents to explore the artistry of Rangoli-making, transforming a simple tabletop into stunning displays of colour and creativity.

As we look ahead to winter, our dedicated activity team is already planning an array of festive events. Anticipation is high for the cherished tradition of tree decorating, among other delightful surprises in store for our residents! Wishing you a joyous festive season! I can't wait to see you soon.

Norma Dimaiwat, Registered Manager



From Home to Home Walk

**We raised over £4,700 for the Alzheimer's Society.
Thank you for your support!**



Over 200 people including residents, staff and friends of Autumn Gardens and Anastasia Lodge, completed our 4km sponsored walk, from Anastasia Lodge to Autumn Gardens, in support of the Alzheimer's Society. The path wove through the beautiful Grovelands Park and along the bustling Southgate High Street. Incredibly we managed to raise over an impressive £4,700 for the Alzheimer's Society, who fund crucial research for a cure and offer essential support to those facing dementia.

Resident, Friends and Family meeting

Our Residents, Family and Friends Meeting will be taking place in the dining room in Anastasia Lodge 2pm – 4pm on Saturday 3 February 2024. Refreshments and cakes will be available.

We would encourage you to attend the meeting as it is an opportunity to discuss various general topics relevant to life at Anastasia Lodge. If you would like to join the meeting, please contact Norma or Yogi at info@anastasialodge.com or by calling 020 8886 1034. To complete our survey, please scan the QR code

Complete our Survey, scan here



Celebrating our staff

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



Fanoulla Charalambous Head Chef/Care Assistant

Fanoulla, a dedicated team member for over 19 years, is the culinary genius behind our residents' delicious and nourishing meals. Her care goes beyond her role; she treats residents like family. Not only does she excel in her culinary skills, but she also shares her cherished Greek specialties with us, adding a special touch to our community.

Our furry companions

Meet Barney and Gunner! These furry friends bring joy and companionship to our residents. Their visits are cherished, offering unconditional love, reducing stress, promoting physical activity and bringing smiles to everyone's faces!



Thank you to all our amazing staff

Winter calendar of events

Key events alongside our daily activity schedule.

DECEMBER 2023

- 7 - Christmas Jumper Day**
Residents will dress to impress in their favourite Christmas jumper
- 14 - Christmas music making**
Our residents will use various instruments to recreate their favourite Christmas carols
- 18 - Live Greek Music Event**
Christmas music with Savvas
- 25 - Christmas Day**
As our residents have been good this year they will enjoy a surprise visit from Santa on Christmas Day, as well as a delicious Christmas lunch!
- 27 - Christmas Lunch**
Residents will be spoilt this year with another Christmas lunch
- 31 - New Year's Eve**
Residents will add messages of gratitude and hope for the New Year to our wishing tree

JANUARY 2024

- 1 - New Year's Day**
New Year's Day celebrations

6 - Epiphany

Our residents will celebrate with Asterakia and enjoy loukoumades

7 - St John's Day

Watch a live stream service from St Demetrios Church

20 - National Cheese Lovers Day

Residents will enjoy cheese, crackers and wine!

FEBRUARY 2024

- 3 - Resident, Friends and Family meeting, 2pm – 4pm**
Join us in the Dining Room
- 14 - Valentine's Day**
Let's celebrate love and each other
- 21 - Live Music Event**
Join Frank at 2pm in our lounge
- 21 - Pancake Day**
Let's have a flipping good time this Shrove Tuesday!

Internal birthday celebrations continue

Celebrating recent birthdays!

Follow us on Facebook for regular updates





Lintita's New Year's cake with chocolate glaze (Vasilopita)



Ingredients (room temperature):

For the New Year's cake

- 400 g of self-rising flour
- 20 g of baking powder (1 sachet)
- 250 g of butter
- 300 g of sugar
- 6 eggs
- 2 vanilla sugar sachets
- zest of 1 whole orange

Method:

- Sift the flour with the baking powder.
- Butter a 28 cm round baking pan or cake pan and lay baking paper on its base.
- In a bowl, beat the butter with a mixer at medium-high speed, for 1 minute. Lower the speed and gradually add the sugar.
- When you have added the sugar, increase the speed to high and beat until fluffy, for 3-4 minutes.
- One by one, add the eggs so that the mixture absorbs them before adding the next egg.
- Add the vanilla, zest, cinnamon, nutmeg, and liqueur.
- Lower the mixer's speed to low and alternately add the milk and flour. Start with flour and finish with flour.
- Do not beat too much from the time the flour comes in, so that it becomes fluffy.
- Finally, add the truffle (optional) and mix gently with a spatula.

- 1/2 teaspoon of cinnamon
- 2 pinches of nutmeg
- 50 g of amaretto liqueur (or cognac)
- 220 g of milk
- 100 g of chocolate truffle

For the chocolate glaze

- 200 g of white chocolate couverture
 - 10 g of sunflower oil
- Pour the mixture into the baking pan and add the coin (wrapped in foil).
 - Preheat the oven to 170°C and place it on the lower rack for about 50 minutes, until it rises, browns and the blade of the knife comes out dry from the centre of the cake. If the centre of the cake is not cooked, do not remove it from the oven.
 - Let it stand in the baking pan for at least 30 minutes and turn over on a rack.
 - Finely chop the chocolate and add it to a bain-marie bowl.
 - In a small pot that fits the bowl, add a little water to make a bain-marie.
 - Over medium heat, place the saucepan with the bowl and mix until the chocolate melts completely.
 - Finally, remove the saucepan from the heat and add the sunflower oil to the bowl, stirring.
 - Once you have a homogeneous mixture, pour over the cake.

Happy New Year!