



Autumn Gardens



Winter newsletter 2023

autumn-gardens.com



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Autumn brings a wonderful change in the air. With shorter days, we've embraced indoor activities at our home. Our residents have been busy preparing for Christmas, making hand-made decorations and baking Christmas cookies!

October was all about Halloween! Pumpkins were carved and residents dressed up in spooky costumes. We threw an incredible Halloween finale party, making the most of the festive spirit.

In November, our residents came together to decorate a willow remembrance tree in honour of Remembrance Day. We also celebrated Diwali, the festival of lights, with a colourful disco and plenty of dancing!

Looking ahead to winter, our fantastic activity team is already planning a host of festive events, including the much-anticipated tree decorating. The scent of ginger biscuits filled our home recently as laughter echoed through the halls during the creation of a splendid Christmas candle decoration (featured on the front page).

Wishing you a joyous festive season! I can't wait to see you soon.

Martina De Vizia, 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 Rose Lounge in Autumn Gardens 2pm – 4pm on Saturday 27 January 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 Autumn Gardens. If you would like to join the meeting, please contact Skevi or Helen at welcome@autumn-gardens.com or by calling 020 8344 2600. 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.



Sofia Sofia
Care Assistant

In little over a year, Sofia has swiftly established herself as an invaluable member of our team. Her kindness and respect towards both residents and colleagues have not gone unnoticed. Thank you for your contributions, Sofia.



Lorena Posniari
Domestic

Lorena has been an integral part of our team for more than 6 years, showcasing incredible diligence and a strong work ethic. She readily embraces new responsibilities and collaborates closely with the management team to maintain a clean and comfortable environment for our residents. Your dedication is truly appreciated, Lorena. Keep up the excellent work!

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

20 - December Birthday Party

We celebrate this month's birthdays

19 - 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!

29 - 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!

24 - Live Music With Luke

Enjoy a live acoustic session in the lounge between 2pm and 3pm

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

Join us in the Rose Lounge

31 - January Birthday Party

We celebrate this month's birthdays

FEBRUARY 2024

9 - National Pizza Day

Let's make our favourite pizzas

14 - Valentine's Day

Let's celebrate love and each other

21 - Pancake Day

Let's have a flipping good time this Shrove Tuesday!

28 - February Birthday Party

We celebrate this month's birthdays

Thank you to all our amazing staff

Join us for our monthly birthday celebrations

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!