



# Anastasia Lodge



Spring newsletter 2024

[autumn-gardens.com](http://autumn-gardens.com)



# Spring newsletter 2024



Welcome to our Spring newsletter. I would like to thank all those who attended our Residents, Family and Friends Meeting in February; your presence was truly appreciated. Feedback, your insights and collaboration are invaluable to our home's community.

At the heart of our home's ethos lies the importance of acknowledging traditions and consistently sharing these enriching experiences with our residents. This February, we celebrated Chinese New Year. We made vibrant red paper lantern-style decorations, symbolising prosperity and good fortune. Red envelopes, each containing coins, were exchanged among our residents as a symbol of well-wishing, generosity, and positive energy for the future.

On Pancake Day, our residents were treated to a wonderful feast prepared by our chefs, featuring a delightful batch of soft and fluffy pancakes. Each person indulged in the joy of choosing their favourite toppings, ranging from fresh fruits to chocolate and sweet maple syrup.

Wishing all our families an egg-s-tra special day filled with love, joy, and all the delights of the season. Happy Easter!

**Norma Dimaiwat, Registered Manager**



# Lemon Tree Day Care

**Our Lemon Tree Day Care Services are tailored to provide care, stimulation and companionship for older adults, including those who are living with dementia, who need assistance or supervision during the day.**

Day care enables guests to socialise with our residents and enjoy activities in a group setting, while still receiving specialist care.

**Our Lemon Tree Day Care Services include:**

- Supervision by professionally trained staff
- Home-made meals, incorporating special dietary needs
- A wide-range of activities
- Friendly environment with English and Greek speaking staff
- Flexible hours and days to suit your lifestyle and requirements

We offer two types of service, Snowdrop (up to four hours) and Daffodil (full day). If you know anyone who could benefit from our services please refer them to us directly, or they can find out more on our website.

[www.autumn-gardens.com/care-duration/day-care/](http://www.autumn-gardens.com/care-duration/day-care/)

Lemon Tree Day Care	Snowdrop	Daffodil
<b>What's included</b>		
Free trial day	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Supervision	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Help with personal needs	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Daily activities	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Hot meals and snacks	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Early drop off	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Late collection		<input checked="" type="checkbox"/>
Availability on weekends		<input checked="" type="checkbox"/>
Availability on public holidays		<input checked="" type="checkbox"/>



**Supporting the wider community**

# Celebrating our staff

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



## Begzane Hatija Domestic

Begzane has been a valued member of our team for nearly two years. Her kindness, hard work, and consistent warm smiles to our residents are truly appreciated.

Thank you for your dedicated efforts,  
Begzane.

## Love is in the air this Valentine's Day

We hosted a wonderful afternoon tea this Valentine's Day. Residents enjoyed chatting, exchanging flowers and cards.



Thank you to all our amazing staff

# Spring calendar of events

## MARCH 2024

### 1 - St David's Day

Enjoy Welsh cakes and a quiz.

### 8 – International Women's Day

A celebration of inspiring Women across the world.

### 10 - Mother's Day

Afternoon tea in honour of all the mums at Anastasia Lodge.

### 11 – The start of Ramadan

Residents will explore the traditions of the holy month of Ramadan.

### 17 - St. Patrick's Day

A celebration of Irish culture, foods, music, dancing and drinking.

### 20 - March Birthday Party

We celebrate this month's birthdays.

### 21 - Live Greek music with Savvas

Let's celebrate the start of Spring with a sing-a-long.

### 31 - Easter Sunday Celebration

Easter themed activities and treats!

## APRIL 2024

### 7 - World Health Day

Raising awareness of health and well-being across the world.

### 9 - Eid-al Fitr -End of Ramadan

Residents can enjoy a feast to celebrate the end of Ramadan.

### 14 - National Gardening Day

Our residents will celebrate the joys of gardening and promoting the many benefits of cultivating plants.

## MAY 2024

### 2 - Greek Orthodox Good Thursday

Residents will enjoy the tradition of decorating Easter eggs.

### 3 - Greek Orthodox Good Friday

Residents will make a special visit to enjoy a church service at St Demetrios church, followed by Koulourakia making.

### 5 - Greek Orthodox Easter Celebrations

The cracking of eggs, eating home-made flaounes and watching Easter Sunday Service from St. Demetrios Church.

### 8 - May Birthday Party

We celebrate this month's birthdays.

### 12 - International Nurses Day

Celebrated annually on the birthday of Florence Nightingale.

### 15 – International Day of Families

This day raises awareness of the importance of families.

### 15 - Live music with Luke

Join us as Luke entertains residents with his acoustic guitar!

Key events alongside our daily activity schedule



# Celebrating recent birthdays!



**Happy  
Birthday!**

Follow us on Facebook for regular updates







## Evangelia's Cypriot keftedes

Cypriot keftedes are savory meatballs originating from Cyprus, known for their flavourful blend of minced meat combined with aromatic herbs and spices.

### Ingredients:

- 2 pounds of minced pork
- 3 medium, grated potatoes
- 1 medium, grated onion
- 2 eggs
- ½ a glass of breadcrumbs
- ½ a glass of finely chopped parsley
- ½ a glass of finely chopped mint
- Salt and pepper
- The juice of ½ a lemon
- Oil for frying

### Method:

- Put all the ingredients, except for the oil, in a bowl.
- Use your hands to mix well for a few minutes until the mixture is quite smooth and well combined.
- Form the mixture into round or oval meatballs.
- Heat the frying oil in a non-stick frying pan over medium high heat. Use enough oil to cover almost half of the meatballs.
- Cook the meatballs in batches. Turn them around and cook for 5 - 6 minutes, until nicely browned all over.
- Drain on paper towels to absorb any excess oil.

Tip: Serve your meatballs alongside a refreshing dipping sauce like tzatziki.

