



Anastasia Lodge



Spring newsletter 2025

autumn-gardens.com



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As the season changes and we look forward to Spring, we look back on the wonderful moments that have brought warmth and joy to our community.

Residents wrapped up warm for a trip to Enfield town, enjoying the twinkling Christmas lights. A special visit to St. Demetrios Church and a live performance by Asterakia brought everyone together in the festive spirit. We also welcomed Highfield Primary School, whose thoughtful gifts brought smiles to our residents.

Keeping minds and hands active, residents engaged in a variety of fun games and challenges designed to boost memory, coordination and problem-solving skills. From interactive activities that encouraged focus and dexterity to lighthearted group games that were both stimulating and enjoyable.

And of course, pampering was a highlight! Residents indulged in soothing hand massages, promoting relaxation, stress relief, and circulation. These moments of care provided comfort and strengthened connections, reinforcing the warmth of our community.

As we welcome brighter days, we look forward to more special moments ahead. Wishing all our families a wonderful Easter!

Norma Dimaiwat, Registered Manager



Lemon Tree Day Care

We are delighted to welcome visitors back to our Come Together Memory Club, held on the first Wednesday of every month at Autumn Gardens in Southgate.



In January, our Memory Club hosted a delightful afternoon featuring bingo games and Van Gogh-inspired painting sessions. These activities fostered creativity, social interaction and mental stimulation among our guests.



In February, we were thrilled to welcome visitors who joined our residential residents for a live music performance. The event was filled with joy as everyone participated in dancing and singing together. Engaging in music and dance has been shown to enhance cognitive function and emotional well-being, particularly for individuals with dementia.

We look forward to continuing these enriching experiences that bring joy and connection to our community, please help us spread the word.

Our Memory Club is held at Autumn Gardens, 73 Trent Gardens London N14 4QB on the First Wednesday of every month, from 1pm to 3pm.

Reserve your space: welcome@autumn-gardens.com

Supporting the wider community

Celebrating our staff

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



Drita Kocollari Domestic and cook

Drita started as a carer and has since expanded her role, contributing her skills and hard work across domestic, laundry, and kitchen duties.

She is highly communicative and always ensures that residents receive the best care. Whether she's preparing meals, keeping our home clean and comfortable, or supporting her colleagues, she goes above and beyond to make a difference.

Love is in the air this Valentine's Day

We hosted a wonderful afternoon tea this Valentine's Day. Residents enjoyed a love-themed lunch and our staff gave out red roses.



Thank you to all our amazing staff

Spring calendar of events

MARCH 2025

1 - St David's Day

Enjoy Welsh cakes and a quiz.

8 - International Women's Day

A celebration of inspiring Women across the world.

17 - St. Patrick's Day

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

19 - March Birthday Party

We celebrate this month's birthdays.

30 - Mother's Day

Afternoon tea in honour of all the mums at Autumn Gardens.

30 - Eid-al Fitr -End of Ramadan

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

APRIL 2025

7 - World Health Day

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

10 - Live event with Marandy

Join us at 2pm to enjoy live entertainment

14 - National Gardening Day

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

16 - April Birthday Party

We celebrate this month's birthdays.

17 - Greek Orthodox Good Thursday

Residents will enjoy the tradition of decorating Easter eggs.

18 - Greek Orthodox Good Friday

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

20 - Easter Sunday Celebration

Easter themed activities including the cracking of eggs, eating home-made flaounes and watching Easter Sunday Service from St. Demetrios Church.



MAY 2025

12 - International Nurses Day

Celebrated annually on the birthday of Florence Nightingale.

14 - May Birthday Party

We celebrate this month's birthdays.

15 - International Day of Families

This day raises awareness of the importance of families.

Key events alongside our daily activity schedule

Celebrating recent birthdays!



**Happy
Birthday!**

Follow us on Facebook for regular updates





Dhurata Elezi's Yoghurt dessert with scrumptious blackberry and biscuits

Ingredients:

- 1kg strained yoghurt
- 150ml condensed milk
- 300g sweet cherry
- 1 packet plain biscuits
- 300g sour cherry jam

Method:

1. In a large bowl, combine the strained Greek yogurt and sweetened condensed milk, mixing until smooth and well-blended.
2. Fold in the 100g of cherry preserves and the chopped biscuits, ensuring they are evenly distributed throughout the mixture.
3. Pour the mixture into a 25cm diameter pan, spreading it evenly to create a smooth surface.
4. Gently spread the sour cherry jam over the top of the yogurt mixture. For an extra burst of flavour, dot the surface with additional cherry preserves.
5. Place the assembled dessert in the refrigerator and allow it to chill for at least four hours, or until set.
6. Once firm, slice and serve the dessert chilled.

