



# Autumn Gardens



Spring newsletter 2025

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



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**As spring blossoms, we reflect on the vibrant activities that have enriched our community over the past three months.**

Our holiday season was filled with joy as residents and staff decorated our home, creating a warm atmosphere. We shared a delightful Christmas lunch with traditional dishes, joined by the Mayor of Enfield, Cllr Mohammad Islam. Welcoming the New Year, we cut the Vasilopita cake, sharing hopes for the year ahead.

In January, residents enhanced their fine motor skills through embroidery, crafting pillows and New Year-themed art now displayed in our common areas. February's bag-making workshop promoted sustainability, transforming recycled materials into stylish creations.

As spring unfolds, we're excited to get outside and introduce new activities catering to our resident's diverse interests.

We thank all who attended our Residents, Friends, and Family meeting and actively participated in our winter events. Your involvement enriches our community and makes our gatherings truly special.

**Martina De Vizia, Registered Manager**



# Come Together Memory Club

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 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 on the First Wednesday of every month, from 1pm to 3pm.**

**Reserve your space: [welcome@autumn-gardens.com](mailto: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.



## **Rolanta Zntrava** **Activities Supervisor**

Since joining Autumn Gardens in January 2020 as a Health Care Assistant, Rolanta has demonstrated exceptional dedication and creativity. Recognised for her commitment, she advanced to Activity Coordinator and now serves as Activity Supervisor. In this role, Rolanta consistently goes above and beyond to develop engaging activities for our residents, showcasing her hard work and passion for enhancing their daily experiences.



## **Skevi Aresti** **Guest relations coordinator**

Since joining our team in September 2019, Skevi Aresti, has been the warm and welcoming face greeting everyone who enters our care home.

With her unwavering dedication and genuine smile, Skevi ensures that each visitor feels comfortable and supported from the moment they arrive.

Thank you to all our amazing staff

# Spring calendar of events

## MARCH 2025

### 1 - St David's Day

Enjoy Welsh cakes and a quiz.

### 3 - Live event with Marandy

Join us at 2pm to enjoy live entertainment

### 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.

### 27 - 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

### 2 - Live event with Paul

Join us at 2pm to enjoy live entertainment

### 7 - World Health Day

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

### 14 - National Gardening Day

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

### 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.

### 24 - April Birthday Party

We celebrate this month's birthdays.

## MAY 2025

### 7 - Live event with Pavlos

Join us at 2pm to enjoy live entertainment.

### 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.

### 29 - May Birthday Party

We celebrate this month's birthdays.

Key events alongside our daily activity schedule

# Celebrating recent birthdays!



# 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.

