



# Anastasia Lodge



Autumn newsletter 2025

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



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As we move from the warm summer into the crisp autumn, we look back on a season filled with outdoor enjoyment and beautiful garden moments. Our residents loved dining and taking part in activities outside, soaking up the fresh air and sunshine.

They have been actively involved in tending to the garden, a gentle and rewarding activity that keeps everyone moving, engaged, and connected with nature. We even harvested some grapes together, which was a highlight of the season!

Indoors, there has been no shortage of fun either. From arts and crafts to games of Tetris on the iPad, fishing with washing-up bowls and floating fish, and even a few lively matches of tabletop ping pong, there has been plenty to keep minds and bodies active.

Activities like these aren't just fun, they are incredibly valuable as we age. Crafts encourage creativity and fine motor skills, while games help sharpen memory, coordination, and problem-solving, all while creating moments of joy, relaxation and laughter.

**Norma Dimaiwat, Registered Manager**





# Enjoying the garden



# Celebrating our staff

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



## Ravneet Kaur Career

Ravneet joined our team as a carer in 2023 and has been a wonderful addition to the home.

She consistently shows great initiative, helps guide new staff through our routines, and delivers truly person-centred care to our residents.

We are so grateful for her hard work and dedication!

## Forty Hall

We recently took our residents on a lovely trip to the historic Forty Hall Farm Estate in Enfield. They enjoyed feeding the birds, exploring the beautiful walled garden, and soaking up the peaceful surroundings. It was a relaxing and memorable day out for everyone.



## Thank you to all our amazing staff

# Autumn calendar of events

## September 2025

### 6 - Read a Book Day

Reading is a fantastic way to stimulate the mind and it can also slow down the mental effects of age and dementia.

### 17 - September Birthday Party

We celebrate this month's birthdays

### 21 - World Alzheimer's Day

Activities to recognise this important day.

### 22 - Autumn's Arrival

We celebrate the first day of Autumn.

### 24 - Live entertainment

Musical Movies: Let's go to the theater

### 27 - Macmillan Coffee Morning

Residents will enjoy tea and cake at the world's biggest coffee morning in support of Macmillan.

## OCTOBER 2025

### 2 - National Grandparents Day

A special day to celebrate the bond between family members.

### 20 - Diwali Celebrations

We will have crafts and activities to celebrate the festival of light.

## 31 - Halloween

Spooktacular Halloween festivities!



## NOVEMBER 2025

### 5 - Guy Fawkes Day

Firework themed activities

### 5 - Live Entertainment with Paul

Join us at 2pm for some fun!

### 11 - Remembrance Sunday

We will watch the Service of Remembrance in memory of those who have lost their lives.

### 12 - November Birthday Party

We celebrate this month's birthdays

### 13 - World Kindness Day

Sharing world-wide messages of positivity from our postcards of kindness wall.

Key events alongside our daily activity schedule



# Celebrating recent birthdays!





Follow us on Facebook for regular updates





# Lemon Tree Day Care Services

Autumn Gardens &   
Anastasia Lodge

Flexible day care services based in  
Southgate and Winchmore Hill

Make friends  
and enjoy  
stimulating  
activities



Supervision by  
friendly and  
highly trained  
professionals



Flexible hours  
and days  
including  
weekends and  
holidays



Healthy,  
home-made  
hot meals  
served daily



Ask us  
about our  
discounted  
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