



# Autumn Gardens



Autumn newsletter 2025

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



# Autumn newsletter 2025



As we say goodbye to the sunshine of summer and welcome the crisp days of autumn, we reflect on a season filled with joy in our beautiful garden. Residents loved enjoying activities and meals outdoors, soaking up the fresh air and warm weather.

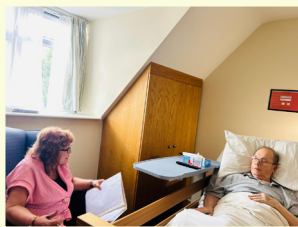
I would like to say a special thank you to Eleni from Asterakia, who visits us weekly to sing in Greek with our residents and share stories, bringing so much joy and connection. We are also grateful to Debbie, who delights residents with her storytelling, and to Nichole, whose thoughtful readings are always warmly received. These three wonderful ladies, pictured below, truly brighten our residents' days with their time and talents.



A highlight of the summer was the ice cream van visit! Residents and staff loved choosing their favourite cones and lollies. Residents also made a variety of hanging mobiles, each unique, each beautiful. In August, our travel-themed learning journey took everyone around the world. We started with passport photos, then

made our very own passports, and by the end of the month, we were off to Honolulu, complete with a sandy beach in the garden and a tropical cocktail bar. It was a memory to treasure, and a special thank you goes to our amazing staff for making it all possible.

## Martina De Vizia, Registered Manager



# Summer fun!



Our annual summer BBQ was a fantastic celebration, made even more special with a visit from His Eminence Archbishop Nikitas of Thyateira and Great Britain as well as the Mayor of Enfield and coverage by Hellenic TV. The decorations

were amazing and brought the summer spirit indoors, as the weather meant we had to enjoy the festivities inside. Despite the rain, it was a joyful day filled with great food, music, and community spirit enjoyed by residents, families, and friends.

## Some photos from our Honolulu learning journey!

The photos below capture our unforgettable Honolulu experience! With a sandy beach, tropical cocktails, and plenty of sunshine vibes, residents and staff enjoyed a true island getaway right in our garden.



## Join us on this journey of hope and progress!

# Celebrating our staff

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



## Fani Sgouri Clinical Associate

Fani has grown from activities coordinator to clinical associate, taking on multiple roles with dedication and care. She supports staff training, brings compassion to her work, and is a reliable, valued member of our team. Her reliability and strong work ethic make her invaluable to our team and deeply appreciated by residents and staff alike.



## Ntoris Berntoufi Clinical Associate

Ntoris is a hardworking and dependable clinical associate who always puts residents' wellbeing first. Her positive attitude and commitment make Ntoris an essential part of our team. We are truly grateful for her continued hard work and dedication, she is a shining example of what makes our team so special.

Thank you to all our amazing staff

# Autumn calendar of events

## SEPTEMBER 2025

### 3 - Live entertainment

Join Andy and Tony as they sign popular English classics tunes.

### 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.

### 18 - 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.

### 25 - September Birthday Party

We celebrate this month's birthdays.

### 27 - Macmillan Coffee Morning

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

## OCTOBER 2025

### 1- Magic Show

Join Kelly Kadabra in our lounge at 2pm for some amazing magic!

### 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.

### 30 - October Birthday Party

We celebrate this month's birthdays.



### 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.

### 13 - World Kindness Day

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

### 27 - November Birthday Party

We celebrate this month's birthdays.

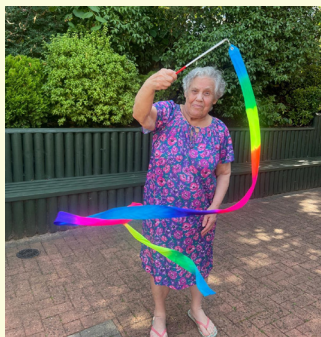
## Key events alongside our daily activity schedule

# Celebrating recent birthdays!



## Happy Birthday!

# 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  
packages!



**autumn-  
gardens.com**

