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# NEWSLETTER

## JANUARY 2016



A huge welcome back to our clients and families for the 2016 year. We have room for new clients too, so just phone us on 09 4371144 or email us on [forgetme-not@xtra.co.nz](mailto:forgetme-not@xtra.co.nz); come for a free day visit to see if the Centre suits your needs. Transport is provided in most circumstances and beautiful nourishing meals, including a take home meal service. We have many interesting activities, crafts, sports and cultural excursions planned for this year so you are all welcome to be part of this.

### Our Purpose

The Centre is a day care service and available to adults of all ages. Clients have an age range from 25-94 years including those who are young with disabilities, the elderly and frail, those with memory loss, Head injuries and/or other disabilities. The Centre provides quality day care that enhances the welfare not only of the clients but also of the carers and families who look after their loved ones at home on a 24 hour a day basis. The centre has capacity for 40 client visits per day. Staff is qualified, experienced and caring. The staff- client ratio is purposely set at 1:5 for maximum input. Statistics show that the Centre had 9200 client visits in 2014. This shows the community need for the service.

### Our Hours

The Centre has been purpose built for the community of the Whangarei District and is unique. It is open from Monday to Friday from 8.30- 4pm for 49 weeks of the year. Families from other areas of Northland utilise our service when they are visiting Whangarei for Day stay.

### Our Programme

The programme is structured with a variety of activities that provide motivation, rehabilitation, life skills, Diversional therapy, holistic exercise, socialization and fun. Activities include Tai Chi, indoor bowls challenges, singing, swing dancing, table tennis and gardening, educational card games, painting lessons and quizzes, reading, cooking, budgeting, math's and current affairs discussions. Guest speakers provide information and entertainment. Weekly excursions are arranged for ten pin bowling, swimming at the Aquatic Centre, exhibitions and for bowls challenges. The reading / math's lessons are particularly popular with our younger clients. These are structured around

learning for life-skills and enjoyment. There is a monthly Tai Chi class especially for Stroke clients. This has proved very popular.

### Quiet Room

The Forget Me Not Centre's 'One Stop Shop' concept has proved to be a great help in connecting our clients to their community needs. The 'Quiet Room' has been utilised by health professionals, social workers, phlebotomists and government department staff who are all welcome to use this room to visit their community clients in privacy. Clients find this service most beneficial as it means that they do not have to wait at home for appointments.

### Whanau Room

The Whanau room is an extension to the existing building and provides ample room for meeting, activities and education sessions, cooking and activity classes. It is available for community meetings for a small fee and has its own entrance. Car parking is easily available. Please phone us.

### Meals

A cooked lunch is provided daily for clients by our 2 chefs. A 'take home' meals service is available for clients who require an evening meal. Meals are freshly cooked daily, are nutritious and take into consideration special dietary needs.

### Transport

The four Forget Me Not vans collect the clients from their home each morning and return them home each afternoon. The transport pick-up areas are Maunu, Tikipunga, Onerahi, Kamo and Whangarei Central.

### Security

The centre is secure, fully fenced, open plan and has ample secure parking.

### Community Collaboration

The Centre works closely with other agencies including NorthAble, Alzheimer's Society, Age Concern, Idea Services, NASC Services, LYNKZ Centre, ACC and Rest homes.

### Donations

Ongoing funding is an issue for the Centre. Please consider supporting us with a donation or bequest. We want the Centre to be sustainable into the future for the people in need of day services in the Whangarei District and those from the outlying areas of Northland.



# MISSION STATEMENT



To provide quality day care for adults who are socially isolated through disability, by providing life skill development.



To enhance the quality of life for clients, carers/whanau by providing them with a break from caring.



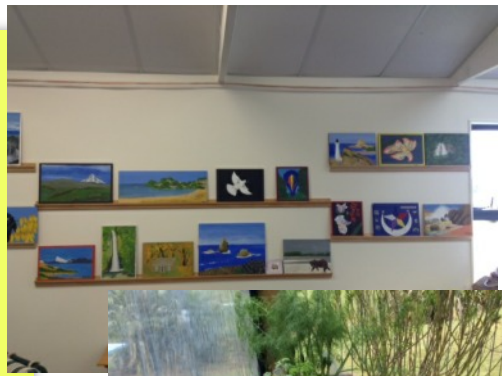
To increase community awareness of the service.

We are pleased to include the address of our new website. Feel free to visit our site and tell your friends and family about it:

**adulthoodcentre.co.nz**



Facebook is: [www.facebook.com/ForgeMeNotwhangarei?fref=ts](http://www.facebook.com/ForgeMeNotwhangarei?fref=ts)



**FGMN FUNDRAISER MEALS.**



Hopa and Bob at the beach



[www.neighbourly.co.nz](http://www.neighbourly.co.nz)

Please contact us if you would like a 'take-home' meal. Roasts, pastas and stews to name a few. All freshly made and freshly frozen for your convenience. \$8 each.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM	11 <sup>th</sup> Newspaper talk Catch up with everyone	12 <sup>th</sup> Bowls	13 <sup>th</sup> Group activities	14 <sup>th</sup> Tai Chi newspaper discussion table activities	15 <sup>th</sup> Bowls
PM	Quiz	Table activities			Music
AM	18 <sup>th</sup> Newspaper Tai Chi	19 <sup>th</sup> Swing	20 <sup>th</sup> Group activities	21 <sup>st</sup> Tai Chi newspaper discussion table activities	22 <sup>nd</sup> Day Trip picnic lunch
PM	Quiz	Bowls			
AM	25 <sup>th</sup> Newspaper Tai Chi	26 <sup>th</sup> Day Trip picnic lunch	27 <sup>th</sup> Table activities	28 <sup>th</sup> Tai Chi newspaper discussion table activities	29 <sup>th</sup> Bowls
PM	Quiz		Craft work		Music

JANUARY - FEBRUARY

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM	1 <sup>st</sup> Public Holiday Northland anniversary	2 <sup>nd</sup> Swing dance	3 <sup>rd</sup> Coffee group	4 <sup>th</sup> Tai Chi Newspaper discussion	5 <sup>th</sup> Bowls Swimming
PM		Discussions Bowls	Group activities	Table Activities	Music
AM	8 <sup>th</sup> Waitangi Day	9 <sup>th</sup> Bowls	10 <sup>th</sup> Ten Pin bowling	11 <sup>th</sup> Tai Chi Newspaper discussion	12 <sup>th</sup> Bowls Swimming
PM		Outdoor activities	Easy Walks	Table Activities	Music
AM	15 <sup>th</sup> Newspaper discussion Tai Chi Pool-Kamo Club	16 <sup>th</sup> Swing dance	17 <sup>th</sup> Loop walk	18 <sup>th</sup> Tai Chi Newspaper discussion	19 <sup>th</sup> Bowls Swimming
PM	Michelle's men's group	Bowls	Arts & Crafts	Table Activities	Music
AM	22 <sup>nd</sup> Newspaper discussion Tai Chi Pool-Kamo Club	23 <sup>rd</sup> Outdoor activities	24 <sup>th</sup> Ten Pin Bowling	25 <sup>th</sup> Tai Chi Newspaper discussion	26 <sup>th</sup> Bowls Swimming
PM	Link Centre Quiz	Bowls	Table activities Arts & Crafts	Table Activities	Music
AM	29 Newspaper discussion Tai Chi Pool-Kamo Club				
PM	Quiz				

MONTHLY ACTIVITIES  
JANUARY - FEBRUARY

**CHRISTMAS  
PARTY 2015**