

# FGMN

JUNE 2017

# Newsletter



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[www.adultdaycentre.co.nz](http://www.adultdaycentre.co.nz) FB: Forgive-Me-Not Adult Day Centre

facebook



### Our Purpose

The Centre is a day care service and available to the elderly, frail, those with memory loss, head injuries, neurological disorders, cerebral vascular accidents 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. At present attendance is around 36 clients per day with clients of an age range from 18-92 years. The centre has capacity for 40 client visits per day. Staff are qualified, experienced and caring.

### Our Hours

The Centre has been purpose built for the community of the Whangarei District and is open from Monday to Friday from 8.30 - 4pm for 49 weeks of the year.

### Our Programme

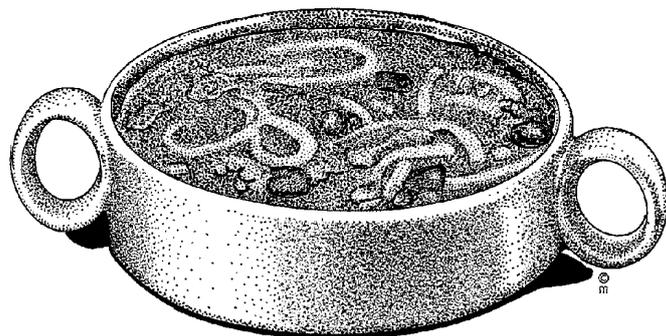
The programme is structured with a variety of activities that provide motivation, diversional therapy and holistic exercise and fun. Examples include Tai Chi, indoor bowls challenges, singing, line dancing, table tennis and gardening, card games, painting lessons and quizzes, reading, math's and current affairs discussions. Guest speakers provide information and entertainment. Excursions are arranged for ten pin bowling, swimming at the Aquatic Centre, exhibitions and for bowls challenges.

### Meals

A cooked lunch is provided daily for clients by our 2 cooks. This service is fully subsidised by the Trust and a 'take home' meals service is available for clients who require an evening meal. As a big part of our fundraising we provide frozen meals to those in need in the community. Please phone us on 09- 4371144.

### Transport

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



## Frozen Meals

The Menu does vary but includes a broad range as below:

- Macaroni Cheese
- Pasta and Meat Balls
- Lasagne
- Lamb's Fry bacon and vegetables
- Sausage and Gravy
- Curry Sausages
- Irish Stew
- Roast Lamb with roast vegetables
- Roast Pork with roast vegetables
- Roast Beef with roast vegetables
- Cottage Pie
- Butter Chicken
- Roast Chicken
- Chicken and Gravy with vegetables
- Chicken Tikka (Mild) with rice and vegetables
- Devilled Sausages with rice and vegetables
- Smoked fish pie with mashed potato top
- Mariner seafood creamy pasta
- Vegetable Curry and rice



## OUR EXTENDED CLIENT CARE SERVICE

If you need time to attend appointments, meetings etc or just need a few hours off, we can provide day care, for all day, part of the day or just one hour, depending on your needs. We will provide a safe caring environment for your loved one so that you do not have to worry about anything. Morning tea and a meal can be provided if desired. Just phone us on 09 4371144. Bookings preferred but we will do our best if short notice is necessary. Our hours are 8.30- 4pm - Monday to Friday. You do not have to be a regular user of our service to make use of this offer.

a thank you to the  
ASB  
for giving us the  
**GOOD AS GOLD AWARD**



**WEB SITE** [www.adultdaycentre.co.nz](http://www.adultdaycentre.co.nz)



**"First my ball rolled under the sofa, then my water dish was too warm, then the squeaker broke on my squeaky rubber pork chop. I've had a horrible day and I'm completely stressed out!!!"**

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM	<b>ACTIVITIES JUNE 2017</b>			1 <sup>st</sup> Tai Chi Newspaper discussion	2 <sup>nd</sup> Swimming Bowls
PM				Quiz	
AM	5 <sup>th</sup> <b>Queens Birthday</b>	6 <sup>th</sup> Swing  Games	7 <sup>th</sup> Arts @ Crafts	8 <sup>th</sup> Tai Chi Newspaper discussion	9 <sup>th</sup> Swimming Bowls
PM				Quiz	
AM	12 <sup>th</sup> Chat Time Tai Chi	13 <sup>th</sup> Ten Pin Bowling	14 <sup>th</sup> Coffee Morning  Baking	15 <sup>th</sup> Tai Chi Newspaper discussion	16 <sup>th</sup> Swimming Bowls
PM	Quiz\ Kamo Club Pool	Quiz		Quiz	Entertainment Wallace
AM	19 <sup>th</sup> Chat Time Tai Chi	20 <sup>th</sup> Swing	21 <sup>st</sup> Ten Pin Bowling	22 <sup>nd</sup> Tai Chi Newspaper discussion	23 <sup>rd</sup> Swimming Bowls
PM	Links Bingo	Games	Entertainment Danny	Quiz	
AM	26 <sup>th</sup> Chat Time Tai Chi	27 <sup>th</sup> Culture Activities	28 <sup>th</sup> Ten Pin Bowling	29 <sup>th</sup> Tai Chi Newspaper discussion	30 <sup>th</sup> Swimming Bowls
PM	Quiz\ Kamo Club Pool			Quiz	