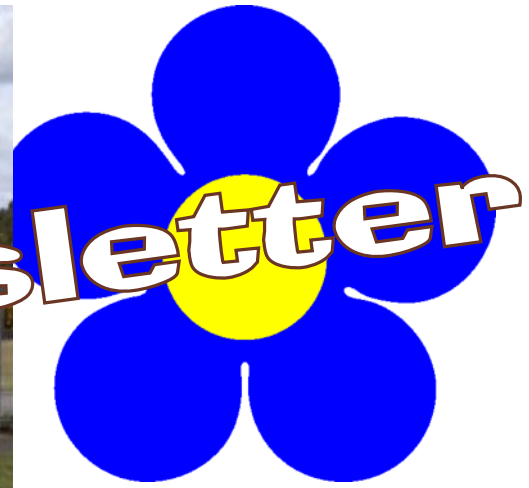




# Newsletter



**MARCH 2017**

110 Boundary Road, Tikipunga, WHANGAREI 0112  
 Telephone: 09 437 1144, Fax: 09 437 1144  
 E-Mail: [forgetme-not@forgetmenot.org.nz](mailto:forgetme-not@forgetmenot.org.nz)  
[www.adultdaycentre.co.nz](http://www.adultdaycentre.co.nz)

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



Ngunguru outing



**A C T I V I T I E S**  
**MAR 2017**

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM			1 <sup>st</sup> Coffee Moring	2 <sup>nd</sup> Tai Chi Newspaper discussion	3 <sup>rd</sup> Bowls Swimming
PM			Crafts	Quiz	Entertainment Marty Cullen
AM	6 <sup>th</sup> Newspaper discussion Pool Kamo Club Tai Chi	7 <sup>th</sup> Wood work group	8 <sup>th</sup> Ten Pin Bowling	9 <sup>th</sup> Tai Chi Newspaper discussion	10 <sup>th</sup> Bowls Swimming
PM	Quiz	Bowls	Crafts	Quiz	Music
AM	13 <sup>th</sup> Newspaper discussion Pool Kamo Club Tai Chi	14 <sup>th</sup> Swing Dance	15 <sup>th</sup> Ten Pin Bowling Crafts Baking	16 <sup>th</sup> Tai Chi Newspaper discussion	17 <sup>th</sup> Bowls Swimming
PM	Quiz	Bowls		Quiz	Music
AM	20 <sup>th</sup> Newspaper discussion Pool Kamo Club Tai Chi	21 <sup>st</sup> Wood work group	22 <sup>nd</sup> Ten Pin Bowling	23 <sup>rd</sup> Tai Chi Newspaper discussion	24 <sup>th</sup> Bowls Swimming
PM	Link Centre	Bowls	Crafts Advocacy Talk	Quiz	Music
AM	27 <sup>th</sup> Newspaper discussion Pool Kamo Club Tai Chi	28 <sup>th</sup> Swing Dance	29 <sup>th</sup> Ten Pin Bowling Crafts Baking	30 <sup>th</sup> Tai Chi Newspaper discussion	31 <sup>st</sup> Bowls Swimming
PM	Quiz	Bowls		Quiz	Music





Mentioned in  
**Neighbourly**

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



### Frozen Meals

At Forget Me Not we have identified a need for supply of meals that are easily heated at home, at an affordable cost.



We are happy to introduce 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.

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

**facebook**

[www.facebook.com/ForgetMeNotWhangarei?fref=ts](http://www.facebook.com/ForgetMeNotWhangarei?fref=ts)



 **Art classes**



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

