

NEWSLETTER



110 Boundary Road, Tikipunga, WHANGAREI 0112
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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.



KAWAKAWA TRAIN TRIP



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM	2016	1st Melbourne Cup Day Horse racing	2nd	3rd Tai Chi Newspaper discussion	4th Bowls
PM		Bowls	Christmas crafts	Table Activities	Music
AM	7th Newspaper discussion Tai Chi	8th Dancing swing	9th Ten Pin Bowling	10th Tai Chi Newspaper discussion	11th Swimming Bowls
PM	Michelle Men Group	Bowls	Crafts	Table Activities	Music Entertainment Doug McDonald
AM	14th Newspaper discussion Tai Chi	15th Bowls	16th Coffee Morning	17th Tai Chi Newspaper discussion	18th Swimming Bowls
PM		Crafts	Crafts	Table Activities	Music
AM	21st Newspaper discussion Tai Chi	22nd Swing Table Activities	23rd Ten Pin Bowling	24th Tai Chi Newspaper discussion	25th Bowls Swimming
PM	Quiz with the link centre	Christmas crafts	Crafts	Table Activities	Music
AM	28th Newspaper discussion Tai Chi	29th Bowls	30th Ten Pin Bowling	NOVEMBER	
PM	Quiz	Frank entertainment	Christmas baking		

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.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DECEMBER 2016					
				1 st Tai Chi Newspaper discussion	2 nd Swimming Bowls Music
AM	5 th Newspaper discussion Tai Chi Kamo Club pool	6 th Swing Dance	7 th Coffee Morning	8 th Tai Chi Newspaper discussion	9 th Swimming Bowls Music
PM	Quiz	Bowls	Crafts		
AM	12 th Newspaper discussion Tai Chi Kamo Club pool	13 th Bowls Christmas Baking	14 th Ten Pin Bowling	15 th Tai Chi Newspaper discussion	16 th Bowls Kevin Hunter entertainment
PM	Link Centre		Christmas Fun		
AM	19 th Newspaper discussion Tai Chi Kamo Club pool	20 th Swing Dance	21 st Christmas Craft Work	22 nd Tai Chi Last Day for the year	23 rd Christmas party Kamo Club
PM	Quiz	Bowls			

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FACEBOOK is: www.facebook.com/ForgeMeNotwhangarei?fref=ts



Mentioned in
Neighbourly

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.

These delicious meals are not restricted to clients only, but are available for any of the elderly and disabled people in our local community who can no longer cook roast meals themselves at home.

The meals are cooked in our WDC certified kitchen by our chefs and are freshly frozen. Moulded meals are available if needed on request.

Meals cost \$8.00 each and can be collected from the Centre Mon-Fri - 8.30am-4pm or we will deliver if we can for someone who is immobile etc. Please just phone us on 09 4371144 to order meals or you can visit us to see what meals we have available and to purchase meals between the hours of 8.30am- 3.30pm weekdays. Payment can be cash, internet banking or by cheque.

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

\$8.00

