

NEWSLETTER



110 Boundary Road, Tikipunga, WHANGAREI 0112
 Telephone: 09 437 1144, Fax: 09 437 1144
 E-Mail: forgetme-not@extra.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.



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM	3 rd Newspaper discussion Tai Chi Kamo Club Pool	4 th Swing Dance Bowls	5 th Crafts Quiz	6 th Tai Chi Newspaper discussion Quiz	7 th Bowls Music
PM	Men's group with Michelle				
AM	10 th Newspaper discussion Tai Chi Kamo Club Pool	11 th Bowls Table activities	12 th Coffee Morning Table activities	13 th Tai Chi Newspaper discussion	14 th Bowls Swimming
PM	Quiz		Craft	Table Activities	Music
AM	17 th Newspaper discussion Tai Chi Kamo Club Pool	18 th Swing Dance Table Activities	19 th Ten Pin Bowling Craft	20 th Tai Chi Newspaper discussion	21 st Bowls Swimming
PM	Link Centre quiz			Table Activities	Music
AM	24 th	25 th Bowls	26 th Cooking	27 th Tai Chi	28 th Swimming
PM	Labour day	Table Activities	Craft	Newspaper discussion	Bowls Music
AM	31 st Newspaper discussion Tai Chi Kamo Club Pool				
PM	Quiz				

OCTOBER 2016

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 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.

facebook

adulthooddaycentre.co.nz

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

