

NEWSLETTER

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

SEPTEMBER 2016



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	SEPTEMBER 2016			1 st Tai Chi	2 nd Bowls Swimming
PM				Quiz	Music
AM	5 th Newspaper discussion Kamo Club Pool Tai Chi	6 th Bowls Arts and Crafts	7 th Ten Pin Bowling	8 th Tai Chi	9 th Bowls Swimming
PM	Tai Chi Men's group		Arts and Crafts	Group Activities	Music
AM	12 th Newspaper discussion Kamo Club Pool Tai Chi	13 th Swing Dance	14 th Coffee Morning	15 th Tai Chi	16 th Bowls Swimming
PM	Quiz	Bowls	Arts and Crafts	Group Activities	Music
AM	19 th Newspaper discussion Kamo Club Pool Tai Chi	20 th Bowls	21 st Ten Pin Bowling	22 nd Tai Chi	23 rd Bowls Swimming
PM	Quiz	Arts and Crafts	Arts and Crafts	Group Activities	Music
AM	26 th Newspaper discussion Kamo Club Pool Tai Chi	27 th Train Trip Kawakawa	28 th Cooking	29 th Tai Chi	30 th Train Trip Kawakawa
PM	Quiz			Group Activities	Music

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 adultdaycentre.co.nz

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

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



www.neighbourly.co.nz

