

FGMN

MAY 2017

Newsletter

110 Boundary Road, Tikipunga, WHANGAREI 0112
Telephone: 09 437 1144, Fax: 09 437 1144
E-Mail: forgetme-not@forgetmenot.org.nz
www.adultdaycentre.co.nz FB: Forget-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 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.



THE ART, CRAFTS AND ACTIVITIES OPEN DAY

Was a great success, many thanks to the staff and volunteers. Well worth going to the next on in 2018.

See the back page for our very popular frozen meals.



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.adulthooddaycentre.co.nz

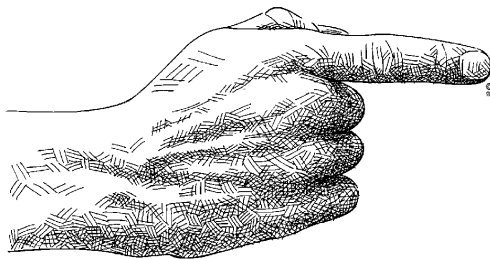
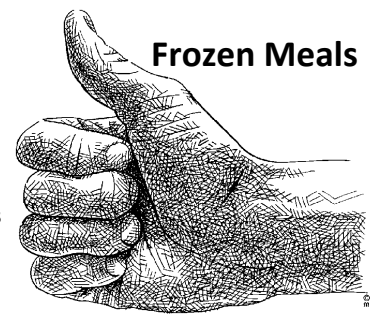
At Forget Me Not we have identified a need for supply of meals that are easily heated at home, at an affordable cost.



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

- Macaroni Cheese
- Pasta and Meat Balls
- Lasagne
- Lambs 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

Frozen Meals



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM	1st Newspaper Discussion Tai Chi	2nd Floor Activities	3rd Coffee Morning	4th Tai Chi Newspaper Discussion	5th Swimming Bowls
PM	Table activities	Crafts	Table activities	Table activities	Music
AM	8th Newspaper Discussion Kamo Club pool Tai Chi	9th Swing Dance Bowls	10th Ten Pin Bowling Crafts	11th Tai Chi Newspaper Discussion	12th Swimming Bowls
PM	Table activities			Table activities	Music
AM	15th Newspaper Discussion Kamo Club pool Tai Chi	16th Crafts Bowls	17th Ten Pin Bowling	18th Tai Chi Newspaper Discussion	19th Swimming Bowls
PM	Table activities		Entertainment Danny	Table activities	Music
AM	22nd Newspaper Discussion Kamo Club pool Tai Chi	23rd Swing Dance Bowls/R	24th Table activities	25th Tai Chi Newspaper Discussion	26th Swimming Bowls
PM	Table activities			Table activities	Music
AM	29th Newspaper Discussion Tai Chi Kamo Club pool	30th Bowls	31st		
PM	Table activities	Crafts	Cooking Classes making own lunch		

**ACTIVITIES
MAY 2017**