

OCTOBER

FGMN Newsletter 2017



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www.adultdaycentre.co.nz FB: Forget-Me-Not Adult Day Centre



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.

Picnic in the shade at the Whangarei Falls - Right

Our very own vege garden, produce used every week at FGMN - Below

Cushions for sale - Below



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.adultdaycentre.co.nz

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
- Sweet and Sour Chicken with Rice.

\$10.00 each



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM	2 nd Newspaper discussion Tai Chi	3 rd Bowls Group Activities	4 th Coffee Morning	5 th Tai Chi Newspaper discussion	6 th Bowls Newspaper discussion
PM	Tai Chi men's group Group activities Kamo Club Pool	Crafts	Crafts	Quiz	Music
AM	9 th Newspaper discussion Tai Chi	10 th Bowls Group Activities	11 th Ten Pin Bowling	12 th Tai Chi Newspaper discussion	13 th Bowls Newspaper discussion
PM	Group Activities Kamo Club Pool	Swing	Group Activities	Quiz	Music
AM	16 th Newspaper discussion Tai Chi	17 th Bowls Group Activities	18 th Group Activities	19 th Tai Chi Newspaper discussion	20 th Bowls Newspaper discussion
PM	Link Centre Kamo Club Pool		Crafts		Music
AM	23 rd Newspaper discussion Tai Chi	24 th Bowls Group Activities	25 th Ten Pin Bowling	26 th Tai Chi Newspaper discussion	27 th Bowls Newspaper discussion
PM	Group Activities Kamo Club Pool	Swing	Group Activities	Quiz	Music
AM	30 th Newspaper discussion Tai Chi	31 st Bowls Group Activities	 <p>ACTIVITIES OCTOBER 2017</p>		
PM	Group Activities Kamo Club Pool				