

DECEMBER

# FGMN

# Newsletter

2017



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[www.adultdaycentre.co.nz](http://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 service 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		<b>A C T I V I T I E S</b> <b>DECEMBER 2017</b>			1st Swimming Bowls
PM					Music
AM	4th News Paper discussion Tai Chi	5th Bowls	6th Coffee Morning  Quiz	7th Tai Chi Newspaper discussion	8th Swimming Bowls
PM	Quiz Kamo Club pool	Swing Dance		Quiz	Music
AM	11th News Paper discussion Tai Chi Quiz	12th Bowls	13th Ten Pin Bowling  Quiz	14th <sup>h</sup> Tai Chi Newspaper discussion Quiz	15th Swimming Bowls
PM	Kamo Club pool	Group Activities			Music
AM	18th News Paper discussion Tai Chi	19th Bowls	20th Ten Pin Bowling  Quiz	21st Tai Chi Newspaper discussion	22 <sup>nd</sup>
PM	Quiz Kamo Club pool	Swing Dance		Entertainment Danny	Christmas Party

## 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.*

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

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 'A' certified kitchen by our chef and are freshly frozen. Moulded meals are available if needed on request.

Meals 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 collect meals between the hours of 8.30am- 3.30pm weekdays. Donations can be cash, internet banking or by cheque.

**WEB SITE** [www.adultdaycentre.co.nz](http://www.adultdaycentre.co.nz)



Mentioned in  
**Neighbourly**  
[www.neighbourly.co.nz](http://www.neighbourly.co.nz)



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

Alfredo Chicken  
Braised Steak, mashed potato and vegetables  
Butter Chicken  
Chicken and Gravy with vegetables  
Chicken Tikka (Mild) with rice and vegetables  
Cottage Pie  
Curry Sausages  
Devilled Sausages with rice and vegetables  
Irish Stew  
Lambs Fry bacon and vegetables  
Lasagne  
Macaroni Cheese  
Mariner seafood creamy pasta  
Pasta and Meat Balls  
Roast Beef with roast vegetables  
Roast Chicken with roast vegetables  
Roast Lamb with roast vegetables  
Roast Pork with roast vegetables  
Sausage and Gravy  
Smoked fish pie with mashed potato top  
Steak and Kidney Stew with mashed potato and vegetables  
Sweet and Sour Chicken , rice and mixed vegetables  
Vegetable Curry and rice  
Vegetable Ragout  
Assorted soups



# MERRY CHRISTMAS



For anyone who needs to stock up on our frozen meals, please phone us on 09 4371144 with your order by Thursday 21st of December, 2017

In addition we will be open on Friday 5<sup>th</sup> January, 2018 from 10am- 12md if you wish to order and collect meals on that day

We will also have a limited number of Frozen Christmas Meals available on request after the 1<sup>st</sup> of December, 2017

The Centre reopens for 2018 on the  
15<sup>th</sup> January, 2018

We wish you a happy, healthy Christmas and look forward to seeing you all in the New Year.

