

FGMN

SEPTEMBER 2018 Newsletter

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www.adultdaycentre.co.nz

www.facebook.com/Forget-Me-Not-Whangarei



Find us on
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.

Right: our wonderful volunteer Helen won first prize at the Garden Club



Balloon craft @ FGMN



Initiated and led by volunteers from the Whangarei community, Sistema Whangarei is based on Venezuela's El Sistema movement, one of the world's most successful music and social development programmes. We reach out to children who might not normally have the opportunity to participate. All aspects of the programme are provided free of charge.

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.

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.



Beverly's panda jigsaw



Mentioned in
Neighbourly
www.neighbourly.co.nz

WEB SITE www.adultdaycentre.co.nz

The Menu does vary but includes a broad range as on the right:



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. Moulied 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.



- 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
- Lamb's 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



SEPTEMBER 2018 ACTIVITIES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM	3 rd Newspaper discussion Tai Chi	4 th Bowls	5 th Coffee Morning	6 th Tai Chi Newspaper discussion	7 th Entertainment Ted 10.30-11.30
PM	Group activities Kamo Club Pool	Swing	Games	Quiz	Bowls
AM	10 th Newspaper discussion Tai Chi	11 th Bowls	12 th Picnic Lunch Short trip	13 th Tai Chi Newspaper discussion	14 th Swimming Bowls
PM	Group activities Kamo Club Pool	Swing		Quiz	Nola and Norma
AM	17 th Newspaper discussion Tai Chi	18 th Bowls	19 th Ten Pin Bowling	20 th Tai Chi Newspaper discussion	21 st Swimming Bowls
PM	Group activities Kamo Club Pool	Swing	Entertainment Frank	Quiz	
AM	24 th Newspaper discussion Tai Chi	25 th Bowls	26 th Ten Pin Bowling	27 th Tai Chi Newspaper discussion	28 th Swimming Bowls
PM	Group activities Kamo Club Pool	Swing		Quiz	

