

# FGMN

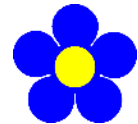
## Newsletter

### FEBRUARY 2020



Christmas party photos

 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.

#### Our Programme

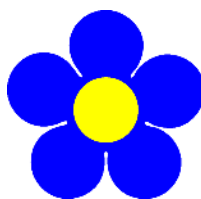
The programme is structured with a variety of activities that provide motivation, diversional therapy and holistic exercise and fun. Examples include Tai Chi, indoor bowls challenges, singing, line dancing, table tennis and gardening, card games, painting lessons and quizzes, reading, math's and current 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.



Trip to Tamaterau



## 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. 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 GF
- Butter Chicken with Rice
- Chicken and Gravy with vegetables GF
- Chicken Tikka (Mild) with rice and vegetables
- Cottage Pie
- Curry Sausages
- Deville Sausages with mashed potato and vegetables
- Irish Stew GF
- Lamb's Fry bacon and vegetables GF
- Lasagne
- Macaroni Cheese
- Mariner seafood creamy pasta
- Pasta and Meat Balls
- Roast Beef with roast vegetables GF
- Roast Chicken with roast vegetables GF
- Roast Pork with roast vegetables GF
- Sausage and Gravy GF
- Smoked fish pie with mashed potato top
- Steak and Kidney GF
- Sweet and Sour Chicken with Rice
- Vege Ragout
- Vegetable Curry and rice

FROZEN MEAL LIST 2020

Our bank details are:  
ASB A/C  
12-3101-0074475-00  
Forget Me Not Day Centre

## February SCHEDULE 2020

## FORGET-ME-NOT ADULT DAY CENTRE



### WOULD YOU LIKE TO ATTEND THE CENTRE?

We are an Adult Day Care Centre in our 26th year of service in the Whangarei District. We provide quality day care for adults of all ages, including the elderly, frail, and those with head injuries, memory loss and / or other disabilities.

We are open from 8.30am - 4.00 pm - Monday - Friday 49 weeks of the year.

### WE PROVIDE

A secure, attractive purpose built environment. A range of interesting activities, therapeutic rehabilitation, motivation, meals, transport, excursions. Our staff are qualified skilled, and experienced and we have a wonderful team of volunteers.

We welcome enquiries and visits [forgetme-not@forgetmenot.org.nz](mailto:forgetme-not@forgetmenot.org.nz)  
[www.adultdaycentre.co.nz](http://www.adultdaycentre.co.nz)

TAKE HOME FROZEN MEALS AVAILABLE ON REQUEST



Look for us on Facebook

Ph: 09-437 1144  
110 Boundary Rd,  
Tikipunga, Whangarei.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM	3rd Newspaper discussion Tai chi	4th Bowls	5th Coffee Group	6th Waitangi Day Centre Closed today	7th Bowls Swimming
PM	Kamo Club Pool Tai Chi relaxation	Swing dance	Exercise		Group Activities
AM	10th Newspaper discussion Tai chi	11th Bowls	12th Ten Pin Bowling	13th Tai Chi Newspaper discussion	14th Bowls Swimming
PM	Kamo Club Pool	Swing dance	Group Activities	Craft/Quiz	Group Activities
AM	17th Newspaper discussion Tai chi	18th Bowls	19th Group Activities	20th Tai Chi Newspaper discussion	21st Bowls Swimming
PM	Kamo Club Pool	Swing dance	Exercises	Craft/Quiz	Group Activities
AM	24th Newspaper discussion Tai chi	25th Bowls	26th Ten Pin Bowling	27th Tai Chi Newspaper discussion	28th Bowls Swimming
PM	Kamo Club Pool	Swing dance	Group Activities	Craft/Quiz	Group Activities