

# FGMN

## Newsletter

### JULY 2020



#### 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

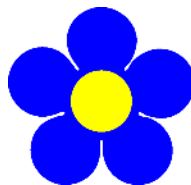
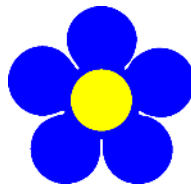
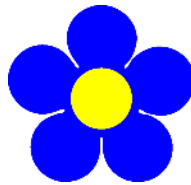
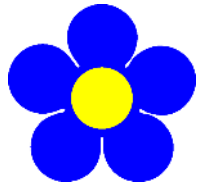
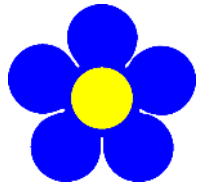
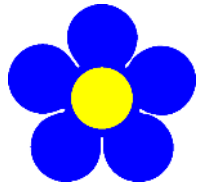
The programme is structured with a variety of activities that provide motivation, diversional therapy and holistic exercise and fun. Examples include Tai Chi, indoor bowls challenges, singing, line dancing, table tennis and gardening, card games, painting lessons and quizzes, reading, math's and current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



## 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 regular meals themselves at home.

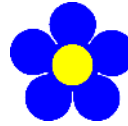
The meals are cooked in our WDC 'A' certified kitchen by our chef and are freshly frozen. Moulied meals are available if needed on request.

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  
 Devilled Sausages with mashed potato and vegetables  
 Irish Stew GF  
 Lams 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



Find us on  
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TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM	July SCHEDULE 2020		1st Coffee Group	2nd Tai Chi	3rd Bowls
PM			Group Activities	Group Activities Crafts	Exercises
AM	6th Newspaper discussion Tai Chi	7th Bowls	8th Ten Pin Bowling	9th Tai Chi	10th Bowls
PM	Tai Chi Relaxation	Swing Dance	Group Activities	Group Activities Crafts	Exercises
AM	13th Newspaper discussion Tai Chi	14th Bowls	15th Baking	16th Tai Chi	17th Bowls
PM	Group Activities	Swing Dance	Ed and Robin 1-2pm	Group Activities Crafts	Exercises
AM	20th Newspaper discussion Tai Chi	21st Bowls	22nd Ten Pin Bowling	23rd Tai Chi	24th Bowls
PM	Lynx Centre	Swing Dance	Group Activities Crafts	Group Activities Crafts	Exercises
AM	27th Newspaper discussion Tai Chi	28th Bowls	29th Baking	30th Tai Chi	31st Bowls
PM	Tai Chi Relaxation	Swing Dance	Group Activities Crafts	Group Activities Crafts	Exercises