

FGMN

Newsletter

JUNE 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.



Physical spacing

FGMN is back but following all safe distancing, hand care and contact tracing rules under level 2

**Clients are so happy to be back
The essential frozen meals service was so appreciated during these difficult times of the shutdown**



**RUBICS CUBE?
LETTER BOX?
BIRD HOUSE?**



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.

The Menu does vary but includes a broad range

Alfredo Chicken with Pasta and white wine sauce
 Braised Steak, Mashed Potato & vegetables - GF
 Butter Chicken with Rice
 Chicken & Gravy with vegetables - GF
 Chicken Tikka (mild) with Pasta & vegetables
 Cottage Pie
 Creamy Seafood Pasta
 Curry Sausages with mixed vegetables & Mash Potato
 Devilled Sausages with Mash Potato
 Lambs Fry and Bacon & vegetables
 Lasagne
 Macaroni Cheese with Bacon
 Meat Balls & Pasta
 Roast Beef with Roast vegetables - GF
 Roast Chicken with Roast vegetables - GF
 Roast Pork with Roast vegetables - GF
 Sausages and mashed potato, vegetables & gravy - GF
 Smoked Fish pie with Mash Potato top
 Steak and kidney with mashed potato and vegetables
 Sweet and Sour Chicken with Rice

Vegetarian meals available on request

FROZEN MEAL LIST 2020

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

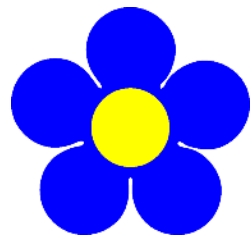


At Forget Me Not we have identified a need for supply of meals that are easily heated at home.

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.



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM	1st Queen's Birthday	2nd Bowls / games	3rd Ten Pin Bowling	4th Tai Chi	5th Bowls
PM		Swing Dance	Baking	Quiz / games	Quiz / games
AM	8th Newspaper discussion Tai Chi	9th Bowls / games	10th Ten Pin Bowling	11th Tai Chi	12th Bowls
PM	Tai Chi afternoon Kamo Club pool	Swing Dance	Quiz / games	Quiz / games	Quiz / games
AM	15th Newspaper discussion Tai Chi	16th Bowls / games	17th Ten Pin Bowling	18th Tai Chi	19th Bowls
PM	Kamo Club pool	Swing Dance	Quiz / games	Quiz / games	Quiz / games
AM	22nd Newspaper discussion Tai Chi	23rd Bowls / games	24th Ten Pin Bowling	25th Tai Chi	26th Bowls
PM	Kamo Club pool	Swing Dance	Quiz / games	Quiz / games	Quiz / games
AM	29th Newspaper discussion Tai Chi	30th Bowls / games	31st Ten Pin Bowling	June SCHEDULE 2020	
PM	Kamo Club pool	Swing Dance	Baking		