

FGMN

Newsletter

JUNE 2021

 **FORGET-ME-NOT**
ADULT DAY CENTRE



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.

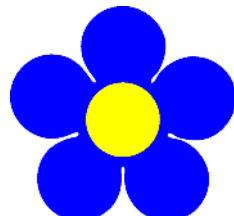
Meals

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

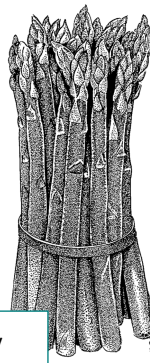
The three Forget Me Not vans collect the clients from their home each morning and return them home each afternoon. The transport pick-up areas are Maunu, Tikipunga, Onerahi, Kamo and Whangarei Central. The Centre is secure, fully fenced, open plan and has ample secure parking.

P: 09 437 1144,
110 Boundary Road, Tikipunga, WHANGAREI 0112
E: forgetme-not@forgetmenot.org.nz
www.adultdaycentre.co.nz
www.facebook.com/forget-me-not-whangarei



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

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. Payment can be cash EFPOS or Internet banking.

- Beef Stroganoff with rice
- Braised Steak, Mashed Potato & vegetables
- Butter Chicken with rice
- Chicken Satay and rice
- Cottage Pie
- Chicken Casserole with mashed potato and vege
- Devilled Sausages with Mash Potato
- Lambs Fry and Bacon, mashed potato & vegetables
- Lasagne
- Macaroni Cheese with Bacon
- Mongolian Beef with rice
- Roast Beef with Roast vegetables
- Roast Chicken with Roast vegetables
- Roast Pork with Roast vegetables
- Roast Lamb with Roast vegetables (for a limited time)
- Sausages and mash with gravy
- Smoked Fish pie with Mash Potato top
- Steak and Kidney with Mashed Potato and Vegetables
- Sweet and Sour Meatballs with Pasta and Peas
- Sweet and Sour Chicken with Rice

VEGETARIAN MEALS

- Red Thai Curry
- Vegetable Lasagne
- Vegetable Ragout

MENU

Meals can be picked up from the Centre Monday-Friday 8.30am- 3.30am- Delivery is on a Friday Morning within the Whangarei Area
(A donation for Delivery is always appreciated)

Meals are \$10

Our bank details are:

ASB A/C

12-3101-0074475-00




Forget Me Not Day Centre

FROZEN MEAL LIST 2021



June SCHEDULE 2021

MONTH June 21

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM		1st Bowls	2nd Coffee Group Exercise	3rd Tai Chi Chat Time	4th Bowls
PM		Swing Dance	Group Activities	Group Activities Crafts Baking	Group Activities Exercise
AM	7th Queen's Birthday	8th Bowls	9th Ten Pin Bowling	10th Tai Chi Chat Time	11th Bowls
PM		Swing Dance	Group Activities	Group Activities crafts	Group Activities Exercise
AM	14th Chat Time Tai Chi	15th Bowls	16th Exercises	17th Tai Chi Chat Time	18th Bowls
PM	Kamo Club Pool Group Activities	Swing Dance	Group Activities Baking	Group Activities crafts	Group Activities Exercise
AM	21st 14th Chat Time	22nd Bowls	23rd Ten Pin Bowling	24th Tai Chi Chat Time	25th Bowls
PM	Tai Chi Kamo Club Pool Group Activities	Swing Dance	Group Activities	Group Activities crafts	Group Activities Exercise
AM	28th 14th Chat Time				
PM	Tai Chi Kamo Club Pool Group Activities			 Find us on Facebook	