

FGMN

Newsletter

NOVEMBER

 2021



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

'ASB



PLEASE CONTACT US IF YOU HAVE ANY ITEMS
TO DONATE TO OUR ANNUAL GARAGE SALE
PICK UP CAN BE ARRANGED
GARAGE SALE DATE IS SATURDAY

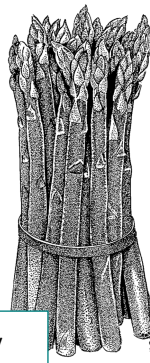
27TH NOV. 7 TO 11AM

PH. 437 1144



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

- Braised Steak, Mashed Potato & vegetables
- Butter Chicken with rice
- Corned Beef, with mustard sauce, mashed potatoes and vegetables
- Cottage Pie
- Chicken Casserole with mashed potato and vegetables
- Deville Sausages with Mash Potato
- Fish (Hoki) in white sauce, with mashed potato and vegetables
- 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
- (A donation for Delivery is always appreciated)

MENU

GF = Gluten Free



Meals are \$10

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

FROZEN MEAL LIST 2021



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. Payment can be cash EFPOS or Internet banking.



MONTH November 21

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM	1st Newspaper discussion Tai Chi Table activities	2nd Bowls Swing Dance	3rd Coffee Group Exercise Group Games	4th Tai Chi Crafts Group Games	5th Bowls Exercises
PM	Tai Chi relaxation				
AM	8th Newspaper discussion Tai Chi	9th Bowls Swing Dance	10th Ten Pin Bowling	11th Tai Chi Crafts Group Games	12th Bowls Exercises
PM	Table activities		Group Games		
AM	15th Newspaper discussion Tai Chi	16th Bowls Swing Dance	17th Exercises Group Games Crafts	18th Tai Chi Crafts Group Games	19th Bowls Exercises
PM	Table activities				
AM	22nd Newspaper discussion Tai Chi	23rd Bowls Swing Dance	24th Ten Pin Bowling cooking class	25th Tai Chi Crafts Group Games	26th Bowls Exercises
PM	Table activities				
AM	29th Newspaper discussion Tai Chi	30th Bowls Swing Dance			
PM	Table activities				



November
SCHEDULE 2021

