



2022



FOR MATARIKI DAY

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.

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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. Moulded 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.



FROZEN MEAL LIST 2022

The Menu does vary but includes a broad range as below:

1. Beef Casserole, mashed potato & vegetables
2. Butter Chicken with rice
3. Corned Beef, with mustard sauce, mashed potatoes and vegetables
4. Cottage Pie
5. Chicken Casserole with mashed potato and vegetables
6. Devilled Sausages with mashed potato and vegetables
7. Fish (Hoki) in white sauce, with mashed potato and vegetables
8. Lambs Fry and Bacon, mashed potato and vegetables
9. Lasagne
10. Macaroni Cheese with Bacon and vegetables
11. Mongolian Beef with noodles and vegetables
12. Roast Beef with Roast vegetables
13. Roast Chicken with Roast vegetables
14. Roast Pork with Roast vegetables
15. Roast Lamb with Roast vegetables and mint sauce
16. Steak and Kidney stew with mashed potato and vegetables
17. Sweet and Sour Meatballs with rice and vegetables
18. Sweet and Sour Chicken with rice and vegetables
19. Seafood Marinara with mashed potato and vegetables
20. Spaghetti Bolognese

Meals are \$10

MENU

VEGETARIAN MEALS

21. Vegetarian Lasagne
22. Tofu and Cashew Stir Fry with Egg Noodles
23. Vegetarian Nut Loaf with Peanut Sauce and Vegetables
24. Vegetarian Macaroni Cheese with Vegetarian Sausages and Vegetables
25. Vegetarian Chick Pea Sweet and Sour with Vegetables

The Menu does vary but includes a broad range

JULY 2022
SCHEDULE

Our bank details are:

ASB A/C
12-3101-0074475-00

Forget Me Not Day Centre

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MONTH July 2022

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM					1st Bowls
PM					Exercise
AM	4th Newspaper discussion Tai Chi	5th Bowls	6th Exercises	7th Tai Chi Chat Time	8th Bowls
PM	Table activities	Swing Dance	Group Games	Crafts/table activities	Exercise
AM	11th Newspaper discussion Tai Chi	12th Bowls	13th Ten Pin Bowling	14th Tai Chi Chat Time	15th Exercise
PM	Table activities	Swing Dance	Exercises	Crafts/table activities	Bowls
AM	18th Newspaper discussion Tai Chi	19th Bowls	20th Bowls	21st Tai Chi Chat Time	22nd Bowls
PM	Table activities	Swing Dance	Swing Dance	Crafts/table activities	Exercise
AM	25th Tai Chi	26th Bowls	27th Ten Pin Bowling	28th Tai Chi Chat Time	29th Exercise
PM	Mary Claire about your rights	Swing Dance	Exercises	Crafts/table activities	Bowls