

# FGMN



## NEWSLETTER



### 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](mailto:forgetme-not@forgetmenot.org.nz)

[www.adultdaycentre.co.nz](http://www.adultdaycentre.co.nz)

[www.facebook.com/forget-me-not-whangarei](https://www.facebook.com/forget-me-not-whangarei)

# NOVEMBER

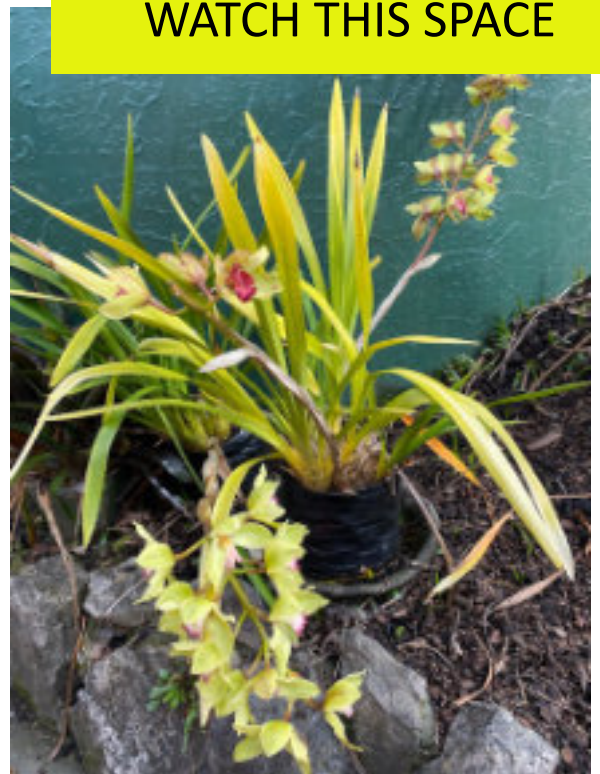


*Beautiful meals at FGMN*

## FORGET ME NOT

Is holding a garage sale in  
December 2022

Date to be announced  
WATCH THIS SPACE



## 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

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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.

Our bank details are:

ASB A/C

12-3101-0074475-00

Forget Me Not Day Centre

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 Bolognaise

**Meals are \$10**

- 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

# MENU

**FROZEN MEAL LIST 2022**

**Police came round last night and told me my dogs were chasing people on bikes.**

**My dogs don't even have bikes.**

## MONTH November 2022

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM		1st Bowls	2nd Exercises	3rd Tai Chi	4th Exercises
PM		Swing Dance	Group Activities	Group Activities/crafts	Bowls
AM	7th Tai Chi Group Activities	8th Bowls	9th Ten Pin Bowling	10th Tai Chi	11th Bowls
PM	Tai Chi Relaxation Kamo Club Pool	Swing Dance	Exercises	Group Activities/crafts	Exercise
AM	14th Tai Chi Group Activities	15th Bowls	16th Exercises	17th Tai Chi	18th Exercises
PM	Kamo Club Pool	Swing Dance	Group Activities	Group Activities/crafts	Bowls
AM	21st Tai Chi Group Activities	22nd Bowls	23rd Ten Pin Bowling	24th Tai Chi	25th Bowls
PM	Tai Chi Relaxation Kamo Club Pool	Swing Dance	Exercises	Group Activities/crafts	Exercise
AM	14th Tai Chi Group Activities	29th Bowls	30th Exercises		
PM	Kamo Club Pool	Swing Dance	Group Activities		

**NOVEMBER  
SCHEDULE 2022**

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