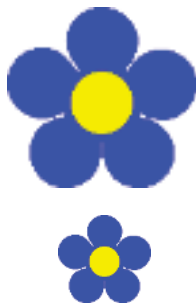


FGMN



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

NEWSLETTER

MARCH-APRIL

2026



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 - 3.30pm for 50 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, Swing dancing, 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, exhibitions and for bowls challenges.

Meals

A cooked lunch is provided daily for clients by our 2 Chefs. 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.

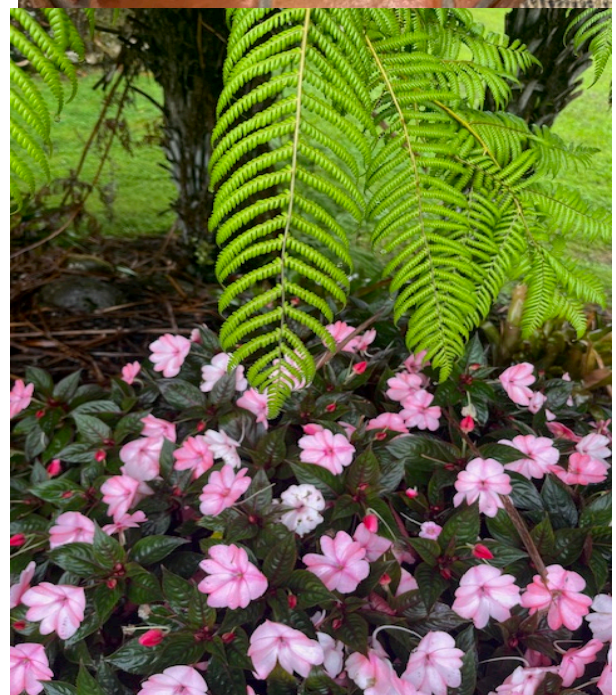
Transport

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, Te Kamo and Whangarei Central. The Centre is secure, fully fenced, open plan and has ample secure parking.

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.

Our hours are 8.30-3.30 pm - Monday to Friday.
You don't have to be a regular user.



MEALS COULD CONTAIN GLUTEN

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

OUR EXTENDED CLIENT CARE SERVICE

FROZEN MEAL LIST 2026

Meals are \$12

1. Beef Casserole, mashed potato & vegetables
2. Butter Chicken Curry with rice
3. Chicken Casserole with mashed potato and vegetables
4. Corned Beef, with mustard sauce, mashed potatoes and vegetables
5. Cottage Pie
6. Devilled Sausages with mashed potatoes and vegetables
7. Hoki Fish in white sauce, with mashed potato and vegetables
8. Lambs Fry and Bacon, mashed potato and vegetables
9. Macaroni Cheese with Bacon and vegetables
10. Pork Casserole with mashed potato and vegetables
11. Roast Beef with Roast vegetables
12. Roast Chicken with Roast vegetables
13. Roast Lamb with Roast vegetables and mint sauce
14. Steak and Kidney Stew with mashed potatoes and vegetables
15. Sweet and Sour Chicken with rice and vegetables
16. Sweet and Sour Meatballs with rice and vegetables
17. Sweet and Sour Pork with pasta and vegetables
18. Spagetti Bolognaise

VEGETARIAN MEALS

19. Macaroni Cheese with Vegetarian Sausages and Vegetables



MENU

At Forget Me Not we have identified a need for a supply of meals that are easily heated at home, and are available for any of the elderly and disabled.

These delicious meals are not restricted to clients only, but people in our local community who can no longer cook roast meals themselves at home.

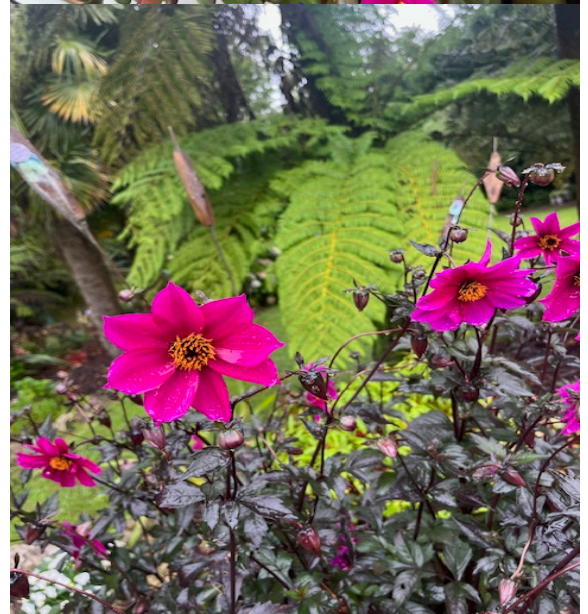
The meals are cooked in our certified kitchen by our chefs and are freshly frozen.

Moulded meals are available if needed on request. Meals can be collected from the Centre

Mon-Fri - 8.30am-3.30pm 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 them between the hours of -

8.30am -3.30pm weekdays.



MONTHLY GROUP ACTIVITIES

FMN – Form7

MONTH March 2026

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM	2 nd Newspaper discussion Tai Chi Kamo Club Pool	3 rd Bowls Table Activities Swing Dance	4 th Ten Pin Bowling Crafts Exercises	5 th Tai Chi Newspaper discussion Table activities	6 th Exercises Bowls
PM	Table Activities				
AM	9 th Newspaper discussion Tai Chi Kamo Club Pool	10 th Bowls Table Activities Swing Dance	11 th Group Games Crafts	12 th Tai Chi Newspaper discussion Table activities	13 th Exercises Bowl
PM	Table Activities		Exercises		
AM	16 th Newspaper discussion Tai Chi Kamo Club Pool	17 th Bowls Table Activities Swing Dance	18 th Ten Pin Bowling Crafts	19 th Tai Chi Newspaper discussion Table activities	20 th Exercises Bowl
PM	Table Activities		Exercises		
AM	23 rd Newspaper discussion Tai Chi Kamo Club Pool	24 th Bowls Table Activities Swing Dance	25 th Group Games Crafts	26 th Tai Chi Newspaper discussion Table activities	27 th Exercises Bowl
PM	Table Activities		Exercises		
AM	30 th Newspaper discussion Tai Chi Kamo Club Pool	31 st Bowls Table Activities Swing Dance			
PM	Table Activities				



MONTHLY GROUP ACTIVITIES

FMN – Form7

MONTH April 2026

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM			1st	2 nd Tai Chi	3 rd Good Friday
PM				Crafts/Table activities	
AM	6 th Easter Monday	7 th Bowls	8 th Ten Pin Bowling	9 th Tai Chi	10 th Exercises
PM		Swing Dance	Exercises	Crafts/Table activities	Bowls
AM	13 th Chat Time Tai Chi	14 th Bowls	15 th Group Games	16 th Tai Chi	17 th Exercises
PM	Kamo Club Pool	Swing Dance	Exercises	Crafts/Table activities	Bowls
AM	20 th Chat Time Tai Chi	21 st Bowls	22 nd Ten Pin Bowling	23 rd Tai Chi	24 th Exercises
PM	Kamo Club Pool	Swing Dance	Exercises	Crafts/Table activities	Bowls
AM	27 th ANZAC Day Holiday	28 th] Bowls	29 th Group Games	30 th Tai Chi	
PM		Swing Dance	Exercises	Crafts/Table activities	