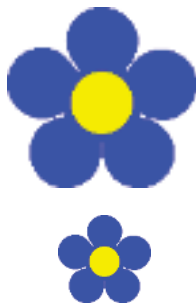


# FGMN



P: 09 437 1144,  
110 Boundary Road, Tikipunga, WHANGAREI 0112  
E: [manager@forgetmenot.org.nz](mailto:manager@forgetmenot.org.nz)  
[www.adultdaycentre.co.nz](http://www.adultdaycentre.co.nz)  
[www.facebook.com/ForgetMeNot - Whangarei](https://www.facebook.com/ForgetMeNot-Whangarei)



# NEWSLETTER MAY-JUNE



# 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, maths 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.

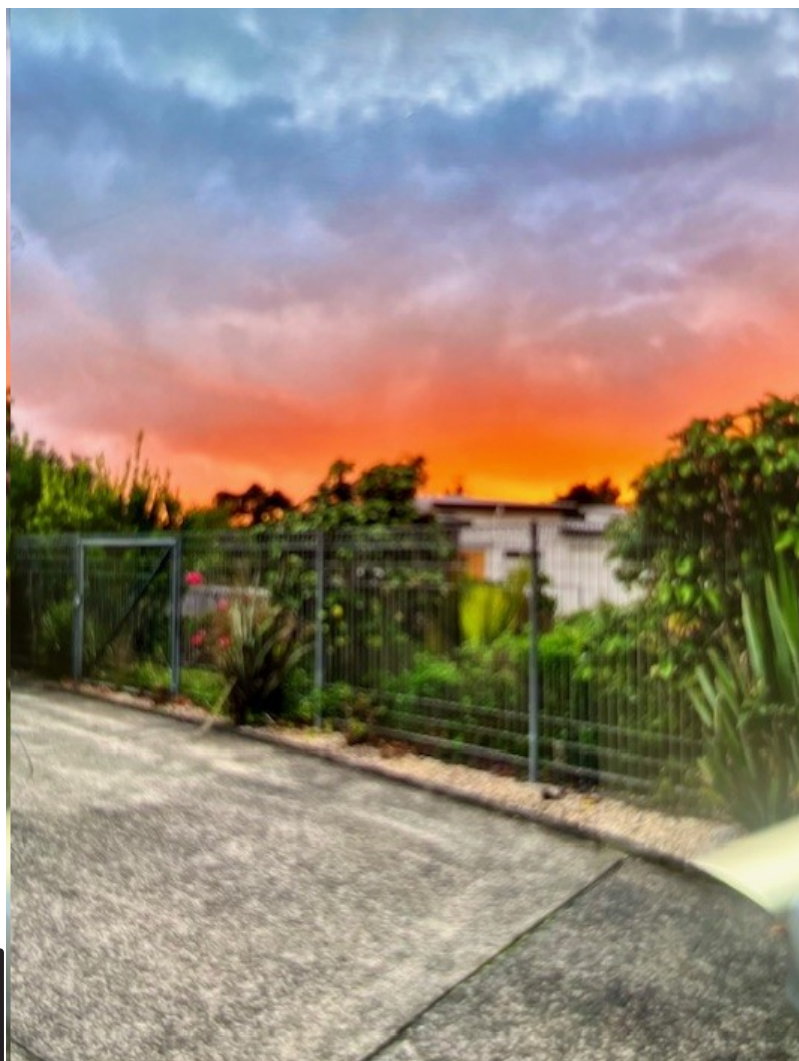
## Transport

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 pasta and vegetables
17. Sweet and Sour Pork with rice and vegetables
18. Spaghetti Bolognaise
19. Roast Pork with Roast Vegetables and Crackling

### VEGETARIAN MEALS

20. Vegetarian Tofu with Cashew Nuts

# 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.

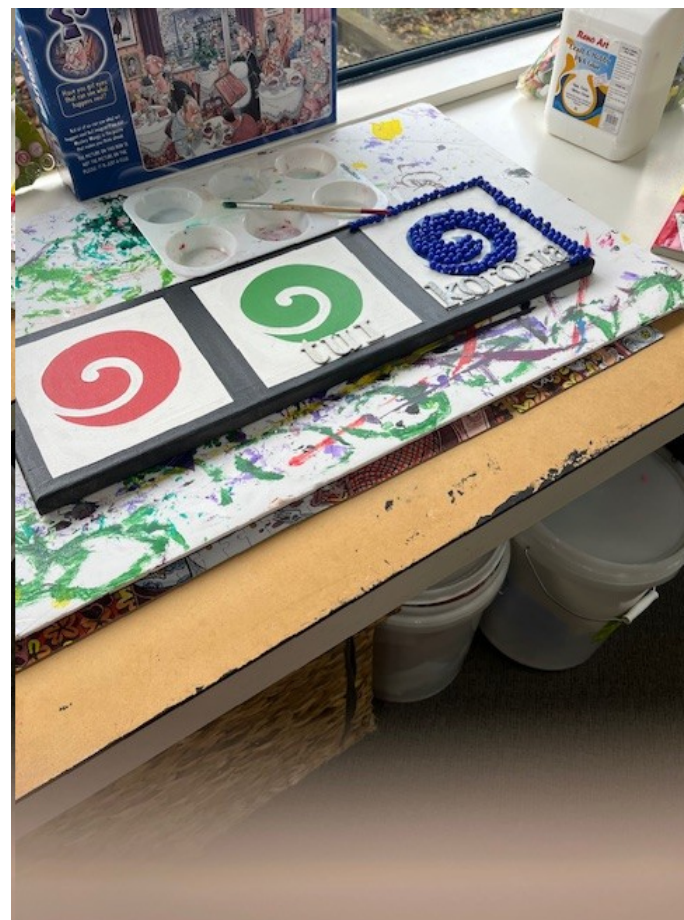
The meals are cooked in our certified kitchen by our chefs and are freshly frozen.

Mouldied 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 May 2026

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM					1 <sup>st</sup> Exercises Bowls
PM					
AM	4 <sup>th</sup> Tai Chi	5 <sup>th</sup> Bowls	6 <sup>th</sup> Group Activities	7 <sup>th</sup> Tai Chi	8 <sup>th</sup> Exercises
PM	Table Activities Kamo Club Pool	Swing Dance	Exercises	Ming Ming Playing piano  Crafts	Bowls
AM	11 <sup>th</sup> Tai Chi	12 <sup>th</sup> Bowls	13 <sup>th</sup> Ten Pin Bowling	14 <sup>th</sup> Tai Chi	15 <sup>th</sup> Exercises
PM	Table Activities Kamo Club Pool	Swing Dance	Exercises	Crafts/table activities	Bowls
AM	18 <sup>th</sup> Tai Chi	19 <sup>th</sup> Bowls	20 <sup>th</sup> Group Activities	21 <sup>st</sup> Tai Chi	22 <sup>nd</sup> Exercises
PM	Table Activities Kamo Club Pool	Swing Dance	Exercises	Crafts/table activities	Bowls
AM	25 <sup>th</sup> Tai Chi	26 <sup>th</sup> Bowls	27 <sup>th</sup> Ten Pin Bowling	28 <sup>th</sup> Tai Chi	29 <sup>th</sup> Exercises
PM	Table Activities Kamo Club Pool	Swing Dance	Exercises	Crafts/table activities	Bowls



# MONTHLY GROUP ACTIVITIES

FMN – Form7

## MONTH June 2026

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM	1 <sup>st</sup> King's Birthday Holiday	2 <sup>nd</sup> Bowls  Swing Dance	3 <sup>rd</sup> Group Games  Exercises	4 <sup>th</sup> Tai Chi Music Crafts/table activities	5 <sup>th</sup> Exercises  Bowls
PM	8 <sup>th</sup> Tai Chi  Kamo Club pool Table activities/crafts	9 <sup>th</sup> Bowls  Swing Dance	10 <sup>th</sup> Ten Pin Bowling  Exercises	11 <sup>th</sup> Tai Chi  Entertainment	12 <sup>th</sup> Exercises  Bowls
AM	15 <sup>th</sup> Tai Chi  Kamo Club pool Table activities/crafts	16 <sup>th</sup> Bowls  Swing Dance	17 <sup>th</sup> Group Games  Exercises	18 <sup>th</sup> Tai Chi  Crafts/Table Activities	19 <sup>th</sup> Exercises  Bowls
AM	22 <sup>nd</sup> Tai Chi  Kamo Club pool Table activities/crafts	23 <sup>rd</sup> Bowls  Swing Dance	24 <sup>th</sup> Ten Pin Bowling  Exercises	25 <sup>th</sup> Tai Chi  Crafts/Table Activities	26 <sup>th</sup> Exercises  Bowls
AM	29 <sup>th</sup> Tai Chi  Kamo Club pool Table activities/crafts	30 <sup>th</sup> Bowls  Swing Dance			
PM					

