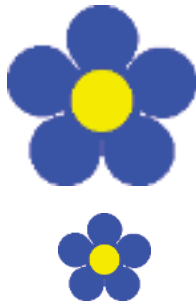


FGMN



P: 09 437 1144,
110 Boundary Road, Tikipunga, WHANGAREI 0112
E: manager@forgetmenot.org.nz
www.adultdaycentre.co.nz
www.facebook.com/Forget Me Not - Whangarei



NEWSLETTER JULY-AUGUST



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.

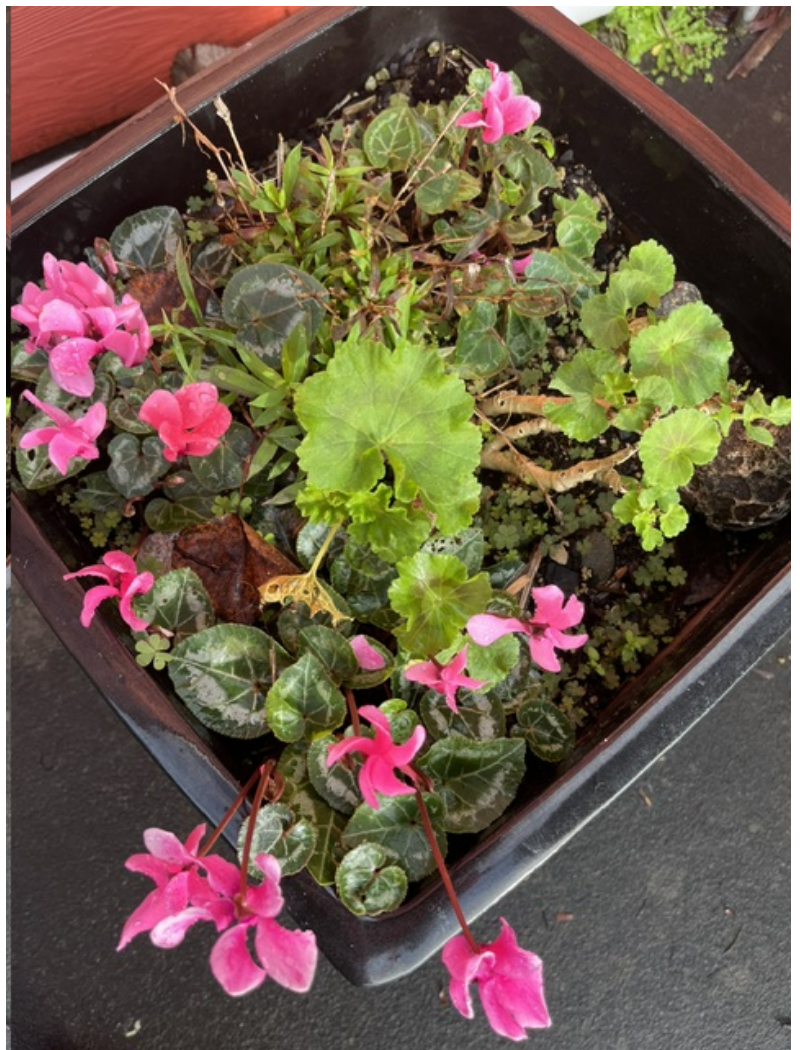
Transport

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. Mild 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. Roast Pork with Roast Vegetables & crackling & apple sauce
15. Steak and Kidney Stew with mashed potatoes and vegetables
16. Honey Mustard Chicken with pasta
17. Sweet and Sour Meatballs with pasta and vegetables
18. Sweet and Sour Pork with rice and vegetables
19. Spaghetti Bolognaise

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.

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.

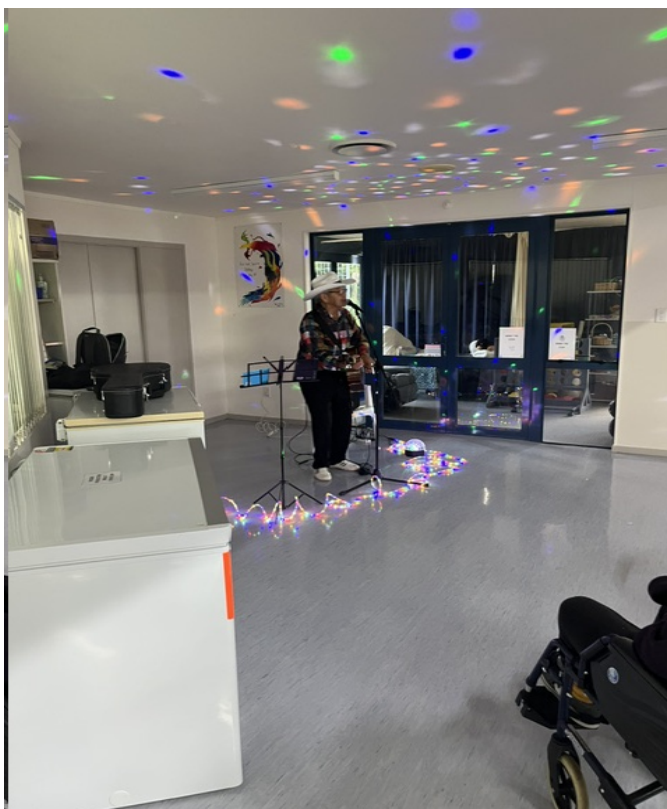


MONTHLY GROUP ACTIVITIES

FMN – Form7

MONTH July 2026

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM			1 st Ten Pin Bowling	2 nd Tai Chi	3 rd Exercise
PM			Exercises	Ming Ming entertainment	Bowls
AM	6 th Newspaper discussion Tai Chi	7 th Bowls	8 th Group Activities	9 th Tai Chi	10 th Matariki
PM	Kamo Club pool Table activities	Swing Dance	Exercises	Table activities crafts	Public Holiday
AM	13 th Newspaper discussion Tai Chi	14 th Bowls	15 th Group Activities	16 th Tai Chi	17 th Exercise
PM	Kamo Club pool Table activities	Swing Dance	Exercises	Table activities crafts	Bowls
AM	20 th Newspaper discussion Tai Chi	21 st Bowls	22 nd Ten Pin Bowling	23 rd Tai Chi	24 th Exercise
PM	Kamo Club pool Table activities	Swing Dance	Exercises	Table activities crafts	Bowls
AM	27 th Newspaper discussion Tai Chi	28 th Bowls	29 th Group Activities	30 th Tai Chi	31 st Exercise
PM	Kamo Club pool Table activities	Swing Dance	Exercises	Table activities crafts	Bowls



MONTHLY GROUP ACTIVITIES

MONTH August 2026

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM	3 rd News Paper discussion Tai Chi Kamo Club Pool	4 th Bowls Swing Dance	5 th Group Games Exercises	6 th Tai Chi Entertainment	7 th Exercises Bowls
PM	Table activities				
AM	10 th News Paper discussion Tai Chi Kamo Club Pool	11 th Bowls Swing Dance	12 th Ten Pin Bowling Exercises	13 th Tai Chi Table Activities /crafts	14 th Exercises Bowls
PM	Table activities				
AM	17 th News Paper discussion Tai Chi Kamo Club Pool	18 th Bowls Swing Dance	19 th Group Games Exercises	20 th Tai Chi Table Activities /crafts	21 st Exercises Bowls
PM	Table activities				
AM	24 th News Paper discussion Tai Chi Kamo Club Pool	25 th Bowls Swing Dance	26 th Ten Pin Bowling Exercises	27 th Tai Chi Table Activities /crafts	28 th Exercises Bowls
PM	Table activities				
AM	31 st News Paper discussion Tai Chi Kamo Club Pool				
PM	Table activities				

