

## Reference nr. 2750 : Forget Me Not Adult Day Centre

### Activity Helpers

The Forget Me Not Adult Day Centre needs 2 more activity volunteers to work with the clients of the Centre. The Centre is open Monday to Friday. Help is needed mostly on Mondays and Fridays. The programme is structured with a variety of activities that provide motivation, rehabilitation, life skills, Diversional therapy, holistic exercise, socialization and fun. Activities include Tai Chi, indoor bowls challenges, singing, line dancing, table tennis and gardening, educational card games, painting lessons and quizzes, reading, cooking, budgeting, math's and current affairs discussions. Guest speakers provide information and entertainment. Weekly excursions are arranged for ten pin bowling, swimming at the Aquatic Centre, exhibitions and for bowls challenges.

Duration: **Long-term**

Area: **Whangarei**

Activity: **Teaching, training and leading**

3 volunteers needed

#### Training





In House Health and Safety, and First Aid training will be given







#### Specific requirements

People who enjoy helping others and the fun of the Centre. Driving is an advantage

When:  indicates time slot options.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Morning							
Afternoon							
Evening							

-  Police check
-  Wheelchair accessible
-  Reimburse expenses
-  Reference provided after some time