





Activity Calendar

Monday 3	Tuesday 4	Wednesday 5	Thursday 6	Friday 7
<p><b>Self Care:</b> Manicures/Nails polish</p> <p><b>Social Skills:</b> Friendship Club</p>	<p><b>Craft Project:</b> Beading Day Bracelet</p>	<p><b>Self Care:</b> Nutrition class</p> <p><b>Exercise:</b> Sit and be fit</p>	<p><b>Social Programming:</b> Bingo Christmas movie Resident choice</p>	<p><b>Outing:</b> Lunch outing McDonald's Cost \$5</p>
Monday 10	Tuesday 11	Wednesday 12	Thursday 13	Friday 14
<p><b>Exercise:</b> Sit and be fit</p> <p><b>Current Events:</b> Group Discussion</p>	<p><b>Music Therapy:</b> Be Jazzy</p> <p><b>Craft Project:</b> Create your own magnet.</p>	<p><b>Outing:</b> Mayfair mall outing 10am-12pm Cost \$10</p>	<p><b>Craft Project:</b> Make Snowmen Christmas Tree</p>	<p><b>Social Programming:</b> Movie and Popcorn Face Painting</p>
Monday 17	Tuesday 18	Wednesday 19	Thursday 20	Friday 21
<p><b>Craft Project:</b> Make Christmas holiday cards.</p>	<p><b>Self Care:</b> Hygiene Club</p> <p><b>Exercise:</b> Sit and be fit</p>	<p><b>Outing:</b> Shopping outing Target/Hobby Lobby Cost \$10</p>	<p><b>Social Programming:</b> Staff and participant Make gingerbread houses</p>	<p><b>Social Programming:</b> Christmas Party 12pm-2pm</p>
Monday 24	Tuesday 25	Wednesday 26	Thursday 27	Friday 28
<p>Closed </p>	<p>Closed </p>	<p>Resident council meeting Clients input on outing and activities</p>	<p><b>Exercise:</b> Sit and be fit</p> <p><b>Social Skills:</b> Basic living skills group</p>	<p><b>Outing:</b> Bowling Cost \$10</p> <p><b>Craft Project:</b> Make your own personal sign</p>
Monday 31				
Closed				

13735 West Capital Drive  
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**CIRCLE of FRIENDS**  
ADULT DAY SERVICES

December 2018

#### Inspiration quote:

Success is the result of perfection,  
Hard work and learning from  
failure, loyalty and persistence.

#### Winter Clothing

Please make sure participants are  
dressed warm, coat, hats, gloves,  
and scarf and boots if needed for  
snow.

Please make sure you send extra  
clothing and underclothing for  
participants.

#### Programming Hours:

- 8:00am to 5:00pm
- Monday -Friday

#### Reminders:

Circle of Friends will be  
closed on the following  
days:

- 12/24/18
- 12/25/2018
- 12/31/2018
- 1/1/2019

We will resume  
programming on  
1/2/2019.

**Welcome!** All new employee at Circle of Friends!

**Welcome!** All new participants starting with Circle of  
friends!

#### Upcoming events for the residents at the Circle of Friends:

**Upcoming Activities for December:** Staff and participants  
will be doing different activities for the Holiday season. Staff  
and will be participants will be making gingerbread houses.  
We will have a fun and engaging contest for the best  
gingerbread house. We will also be contracting  
Christmas/Holiday cards, Participants will be engaging in  
Christmas carols. Additional winter activities we will engage  
in will include a movie and popcorn day, making holiday  
snowmen and a lunch outings. Circle of Friends will have  
our **Holiday Party on 12/21/2018**. We will have a monthly  
resident council meeting so that we can have the  
participants feedback and any suggestion for upcoming  
calendar events.

Staff will be conducting daily living skills groups for the  
participants at circle of friends.

1. Hygiene club
2. Nutrition/group
3. Friends /group

#### Severe or Extreme Weather

Please take note that when there is severe or extreme  
weather, we will alter an outing or cancel it for the safety of  
participants. We will try to reschedule the outing for  
another day or schedule it the next month. The center will  
be closed when the public school system is closed. Please  
check website for closings.

**Happy Holidays!!**

*Interested in a tour or finding out more information about  
our program, please contact Cher Muskgrow, Program  
Manager.*

[WWW.CIRCLEOFFRIENDSADS.COM](http://WWW.CIRCLEOFFRIENDSADS.COM)

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Participants have the opportunity to participate in the following outings this month. Please circle all the outings you will be participating in:

Participants Name: \_\_\_\_\_

Outing	Date / Time	Cost	Yes	No

Please return completed outing participation form by:

**Any questions or concerns, please contact Ms. Cher @ 262-505-6200.**

**Thank you**