






Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
31	1	2	3	4
 closed	 closed	<u>Self Care:</u> Nutrition class <u>Exercise:</u> Chair Yoga	<u>Social Programming:</u> Bingo Journal Club Resident Choice	<u>Outing:</u> Goodwill/ Shopping \$5/ Shop for less
Monday	Tuesday	Wednesday	Thursday	Friday
7	8	9	10	11
<u>Exercise:</u> Sit and be fit <u>Current Events:</u> Group Discussion	<u>Music Therapy:</u> Music, Dance Group <u>Craft Project:</u> Create your own T. Shirt	<u>Outing:</u> Lunch outing Culvers \$6	<u>Craft Project:</u> Snow Globe Painting	<u>Social Programming:</u> Movie and Popcorn Game/ Sorry
Monday	Tuesday	Wednesday	Thursday	Friday
14	15	16	17	18
<u>Craft Project:</u> Art Free Day	<u>Self Care:</u> Hygiene Club <u>Exercise:</u> Sit and be fit	<u>Outing:</u> Shopping outing Dollar Tree	<u>Social Programming:</u> Friendship Club Hygiene Club	<u>Social Programming:</u> Movie Popcorn Board Games
Monday	Tuesday	Wednesday	Thursday	Friday
21	22	23	24	25
<u>Social Programming:</u> Cross word puzzle Group. <u>Self Care:</u> Hygiene Club	<u>Outing:</u> \$5 Movie Marcus cinema/ Menomonee fall	<u>Resident council</u> meeting Clients input on outing and activities	<u>Exercise:</u> Sit and be fit <u>Social Skills:</u> Basic living skills group	<u>Resident Choice</u> Board Games <u>Craft Project:</u> Resident Choice
Monday	Tuesday	Wednesday	Thursday	Friday/February
28	29	30	31	1
<u>Self Care:</u> Manicure/Nails polish <u>Social Programming</u> Friendship Club	<u>Music Therapy:</u> Be Jazzy <u>Exercise:</u> Music@ movement	<u>Self Care:</u> Hygiene Club <u>Arts craft:</u> Make polar bears	<u>Resident Choice:</u> Life/ Board game Jenga Connect four	

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CIRCLE of FRIENDS
ADULT DAY SERVICES

January 2019

Inspiration quote:

Your talent determines what you can do. Your motivation determines, how much you are willing to do. Your attitude determines how well you do it.

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

Please give the facility a call if the participant is not attending.

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 January: Staff and participants will be starting are News Years off (2019) Doing various Activities to kick off the New Year@ Circle of friends. Participate and staff will be engaging in self care group, Nutrition/group. Participants will learn about the FIVE Food Group. Participants will be engaging in crafty projects. We will be contracting snow globe painting. Another fun and crafty project we will be designing are own circle of friends T. Shirts. Participate will be painting them with fun and vibrant Colors and adding there own personal twist. Participate will be able to wear them on some of are outing. Participants will be going shopping @ the good will store, Lunch outing (Culvers). Enjoying \$5 dollar movie on Tuesday@ Marcus cinema. Participate will also be engaging in some music Therapy that will be a therapeutic activity. We will have are residents council meeting on 1/23/2018 so that we can have feed back from the participate for upcoming calendar events.

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 New Years!!

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

Reminders:

Circle of Friends will be closed on the following days:



1/1/2019

We will resume programming on 1/2/2019

WWW.CIRCLEOFFRIENDSADS.COM

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January 2019



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
Goodwill/Shopping	1/4/19/10:30	\$5.00		
Lunch outing/ Culvers	1/9/19/11:30	\$6.00		
Shopping outing/ Dollar Tree	1/16/19/11:00	\$5.00		
Outing/Movie	1/22/19/10:30	\$5.00		

Please return completed outing participation form by: 12/28/18

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

Thank you