









Activity Calendar

Monday 4	Tuesday 5	Wednesday 6	Thursday 7	Friday 8
<p><i>Valentine show love /Self Love week starting 2/11/19 to 2/14</i></p>	 <p><i>Triva quiz</i></p>	<p><u>Self Care:</u> Nutrition class: 10:00am</p> <p><u>Exercise:</u> Chair Yoga: 1:00pm</p>	<p><u>Outing:</u> Milwaukee Art Museum: 11:00am to 1pm Bag Lunches will be provided.</p>	<p><u>Social programming:</u> Bingo: 10:00am Journal club: 11:00am Hygiene Club: 1:00pm</p>
Monday 11	Tuesday 12	Wednesday 13	Thursday 14	Friday 15
<p><u>Valentine quiz day</u></p>  <p><u>10:00am</u> Love potion smoothie: 1:00pm</p>	<p><u>Valentine Love Music Therapy: 10am</u> Music, Dance Group</p> <p><u>Valentine Craft Project: 1pm</u></p> 	<p><u>Outing:</u> Valentine sweet treat DUNKIN DOUNUTS</p>  <p><u>11:00am</u></p>	 <p><u>IM BANANAS FOR YOU/BANANA SPLIT PARTY: 11AM To 1pm</u></p>	<p><u>Social Programming:</u> Black history Movie the Butler /and Popcorn:10am</p> <p><u>Board Game:</u> Sorry: 1:00pm</p>
Monday 18	Tuesday 19	Wednesday 20	Thursday 21	Friday 22
<p><u>EXERCISE:</u> Monday Stretch:9:30 <u>Craft Project: 11:00am</u> <u>Table Talk: 1:00pm</u></p>	<p><u>Self Care:</u> Hygiene Club:10am</p> <p><u>Exercise:</u> Chair yoga: 1:00pm</p>	<p><u>Outing:</u> Library/ Black history Trivia: 10:30am Movie/Free state of jones: 1:00pm</p>	<p><u>Social Programming:</u> Friendship Club: 10:00am Hygiene Club: 1:00pm</p>	<p><u>Social Programming:</u> Black history Movie/ Mud bound: 10:00am <u>Resident choice: 1:00pm</u></p>
Monday 25	Tuesday 26	Wednesday 27	Thursday 28	Friday/March 1
<p><u>Resident council meeting: 11:00am</u> <u>Clients input</u></p> <p>Monday stretch:1pm</p>	<p><u>Resident council meeting: 11:00am</u> Clients input on outing and activities</p>	<p><u>Resident Choice Pizza party: 12:00noon</u></p> 	<p><u>Exercise:</u> Sit and be fit: 9:30am</p> <p><u>Social Skills:</u> Basic living skills group: 11:00am/1pm</p>	<p><u>Shut the Box Game BINGO</u> <u>Craft Project:</u> Resident Choice</p>

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CIRCLE of FRIENDS
ADULT DAY SERVICES

February 2019

Inspirational quote:

The time is always right to do what is right. (Martin Luther King)

If there is no struggle, there is no progress. (Frederick Douglas)

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 center a call if the participant is not attending.

Reminders:

Please make sure the participants, are dressed appropriate for the weather.

Happy Valentine Day



2/14/19



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:

Staff and participants will be engaged in various activities for the month of February. Black history month and **Valentine Day** will be celebrated in February. We will begin our celebrations for the month with our 1st outing, attending the Milwaukee Art Museum February 7, 2019. We will be learning about different art sculptures and paintings, this will be our educational outing for participants and staff. Starting February 11, 2019, Circle of Friends will have weekly themes. The first week of February the theme will focus on showing love and self-love. Participants will engage in a **Valentine** Quiz day. On Monday, February 11, 2019, we also will be making love potion smoothies. Tuesday, February 12, we will engage in a **Valentine** project, making love globes and Valentine cards. Wednesday, February 13, 2019, we will be doing a **Valentine** sweet treat day at Dunkin Donuts. Circle of Friends will have a **Valentine** day party on February 14, 2019. Our party theme is I am "Bananas For You" the banana split party will be from 11am-1pm. That will end our **Valentine** self-love week. Circle of Friends Black history day outing we will be going to the Library, Black history trivia, and also participating in a black history craft project. Our resident council meeting will be February 26, 2019. Participants will have a pizza party on February 27, 2019. At the participant's request. Severe or Extreme Weather

Please take note that when there is severe or extreme weather, we will alter our 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.

Interested in a tour or finding out more information about our program, please contact Cher Muskgrow, Program Manager 262-505-6200.

WWW.CIRCLEOFFRIENDSADS.COM

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February 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
Milwaukee Art Museum	2/7/19/11:00am	\$0/Optional		
Valentine sweet treat outing Dunkin Donuts	2/13/19/11:00am	\$6.00		
Library/Black history Trivia	2/20/19/10:30am	\$0/Optional		
Pizza party participate request	2/27/19/12:00 noon	\$0		

Please return completed outing participation form by: 2/5/19

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

Thank you