



We will be doing many exciting activities this month at our new location in March. We will be doing St. Patrick's craft activities. The participants will be making four leaf clovers with a quote on them with staff assistance. COF will be doing many St. Patrick's Day activities. COF will be having a St. Patrick's Day dinner for the participants on March 17, 2025. Participants will be making a craft pot full of gold with positive affirmations. COF will be picking one participant to help Ms. Dorothea to bake green velvet cupcakes and doing other cooking projects with the participants. COF will also be playing St. Patrick Bingo and winning prizes.

COF will be doing a split lunch 1st lunch will be at 11:30 am, 2nd Lunch will be @12noon. COF staff will be doing groups during lunch, switching over each lunch hour. Staff will be doing daily routine groups, learning life skill groups, etc. As you can see, staff have planned very different creative activities for the month of February. COF. We will continue to enjoy indoor and outdoor activities. COF will always accept input from the participants. Thank you.

For participants that ride the route through Circle of Friends, drivers CAN NOT leave participants on the van unattended.

Please send your clients out when the van arrives. If your client is wheelchair accessible, please have them at the door. Ready to come out.

We will continue to relax our clients by offering hand massages and manicures with aromatherapy. Participants love self-care activities. They will also enjoy air hockey, pool games, fools' balls, and ping-pong.

At the program. Circle of Friends offers a variety of goal-orientated activities and opportunities that promise independence. Individuals choose to participate in activities.

The decision to close the Circle of Friends due to inclement weather will be based on information received from a variety of sources; the national weather service; the city of Milwaukee's Supervisor in charge of snow emergencies, the fire department, and for reports of weather and travel conditions throughout Milwaukee, and others as required.

When MILWAUKEE PUBLIC SCHOOL is closed due to inclement weather Circle of Friends will be closed



| Day | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------------------------|-------------------------------------|--|---|---|---|
| Date | 3 | 4 | 5 | 6 | 7 |
| | Activity | Activity | Activity | Activity | Activity |
| Rotating groups from 9 am - 1 pm | Journal Craft/game challenge. | Journal craft Open Group | Journal Board Game Chall Walmart outing | Journal Board games Expression Group Walmart outing | Meditation Craft project. Game challenge. |
| | Community Activity | Community Activity | Community Activity | Community Activity | Community Activity |
| Morning | Outdoor I- spy | Outdoor jog | Outdoor dance | Outdoor Singing | Outdoor sing along |
| Afternoon | Outdoor walk | Outdoor I- spy | Outdoor games | Outdoor exercise | Outdoor walk |
| Day | Monday | Tuesday | Wednesday | Thursday | Friday |
| Date | 10 | 11 | 12 | 13 | 14 |
| | Activity | Activity | Activity | Activity | Activity |
| Rotating groups from 9 am - 1 pm | Expressions card/craft. Bingo Craft | Journal Hand massage/Nail polish Karaoke Bingo | Meditation outing Puzzle challenge. Bingo | Expression Outside Games/Outing | Journal Board Game Challenge/Outing |
| | Community Activity | Community Activity | Community Activity | Community Activity | Community Activity |
| Morning | Outdoor Sensory Activity | Sightseeing in the community | Outdoor dance | Outdoor art | Walk to park |
| Afternoon | Outdoor Walk | Outdoor Exercise Park | Outdoor art | Outdoor Sensory Activity | Outdoor Expressions |
| Day | Monday | Tuesday | Wednesday | Thursday | Friday |
| Date | 17 | 18 | 19 | 20 | 21 |
| | Activity | Activity | Activity | Activity | Activity |

| | | | | | |
|----------------------------------|---|---|---|--|--|
| Rotating groups from 9 am - 1 pm | Meditation Karaoke Musical chairs Craft bingo | Journal Beauty Day/ hand massage Floor Tic tac toe | Meditation craft. Show/tell Outing | Expressions Spades Game Ch2/14/25allenge Outing | Journal Expression Board game challenge. |
| | Community Activity | Community Activity | Community Activity | Community Activity | Community Activity |
| Morning | Outdoor Nature Walk | Outdoor Exercise k@ park | Outdoor stretch | Outdoor Walk | Outdoor Exercise |
| Afternoon | Outdoor art chalk | Outdoor Music & Movement | Walk to Goodwill | Outdoor Sensory Activity y | Outdoor jog |
| Day | Monday | Tuesday | Wednesday | Thursday | Friday |
| Date | 24 | 25 | 26 | 27 | 28 |
| | Activity | Activity | Activity | Activity | Activity |
| Rotating groups from 9 am - 1 pm | Journal craft Musical Chairs | Expressions Dart game challenge Floor tic tac toe | Expressions Bingo Outing | Meditation Skip-Bo, Craft Volleyball/ outing | Journal Open activity. Bingo Birthday celebration |
| | Community Activity | Community Activity | Community Activity | Community Activity | Community Activity |
| Rotating groups from 9 am - 1 pm | Expression Exercise | Journal Spades. Movie day W/popcorn | Exercise Meditation Men/women group | Exercise Meditation Manicures /Nails | EXERCISE Meditation Board games |
| | Community Activity | Community Activity | Community Activity | Community Activity | Community Activity |
| Morning | Outdoor Expressions | Outdoor Nature Walk | Outdoor walk | Outdoor walk | Outdoor walk |
| Afternoon | Outdoor walk to Hobby Lobby | Outdoor Games | Community Walk | Outside exercise | Outside exercise |
| Day | Monday | Tuesday | Wednesday | Thursday | Friday |
| Date | 31 | | | | |
| | Community Activity/Bake Sell sofa | Community Activity | Community Activity | Community Activity | Community Activity |

| | | | | | |
|-----------|-----------------------------|---------------------|----------------|------------------|--------------|
| Morning | Outdoor Expressions | Outdoor Nature Walk | Outdoor walk | Outdoor walk | Outdoor walk |
| Afternoon | Outdoor walk to Hobby Lobby | Outdoor Games | Community Walk | Outside exercise | Bingo |
| | OPEN ACTIVITY | SOCIAL group | ART PROJECT | | games |

*Please also look at our information board for additional community resources, activities, events, and neighborhood businesses *Participants can work with staff of their choice and with whom they feel comfortable. This request must be made to Ms. Cher so we can plan accordingly. Circle Of Friends activities are inclusive to all participants. Participants with and without disabilities have the option to participate in all programs.

We are currently accepting new participants. If you want to learn more about our program or join the fun, please get in touch with Ms. Cher @ 262-505-6200. 414-935-2580

| Visitors Policy | Accessible Public Transportation |
|--|---|
| <p data-bbox="342 201 540 226">Control Of Money</p> <ul style="list-style-type: none"> ✓ Participants are welcome to bring their funds to the program. They are responsible for their funds. Participants have free access to their money while on outings and within the program. ✓ The program manager will lock up any funds at the participant's or guardian's request. The manager will also keep a log of deposits and withdrawals and request the participant or guardian sign off on transactions. | <p data-bbox="792 222 1146 344">Contact Transit Plus in the following ways. EMAIL – tpcomments@mcts.org 711 (TRS)</p> <p data-bbox="792 380 1195 474">Milwaukee County Bus automated bus information hotline. Please dial 414-344-6711</p> <p data-bbox="792 552 1479 701">Yellow Cab Company 414-271-1800 MCTS Transit Plus Staff Monday through Friday from 8:00 a.m. to 4:30 p.m. in any of the CALL – General Information: 414-343-1700 (Voice) or</p> |
| | Circle Of Friends Transportation |
| <p data-bbox="256 848 269 869">o</p> <ul style="list-style-type: none"> ✓ The program manager must make any changes to the programming services, accommodations, or schedule if participants or team members request. If a team meeting is required to implement changes, the program manager will coordinate and schedule a meeting. You can stop by, call 414-935-2580, or email the program manager at cofstaff@outlook.com. <p data-bbox="207 1169 784 1236">All activities are optional, and an alternative list of activities for participants.</p> <ul style="list-style-type: none"> ✓ Participants can select who they choose to interact with during inside and outside activities for as long as they want. <p data-bbox="207 1369 784 1474">A list of alternatives to group activities is posted on the information board for participants (computer, puzzles, games, coloring sheets, books, magazines, etc.....).</p> <ul style="list-style-type: none"> ✓ A monthly participants council meeting will be held to collect feedback on activity planning and field trip suggestions. | <ul style="list-style-type: none"> ✓ COF can transport program participants to and from the program. Contact the Program Manager for details. ✓ COF provides transportation to program participants for community outings. ✓ COF provides transportation to program participants in case of an emergency while attending the program. |

Community Outings

- All clients have the choice to participate in community outings.
- All clients have the right to decline to participate in community outings.
- Please circle all the things you will be participating in:

Participants Name: _____

| Activity | Date / Time | Cost | Yes | No |
|--|------------------------|---------|-----|----|
| Bowling/ lunch | 3/12/2025/3/13 | \$25.00 | | |
| Starbucks / coffee /social outings in the community. | 3/19/2025 3/20/2025 | \$7 | | |
| St. Patrick day dinner | 3/17/2025 | \$0 | | |
| BIRTHDAY CELEBRATION | 3/28/2025 | \$0 | | |

We would love for you to provide us with feedback.

What are some of your interests? Please let us know.

Concerns/ Suggestions:

Staff and Participant Shout Outs:

I will not be attending the program on this day:

Please

If you have any questions or concerns, please get in touch with Mrs. Cher 414-935-2580

Thank you! RETURN completed outing participation form by 3/4/2025.

| Menu | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------|---|---|--|--|---|
| Date | 3 | 4 | 5 | 6 | 7 |
| Lunch | Meatballs w/gravy over white rice w/ slice of bread juice, water, milk | Grill cheese. Sandwich Chips, Apple sauce Juice, water, milk | Chicken, Tender, fries Juice, water milk | Fish Sticks Corn Juice, water, milk | Sandwiches, ham turkey chips Juice, milk, or water |
| Snack | yogurt | Pie/cakes | Applesauce | Cookies | Pudding |
| Alternate Meal | Turkey/ham sandwich | Turkey/ham sandwich | Turkey/ham sandwich | Turkey/ham sandwich | Turkey/ham sandwich |
| Alternate Snack | Applesauce | Animal crackers | Pudding | Fruit | Jell-O |
| Day | Monday | Tuesday | Wednesday | Thursday | Friday |
| Date | 10 | 11 | 12 | 13 | 14 |
| | Chicken patty Chips Juice, water, or milk | Hotdog chips Veggies Juice, milk, or water | Fish Sticks Macaroni Fruit Juice, water, or milk | Loaded Bake potato Fruit Juice, water, or milk | Pizza, Fries Juice, water, milk |
| Snack | Brownies | Cookies | Graham Crackers | Pudding | Pop tart |
| Alternate Meal | Turkey/ham sandwich | Turkey/ham sandwich | Turkey/ham sandwich | Turkey/ham sandwich | Turkey/ham sandwich |
| Alternate Snack | Granola Bar | Jell-O | pie | Fruit | Cookies |
| Day | Monday | Tuesday | Wednesday | Thursday | Friday |
| Date | 17 | 18 | 19 | 20 | 21 |
| Lunch | Corn beef Sandwich & Chips, fruit Juice, milk, or water | Pizza, rolls Chips Juice, milk, or water | Chili Cheese Fries Fruit cup Juice, water, or milk | Walking Tacos Fruit Fruit cup Juice, milk, or | Pizza Party Juice, water, or milk |
| Snack | Oatmeal Pie | Fruit cup | Jell-o | Fruit | Fudge Cookies |

| | | | | | |
|-----------------|---|--|--------------------------------------|--|--------------------------------|
| Alternate Meal | Turkey/ham sandwich | Turkey/ham sandwich | Turkey/ham sandwich | Grilled Cheese Sandwich | Turkey/ham sandwich |
| Alternate Snack | Granola Bars | Chocolate bar | Swiss rolls | Chocolate bar | Sugar cookies |
| Day | Monday | Tuesday | Wednesday | Thursday | Friday |
| Date | 24 | 25 | 26 | 27 | 28 |
| Lunch | Spaghetti w/ meat Juice, milk, or water | Tacos w/ Corn Spanish Rice Juice, milk, or water | Hot dogs chips Juice, milk, or water | Ham cheese Sandwich Juice, milk, water | Pizza day Birthday celebration |
| Snack | Applesauce | Pop tart | Cookies | Oatmeal pie | Apple sauce |
| Alternate Meal | Turkey/ham sandwich | Turkey/ham sandwich | Turkey/ham sandwich | Turkey/ham sandwich | Turkey/ham sandwich |
| Alternate Snack | Pop tart | Granola Bar | Swiss Roll | Zebra Cake | Fruit |
| Day | Monday | Tuesday | Wednesday | Thursday | Friday |
| Date | 31 | | | | |
| Lunch | Brats, Chips Juice, milk, water | Hamburgers Fries Juice, milk water | Tuna/melt Chips, Juice, milk Water | Hot dogs Pork beans Juice, milk, water | Pizza/ Day Chips, Juice Water |
| snack | Cookie | pudding | Jell-O | Apple pie | Nutty Bars |
| Alternate Meal | Ham/cheese | Turkey/sandwich | Turkey/ham | Turkey/Ham | P&J sandwich |
| Alternate/snack | Cup/cake | Oatmeal/pie | Jello | yogurt | Fruit Cups |

Participants can determine their own pace, food sequence, and how food is served. They can also refuse food and choose to dine alone or with an individual(s) of their choice.

Staff will meet this request by conversing with participants before or during lunch to ensure everyone is comfortable.

Program Hours

- 8:00 am – 4:00 pm / Monday – Friday
- Please give us a call if the participant is not attending.
- www.circleoffriendsads.com
- 5412 W Burleigh, Milwaukee, WI 53210 414-935-2580
- cher@morethanahome.net