



Circle of Friends – July Activity Highlights

COF is kicking off July with energy and excitement. We'll begin the month with a fun community outing to the 3rd Street Market, giving participants a chance to explore, socialize, and enjoy the summer atmosphere.

Throughout the month, participants will also take part in creating an inspirational banner, play Bingo for prizes, and enjoy our new Exit Theme Song tradition as they leave the program each day. Our Monthly Birthday Celebration will take place on July 31, 2026, honoring all July birthdays with joy and recognition.

We are thrilled to welcome Mrs. Ilianna, a licensed therapist, who will be providing art therapy sessions every other Tuesday and Thursday. Her therapeutic art activities will offer clients a creative and meaningful way to express themselves.

In addition to these special events, we will continue our daily routines, life skills groups, and a variety of enriching activities. Participants can relax with hand massages, manicures, and aromatherapy, which remain some of their favorite self-care experiences. They will also enjoy recreational options such as air hockey, pool, foosball, and ping-pong.

As always, COF staff are committed to offering a wide range of creative, goal-oriented activities that promote independence, engagement, and personal choice. We value participant input and continuously shape our programming around their interests and needs.

Thank you for being part of the Circle of Friends community.

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 at 414-935-2580. We accept the following funding sources: private pay, Community Care, My Choice, IRIS, and Anthem Blue Cross.

Participants who ride the route through Circle of Friends, please be informed that drivers CANNOT leave participants in the van unattended. Please send your clients out to the van and hand your client off to the driver. Please have all clients dressed and ready to leave out the door to be picked up for the program by 7:45 am.

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			1	2	3
	Activity	Activity	Activity	Activity	Activity
Rotating groups from 9 am - 1 pm	Journal Craft/game challenge.	Journal craft Open Group	Journal Board Game Chall	Journal Board games Expression Group	Meditation Craft project. Game challenge.
	Community Activity	Community Activity	Community Activity	Community Activity	Community Activity
Morning	Outdoor I- spy	Outdoor jog	Outdoor walk	Outdoor Singing	Outdoor sing along
Afternoon	Outdoor walk	Outdoor I- spy	Outdoor games	Outdoor exercise	Outdoor walk
Day	Monday	Tuesday	Wednesday	Thursday	Friday
Date	6	7	8	9	10
	Activity	Activity	Activity	Activity	Activity
Rotating groups from 9 am - 1 pm	Expressions card/craft. Bingo	Journal Hand massage/Nail polish Art group	Meditation Puzzle challenge. Bingo	Expression Outside Games Art Group 3 rd St. Market outing	Journal Board Game challenge crafts
	Community Activity	Community Activity	Community Activity	Community Activity	Community Activity
Morning	Outdoor Sensory Activity	Sightseeing in the community	Outdoor walk	Outdoor art	Walk to park
Afternoon	Outdoor Walk	Outdoor Exercise Park	Outdoor art	Outdoor Sensory Activity	
Day	Monday	Tuesday	Wednesday	Thursday	Friday
Date	13	14	15	16	17
	Activity	Activity	Activity	Activity	Activity

Rotating groups from 9 am - 1 pm	Meditation Karaoke Musical chairs Craft	Journal Beauty Day/ hand massage Floor Tic tac toe	Meditation craft Show/tell	Expressions Spades Game Challenge	Journal Expression
	Community Activity	Community Activity	Community Activity	Community Activity	Community Activity
Morning	Outdoor Nature Walk	Outdoor Exercise k@ park	Outdoor stretch	Walking Around the Block	Outdoor Exercise
Afternoon	Outdoor art chalk	Outdoor Music & Movement	Game Challenge	Outdoor Sensory Activity	Outdoor jog
Day	Monday	Tuesday	Wednesday	Thursday	Friday
Date	20	21	22	23	24
	Activity	Activity	Activity	Activity	Activity
Rotating groups from 9 am - 1 pm	Journal craft Musical Chairs	Expressions Dart game challenge Floor tic tac toe Art Group	Exercise Meditation Men/women group Joy ice cream outing	Exercise Meditation Manicures /Nails	EXERCISE Meditation Board games
	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	27	28	29	30	31
	Community Activity	Community Activity Art Group	Community Activity	Community Activity Art Group	Community Activity
Morning	Outdoor Expressions	Outdoor Nature Walk	Outside exercise	Outdoor walk	Outdoor walk
Afternoon	Outdoor walk to Hobby Lobby	Outdoor Games	Community Walk	Outside exercise	Bingo
					Birthday Celebration Party

*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.

Menu	Monday	Tuesday	Wednesday	Thursday	Friday
Date			1	2	3
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	6	7	8	9	10
Lunch	Chicken patty Chips Juice, water, or milk	Hotdog chips Veggies Juice, milk, or water	Fish Sticks Macaroni Fruit Juice, water, or milk	Chicken Alfredo Fruit Juice, water, or milk	Pizza, Fries Hot coco Juice, water, or 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	13	14	15	16	17

Lunch	Turkey Sandwich & Chips, fruit Juice, milk, or water	Hamburger Helper Juice, milk, or water	Chili Cheese Fries Fruit cup Juice, water, or milk	Walking Tacos Fruit Fruit cup Juice, milk, or	Walking Tacos Fruit Fruit cup Juice, milk, or
Snack	Oatmeal Pie	Fruit cup	Jell-o	Jell-o	Fudge Cookies
Alternate Meal	Grilled Cheese Sandwich	Turkey/ham sandwich	Turkey/ham sandwich	Grilled Cheese Sandwich	Turkey/ham sandwich
Alternate Snack	Granola Bars	Chocolate bar	Swiss rolls	Zebra Cake	Fruit
Day	Monday	Tuesday	Wednesday	Thursday	Friday
Date	22	21	22	23	24
Lunch	Spaghetti w/ meat Juice, milk, or water	Tacos w/ Corn Spanish Rice Juice, milk, or water	Hot dogs chips Juice, milk, or water	Grilled Cheese, tomato soup Juice, water or milk	Chicken Alfredo, Garlic bread, Juice, Milk or water
Snack	Applesauce	Pop tart	Cookies	Oatmeal pie	Applesauce
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	Chocolate bar	Sugar cookies
Day	Monday	Tuesday	Wednesday	Thursday	Friday
Date	27	28	29	30	31
Lunch	Turkey sandwich, 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	Cookies	Pudding	Jell-o	Apple pie	Nutty bars
Alternate Meal	Turkey/ham sandwich	Turkey/ham sandwich	Turkey/ham sandwich	Turkey/ham sandwich	Turkey/ham sandwich
Alternate/snack	Cup Cake	Oatmeal pie	Jell-o	Yogurt	Fruit Cups

Control Of Money

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 to sign off on transactions.

- ❖ The program manager must make changes to the programming services, accommodation, or schedule if participants or team member's 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 cher@morethanahome.net
- ❖ **All activities are optional, and there is an alternative list of activities for participants.**
- ❖ Participants can select who they choose to interact with during inside and outside activities for as long as they want.
- ❖ **A list of alternatives to group activities is posted on the information board for participants (computer, puzzles, games, coloring sheets, books, magazines, etc).**
- ❖ A monthly participants council meeting will be held to collect feedback on activity planning and field trip suggestions.

Accessible Public Transportation

Contact Transit Plus in the following ways.
EMAIL – tpcomments@mcts.org
711 (TRS)

Milwaukee County Bus automated bus formation outline. Please dial 414-344-6711

Yellow Cab Company 414-271-1800

MCTS Transit Plus Staff Monday through Friday from 8:00 a.m. to 4:30 p.m. General Information: 414-343-1700

Circle Of Friends Transportation

- ✓ 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.

Visitors Policy

Circle of Friends welcomes visitors to the center. We have an open-door policy.

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

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
3rd Street Market Outing	7/9/2026	\$30.00		
Joy Ice Cream Outing	7/22/2026	\$6.00		
BIRTHDAY CELEBRATION PARTY	7/31/2026	\$0.00		

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 at 414-935-2580

Thank you! RETURN completed the outing participation form by 7/7/2026.