




Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
<u>Journal Club</u> <u>Expressions</u> Manicure@ 1pm Council Meeting	<u>Journal Club/Expressions</u> Exercising/Stretching Social: Pool, air hockey, fools ball, Ping pong	<u>Journal</u> <u>Expressions</u> Craft: Create a Christmas Windchime	Sit & Be fit Social: Karaoke Day/Christmas Carols@1pm	<u>Outing</u> <b>Bingo</b> Coupon Draw@1pm
Monday	Tuesday	Wednesday	Thursday	Friday
9	10	11	12	13
<u>Journal</u> <u>Expressions</u> Craft: Create an ornament	<u>Meditation@10am</u> Craft: Christmas Tree finger painting @11am	<u>Journal</u> <u>Expressions</u> Craft: Create your Christmas stocking @ 10am	Craft: Christmas Crossword Puzzle <u>Christmas Movie @ 11am</u>	<u>Outing</u> The Cheesehead Factory@ 11:00am <u>Journal</u> <u>Expressions</u>
Monday	Tuesday	Wednesday	Thursday	Friday
16	17	18	19	20
<u>Journal Club</u> <u>Expressions/Feelings</u> <u>Exercise/Stretch@10am</u> Create a Christmas Prop	<u>Charades@10am</u> Outing: West Allis Towne Center	<u>Journal</u> <u>Expressions</u> <u>Chair Yoga@10am</u> <u>Manicure</u>	<u>Meditation@10am</u> Craft: Art free day	<b>Christmas Party</b> 
Monday	Tuesday	Wednesday	Thursday	Friday
23	24	25	26	27
<u>Journal Club@10:00am</u> <u>Expressions</u> Social: Write a Christmas Letter to a peer	<b>Closed</b> <b>Christmas Eve</b> 	<b>Closed</b> <b>Christmas Day</b> 	<u>Hygiene Club@10am</u> Craft: New Year Paper Plate Art	<u>Journal</u> <u>Expressions</u> <u>Exercising</u> Social: Pool, fools' ball, ping pong, air hockey
Monday	Tuesday			
30	31			
<u>Journal Club</u> <u>Expressions/Feelings</u> Applebee's	Social: Game Day			

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December 2019



Welcome! All new participants starting with Circle of Friends!



Upcoming events for the residents at the Circle of Friends Day Program for December:

We will be spending the Christmas month creating winter crafts and enjoying different outings. Each day, participants can participate in the different things we have listed for that day. Participants will be opening the month, creating Christmas windchimes. We will also do a "create your own ornament" project that participants can decorate. Participants will create a Christmas stocking, which will be later stuffed with Christmas goodies. We will be taking a trip to the United Seniors of Wisconsin to enjoy a few games of Bingo. Circle of Friends participants and staff will go to the Cheesehead Factory to explore different cheese foams. We will also be going to West Allis Towne center for a shopping trip.

To bring in the Christmas holiday, participants and staff will have a Christmas party here at the program. Participants will be doing a "write a Christmas letter to a peer" project which will be given to that peer for Christmas. We will continue to do a lot of indoor activities due to the cold weather. Circle of Friends will be ending our December month out with a lunch outing to Applebee's.

We will continue to relax our clients by doing aromatherapy hand massages, face shaving, and manicures. The program participants love the self-care activities. The participants will also continue to enjoy air hockey, pool games, foosball, and ping pong at the program. Circle of Friends offers a variety of goal-oriented activities and opportunities that promote independence. Individuals choose to participate in activities and community outings based on personal abilities and interests. We have something to offer all participants who attend the program. We will have our resident council meeting on December 2, 2019, to receive more fun ideas from our participants.

**Inspiration quote:**

*"It is Christmas in the heart that puts Christmas in the air."*

**Reminders:**

- ✓ Please make sure the participants are dressed appropriately for the weather.

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.

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

**Currently accepting new participants. If you are interested in learning more about our program or joining the fun, please contact Ms. Cher @ 262-505-6200.**

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# Happy Holidays!



CIRCLE of FRIENDS  
ADULT DAY SERVICES



December 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
Bingo/united seniors of Wisconsin	12/6/19 11:00am	\$7.00		
The Cheesehead Factory	12/13/19 11:00am	\$15.00		
The West Allis Towne Center (Christmas Shopping optional)	12/17/19 10:30 am	\$ 20.00		
Applebee's	12/30/19 11:00am	\$15.00		

Please return completed outing participation form by 12/3/19

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

**Thank you**