



Circle of Friends Adult Day Program

Month: AUGUST 2020

Activity Calendar

Monday 3	Tuesday 4	Wednesday 5	Thursday 6	Friday 7
<p><u>Journal</u> <u>Expressions</u> <u>Exercise/Stretching</u> <u>Board games/Bingo</u></p>	<p><u>Journal/expressions</u> <u>Yoga</u> <u>Craft</u> <u>Movie Tuesday</u></p>	 <p>Planting Sunflowers</p>	<p><u>Exercise</u> Musical Yoga@ 10am <u>Craft</u> Create a Watermelon fan</p>	<p><u>Journals</u> <u>Expressions</u> <u>Craft Project</u> <u>Painted Rock Babies</u></p>
Monday 10	Tuesday 11	Wednesday 12	Thursday 13	Friday 14
<p><u>Journal</u> <u>Expressions</u> <u>Exercise</u></p>  <p>Bingo</p>	<p><u>Journal/Expressions</u> <u>Meditation</u> <u>Bunco</u> 654</p>	<p><u>Journal</u> <u>Expressions</u> <u>Exercise/Stretching</u> <u>Social</u> Hygiene group</p>	<p><u>Exercise</u> Chair Yoga <u>Meditation</u> <u>Craft</u> <u>Participate choice</u></p>	<p><u>Journals</u> <u>Expressions</u> <u>Exercising</u> <u>Lunch outing</u> <u>Burger King</u></p>
Monday 17	Tuesday 18	Wednesday 19	Thursday 20	Friday 21
<p><u>Journals</u> <u>Expressions</u> <u>Exercising</u> <u>Outdoor kickball</u></p>	<p><u>Exercise/Stretch@10am</u> <u>Social</u> <u>Fools ball, pool, air hockey, ping pong</u></p>	<p><u>Journals</u> <u>Expressions</u> <u>Charades@10am</u></p>	<p><u>Exercise/Stretching</u> <u>Selfcare</u> <u>Manicure/ Hand Massage</u></p>	<p><u>Journal/ Expressions</u> <u>Dance exercise</u> <u>Bingo</u></p>
Monday 24	Tuesday 25	Wednesday 26	Thursday 27	Friday 28
<p><u>Journal Club@10:00am</u> <u>Expressions</u> <u>Social</u> Scrapbooking</p>	<p><u>Exercise/Stretching</u> <u>Meditation@10am</u> <u>Walking club</u></p>	<p><u>Journals</u> <u>Expressions</u> <u>Express yourself art</u></p>	<p><u>Journal/expressions</u> <u>Social</u> Bingo Rubik cubes/Game tournament</p>	<p><u>Journal</u> <u>Expressions</u> <u>Exercising</u> <u>Birthday Celebration</u></p>
Monday 31				
<p><u>Journal</u> <u>Expressions</u> <u>Music Therapy</u></p>				

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Welcome! All new participants starting with Circle of Friends!

Participants will be creating many different types of crafts this month. We will be starting the month by planting sunflowers around the tree. There will be various activities, such as kickball, volleyball, and ball toss. Participants will continue to participate in musical yoga and Bingo. We will be doing a “create your own watermelon” hand fan that can be used on a sizzling hot day. Participants will have a movie day where they can choose a movie of their choice and eat popcorn. This month, we will begin playing a new dice game called 654, the winner of this game will receive a prize to take home. The participants will be doing a craft project called to create your own rock babies and personalizing them with the name of their choice. We will be doing many outdoor activities such as gardening, walking, kickball. We will be having a lunching from Burger King. COF staff will go out and get food from Burger King and bring it back to the program for participants to enjoy for lunch. The participants will continue creating a scrapbook. The scrapbook consists of pictures and words that describe themselves glued onto a journal book. Circle of Friends participants will continue to do a council meeting each month. The council meeting consists of taking each individual advice on the different activities they are interested in doing. Participants will create their very own ice cream sundae. To close out the month, we will be celebrating August Birthdays' with a sweet treat and a birthday song.

We will continue to relax our clients by doing aromatherapy hand massages and manicures. The program participants love the self-care activities. The participants will also continue to enjoy air hockey, pool games, fools' ball, and ping pong at the program. Circle of Friends offers a variety of goal-orientated activities and opportunities that promote independence. Individuals choose to participate in activities. All outings are canceled due to COVID 19 UNTIL FURTHER NOTICE.

Inspiration quote: “Don’

Reminders:

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

Programming Hours:

- 8:00am to 5:00pm
- Monday -Friday

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

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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CIRCLE of FRIENDS
ADULT DAY SERVICES

August

Participants can participate in the following outings this month. Please circle all the excursions you will be participating in:

Participants Name: _____

Outing	Date / Time	Cost	Yes	No
Game Tournament (at the program)	8/27/20@10:30am	\$0.00		
Tuesday Movie	8/4/20 @ 10:30pm	\$0.00		
Burger king (at the program)	8/14/20 @ 12:00pm	\$10.00		
Birthday Celebration (at the program)	8/28/20 @ 12:30pm	\$0.00		

Please return completed outing participation form by

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

Thank you