


Activity Calendar

Friday 1	Monday 4	Tuesday 5	Wednesday 6	Thursday 7
<p><u>Journal Club/ Expressions</u> Sit & Be fit Karaoke Day</p>	<p><u>Journal Club/Expressions</u> Exercising/Stretching Manicure</p>	<p>Movie Day</p> 	<p><u>Journal Expressions</u> Craft Project: Paper Bag turkeys</p>	<p>Karaoke: Sit and be fit <u>Computer skills@ 1:00pm</u></p>
Friday 8	Monday 11	Tuesday 12	Wednesday 13	Thursday 14
<p><u>Expressions@9:00am</u> Exercising COF Thanksgiving Feast</p> 	<p><u>Journal/Expressions</u> Sit & Be fit@10:00am Craft: Design Corn on a Cob</p>		<p><u>Journal/Expressions</u> Outing: Discovery World @10:00am</p>	<p><u>Exercising@9:00am</u> Board Game Challenge <u>Simon Says</u></p>
Friday 15	Monday 18	Tuesday 19	Wednesday 20	Thursday 21
<p><u>Journal Club</u> <u>Expressions/Feelings</u> <u>Resident Council Meeting</u> <u>Manicure@ 1:00pm</u></p>	<p><u>Journal Club/Expressions</u> Exercising Craft: Autumn Wreath@1:00pm</p>	<p><u>Sit & Be Fit@9:00am</u> Computer Skills <u>Karaoke@1:00pm</u></p>	<p><u>Journal/Expressions</u> Outing: Golden Corral@11:00am</p>	<p><u>Social Programming:</u> <u>Journal Club@ 10:00am</u> <u>Expressions</u> Simon Says @ 1:00pm</p>
Friday 22	Monday 25	Tuesday 26	Wednesday 27	Thursday 28
<p><u>Journal Club@10:00am</u> <u>Expressions/Feelings</u> Craft: Thankful Tree</p>	<p>Social: Money Counting Group@1:00pm Charades Bingo@ 10:00am</p>	<p>Outing: Movie Theatre</p> 	<p>Exercise: <u>Sit & Be Fit</u> Social Skills: Basic living skills group: 11:00am/1pm</p>	
Friday 29				
<p><u>Journal Club</u> <u>Expressions/Feelings</u> Smoothie & Paint</p>				

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November 2019



Welcome! All new participants starting with Circle of Friends!



Upcoming events for the residents at the Circle of Friends for November:

We will be bringing in the Thanksgiving holiday by creating a “Thankful Tree.” Each day, participants can participate in the different things we have listed for that day. Participants will be taking a trip to the beautiful Mitchell Domes to learn about different types of flowers and plants. Circle of Friends’ participants and staff will have a lunch outing to Golden Corral. We will also be going to Discovery World to learn about science and technology.

Participants and staff will be going to the movie theatre for \$5 on Tuesday. Participants will be doing a “create your own thanksgiving wreath” project, which can be taken home the week of Thanksgiving. We will begin to do a lot of indoor activities due to the cold weather. Circle of Friends will be ending our thankful month out with our “smoothie and paint” activity.

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 newest activity starting in the month of November will be air hockey, pool games, and ping pong. Circle of Friends offers a variety of goal-orientated 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 November 15, 2019, to receive more fun ideas from our participants.

Inspiration quote:

“A goal is a dream with a deadline.”

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

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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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
COF Thanksgiving Feast	11/8/19 12:00pm	\$0.00		
Discovery World	11/13/19 11:00am	\$5.00		
Golden Corral	11/20/19 11:00am	\$ 15.00		
\$5.00 Movies	11/26/19 11:00am	\$5.00		

Please return completed outing participation form by 11/8/19

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

Thank you