



Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
30	1	2	3	4
<u>Selfcare</u> Manicure Hand massage @ 10:00am Journal Club	<u>Spirit Week:</u> Mix match sock Day <u>Social Programming:</u> Feelings & Expressions	<u>Spirit Week:</u> Wear favorite Team Shirt Journal Club@ 10:00am Feelings/Expressions	<u>Spirit Week:</u> Wear your favorite tie <u>Craft Project:</u> Create a Halloween chain Exercising@ 1:00pm	<u>Spirit Week:</u> Mix match shoe day <u>Social:</u> Autumn Scavenger hunt Karaoke@ 1:00pm
Monday	Tuesday	Wednesday	Thursday	Friday
7	8	9	10	11
<u>Resident choice</u> Journal Club@ 10:00am Expressions	<u>Coffee current</u> Events: 10:00am Computer Skills@ 1:00pm	 <u>Outing:</u> Farm 11:00am Journal Club@ 10:00am Expressions/Feelings	<u>Craft Project:</u> Decorate your pumpkin Hygiene Club@10:00am Music Therapy@1:00pm	<u>EXERCISE:</u> Sit and be fit@ 10:00am <u>Journal Club</u> Expressions/Feelings
Monday	Tuesday	Wednesday	Thursday	Friday
14	15	16	17	18
<u>Journal Club</u> Expressions/Feelings Resident Council Meeting Bingo@ 1:00pm	<u>Craft Project:</u> Create Spider web@ 10:00am <u>Music and Movement:</u> 1:00pm	<u>Journal Club:9:00am</u> Expressions/Feelings <u>Outing:</u> Fuddruckers@11:00am	<u>Outdoor Exercise@</u> 10:00am <u>Charades</u> <u>Movie Day @1:00pm</u>	<u>Social Programming:</u> Journal Club@ 10:00am <u>Expressions</u> Simon Says @ 1:00pm
Monday	Tuesday	Wednesday	Thursday	Friday
21	22	23	24	25
<u>Journal Club</u> Expressions/Feelings Self care: Hand Massage/Manicure	<u>Social:</u> Money Counting Group@1:00pm Charades <u>Bingo@ 10:00am</u>	<u>Music:</u> <u>Journal@ 10:00am</u> Expressions/Feelings <u>Karaoke Day</u> Music Therapy: 1:00pm	<u>Exercise:</u> Nature walk: 9:30am <u>Social Skills:</u> Basic living skills group: 11:00am/1pm	 <u>@11:00am</u>
Monday	Tuesday	Wednesday	Thursday	Friday
28	29	30	31	1
<u>Journal Club</u> Expressions/Feelings Computer Skills	<u>Exercising@9:00am</u> <u>Outing:</u> Five Below@10:30am	Journal Club Expressions/Feelings	<u>Comedy Movie</u> <u>Pizza Party</u>	<u>Journal Club</u> Expressions/Feelings

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October 2019



Welcome! All new participants starting with Circle of Friends!



Welcome all new staff starting with the Circle of Friends!

Upcoming events for the residents at the Circle of Friend for October:

Fall has arrived! We will be bringing October in with spirit week from the 1st to the 4th of the month. Each day, participants can participate in the different things we have listed for that day. We will have our participants and staff engage in various activities during October. We will be bringing in the month with our Autumn scavenger hunt. Participants will be engaging in a “make your own Halloween chain” project to bring in the Halloween holiday. Our 1st outing we’ll be going to the Pumpkin Farm. Circle of Friend’s staff and participants will have a lunch outing to Fuddruckers. Participants will be doing a “create your own spider web” project. We will be doing Nature walks. We will be ending our October festivities with our Halloween party. We would like for the participants and staff to join in the Halloween costume contest. The best costume will win a prize. The last day of the month we will be having a Pizza party and watch a comedy movie.

We will continue to relax our clients by doing aromatherapy hand massages, Face shaving, and manicures. The program participates love the selfcare activities. 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 interest. We have something to offer all participants who attend the program. We will have our resident council meeting on October 14,2019 to receive more fun ideas from our participants.

Inspiration quote:

To be the best, you must be able to handle the worst.

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.

Reminders:

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

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

October 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
Outdoor Scavenger Hunt	10/4/19 11:00am	\$0.00		
Pumpkin Farm	10/9/19 11:00am	\$10.00		
Fuddruckers	10/16/19 11:00am	\$ 15.00		
Halloween Party	10/25/19 11:00am	\$0.00		

Please return completed outing participation form by 10/3/19

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

Thank you

