







Activity Calendar

Wednesday	Thursday	Friday	Monday	Tuesday
1	2	3	6	7
<u>Journal</u> <u>Expressions</u> <u>Exercise/Stretching</u> <u>Social</u> Living Skills activity	<u>Outing</u> Mitchell Domes 	<u>Journal</u> <u>Expressions</u> <u>Craft</u> Easter egg project	<u>Journal</u> <u>Expressions</u> <u>Exercise</u> Sit & be fit@10:30am Board Game challenge	<u>Stretching/exercising</u> <u>Craft</u> Spring umbrella craft Music therapy@11am
Wednesday 8	Thursday 9	Friday 10	Monday 13	Tuesday 14
<u>Exercise/Stretch@10am</u> <u>Crafts</u> Dye Easter eggs	<u>Meditation@10am</u> <u>Crafts</u> Easter painting Bingo	<u>Easter Celebration</u> Easter egg hunt 	<u>Journal</u> <u>Expressions</u> <u>Craft</u> Create a butterfly	<u>Stretching/Exercising</u> <u>Movie Day</u> Participants Choice 
Wednesday 15	Thursday 16	Friday 17	Monday 20	Tuesday 21
<u>Journal</u> <u>Expressions</u> <u>Stretching/Exercising</u> Hygiene Club@11am	<u>Stretching/Exercise @10am</u> <u>Social</u> Karaoke@11am	<u>Outing</u> 	<u>Journal</u> <u>Expressions@10am</u> <u>Council Meeting@1pm</u> Simon Says	<u>Stretching/Exercising</u> <u>Yoga@10am</u> <u>Participants Choice of activity</u>
Wednesday 22	Thursday 23	Friday 24	Monday 27	Tuesday 28
<u>Journal Club@10:00am</u> <u>Expressions</u> <u>Self-care</u> Manicure	Meditation@10am Exercise/stretching Karaoke@1pm	<u>Journal</u> <u>Expressions</u> Fools ball, pool, air hockey & ping pong	<u>Journal</u> <u>Expressions</u> Life skills Activity Birthday Celebration 🎉	<u>Social</u> Life skills <u>Crafts</u> Create a ladybug
Wednesday 29	Thursday 30			
<u>Expressions/feelings</u> Stretching/exercising	<u>Chair Yoga</u> <u>Musical Bingo</u>			

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April 2020



Welcome! All new participants starting with Circle of Friends!



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

Participants will be creating many different types of crafts this month and going on different outings. We will be starting off the month with taking a trip to the Mitchell Domes to view and learn about many different types of plants. Participants will be creating their very own paper Easter eggs which will be hung up in the program. Participants will continue doing journal, expressions and exercising on the daily basis. Participants will be creating an umbrella to represent spring. We will have music therapy to relax participants We will be dying Easter eggs and having an Easter egg hunt to celebrate Easter together. We will be doing a “create a butterfly” craft project. Participants will have a movie day with a movie of their choice. Circle of friends will also have a hygiene club. Participants will get a chance to sing their favorite songs in Karaoke. Circle of Friends participants will be going on a lunch outing to Chili’s. We will continue focusing on selfcare with manicures for participants. Participants will be able to play Fools ball, pool, air hockey and ping pong. Participants will be doing a “create a ladybug” craft which would later be taken home. We will be celebrating the participants whose birthday is in April with a sweet treat and a birthday song. To close out the month of April we will be doing a special game of musical bingo where participants can win prizes.

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, 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 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 April 20th,2020, to receive more fun ideas from our participants.

Inspiration quote:

“You should set goals beyond your reach, so you always have something to live for.”

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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April



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
Mitchell Domes	4/2/20 11:00am	\$8.00		
Movie Day	4/14/20 11:00am	0.00		
Chili's Lunch	4/17/20 11:00am	\$15.00		
Participant Birthday Celebration	4/27/20 12:00pm	\$0.00		

Please return completed outing participation form by
4/1/20

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

Thank you