

13735 West Capital Drive
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January 2020



HAPPY★NEW★YEAR

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

Participants will be creating many different types of crafts this month and going on different outings. We will be starting off the New Year with a “New Year’s resolution” project and a “create a hot cocoa mug.” Participants will also create their very own winter novel. Participants will be starting a new craft project where they express themselves in art. They will also begin a life skills activity, where they talk about current events around the world. We will be creating a snowman wreath, which will be displayed in the program. Participants will be going on an outing to the movies on \$5 Tuesday. We will be doing a “create your own snow globe” craft project.

Circle of Friends participants will be going on a lunch outing to Wendy’s. Participants will be doing a “create a penguin” craft which would later be taken home. We will also be going on a shopping outing to goodwill and target. To close out the month, we will be celebrating January Birthday’s a sweet treat and a birthday song. Of course, we will continue to do a lot of indoor activities due to the cold weather.

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 interests. We have something to offer all participants who attend the program. We will have our resident council meeting on January 25, 2020, to receive more fun ideas from our participants.

Inspiration quote:

“ Dreams don’t work unless you do”

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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Activity Calendar

| Wednesday | Thursday | Friday | Monday | Tuesday |
|---|--|--|---|--|
| 1 | 2 | 3 | 4 | 5 |
|  | <u>Exercise</u> Musical Yoga@ 10am <u>Social</u> Pool, fools' ball and air hockey | <u>Journal</u> <u>Expressions</u> <u>Craft</u> New year's resolution Hot cocoa mug | <u>Journal</u> <u>Expressions</u> <u>Exercise</u> Sit & be fit@10:30am Board Game challenge | Social time@10am <u>Craft</u> Create a winter novel Exercise/Streching@1pm |
| Wednesday | Thursday | Friday | Monday | Tuesday |
| 6 | 7 | 8 | 11 | 12 |
| <u>Journal</u> <u>Expressions</u> <u>Exercise/Stretching</u> <u>Social</u> Life skills Activity | <u>Meditation@10am</u> <u>Crafts</u> Expressive Art | <u>Journal</u> <u>Expressions</u> Simon says@10am Bingo@1pm | <u>Journal</u> <u>Expressions</u> <u>Craft</u> Create a snowman wreath | <u>Movie Outing</u>  |
| Wednesday | Thursday | Friday | Monday | Tuesday |
| 13 | 14 | 15 | 18 | 19 |
| <u>Journal Club@10:00am</u> <u>Expressions</u> <u>Social</u> Karaoke Day | <u>Exercise/Stretch@10am</u> <u>Social</u> Board games | <u>Journal</u> <u>Expressions</u> <u>Charades@10am</u> <u>Participants Choice</u> | <u>Journal</u> <u>Expressions</u> <u>Life skills Activity</u> | <u>Hygiene Club@10am</u> <u>Exercising</u> <u>Craft</u> Make your own snow globe |
| Wednesday | Thursday | Friday | Monday | Tuesday |
| 20 | 21 | 22 | 25 | 26 |
| Lunch Outing  | <u>Meditation@10am</u> <u>Exercise/stretching</u> Karaoke@1pm | <u>Journal</u> <u>Expressions</u> <u>Self-care</u> <u>Manicure</u> | <u>Journal</u> <u>Expressions@10am</u> <u>Council Meeting@1pm</u> <u>Simon Says</u> | <u>Social</u> Life skills <u>Crafts</u> Create a penguin |
| Wednesday | Thursday | Friday | Monday | Tuesday |
| 27 | 28 | 29 | 30 | 31 |
| Shopping Outing Goodwill/target | <u>Journal Club</u> <u>Expressions/Feelings</u> | <u>Journal/expressions</u> Birthday month celebration | <u>Journal/expressions</u> <u>Exercise/stretching</u> | <u>Life skills</u> <u>Sit & be fit</u> |



January 2020

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 |
|----------------------------------|---------------------|-----------------------|-----|----|
| \$5 Tuesday Movie | 1/12/20 10:30am | \$5.00 | | |
| Wendy's | 1/20/20 11:00am | \$10.00 | | |
| Goodwill & Target Shopping | 12/27/20 11:00am | \$10.00 (optional) | | |
| Participant Birthday Celebration | 1/29/20 12:00pm | \$0.00 | | |

Please return completed outing participation form by 1/6/20

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

Thank you