



Circle of FRIENDS
ADULT DAY SERVICES

January

Welcome! All new participants starting with Circle of Friends!

[Photo](#)
by

This month, we will be doing many different activities bringing January in with winter craft. We will also begin the month with falls polar bears' craft. Participants will be doing different types of activities like making scrap books. The participants will enjoy making their own bracelets. Cof will be making picture frames. Participants will be going on nature walks. Participants will be doing a small cooking class making homemade pizza. Cof will be having a pizza day. Cof has started a men and women group we will be discussing different topic of their choice. Participants will be doing Tuesday movie day outing. Participants will be doing expression group to let staff know how they feel. Participants will play bingo for prizes. Cof staff will be taking participants on small outings around the building with their peers. Cof staff will be enjoying different creative activities for the month of January. Cof will continue to enjoy the indoor and outdoor activities. Cof will always expect impute from the participants. Thank you.

For participants that ride the route through circle of friends, drivers CAN NOT leave participants on the van un attended. Please send your clients out when the van arrives. If your client is wheelchair accessible, please have them at the door. Ready to come out.

We will continue to relax our clients by doing hand massages and manicures with aromatherapy. The program Participants love self-care activities. The participants will also enjoy air hockey, pool games, fools balls, and ping pong At the program. Circle of Friends offers a variety of goal-orientated activities and opportunities that promise independence. Individuals choose to participate in activities.

Community activities will be very limited until the Covid virus has subsided. We will continue to monitor the spread of the virus and its impact on our program.

Visitors inside the program are limited to case managers, guardians, and direct support staff due to concerns regarding the spread of covid virus. If you have any questions or concerns, please call Mrs. Monnie-Norton at 414-721-1526.

Happy
New Year

The text "Happy New Year" is written in a white, cursive script with a drop shadow effect. The word "Happy" is on the top line, and "New Year" is on the bottom line. There are six white, multi-pointed stars scattered around the text: one at the top left, one at the top center, one at the top right, one in the middle between "Happy" and "New", one at the bottom left, and one at the bottom right. The entire design is set against a purple gradient background with a thin gold border.

Day	Monday	Tuesday	Wednesday	Thursday	Friday
Date	1	2	3	4	5
	Activity	Activity	Activity	Activity	Activity
Rotating groups from 9am - 1pm	Closed	Journal New year craft Open group	Journal Board Game Challenge Women/men's group	Expressions Beauty day/Nails manicure Beading craft	Meditation Craft project Game challenge
	Community Activity	Community Activity	Community Activity	Community Activity	Community Activity
Morning	Outdoor I- spy	Outdoor jog	Outdoor dance	Outdoor Singing	Outdoor sing a long
Afternoon	Outdoor walk	Outdoor I- spy	Outdoor games	Outdoor exercise	Outdoor walk
Day	Monday	Tuesday	Wednesday	Thursday	Friday
Date	8	9	10	11	12
	Activity	Activity	Activity	Activity	Activity
Rotating groups from 9am - 1pm	Expressions card/craft Bingo Craft	Journal Hand massage/Nail polish Karaoke Bingo	Meditation Women/men group Puzzle challenge Men/women group	Expression Outside gamesj Bingo	Journal DIY Board Game Challenge
	Community Activity	Community Activity	Community Activity	Community Activity	Community Activity
Morning	Outdoor Sensory Activity	Sightseeing in the community	Outdoor dance	Outdoor art	Walk to park
Afternoon	Outdoor Walk	Outdoor Exercise @ park	Outdoor art	Outdoor Sensory Activity	Outdoor Expressions
Day	Monday	Tuesday	Wednesday	Thursday	Friday
Date	15	16	17	19	20
	Activity	Activity	Activity	Activity	Activity
Rotating groups from 9am - 1pm	Meditation Karaoke Musical chairs craft	Journal Beauty Day/ hand massage Floor Tic tac toe Movie Day	Meditation Homemade pizza class Men/women group	Expressions Spades Game challenge	Journal Expression Board game challenge Hand massage
	Community Activity	Community Activity	Community Activity	Community Activity	Community Activity
Morning	Outdoor Nature walk	Outdoor Exercise k@ park	Outdoor stretch	Outdoor Walk	Outdoor Exercise

Afternoon	Outdoor art chalk	Outdoor Music & Movement	Walk to Goodwill	Outdoor Sensory Activity y	Outdoor jog
Da y	Monday	Tuesday	Wednesday	Thursday	Friday
Date	22	23	24	24	26
	Activity	Activity	Activity	Activity	Activity
Rotating groups from 9am - 1pm	Journal craft Musical Chairs	Expressions Dart game challenge Floor tic tac toe	Expressions Bingo	Meditation Skip Bo, Craft	Journal Beading Birthday celebration
	Community Activity	Community Activity	Community Activity	Community Activity	Community Activity
Morning	Goodwill	Outdoor walk	Outdoor exercise	Goodwill	Outdoor art
Afternoon	Community walk	Walking in the community	Outdoor Neighborhood Walk	Community walk	Outdoor exercise
Day	Monday	Tuesday	Wednesday	Thursday	Friday
	29	30	31		

	Activity	Activity	Activity	Activity	Activity
Rotating groups from 9am - 1pm	Expression Exercise	Journal Spades Movie day W/popcorn	Exercise Meditation Men/women group	Exercise Meditation Manicures /Nails	EXERCISE Meditation Board games
	Community Activity	Community Activity	Community Activity	Community Activity	Community Activity
Morning	Outdoor Expressions	Outdoor Nature Walk	Outdoor walk	Outdoor walk	Outdoor walk
Afternoon	outdoor Walk to Hobby Lobby	Outdoor Games	Community Walk	Outside exercise	Outside exercise

*Please also look at our information board for additional community resources, activities, events, and neighborhood businesses

*Participants can work with staff of their choice and whom they feel comfortable with. This request must be made to Ms. Cher so we can plan accordingly.

Circle Of Friends activities are inclusive to all participants. Participants with and without disabilities have the option to participate in all programs.

We are 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.

Visitors Policy	Accessible Public Transportation
<p data-bbox="337 197 537 224">Control Of Money</p> <ul style="list-style-type: none"> ✓ Participants are welcome to bring their funds to the program. Participants will be responsible for their funds. Participants are able to have free access to their money while on outings and within the program. The program manager will lock up any funds, per the request of the participant or participant guardian. ✓ The program manager will keep a log of deposits and withdrawals and request the participant or guardian sign off on transactions. 	<p>Contact Transit Plus following ways.</p> <p>EMAIL – tpcomments@mcts.org 711 (TRS)</p> <p>Milwaukee County Bus automated bus information hotline. Please dial: 414-344-6711</p> <p>Yellow Cab Company 414-271-1800 MCTS Transit Plus Staff Monday through Friday from 8:00 a.m. to 4:30 p.m. in any of the CALL – General Information: 414-343-1700 (Voice) or</p>
	Circle Of Friends Transportation
<p data-bbox="256 842 272 863">o</p> <ul style="list-style-type: none"> ✓ The program manager must make any changes to the programming services, accommodations, or schedule if requested by participants or team members. If a team meeting is required to implement changes, the program manager will coordinate and schedule a meeting. You can stop, call 262-505-6200, or email the program manager at cofstaff@outlook.com. All activities are optional, and an alternative list of activities for participants. ✓ Participants can select who they choose to interact with during inside and outside activities for as long as they want. A list of alternatives to group activities is posted on the information board for participants (computer, puzzles, games, coloring sheets, books, magazines, etc.....). ✓ A monthly participants council meeting will be held to collect feedback on activity planning and field trip suggestions. 	<ul style="list-style-type: none"> ✓ COF is able to transport program participants to and from the program. Contact Program Manager for details. ✓ COF provides transportation to program participants to community outings ✓ COF provides transportation to program participants in case of an emergency while attending the program

Community Outings

- All clients have the choice to participate in community outings.
- All clients have the right to decline to participate in community outings.
- Please circle all the things you will be participating in:

Participants Name: _____

Activity	Date / Time	Cost	Yes	No
Mac/Cheese /Restaurant	12/10/2024	\$15.00		
Movie Tuesday	12/16/2024	\$7.00		

We would love for you to provide us feedback.
What are some of your interests, please let us know?
Concerns/ Suggestions:
Staff and/ or Participant Shout Outs:
I will not be attending program on this day:

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

Thank you! RETURN completed outing participation form by 1/4/24

Menu	Monday	Tuesday	Wednesday	Thursday	Friday
Date	1	2	3	4	5
Lunch	Meatballs w/gravy over white rice w/ slice of bread juice, water, milk	Grill cheese Sandwich Chips, Apple sauce Juice, water, milk	Breakfast for lunch Juice, water milk	Hamburger helper w/ bread Juice, water, or milk	Make your own subs. chips Juice, milk, or water
Snack	yogurt	Pie/cakes	Applesauce	Cookies	Pudding
Alternate Meal	Turkey/ham sandwich	Turkey/ham sandwich	Turkey/ham sandwich	Turkey/ham sandwich	Turkey/ham sandwich
Alternate Snack	Applesauce	Animal crackers	Pudding	Fruit	Jell-O
Day	Monday	Tuesday	Wednesday	Thursday	Friday
Date	8	9	10	11	12
	Chicken patty Chips Juice, water, or milk	Hotdog chips Veggies Juice, milk, or water	Fish Sticks Macaroni Fruit Juice, water or milk	P&J Sandwich Pretzels &fruit Juice, water, or milk	Chicken alfredo Veggies Juice, water, or milk Juice, water, or milk
Snack	Brownies	Cookies	Graham Crackers	Pudding	Pop tart
Alternate Meal	Turkey/ham sandwich	Turkey/ham sandwich	Turkey/ham sandwich	Turkey/ham sandwich	Turkey/ham sandwich
Alternate Snack	Granola Bar	Jell-O	pie	Fruit	Cookies
Day	Monday	Tuesday	Wednesday	Thursday	Friday
Date	15	16	17	18	19
Lunch	Spaghetti w/ garlic bread & fruit Juice, milk, or water	Chicken wraps Chips Juice, milk, or water	Chili Cheese Fries Fruit cup Juice, water, or milk	Walking tacos Fruit Fruit cup Juice, milk, or water	Tuna & Crackers Fruit Juice, water, or milk
Snack	Oatmeal Pie	Fruit cup	Jell-o	Fruit	Fudge Cookies

Alternate Meal	Turkey/ham sandwich	Turkey/ham sandwich	Turkey/ham sandwich	Grilled Cheese sandwich	Turkey/ham sandwich
Alternate Snack	Granola Bars	Chocolate bar	Swiss rolls	Chocolate bar	Sugar cookies
Day	Monday	Tuesday	Wednesday	Thursday	Friday
Date	22	23	24	25	26
Lunch	Spaghetti w/ meat Juice, milk, or water	Tacos w/ Corn Spanish Rice Juice, milk, or water	Hot dogs chips Juice, milk, or water	Ham cheese Sandwich Juice, milk, water	Pizza day Birthday celebration
Snack	Applesauce	Pop tart	Cookies	Oatmeal pie	Apple sauce
Alternate Meal	Turkey/ham sandwich	Turkey/ham sandwich	Turkey/ham sandwich	Turkey/ham sandwich	Turkey/ham sandwich
Alternate Snack	Pop tart	Granola Bar	Swiss Roll	Zebra Cake	Fruit
Date	Monday	Tuesday	Wednesday	Thursday	Friday
	29	30	31		
Lunch	loaded Baked potato w/ works Juice, milk, water	Ham burgers Fries Juice, milk water	Tuna/melt Chips, Juice, milk water	Hot dogs Pork beans Juice, milk, water	Ham cheese/sandwich Chips Juice, water
snack	Cookie	pudding	Jell-O	Apple pie	Nutty Bars
Alternate Meal	Ham/cheese	Turkey/sandwich	Turkey/ham	Turkey/Ham	P&J sandwich
Alternate/snack	Cup/cake	Oatmeal/pie	Jello	yogurt	Fruit Cups

Participants can determine their own pace, food sequence, how food is served, can refuse food, and choose to dine alone or with individual(s) of choice.

Staff will meet this request by engaging in conversations with participants before or during dining to assure everyone is comfortable.



Programming Hours:

- 8:00am to 4:00pm
- Monday -Friday

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

WWW.CIRCLEOFFRIENDSADS.COM

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