

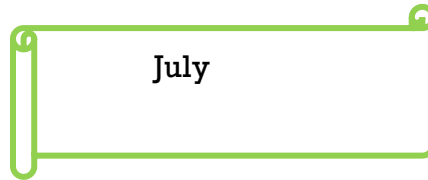


Activity Calendar

Circle of Friends Adult Day Program Month:  July 2020 

Wednesday	Thursday	Friday	Monday	Tuesday
1	2	3	6	7
<u>Journal</u> <u>Expressions</u> <u>Exercise/Stretching</u> <u>Board games</u>	<u>Journal/expressions</u> <u>Yoga</u> <u>Craft</u> <u>Chain expressions</u>	<u>4th of July Celebration</u> 	<u>Exercise</u> Musical Yoga@ 10am <u>Craft</u> Create a Watermelon fan	Tuesday Movie 
Wednesday	Thursday	Friday	Monday	Tuesday
8	9	10	13	14
<u>Journal</u> <u>Expressions</u> <u>Exercise</u> 	<u>Journal/Expressions</u> <u>Meditation</u> <u>Bunco</u>	<u>Journal</u> <u>Expressions</u> <u>Exercise/Stretching</u> <u>Social</u> Hygiene group	<u>Exercise</u> Chair Yoga Meditation <u>Craft</u> Paper ice cream cones	<u>Journals</u> <u>Expressions</u> <u>Exercising</u> <u>Karaoke</u>
Wednesday	Thursday	Friday	Monday	Tuesday
15	16	17	20	21
<u>Journals</u> <u>Expressions</u> <u>Exercising</u> <u>Outdoor kickball</u>	<u>Exercise/Stretch@10am</u> <u>Social</u> <u>Fools ball, pool, air hockey, ping pong</u>	<u>Journals</u> <u>Expressions</u> <u>Charades@10am</u> 	<u>Exercise/Stretching</u> <u>Selfcare</u> <u>Manicure/ Hand Massage</u>	<u>Journal/ Expressions</u> <u>Dance exercise</u> <u>Simons says</u>
Wednesday	Thursday	Friday	Monday	Tuesday
22	23	24	27	28
<u>Journal Club@10:00am</u> <u>Expressions</u> <u>Social</u> Scrapbooking	<u>Exercise/Stretching</u> <u>Meditation@10am</u> <u>Walking club</u>	<u>Journals</u> <u>Expressions</u> <u>Express yourself art</u>	<u>Journal/expressions</u> <u>Social</u> <u>Gardening</u>	<u>Journal</u> <u>Expressions</u> <u>Exercising</u> <u>Life Skills</u> <u>Communication</u>
Wednesday	Thursday	Friday		
29	30	31		
<u>Journal</u> <u>Expressions</u> <u>Music Therapy</u>	<u>Exercising/Stretching</u> <u>Craft</u> <u>Birdfeeders</u>	<u>Chair yoga</u> <u>Board game challenge</u> <u>Express yourself art</u> <u>Birthday Celebration</u>		

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Welcome! All new participants starting with Circle of Friends!



Participants will be creating many different types of crafts this month. We will be starting the month with exercising and playing board games. Participants will be creating a chain craft to express themselves. We will be celebrating the 4th of July Holiday by having a BBQ in the program's backyard. There will be different activities to do during the BBQ, such as kickball, volleyball, and ball toss. Participants will continue to participate in musical yoga and bingo. We will be doing a "create your own watermelon" hand fan that can be used on a sizzling hot day. Participants will be having a movie day where they are able to choose a movie of their choice and eat popcorn. This month, we will begin playing a new dice game called Bunco. The winner of this game will receive a prize to take home.

The participants will be doing a "create your own paper ice cream cone" craft project. We will be doing many outdoor activities such as gardening, walking, kickball, and feeding birds. We will be having a lunching from Wendy's. COF staff will go out and get food from Wendy's and bring it back to the program for participants to enjoy for lunch. The participants will begin creating a scrapbook. The scrapbook consists of pictures and words that describe themselves glued onto a journal book. Participants will do a "express yourself" art project where they can paint how they are feeling. Circle of Friends participants will continue to do a council meeting each month. The council meeting consists of taking each individual advice on the different activities they are interested in doing. We will be making summertime slushies where participants can drink a special cool drink. To close out the month, we will be celebrating the participants whose birthday is in July with a sweet treat and a birthday song.

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. All Outings are canceled due to COVID 19 UNTIL FURTHER NOTICE.

Inspiration quote: "Challenges make you discover things about yourself that you never knew "

- Cicely Tyson

Reminders:

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

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 can 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
4th of July BBQ (at the program)	7/3/20 @ 10:00am	\$0.00		
Tuesday Movie	7/7/20 @ 10:30pm	\$0.00		
Wendy's (at the program)	7/17/20 @ 12:00pm	\$10.00		
Birthday Celebration (at the program)	7/31/20 @ 12:30pm	\$0.00		

Please return completed outing participation form by

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

Thank you