



# MARCH

## **Welcome! Circle of Friends Participants!**

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This month, we will be doing many different activities, bringing March in with the four-leaf clovers craft project. We will also begin the month with a pot of gold craft. Participants will be doing different types of activities, bringing in spring activities. The participants will enjoy making their own four-leaf clovers. COF will be making picture frames. Participants will be going on nature walks. Participants will be doing a small cooking class making Carmel popcorn. COF will be having a St. Patrick's Day lunch. COF has started a men and women group. We will be discussing different topics of their choice. Participants will be doing Bowling outings. Participants will be doing an expression group to let staff know how they feel. Participants will play bingo for prizes. COF staff will take participants on small outings around the building with their peers. COF staff will be enjoying different creative activities for March. COF will continue to enjoy the indoor and outdoor activities. COF will always accept input from the participants. Thank you.

**For participants that ride the route through Circle of Friends, drivers CAN NOT leave participants on the van unattended.**

**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 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.**

Day	Monday	Tuesday	Wednesday	Thursday	Friday
Date					1
	Activity	Activity	Activity	Activity	Activity
Rotating groups from 9 am - 1 pm		Journal 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 along
Afternoon	Outdoor walk	Outdoor I- spy	Outdoor games	Outdoor exercise	Outdoor walk
Day	Monday	Tuesday	Wednesday	Thursday	Friday
Date	4	5	6	7	8
	Activity	Activity	Activity	Activity	Activity
Rotating groups from 9 am - 1 pm	Expressions card/craft Bingo Craft	Journal Hand massage/Nail polish Karaoke Bingo	Meditation Women/men group Puzzle Challenge Men/women group	Expression Outside Games 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	11	12	13	14	15
	Activity	Activity	Activity	Activity	Activity
Rotating groups from 9 am - 1 pm	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
Day	Monday	Tuesday	Wednesday	Thursday	Friday
Date	18	19	20	21	22
	Activity	Activity	Activity	Activity	Activity
Rotating groups from 9 am - 1 pm	Journal craft Musical Chairs	Expressions Dart game challenge Floor tic tac toe	Expressions Bingo	Meditation Skip-Bo, Craft	Journal Beading
	Community Activity	Community Activity	Community Activity	Community Activity	Community Activity
Rotating groups from 9 am - 1 pm	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
Day	Monday	Tuesday	Wednesday	Thursday	Friday
Date	25	26	27	28	29
	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
	OPEN ACTIVITY	SOCIAL GROUP	ART PROJECT	spades	Birthday celebration

*\*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 get in touch with Ms. Cher @ 262-505-6200.**

Visitors Policy	Accessible Public Transportation
<p data-bbox="337 197 540 226">Control Of Money</p> <ul style="list-style-type: none"> <li data-bbox="159 281 769 422">✓ Participants are welcome to bring their funds to the program. Participants will be responsible for their funds. Participants can have free access to their money while on outings and within the program.</li> <li data-bbox="159 436 769 577">✓ The program manager will lock up any funds, per the participant's or participant guardian's request. The program manager will keep a log of deposits and withdrawals and request the participant or guardian to sign off on transactions.</li> </ul>	<p data-bbox="790 220 1146 340">Contact Transit Plus in the following ways. EMAIL – <a href="mailto:tpcomments@mcts.org">tpcomments@mcts.org</a> 711 (TRS)</p> <p data-bbox="790 380 1195 470">Milwaukee County Bus automated bus information hotline. Please dial 414-344-6711</p> <p data-bbox="790 548 1479 699">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="256 846 272 867">o</p> <ul style="list-style-type: none"> <li data-bbox="159 877 769 1129">✓ The program manager must make any changes to the programming services, accommodations, or schedule if participants or team members request. If a team meeting is required to implement changes, the program manager will coordinate and schedule a meeting. You can stop by to call 262-505-6200 or email the program manager at <a href="mailto:cofstaff@outlook.com">cofstaff@outlook.com</a>.</li> </ul> <p data-bbox="207 1167 786 1234"><b>All activities are optional, and an alternative list of activities for participants.</b></p> <ul style="list-style-type: none"> <li data-bbox="159 1251 769 1350">✓ Participants can select who they choose to interact with during inside and outside activities for as long as they want.</li> </ul> <p data-bbox="207 1367 786 1472"><b>A list of alternatives to group activities is posted on the information board for participants (computer, puzzles, games, coloring sheets, books, magazines, etc.....).</b></p> <ul style="list-style-type: none"> <li data-bbox="159 1488 769 1587">✓ A monthly participants council meeting will be held to collect feedback on activity planning and field trip suggestions.</li> </ul>	<ul style="list-style-type: none"> <li data-bbox="802 846 1531 909">✓ COF can transport program participants to and from the program. Contact the Program Manager for details.</li> <li data-bbox="802 926 1531 989">✓ COF provides transportation to program participants for community outings.</li> <li data-bbox="802 1005 1531 1068">✓ COF provides transportation to program participants in case of an emergency while attending the program.</li> </ul>

### 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
Bowling/ AMC	3/14/2024	\$20.00		
ST. Patrich celebration	3/15/2024	\$0		
Goodwill	3/21/2024	\$10.00		
Birthday celebration	3/29/2024	\$0		

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

Please  
**If you have any questions or concerns, please contact Ms. Cher @ 262-505-6200.**

**Thank you! RETURN completed outing participation form by 3/8/24.**

Menu	Monday	Tuesday	Wednesday	Thursday	Friday
Date					1
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 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	4	5	6	7	8
	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	11	12	13	14	15
Lunch	Spaghetti w/ garlic bread & fruit	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	Corn beef, sandwich, chips, pickle

	Juice, milk, or water				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	18	19	20	21	22
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 Birthd ay celeb ration
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
	25	26	27	28	29
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, refuse food, and choose to dine alone or with individual(s) of choice.**

**Staff will meet this request by conversing with participants before or during dining to ensure everyone is comfortable.**



#### Program Hours

- 8:00 am – 4:00 pm
- Monday – Friday
- Please give us a call if the participant is not attending.
- [www.circleoffriendsads.com](http://www.circleoffriendsads.com)
- 13735 W Capital Drive
- Brookfield, WI 53005
- 262-505-620
- [cher@morethanahome.net](mailto:cher@morethanahome.net)