





Circle of Friends Adult Day Program Month: September 2020

Activity Calendar

Tuesday	Wednesday	Thursday	Friday	Monday
1	2	3	4	7
Journal Expressions Exercise/Stretching Board games/Bingo	Journal/expressions Yoga Craft Outside Games	Journal Exercise/Stretching Labor Day CRAFT PROJECT	Exercise Musical Yoga@ 10am Craft Dinosaur Fossils	Resident Choice 
Tuesday	Wednesday	Thursday	Friday	Monday
8	9	10	11	14
Journal Expressions Exercise  Bingo	Journal/Expressions Meditation Board game, Sorry 654	Journal Expressions Exercise/Stretching Social Hygiene group	Exercise Chair Yoga Meditation Craft Stress Balls	Journals Expressions Exercising 654
Tuesday	Wednesday	Thursday	Friday	Monday
15	16	17	18	21
Journals Expressions Exercising Movie Tuesday	Exercise/Stretch@10am Social Creativity Day For Cof, Participants@ Staff	Journals Expressions Craft project Lava Lamps 10am	Journals Expression Board Games Lunch Outing, KFC	Journal/ Expressions Dance exercise Bingo
Tuesday	Wednesday	Thursday	Friday	Monday
22	23	24	25	28
 Autumn, Begins Fall craft Project	Exercise/Stretching Meditation@10am Walking club	Journals Expressions Stain glass painting	Journal/expressions Social Bingo Birthday Celebration	Journal Expressions Outside sidewalk painting Exercise 1pm
Tuesday	Wednesday			
29	30			
Journal Expressions Music Therapy	 Award/for 30 days			

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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 a special Labor Day project. There will be different activities 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 Lava Lamps,” and stress balls for participants daily use. 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 start are perfect attendance incentive. The participants will have to have perfect attendance for the month, and at the end of the month, they will get a certificate and a reward for not missing any days that they attend the program. We will be doing this every month. We will be having a lunching from Cousin Subs. COF staff will go out and get food from KFC and bring it back to the program for participants to enjoy for lunch. The participants will continue creating a scrapbook. The scrapbook consists of pictures and words that describe themselves glued onto a journal book. 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. Participants create their own stain glass painting. To close out the month, we will be celebrating the participants whose birthday are in August with a sweet treat and a birthday song.

We will continue to relax our clients by doing aromatherapy hand massages 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 cancelled due to COVID 19 UNTIL FURTHER NOTICE.

Inspiration quote: Stay positive and optimistic during the challenges fate can throw your way.

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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CIRCLE of FRIENDS
ADULT DAY SERVICES

September

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
Labor Day celebration (at the program)	9/7/20@10:30am	\$0.00		
Tuesday Movie	9/15/20 @ 10:30pm	\$0.00		
KFC (at the program)	9/18/20 @ 12:00pm	\$10.00		
Birthday Celebration (at the program)	9/27/20 @ 12:30pm	\$0.00		

Please return completed outing participation form by

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

Thank you