



CIRCLE of FRIENDS
ADULT DAY SERVICES

WELCOME TO September



Welcome! All new participants starting with Circle of Friends!

This month, we will do many different activities, bringing September fun. We will begin the month with falls & leaves projects. Participants will be doing different activities like making caramel apples and painting trees with falling leaves coming off. The participants will enjoy art painting, crafts, and making peanut butter sticks. COF will be going outside and enjoying some new summer games. Participants will be going on nature walks. Participants will be doing a small cooking class making Muddy Buddies. COF has started a men and women group. We will discuss different topics of their choice. Participants will be going to the zoo to see all kinds of other animals and to learn about nature. Participants will do an express painting to let staff know how they feel. Participants will continue to play bingo. The COF team 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 September. COF will continue to enjoy the outdoor activity. COF will always accept input from the participants.

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, foos 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 minimal 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.

Day	Friday	Monday	Tuesday	Wednesday	Thursday
Date	1	4	5	6	7
	Activity	Activity	Activity	Activity	Activity
Rotating groups from 9 am -1 pm		Journal Expression Craft project	Journal Board Game Challenge	Expressions Beauty Day/Nails manicure Beading Outing/ the zoo	Meditation Craft project Game Challenge Women/men group
	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	Friday	Monday	Tuesday	Wednesday	Thursday
Date	8	11	12	13	14
	Activity	Activity	Activity	Activity	Activity
Rotating groups from 9 am – 1 pm	Expressions card/craft Bingo	Journal Hand massage/Nail polish Karaoke	Meditation Women/men group Puzzle Challenge	Expression Outside games Bingo Men/women group	Journal DIY Summer fans Board Game Challenge Outing/golden corral
	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	Friday	Monday	Tuesday	Wednesday	Thursday
Date	15	18	19	20	21
	Activity	Activity	Activity	Activity	Activity
Rotating groups from 9 am – 1 pm	Meditation Karaoke Rock Painting	Journal Beauty Day/ hand massage Floor Tic tac toe	Meditation Homemade muddy buddies/cooking class Men/women group	Expressions Spades Outing culvers Men/women group	Journal Expression Board game challenge
	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	Friday	Monday	Tuesday	Wednesday	Thursday
Date	22	25	26	27	28

	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 Men/women group	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	Friday	Monday	Tuesday	Wednesday	Thursday
	29	2	3	4	5
	Activity	Activity	Activity	Activity	Activity
Rotating groups from 9 am – 1 pm	Expression Exercise Summer craft Birthday Celebration	Journal Spades Movie day W/popcorn	Exercise Meditation	Exercise Meditation Manicures /Nails Men/women group	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 want to learn more about our program or join the fun, please get in touch with Ms. Cher @ 262-505-6200.

Visitors Policy	Accessible Public Transportation
<p data-bbox="337 197 539 226">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 can access their money freely while on outings and within the program. The program manager will lock up any funds per the participant's or guardian's request. The program manager will keep a log of deposits and withdrawals and request the participant or guardian sign off on transactions. 	<p data-bbox="808 218 1130 281">Contact Transit Plus following ways.</p> <p data-bbox="808 281 1170 344">EMAIL – tpcomments@mcts.org 711 (TRS)</p> <p data-bbox="808 380 1195 474">Milwaukee County Bus automated bus information hotline. Please dial: 414-344-6711</p> <p data-bbox="808 548 1503 701">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 participants or team members request. If a team meeting is required to implement changes, the program manager will coordinate and schedule an appointment. 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 can transport program participants to and from the program. Contact the Program Manager for details. ✓ COF provides transportation to program participants for 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
Golden corral /for lunch	9/14/2023	\$15.00		
The Zoo	9/6/2023	\$15.00		
Birthday celebration	9/22/2023	\$0		

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

Please
If you have any questions or concerns, please get in touch with Ms. Cher @ 262-505-6200.

Thank you! RETURN completed outing participation form by 9/7/23

Menu	Friday	Monday	Tuesday	Wednesday	Thursday
Date	1	4	5	6	7
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	Friday	Monday	Tuesday	Wednesday	Thursday
Date	7	11	12	13	14
	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	Friday	Monday	Tuesday	Wednesday	Thursday
Date	15	18	19	20	21
Lunch	Spaghetti w/ garlic bread & fruit Juice, milk, or water	Grill cheese Chips Juice, milk, or water	Chili Cheese Fries Fruit cup Juice, water, or milk	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	Friday	Monday	Tuesday	Wednesday	Thursday
Date	22	25	26	27	28
Lunch	Spaghetti w/ meat Juice, milk, or water	Tacos w/ Corn Spanish Rice Juice, milk, or water	Pizza rolls Veggies Juice, milk, or water	Meatballs W/ Mashed potatoes fruit Juice, water, or milk	Chili, dogs chips Juice, milk, water
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	Friday	Monday	Tuesday	Wednesday	Thursday
	29	2	3	4	5
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	
Alternate Meal	Ham/cheese	Turkey/sandwich	Turkey/ham	Turkey/Ham	
Alternate/snack	Cup/cake	Oatmeal/pie	Jello	yogurt	

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 conversing with participants before or during dining to ensure 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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