



## December 2021



Welcome! All new participants starting with Circle of Friends! 


Participants will be creating many different types of crafts this month. Participants will continue to participate in chair yoga, step class, movie day, spades, blackjack 21, bingo, outdoor activities and many more. We will be starting this month with creating a snowman craft. Participants will be making a Christmas scrapbook. We will be having a Christmas party which will include games, food, and gifts. Participants will be making their very own slime with Christmas decor inside. We will be making snowflakes to bring in the Winter season. The snowflakes can be decorated and hung up around the program. Participants will be doing a diy "Christmas tree wreath. We will be creating mini-Christmas trees and decorating them. Participants will be decorating their own ornaments which can be hung up on COF's tree. We will be making edible gingerbread houses that participants can later enjoy for a snack. COF will be going on a lunch outing to Golden Corral. Participants will be creating a Christmas holiday snow globe. We will be doing a "sip hot cocoa and paint" craft. Participants will be making Christmas tie dye shirts. We will be making and decorating Christmas cookies for a snack.

COF will be closed on December 24, 2021, Christmas Eve. After the Christmas holiday, participants will return to the program and create their very own New Year's props. These props can be taken home for the New Year holiday. We will be coloring New year's coloring sheets. Participants will be creating a New Year's salt painting craft. Cof will be open New Year's Eve.

For participants that ride the route through Circle of Friends, drivers **CANNOT** 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 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.

## DECEMBER 2021

Wednesday 1	Thursday 2	Friday 3	Monday 6	Tuesday 7
Activity	Activity	Activity	Activity	Activity
Expressions Snowman Craft Karaoke	Journal Christmas scrapbook Step class	Christmas Party 	Journal Elf craft Participant's game choice	Expressions Homemade xmas slime Book club
Community Activity	Community Activity	Community Activity	Community Activity	Community Activity
Outdoor walking	Step class outside	Outdoor Exercise	Outdoor Walking	Outdoor Dance class
Wednesday 8	Thursday 9	Friday 10	Monday 13	Tuesday 14
Activity	Activity	Activity	Activity	Activity
Journal Xmas shopping/5below Spades	Expressions Snowflake craft Movie day	Journal Christmas wreath craft Council Meeting	Expressions mini xmas tree craft 6,5,4	Journal DIY ornaments Bingo
Community Activity	Community Activity	Community Activity	Community Activity	Community Activity
Outdoor meditation	Musical Chairs	Outdoor Stretching	Outdoor meditation	Outdoor Dance
Wednesday 15	Thursday 16	Friday 17	Monday 20	Tuesday 21
Activity	Activity	Activity	Activity	Activity
Expressions DiY gingerbread houses	Journal Christmas snowglobe 10 card games	Expressions Participant's choice Dance club	Journal Sip hot cocoa & paint blackjack 21	Expressions xmas tie dye shirt Bingo
Community Activity	Community Activity	Community Activity	Community Activity	Community Activity
Golden Corral	Outdoor Exercise	Outdoor Stretching		Outdoor Exercise
Wednesday 22	Thursday 23	Friday 24	Monday 27	Tuesday 28
Activity	Activity	Activity	Activity	Activity
Journal Christmas karaoke	Expressions Decorate xmas cookies	Christmas Eve CLOSED	Journal DIY new years prop	Expressions New year's coloring
Community Activity	Community Activity	Community Activity	Community Activity	Community Activity
Outdoor meditation	Outdoor walk	CLOSED	outdoor pictures	outdoor walk
Wednesday 29	Thursday 30			
Activity	Activity			
Journal New year's salt painting	Expressions Bingo			
Community Activity	Community Activity			
Outdoor meditation	Outdoor stretching			

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

## Community Events You Can Attend 2021



Gnome Days of Christmas  
December 3-4  
161 W. Wisconsin Ave.  
Pewaukee, WI.



A Christmas Carol  
The Pabst Theatre  
December 4-5  
144 E. Wells St  
Milwaukee, WI. 53202

Run, Santa, Run 5k Milwaukee  
Veterans Park  
Dec 19, 2021  
1010 N. Lincoln Memorial Dr.  
Milwaukee, WI.

Harlem Globetrotters  
Fiserv Forum  
Dec 31, 2021  
1111 Vel R. Philips  
Milwaukee WI

### Programming Hours:

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

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

[WWW.CIRCLEOFFRIENDSADS.COM](http://WWW.CIRCLEOFFRIENDSADS.COM)

13735 West Capital Drive

Brookfield, WI 53005

262-505-620

[coffstaff@outlook.com](mailto:coffstaff@outlook.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.

Visitors Policy	Accessible Public Transportation
<ul style="list-style-type: none"> <li>✓ COF has an Open-Door Policy we welcome friends, family, and community visitors at our program.</li> <li>✓ Participants can have visitors of their choosing at any time while attending program.</li> <li>✓ Participants can request privacy during the visit. COF conference room is available for all private visits.</li> </ul>	<p><b>Contact Transit Plus</b>            Let us know if we can be of assistance. You can contact MCTS Transit Plus Staff Monday through Friday from 8:00 a.m. to 4:30 p.m. in any of the following ways.            EMAIL - <a href="mailto:tpcomments@mcts.org">tpcomments@mcts.org</a>            CALL - General Information: 414-343-1700 (Voice) or 711 (TRS)</p> <p><b>Milwaukee County Bus</b>            Many questions can be answered by calling our 24/7 automated bus information hotline.            Please dial: <b>414-344-6711</b></p>
Control Of Money	<p><b>Yellow Cab Company</b>            414-271-1800</p>
<ul style="list-style-type: none"> <li>✓ Participants are welcome to bring their own funds to program. Participants will be responsible for their personal funds.</li> <li>✓ The program manager will lock up any funds, per request of participant or participant guardian. Program manager will keep a log of deposits and withdrawal and request participant or guardian to sign off on transactions.</li> </ul>	
	Circle Of Friends Transportation
<ul style="list-style-type: none"> <li>○</li> <li>✓ Any changes needed to programming services, accommodations, and/or schedule must be made to program manager. If a team meeting is needed to implement changes, the program manager will coordinate and schedule meeting. You can stop, call 262-505-6200 or email program manager at <a href="mailto:cofstaff@outlook.com">cofstaff@outlook.com</a>.</li> <li>✓ All activities are optional, and an alternative list of activities for participants.</li> <li>✓ Participants can select who they choose to interact with during inside and outside activities.</li> <li>✓ A list of alternatives to group activities is posted on the information board for participants (computer, puzzles, games, coloring sheets, books, magazines, etc....).</li> <li>✓ 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>✓ COF is able to transport program participants to and from program. Contact Program Manager for details.</li> <li>✓ COF provides transportation to program participants to community outings</li> <li>✓ COF provides transportation to program participants in case of an emergency while attending 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 outings you will be participating in:

Participants Name: \_\_\_\_\_

Activity	Date / Time	Cost	Yes	No
Christmas Party	12/3/21	\$0.00		
Christmas shopping outing/5 Below	12/8/21	Open/\$		
Golden corral	12/15/21	\$15.00		

*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 12/10/21

## December MENU

<b>Day</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Monday</b>	<b>Tuesday</b>
<b>Date</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>Lunch</b>	Pork & beans hot dogs juice, water, or milk	Pizza rolls Chips Juice, milk, or water	CHRISTMAS PARTY	Hotdogs Chips Juice, water, or milk	Stir fry Veggies Juice, water, or milk
<b>Snack</b>	Zebra Cakes	Applesauce	Pie/cakes	Cookies	Pop tart
<b>Alternate Meal</b>	Turkey/ham sandwich	Turkey/ham sandwich	Turkey/ham sandwich	Turkey/ham sandwich	Turkey/ham sandwich
<b>Alternate Snack</b>	Brownies	Animal crackers	pie	Cookies	pudding
<b>Day</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Monday</b>	<b>Tuesday</b>
<b>Date</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
	Meatballs, rice and gravy Juice, water, or milk	Hamburger helper Veggies Juice, water or milk	Breakfast for Lunch Fruit Juice, water, or milk	Peanut butter & jelly sandwich Fruit Juice, milk, or water	Turkey sandwich Chips Juice, water, or milk
<b>Snack</b>	Applesauce	Cookies	Nutty Butter Bars	Pudding	Jell-O
<b>Alternate Meal</b>	Turkey/ham sandwich	Turkey/ham sandwich	Turkey/ham sandwich	Turkey/ham sandwich	Turkey/ham sandwich
<b>Alternate Snack</b>	Granola Bar	Jell-O	Pudding	Fruit	Pop tart
<b>Day</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Monday</b>	<b>Friday</b>
<b>Date</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
<b>Lunch</b>	Sloppy Joe's Chips Juice, water, or milk	Hamburger helper Green Beans Juice, milk, or water	Macaroni w/ meat Veggies Juice, Water, or milk	Pork & beans Green beans Juice, water, or milk	Chicken quesadillas Chips Juice, milk, or water
<b>Snack</b>	Cookies	Oatmeal Pie	Fruit	Apple sauce	Fudge Cookies
<b>Alternate Meal</b>	Turkey/ham sandwich	Turkey/ham sandwich	Turkey/ham sandwich	Grilled Cheese sandwich	Turkey/ham sandwich
<b>Alternate Snack</b>	Graham Crackers	Chocolate bar	Swiss rolls	Fruit	Sugar cookies
<b>Day</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Monday</b>	<b>Tuesday</b>
<b>Date</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
<b>Lunch</b>	Polish Chips Juice, water, or milk	Cheesy Chicken w/ rice Veggies Juice, milk, or water	Peanut butter & jelly sandwich Fruit Juice, milk, or water	Hamburgers Chips Juice, milk, or water	Chili w/ crackers Fruit Juice, water, or milk
<b>Snack</b>	Applesauce	Pop tart	Jell-o	Oatmeal pie	Fruit
<b>Alternate Meal</b>	Turkey/ham sandwich	Turkey/ham sandwich	Turkey/ham sandwich	Turkey/ham sandwich	Turkey/ham sandwich
<b>Alternate Snack</b>	Fruit cup	Granola Bar	Swiss Roll	Zebra Cake	Chocolate bar

## December MENU

Day	Wednesday	Thursday	Friday		
Date	29	30	31		
Lunch	Grilled cheese sandwich Chips Juice, water, or milk	Beef stew Fruit Juice, water, or milk	Homemade pizza roll ups Chips Juice, water, or milk		
Snack	Cookies	Pop tart	oatmeal pie		
Alternate Meal	Turkey/ham sandwich	Turkey/ham sandwich	Turkey/ham sandwich		
Alternate Snack	Brownies	Swiss roll	cheez its		

- All meals are served with the option of milk, water, and/or juice.
- Participants have choices of when, where and with whom they would like to eat, a person can request alternative meals if desired.
- Participants can request a meal or snack at an alternate time
- Participants requesting private dining can eat in the conference room