

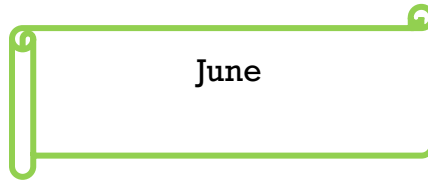


Circle of Friends Adult Day Program Month: June 2021

Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
31	1	2	3	4
<u>Journal</u> <u>Spanish/group</u> <u>Exercise/Stretching</u> <u>Board games/Bingo</u>	<u>Journal/expressions</u> <u>Yoga</u> <u>Craft</u> <u>Movie Tuesday</u>	 Planting Flowers	<u>Exercise</u> Musical Yoga@ 10am <u>Craft</u> Create a Watermelon fan	Journals Expressions Craft Project Painted Rock Babies
Monday	Tuesday	Wednesday	Thursday	Friday
7	8	9	10	11
<u>Journal</u> <u>Spanish/Group</u> <u>Exercise</u>  Bingo	<u>Journal/Expressions</u> <u>Meditation</u> <u>Bunco</u> 654	<u>Journal</u> <u>Expressions</u> <u>Exercise/Stretching</u> <u>Social</u> Hygiene group	<u>Exercise</u> Chair Yoga Meditation <u>Craft</u> <u>Participate choice</u>	<u>Journals</u> <u>Expressions</u> <u>Exercising</u> <u>Lunch outing</u> <u>Mayfair Mall</u>
Monday	Tuesday	Wednesday	Thursday	Friday
14	15	16	17	18
<u>Journals</u> <u>Spanish/Group</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/</u> <u>Hand Massage</u>	<u>Journal/ Expressions</u> <u>Dance exercise</u> <u>Bingo</u>
Monday	Tuesday	Wednesday	Thursday	Friday
21	22	23	24	25
<u>Journal Club@10:00am</u> <u>Spanish/Group</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>Zoo Outing</u>	<u>Journal/expressions</u> <u>Social</u> Bingo Skee ball/Game tournament	<u>Journal</u> <u>Expressions</u> <u>Exercising</u> <u>Birthday Celebration</u>
Monday	Tuesday	Wednesday		
28	29	30		
<u>Journal</u> <u>Spanish/Group</u> <u>Music Therapy</u>	<u>Journal</u> <u>Expression</u> <u>Outside Game</u>	<u>Journal</u> <u>Expression</u> <u>Exercise</u>		

13735 West Capital Drive  
Brookfield, WI 53005  
262-505-6200 Main  
262-505-6287 Fax  
cofstaff@outlook.com



**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 by planting flowers outside. There will be various 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 Scrapbook. Participants will have a movie day where they can choose a movie of their choice and eat popcorn. This month, we will continue with the Spanish Group. The participants enjoy learning their colors in Spanish, Numbers and learning how to express their feelings in Spanish. We will be doing many outdoor activities such as gardening, walking, kickball. We will be having a lunch at Mayfair Mall. COF staff will go out and get food from Burger king 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 ice cream sundae. To close out the month, we will celebrate the participants whose birthday is 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 canceled due to COVID 19 UNTIL FURTHER NOTICE.

**Inspiration quote:** I cannot change the direction  
Of the wind, but I can adjust my sails constantly to  
Reach my destination.’

**Reminders:**

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

**Programming Hours:**

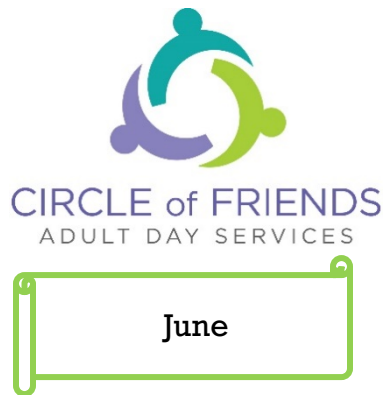
- 8:00am to 5:00pm
- Monday -Friday

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

**[WWW.CIRCLEOFFRIENDSADS.COM](http://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
<b>Game Tournament (at the program)</b>		<b>\$0.00</b>		
<b>Tuesday Movie</b>		<b>\$0.00</b>		
<b>Burger king (at the program)</b>		<b>\$10.00</b>		
<b>Birthday Celebration (at the program)</b>		<b>\$0.00</b>		

Please return completed outing participation form by

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

**Thank you**