



CIRCLE of FRIENDS
ADULT DAY SERVICES

November 2021



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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 a thankful tree craft. Participants will be creating a fall wreath that will be displayed in the program. We will be making a thankful scrape book that participants will be able to decorate and put what's important to them inside.

Participants will be going on an outing to the Marcus Theatre of Waukesha to enjoy a comedy movie, lunch, and popcorn. We will continue to do craft project during the month creating an apple basket. We will be doing a "diy caramel. We will be doing a potbelly turkey craft for the Thanksgiving holiday. We will be doing a fall scavenger hunt in our backyard, where participants go outside and collect all the related things to the Autumn season. We will be doing a yarn pumpkin craft project. For the Thanksgiving holiday, we will be doing a Thanksgiving feast for the program. Staff will cook a Thanksgiving meal and drinks those participants will be able to enjoy. We will doing a sensory fall jar. Participants will be doing a snow globe craft to bring in the Winter season.

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, foos' ball, and ping pong at the program.

Participants will be doing a "participants choice" activity where staff ask participants if they have any input on crafts and outings. Staff will jot down the ideas and implement them into the calendar.

Circle of Friends will be closed Thursday, November 25th, 2021, and Friday, November 26th, 2021. Closing out the month, we will be celebrating participants' birthdays who fall in November with a sweet treat and lunch.

Circle of Friends offers a variety of goal-orientated activities and opportunities that promote independence. Individuals choose to participate in activities.

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.

NOVEMBER 2021

Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5
Activity	Activity	Activity	Activity	Activity
Journal Bingo Thankful Tree	Expressions Karaoke Spades	Journal Skee-ball Fall Wreath	Expressions Manicure Participant's choice	Journal Indoor scavenger hunt Simon Says
Community Activity	Community Activity	Community Activity	Community Activity	Community Activity
Outdoor walking	Step class outside	Outdoor Exercise	Outdoor Walking	Outdoor Dance class
Monday 8	Tuesday 9	Wednesday 10	Thursday 11	Friday 12
Activity	Activity	Activity	Activity	Activity
Expressions Board game challenge Thankful Scrapbook	Journal Movie Tuesday Marcus Theatre	Expressions Apple Basket Craft Counsel Meeting	Journal Skee-ball DIY Caramel Apples	Expressions Potbelly Turkey craft
Community Activity	Community Activity	Community Activity	Community Activity	Community Activity
Outdoor meditation	Musical Chairs	Outdoor Stretching	Outdoor meditation	Outdoor Dance
Monday 15	Tuesday 16	Wednesday 17	Thursday 18	Friday 19
Activity	Activity	Activity	Activity	Activity
Expressions Fall Scavenger hunt	Journal Board game challenge	Expressions Participant's choice	Journal Yarn Pumpkin Craft	Expressions Thanksgiving Feast
Community Activity	Community Activity	Community Activity	Community Activity	Community Activity
Outdoor Simon says	Outdoor Exercise	Outdoor Stretching		Outdoor Exercise
Monday 22	Tuesday 23	Wednesday 24	Thursday 25	Friday 26
Activity	Activity	Activity	Activity	Activity
Journal Book Club	Expressions Sensory Fall Jars	Journal Cotton ball Autumn tree	Thanksgiving CLOSED	CLOSED
Community Activity	Community Activity	Community Activity	Community Activity	Community Activity
Outdoor meditation	Outdoor walk	Outdoor pictures	CLOSED	CLOSED
Monday 29	Tuesday 30	<div data-bbox="886 1188 1671 1347" data-label="Text" style="border: 1px solid black; padding: 10px;"> <p>*Please also look at our information board for additional community resources, activities, events and neighborhood businesses.</p> </div>		
Activity	Activity			
Journal Expressions	Expressions Diy Snow globes Birthday Celebration			
Community Activity	Community Activity			
Outdoor meditation	Outdoor stretching			



**Jurassic World Live Tour
Fiserv Forum
November 8-10
1111 Vel R. Phillips Ave.
Milwaukee, WI. 53203**



**Bloomin Holidays
Museum of Wisconsin Art
November 8th- 10th
205 Veterans Ave.
West Bend, WI. 53095**



**Trainfest
State Fair Park
November 10-11
640 S. 84th St.
West Allis, WI. 53214**

**Holiday Folk Fair
State Fair Park
November 16-18
640 S. 84th st.
West Allis, 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

13735 West Capital Drive

Brookfield, WI 53005

262-505-6200 Main

coffstaff@outlook.com

We are 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"> ✓ COF has an Open Door Policy we welcome friends, family, and community visitors at our program. ✓ Participants are able to have visitors of their choosing at any time while attending program. ✓ Participants are able to request privacy during the visit. COF conference room is available for all private visits. 	<p>Contact Transit Plus 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 - tpcomments@mcts.org CALL - General Information: 414-343-1700 (Voice) or 711 (TRS)</p> <p>Milwaukee County Bus Many questions can be answered by calling our 24/7 automated bus information hotline. Please dial: 414-344-6711</p> <p>Yellow Cab Company 414-271-1800</p>
Control Of Money	
<ul style="list-style-type: none"> ✓ Participants are welcome to bring their own funds to program. Participants will be responsible for their personal funds. ✓ 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. 	
	Circle Of Friends Transportation
<ul style="list-style-type: none"> ○ ✓ Any changes needed to programing 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 cofstaff@outlook.com. ✓ All activities are optional, and an alternative list of activities for participants. ✓ Participants are able to select who they choose to interact with during inside and outside activities. ✓ 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 meetings will be held to collect feedback on activity planning and field trip suggestions. 	<ul style="list-style-type: none"> ✓ COF is able to transport program participants to and from program. Contact Program Manager for details. ✓ COF provides transportation to program participants to community outings ✓ COF provides transportation to program participants in case of an emergency while attending 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 outings you will be participating in:

Participants Name: _____

Activity	Date / Time	Cost	Yes	No
Marcus Movie Theater	11/9/21	\$5.00		
Thanksgiving Feast	11/19/21	\$0.00		
Birthday Celebration	11/30/21	\$0.00		

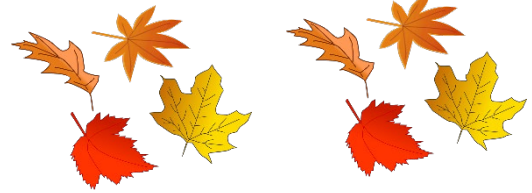
<i>We would love for you to provide us feedback.</i>
What are some of your interests? Please let us know?
Concerns/ Suggestions:
Staff and/or Participant Shout Outs:
I will not be attending program on this day:

Please
Any questions or concerns, please contact Ms. Cher @ 262-505-6200.
Thank you!

RETURN completed outing participation form by 11/5/21



November



MENU

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

November MENU

Day	Monday	Tuesday			
Date	29	30			
Lunch	Hotdogs Chips Juice, water or milk	Pizza Rolls Fruit Juice, water, or milk			
Snack	Cookies	Pop tart			
Alternate Meal	Turkey/ham sandwich	Turkey/ham sandwich			
Alternate Snack	Brownies	swiss roll			
<ul style="list-style-type: none"> • 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 are able to eat in the conference room 					