



CIRCLE of FRIENDS
ADULT DAY SERVICES

October 2021



CIRCLE of FRIENDS
ADULT DAY SERVICES



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 “toilet paper roll mummy” craft project. Participants will be starting a new “indoor bowling” activity at the program. We will be creating “DIY Halloween spiders,” which will be a decoration for the program. Participants will be going on a lunch out to McDonald’s. Participants will be creating an inspirational scrapbook about themselves. We will be doing an “art therapy” craft, where participants can paint a picture of something that makes them happy. Participants will be creating fall candles for decoration for the season. We will be creating popsicle scarecrows for the Harvest season. Participants will be participating in a fall scavenger hunt which will be held in the program’s backyard. We will be going to Silver Spring Pumpkin farm, where participants can walk through a corn maze, enjoy the hayride, and buy pumpkins. We will be creating a fall sensory jar. Participants will be making caramel apples that they can enjoy for a snack. We will be having a Halloween party where participants can dress in costumes. We will be having a “best costume” contest, a dance contest, and more.

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. This month, we will be celebrating participants birthday of the month of October during the COF Halloween party

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.

October Calendar

Friday	Monday	Tuesday	Wednesday	Thursday
1	2	3	6	7
Activity	Activity	Activity	Activity	Activity
Expressions Toilet paper roll mummy Blackjack 21	Journal Karaoke Spades	Expressions Step class Movie Day	Journal indoor bowling DIY Halloween spiders	Expressions Word search
Community Activity	Community Activity	Community Activity	Community Activity	Community Activity
Outdoor Exercise	Step class outside	Hot potato ball toss	Walking	McDonald's
Friday	Monday	Tuesday	Wednesday	Thursday
8	9	10	13	14
Activity	Activity	Activity	Activity	Activity
Journal Bingo Scrapbooking	Expressions Art therapy Beading	Journal DIY Fall candles	Expressions Skee-ball Council Meeting	Journal Popsicle stick scarecrow
Community Activity	Community Activity	Community Activity	Community Activity	Community Activity
Outdoor meditation	Yoga	Outdoor Stretching	Outdoor meditation	Outdoor Dance
Friday	Monday	Tuesday	Wednesday	Thursday
15	16	17	20	21
Activity	Activity	Activity	Activity	Activity
Expressions Fall Scavenger hunt	Journal Board game challenge	Expressions Participant's choice	Journal Manicures	Expressions Bingo
Community Activity	Community Activity	Community Activity	Community Activity	Community Activity
Outdoor Simon says	Outdoor Exercise	Outdoor Stretching	Silver Spring Pumpkin Farm	Outdoor Exercise
Friday	Monday	Tuesday	Wednesday	Thursday
22	23	24	27	28
Activity	Activity	Activity	Activity	Activity
Journal Book Club	Expressions Sensory Fall Jars	Journal Caramel Apples	Expressions Sorry Board Game	Journal Participants Choice
Community Activity	Community Activity	Community Activity	Community Activity	Community Activity
Outdoor meditation	Outdoor walk	Outdoor pictures	Outdoor hopscotch	Outdoor stretching
Thursday				
29				
Activity				
🎃Halloween Party🎃				
Community Activity				
Outdoor stretching				

Community Events You Can Attend 2021

- Milwaukee Lakefront Marathon
October 3, 2021
500 N. Harbor Dr.
- Bayshore Family Flicks
October 6, 2021
5800 N. Bayshore Dr.
Glendale, WI.
- Cathedral Square Market
October 2nd & 9th 2021
825 N. Jefferson St.
Milwaukee, WI.
- Milwaukee Comedy Festival
October 3rd- 10th 2021
1040 Vel R. Philips Ave.
Milwaukee, WI.
- Gallery Night MKE
Downtown Milwaukee
St. Paul & Water St.
October 15th & 16th, 2021

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

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 5300

262-505-6200 Main

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"> ✓ 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 https://www.ridemcts.com/how-to-ride</p> <p>Yellow Cab Company 414-271-1800</p>
Control Of Money	<p>Circle Of Friends Transportation</p> <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
<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 the 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. 	

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
McDonald's	10/7/21	\$10.00		
Silver Spring Pumpkin Farm	10/20/21	\$5.00		
Halloween Party/Birthday Celebration	10/29/21	\$0.00		

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 8/6/21

September MENU

Day	Friday	Monday	Tuesday	Wednesday	Thursday
Date	1	4	5	6	7
Lunch	Pizza Rolls Fruit Juice, water, or milk	Hot dogs Chips Juice, milk, or water	Meatballs, rice & gravy Juice, milk, or water	Turkey sandwich Chips Juice, water, or milk	Lunch Outing McDonald's
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	Friday	Monday	Tuesday	Wednesday	Thursday
Date	8	11	12	13	14
Lunch	Chicken Alfredo Juice, water, or milk	Brats Chips Juice, water, or milk	Stir fry 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	Friday	Monday	Tuesday	Wednesday	Thursday
Date	15	18	19	20	21
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	Friday	Monday	Tuesday	Wednesday	Thursday
Date	22	25	26	27	28
Lunch	Hotdog 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	Sloppy Joe's 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

September MENU

Day	Friday				
Date	29				
Lunch	👤 Halloween Party 👤				
Snack	Cookies				
Alternate Meal	Turkey/ham sandwich				
Alternate Snack	Brownies				
<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 					