



CIRCLE of FRIENDS
ADULT DAY SERVICES

September 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, Spanish class, spades, blackjack 21 bingo and many more activities. We will be starting this month with a “diy flower pen craft.” Participants will be going on an outing to the Milwaukee Public Museum where they can enjoy spectacular exhibits. We will be creating an “Autumn Wreath” that will displayed in the program. Participants will be baking and decorating fall cookies this month. We will be creating fall mason jars with participants. Participants will be going on a lunch outing to Badger burger. We will be creating a “colorful “patterned owl” craft project. Participants will be doing a new social club this month a book club. They will have the choice to read books and discuss the book with one another. We will be creating candy corn for a craft project. We will be doing a puffy paint caramel apple craft. Participants will be doing a current events project to talk about the things going on today.

Participants will be participating in a Circle of Friends prom which will include many different activities and food. Participants will have the chance to win a prom King and Queen crown. We encourage that participants dress in formal attire for this event.

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 in birthday of the month of September during the COF prom.

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.

September Activity Calendar

Wednesday	Thursday	Friday	Monday	Tuesday
1	2	3	6	7
Activity	Activity	Activity	Activity	Activity
Journal DIY flower pen Outdoor Exercise	Exercise Outdoor Simon says Step Class	Journal Manicure Outdoor walking club	Expressions Outdoor dance Karaoke	Journal Outdoor "I spy" Autumn Wreath
Community Activity	Community Activity	Community Activity	Community Activity	Community Activity
Outdoor Basketball	Milwaukee Public Museum	Volleyball	Flying kites	Kickball
Wednesday	Thursday	Friday	Monday	Tuesday
8	9	10	13	14
Activity	Activity	Activity	Activity	Activity
Expressions Outdoor stretching Baking fall cookies	Journal Outdoor yoga Bingo	Expressions Fall Mason Jars	Journal Board games	Expressions Movie Day
Community Activity	Community Activity	Community Activity	Community Activity	Community Activity
Frisbee	Jump Rope	Outdoor Stretching	Outdoor meditation	Outdoor Dance
Wednesday	Thursday	Friday	Monday	Tuesday
15	16	17	20	21
Activity	Activity	Activity	Activity	Activity
Journal Outdoor Volleyball	Expressions Blackjack 21	Journal Colored Patterned Owls	Expressions Manicures	Journal Bingo
Community Activity	Community Activity	Community Activity	Community Activity	Community Activity
Badger Burger	Outdoor Exercise	Outdoor Stretching	Outdoor walk	Outdoor Exercise
Wednesday	Thursday	Friday	Monday	Tuesday
22	23	24	27	28
Activity	Activity	Activity	Activity	Activity
Expressions Book Club	Journal Candy corn	 Circle of Friends Prom 2021	Expressions Puffy paint caramel apples	Journal Current events
Community Activity	Community Activity	Community Activity	Community Activity	Community Activity
Outdoor meditation	Outdoor walk	Outdoor pictures	Outdoor hopscotch	Outdoor stretching

Community Events You Can Attend 2021

- Summerfest September 2-18
100 N. Harbor Dr.
Milwaukee, WI.
- Milwaukee Rally September 2-6
11310 W. Silver Spring Rd
Milwaukee, WI.
- Oak creek Lion's fest September 3, 2021
9327 S. Shepard Ave.
Oak Creek, WI.
- World Beef Expo September 23-26
Wisconsin State Fair Park
640 S. 84th St. West Allis, WI.
- Oktoberfest September 3, 2021
700 W. Lexington Blvd.
Glendale, WI.
- Fall Family Fest September 30, 2021
South Milwaukee Downtown Market
1101 Milwaukee Ave. South
- Labor fest September 6, 2021
Henry Meijer Festival Park
200 N. Harbor Dr.
Milwaukee, WI.

*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	
<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
Milwaukee Public Museum	9/2/21	\$0.00		
Badger Burger	9/15/21	\$12.00		
Circle of Friends Prom	9/24/21	\$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	Wednesday	Thursday	Friday	Monday	Tuesday
Date	1	2	3	6	7
Lunch	Sloppy Joe's Chips Juice, water, or milk	Breakfast for Lunch Fruit Juice, water, or milk	Tuna Casserole Peas Juice, water, or milk	Tacos Corn Juice, water, or milk	Pork & beans Green beans Juice, water, or milk
Snack	Cookies	Swiss rolls	Fruit	Graham Crackers	Granola Bar
Alternate Meal	Turkey/ham sandwich	Turkey/ham sandwich	Turkey/ham sandwich	Turkey/ham sandwich	Turkey/ham sandwich
Alternate Snack	Brownies	Animal crackers	Apple sauce		
Day	Wednesday	Tuesday	Wednesday	Thursday	Friday
Date					
Lunch	Chicken Alfredo Juice, water, or milk	Hot dogs Chips Juice, milk, or water	Hamburger Helper Green Beans Juice, milk, or water	Chicken Noodle soup w/ crackers Juice, milk, or water	Tuna melts Chips Juice, milk, or water
Snack	Applesauce	Zebra Cakes	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	Wednesday	Tuesday	Wednesday	Thursday	Friday
Date					
Lunch	Pizza Rolls Fruit Juice, water, or milk	Brats Chips Juice, water, or milk	Macaroni Veggies Juice, Water, or milk	Turkey sandwich Chips Juice, water, or milk	Chili w/ crackers Fruit Juice, water, or milk
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	Applesauce	Pudding	Sugar cookies
Day	Wednesday	Tuesday	Wednesday	Thursday	Friday
Date					
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	Meatball's w/ gravy and rice Veggies Juice, milk, or water	Chicken noodle soup w/ cracker Chips Juice, milk, or water
Snack	Applesauce	Pop tart	Cookies	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
<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 					