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## **Welcome! Circle of Friends Participants!**

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This month, we will be doing many different activities, bringing them to our new location in the month of January. COF will also begin the month with different fun craft activities. The participants will be enjoying our new program location. COF will be making their own pizzas on our new stove with staff assistance. Cof will be having an open house date to be determined . Participants will be making their personal Calanders for 2025. Cof will be baking cookies with the staff and doing other cooking projects with the participants and staff. Cof will start a new bingo called get to know you, Bingo.

COF has started a men and women group. We will be discussing different topics of choice. Participants will have an expression group to let staff know how they feel. As you can see staff have planned very different creative activities for the month of January. Cof. We will continue to enjoy indoor and outdoor activities. COF will always accept impute from the participants. Thank you.

For participants that ride the route through Circle of Friends, drivers CAN NOT 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 offering hand massages and manicures with aromatherapy. Participants love self-care activities. They will also enjoy air hockey, pool games, fools' balls, and ping-pong.

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

The decision to close the Circle of Friends due to inclement weather will be based on information received from a variety of sources; the national weather service; the city of Milwaukee's Supervisor in charge of snow emergencies, the fire department, and for reports of weather and travel conditions throughout Milwaukee, and others as required.

**When MILWAUKEE PUBLIC SCHOOL is closed due to inclement weather Circle of Friends will be closed**



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Day	Monday	Tuesday	Wednesday	Thursday	Friday
Date			1	2	3
	Activity	Activity	Activity	Activity	Activity
Rotating groups from 9 am - 1 pm	Journal Craft/game challenge.	Journal craft Open Group	Journal Board Game Chall	Journal Board games Expression Group Famous Dave's	Meditation Craft project. Game challenge.
	Community Activity	Community Activity	Community Activity	Community Activity	Community Activity
Morning	Outdoor I- spy	Outdoor jog	Outdoor dance	Outdoor Singing	Outdoor sing along
Afternoon	Outdoor walk	Outdoor I- spy	Outdoor games	Outdoor exercise	Outdoor walk
Day	Monday	Tuesday	Wednesday	Thursday	Friday
Date	6	7	8	9	10
	Activity	Activity	Activity	Activity	Activity
Rotating groups from 9 am - 1 pm	Expressions card/craft. Bingo Craft	Journal Hand massage/Nail polish Karaoke Bingo	Meditation Fashion/show Puzzle challenge. Bingo	Expression Outside Games	Journal Board Game Challenge
	Community Activity	Community Activity	Community Activity	Community Activity	Community Activity
Morning	Outdoor Sensory Activity	Sightseeing in the community	Outdoor dance	Outdoor art	Walk to park
Afternoon	Outdoor Walk	Outdoor Exercise Park	Outdoor art	Outdoor Sensory Activity	Outdoor Expressions
Day	Monday	Tuesday	Wednesday	Thursday	Friday
Date	13	14	15	16	17
	Activity	Activity	Activity	Activity	Activity
Rotating groups from 9 am - 1 pm	Meditation Karaoke Musical chairs craft	Journal Beauty Day/ hand massage Floor Tic tac toe	Meditation craft. Show/tell Outing	Expressions Spades Game Challenge Outing	Journal Expression Board game challenge.

	Community Activity	Community Activity	Community Activity	Community Activity	Community Activity
Morning	Outdoor Nature Walk	Outdoor Exercise k@ park	Outdoor stretch	Outdoor Walk	Outdoor Exercise
Afternoon	Outdoor art chalk	Outdoor Music & Movement	Walk to Goodwill	Outdoor Sensory Activity y	Outdoor jog
Day	Monday	Tuesday	Wednesday	Thursday	Friday
Date	20	21	22	23	24
	Activity	Activity	Activity	Activity	Activity
Rotating groups from 9 am - 1 pm	Journal craft Musical Chairs	Expressions Dart game challenge Floor tic tac toe	Expressions Bingo Outing	Meditation Skip-Bo, Craft Volleyball/ outing	Journal Open activity. Bingo Birthday celebration
	Community Activity	Community Activity	Community Activity	Community Activity	Community Activity
Rotating groups from 9 am - 1 pm	Expression Exercise	Journal Spades. Movie day W/popcorn	Exercise Meditation Men/women group	Exercise Meditation Manicures /Nails	EXERCISE Meditation Board games
	Community Activity	Community Activity	Community Activity	Community Activity	Community Activity
Morning	Outdoor Expressions	Outdoor Nature Walk	Outdoor walk	Outdoor walk	Outdoor walk
Afternoon	Outdoor walk to Hobby Lobby	Outdoor Games	Community Walk	Outside exercise	Outside exercise
Day	Monday	Tuesday	Wednesday	Thursday	Friday
Date	27	28	29	30	31
Closed Nov,25-Nov,29	Community Activity/Bake Sell sofa	Community Activity	Community Activity	Community Activity	Community Activity
Morning	Outdoor Expressions	Outdoor Nature Walk	Outdoor walk	Outdoor walk	Outdoor walk
Afternoon	Outdoor walk to Hobby Lobby	Outdoor Games	Community Walk	Outside exercise	Bingo
	OPEN ACTIVITY	SOCIAL group	ART PROJECT	Halloween Party/Birthday celebration	games

\*Please also look at our information board for additional community resources, activities, events, and neighborhood businesses. \*Participants can work with staff of their choice and with whom they feel comfortable. This request must be made to Ms. Cher so we can plan accordingly. Circle Of Friends activities are inclusive to all participants. Participants with and without disabilities have the option to participate in all programs.

**We are currently accepting new participants. If you want to learn more about our program or join the fun, please get in touch with Ms. Cher @ 262-505-6200. 414-935-2580**

Visitors Policy	Accessible Public Transportation
<p data-bbox="342 201 540 226">Control Of Money</p> <ul style="list-style-type: none"> <li>✓ Participants are welcome to bring their funds to the program. They are responsible for their funds. Participants have free access to their money while on outings and within the program.</li> <li>✓ The program manager will lock up any funds at the participant's or guardian's request. The manager will also keep a log of deposits and withdrawals and request the participant or guardian sign off on transactions.</li> </ul>	<p data-bbox="792 222 1146 344">Contact Transit Plus in the following ways. EMAIL – <a href="mailto:tpcomments@mcts.org">tpcomments@mcts.org</a> 711 (TRS)</p> <p data-bbox="792 380 1195 478">Milwaukee County Bus automated bus information hotline. Please dial 414-344-6711</p> <p data-bbox="792 552 1479 705">Yellow Cab Company 414-271-1800 MCTS Transit Plus Staff Monday through Friday from 8:00 a.m. to 4:30 p.m. in any of the CALL – General Information: 414-343-1700 (Voice) or</p>
	Circle Of Friends Transportation
<p data-bbox="256 846 272 867">o</p> <ul style="list-style-type: none"> <li>✓ The program manager must make any changes to the programming services, accommodations, or schedule if participants or team members request. If a team meeting is required to implement changes, the program manager will coordinate and schedule a meeting. You can stop by, call 414-935-2580, or email the program manager at <a href="mailto:cofstaff@outlook.com">cofstaff@outlook.com</a>.</li> </ul> <p data-bbox="207 1167 787 1234">All activities are optional, and an alternative list of activities for participants.</p> <ul style="list-style-type: none"> <li>✓ Participants can select who they choose to interact with during inside and outside activities for as long as they want.</li> </ul> <p data-bbox="207 1367 787 1476">A list of alternatives to group activities is posted on the information board for participants (computer, puzzles, games, coloring sheets, books, magazines, etc.....).</p> <ul style="list-style-type: none"> <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 can transport program participants to and from the program. Contact the Program Manager for details.</li> <li>✓ COF provides transportation to program participants for community outings.</li> <li>✓ COF provides transportation to program participants in case of an emergency while attending the 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 things you will be participating in:

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

Activity	Date / Time	Cost	Yes	No
I hop- 2 group	1/8/2025,1/9	\$20.00		
Dollar Tree/ 2 group	1/22, 1/23	\$10.00		
BIRTHDAY CELEBRATION	1/31/2025	\$0		

We would love for you to provide us with feedback.

What are some of your interests? Please let us know.

Concerns/ Suggestions:

Staff and Participant Shout Outs:

I will not be attending the program on this day:

Please

If you have any questions or concerns, please get in touch with Mrs. Cher @ 414-935-2580

**Thank you!** RETURN completed outing participation form by 1/5/24.

Menu	Monday	Tuesday	Wednesday	Thursday	Friday
Date			1	2	3
Lunch	Meatballs w/gravy over white rice w/ slice of bread juice, water, milk	Grill cheese. Sandwich Chips, Apple sauce Juice, water, milk	Breakfast for lunch Juice, water milk	Fish Sticks Corn Juice, water, milk	Sandwiches, ham turkey chips  Juice, milk, or water
Snack	yogurt	Pie/cakes	Applesauce	Cookies	Pudding
Alternate Meal	Turkey/ham sandwich	Turkey/ham sandwich	Turkey/ham sandwich	Turkey/ham sandwich	Turkey/ham sandwich
Alternate Snack	Applesauce	Animal crackers	Pudding	Fruit	Jell-O
Day	Monday	Tuesday	Wednesday	Thursday	Friday
Date	6	7	8	9	10
	Chicken patty Chips Juice, water, or milk	Hotdog chips Veggies Juice, milk, or water	Fish Sticks Macaroni Fruit Juice, water, or milk	Chili/crackers Fruit Juice, water, or milk	Pizza, Fries Juice, water, milk
Snack	Brownies	Cookies	Graham Crackers	Pudding	Pop tart
Alternate Meal	Turkey/ham sandwich	Turkey/ham sandwich	Turkey/ham sandwich	Turkey/ham sandwich	Turkey/ham sandwich
Alternate Snack	Granola Bar	Jell-O	pie	Fruit	Cookies
Day	Monday	Tuesday	Wednesday	Thursday	Friday
Date	13	14	15	16	17
Lunch	Spaghetti w/ garlic bread & fruit Juice, milk, or water	Pizza, rolls Chips Juice, milk, or water	Chili Cheese Fries Fruit cup Juice, water, or milk	Walking Tacos Fruit Fruit cup Juice, milk, or	Pizza Party  Juice, water, or milk
Snack	Oatmeal Pie	Fruit cup	Jell-o	Fruit	Fudge Cookies
Alternate Meal	Turkey/ham sandwich	Turkey/ham sandwich	Turkey/ham sandwich	Grilled Cheese Sandwich	Turkey/ham sandwich

Alternate Snack	Granola Bars	Chocolate bar	Swiss rolls	Chocolate bar	Sugar cookies
Day	Monday	Tuesday	Wednesday	Thursday	Friday
Date	20	21	22	23	24
Lunch	Spaghetti w/ meat Juice, milk, or water	Tacos w/ Corn Spanish Rice Juice, milk, or water	Hot dogs chips Juice, milk, or water	Ham cheese Sandwich Juice, milk, water	Pizza day Birthday celebration
Snack	Applesauce	Pop tart	Cookies	Oatmeal pie	Apple sauce
Alternate Meal	Turkey/ham sandwich	Turkey/ham sandwich	Turkey/ham sandwich	Turkey/ham sandwich	Turkey/ham sandwich
Alternate Snack	Pop tart	Granola Bar	Swiss Roll	Zebra Cake	Fruit
Date	Monday	Tuesday	Wednesday	Thursday	Friday
	27	28	29	30	31
Lunch	Brats, Chips Juice, milk, water  Closed	Hamburgers Fries Juice, milk water  closed	Tuna/melt Chips, Juice, milk Water  closed	Hot dogs Pork beans Juice, milk, water  Closed	Pizza/ Day Chips Juice, water  closed
snack	Cookie	pudding	Jell-O	Apple pie	Nutty Bars
Alternate Meal	Ham/cheese	Turkey/sandwich	Turkey/ham	Turkey/Ham	P&J sandwich
Alternate/snack	Cup/cake	Oatmeal/pie	Jello	yogurt	Fruit Cups

Participants can determine their own pace, food sequence, and how food is served. They can also refuse food and choose to dine alone or with an individual(s) of their choice.

Staff will meet this request by conversing with participants before or during lunch to ensure everyone is comfortable.

#### Program Hours

- 8:00 am – 4:00 pm / Monday – Friday
- Please give us a call if the participant is not attending.
- [www.circleoffriendsads.com](http://www.circleoffriendsads.com)
- 5412 W Burleigh, Milwaukee, WI 53210 414-935-2580
- [cher@morethanahome.net](mailto:cher@morethanahome.net)