

This program has been
accredited by CARF.**February 2017****Staffings***None this month***Quote of the Month***"It's not what I have in my
life but who I have in my
life that counts."**-Unknown***Happy Birthdays***Fawn W. – 2/3**Carleen D. – 2/4**Lisa L. – 2/24***Reminder***Let us know of any
medical changes with your
participant. This will help
us to look for any issues.
Thank you.***Contacts***Leslie Chisholm
Program Supervisor
262-832-3243**Jill Gizelbach
Case Manager
262-832-3212***Community Opportunities Club West**

1400 Nike Drive, Waukesha, WI 53186

(262) 832-3243 leslie.chisholm@goodwillsew.com**This Month**

This month is all about the heart - whether as St. Valentine's or heart health. There is a special dance hosted by COC South at the GSC building. That should get the heart pumping with the dancing. We will learn about portion control for getting down to and maintaining a healthy weight. Our wonderful volunteer Cindy will talk about portion control strategy and heart health. We will check out the body's circulatory system and see what we can do to maintain healthy flow. This month will be the first Men's Club. We shall see how the men will like to proceed. The Club members want to learn about two of our nation's states: Florida and Texas.

Hot Lunches

This is just a reminder that our Club only has one microwave for use. If you or your participant want to have a hot lunch, it would be beneficial for you to heat it up before leaving home and place it into a container to keep it hot until lunch time. Otherwise you may have a long wait for heating up your lunch. We also recommend that your lunches only take five minutes or less to microwave.

Upcoming Event

A group of Club members will be going to the Groundhog Dance hosted by COC South on February 2. The event will be held at the GSC site from noon to 2:00 p.m. Folks should dress up in their fancy dresses and suits. The staff and participants from COC South and GSC will be making some fun Groundhog treats.

Valentine Party

We are having a simple party to celebrate Valentine's Day. Some goodies and punch will be served. Folks can give out cards, if they wish. Plus each person can decorate a cookie or two to munch on. We will be singing love songs on the karaoke. That could be interesting.

Pajama Party

Some of the participants wanted to have a pajama party. So participants are welcome to bring their PJs in to change into for the day on February 17. We will play some of those old sleepover games, too.

Enjoy Your February!

Leslie, Jill and Kathy

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>1 Lunch at the Club Decorate for Valentine's Valentine Bingo Let's Try Yoga March Calendar</p>	<p>2 Groundhog's Day Ball Dance at GSC at noon Movie: Groundhog's Day Card Games Interfaith Cards</p>	<p>3 Hobby Lobby – Bring \$ National Red Day Super Bowl Party Organizational Skills Learn about Texas</p>
<p>6 Olive Garden – Bring Gift Card Frozen Yogurt Valentine Art Project iPad Skills</p>	<p>7 JoAnn Fabrics – Bring \$ Make Valentine Jewelry Lisa's Art Class Finish March's Calendar Club Rules</p>	<p>8 Shopping at Brookfield Mall – Bring \$ Make Valentine Cards Portion Control Techniques</p>	<p>9 Men's Club Learn Some Italian Sit & Be Fit Video The Body's Circulation Latch Hook Fun</p>	<p>10 Allo Chocolat – Bring \$ Make Over Day Movie: 13 Going On 30 The Invention of the Umbrella</p>
<p>13 Mayfair Mall – Bring \$ Valentine's Trivia Bake Heart Cookies Make a Different Name Proper Dental Care</p>	<p>14 Wal-Mart – Bring \$ Valentine Party Decorate Cookies Karaoke Who was St. Valentine?</p>	<p>15 Lunch at the Club Mad Chicken Scientist Exercise Class Tactful Techniques for Dealing with Others</p>	<p>16 Waukesha Library Interfaith Prep Work Listen to Love Songs Manners Matter Do a Favor Day</p>	<p>17 Mysteries of Caves National Random Acts of Kindness Pajama Party Sleepover Games</p>
<p>20 Home Depot President's Day Conflict Resolutions Learn about Florida Proper Pet Care</p>	<p>21 Starbucks – Bring \$ Black History Month Make Chocolate Dipped Strawberries Kris R.'s Crocheting</p>	<p>22 Sunset Bowl – Bring \$2.50 Per Game Heart Health Discussion Proper Way to Load a Grocery Bag</p>	<p>23 Olive Garden – Bring Gift Card Uno Tournament Banana Bread Social Skills Techniques</p>	<p>24 Pewaukee Goodwill Store – Bring \$ Aroma Therapy French Fry Friday Interfaith Prep</p>
<p>27 Teavana – Bring \$ Who was Fats Domino? Eye Health Harley Davidson Motorcycles</p>	<p>28 Touch of Glaze – Bring \$ Mardi Gras & King Cakes Lorraine's Self-advocacy Class</p>			

Classes

Outings

Therapy

Special Events Open to Public