



**MCFI**  
MILWAUKEE CENTER  
FOR INDEPENDENCE

## REMOTE PROGRAMS

Where expert care and technology meet

**P**hysical distancing has changed the landscape for us all, but remote programs can bring us back together.

MCFI is now offering virtual programs for people with a developmental disability and those recovering from a brain injury.

These programs are not only for people who were previously in our programs, but for anyone who would like to join us now, no matter what their abilities or where they live. Microsoft Teams will be used, and people who participate must have a device such as a tablet, computer or phone and Internet access. Some on-line assistance is available.

The programs will focus on enhancing socialization, discussion and movement, and give participants a sense of structure and comfort. Some of the topics are: Art, Brain Games, Meditation, Mindfulness, Music Therapy, Current Events, Book Club, Yoga and Movement to Music.

Programming will be offered between 9 a.m. and 11:30 a.m. and 12:30 p.m. to 2 p.m. Mondays through Fridays.

**Our core programs are accredited by CARF (the Commission on Accreditation of Rehabilitation Facilities), which demonstrates our commitment to offering programs and services that are measurable, accountable, and of the highest quality.**



Our mission:  
*partnering with*  
people of all abilities  
TO ADVANCE THEIR  
**total health.**



“We can take a virtual tour anywhere you want to go, it doesn’t cost a penny, just time, which we all currently have with this pandemic. The best part is being together without being together, be social and have fun!”

**PARTICIPANT**

“He likes seeing everyone and talking, we appreciate what everyone is trying to do.”

**CAREGIVER**

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[www.mcfi.net](http://www.mcfi.net)**

## SCHEDULE OF CLASSES

Programs designed for people with developmental disabilities

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00-9:30	Exercise	Exercise	Exercise	Exercise	Exercise
9:30-10:00	Music Therapy	Music Therapy	Music Therapy	Music Therapy	Music Therapy
10:00-10:30	Games	Art Therapy	Travel	Art Therapy	Jokes
10:30 - 11:00	Qi Gong	Dance Jam	Games	Dance Jam	Music Chat
11:00 - 11:30	Sports Chat	Brain Games	Current Events	Sports Trivia-	Games
11:30-12:30	Lunch	Lunch	Lunch	Lunch	Lunch
12:30-1:00	Walk / Stretch	Bingo	Walk / Stretch -	Bingo	Walk / Nature Walk
1:00- 1:30	Book Club	Mindfulness	Book Club	Mindfulness	Book Club
1:30-2:00	Music Therapy	Pet Fun	Music Therapy	Line Dancing	Music Therapy

Programs designed for people recovering from a brain injury

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 - 9:45	Welcome & Spanish/ Music Therapy	Welcome & Spanish/ Music Therapy	Welcome & Spanish/ Music Therapy	Welcome & Spanish/ Music Therapy	Welcome & Spanish/ Music Therapy
9:45 - 10:15	Brain Games	Brain Games	Art/Multicultural	Creative Speaking	Brain Games
10:15 - 10:25	Break	Break	Break	Break	Break
10:25 - 11:00	Book Club: Prognosis A Memoir of My Brain	TED Talking	Reminisce/Show & Tell (will usually go until 11:30)	Travel & Culture	Book Club
11:00 - 11:30	Laugh It Off  5 Minutes of Mindfulness	Sign Language	5 Minutes of Mindfulness	Laugh It Off	5 Minutes of Mindfulness
11:30 - 12:30	Lunch	Lunch	Lunch	Lunch	Lunch
12:30 - 1:00	Up & Moving!	Adventure/ Outing Kemper Center	Music	Sharing Paradis Springs	Up & Moving!
1:00 - 1:30	Health & Self Care	Tour of 3rd Avenue	Brain Games	Favorite vacation/ place	Sign Language
1:30 - 2:00	Travel & Culture	Brain Games	Positive/ Unusual News	Critical Thinking/ Brain Games	Weekend Sendoff