



# VIRTUAL DAY SERVICES CLASSES - JUNE

## REGISTRATION REQUIRED | SPACE IS LIMITED

Class Topics & Times Are Subject to Change

You may now sign-up for multiple sessions of each class

Families may register for classes one month at a time. BRIDGE will connect with IRIS Consultants, Community Care Coordinators, County Social Workers to discuss options and review if the service aligns with participant/member goals.

Contact Jesse Stickler at: [jesse@bridgecl.org](mailto:jesse@bridgecl.org) to enroll in Virtual Day Services.

## ALL THINGS DISNEY

### Sessions:

1. Tuesdays – 12:45 p.m. – 1:45 p.m.

This class explores the wonderful world of Disney, including classic Disney movies, characters, music, and theme parks! Clients will dive into how movies are made, trivia questions, and games all focused on Disney.

## ANIMALS

### Sessions:

1. Wednesdays - 12:45 p.m. – 1:45 p.m.

Lions and tigers and bears, oh my! This class focuses on fun facts about all types of animals. It also features real-life animal visitors and virtual field trips to zoos and more.

## ARTS & CRAFTS

### Sessions:

1. Mondays - 10:15 a.m. – 11:15 a.m.

This class brings the vast world of Art to clients in a virtual experience. Topics include learning about historical artists and techniques, shapes, colors and more! Class offers fun and creative discussion and activities that will enrich the lives of the clients.

## BOOK CLUB

### Sessions:

1. Mondays - 12:45 p.m. – 1:45 p.m.

This class offers clients a time to listen to books read by staff and engage in fun conversation. Book choices vary but include: Baily School Kids, Junie B. Jones, and Magic Tree House series.

## BRIDGE STORY TIME

### Sessions:

1. Tuesdays - 11:30 a.m. – 12:30 p.m.

This class partners with the Hammond Library for a fun and relaxing time reading books together. Clients will work on listening skills and engage in conversation with peers.

## CAMPUS LIFE

### Sessions:

1. Mondays - 11:30 a.m. – 12:30 p.m.

Take a virtual trip to college with this class. Partnered with the University of River Falls, participants experience campus-themed activities with faculty and staff including tours, trivia, games and more.

## COMMUNICATION

### Sessions:

1. Wednesdays - 2:00 p.m. – 3:00 p.m.
2. Thursdays - 12:45 p.m. – 1:45 p.m.

This class is led by UWRF students and Karri Colberg (M.S.T., CCC-SLP Speech-Language Pathologist/Clinical Instructor) with a focus on working with clients on developing their communication skills.

## FAMOUS PEOPLE IN TIME

### Sessions:

1. Fridays - 11:30 a.m. – 12:30 p.m.

This class explores famous people in history around the world - Voyagers, kings & queens, actors, writers, and more. Participants will learn together and think critically about how these people have made a difference throughout time.

## FITNESS

### Sessions:

1. Mondays - 2:00 p.m. – 3:00 p.m.
2. Thursdays - 2:00 p.m. – 3:00 p.m.

Movin' & Groovin'! This class includes a variety of fun exercises to get clients moving, including Yoga, Dancercise, stretching, and more.

## FOOD AROUND THE WORLD

### Sessions:

1. **Fridays - 10:15 a.m. – 11:15 a.m.**

They say food is the universal language, so what better way to learn about other cultures than through the food they eat! In this class participants will explore popular & unique foods around the world, their history, how it is made, and different food-related practices and customs. Come prepared with an appetite for knowledge!

## GAMES

### Sessions:

1. **Tuesdays - 10:15 a.m. – 11:15 a.m.**

This class includes different group games for our participants to engage in like Jeopardy and BINGO. Clients work on taking turns, thinking critically, and socializing with peers.

## GARDEN

### Sessions:

1. **Thursdays - 10:15 a.m. – 11:15 a.m.**

This class provides activities on how to grow and care for plants starting with seeds indoors. Staff will incorporate nutrition benefits to increase knowledge of healthy living. Gardening is a wonderful hobby that can be used as an outlet for connecting to nature and encourages clients to be outdoors.

## HOW IT'S MADE

### Sessions:

1. **Wednesdays - 10:15 a.m. – 11:15 a.m.**

Get curious and learn all about how things are made in this class! Whether it be ice cream, clocks, pottery, or even fireworks, anything you can imagine this class can explore.

## MORNING MEETING

### Sessions:

1. **Mondays - 9:00 a.m. – 10:00 a.m.**
2. **Tuesdays - 9:00 a.m. – 10:00 a.m.**
3. **Wednesdays - 9:00 a.m. – 10:00 a.m.**
4. **Thursdays - 9:00 a.m. – 10:00 a.m.**
5. **Fridays - 9:00 a.m. – 10:00 a.m.**

This class provides a space for clients to work on developing their communication skills by engaging in a Q & A session around appealing day-to-day questions and fun trivia. Clients work on taking turns talking, increase their ability to be patient, aim to improve their focus and offer a time to connect socially with peers.

## NATURE

### Sessions:

1. **Tuesdays - 2:00 p.m. – 3:00 p.m.**

Nature is neat! This class explores the earth, insects, trees, rocks, gardening, topiary, recycling and composting, and more. Clients create environmentally friendly projects using things around the house, grow veggies from food leftovers and other fun activities.

## SCIENCE

### Sessions:

1. **Fridays - 12:45 p.m. – 1:45 p.m.**

This class brings exciting science projects to clients exposing them to topics ranging from rain clouds, moon, sand, and planets. This fun and exciting environment allows a time to practice communication skills, following directions, increase attention span, and provides a time to connect with others.

## SPORTS

### Sessions:

1. **Thursdays - 11:30 p.m. – 12:30 p.m.**

Touchdown! Goal! Strike! This class covers the world of sports. Participants will explore fun facts, trivia, and history of various sports they know and enjoy.

## TRAVEL

### Sessions:

1. **Wednesdays - 11:30 a.m. – 12:30 p.m.**

This class brings adventure and the ability to explore our beautiful earth to clients from the safety of their homes. Staff lead virtual field trips to different countries showcasing new culture, music, holidays, and traditional foods. These activities increase clients' exposure to diversity around the world; while practicing taking turns, working on communication skills, and offering a time to connect socially with others.