



VIRTUAL DAY SERVICES CLASSES - MAY

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 to enroll in Virtual Day Services.

AFTERNOON MEETING

Sessions:

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

Just like Morning Meeting, 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. This class is offered in the afternoon to allow flexibility in participants' morning schedules.

ALL THINGS DISNEY

Sessions:

1. **Thursdays - 9:00 a.m. – 10:00 a.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 - 11:30 a.m. – 12:30 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 - 11:30 a.m. – 12:30 p.m.**
2. **Wednesdays - 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.

FITNESS

Sessions:

1. 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.

FUN WITH FRENCH

Sessions:

1. Fridays - 10:15 a.m. – 11:15 a.m.

Bonjour mes amis! This class teaches very simple French vocabulary like greetings, colors, numbers, and more, while also exploring fun topics like French food, music, history, culture and more.

FOOD AROUND THE WORLD

Sessions:

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

HOLIDAYS

Sessions:

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

Tis the season to learn about the holidays. This class explores the history and culture of different holidays coming up in the next few months. This is a great way to learn more about the special days we celebrate this time of year.

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. **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.

MUSIC THERAPY

Sessions:

1. **Mondays - 2:00 p.m. – 3:00 p.m.**
2. **Tuesdays - 10:15 a.m. – 11:15 a.m.**

This class offers a fun environment for clients to engage in music. Music can help to improve mood. Clients make instruments and sing along in a virtual group learning environment.

Fee: \$5.25 to help fund music teacher.

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.

SEASONS

Sessions:

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

Explore the four beautiful seasons of the Midwest in this class! Participants enjoy creative activities & projects focused on Spring, Summer, Fall, and Winter.

SPORTS

Sessions:

1. **Fridays - 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.

SUPERHEROES

Sessions:

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

Up in the sky - Is it a bird? Is it a plane? No, it's Superheroes! In this class participants will learn all about different superheroes and their history, including fun facts and trivia about their universe, teammates, villains and more.

YOU CHOOSE!

Sessions:

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

Is there a person, place, or thing you want to learn more about? Then this is the class for you! Staff and participants will brainstorm & explore various themes & topics in this class, all based on participants' interests.