



# VIRTUAL DAY SERVICES CLASSES – October 2024

## 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

**Session: Thursdays - 11:30 a.m. – 12:30 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

**Session: \*Fridays - 9:00 a.m. – 10:00 a.m.**

Lions and tigers and bears, oh my! This class will focus on fun facts about all types of animals including engaging videos and trivia games.

### BRIDGE STORY TIME

**Session: 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

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

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

### FOOD AROUND THE WORLD

**Session: \*Fridays - 10:15 a.m. – 11:15 a.m.**

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!

### MUSIC

**Session: Thursdays - 9:00 a.m. – 10:00 a.m.**

This class offers an engaging environment for clients to learn about music – singing, dancing, and exploring the different “ingredients” that make up music, all while having fun!