



VIRTUAL DAY SERVICES CLASSES – September 2026

REGISTRATION REQUIRED | SPACE IS LIMITED

Class Topics & Times Are Subject to Change.

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.

ALL THINGS DISNEY

Session: Fridays - 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

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

FITNESS

Session: Thursdays - 11:30 a.m. – 12:30 p.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!

WAKE UP – SHAKE UP

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

This class provides a space for clients to socialize and use communication skills. All participants have the chance to share about their week along with participation in music, games, and activities based on themes like the four seasons and holidays.