**Adult Offerings. Sessions start April 1st, 2020**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **9:00- 11:00** | Virtual room open Phone line open | Virtual room open Phone line open | Virtual room open Phone line open | Virtual room open Phone line open | Virtual room open Phone line open |
| **9:00 & 9:30** | Guided Meditation | Guided Meditation | Guided Meditation | Guided Meditation | Guided Meditation |
| **10:00-11:00** | Tea Talk at 10 o’clock | Tea Talk at 10 o’clock | Tea Talk at 10 o’clock | Tea Talk at 10 o’clock | Tea Talk at 10 o’clock |
| **11:00-11:30** | Move it!  | Move it! | Move it! | Move it! | Move it! |
| **12:00** | *Lunch Break* | *Lunch Break* | *Lunch Break* | *Lunch Break* | *Lunch Break* |
| **1:00-1:30** | Comedy (half) hour ☺ | Comedy (half) hour ☺ | Comedy (half) hour ☺ | Comedy (half) hour ☺ | Comedy (half) hour ☺ |
| **1:30-2:00** | Healthy Cooking | Healthy Cooking | Healthy Cooking | Healthy Cooking | Healthy Cooking |
| **2:00-3:00** | Tea Talk at 2 o’clock | Tea Talk at 2 o’clock | Tea Talk at 2 o’clock | Tea Talk at 2 o’clock | Tea Talk at 2 o’clock |
| **3:00-3:30** | Chapter a Day | Chapter a Day | Chapter a Day | Chapter a Day | Chapter a Day |
| **3:30-4:00** | Social Hour | Social Hour | Social Hour | Social Hour | Social Hour |
| **2:00-4:00** | Virtual room open Phone line open | Virtual room open Phone line open | Virtual room open Phone line open | Virtual room open Phone line open | Virtual room open Phone line open |

**Description of Sessions**

***Virtual Q&A Room****:* Link in with us online for any questions, resources, help needed, or to talk with a nurse. Virtual room is open 9am-11am and 2pm-4pm.

***Bridges Phone HotLine****:* Call us for any questions, resources, help needed. Open 9am-11am and 2pm-4pm. Not for use for emergencies. If you are experiencing an emergency, dial 911.

***Bridges Voicemail***: If you cannot call during the hotline, call and leave a message with any questions or suggestions you might have, and we’ll get back to you ASAP. 507-457-2891.

***Guided Meditation****:* We will take you through a guided meditation or imagery session to give you an opportunity to center and de-stress. Starts at 9am, repeats at 9:30am.

***Tea Talk at 10 o’clock & Tea Talk at 2 o’clock****:* This is a group opportunity to connect with others and dialogue with one another about various topics*.* Discussions last up to one hour.Bring a cup of tea, coffee, and a snack! Topics vary and you can pick the topic! Here are some examples:

* What do you need during this difficult time? How can we help?
* COVID-19 question/answer
* Stress management | staying positive
* Combating loneliness
* Sleep hygiene
* Managing Chronic Illness | Medication management
* Home isolation and social distancing recommendations

***Move it!:*** *V*arious online exercise and movement classes offered to stay active and healthy. Classes typically last 30 minutes.

***Lunch:***This is a break from the schedule for all ☺

***Comedy (half) hour*** *😊:* Bring your funny jokes or one-liners and practice being a standup comic! 30 minutes.

***Healthy Cooking****:* We will be discussing healthy food options while being home full time. We will also do some cooking demos and you can even join in! This session will typically last 30 minutes.

***Chapter a Day****:* This is an online book club. We will establish a few book ideas then read a chapter a day from the book that we choose. This session will typically last 30 minutes.

***Social Hour****:* Sometimes you just need to relax and hang out with friends. Join us to do just that. This would be a great opportunity to vent or learn a new hobby! This will be a nice way to end the afternoon. This together time will last 30 minutes.



Our mission at Bridges Health is to bring free & accessible preventive health, wellness, & social care to the local community, while educating interprofessional students. **We are revising our services during the Covid-19 Pandemic** & now offering services **virtually** through an online platform. Our program is student-led, faculty guided, allowing students to work with clients in community settings while being supervised by licensed, qualified & experienced faculty. This *bridge* between academia & the community is a **win-win** for students & you! **“See” you soon!**