

THE SOURCE

THE NEWSLETTER OF LIFE BRIDGE PARTNERSHIP



CREATING CONNECTIONS,
ENRICHING LIVES.



IMPORTANT DATES

Thur, January 21

- Program sign-up

Sat, February 6

- Mardi Gras Kit Delivery

Thur, February 11

- Mardi Gras Dance Party (virtual)

Mon, February 15

- Office closed in observance of Presidents Day

Members & Families

We are excited to say we're hosting another dance party via Zoom. This consist of a Mardi Gras themed kit delivery. In order to participate you must RSVP for a kit. We encourage clients to sign-up and participate in these programs to stay engaged in the Out & About program and stay connected with their peers. If you are interested in participating in these programs and have not accessed them, please reach out to your CTS and they will assist you in getting started with virtual programming.

Out and About
Program Funders:



THE OUT AND ABOUT PROGRAM IS ONLINE

On the next page you will see a new calendar of programs that are happening online. Participation in these programs is NOT required and does not affect your status as an active member in the O&A program. These programs are being offered to provide you a way to remain social and connect with your friends and our staff!

The average program time is between 30 and 90 minutes in length and will be facilitated with video chat through Zoom. The best way to access these events is to have a Facebook profile and have “friended” each member of our staff. You’ll then receive an invite to the program on Facebook, be sure to RSVP as “Going.” We are happy to assist you with this! You’ll receive reminders and important updates once you have RSVP on Facebook. The link to the Zoom programs will be on the Facebook event page but we can email them if necessary, please specify this when signing up for programs.

Reminders via email and phone calls will not occur so make sure you keep track on your calendar!

There is no limit to the number of online programs you can participate in, but please follow through on your commitments. To register, call your CTS at the office, email, or Facebook message your program choices at any time.

Communicating with LifeBridge Staff

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Chief Program Officer

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If you are trying to reach a staff member by phone, please leave a message and allow up to one business day for a return phone call before calling again. Calling the office repeatedly does not get your phone call returned faster and may lead to suspension of services.

If you have access to email, be sure to let LifeBridge staff know your email. In most cases email is the quickest way to communicate with staff concerning program planning and questions.



CREATING CONNECTIONS,
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February

Welcome to the O&A Virtual/Community Events calendar!
Virtual events will be 1 hour long and take place using
Zoom video. See page 4 for full event descriptions.

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

| | | | | | | |
|--|---|---|---|--|---|--|
| | 1) STL Zoo's Nutrition Tour 1:45pm- 2:45pm Virtual  | 2) | 3) Valentine Movie Night 5pm-7pm Virtual  | 4) The Singapore Zoo Experience 5pm-6pm Virtual | 5) | 6) Mardi Gras Kit Delivery 11am-1:30pm  |
| 7) | 8) | 9) Throwback Cartoon 5pm-6:15pm Virtual | 10) | 11) Mardi Gras Dance Party 6pm-7pm Virtual  | 12) Valentine Music & Movement Class 7pm-8pm | 13) Hip Hop Dance 12pm-1pm Virtual |
| 14)  | 15) | 16) African Tribal Dance 5pm-6pm Virtual  | 17) Mid Day Games 12pm-2pm LB Office | 18) Explore St. Louis Aquarium 5pm-6pm Virtual | 19) | 20) |
| 21) | 22) | 23) Family Feud 5pm-6pm Virtual  | 24) Guided Painting 12pm-2pm LB Office  | 25) Workout Tour 11am-12pm Community  | 26) | 27) |
| 28) | E | N | J | O | Y | ! |



CREATING CONNECTIONS,
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February

Out and About Event Descriptions

| Date | Time | Event | CTS | Event Description |
|-----------------|-------------------|--|---------------|---|
| Mon, Feb 1 | 1:45pm- 2:45pm | STL Zoo Nutrition Tour Virtual | Chanese | Enjoy a tour of your favorite zoo and learn about the nutrition of your of your favorite animals. This program is hosted by the St. Louis Zoo and will be facilitated by their staff. |
| Wed, Feb 3 | 5pm- 7pm | Valentine Movie Night Virtual | Kelly | For all you love birds, join us for movie night virtually. Be sure to have snacks or dinner handy! |
| Thur, Feb 4 | 5pm- 6pm | The Singapore Zoo Experience Virtual | Chanese | Enjoy the Singapore Zoo in Asia and explore the different animals and attractions. Experience a night safari tour and a day tour of the animals. |
| Sat, Feb 6 | 11am- 1:30pm | Mardi Gras Kit Delivery | Kelly/Chanese | LifeBridge would like to help you celebrate Fat Tuesday! Kits will include fun crafts, snacks, and a few treats just for you! Each kit will include raffle tickets. The raffle will take place on Thursday, Feb 11, 2021 on Zoom! For more details see event description for Feb 11 . You <u>MUST RSVP</u> for a Mardi Gras Kit. You do not have to be home to receive the kit. You must be present at the virtual dance to win a raffle prize! Cost: FREE but must RSVP |
| Tue, Feb 9 | 5pm- 6:15pm | Throwback Cartoon Virtual | Kelly | Let out your inner child and join us for throwback cartoon virtually. Cartoon suggestions are welcomed! |
| Thur, Feb 11 | 6pm- 7pm | Mardi Gras Dance Party Virtual | Chanese | Enjoy celebrating Mardi Gras during this festive virtual event! Enjoy music, dancing, raffles, and a pet parade. Mardi Gras kits will be delivered for this program, your raffle tickets will be in the bag. You have to join the virtual program for a chance to win raffle prizes! |
| Fri, Feb 12 | 7pm- 8pm | Valentine Music & Movement Class Virtual | Kelly | Come one, come all! Enjoy music therapy with Erika! Sing-a-long and dance-a-long! It'll be fun, so join us on zoom! |
| Sat, Feb 13 | 12pm- 1pm | Hip Hop Dance Virtual | Kelly | Presented by CKDC. This high energy class infuses the latest styles of street dancing with the historic styles. In Celebration of Black History Month. *This is a library virtual event* |
| Tue, Feb 16 | 5pm- 6pm | African Tribal Dance Virtual | Chanese | Enjoy watching African dance troupes in celebration of Black History Month. Enjoy the dance, rhythm, and beats of the troupe and learn moves along the way. |
| Wed, Feb 17 | 12pm- 2pm | Mid Day Games LB Office | Kelly | Get out of the house and play games with other LifeBridge friends. Fun and games will be hosted at the LifeBridge office. Cost: \$5 |

| Date | Time | Event | CTS | Event Description |
|--------------|-----------|---|---------|--|
| Thur, Feb 18 | 5pm-6pm | Explore St. Louis Aquarium Virtual | Kelly | Enjoy watching live streams of the exhibits at the St. Louis Aquarium. Learn about some of your favorite aquatic animals and how they live. |
| Tue, Feb 23 | 5pm-6pm | Family Feud Virtual | Chanese | Enjoy America's favorite game with your LifeBridge friends. |
| Wed, Feb 24 | 12pm-2pm | Guided Painting LB Office | Chanese | Create a beautiful work of art during this guided painting program at the LifeBridge Office. Cost: \$5 and snacks will be provided. |
| Thur, Feb 25 | 11am-12pm | Workout Tour Community | Kelly | Are you sick and tired of being cooped up in the house? Here is your chance to take a tour to Paraquad's new workout facility. Get that body in shape for and feel great. *This is just a tour to see if you will be comfortable in a safe and sanitary environment while you get your workout on* |
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