

OCTOBER 2021

THE SOURCE

THE NEWSLETTER OF LIFEBRIDGE PARTNERSHIP



CREATING CONNECTIONS,
ENRICHING LIVES.



IMPORTANT DATES

September 13-20

- Program Registration Period

October 11

- Office closed in observance of Columbus Day

October 17

- LifeBridge Trunk or Treat

Skill Development

The month of October we are focusing on helping you connect with your peers and develop new relationships. Our goal is to equip and empower each participant to create and maintain the number, type and quality of relationships and interactions that he/she wants. We plan to accomplish this through our virtual and in-person activities throughout October.

-Don't wait, register today!

Out and About
Program Funders:



Don't forget to RSVP for LifeBridge Trunk-or-Treat!

When: October 17, 2021

Time: 1pm-3pm

This event is open to all LifeBridge clients and families!

When registering please indicate if you will participate in the car decorating contest!

Arrive to the LifeBridge office by 12:30pm to decorate car.



Follow Us On Socials

If you haven't already, be sure to like/follow us on Social medias! We share information, photos, and videos of all things LifeBridge!



Communicating with LifeBridge Staff

Kelly Fraction

Out and About Coordinator

St. Louis City and County

314-701-7265 | kellyf@lifebridgestl.org

Adam Saito

Program Support Manager

Support Services (Transportation, Volunteerism, Quality Management)

314-756-0207 | adams@lifebridgestl.org

Heather Ward

Chief Program Officer

314-926-0940 | heatherw@lifebridgestl.org

After Hours Emergency Line

314-778-0822

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,
ENRICHING LIVES.

October

Out and About Event Descriptions

\$10 transportation not included in program cost

Program Registration Period September 13-20

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1) Crafts w/ Molly 11am-2pm Community	2)
3)	4)	5) St. Louis Aquarium 11am-2pm Community	6)	7) Getting to Know You Games Session 1 5:30pm-8pm Community/Virtual	8) Crown Ridge Tiger Sanctuary 9am-3pm Community	9)
10)	11)	12) Getting to Know You Games Session 2 5:30pm-8pm Community/Virtual	13) Brewery Tour 11am-2pm Community	14) Crafts w/ Molly 5:30pm-8:30pm Community	15) Show & Tell Session 1 11:30am-2pm Community	16) Basic Sign Language 10am-11am Virtual
17) LifeBridge Trunk or Treat 1pm-3pm Community	18)	19) Cake Decorating 5:30pm-8pm Community	20) Scavenger Hunt 6pm-7:30pm Virtual	21) Getting to Know You Games Session 3 5:30pm-8pm Community/Virtual	22) Cake Decorating 5:30pm-8pm Community	23) Halloween Snack Making 11:30am-2pm Community
24)	25)	26) Getting to Know You Games Session 4 5:30pm-8pm Community/Virtual	27)	28) Show & Tell Session 2 5:30pm- 8pm Community/Virtual	29) Halloween Snack Making 5:30pm-8pm Community	30)
31) 						



CREATING CONNECTIONS,
ENRICHING LIVES.

October

Out and About Event Descriptions

DATE	TIME	EVENT	EVENT DESCRIPTION
Fri, Oct 1	11am- 2pm	Crafts w/ Molly Community	Join our crafty girl Molly at the LifeBridge office. We will be painting/decorating canvas tote bags. We hope to see you there! Cost: \$15 supplies + lunch (food is to be determined).
Tues, Oct 5	11am- 2pm	St. Louis Aquarium Community	Let's go swimming with the sharks. Just kidding, let's go watch them and the other amazing under water life at the St. Louis Aquarium at Union Station. It will be a splashin' good time. Cost: \$30 ticket + bring your own lunch.
Thurs, Oct 7	5:30pm- 8pm	Getting to Know You: Games <i>Session 1</i> Community	Bingo!! Join us at the LifeBridge office for some fun games. Not just any old games. We will play conversation bingo and Would you Rather. Want to get to know your peers better? This program is for you! Virtual and in-person options available. Cost: \$5 (food to be determined).
Thurs, Oct 7	5:30pm- 8pm	Getting to Know You: Games <i>Session 1</i> Virtual	Bingo!! Join us at the LifeBridge office for some fun games. Not just any old games. We will play conversation bingo and Would you Rather. Want to get to know your peers better? This program is for you! Virtual and in-person options available.
Fri, Oct 8	9am- 3pm	Crown Ridge Tiger Sanctuary Community	Ste Genevieve Missouri is the home of the Crown Ridge Tiger Sanctuary. Come with us to tour the facility where these rescued big cats will spend the rest of their lives in a caring and safe environment. **Transportation is provided from LifeBridge Office only** Cost: \$35 + additional details to be determined.
Tues, Oct 12	5:30pm- 8pm	Getting to Know You: Games <i>Session 2</i> Community	*Repeat event* Bingo!! Join us at the LifeBridge office for some fun games. Not just any old games. We will play conversation bingo and Would you Rather. Want to get to know your peers better? This program is for you! Virtual and in-person options available. Cost: \$5 (food to be determined).
Tues, Oct 12	5:30pm- 8pm	Getting to Know You: Games <i>Session 2</i> Virtual	*Repeat event* Bingo!! Join us at the LifeBridge office for some fun games. Not just any old games. We will play conversation bingo and Would you Rather. Want to get to know your peers better? This program is for you! Virtual and in-person options available.
Wed, Oct 13	11am- 2pm	Brewery Tour Community	Our own St. Louis Anheuser-Busch Brewery is filled with tradition. Let's go explore the campus and see the Clydesdales. Cost: \$10-\$15 lunch (food to be determined).

Date	Time	Event	Event Description
Thurs, Oct 14	5:30pm- 8:30pm	Halloween Canvas Community	Join us for some Halloween decorating hosted by Molly! Paint your own canvas using stencils in a spooky scary way! Cost: \$15 supplies + \$5 dinner (food to be determined).
Fri, Oct 15	11:30am- 2pm	Show & Tell <i>Session 1</i> Community	Enjoy a fun day at the LifeBridge office while hanging out with your peers. This day is for you to show and tell us something that is most important to you! Cost: \$5 lunch (food to be determined) *show & tell items must be able to fit in a small bag*.
Sat, Oct 16	10am- 11am	Basic Sign Language Virtual	This virtual opportunity is a great way to learn some basic sign language for beginners. "Signs are to eyes, what words are to ears".
Sun, Oct 17	1pm- 3pm	LifeBridge Trunk-or-Treat Community	Join us at the LifeBridge office for a family friendly Trunk-or-Treat event hosted by the LifeBridge Young Professional Board! Wear your favorite Halloween costume and trick or treat through a maze of decorated cars! This event will include a hot dog lunch, prizes for the best dressed, as well as best decorated car! Cost: \$5 admission per person *LifeBridge transportation is extremely limited*.
Tues, Oct 19	11:30am- 2pm	Cake Decorating <i>Session 1</i> Community	You don't need to be a professional baker to come and decorate a cake at the LifeBridge office. We will have small cakes already made, but making the cake beautiful is up to you. Cost: \$15 supplies + lunch (food to be determined).
Wed, Oct 20	6pm- 7:30pm	Scavenger Hunt Virtual	Who is up for a social distancing scavenger hunt? Let's see what items you find lying around your house and tell us details about it.
Thur, Oct 21	5:30pm- 8pm	Getting to Know You: Games <i>Session 3</i> Community	*Repeat event* Bingo!! Join us at the LifeBridge office for some fun games. Not just any old games. We will play conversation bingo and Would you Rather. Want to get to know your peers better? This program is for you! Virtual and in-person options available. Cost: \$5 (food to be determined).
Thur, Oct 21	5:30pm- 8pm	Getting to Know You: Games <i>Session 3</i> Virtual	*Repeat event* Bingo!! Join us at the LifeBridge office for some fun games. Not just any old games. We will play conversation bingo and Would you Rather. Want to get to know your peers better? This program is for you! Virtual and in-person options available.
Fri, Oct 22	5:30pm- 8pm	Cake Decorating <i>Session 2</i> Community	*Repeat event* You don't need to be a professional baker to come and decorate a cake at the LifeBridge office. We will have small cakes already made, but making the cake beautiful is up to you. Cost: \$15 supplies + lunch (food to be determined).
Sat, Oct 23	11:30am- 2pm	Halloween Snack Creation Community	Join us at the LifeBridge office to make some spooky snacks. We will be making mummy hot dogs and a graveyard dirt cup. YUM! Cost: \$15 supplies + dinner (food to be determined).

Date	Time	Event	Event Description
Tues, Oct 26	5:30pm- 8pm	Getting to Know You: Games Session 4 Community	*Repeat Event* Same great conversation games. Cost: \$5 dinner (food to be determined).
Thurs, Oct 28	5:30pm- 8pm	Show & Tell Session 2 Community	*Repeat event* Enjoy a fun day at the LifeBridge office while hanging out with your peers. This day is for you to show and tell us something that is most important to you! Cost: \$5 lunch (food to be determined) *show & tell items must be able to fit in a small bag*.
Thurs, Oct 28	5:30pm- 8pm	Show & Tell Session 2 Virtual	*Repeat event* This day is for you to show and tell us something that is most important to you!
Fri, Oct 29	5:30pm- 8pm	Spooky Snacks Community	Let's turn on some Halloween music and make spooky Rice Krispie treats! Cost: \$15 supplies + dinner (food to be determined).

Registration can be requested by:

Call/Text: (314) 701-7265

Email: kellyf@lifebridgestl.org

