



CREATING CONNECTIONS,  
ENRICHING LIVES.



# THE SOURCE

THE NEWSLETTER OF LIFE BRIDGE PARTNERSHIP

## *IMPORTANT DATES*

November 9-18  
Program Registration Period

November 25-26  
Office closed in observance  
of Thanksgiving

December 9  
Holiday Kit Delivery

December 24  
Office closed in observance  
of Christmas

## **MESSAGE!!!**

'Tis the season to be jolly! To show our appreciation, participants will receive a holiday gift bag delivered to their doorstep! We don't want you to miss out on the fun. So join us for the Virtual Holiday Party!

\*You do not have to be home for delivery.

-See calendar of events for description.

Programs funded  
by:





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## Look at what's been going on at the LB Office!

We are committed to keeping our participants and staff safe in a clean environment while social distancing in the community. Don't miss out, join us!



## Follow us on social media



### Communicating with LifeBridge Staff

Kelly Fraction

Out and About Coordinator

St. Louis City and County

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Heather Bustamante

Community Training Supervisor

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Adam Saito

Program Support Manager

Volunteers, Vans, Program Quality

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Heather Ward

Chief Program Officer

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### 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.



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# December

## Out and About Events

**\$10 transportation not included in program cost**  
**Program registration period November 9-18**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b> Dinner & Dancing 6:30pm-7:30pm <b>Virtual</b>	<b>2</b> Cake Decorating 5:30pm-8pm <b>Community</b>	<b>3</b> Abraham Lincoln Museum 9am-3pm <b>Community</b>	<b>4</b>
<b>5</b>	<b>6</b>	<b>7</b> Afternoon Bowling w/ Friends Session 1 11:30am-2pm <b>Community</b>	<b>8</b>	<b>9</b>	<b>10</b> Virtual Holiday Party 7pm-8pm <b>Virtual</b>	<b>11</b> Lunch & Music Madness Session 1 11am-1:30pm <b>Community</b>
<b>12</b>	<b>13</b> Zoo: Wild Lights 5pm-7:30pm <b>Community</b>	<b>14</b> History Museum: St. Louis Sound Music Exhibit 11:30am-2pm <b>Community</b>	<b>15</b>	<b>16</b> Christmas Craft & Cookie Decorating 5:30pm-8pm <b>Community</b>	<b>17</b> JOY at Union Station 5pm-7pm <b>Community</b>	<b>18</b> Lunch & Music Madness Session 2 11am-1:30pm <b>Community</b>
<b>19</b>	<b>20</b>	<b>21</b> Afternoon Bowling w/ Friends Session 2 11am-2pm <b>Community</b>	<b>22</b> Silly Videos: Christmas Edition 6:30pm-7:30pm <b>Virtual</b>	<b>23</b>	<b>24</b> 	<b>25</b> 
<b>26</b>	<b>27</b>	<b>28</b> Scavenger Hunt 6:30pm-7:30pm <b>Virtual</b>	<b>29</b> Mid Day Movie 11:30am-2pm <b>Community</b>	<b>30</b>	<b>31</b> 	



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# December

## Out and About Event Descriptions

Date	Time	Event Name	Event Description
Wed, Dec 1	6:30pm- 7:30pm	Dinner & Dancing	Enjoy your dinner virtually in the company of friends and then dance the night away!
Thurs, Dec 2	5:30pm- 8pm	Cake Decorating	We are bringing cake decorating back again in December! You have shown us your decorating skills and we are impressed!! Join us at the LifeBridge office. Cost: \$15 for supplies + dinner (restaurant TBD).
Fri, Dec 3	9am- 3pm	DAY TRIP: Abraham Lincoln Museum	Join us for this incredible opportunity to experience the story of Honest Abe at the Abraham Lincoln Museum in Springfield, IL. Cost: \$25 admission (includes transportation) + \$20 lunch (restaurant TBD). <b>** TRANSPORTATION ONLY PROVIDED FROM THE LIFEBRIDGE OFFICE**</b>
Tues, Dec 7	11:30am- 2pm	Afternoon Bowling w/ Friends <i>Session 1</i>	Let's "strike" up some fun with an afternoon of bowling and friends. Cost: \$15 for bowling + \$10-\$15 café lunch (bowling alley TBD).
Fri, Dec 10	7pm- 8pm	Virtual Holiday Party	Jingle and Mingle! Join the LifeBridge staff for a virtual Holiday Party. Lots of fun, friends, laughs, music, prizes and maybe a visit from a special guy from the North Pole!
Sat, Dec 11	11am- 1:30am	Lunch & Music Madness <i>Session 1</i>	Did you know playing and listening to music provides a total brain workout? Join us at the LifeBridge office along with music therapist Addie! Addie has planned a great music therapy session for us. This is a great opportunity for a fun and relaxing afternoon with friends. Cost: \$5 lunch (restaurant TBD).
Mon, Dec 13	5pm- 7:30pm	Zoo: Wild Lights	Holiday lights at the St. Louis Zoo are a must see... of course the animals too! This will be a fun (and chilly) night so be sure to according to the weather. Cost: \$11 admission + \$10-\$15 café dinner or bring your own food.
Tues, Dec 14	11:30am- 2pm	History Museum: St. Louis Sound Music Exhibit	St. Louis Sound is a new exhibit at the Missouri History Museum. There are nearly 200 artifacts on display in the 6,000 square foot special exhibit. Perfect trip for music lovers! Cost: \$10-\$15 lunch (restaurant TBD).
Fri, Dec 17	5pm- 7pm	JOY at Union Station	Let's take a trip to Union Station to experience JOY Festival! here will games, craft stations, retail vendors and photo opportunities with Santa. This is a great opportunity to meet new friends. Cost: \$10-\$15 dinner (restaurant TBD).
Sat, Dec 18	11am- 1:30pm	Lunch & Music Madness <i>Session 2</i>	Did you know playing and listening to music provides a total brain workout? Join us at the LifeBridge office along with music therapist Addie! Addie has planned a great music therapy session for us. This is a great opportunity for a fun and relaxing afternoon with friends. Cost: \$5 lunch (restaurant TBD).
Tues, Dec 21	11:30am- 2pm	Afternoon Bowling w/ Friends	Let's "strike" up some fun with an afternoon of bowling and friends. Cost: \$15 bowling + \$10-\$15 café lunch (bowling alley TBD).
Wed, Dec 22	6:30pm- 7:30pm	Silly Videos: Christmas Edition	Join your LifeBridge Friends to watch some silly videos. Sure to share lots of laughs!!
Tues, Dec 28	6:30pm- 7:30pm	Scavenger Hunt	We're going on a virtual scavenger hunt. Let's see what we can find!
Wed, Dec 29	11:30am- 2pm	Mid Day Movie	Let's go to the movies. The last Out and About program in 2021!! A relaxing afternoon at the movie theater sounds perfect! Cost: \$10 movie ticket + \$10-\$15 lunch (restaurant and theater TBD).