



CREATING CONNECTIONS,  
ENRICHING LIVES.

# THE SOURCE

THE NEWSLETTER OF LIFE BRIDGE PARTNERSHIP



## IMPORTANT DATES

October 12-22  
Program Registration Period

November 11  
Office closed in observance of  
Veterans Day

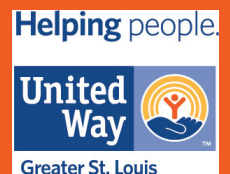
November 25-26  
Office closed in observance  
of Thanksgiving

## **MESSAGE!!!**

Join us for a day trip to the Daniel Boone Home on November 12. This will be a great opportunity to get to know one another and have meaningful conversations! Take a day off work and have fun with your peers! Come on out, you deserve it!

-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

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Program Support Manager

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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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# November

## Out and About Events

**\$10 transportation not included in program cost**

**Program registration period October 12-22**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b>	<b>2</b>	<b>3</b> Care Packages for Veterans 11:30am-2pm <b>Community</b>	<b>4</b> Ladies Night 5:30pm-8pm <b>Community</b>	<b>5</b> First Fridays: Star Trek 5:30pm-8pm <b>Community</b>	<b>6</b>
<b>7</b>	<b>8</b>	<b>9</b> Care Packages for Veterans 11:30am-2pm <b>Community</b>	<b>10</b> Cake Decorating 5:30pm-8pm <b>Community</b>	<b>11</b>  <b>VETERANS DAY</b>	<b>12</b> Daniel Boone Home 9am-3pm <b>Community</b>	<b>13</b> Paint & Board Games 10:30am-1pm <b>Community</b>
<b>14</b>	<b>15</b>	<b>16</b> Dinner & Dancing 6:30pm-7:30pm <b>Virtual</b>	<b>17</b> Mid Day Bowling 11:30am-2pm <b>Community</b>	<b>18</b> Guys Night: Pink Galleon 5:30pm-7:30pm <b>Community</b>	<b>19</b> Wild Bird Sanctuary 12pm-2pm <b>Community</b>	<b>20</b> Thanksgiving Craft 10:30am-1pm <b>Community</b>
<b>21</b>	<b>22</b>	<b>23</b> Blankets: Humane Society 5:30pm-8pm <b>Community</b>	<b>24</b> Scavenger Hunt 6pm-7:30pm <b>Virtual</b>	<b>25</b>  <b>Happy Thanksgiving</b>	<b>26</b>  <b>WE'RE CLOSED!</b>	<b>27</b>
<b>28</b>	<b>29</b>	<b>30</b> Bowling w/ Friends 11:30am-2pm <b>Community</b>				



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# November

## Out and About Event Descriptions

Date	Time	Event Name	Event Description
Wed, Nov 3	11:30am- 2pm	Care Packages for Veterans	In honor of Veterans day we will be making care packages to take to the local Veterans hospital. The staff at LifeBridge would like to thank all of the military men and women that have served our country. Cost \$20 supplies and lunch.
Thurs, Nov 4	5:30pm- 8pm	Ladies Night	Hey ladies!!!! Let's get together for nails and facemasks and of course girl talk. It will be a great night to work on our social skills, just us girls at the LifeBridge Office. Cost \$15 supplies and dinner.
Fri, Nov 5	5:30pm- 8pm	First Fridays: Star Trek	Calling all you Trekkies. We are heading to the Science Center for Star Trek Night. Perfect night to brush up on our Klingon. Cost \$10-\$15 dinner at the café or bring your own food.
Tues, Nov 9	11:30am- 2pm	Care Packages for Veterans	In honor of Veterans day we will be making care packages to take to the local Veterans hospital. The staff at LifeBridge would like to thank all of the military men and women that have served our country. Cost \$20 supplies and lunch. <b>*Repeat event*</b>
Wed, Nov 10	5:30pm- 8pm	Cake Decorating	For all of you bakers/cake decorators, you spoke and we listened. Back by popular demand... CAKE DECORATING! A great night at the office to hang out and talk to your peers. Cost \$15 supplies and dinner.
Fri, Nov 12	9am- 3pm	Daniel Boone Home	The Daniel Boone Home is a historic site in Defiance, Missouri. We will get to tour the property and eat lunch on the picnic benches. This is an all day opportunity to work on communication skills with your peers. Cost: \$20 + bring your own lunch. <b>*No Door to door transportation, must meet at LB Office, venue partially accessible*.</b>
Sat, Nov 13	10:30am- 1pm	Paint & Board Games	We are teaming up with Harbor Unlimited in St. Charles for Paint and Play! This is a great opportunity to meet new people, enjoy painting and play board games. Afterwards we will grab a quick bite. Cost: \$10 lunch + restaurant TBD.
Tues, Nov 16	6:30pm- 7:30 pm	Dinner & Dancing	Who says we have to be in person to enjoy dinner and dancing with friends? Plan on eating dinner together virtually followed by a little dancing and conversation. <b>*Virtual event*</b>
Wed, Nov 17	11:30am- 2pm	Mid Day Bowling	Bowling, food, friends and fun... Sounds like a great day!! Cost \$15 bowling + \$10-\$15 café food. Bowling alley TBD
Thurs, Nov 18	5:30pm- 7:30pm	Guys Night: Pink Galleon	This evening is for the guys unwind! We are heading to the Pink Galleon for pool, darts and hoops and lets not forget great food! Chat is up and get to know your buds and have fun. Cost \$25 billiards and food.
Fri, Nov 19	12pm- 2pm	Wild Bird Sanctuary	If you have not been to the Wild Bird Sanctuary, you really should check it out! This will be a fun day to observe, learn about birds and talk with friends. Cost \$10 admission + bring your own lunch.
Sat, Nov 20	10:30am- 1pm	Thanksgiving Craft	Tis the season of giving thanks. Let's get together at the LifeBridge office to create a Thanksgiving craft to display at home. A perfect day to really think about what you are grateful for and share with your peers. Cost \$15 supplies and lunch.
Tues, Nov 23	5:30pm- 8pm	Blankets: Humane Society	The Humane Society is in need of blankets and we are going to help! Join us at the LifeBridge office to make cozy blankets for our furry friends. One blanket to keep to yourself and one to donate. Cost \$20 supplies and dinner.

<b>Date</b>	<b>Time</b>	<b>Event Name</b>	<b>Event Description</b>
Wed, Nov 24	6pm- 7:30pm	Scavenger Hunt	This will be a fun night to see some friends online. Lets see who has the most items on the list lying around your home. <b>*Virtual event*</b>
Tues, Nov 30	11:30am- 2pm	Bowling with Friends	Bowling, food, friends and fun and great conversation... Sounds like a great day!! Cost \$15 bowling + \$10-\$15 lunch café. Bowling alley TBD.