



# AUGUST 2022

CREATING CONNECTIONS,  
ENRICHING LIVES.

## THE SOURCE

THE NEWSLETTER OF LIFE BRIDGE  
PARTNERSHIP



### Important Dates:

**July 11-15**

July Program sign up  
period

**July 24**

Christmas In July  
Picnic

### GREETINGS.....

We hope you are staying cool and enjoying your summer!

\*If you have not RSVP'd for the annual summer picnic, Christmas In July, please do so by **July 15th**.

\*Clients attending a Cardinal Game or The Muny, **MUST BRING A CREDIT OR DEBIT CARD** if you plan on eating at the venue OR you can bring your own snacks.

Programs funded  
by:





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## What's Happening at LifeBridge?



## Follow us on social media



## Communicating with LifeBridge Staff

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Out and About Coordinator

St. Louis City and County

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Community Training Supervisor

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Adam Saito

Program Support Coordinator

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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## Out and About Events

\$10 transportation not included in program cost  
Program registration period- July 11-18

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b>	<b>2</b>	<b>3</b> Walking Club 	<b>4</b> Cardinals VS. Cubs 	<b>5</b>	<b>6</b> Thrift Store Shopping 
<b>7</b>	<b>8</b> Muny: The Color Purple 	<b>9</b> Ikea- Shopping and Lunch 	<b>10</b>	<b>11</b>	<b>12</b> Pottery at Blaze STL 	<b>13</b> Volunteer @ St. Louis Area Food Bank
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b> Nacho Bar and Friends at the LifeBridge Office
<b>21</b>	<b>22</b> Westport Social 	<b>23</b> Tower Tee 	<b>24</b>	<b>25</b> Casino 	<b>26</b> Movie Night at LifeBridge Office	<b>27</b>
<b>28</b>	<b>29</b> Main Event 	<b>30</b> St. Louis Zoo 	<b>31</b>			



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## Out and About Event Descriptions

Date	Time	Event Name	Event Description
Wednesday August 3	10:30a-1:30p	Walking Club	Come one come all! Join us for a stroll. In case of hot weather we will walk at an indoor venue. Cost: free, bring a sack lunch. Location, TBD.
Thursday August 4	6:00p-10:00p	Cardinals VS. Cubs	The ultimate rivalry! Cards Vs. Cubs! Cost: \$20 ticket includes \$6 in Cards Cash for concessions. <b>YOU MUST BRING YOUR OWN FOOD/ DRINK OR CREDIT OR DEBIT CARD FOR PURCHASES.</b>
Saturday August 6	10:30a-1:30p	Thrift Store Shopping	What treasures will we find?!? Cost: \$10-\$15 for lunch, restaurant TBD.
Monday August 8	7:00p-11:00p	Muny: The Color Purple	It will be a nice warm night to watch The Color Purple on the Muny's stage! Cost: free ticket, <b>YOU MUST BRING YOUR OWN FOOD/ DRINK OR CREDIT OR DEBIT CARD FOR PURCHASES.</b>
Tuesday August 9	10:30a-1:30p	Ikea	Who is up for some shopping and lunch at Ikea? This will be a fun day! Cost: \$10-\$15 for lunch + spending money.
Friday August 12	10:30a-1:30p	Blaze STL	You all had such a great time creating beautiful bowls at Blaze STL in June, that we've decided to go back! I wonder what Blaze STL has in mind for us to create this time! Cost: \$12 for pottery + \$10-\$15 for lunch, restaurant TBD.
Saturday August 13	10:30a-1:30p	Volunteer@ St Louis Area Foodbank	Did you know by volunteering you are helping to fight hunger and feed hope in our community? Plus, giving back just makes you feel good! Cost: \$10-\$15 for lunch, restaurant TBD.
Saturday August 20	10:30a-1:30p	Nacho Bar and Friends	Nachos and friends... sounds like a win/win to me! Let's spend a low key afternoon enjoying a nacho bar and hanging out with friends. Cost: \$10 for lunch.
Monday August 22	11:00a-2:00p	Westport Social	Westport social is a high energy hangout, with a wide variety of foods on the menu and free pub games. Cost: \$25-\$30 for lunch.
Tuesday August 23	10:30a-1:30p	Tower Tee	Tower Tee putting range combines real golf and putt putt. Are you intrigued? Who wants to go? Cost: \$5 for golf, \$10-\$15 for lunch, restaurant TBD.
Thursday August 25	10:30a-1:30p	Casino	There were a few winners last time we took a trip to the casino! Do you want to try your luck again? Cost: \$15-\$20 for lunch + spending money. Casino location TBD.
Friday August 26	4:30p-7:30p	Movie Night: LifeBridge Office	What will it be? Horror, Rom Com, thriller, comedy..... Send us your suggestions when you sign up for this program. Cost: \$10 for dinner and snack.
Saturday August 27	11a-2p	DASA Extravaganza	DASA and Paraquad are hosting this event. They are welcoming everyone to actively participate in a wide range of adaptive sports, exercise, and wellness checks and learn about local resources relevant to the disability community. Cost: free, \$10-\$15 for lunch, restaurant TBD.



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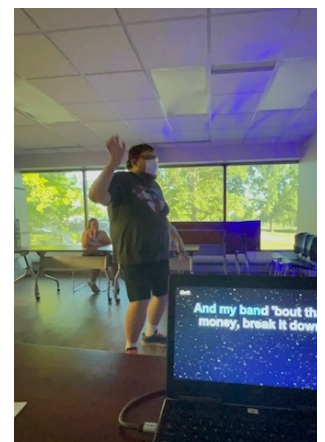
## Continued.....

Monday August 29	10:30a-1:30p	Main Event	If you haven't been to Main Event, you should definitely come out and play! There are many games and activities to choose from. Always a good time! Cost: \$25-\$30 for game play, \$10-\$15 for lunch.
Tuesday August 30	10:30a-1:30p	St. Louis Zoo	Take a trip through wild life at the Zoo. Snap pictures, laugh and have fun! We are so lucky to have such a beautiful Zoo in our city! Cost: \$15-\$20 for lunch at café inside the Zoo or bring sack lunch.

### BUSCH STADIUM TOUR!



### LONG MEADOW RESCUE RANCH



### KARAOKE NIGHT