



CREATING CONNECTIONS,  
ENRICHING LIVES.

# THE SOURCE

THE NEWSLETTER OF LIFEBRIDGE PARTNERSHIP

## **MESSAGE.....**

THANK YOU for your support and patience as we continue to navigate LifeBridge services during these unprecedented times.

We will be phasing back into small group events during the first 2 weeks of February. Group sizes will be limited to 3-4 clients with transportation services limited to 2-3 passengers depending on the vehicle size. Clients and staff will be REQUIRED to wear a KN95 mask that LifeBridge will provide. We will practice frequent hand washing as well as disinfecting high-touch surfaces.

On page 2 you will find programs being offered between February 1st to February 15th. As mentioned in the previous newsletter, we will be planning 2-weeks of programming at a time.

Due to the quickly changing circumstances, LifeBridge will take a 2 week at a time planning approach.

As always, LifeBridge is committed to supporting our clients with safe, dynamic, and inclusive services as our resources allow.

Please reach out to a member of our team with any questions or concerns.

Programs funded  
by:





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# February 1-15

## Out and About Event Descriptions

REMINDER\*\*\*\* All community programs include a \$10.00 transportation fee

Date	Time	Event Name	Event Description
Tuesday February 1	5:30-7:30pm	Valentines Day DIY	Love is in the air! Let's get crafty and make some Valentine's Day decor that you will be proud to display at home. Location: LifeBridge Office. Cost \$10.00 for supplies \$5.00 for dinner
Wednesday February 2	6:30-7:30pm **VIRTUAL**	Escape Room Part 2	This is the follow up session from the Escape Room program hosted by Lauren and Bob. We haven't escaped yet.... Who is up for the challenge??
Thursday February 3	5:30-7:30pm	Game Night	BINGO, UNO, Scrabble, Trivia..... Game Night at the LifeBridge office is always a good time!! Cost \$10.00 for dinner.
Tuesday February 8	5:00-7:00pm	Music with Addie	Addie is back with her boom whackers and other instruments for an evening of fun and creativity at the LifeBridge office. Cost \$10.00 for dinner.
Wednesday February 9	6:30-7:30pm **VIRTUAL**	Bingo	We have been having a lot of fun playing Bingo virtually. We would love for you to join us. LifeBridge can mail Bingo cards to you. Just let us know you need some when you sign up.
Thursday February 10	6:30-7:30pm **VIRTUAL**	Virtual Talent Show	Do you sing, do you dance, do you play an instrument, do you do magic tricks..... this is your chance to shine and show off your talent!
Thursday February 10	11:30-2pm	Winter Walk at Laumeier	Bundle up and let's talk and walk around Laumeier Sculpture Park. Cost \$10-\$15 for lunch TBD
Saturday February 12	11:00-1:30pm	Plant a Garden	Did you know that constantly being around plants can make people feel more calm and relaxed? Let's put that fun fact to the test and make a sweet little succulent gardens to enjoy at home. Cost \$15.00 for supplies \$5.00 for lunch.

## 1 on 1 COMMUNITY ACTIVITIES

LifeBridge will continue to provide community programs for 1 client & 1 staff at a time. This opportunity includes transportation to visit a venue of your choosing for 1-2 hours. Client and staff will be provided with a KN95 mask and practice safety protocols such as frequent hand cleansing and social distancing. Client will be responsible for transportation and their activity costs and meals if applicable.

To RSVP for Virtual Events, Community Programming and/or 1 on 1 Community Activities

Please contact:

Heather Ward, Chief Program Officer: 314-926-0940

Heather Bustamante, Community Training Specialist: 314-701-8128