



CREATING CONNECTIONS,  
ENRICHING LIVES.



# THE SOURCE

THE NEWSLETTER OF LIFE BRIDGE PARTNERSHIP

## IMPORTANT DATES

December 14-22  
Program Registration Period

December 24  
The office will be closed.  
We hope you have a great  
Holiday.

January 17  
The office will be closed in  
observance of MLK day.

## MESSAGE.....

With the Holiday season upon us and positive COVID cases on the rise again, we would like to remind everyone of a couple of things.

1. Wearing a mask properly is required when attending an in person program. The mask must be clean and cover your nose and mouth.
2. If you are experiencing any COVID symptoms, please let us know prior to your program and stay home until you are symptom free.

LifeBridge is committed to your health and safety as well as the health and safety of our staff. We prefer to error on the side of caution to ensure we are doing our part in preventing a COVID outbreak within our LifeBridge community and surrounding communities.

Merry Christmas and Happy New Year!!

Programs funded  
by:





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## Look what's been going on with Out and About!



## Follow us on social media



## Communicating with LifeBridge Staff

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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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# January

## Out and About Events

\$10 transportation not included in program cost  
Program registration period December 14-22

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<b>1</b> 
<b>2</b>	<b>3</b>	<b>4</b> Kahoot Trivia 6:30-7:30p <b>VIRTUAL</b>	<b>5</b>	<b>6</b> Garden Glow@ MO Botanical Gardens 5:30-8pm <b>COMMUNITY</b>	<b>7</b>	<b>8</b> Music with Addie 11-1:30pm <b>COMMUNITY</b>
<b>9</b>	<b>10</b>	<b>11</b> Mid Day Bowling 11:30-2p <b>COMMUNITY</b>	<b>12</b> Yoga and Stretching 6:30-7:30p <b>VIRTUAL</b>	<b>13</b> LifeBridge Office Restaurant 5:30-8pm <b>COMMUNITY</b>	<b>14</b> Beyond Van Gogh @ St. Louis Galleria 11:30am-2pm <b>COMMUNITY</b>	<b>15</b> SLU Basketball VS. Fordham 1:30pm <b>COMMUNITY</b>
<b>16</b>	<b>17</b> 	<b>18</b>	<b>19</b> History Museum: St. Louis Sound 11:30-2pm <b>COMMUNITY</b>	<b>20</b> Ladies Night 5:30-8p <b>COMMUNITY</b>	<b>21</b> Movie Night at the Office 5:30-8pm <b>COMMUNITY</b>	<b>22</b> Music with Addie 11-1:30pm <b>COMMUNITY</b>
<b>23</b>	<b>24</b>	<b>25</b> Mid Day Movie 11:30-2pm <b>COMMUNITY</b>	<b>26</b>	<b>27</b> Guys Night 5:30-8pm <b>COMMUNITY</b>	<b>28</b>	<b>29</b> Craft Day! 11:30-2p <b>COMMUNITY</b>
<b>30</b>	<b>31</b>					



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# January

## Out and About Event Descriptions

Date	Time	Event Name	Event Description
Tuesday January 4	6:30-7:30pm	Kahoot Trivia *VIRTUAL*	Trivia anyone?? Join us for a hour of virtual trivia.
Thursday January 6	5:30-8pm	Garden Glow	Magical Memories and Festive Traditions. Over a million lights to be seen at the Missouri Botanical Gardens. Let's bundle up for a fun night. Cost \$20.00 admission \$10-\$15 for dinner (restaurant TBD)
Saturday January 8	11-1:30pm	Music with Addie	*Session 1**Our favorite music therapist is back! Join us at the LifeBridge office for an afternoon of Music and games with Addie. Cost \$5.00 for lunch.
Tuesday January 11	11:30-2pm	Mid Day Bowling	Bowling is a great opportunity to "strike" up conversation with your friends. Sure to be a great afternoon! Cost \$10.00 for bowling, \$10.00-\$15.00 for lunch. Bowling alley TBD.
Wednesday January 12	6:30-7:30pm	Yoga and Stretching	Join LifeBridge staff for a nice relaxing virtual hour of stretching and yoga.
Thursday January 13	5:30-8pm	LifeBridge Restaurant	LifeBridge Grill Grand Opening. We will be creating a mock restaurant at the LifeBridge office. This will be a great opportunity to work on money handling skills with our servers when ordering and paying food. Cost \$10.00 for dinner.
Friday January 14	11:30-2pm	Beyond Van Gogh	Beyond Van Gogh uses cutting-edge projection technology to create an engaging journey into the world of Van Gogh. Using his dreams, his thoughts, and his words to drive the experience as a narrative, we move along projection swathed walls wrapped in light, colour, and shapes that swirl, dance and refocus into flowers, cafes and landscapes. Cost \$47.00+ \$10-\$15 for lunch.
Saturday January 15	1:30pm	SLU Basketball	LET'S GO BILLIKENS!!! SLU VS FORDHAM. Cost \$20.00 for admission \$20.00 for lunch.
Wednesday January 19	11:30-2pm	History Museum	Did you know music legends like Ike and Tina and Nelly and so many more came from our region? Let's have a fun afternoon at the History Museum touring the St. Louis Sound Music Exhibit. Cost \$10.00-\$15.00 for lunch.
Thursday January 20	5:30-8pm	Ladies Night	Join us as at the LifeBridge office for a nice relaxing night just for the ladies. Let's give bath bomb making a try. Cost \$10.00 for supplies \$5.00 for Dinner
Friday January 21	5:30-8pm	Movie Night	Movie night at the office. We will set up a concession stand, dinner and snacks. Dress comfy.... Bring a blanket if you would like. This will be another great opportunity to work on money handling skills. Cost \$15.00 for dinner and snacks.
Saturday January 22	11-1:30pm	Music with Addie	*Session 2**Our favorite music therapist is back! Join us for an afternoon of Music and games with Addie. Cost \$5.00 for lunch.
Tuesday January 25	11:30-2pm	Mid Day Movie	Movie day? Yes please! Cost \$10.00 for movie ticket, \$10.00-\$15.00 for food. Theater TBD
Thursday January 27	5:30-8pm	Guys Night	Thursdays are for the boys! Let's head out to Hot Shots for dinner and darts. Cost \$20.00-\$25.00 for dinner and games.
Saturday January 29	11:30-2pm	Craft Day	Calling all crafters! Love is in the air. Let's make a sweet little valentine craft decoration. Cost \$10.00 for supplies \$5.00 for lunch.