



CREATING CONNECTIONS,  
ENRICHING LIVES.

# MAY 2022

# THE SOURCE

THE NEWSLETTER OF LIFEBRIDGE PARTNERSHIP



## Important Dates:

April 15-22

Program Registration

May 8

Happy Mothers Day!

May 30

Memorial Day

~Office Closed

## MESSAGE.....

### Hello Out & About Members

In an effort to foster independence, we would really like to have our clients sign up for programs on their own. They can call, text or email us. See our contact info on the following page.

We will remain mask optional for May. Please continue to bring a mask along with you in the event the venue we visit requires face coverings.

Programs funded  
by:





CREATING CONNECTIONS,  
ENRICHING LIVES.

## What's Happening at LifeBridge?



## Follow us on social media



## Communicating with LifeBridge Staff

Kelly Fraction

Out and About Coordinator

St, Louis City and County

314-701-7265 | [kellyf@lifebridgestl.org](mailto:kellyf@lifebridgestl.org)

Heather Bustamante

Community Training Supervisor

St, Louis City and County

314-701-8128 | [heatherb@lifebridgestl.org](mailto:heatherb@lifebridgestl.org)

Adam Saito

Program Support Coordinator

Volunteers, Vans, Program Quality

314-756-0207 | [adams@lifebridgestl.org](mailto:adams@lifebridgestl.org)

Heather Ward

Chief Program Officer

314-926-0940 | [heatherw@lifebridgestl.org](mailto:heatherw@lifebridgestl.org)

### 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.



CREATING CONNECTIONS,  
ENRICHING LIVES.

# MAY

## Out and About Events

\$10 transportation not included in program cost  
Program registration period April 15-22

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b>	<b>2</b>	<b>3</b> Upper Limits Rock Climbing	<b>4</b>	<b>5</b> Afternoon Movie 	<b>6</b> <b>Option1:</b> Day Trip to Johnson Shut-In  <b>Option2:</b> Science Center; Nick at Night	<b>7</b> Painting With a Twist 
<b>8</b>	<b>9</b>	<b>10</b> Missouri Botanical Gardens	<b>11</b>	<b>12</b> Cardinals Game 	<b>13</b> Fan Expo	<b>14</b>
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b> Drag Racing @ Gateway Speedway	<b>19</b> Science Center: Hockey Exhibit	<b>20</b> Casino and Lunch	<b>21</b> Axe Throwing 
<b>22</b>	<b>23</b>	<b>24</b> Fast Eddie's	<b>25</b>	<b>26</b> Cardinals Game 	<b>27</b> Movie Night 	<b>28</b> Route 66 Flea Market
<b>29</b>	<b>30</b>  Office Closed	<b>31</b>				



CREATING CONNECTIONS,  
ENRICHING LIVES.

# MAY 2022

## Out and About Event Descriptions

Date	Time	Event Name	Event Description
Tuesday May 3	11am-1:30pm	Upper Limits Rock Climbing	Upper limits offers indoor tower climbing walls and a massive top-out boulder. Who is up for the challenge? Cost: \$30 admission + \$10-\$15 lunch, restaurant TBD.
Thursday May 5	11am-1:30pm	Mid Day Movie	Join us to watch a newly released movie! We just love our afternoon movies!! Cost: \$20-\$30 movie ticket + lunch. Movie theater and restaurant TBD.
Friday May 6	8am-3pm	Day Trip: Johnson Shut Ins	DAY TRIP to the beautiful Johnson Shut-Ins! Bring a sack lunch. Must be able to walk trails and hike. <b>Not ADA accessible. ***Must have transportation to and from the LifeBridge office.</b> The drive is about an hour and 45 minutes.
Friday May 6	5pm-8pm	First Friday @ the Science Center	Nick Nick Nick Nick Nick Nick Nick Nick..... Nickelodeon!! Have a blast from the past and enjoy Nick at Night. Cost: \$10-\$20 dinner at café inside the Science Center + spending money or bring your own food.
Saturday May 7	11am-1:30pm	Painting with a Twist	Join us at Painting With a Twist to create a beautiful painting just in time for Mother's Day. Cost: \$40 (Paint 11am-12:30pm then lunch) \$10-\$15 lunch, restaurant TBD.
Tuesday May 10	11am-1:30pm	Botanical Gardens	A beautiful treasure in our City. Let's take a stroll through the St. Louis Botanical Gardens. Cost: \$14 admission or \$6 admission (St. Louis City/County residence) <b>proof of residency must be provided in order to purchase a \$6 ticket.</b> Lunch \$10-\$15 restaurant TBD.
Thursday May 12	11:30am-4pm	Cardinals Game	Cardinals Baseball is back!!! Cost: \$20 ticket which includes \$6 cash for concessions. You can bring your own snacks and/or bring spending money.
Friday May 13	4pm-6:30pm	Fan Expo	Cos-play, Sci-Fi, Anime, horror and gaming. Learn more about this event go here..... <a href="https://fanexpohq.com/fanexpostlouis/">https://fanexpohq.com/fanexpostlouis/</a> Cost: \$37 admission + \$15-\$20 dinner, restaurant TBD.
Wednesday May 18	5:30pm-8pm	Drag Racing	An event requested by one of your peers. Drag Racing at the Gateway Speedway. Cost: \$20 admission + \$10-\$15 dinner, restaurant TBD. We will eat dinner first then enjoy the race!
Thursday May 19	11am-1:30pm	Science Center: Hockey Exhibit	Faster Than Ever explores the science behind ice hockey. Technology, physics and other topics highlight the advances of the sport over time and show that science is everywhere in hockey. Cost: \$18 admission + \$10-\$20 lunch at one of the cafés inside the Science Center.
Friday May 20	11am-1:30pm	Casino and Lunch	Are you feeling lucky? Another program suggested by your peers. Cost: Spending money + \$10-\$15 lunch, restaurant and casino location TBD.
Saturday May 21	11am-1:30pm	Axe Throwing	Who need darts when you can chuck axes? We will be briefed on safety procedures. Close toed shoes are required. Cost: \$35 admission + \$10-\$15 for lunch, restaurant TBD.
Tuesday May 24	11am-1:30pm	Fast Eddie's	A true landmark in Alton Illinois. Let's take a trip to Fast Eddie's for lunch, music, laughs and drinks! Cost: \$15-\$20 for lunch + money for drinks. <b>Must be 21 with a valid photo ID.</b>



CREATING CONNECTIONS,  
ENRICHING LIVES.

# May 2022 Continued.....

Thursday May 26	5:45pm-9pm	Cardinals Game	CARDINALS BASEBALL!! Cost: \$20 ticket which includes \$6 cash for concessions. You can bring in your own snacks and/or bring spending money.
Friday May 27	5:30pm-8pm	Movie Night	Kick back and enjoy the show at the LifeBridge office! Comedy, Thriller, Romance, Horror.... Send us your suggestions! Cost: \$10 dinner + movie snacks.
Saturday May 28	11am-1:30pm	Route 66 Flea Market	One man's trash is another man's treasure. Let's see what we can find. Cost: \$10-\$15 lunch + spending money, restaurant TBD.

## Save the date for LifeBridge's annual picnic!

When: Sunday, July 24, 2022

Time: 11am-2pm

More details coming soon!

