



CREATING CONNECTIONS,
ENRICHING LIVES.

THE SOURCE

THE NEWSLETTER OF LIFEBRIDGE
PARTNERSHIP

November 2022



Important Dates:

October 7-14
November program
registration period.

November 11
Office closed in
observance of Veteran's
Day.

Save the date!

LifeBridge Annual Holiday Party

December 16th, 2022

6:00pm-8:00pm

At

T.A.S.K.

More details coming soon.

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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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- October 7-14

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 **VIRTUAL** Silly Pet Videos	3 St. Louis Riverboat Cruise	4 Karaoke Night! 	5 Trinity Soulard or Daytrip: Grafton and Alton
6 History Museum: Dia De Los Muertos	7	8	9	10 Holiday Card Making 	11 Happy Veterans Day 	12 Thanksgiving DIY Decor 
13	14	15 Ikea Shopping and Lunch 	16 **VIRTUAL** Thanksgiving Turkey Disasters	17 St. Louis Science Center 	18 SLU WOMEN'S Basketball Game	19 Matt Kuennen's Art Class
20 	21 Winter Wonderland Walk Through at Tilles Park	22	23 The Butterfly House 	24 <i>Happy Thanksgiving to all of our LifeBridge Family and Friends</i>	25 	26
27	28	29 St. Louis Arch 	30			



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Out and About Event Descriptions

Date	Time	Event Name	Event Description
Wednesday November 2	6:30pm-7:30pm	**Virtual** Silly Pet Videos	Join us for an hour of laughs from the comfort of your home!
Thursday November 3	11:30am-1:30pm	St. Louis Riverboat Cruise	Catch some of the best views of the Gateway Arch and downtown St. Louis on a fascinating one-hour riverboat tour. Cost: Admission \$24 plus \$10-\$15 for concessions on the boat. **Dress accordingly, it could be cold. Not wheelchair accessible.
Friday November 4	4:30pm-7:30pm	Karaoke Night	Come join us and show off your vocal talents! Cost: \$10 for dinner and snacks.
Saturday November 5	8:30am-12:00pm	Volunteer: Trinity Souldard	We will be volunteering to feed the hungry and unhoused. **Must have transportation to the LifeBridge office. Shuttles leave the office at 8:30am. Lunch will be after volunteering. Cost:\$10-\$15 for lunch.
Saturday November 5	10:00am-3:00pm	Daytrip: Grafton/Alton Illinois	Let's go explore beautiful Grafton Illinois. We will have a drive along the famous River Road, take a walk in Pere Marquette Park, explore downtown Grafton and have lunch at Fast Eddies. **MUST have transportation to the LifeBridge office. Must be 21 with a valid state ID for this trip. Cost: \$20-\$30 for Fast Eddies plus spending money.
Sunday November 6	11:00am-1:30pm	Missouri History Museum	This will be a great day to take a trip to the History Museum and celebrate Día de los Muertos. You will see altars that represent a variety of Latin American cultural traditions, live music, dance performances, an art display, food and drink vendors and more. Cost: \$10-\$20 for food vendors.
Thursday November 10	4:30pm-7:30pm	Holiday Card Making	Just in time for the Holidays, there will be a special guest that will join us at the LifeBridge office and teach us how to make handmade greeting cards. Cost: \$15 for dinner and supplies.
Saturday November 12	11:00am-2:00pm	Thanksgiving Craft Day	Let us all put on our creative hat and put together something festive for Thanksgiving! Cost: \$15 for lunch and supplies.
Tuesday November 15	10:30am-1:30pm	IKEA: Shopping and Lunch	We had such a great time shopping and imagining our dream kitchens, let's do it again. Cost \$10-\$15 for lunch plus spending money.
Wednesday November 16	6:30pm-7:30pm	**Virtual** Thanksgiving Turkey Disasters	In honor of Thanksgiving.... lets dig up some videos of turkey dinners gone wrong!
Thursday November 17	10:30am-1:30pm	St. Louis Science Center	Did you know the Science Center has over 700 interactive experiences? Let's go discover together. Cost: \$10-\$15 for lunch at the café or bring your own food.
Friday November 18	Time TBD	SLU Women's Basketball Game	Lady Billikens vs University of Wisconsin Green Bay. **Ticket price and game time has not been released yet. TBD
Saturday November 19	11:00am-2:00pm	Drawing with Matt Kuennen	Our very own Matt Kuennen has offered to teach a drawing class. If you haven't met Matt yet, you're missing out. Cost: \$10 for lunch and supplies.

November 2022

Continued.....

Monday November 21	5:00pm-7:00pm	Winter Wonderland Walk Through	Take a stroll through the beautiful Winter Wonderland at Tilles Park. Get mesmerized by over a million twinkling lights. Dress warm and wear comfortable shoes (there will be a lot of walking). Hot chocolate and snacks will be available for purchase. Cost: \$8 admission plus \$10-\$15 for hot chocolate and snacks.
Wednesday November 23	10:30am- 1:30pm	The Butterfly House	Did you know The Butterfly House is home to over 60 tropical butterfly species in our Conservatory, which also houses over 150 tropical plants. Are you up for a trip to The Butterfly House? Cost \$8 admission plus \$10-\$15 for lunch.
Tuesday November 29	10:30am- 1:30pm	St. Louis Arch	There's been a couple of requests for a trip to the Arch.... so here it is!!!! A trip to the top of the Arch!! Cost: \$18 for tram ticket plus \$10-\$15 for lunch. Restaurant TBD.

