



CREATING CONNECTIONS,
ENRICHING LIVES.

THE SOURCE

THE NEWSLETTER OF LIFEBRIDGE
PARTNERSHIP

Important Dates:

January 11-18
February program
registration

February 3
LifeBridge Trivia Night

February 20
Presidents Day

Programs funded
by:



February 2023



New Opportunity!!!

Are you feeling frustrated due to limited transportation?

Here's an opportunity to be more independent and learn how to use services such as UBER, Lyft or Cab for LifeBridge events.

Training and financial assistance are provided by LifeBridge.

More information soon to come! Should you have any questions, comments or concerns, do not hesitate to reach out to Kelly.



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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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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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February 2023

Out and About Events

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Paint with Alma Community 	2	3	4
5	6 Lunch, Nails & Shopping Community  DIY Marble Painting Community	7	8 Herbaria Soap Tour Community 	9 Valentine's Day Craft Community 	10	11
12	13	14 	15 Powell Hall: Creative Music Making Community 	16 Lunch: City Foundry STL Community	17 Sci-Fi Movie Night Community 	18 Fellas Day Out Community
19	20 	21 America's Funniest Videos Virtual	22	23	24 Friday Night Bingo Virtual BINGO	25 Art Museum Community
26	27	28				



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February 2023

Out and About Event Descriptions

\$10 transportation not included in program cost

Program registration period-January 11-18

Date	Time	Event Name	Event Description
Wednesday February 1	5pm-8pm	Painting w/ Alma <i>Community</i>	Create your own Color Field painting inspired by the work of African-American Expressionist painter and art educator Alma Thomas. In celebration of Black History Month. Hosted at Parkview library branch. Cost: \$10-\$15 dinner, restaurant TBD. Must live in the north county area.
Monday February 6	11am-2pm	Lunch, Nails & Shopping <i>Community</i>	Ladies this is the day to get pampered! Let's get our nails done, eat good and shop! Cost: \$10-\$15 lunch + spending money for nails and shopping. Restaurant, salon and stores TBD.
Monday February 6	5pm-8pm	DIY: Marble Painting <i>Community</i>	Enjoy a simple DIY project that you can display at home. Hosted at Natural Bridge library branch. Cost: \$10-\$15 dinner, restaurant TBD.
Wednesday February 8	11am-2pm	Herbaria Soap Tour <i>Community</i>	Take a tour to get a full understanding on how soap with all natural ingredients are made. You may be able to take home free samples. Join us at Herbaria on The Hill. Cost: \$10-\$20 lunch at one of the restaurants on The Hill.
Thursday February 9	5:30pm-8pm	Valentine's Day Craft <i>Virtual</i>	Once again, Lori's back at it! She's hosting an art class at the LifeBridge office for Valentine's Day. Cost: \$10 dinner + \$10 supplies.
Wednesday February 15	5:30pm-8pm	Powell Hall: Creative Music Making <i>Community</i>	St. Louis Arc, Maryville University Music Therapy Program, and musicians from the SLSO team up in their 14th annual collaboration to celebrate the music in all of us. Cost: \$5 admission + \$10 dinner, restaurant TBD.
Thursday February 16	11am-2pm	Lunch: City Foundry STL <i>Community</i>	17 Kitchens, 10 shops all in one place! Foodie dreams didn't know you had are about to come true! Cost: \$10-\$30 food + spending money.
Friday February 17	5:30pm-8pm	Sci-Fi Movie Night <i>Community</i>	Movie night at the LifeBridge office! Kick back and enjoy the show. If you are afraid of Sci-Fi shows, this event is not for you! Cost: \$10 dinner & snacks.
Saturday February 18	11am-2pm	Fellas Day Out <i>Community</i>	Fellas, treat yourself after a long work week! Where do you want to go? You must pick at least two places and then we will cast a vote on locations. Cost: \$10-\$20 lunch + spending money, restaurant and stores TBD.
Tuesday February 21	5:30pm-6:30pm	America's Funniest Videos <i>Virtual</i>	Join on us zoom and watch amateur videographers record some of the funniest videos! From wedding fails to kids getting into their mom's makeup. There will be plenty of tearjerkers!
Friday February 24	5:30pm-7pm	Friday Night Bingo <i>Virtual</i>	Zoom on over to Friday Night Bingo! Let's have a blast, talk to your best pals online and yell BINGO!
Saturday February 25	11am-2pm	Art Museum <i>Community</i>	Tour many of the exhibits at St. Louis Art Museum. Uncover the stories of the Museum's collections. Cost: \$10-\$15 lunch, restaurant TBD.