



CREATING CONNECTIONS,
ENRICHING LIVES.

THE SOURCE

THE NEWSLETTER OF LIFEBRIDGE PARTNERSHIP

March 2023



Important Dates:

February 13-20

March program registration

March 1

Disability Rights Day!

March 20-24

No programs due to LB YSpring Break Camp

Welcome New Staff

We have welcomed new staff to our team!

Andy Basler
Dominic Casola
Michael Chandler

Andy, Dominic, and Michael have been enjoying getting to meet all of you over the past couple of weeks and are thrilled to assist with the LifeBridge mission. Thank you for helping them feel welcome!

Programs partially funded by:





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Check out what we have been up to!!



Follow us on social media



Communicating with LifeBridge Staff

Kelly Fraction

Out and About Coordinator

St. Louis City and County

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Adam Saito

Program Support Coordinator

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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Out and About Events

\$10 transportation not included in program cost
Program registration period- February 13-20

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Disability Rights Day in Jefferson City	2	3	4 Day Trip to Abraham Lincoln Museum
5	6 Games and Nacho Night 	7 Putt Shack: City Foundry 	8	9 Movie Matinee 	10 Trivia Night 	11
12 Daylight Savings Ends Turn Clocks Forward	13	14 History Museum: Women in STL Architecture	15 Chocolate Factory Tour _____ VIRTUAL Trivia	16 West County Mall 	17 <i>Saint Patrick's Day</i>	18
19	20	Youth spring break camp! NO PROGRAMS			24	25 Karaoke Party 
26	27 DIY Class: Lotion Bar 	28 Thrift Store Shopping 	29	30 Disney Movie Night 	31 Walking Club 	



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Out and About Event Descriptions

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Program registration period- February 13-20

Date	Time	Event Name	Event Description
Wednesday March 1	9am-3pm	Disability Rights Day	For nearly 20 years, disability advocates from around Missouri have traveled to the State Capitol to participate in Disability Rights Legislative Day and have their voices heard. Take a ride with us to Jefferson City! Wear comfortable clothing/ shoes and dress for the weather. Don't forget to pack a lunch! Cost: \$30 including transportation. **You must provide own transportation to/ from the LifeBridge Office**
Saturday March 4	9am-3pm	Day Trip: Abe Lincoln Museum	Join us for this incredible opportunity to experience the story of Honest Abe at the Abraham Lincoln Museum in Springfield, IL. Cost \$30 admission/transportation + \$20 lunch, restaurant TBD. ** You must provide own transportation to/ from the LifeBridge Office**
Monday March 6	5pm-7:30pm	Games and Nacho Night	It's not Tuesday but there will be tacos and nachos! Come on out to listen to music and play games with your best buds at the LifeBridge office! Cost: \$10 dinner.
Tuesday March 7	11am-2pm	Putt Shack: City Foundry	Get your game face ready! Come out to the City Foundry and play mini-golf with cool technology. Cost: \$20 golf + \$15-\$25 lunch.
Thursday March 9	11am-3pm	Movie Matinee	Whether it be Galleria 6 Cinema or AMC join us for a newly released movie at an area theater! Cost: \$10 ticket + \$10-\$15 lunch. Theater and movie times are subject to available movie times.
Friday March 10	5pm-8pm	Trivia Night	How many questions can you answer?? Join us at the LifeBridge office for a night of trivia and dinner. Cost: \$10 dinner.
Tuesday March 14	11am-2pm	Women in STL Architecture	St. Louis' rich architectural history includes many important, and often unrecognized, contributions from women. Learn more at the History Museum. Cost: \$10-\$20 lunch, restaurant TBD.
Wednesday March 15	11am-2pm	Chocolate Factory Tour	Visit the Chocolate, Chocolate, Chocolate Factory for a unique tour and shop in the store! We will grab lunch at a restaurant on the Hill!!! Cost: \$20-\$25 lunch.
Wednesday March 15	6pm-7:30pm	Virtual Trivia Night	Put on your thinking caps and test your knowledge! Join us on Zoom and have fun!
Thursday March 16	11am-2pm	West County Mall	Eat and shop all under one roof! This is a great opportunity to practice budgeting skills. Cost: \$10-\$20 lunch + spending money.
Saturday March 25	11am-2pm	Karaoke Party	Now is the time to shine!! Join us at the LifeBridge office for a day filled with fun and Karaoke with your fellow members! Cost: \$10 lunch.
Monday March 27	5pm-7:30pm	DIY Class: Lotion Bar	Hand-craft a luxurious DIY lotion bar that will keep your skin soft and hydrated. Hosted at Rock Road library in North County. Cost: \$10-\$15 dinner, restaurant TBD.
Tuesday March 28	5pm-7:30pm	Thrift Store Shopping	Let's go bargain shopping at an area thrift store! Get those pennies and nickels together! Cost: \$10-\$15 dinner + spending money to shop with, restaurant TBD.
Thursday March 30	5:30pm-8pm	Disney Movie Night	From classics to new movies, cast your vote on your favorite! Hosted at the LifeBridge office. Cost: \$10 dinner.
Friday March 31	11am-1:30pm	Walking Club	Let's get outside and take in the spring sights and colors! We will pick a local park with a paved trail and then grab a healthy lunch afterwards! Cost: \$15 lunch, restaurant TBD.