

MARCH 2021

# THE SOURCE

THE NEWSLETTER OF LIFEBRIDGE PARTNERSHIP



CREATING CONNECTIONS,  
ENRICHING LIVES.



## IMPORTANT DATES

Thursday, February 18

- Call-in Source Day

Wednesday, March 17

- St. Patrick's Day

## Hybrid Programming Options

We are very excited to announce that we are providing hybrid programming options! We will be providing community and virtual programming to ensure we are meeting the needs of every client. We want all of our clients to be engaged whether it be virtually or in the community. So we are calling out all of our participants to be engaged in our hybrid programming consistently, have fun, and choose how you want to be involved. If we have not heard from you in a while, please reach out to Chanese or Kelly and discuss what programming option is best for you, we would love to answer any questions and reunite you with your peers!

Out and About  
Program Funders:



# THE OUT AND ABOUT PROGRAM IS ONLINE

On the next page you will see a new calendar of programs that are happening online. Participation in these programs is NOT required and does not affect your status as an active member in the O&A program. These programs are being offered to provide you a way to remain social and connect with your friends and our staff!

The average program time is between 30 and 90 minutes in length and will be facilitated with video chat through Zoom. The best way to access these events is to have a Facebook profile and have “friended” each member of our staff. You’ll then receive an invite to the program on Facebook, be sure to RSVP as “Going.” We are happy to assist you with this! You’ll receive reminders and important updates once you have RSVP’ed on Facebook. The link to the Zoom programs will be on the Facebook event page but we can email them if necessary, please specify this when signing up for programs. Reminders via email and phone calls will not occur so make sure you keep track on your calendar!

*There is no limit to the number of online programs you can participate in, but please follow through on your commitments. To register, call your CTS at the office, email, or Facebook message your program choices at any time.*

## Communicating with LifeBridge Staff

Kelly Fraction

Community Training Supervisor

St. Louis City and County

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

Chanese Harris

Community Training Supervisor

St. Louis County (Mid, West, and South County)

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

Adam Saito

Program Support Manager

Support Services (Transportation, Volunteerism, Quality Management)

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)

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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Welcome to the O&A Virtual/Community Events calendar!  
Virtual events will be 1 hour long and take place using Zoom video. See page 4 for full event descriptions. Not all events are free.

| Sunday  | Monday  | Tuesday  | Wednesday   | Thursday   | Friday | Saturday  |
|---|---|--|---|--|--------|---|
|   | 1)  | 2)<br>Movie Night<br>5:45pm-7:45pm<br>Virtual                                  | 3)<br>The Social Game<br>5pm-6pm<br>Virtual   | 4)<br>Mid Day Movie<br>12pm-2pm<br>Community         | 5)     | 6)  |
| 7)<br>Weekend Bingo<br>12:30pm-1:30pm<br>Virtual  | 8)  | 9)<br>Joke Night<br>6pm-7pm<br>Virtual   | 10)<br>Funniest Pets<br>5pm-6pm<br>Virtual  | 11)<br>Tote Bag Painting<br>11am-1:15pm<br>Community | 12)    | 13)<br>St. Patrick's Day Craft Wreath<br>1pm-2pm<br>Virtual |
| 14)   | 15)   | 16)<br>Jazz & Funk<br>4pm-6pm<br>Virtual<br>Game Night<br>5pm-7pm<br>Community | 17)<br>The Home Riddle Game<br>5pm-6pm<br> | 18)  | 19)    | 20)<br>The Best Zoo's In the World<br>1pm-2pm<br>Virtual    |
| 21)<br>Harry Potter Trivia<br>12pm-1pm<br>Virtual | 22)   | 23)<br>Family Feud<br>6pm-7pm<br>Virtual                                       | 24)   | 25)<br>Galleria Movie<br>1pm-3:30pm<br>Community     | 26)    | 27)   |
| 28)   | 29)<br>Fitness with Friends<br>5pm-6pm<br>Virtual | 30)  | 31)   |  |        |   |

**YOU MUST REGISTER FOR THESE EVENTS.** There is no limit on the number of events you participate in, but please follow-through on your commitments. To register, call your CTS between the hours of 10am-5pm Monday-Friday. **You may email or Facebook message your choices at any time.**



# MARCH

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## Out and About Event Descriptions

| Date             | Time               | Event  | CTS     | Event Description   |
|------------------|--------------------|--|---------|---|
| Tues,<br>Mar 2   | 5:45pm-<br>7:45pm  | Movie Night<br><a href="#">Virtual</a>                       | Kelly   | Come join other LifeBridge friends and watch a movie virtually. Get your popcorn and snacks ready!  |
| Wed,<br>Mar 3    | 5pm-<br>6pm        | The Social Game<br><a href="#">Virtual</a>                   | Chanese | Enjoy a game with your LifeBridge peers that will test your knowledge of how to handle social situations in a fun way!  |
| Thurs,<br>Mar 4  | 12pm-<br>2pm       | Mid Day Movie<br><a href="#">Community</a>                   | Kelly   | Gather with your LifeBridge and watch a movie at the LifeBridge Office. Cost: \$5 admission, snacks will be provided.   |
| Sun,<br>Mar 7    | 12:30pm-<br>1:30pm | Weekend Bingo<br><a href="#">Virtual</a>                     | Kelly   | Have fun playing Bingo on this Sunday afternoon. Everyone is a winner so there will be no prizes! Supplies will be provided!  |
| Tues,<br>Mar 9   | 6pm-<br>7pm        | Joke Night<br><a href="#">Virtual</a>                        | Kelly   | Knock, Knock: Who's there? Tank. Tank who? You're welcome. Join your LifeBridge and tell funny jokes!   |
| Wed,<br>Mar 10   | 5pm-<br>6pm        | Funniest Pets<br><a href="#">Virtual</a>                     | Chanese | Enjoy watching some of your favorite pets do some of the funniest and craziest things!  |
| Thurs,<br>Mar 11 | 11am-<br>1:15pm    | Tote Bag Painting<br><a href="#">Community</a>               | Kelly   | Bring out the art in you and paint on a tote bag. Join along with some of your LifeBridge friends! Hosted at the LifeBridge office. Cost: \$15 supplies and snacks    |
| Sat,<br>Mar 13   | 1pm-<br>2pm        | St. Patrick's Day<br>Craft Wreath<br><a href="#">Virtual</a> | Chanese | Enjoy creating a wreath to celebrate St. Patrick's Day. Supplies are provided and will be delivered to your home. Cost: \$10 supplies                                 |
| Tues,<br>Mar 16  | 4pm-<br>5pm        | Jazz & Funk<br>Dance<br><a href="#">Virtual</a>              | Kelly   | Presented by CKDC. This Jazz funk class aims to build confidence, agility, and musicality with energetic and powerful dance moves. *This is a virtual library event*  |
| Tues,<br>Mar 16  | 5pm-<br>7pm        | Game Night<br><a href="#">Community</a>                      | Chanese | Enjoy playing some of your favorite games at the LifeBridge office. There will be light refreshments and snacks during this program, but no meal. Cost: \$5 admission |

| Date             | Time           | Event  | CTS     | Event Description  |
|------------------|----------------|--|---------|--|
| Wed,<br>Mar 17   | 5pm-<br>6pm    | The Home Riddle<br>Game<br><a href="#">Virtual</a>       | Chanese | Enjoy solving riddles that will help you find out facts about some of your favorite home items and appliances.   |
| Sat,<br>Mar 20   | 1pm-<br>2pm    | The Best Zoo's in<br>the Word<br><a href="#">Virtual</a> | Chanese | Enjoy Learning about different zoos around the word and the history of how zoos came about!  |
| Sun,<br>Mar 21   | 12pm-<br>1pm   | Harry Potter<br>Trivia<br><a href="#">Virtual</a>        | Kelly   | How much do you think you know about Harry Potter? Test your knowledge of your favorite Harry Potter characters! Be sure to wear your Harry Potter attire! |
| Tues<br>Mar 23   | 6pm-<br>7pm    | Family Feud<br><a href="#">Virtual</a>                   | Chanese | Play a game of Family Feud. Show us how much you know while teaming up with your LifeBridge friends!   |
| Thurs,<br>Mar 25 | 1pm-<br>3:30pm | Galleria Movie<br><a href="#">Community</a>              | Chanese | Enjoy a movie at the Galleria movie theater. Clients will be able to eat lunch then enjoy a film agreed on by the group.<br>Cost: \$5 movie + \$10 food    |
| Tues,<br>Mar 29  | 5pm-<br>6pm    | Fitness with<br>Friends<br><a href="#">Virtual</a>       | Chanese | Enjoy easy workouts to get you moving and will help you enjoy exercising.  |