



# APRIL 2022

CREATING CONNECTIONS,  
ENRICHING LIVES.

## THE SOURCE

THE NEWSLETTER OF LIFEBRIDGE PARTNERSHIP



### Important Dates:

April 17th -  
Happy Easter!

April 22nd -  
Earth Day!

March 18th-25th  
April Program  
Registration

### MESSAGE.....

Hello LifeBridge Family and Friends.

We asked and you answered..... Masks will now be optional on Out and About community programs!! With that said, we will still focus on frequent hand washing and disinfecting high touch areas. We ask that you still bring a mask with you in the event the program venue still requires a face covering.

In an effort to foster independence, we would really like to hear from our clients when signing up for their programs. They can call, text or email. See our contact info on the following page.

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.

# APRIL

## Out and About Events

\$10 transportation not included in program cost

Program registration period March 18-25

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>1</b> Day Trip to Meramec Caverns COMMUNITY	<b>2</b>
<b>3</b>	<b>4</b>	<b>5</b> Main Event COMMUNITY	<b>6</b>	<b>7</b> Escape Room COMMUNITY	<b>8</b>	<b>9</b> Easter Craft COMMUNITY
<b>10</b>	<b>11</b>	<b>12</b> Ladies Day Out COMMUNITY	<b>13</b>	<b>14</b> Guys Night Out COMMUNITY	<b>15</b>	<b>16</b>
<b>17</b> 	<b>18</b>	<b>19</b> Thrift Store Shopping COMMUNITY	<b>20</b>	<b>21</b> Art in the Park COMMUNITY	<b>22</b> Earth Day Volunteering COMMUNITY	<b>23</b>
<b>24</b>	<b>25</b>	<b>26</b> Mini Golf and Lunch COMMUNITY	<b>27</b>	<b>28</b> Scary Movie Night COMMUNITY	<b>29</b>	<b>30</b>



CREATING CONNECTIONS,  
ENRICHING LIVES.

# APRIL 2022

## Out and About Event Descriptions

Date	Time	Event Name	Event Description
Friday April 1	9am-3pm	Day Trip to Meramec Caverns	DAY TRIP!!!! On this tour, we will see both the rarest and largest cave formations in the world. The tour is 1.25 miles long and is not ADA accessible. <b>**Must have transportation to the LifeBridge office.</b> Bring a sack lunch. Cost: \$26.00
Tuesday April 5	11am-1:30pm	Main Event	Main Event claims to be the most fun under one roof with bowling, laser tag, arcade games and so much more. Let's go have some fun. Cost: \$30.00 for games \$10-\$15 for lunch TBD Clients choice.
Thursday April 7	5pm-7:30pm	Escape Room	Can you handle the pressure? Who can help us answer the questions and figure out the clues to escape the room? Cost: \$35-\$40 for admission \$10-15 for dinner and escape room location TBD
Saturday April 9	11am-1:30pm	Easter Craft	Easter craft at the LifeBridge office. Cost: \$20.00 includes lunch.
Tuesday April 12	11am-1:30pm	Ladies Day Out	We will start with lunch while you ladies plan the day. We could take a walk in the park, go shopping, go bowling or just talk. You plan our day! Cost: will depend on our activity. \$10-\$15 for lunch.
Thursday April 14	5:30pm-8pm	Guys Night Out	Hey fellas. Guys night is back! Cost: \$20.00 for pool/darts. Cost: \$20-\$25 for dinner. Location TBD
Tuesday April 19	11am-1:30pm	Thrift Store Shopping	Calling all of my thrifty shoppers. Let's hit up a few of our favorite stores. Bring your spending money. Cost: \$10-\$15 for lunch, location TBD.
Thursday April 21	11am-1:30pm	Art in the Park	Pack a lunch and let's go paint in the park. We will bring the supplies you bring your creativity. Cost: \$10.00 for supplies.
Friday April 22	11am-1:30pm	Earth Day Volunteering	The perfect day to give back to mother Earth. We will be volunteering to help in a community garden. We will not be going to lunch so be sure to eat before the program. Be sure to bring a bottle of water and a snack if you would like. Cost: FREE
Tuesday April 26	11am-1:30pm	Mini Golf and Lunch	Mini golf and lunch with your LifeBridge peers. Cost: \$15.00 golf \$10-\$15 lunch.
Thursday April 28	5:30pm-8pm	Scary Movie Night	Scary movie night at the LifeBridge office. Get comfy and join us for some fun. Cost: \$10.00 for dinner and movie snacks.