



October 2023

CREATING CONNECTIONS,
ENRICHING LIVES.

THE SOURCE

THE NEWSLETTER OF LIFEBRIDGE
PARTNERSHIP

Important Dates:

Sept. 8-15:

October
program
registration

October 15:

Trunk or Treat



You're Invited!

It's that time for our annual Trunk or Treat!

When:

October 15, 2023 from 1pm -3pm

Location:

LifeBridge 11457 Olde Cabin Rd, St. Louis MO 63141

***All LifeBridge clients and families are welcome to
join.***

Programs partially
funded by:



Helping people.





CREATING CONNECTIONS,
ENRICHING LIVES.

Check out what we've been up to!!



Follow us on social media



Communicating with LifeBridge Staff

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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- September 8-22

1 Sunday	2 Monday	3 Tuesday	4 Wednesday	5 Thursday	6 Friday	7 Saturday
1 Sunday 	2 Monday Shopping 	3 Tuesday Scott Joplin House & Schlafly 	4 Wednesday Bellefontaine Cemetery Tour 	5 Thursday Bowling 	6 Friday Yoga & Guided Meditation 	7 Saturday FestAbility
8 	9 Monday Mini Golf 	10 Tuesday Pulitzer Art Museum 	11 	12 Thursday Laumeier Sculpture Park 	13 Friday Pumpkinland 	14 Saturday Fall Fest at Grant's Farm
15 Sunday Trunk or Treat 	16 Monday Boo at The Zoo 	17 	18 Wednesday Lone Elk Park 	19 Thursday Pumpkin Decorating 	20 Friday Beethoven's 3rd Piano Concerto 	21 Saturday Renaissance Festival
22 	23 Monday Main Event 	24 Tuesday Private Movie Screening 	25 Wednesday Apple Picking 	26 Thursday Laser Light Show 	27 Friday Trivia Night 	28
29 	30 	31 Tuesday Haunted STL 				



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Out and About Event Descriptions

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Program registration period- September 8-15

Date	Time	Event Name	Event Description
Mon, October 2	11am- 2pm	Shopping	In need of a shopping trip so you can re-stock on your Fall wear? Maybe looking for that final piece for your Halloween costume? LifeBridge has you covered. Join us as we start the month off with a trip to the thrift store! Cost: \$12 - \$20 lunch + spending money.
Tue, October 3	11am- 2pm	Scott Jopling House & Schlafly Tap Room	Join us at Scott Joplin's House where an authentic player piano fills the air with Scott Joplin melodies as you walk through the historically appropriate modest flat on Delmar Boulevard where Joplin rented a room in 1902. Then get ready for a tasty lunch at the Schlafly Taproom! Cost: \$6 tour, \$15 - \$20 lunch.
Wed, October 4	12:45pm- 4pm	Bellefontaine Cemetery & Arboretum Tour	Come out for a guided walking tour exploring the natural areas on the east side of the property. From meadow to forest, this tour will explore native plants and plant communities and discuss the natural history of BCA and the surrounding region. Cost \$15 - \$20 lunch.
Thur, October 5	1pm- 4pm	Bowling	A trip to the lanes strikes again. Lace up your shoes and lets bowl with friends! Cost \$10 - \$15 bowling, \$12 - \$15 lunch.
Fri, October 6	10am- 1pm	Yoga + Guided Meditation	Relax, stretch and strengthen your body with basic vinyasa yoga at the Samuel C. Sachs Library. Warm up, flow through fundamental yoga poses and relax with a guided meditation designed to create a union of body and mind. Bring a yoga mat or large towel and wear comfortable clothes. Cost: \$15 -\$20 lunch.
Sat, October 7	11am- 2pm	FestAbility	Join LifeBridge as we celebrate disability pride in Forest Park through education, empowerment, and unity. There will be food trucks, local vendors, community recourses, and more! Cost: \$12 - \$20 lunch + spending money.
Mon, October 9	11am- 2pm	Mini Golf	Join us for an afternoon of putt putt at Ryze Adventure Park. Cost: \$12 mini golf, \$12 - \$15 lunch.
Tue, October 10	11am- 2pm	Pulitzer Art Museum	The Pulitzer is a place where ideas are freely explored, new art exhibited, and historic work reimaged. Join us for a peaceful afternoon exploring art and picnicking between the oak and redbud trees. Cost: free Bring sack lunch.
Thur, October 12	10am- 12pm	Laumeier Sculpture Park	Join us for a late morning stroll through Laumeier Sculpture Park. Cost: Free, bring a sack lunch, we will picnic at the park.
Fri, October 13	11am- 2pm	Pumpkinland	LifeBridge is going to Thies Farm! Straw castle, gliders, swings, slide, tunnels, pirate ship, corn maze.. Pumpkins, pumpkins and more pumpkins - let out your inner child at the giant play area for ALL ages. Cost: \$12 - \$20 lunch + spending money.

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Date	Time	Event Name	Event Description
Sat, October 14	10:30am- 2pm	Fall Fest at Grant's Farm	Join us at the Grant's Farm Clydesdale stables where you can buy a pumpkin to decorate, visit some animals and play farm fun games. There will be fall themed food and beverages at the farm for us to enjoy! Cost: \$5 parking, \$15 - \$20 lunch + spending money. **CARD ONLY/NO CASH AT GRANT'S FARM**
Sun, October 15	1pm- 3pm	LifeBridge Trunk or Treat	Wear your favorite Halloween costume, show off your decorated car, enjoy food and music while having some trick or treat family fun at the annual LifeBridge Trunk or Treat! Cost: Free.
Mon, October 16	5pm- 8pm	Boo at the Zoo	Enjoy festive decorations, entertainers, special food and drink menus and more at the Saint Louis Zoo's nighttime Halloween experience. Cost: \$10 ticket, \$12 - \$20 dinner, + spending money.
Wed, October 18	11am- 2pm	Lone Elk Park	Enjoy the autumn trees and wild life as we drive through Lone Elk Park. We'll stop to stretch our legs at the visitor center before heading out to grab lunch at Sugarfire BBQ. Cost: \$12 - \$20 lunch.
Thur, October 19	5pm- 8pm	Pumpkin Decorating	Join us at the LifeBridge office for an evening of creativity. Transform ordinary pumpkins into a spooky work of art - just in time for Halloween! Cost: \$15 (includes dinner, pumpkin & supplies).
Fri, October 20	10am- 1pm	Beethoven's 3rd Piano Concerto	Get ready for a beautiful morning of Music. Pianist Ingrid Filter, of the St. Louis Symphony, will perform at Touhill Performing Arts Center. Cost: \$20 ticket, \$12 - \$20 lunch.
Sat, October 21	11am- 2pm	Renaissance Festival	The St. Louis Renaissance Festival is a "living history" event that recreates a 16th century village in Renaissance France. We will depart from the LifeBridge office at 10am (Get a ride or use LYFT) . Cost: \$20 tickets, \$12 - \$20 lunch + spending money.
Mon, October 23	4pm- 7:30pm	Main Event	Get ready for Monday Night Madness! All you can play activity or games is \$12.99. We'll see you there! Cost: 12.99 admission, \$12 - \$20 dinner.
Tue, October 24	5pm- 8pm	Private Movie Screening	Join us at Wherenberg theater for our very own screening of "The Adams Family". Cost: \$8 ticket, \$12 - \$15 dinner + money for concessions.

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Wed, October 25	11am- 2pm	Apple Picking	Join us for an apple picking adventure at Stuckmeyer Farm. Cost: \$10 - \$20 spending money, \$12 - \$20 lunch.
Thur, October 26	5pm- 7pm	Laser Light Show	Laser Lights are returning to the Planetarium! Come enjoy the fusion of music, laser artwork, immersive lighting for an exciting live experience. Cost: \$12 ticket + \$12 - \$15 dinner.
Fri, October 27	5pm- 7:30pm	Trivia Night	Try your hand at trivia!! Join us for a night of fun at the LifeBridge office! Cost: \$10 dinner.
Tue, October 31	11am- 2pm	Haunted STL	St. Louis radio icon and occasional ghostbuster Johnny Rabbitt tells the tales and walks the walks of the supernatural in St. Louis. He will talk about haunted places, the paranormal, and the spiritualism of the city's past. Show up to the MO History Museum on Halloween morning—if you dare! Cost: \$12 - \$20 lunch at Shake Shack.