



CREATING CONNECTIONS,
ENRICHING LIVES.

THE SOURCE

THE NEWSLETTER OF LIFE BRIDGE
PARTNERSHIP

Important Dates:

August 23-30:
Registration

September 4:
Labor Day ~
Office closed

September 12:
Annual Golf
Tournament

September 2023



***Finally Here!!!
We have now expanded
our transportation
services with a ride share
company.***

***See page 6 for more
info...***

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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Out and About Coordinator

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St. Louis City and County

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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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September 2023

Out and About Events

\$10 transportation not included in program cost
Program registration period- August 23-30

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------|---|---|--|---|--|--|
| | | | | | 1 Hip Hop Block Party | 2 Route 66 Flea Market |
| 3 | 4 | 5 Show Time!  | 6 All Abilities Crafting  | 7 | 8 Zoo: Primate Awareness Day | 9 St. Louis Art Fair  |
| 10 | 11 Herbaria Soap Tour  | 12 Yarn Doll Craft  | 13 | 14 Bowling  | 15 Karaoke Night  | 16 Route 66 Celebration |
| 17 | 18 St. Louis Symphony  | 19 Brewers at Cardinals  | 20 Great Confluence & Fast Eddies | 21 Autumn Game Night  | 22 Ariel Concert Series | 23 St. Charles Riverwalk & Pop Pop Hurray |
| 24 | 25 Science Center  | 26 Cards & Game Club  | 27 BINGO  | 28 Casino & Lunch  | 29 | 30 Ecktober Fest  |



CREATING CONNECTIONS,
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September 2023

Out and About Event Descriptions

\$10 transportation not included in program cost

Program registration period- August 23-30

| Date | Time | Event Name | Event Description |
|---------------------|-------------------|----------------------------------|--|
| Friday Sept 1 | 5pm- 7:30pm | Hip Hop Block Party | Join us at the Florissant Valley Library and celebrate the 50th anniversary of hip hop with food trucks, a live DJ, and more! Cost: \$15 - \$30 dinner, restaurant TBD. |
| Saturday Sept 2 | 11am- 2pm | Route 66 Flea Market | "Get your Kicks on Route 66!" This is not your typical swap meet. Take part in a shopping experience that's truly off-the-beaten-path. Cost: \$10-\$20 lunch at Teri's Route 66 Diner + spending money. |
| Tuesday Sept 5 | 3pm- 7pm | Show Time! | Enjoy the evening by watching a newly released movie! Cost: \$10 ticket + \$10-\$20 dinner, movie theater and restaurant TBD. |
| Wednesday Sept 6 | 11am- 2pm | All Abilities Crafting | Join us at the Prairie Commons Library for an hour of creativity. A program suitable all crafting ability levels! Cost: \$10 - \$20 lunch, restaurant TBD. |
| Friday Sept 8 | 11am- 2pm | Zoo: Primate Awareness Day | What better day to visit the animals than primate awareness day? We'll enjoy the day at the Zoo while learning about their fascinating primates from the experts. Cost: \$10 - \$20 lunch or bring your own food. *CREDIT/DEBIT ONLY* |
| Saturday Sept 9 | 11am- 2pm | St. Louis Art Fair | Come celebrate 30 years of the St. Louis Art Fair on the streets of Downtown Clayton! There will be high quality art, entertainment, food, and fun for everyone. Cost: \$15-\$20 lunch + spending money. |
| Monday Sept 11 | 11am- 2pm | Herbaria Soap Tour | 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. |
| Tuesday Sept 12 | 5:30pm- 7:30pm | Yarn Doll Craft | Come and join us at Buder Library for adult craft night! All levels of crafting experience are welcome. Cost: \$10-\$20 dinner, restaurant TBD. |
| Thursday Sept 14 | 11am- 2pm | Bowling | How much "spare" time do you? Join us for a fun filled evening of bowling with friends. Cost: \$10-\$15 bowling + \$10-\$15 dinner, bowling alley TBD. |
| Friday Sept 15 | 5:30pm- 7:30pm | Karaoke Night | Sing your way into the weekend at the LifeBridge office! Let us hear one of your favorite songs at karaoke night. Cost: \$10 dinner. |
| Saturday Sept 16 | 12pm- 3pm | Route 66 Celebration | Enjoy live music, classic cars, food & drink, shopping, and more. We're going to downtown Maplewood to celebrate it's history as part of the original Route 66! Cost: \$15-\$20 lunch + spending money. |

September 2023

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Program registration period- August 23-30

| Date | Time | Event Name | Event Description |
|----------------------|----------------|--|--|
| Monday Sept 18 | 4pm- 7pm | St. Louis Symphony Concert | Come hear the wonderful sounds of the St. Louis Symphony on the beautiful Danforth Campus at Wash U. We'll enjoy an early dinner before the concert begins at 5:30pm. Cost: free admission, \$10-\$20 dinner, restaurant TBD. |
| Tuesday Sept 19 | 6pm- 9pm | Brewers at Cardinals | The MLB season is winding down. Come out with LifeBridge to see the Cardinals play their division rival, Milwaukee Brewers. Cost: \$20 ticket (includes \$6 Cards cash). Bring your own food or \$10-\$30 purchase dinner. CREDIT OR DEBIT ONLY. |
| Wednesday Sept 20 | 11am- 2pm | Great River Confluence & Fast Eddies | Join us as we visit the place where the rivers collide. The Confluence point is a beautiful sight to see. Get ready for a tasty lunch as well, as we will be eating at the, highly requested, Fast Eddie's in Alton, Illinois. Cost: \$15-\$20 lunch. MUST BE 21+ & BRING PHOTO I.D. CASH ONLY. |
| Thursday Sept 21 | 5pm- 8pm | Autumn Game Night | Kick off your fall season with a night full of fun, games, and delicious chili at the LifeBridge office. Cost: \$10 dinner. |
| Friday Sept 22 | 5:45pm- 9pm | Ariel Concert Series | Join us for a remarkable music journey with a String Chamber Music Showcase at Washington University. Cost: free admission+ \$10-\$15 dinner, restaurant TBD. |
| Saturday Sept 23 | 11am- 2pm | St. Charles River Walk & Pop Pop Hurray | Let's hit the trails and enjoy the sights of the beautiful St. Charles Riverfront. Then get ready for a tasty treat, as we visit Pop Pop Hurray! Gourmet popcorn shop specially requested by our friend, <i>Dearing!</i> Cost: \$10-\$20 lunch + spending money. |
| Monday Sept 25 | 11am- 2pm | Science Center | Join us for a hands on learning experience and discover more about the world around you! Cost: \$10-\$20 lunch or bring your own food. |
| Tuesday Sept 26 | 2pm- 5pm | Cards & Game Club at The Library | We're going to Grant's View Library to discover new games or enjoy the favorites with others in the community. Cost: \$10-\$20 dinner, restaurant TBD. |
| Wednesday Sept 27 | 6pm- 8pm | BINGO! | Marcus Ronnie's Theatre is hosting BINGO night! There will be prizes and much fun to be had. Cost: \$10-\$20 dinner + spending money for BINGO, restaurant TBD. |
| Thursday Sept 28 | 11am- 2pm | Casino & Lunch | Feeling lucky? Join LifeBridge for a trip to the casino and you might win BIG! Cost: \$10-\$20 lunch + spending money MUST BE 21+ & BRING PHOTO ID. |
| Saturday Sept 30 | 12pm- 3pm | Ecktoberfest | We're going to Belleville, Illinois to visit Eckert's Farm for wagon rides, live entertainment, great festival foods, apple picking and much more. It will be a pickin' good time! Cost: free admission + \$15-\$20 lunch + spending money. |

Expanded Transportation Services...

You asked, we listened! You wanted more events and now we have them! We've worked with funders (PLB & DD Resources) to be able to offer the car service, LYFT, to get you to events in case LifeBridge transportation is not available .

Please note that LYFT wheelchair rides are not available in the St. Louis Region.

LifeBridge Staff will:

- Book your ride
- Communicate with the driver
- Monitor your ride through the app while in transit
- Meet participant at destination
- Ensure return ride home

Out & About Client will:

- Receive a confirmation text from LYFT
- Meet staff at destination
- Pay \$5 transportation each way to LB staff

