



CREATING CONNECTIONS,  
ENRICHING LIVES.

# THE SOURCE

THE NEWSLETTER OF LIFEBRIDGE  
PARTNERSHIP

Important Dates:

**February 9-16**

Registration

**March 17 - 29**

St. Patricks Day

**March 31**

Easter Sunday

# March 2024



## ***Announcing: LifeBridge Wine Club***

**The LifeBridge Wine Club introduces you to new wines and takes you on a magical tour of the world. Registration is \$280 a year and you will receive a wine box during the first week of March, June, September, and December.**

**Each wine box will contain:**

- **two bottles of wine**
- **description sheet of the wines**
- **complimentary treat**

**You will have the option to pick up your wine box at the LifeBridge office or have it delivered to your home by LifeBridge staff and participants.**

**Email [patrickm@lifebridgestl.org](mailto:patrickm@lifebridgestl.org) for details.**

Programs partially  
funded by:



Helping people.





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ENRICHING LIVES.

## Check out what we've been up to!!



## 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)

Andy Basler  
Community Training Supervisor  
St. Louis City and County  
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Blake Jones  
Community Training Supervisor  
St. Louis City and County  
314-701-8127 | [blakej@lifebridgestl.org](mailto:blakej@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.

## Follow us on social media





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# March 2024

## Out and About Events

**\$10 transportation not included in program cost**  
**Program registration period- February 9-16**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>1</b> Movie Night 	<b>2</b> Main Event 
<b>3</b>	<b>4</b>	<b>5</b> Art in Bloom 	<b>6</b> Dinner on The Hill 	<b>7</b> Armory STL 	<b>8</b> Rock Climbing 	<b>9</b> Brewery Tour 
<b>10</b>	<b>11</b> B-Dubs 	<b>12</b> Movie Theater 	<b>13</b>	<b>14</b> Up-Down Arcade 	<b>15</b> BINGO 	<b>16</b> Opera 
<b>17</b> Glory Pro Wrestling 	<b>18</b>	<b>19</b> STL Zoo 	<b>20</b> Relax & Paint 	<b>21</b>	<b>22</b> STL Symphony 	<b>23</b>
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
<b>31</b> HAPPY EASTER	<b>YOUTH SPRING CAMP</b>					



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# March 2024

## Out and About Event Descriptions

**\$10 transportation not included in program cost**

**Program registration period- February 9-16**

Date	Time	Event Name	Event Description
Fri, March 1	5:30pm - 8pm	Movie Night	Join us at the LifeBridge Office for dinner and a movie! Cost: \$10 admission.
Sat, March 2	10am- 1pm	Main Event	We were disappointed to cancel our last trip to the Main Event, so let's give it another go! This time we're going to get there early and beat the weekend crowd. We'll play early morning games and finish up with a delicious lunch! Cost: \$20 games + \$15-\$25 lunch.
Tue, March 5	11am- 2pm	Art in Bloom	Art in Bloom, the Saint Louis Art Museum's annual celebration of flowers and fine art, returns as an in-person festival this month. Dozens of works from the museum's collection will be imaginatively interpreted through floral designs by the region's most talented florists. Cost: \$15-\$20 lunch
Wed, March 6	5pm- 7pm	Dinner on The Hill	Join us on The Hill as we enjoy a nice Italian dinner at Cunetto's House of Pasta. Cost: \$15-\$30 dinner
Thu, March 7	4pm- 7pm	Armory STL	We're going out for dinner and games at The Armory - home to a variety of immersive, fun, and endless entertainment experiences! Cost: \$15-\$20 dinner <b>Credit/Debit Card Only.</b>
Fri, March 8	11am- 3pm	Rock Climbing	Join us at Upper Limits, a premier rock climbing gym in Maryland Heights. They have something to offer for all accessibility needs and skill levels. After climbing, we'll eat lunch at LA Taco Cantina. Cost: \$20 admission + \$12-\$20 lunch
Sat, March 9	11am- 2pm	Brewery Tour	We're going to experience the "Day Fresh Tour" at Anheuser-Busch brewery. Packed with history and great views of the property, you'll learn about the life of an AB beer from seed to sip! Cost: \$15 tour + \$15-\$25 lunch.
Mon, March 11	5pm- 7pm	Buffalo Wild Wings	Come on out to B-Dubs for another delicious dinner with LifeBridge. Cost: \$15-\$30 dinner

# March 2024

## Out and About Event Descriptions

**\$10 transportation not included in program cost**

**Program registration period- February 9-16**

<b>Date</b>	<b>Time</b>	<b>Event Name</b>	<b>Event Description</b>
Tue, March 12	2:30pm- 6pm	Movie Theater	Let's go back to the Galleria for an afternoon movie and lunch at the food court! Cost: \$10 ticket + \$12-\$20 lunch.
Thu, March 14	3pm- 6pm	Up-Down Arcade	With over 60 classic arcade games and fresh pizza by the slice, you sure to have a great time. Cost: 25 cents per game + \$12-\$20 dinner
Fri, March 15	5:30pm- 8pm	BINGO	It's time for Friday Night BINGO at the LifeBridge office. There will be pizza and prizes! Cost: \$10 admission.
Sat, March 16	5:30pm- 10pm	Opera	Experience the future of opera with three all new 20-minute works presented at the Kirkwood Performing Arts Center. Get ready for a night full of surprises and joyful voices as we celebrate diverse cultures, stories, and the power of the human spirit! Before showtime, we will enjoy dinner at MOD Pizza. Cost: \$15 tickets + \$14-\$20 dinner.
Sun, March 17	2pm- 6pm	Glory Pro Wrestling	Get ready for the best indie wrestling in town! Join us at the South Broadway Athletic Club for an action packed afternoon. Cost: \$25 ticket + \$10-\$20 concessions.
Tue, March 19	11am - 2:30pm	St. Louis Zoo	It's the first day of spring! Let's welcome the season change with a fun trip to the Zoo. Cost: \$12-\$20 lunch.
Wed, March 20	12pm- 3pm	Relax & Paint	Join us at the Bridgeton Trails Branch for a fun afternoon of painting as a way to unwind and de-stress. We'll enjoy a tasty lunch at Fazoli's before going to the library. Cost - \$10-\$20 lunch.
Fri, March 22	10am- 3:30pm	St. Louis Symphony	This month's symphony performance is Beethoven's Fifth Piano Concerto, performed at Touhill Performing Arts Center. After the performance, we will have lunch at the always delicious Steak & Shake. Cost: \$15 tickets + \$10 - \$20 lunch.