



CREATING CONNECTIONS,
ENRICHING LIVES.

May 2024



THE SOURCE

THE NEWSLETTER OF LIFEBRIDGE
PARTNERSHIP

Important Dates:

April 11-22
Registration

May 27
Memorial Day
Office Closed

Tell Your Friends

Out & About is gearing up for warm weather and the calendar filling up with various activities for you - let's bring in some new faces to enjoy them with! Do you know of anyone from St. Louis City or St. Louis County who might be interested in participating with LifeBridge? Email kellyf@lifebridgestl.org. We'd love to meet them!



Programs partially
funded by:



Helping people.





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Check out what we've been up to!!



Follow us on social media



Communicating with LifeBridge Staff

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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.

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- April 11-22

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Breakfast for Dinner 	2 Pulitzer Arts Foundation 	3 Book Fair 	4 Battlehawks 
5	6 Mets vs Cardinals 	7 St. Charles Riverwalk 	8 Armory STL 	9 Riverboat Cruise 	10 St. Louis Art Museum Concert 	11
12	13	14 Bowling 	15 Spa Day 	16 Museum & Schlafly Tap Room 	17 Movie Night (office) 	18 Taste of Maplewood 
19	20	21 Alamo Drafthouse Movie 	22 Concert at The Chapel 	23 Pottery 	24 Friday Lunch & Hang 	25 Glory Pro Wrestling 
26	27	28 HuHot & Tea Tasting 	29 Botanical Gardens 	30 Shakespear at The Park 	31 Ballpark Village & HOF 	



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Out and About Event Descriptions

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Program registration period- April 11-22

Date	Time	Event Name	Event Description
Wed, May 1	5:30pm- 7pm	Breakfast for Dinner	Let's start the month off by changing it up with a delicious breakfast for dinner at IHOP! Cost: \$15-\$30 dinner.
Thu, May 2	11am- 2pm	Pulitzer Arts Foundation	The Pulitzer is a place where ideas are freely explored, new art exhibited, and historic work re-imagined. Join us for a peaceful afternoon exploring art and picnicking in between the oak and redbud trees. Bring a sack lunch!
Fri, May 3	4pm- 7pm	Book Fair	Join us at the largest charity book fair in the Midwest right here in STL at the Greensfelder Recreation Complex. There will be a robust selection of books, comics, vinyl records, CDs and collectibles for you to shop! Cost: \$15-\$20 dinner + spending money.
Sat, May 4	1pm- 5:30pm	Battlehawks	Gear up for an afternoon of football as the Houston Roughnecks are in town to face off against the St. Louis Battlehawks! Cost: \$25 ticket + \$10-\$25 concessions.
Mon, May 6	6pm- 10pm	Mets vs Cardinals	Join us under the lights at Busch Stadium as the New York Mets take on the St. Louis Cardinals! Cost: \$15 ticket + \$10-\$25 concessions. DEBIT/CREDIT ONLY.
Tue, May 7	12pm- 3pm	St. Charles Riverwalk	We're making our way up to St. Charles for a scenic stroll by the river. We'll also be stopping by Pop Pop Hurray for our fill of gourmet popcorn! Cost: \$12-\$20 dinner + spending money.
Wed, May 8	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-\$30 dinner.
Thu, May 9	11am- 1:30pm	Riverboat Cruise	Catch some of the best views of the Gateway Arch and downtown St. Louis on a fascinating one-hour riverboat tour. Cost - \$25 ticket + \$12-\$20 lunch.

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Date	Time	Event Name	Event Description
Fri, May 10	5pm- 8pm	St. Louis Art Museum Concert	Join us for a unique experience where the St. Louis Art Museum and the Chamber Project Saint Louis will highlight how artists and composers are influenced and inspired by waves of sound, light, and change. Cost: \$12-\$20 dinner.
Tue, May 14	11am- 2pm	Bowling	Let's head back to the lanes and strike up some fun with some bowling! Cost: \$15 Bowling + \$12-\$20 lunch.
Wed, May 15	11am- 2pm	Spa Day	Kick back and relax on this peaceful day at the spa. Cost: \$30-\$50 + spending money for food.
Thu, May 16	11am- 2pm	Museum & Schlafly Tap Room	We're going Downtown to explore the economy museum at the St. Louis Fed. Come get immersed in a one-of-a-kind experience that explores the economy and money in a fun and interactive way. After that, we'll enjoy a delicious lunch at the Schlafly Tap Room! Cost: \$20 - \$35 lunch.
Fri, May 17	5:30pm- 8pm	Movie Night (office)	Join us at the LifeBridge Office for dinner and a movie! Cost: \$10 dinner.
Sat, May 18	11am- 2pm	Taste of Maplewood	The festival is a culmination of Maplewood and Richmond Heights' most renowned restaurants, beloved boutiques, and unique specialty stores. Taste of Maplewood Street Festival includes live entertainment, food vendors and more! \$10-\$30 lunch + spending money.
Tue, May 21	5pm- 8pm	Alamo Drafthouse Movie	Come enjoy a film, food, and drink all in one seat! The Alamo Theater is unlike any traditional theater - each seat comes with a convenient table in front of them, so you can enjoy your food and beverages while watching the movie. Movie time may be adjusted. Cost: \$10 movie ticket + \$15-\$30 dinner.

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Date	Time	Event Name	Event Description
Wed, May 22	TBD	Concert at The Chapel	We're going to see the Mazzoni Duo (piano & flute) at this unique venue. The Chapel is a beautiful venue and art gallery known as a "sanctuary for the arts" just west of Forest Park. Cost: \$10 ticket + \$12-\$20 lunch.
Thu, May 23	11am - 2pm	Pottery	Using hand building techniques we will build lovely, functional mugs. We will start with a very short demonstration to show how to build them. The focus is "Hands On" so we move things right along. The finished piece is dish washer and food safe! Cost: \$30 admission + \$12-\$20 lunch.
Fri, May 24	12pm- 2pm	Friday Lunch & Hang	Come out for a relaxing afternoon at the Urban Chesnut Midtown Beirgarten. We'll enjoy a delicious lunch along with the option for good drinks and conversation on the patio! Cost: \$15-\$35 lunch.
Sat, May 25	6pm- 10pm	Glory Pro Wrestling	Wrestling returns to the South Broadway Athletic Club in Soulard. Get ready for an action packed evening! Cost: \$30 ticket + \$10-\$20 concessions. CASH ONLY.
Tue, May 28	4:30pm - 7:30pm	HuHot & Tea Tasting	Join us for a stir fry dinner at HuHot Mongolian Grill, followed by a trip to the Thornhill Branch Library where we will taste test a wide variety of teas. Cost: \$20-\$30 dinner.
Wed, May 29	11am- 2pm	Botanical Garden	Let's enjoy an afternoon outdoors and soak up the beauty of the Botanical Garden. Bring your photo ID for a discounted entry fee! Cost: \$16 admission (\$6 for STL residents) + \$12-\$20 lunch.
Thu, May 30	8pm- 10pm	Shakespeare at the Park	We're going to Forest Park to see William Shakespeare's "As You Like It", a romantic/comedy that is sure to bring the laughs! You can bring your own food or eat concessions. Be sure to bring a chair or blanket to sit on! Cost: \$12-\$20 concessions.
Fri, May 31	11am- 2pm	Ballpark Village & HOF	Join us on a trip to The Cardinals Hall of Fame and Ballpark Village for a fun filled afternoon and tasty lunch. Cost: \$12 admission + \$20-\$30 lunch.