



CREATING CONNECTIONS,  
ENRICHING LIVES.

# THE SOURCE

THE NEWSLETTER OF LIFEBRIDGE  
PARTNERSHIP

Important Dates:

**January 10-17**  
Registration

**February 2**  
LifeBridge Trivia  
Night

**February 19**  
President's Day

# February 2024



## *Important...*

**Effective, January 2024 costs have increased from \$25 to \$50 for enrollment and annual fees. We, like everyone else, are feeling the effects of cost increases. We have tried to stay steady in our pricing and have not increased program pricing since 2018. This slight increase will help us to keep quality programming at LifeBridge. If you find you need assistance, I also want to remind you that we have a scholarship program available.**

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

Kelly Fraction

Out and About Coordinator

St. Louis City and County

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Community Training Supervisor

St. Louis City and County

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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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# February 2024

## Out and About Events

**\$10 transportation not included in program cost**  
**Program registration period-January 10 - 17**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>1</b>	<b>2</b>	<b>3</b>
<b>4</b>	<b>5</b> Thrift Store & Applebee's 	<b>6</b> Movie Theater 	<b>7</b>	<b>8</b> Chocolate Factory Tour 	<b>9</b>	<b>10</b>
<b>11</b>	<b>12</b> Music w/ Blake 	<b>13</b> Blueberry Hill & Vintage Vinyl 	<b>14</b> Karaoke Night 	<b>15</b>	<b>16</b> Science Center 	<b>17</b> City Foundry 
<b>18</b>	<b>19</b>	<b>20</b> Art w/ Lori 	<b>21</b>	<b>22</b> BINGO (Virtual) 	<b>23</b> Bowling 	<b>24</b> Mid Day Fun & Games 
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b> Cathedral Concert 	<b>29</b> Black History & Disability Rights 		



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# February 2024

## Out and About Event Descriptions

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

**Program registration period-January 10 - 17**

<b>Date</b>	<b>Time</b>	<b>Event Name</b>	<b>Event Description</b>
Mon, February 5	5pm- 8pm	Thrift Store & Applebee's	Let's see what great deals we can find at Savers-You never know what you might find! Then we'll enjoy a tasty lunch at Applebee's. Cost: \$15-\$30 dinner + shopping money.
Tue, February 6	5pm- 8pm	Movie Theater	Join us for an entertaining evening where we'll see one of the newest movies the big screen has to offer! Movie times may change. Cost: \$10 ticket + \$15-\$20 dinner.
Thu, February 8	11am- 2pm	Chocolate Company Tour	Chocolate,Chocolate,Chocolate - Home to award winning confections! We will receive a tour of their factory in The Hill, where the magic happens. You're invited to watch as chocolates are made from start to finish right before your very eyes. We'll stay in the neighborhood for a delicious lunch at Milo's. Cost: \$15-\$30 lunch + spending money.
Mon, February 12	5pm- 7pm	Music w/ Blake	Come on out to the LifeBridge office for another interactive music class! You will have the opportunity to play rhythmic instruments along to some of your favorite songs. Cost: \$5 refreshments.
Tue, February 13	11am- 2pm	Blueberry Hill & Vintage Vinyl	Let's soak up the unforgettable atmosphere of Blueberry Hill, where the food is cooked up just right! Next we'll head over to Vintage Vinyl to see what music gems we can find! Cost: \$15-\$30 lunch + spending money.
Wed, February 14	5:30pm- 8pm	Karaoke Night	Sing your heart out on this special Valentine's day Karaoke at the LifeBridge Office! Cost: \$10 dinner.
Fri, February 16	11am- 2pm	Science Center	The St. Louis Science Center invites curious minds to explore and have fun with the 700+ interactive experiences they have to offer. Cost: \$15 - \$20 lunch + spending money.

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<b>Date</b>	<b>Time</b>	<b>Event Name</b>	<b>Event Description</b>
Sat, February 17	11am- 2pm	City Foundry	Come enjoy lunch from one of the many local restaurants located at the City Foundry. Then we'll set off to explore all of the unique retail shops Foundry Way has to offer. Cost: \$15 - \$25 lunch + spending money.
Tue, February 20	5:30pm- 8pm	Art with Lori	Join us as we welcome a special guest to host an art class at the LifeBridge office! Cost: \$10 dinner.
Thu, February 22	6pm- 7:30pm	BINGO (virtual)	We had some unfortunate technical difficulties during our last virtual BINGO, but get ready to try your luck as we try this again!
Fri, February 23	11am- 2pm	Bowling	Let's "strike" up some fun with an afternoon of bowling with friends. Cost: \$10-\$15 bowling + \$10-\$15 lunch.
Sat, February 24	12pm- 2:30pm	Mid Day Fun & Games	You're invited to the LifeBridge office to enjoy this Saturday with full of games, pizza, and good friends! Cost: \$10 lunch.
Wed, February 28	8pm- 10pm	Cathedral Concert	Join us for an evening of wonderful music. The St. Louis Symphony Orchestra will be performing inside of the beautiful Cathedral Basilica. (We will not stop for dinner). Cost: \$30 tickets.
Thu, February 29	4pm- 8pm	Black History & Disability Rights	Join us for a panel program at the Missouri History Museum to hear about the experiences of Black individuals with disabilities who have confronted both racism and ableism, as well as the contributions that Black people with disabilities have made to the disability rights movement. The program will conclude with a performance by guitarist and singer Deb Bush of the Angel Band Project. Cost: \$15 - \$20 dinner at Shake Shack.