



April
2018

THE Source

ADULT NEWSLETTER OF LIFE BRIDGE PARTNERSHIP



CREATING CONNECTIONS,
ENRICHING LIVES.

Mark Your Calendars

- ▶ **March 11** Daylight Savings (Spring Forward 1 hour)
- ▶ **March 15** Call-in Day. Sign-ups begin after 9:00am



Getting To Know Our Part-Time Staff

Amy Heidotten



My name is Amy Heidotten and I have been with LifeBridge for around 3 years and served as support staff for both youth and adult programs. I am a full time school nurse at an elementary school in south county. In my "free time" I volunteer with the Girl Scouts of Eastern MO as a troop leader, a nurse, and I help run and set up a lot of events for the scouts of all ages. I completed my nursing degree in 2002 from Truman State University.

I am a senior at Saint Louis University studying Theological Studies and Human Resources Management. I have lived in St. Louis for 4 years and have enjoyed exploring what the area has to offer! When I am not working or studying, you can usually find me trying new restaurants, watching Netflix, going to plays or concerts, or planning my next adventure (I love to travel!). I have been working with LifeBridge since October 2016, and enjoy working with both the youth and adult activities!

Mary Corkery



Just A Friendly Reminder....

We have an emergency phone line for urgent and necessary communication at [314-803-2270](tel:314-803-2270). Calls will be returned within 15 minutes. Your call will **NOT** be returned with questions concerning what time your van is coming, to schedule programs, to know who is driving, or questions that can be answered during business hours. If you repeatedly call the this line without emergency, it may result in suspension from services. Save this number to your contact list.

Out & About Events Calendar

Keep in mind individuals are NOT guaranteed their 1st or 2nd choices.

Have your **program choices** ready when you call.
Prices listed do **NOT** include the cost of transportation.

Kranzberg Jazz Jam Wed, Apr 4, 5p-8:30p, \$10-\$15 Dinner

Bob Deboo hosts the "Kranzberg Jazz Jam" featuring special guests from around the St. Louis area at the Kranzberg Arts Center. Dinner at Pappy's Smokehouse to start.

Spring Nature Walk Sat, Apr 7, 11:30a-3:30p, \$12-\$20 Lunch

Come spend a beautiful spring afternoon at Powder Valley. Hike the natural wooded trail looking for wildflowers. Dress for the weather with appropriate footwear; bring water and snack. Brunch to start at First Watch- Kirkwood.

Swing Jazz Brunch Sun, Apr 8, 11a-2:30p, \$15 Brunch

Time-travel to the 1920's through 1960's at Evangeline's Bistro and Music House. The afternoon will include brunch and live Jazz and Rhythm & Blues. This event will make you want to dance, shimmy and shake!!!

River City Raiders Sun, Apr 8, 5:30p-10pm, \$12-\$20 Dinner

Join us for dinner at Buffalo Wild Wings and then held to the Family Arena to watch an indoor football game. The River City Raiders are a professional indoor football team based in St. Charles, Missouri.

Freedom Songs at the History Museum Wed, Apr 11, 4:30p-8:30p, \$15-\$20 Dinner OR Sack Dinner

A lineup of St. Louis musical artists will take listeners on "a journey through the history of the Civil Rights Movement" in special musical performances, including renditions of Marvin Gaye's "What's Going On," and Sam Cooke's, "A Change is Gonna Come." A picnic-dinner to start at Forest Park.

Art In The Park Thurs, Apr 12, 4:30p-8:30p \$12-\$20 Dinner OR Sack Dinner + \$10 Supply Fee

Let your artistic side out and join us for an afternoon of making birdhouse at Creve Coeur Park. The afternoon will also include, music, games and other activities. Every participant will bring home a self-made birdhouse. A picnic-dinner to start with the option to purchase dinner inside the Creve Coeur Lakehouse Restaurant.

Food Truck Fest Thurs, Apr 19, 5p-8p, \$15-\$20 Dinner OR Sack Dinner

Food trucks are taking the Tilles Park by storm and will offer a small signature menu that is uniquely different. Event includes free live music by the Ralph Butler Duo.

Spring Dive-In Movie: Despicable Me Fri, Apr 20, 5:30p-9:45p, \$8-\$15 Dinner OR Sack Dinner + \$10 Adm

Join your friends and LifeBridge staff at The Lodge De Peres indoor pool and enjoy a family movie while you float and/or just play in the water. A picnic-dinner to start with the option to grab takeout from McAlister's Deli.

Native American Pow Wow Sat, Apr 21, 10a-2p, Sack Lunch + Optional Spending

Experience dancing, singing, drumming, arts, crafts and food at a traditional social gathering for Native Americans from all different tribal backgrounds. Grand entries take place at noon. All hosted at Washington University.

Earth Day Sun, Apr 22, 11a-2:30p, Sack Lunch + Optional Spending

Come enjoy music, educational exhibits, hands-on activities, eco-friendly products and services, local arts and crafts, and much more. All this will take place at the Muny Grounds in Forest Park.

Grant's Farm Tues, Apr 24, 11a-2:30pm, \$10-\$15 Lunch + \$5 Parking

Come enjoy the first day of the spring opening at the famous Grant's Farm.

Wake-Up & Workout Sat, Apr 28, 10:30a-2:30p, \$12-\$20 Lunch + \$5 for Tennis

Join us for an energetic and upbeat morning of fitness at Forest Park! Event-goers will participant in a 30 minute healthy jaunt around the grounds of Forest Park and play tennis at the Dwight Davis Memorial Tennis Center.

World War II Weekend Sun, Apr 29, 10a-1:30p, Sack Lunch + Optional Spending

Everyone will enjoy strolling through Jefferson Barracks Park with military camps and talking with re-enactors representing the troops of the U.S., British, Canadian, Soviet and German armies of WWII. Learn about the uniforms, weapons and equipment.