

June
2018



THE Source

ADULT NEWSLETTER OF LIFE BRIDGE PARTNERSHIP



CREATING CONNECTIONS,
ENRICHING LIVES.

Mark Your Calendars

- ▶ **May 10** Call-in Day. Sign-ups begin after 9:00am
- ▶ **May 28** Memorial Day-Office Closed



Hot Weather Alert!

Helpful tips to keep you cool and safe in the upcoming summer months:

- 1) Keep hydrated by drinking plenty of water (not soda).
- 2) Avoid too much caffeine & alcohol, as they lead to dehydration.
- 3) Wear loose-fitting clothing, preferably of a light color, a hat, and sunglasses.
- 4) Cotton clothing will keep you cooler than many synthetic fabrics.
- 5) Fans can help circulate air and make you feel cooler even in an air-conditioned house.
- 6) When out in the sun for long periods of time, apply and reapply sunscreen.
- 7) Instead of hot foods, try lighter summer fare including frequent small meals or snacks containing cold fruit or low fat dairy products.



And The Survey Winners Are....

Thank you to everyone who returned their survey to us! We had a great response! Each of our three winners received a round trip transportation voucher for their next program. Congratulations go to:

Regis J., Cheryl C. & Leonard G.

After Hours Emergency phone line for urgent and necessary communication [314-803-2270](tel:314-803-2270).

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.

Shakespeare In The Park Sat, June 2, 5:30p-10p, \$12-\$20 Dinner OR Sack Dinner + \$20 Ticket

Shakespeare in the Park returns to Forest Park with a brilliant performance of *Romeo & Juliet*. Enjoy a behind-the-scenes tour, a pre-show, and sit in premium seating. Bring a hat and water bottle!

Advance Payment is Required

Cool Summer Sounds Fri, June 8, 5:30p-9:30p, \$12-\$20 Dinner OR Sack Dinner

Enjoy a cool summer concert on a hot summer night in Des Peres Park. There will be great music, food, and fellowship. A picnic-dinner to start with the option to grab takeout from Charley's Philly Steak.

Life Outside Festival Sat, June 9, 12:30p-4p, \$12-\$20 Lunch OR Sack Lunch

Join us for this free festival of the outdoors from Great Rivers Greenway and lots of partners! Live local music, food and drinks for purchase, and plenty for all ages to see, try and learn. Creve Coeur Park will host this event.

Sunday Brunch At The Gardens Sun, June 10, 11a-2:30p, \$13-\$20 Lunch + \$6 Admission + County ID

Enjoy Sunday brunch in Spink Pavilion, built by Garden founder Henry Shaw. After brunch explore the Missouri Botanical Garden's history, plants and seasonal highlights.

Whitaker Music Festival Wed, June 13, 4:30p-9p, \$12-\$20 Dinner OR Sack Dinner

The open-air Whitaker Music Festival presents free Wednesday evening concerts under the stars every summer at the Missouri Botanical Gardens. Picnic fare, soda and snow cones are also available for purchase on-site.

Movie Night At Faust Fri, June 15, 6:30p-10:30p \$8-\$20 Dinner + \$3 Ticket

Come spend the evening at Historic Faust Park and enjoy a movie under that stars with LifeBridge. This event will take place at the Faust Park Amphitheater. Soda, water and snacks available for purchase.

Pottery & Dewey's Pizza Wed, June 20, 5p-8:30p, \$15-\$20 Dinner + \$8 Supply Fee + \$10-\$20 Pottery

Show your creative side at Pottery Hollow. You get to pick-out your own pottery then paint away! Afterwards, the group will head over to Dewey's Pizza for some of the best food around.

Vintage Bliss Market Sun, June 24, 11a-2:30p, \$15-\$20 Lunch + Optional Spending

This event is held at Westport Plaza and will feature a wide range of high quality handmade and vintage goods. Lunch to follow at the Trainwreck Saloon with an awesome western theme. You can grab a bison burger if you like!

Henry Shaw's Birthday Celebration Sun, June 24, 11:30a-3:30p, \$8-\$15 Lunch

Celebrate Garden founder Henry Shaw's 216th Birthday! In honor of Henry Shaw's Birthday garden admission is free for all visitors; family friendly activities, which includes a silhouette artist, stilt walker, balloon artist, marionette shows and more.

Wake-Up & Workout Thurs, June 28, 10:30a-2:30p, \$12 Lunch OR Sack Lunch

Join us for an energetic and upbeat morning of fitness at Creve Coeur Lake Memorial Park. A picnic-lunch will follow with the option to pre-purchase a box lunch from Boston Market.

Jungle Boogie Fri, June 29, 5p-8:30p, \$10-\$15 Dinner OR Sack Dinner

Come enjoy music on the outdoor stage in the center of the Zoo. In addition to the music, there will be animal-related activities focusing on the conservation of endangered species. Zydeco Crawdaddys will be the entertainment.

Soulard Farmer's Market Sat, June 30, 10a-1:30p, \$12-\$20 Lunch + Optional Spending

Come check out items from farms all over the St. Louis area. There will be fruits, veggies, flowers and more! Lunch at Hodak's to follow with some of the best chicken in town.