

September  
2018



THE  
Source  
NEWSLETTER OF LIFE BRIDGE PARTNERSHIP



## Important Dates

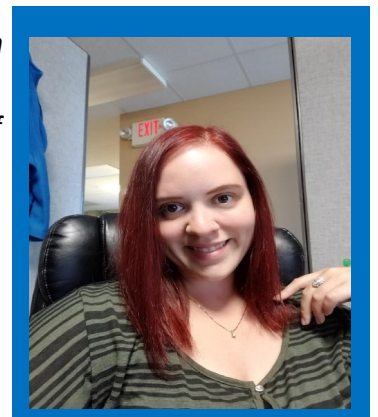
- ▶ **Thursday, August 16**      Calendar sign-up begins after 9am
- ▶ **Monday, September 3**      **Labor Day (Office Closed)**

## Words from Kim & Sarah



*"The experiences we have had and the people we have met over the past two years have been nothing short of incredible. Since joining the LifeBridge team, we have been overcome with a sense of purpose and passion for opening doorways of opportunity and independence for people with disabilities. While we have worked tirelessly to support clients in their goals of socialization and community inclusion, you all have been our greatest teachers, teaching us your true capabilities. Although our new positions are a departure from our day to day work with community members living and thriving with a diversity of disabilities, there will be many opportunities to marry what we have learned at LifeBridge in our future work. Please keep living your lives fearlessly, and always remember one critical*

*thing: your disability does not define you! You have imprinted on our hearts and lives, and we will forever remember each of you."* - Kim Smith & Sarah Boyd



## Cancellation Policy

Just a friendly reminder, according to our cancellation policy: The first two (2) cancellations less than 7 days before a program will result in a "Warning." The third cancellation, within a 3-month period, will result in "Suspension" from ALL LifeBridge programs for two (2) months. Additionally, participants are still responsible for the full cost of the ticket/admission (if applicable to the event).

## 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.

**Living History Hayride** Sat, September 8, 1:00pm-5:00pm, \$8-15/lunch + 7/hayride

Enjoy a hayride through historic Jefferson Barracks with reenactor vignettes throughout the park. The reenactors will explain their time period, uniforms and equipment during stops. Lunch to start at Firehouse Bar & Grill (Lemay Ferry).

**Twilight Tuesday Tribute to Elton John** Tue, September 11, 4:30pm-8:00pm, bag dinner OR \$15-20/dinner

This popular outdoor concert series returns with a spectacular fall lineup! Grab your blankets or lawn chairs, pack a picnic lunch, and come hear a terrific Elton John tribute under a beautiful Forest Park sunset. Food and drinks are available for purchase from Bixby's, the Museum's restaurant, and various food trucks. Held at The Missouri History Museum.

**Kirkwood Tunes** Thurs, September 13, 5:00pm-9:00pm, \$15-20/dinner + optional spending

Music will be in the fall air. Come enjoy live music in downtown Kirkwood. Bring a blanket and some snacks! Dinner to start at Dewey's Pizza.

**Taste of Saint Louis** Sat, September 15, 11:00am-2:30pm, bag lunch OR \$30/lunch

The award-winning Taste of St. Louis will once again take place in the Chesterfield Amphitheater in Central Park. The day will feature the region's best restaurants and live music. Food available on site.

**Old Webster Grove Jazz & Blues Festival** Sat, September 15, 11:00pm-3:00pm, bag lunch OR \$12-25/lunch

Come out and enjoy smokin' hot blues and jazz music in the Old Webster Grove historic district. Food trucks will be on site, selling delicious fares.

**Greentree Festival** Sun, September 16, 11:00am-3:00pm, bag lunch OR \$20/lunch + optional spending

Enjoy great food, arts, crafts, and special events with your friends. Nestled among the trees in Kirkwood Park, the event includes a parade, arts and crafts booths, reenactors, a dog show, and plenty of food and music.

**The Monday Night Mixer** Mon, September 17, 6:30pm-10:15pm, \$15-30/dinner

Join us for a night on the town at The Dark Room (The Grandel Theater). Event-goers will enjoy a blend of classic jazz repertoire, hip-hop, rock, and electronic music to create a setting that inspires everyone to explore and enjoy the world of jazz. Dinner available to purchase on site.

**Fall Walk and Tennis at Forest Park** Thurs, September 20, 10:30am-2:30pm, \$5/tennis + \$15-20/lunch

Enjoy the beautiful fall air with a walk through Forest Park's Kennedy Memorial Forest. After walking event-goers will play tennis at the Dwight Davis Tennis Center. An elegant waterside brunch to follow at the Forest Park Boathouse.

**Fort Belle Fontaine Day** Sat, September 22, 10:00am-2:00pm, \$3/admission + \$15-25/lunch

Experience the change of the seasons with breathtaking views of the Missouri River from atop the river bluffs at Fort Belle Fontaine. Dress for the weather. Lunch to follow at Pasta House (Florissant).

**A Taste of Diverse Saint Louis** Sat, September 22, 11:30am-3:30pm, bag lunch OR \$15-30/lunch + optional spending

Everybody Eats-STL cordially invites you to the first annual Taste of Diverse St. Louis. The day will be full of tasting, shopping, learning, and experiencing diverse food. The event will be held on the grounds of Tower Grove Park.

**Hispanic Festival** Sun, September 23, 11:00am-3:00pm, bag lunch OR \$15-25/lunch

Take in the sizzling sounds of Hispanic music with live Latino bands playing a variety of music. Food trucks will be on site, selling delicious fares. The event will be held on the grounds of Souldard Park.

**STL Houses with Matt Kuennen** Tues, September 25, 5:30pm-9:00pm, \$11-20/dinner

This month Out and About participant Matt Kuennen will lead a lesson on how to draw a STL style house. We will also spend time doing some relaxing adult coloring. The event will be held at Lafayette Square Park. Dinner to follow at Hodak's Restaurant & Bar.

**Gateway Arch National Park** Fri, September 28, 11:30am-3:00pm, \$13-\$25/lunch + 2/parking

After five years, the wait is over! Come out and see all the new and exciting changes taking place at the Gateway Arch National Park up close. Lunch to start at Morgan Street Grill (Downtown).

**Passport to Korea at the Art Museum** Sun, September 30, 11:30am-3:30pm, \$15-\$20/lunch

Celebrate the harvest festival Chuseok with an afternoon of Korean culture and art making. Learn about the Museum's collection of Korean art, enjoy a traditional performance, and hear stories in the Asian art galleries. Lunch to start at Everest Café & Bar.