

March
2019



THE Source

NEWSLETTER OF LIFE BRIDGE PARTNERSHIP



Important Dates

- ▶ **Thursday, Feb. 14** Program sign-up begins after 9am
- ▶ **Monday, Feb. 18** LifeBridge office closed for President's Day

Out and About Program Re-Design Update

Join us for a Round Table Event

What: LifeBridge staff will be sharing exciting details on our progress with the project to update Out and About services and the LifeBridge FRIENDS group. This will be an interactive event with opportunities to ask questions, share ideas, and be apart of the change! This event is for Out and About members, FRIENDS members, and parents/family members. LifeBridge transportation and staff supports are not provided for this event.

Date: Thursday, March 21, 2019 from 6:30p-8p

Location: LifeBridge Partnership (1187 Corporate Lake Drive, Suite 100, St. Louis, 63132)

Dinner: LifeBridge will provide a FREE pizza dinner



Can't join us in person.....join us on the LifeBridge Facebook page live! You can watch, listen in, make comments, and ask questions! You can find our Facebook page here:

<https://www.facebook.com/lifebridgestl/>

RSVP by Friday, March 15 to Heather Ward:

heatherw@lifebridgestl.org/ 314-989-1188 ext. 104

Welcome to the Team ~ Kyle Dunn

Please help us welcome Kyle Dunn to the LifeBridge Out and About Team! Kyle starts his employment with us on February 11 and is serving as a Community Training Supervisor. Kyle earned his B.S. in Corporate Recreation and Wellness from Northwest Missouri State University.

Kyle has 8+ years of experience working with young adults to promote life skills training, offering community engagement opportunities, and overseeing a team of people. Kyle is a St. Louis native who enjoys spending time with his family, attending sporting events, playing x-box and is excited to meet all of you!

Thank you for helping Kyle feel welcome and you can find his contact information below!

Communicating with LifeBridge Staff

To schedule programs, ask questions, or cancel for programs, contact a member of the Out and About team:

Kyle Dunn: CTS	St. Louis County Participants 314-989-1188 ext. 102/ klyed@lifebridgestl.org
Kelly Fraction: CTS	St. Louis City and St. Louis County Participants 314-989-1188 ext. 109/ kellyf@lifebridgestl.org
Chanese Harris: CTS	St. Louis County Participants 314-989-1188 ext. 106/chaneseh@lifebridgestl.org
Adam Saito: Program Support Manager	Support Services including transportation, volunteerism, quality management 314-989-1188 ext. 105/ adams@lifebridgestl.org
Heather Ward: Chief Program Officer	St. Louis City and St. Louis County Participants 314-989-1188 ext. 104/ heatherw@lifebridgestl.org

- ⇒ If you are trying to reach a staff member by phone, please leave a message and allow up to 1 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!

In the event you need to communicate with staff with an emergency and it is after business hours, you may call the Emergency Cell Phone Line:

314-803-2270

- ⇒ The emergency phone is answered Monday-Friday after 4:30pm and all day Saturday and Sunday.
- ⇒ You can call the emergency phone to let staff know that you are unable to attend your scheduled program, have transportation concerns, or if a family member needs to get ahold of you while you are on a program.
- ⇒ You may NOT call the emergency phone to ask questions about an upcoming program or ask who is driving your program. These types of questions need to be asked during business hours. Repeatedly calling the emergency phone line will lead to suspension of Out and About services.
- ⇒ The emergency phone is answered on a rotating weekly schedule by our executive team. Please leave a message and your call will be returned within 15 minutes.

Out & About March Events

Prices listed do **NOT** include the cost of transportation.

Sat, March 2: 12:30p-4p “Family Karaoke” Come out and enjoy a day of fun with lunch at Bandanas and singing Karaoke at the Rockroad Branch Library Branch in North County. Cost:\$10 lunch

Sat, March 2: 6p-9:30p “Monster Jam” Held at the America’s Center downtown, Monster Jam is adrenaline charged family entertainment providing jaw dropping displays and gravity defying feats that promises to always leave fans entertained. Monster Jam events feature some of the most recognizable trucks in the world! Cost:\$22 ticket and parking + \$10 food

Tues, March 5: 11a-2:30p “Soldiers Memorial Museum and Lunch” Fill your belly at Houlihans and enjoy the newly renovated interactive Soldiers Memorial Military Museum in downtown St. Louis. Cost:\$15 lunch

Wed, March 6: 11:30a-3p “Ice Cream Mania” Enjoy a meal at Applebee’s, and then head to the Lewis & Clark Library in North County for Ice Cream Mania! Learn how to make ice cream and enjoy sampling some of your favorite flavors. Cost: \$10-\$15 lunch

Thur, March 7: 5p-8:15p “Dinner and Crafting” Make lucky facial scrub masks for St. Patrick’s Day! All at Florissant Valley Library in North County. Look good, feel good and don’t break the bank. Dinner at Arby’s first. Library event starts at 7pm. Client cost: \$7-\$10 dinner

Fri, March 8: 10:30a-2p “Brunch and Movie” Eat a yummy brunch at Ihop and enjoy the action in the film *Venom*, a 2018 American superhero film based on the Marvel Comics character at the Cliff Cave library branch in South County. Cost: \$10-\$12 brunch

Fri, March 8: 11a-2:30p “Federal Reserve Bank Tour and Lunch” Take a tour of the Federal Reserve Bank in downtown St. Louis to see where and how your money is spent throughout the world. Lunch will follow after touring the bank. Restaurant TBD Cost: \$15 lunch

Sat, March 9: 11a-2:30p “Lunch and Shopping” Shop until you drop at South County Mall and enjoy great food in their food court. Cost: \$10 lunch and spending money

Sat, March 9: 6p-10p “St. Patrick’s Dance” We will grab a quick dinner at McDonalds and then head to the St. Clare of Assisi School in Ellisville to enjoy a dance with a live DJ, Dancing, snacks, and lots of fun! Be sure to wear the color green! Cost: \$8/dinner + \$5 admission

Sun, March 10: 12p-4p “Lunch and Laumeier Sculpture Park” Find inspiration in the natural environment and sculptures for a variety of art projects and activities! Laumeier’s Free Family Days encourage observation, imagination, curiosity and creativity. Explore new media and concepts and find inspiration in Laumeier’s artworks and the natural environment. Activities are offered for every level of artist. Lunch will be at Mellow Mushroom first. Client Cost: \$15 lunch.

Mon, March 11: 3p-6:30p “All You Can Bowl” Enjoy a night of fun with all you can bowl at Pin-Up bowling alley in the Loop and enjoy great food there! Cost:\$20 Food and bowling

Tues, March 12: 5p-8p “Dinner and Glass Painting” We are going to enjoy a tasty dinner at Lion’s choice and then head to the Lewis and Clark Library in North County for Craft Hour! You will have the opportunity to show your creative side by painting a wine glass that you get to take home. Client Cost \$10 dinner

Wed, March 13: 4:30p-8p “Dinner and Movie @ BallPark Village” Visit BallPark Village in downtown St. Louis to enjoy a vibrant atmosphere, yummy food and watch the movie *Solo* (Star Wars Movie) This event offers a special menu with \$5 meals or you can chose from a full menu! Client Cost: \$10-\$15 dinner and parking

Thur, March 14: 5:30p-9 “LifeBridge Casino Night” Get ready for Casino Night at the LifeBridge Office hosted by the LifeBridge Young Professional Board. Games will include Texas Hold’em, Poker, Roulette and more! A pizza dinner will be served including salad and dessert. Cost: \$10 admission

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Out and About February Events

Prices listed do **NOT** include the cost of transportation.

Sat, March 16: 10:30a-2p “Busch Stadium Tour and Lunch” Have you ever wanted to get a behind the scenes tour of the St. Louis Cardinals stadium? Now you can! We will also get to visit the Hall of Fame museum. Cost:\$45 for admission and lunch

Mon, March 18: 5p-8p “DIY: Craft Night and Dinner” There's no better way to jump into spring cleaning than to create your own gel air freshener! Create magical scents in a mason jar. Event will take place at Florissant Valley Library in North County. Dinner first at Crazy Bowls and Wraps. Cost: \$10-\$12 dinner

Tues, March 19: 12:30p-4p “Lunch and Book Bingo” Play bingo, have fun, win books at the Weber Road Library in South County, following a meal at O'Charleys. Cost: \$10-\$15 lunch

Wed, March 20: 11a-2:30p “Spring Zoo Trip” The temps are starting to warm up and the animals are ready to come out an play! We will explore the zoo and enjoy lunch. Cost: sack lunch or \$12 to purchase.

Thur, March 21: 6:30p-8p “Out and About Roundtable” [See front page for more info](#)

Fri, March 22: 4:30p-8:30p “Fish Fry and Game Night” We will visit one of the local Fish Fries for a fun community style church dinner. Following dinner, we will head to the LifeBridge office for an exciting evening of group games! Cost: \$9-\$13 dinner

Sat, March 23: 12p-4p “Lunch and Bird House Making” Join a St. Louis County Park Ranger at Suson Park in South County in building your very own bluebird house. Help provide a home for our state bird. All the building materials will be provided. We will enjoy lunch at Cracker Barrel. Cost: \$10-\$15 for lunch

Sat, March 23: 1p-4:30p “Schlafly Stout & Oyster Festival ” Let the festivities begin! Come out to The Schlafly Tap Room in downtown St. Louis and enjoy oysters. If oysters aren't your thing, don't worry there's a regular menu to choose from! This event is held under tents while regular menu choices are inside The Schlafly Tap Room. Cost: \$18-\$22 lunch

Sun, March 24: 11a-2:30p “Lunch and March Madness Basketball” Enjoy an afternoon of basketball watching the second round of the March Madness games at Buffalo Wild Wings in South County. Cost: \$12-\$15 lunch

Thur, March 28: 11:30a-3p “Science Center Tour” Explore the many hands on exhibits at the Science Center. Cost: Sack lunch or \$12

Sat, March 30: 11:30a-3p “Listen Up STL Live!” Enjoy lunch at Chili's and then listen to local St. Louis artists live with a free rock and folk music concert at the Weber Road Library in South County. Cost: \$10-\$15 lunch

Program Planning and Participation

REMINDER

Don't see an event that you like or fits your schedule? Feel free to give us a call to have an event set up for you! We leave space available in our program calendar for members to book their own events with the help of our staff!

Haven't been out with us in a while? In order for LifeBridge to support your community independence goals, we have to see YOU! Be sure you are participating in at least 1 program per month! Lack of participation in monthly programs will lead to dismissal from the Out and About program to allow for people who are on the waiting list for services to enroll. If you are unable to participate monthly due to medical complications, financial constraints, or work schedules be sure to check in with us!