



THE Source

NEWSLETTER OF LIFE BRIDGE PARTNERSHIP



CREATING CONNECTIONS,
ENRICHING LIVES.

June 2019

Important Dates

- ▶ **Fri, May 10** Program sign-up begins after 9am
- ▶ **Mon, May 27** LifeBridge Office Closed for Memorial Day

Out and About Staff Update

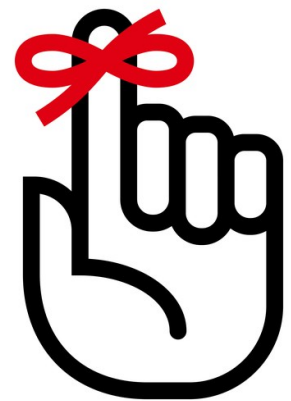
Please help us welcome Katrina Farthing to the Out and About team! As of April 17th, Katrina is serving as a Community Training Supervisor. Katrina recently moved to St. Louis and spent most of her career supporting people with disabilities in the state of Texas. Katrina loves animals, spending time outdoors, and the St. Louis Cardinals! Katrina has had a chance to meet many of you and looks forward to getting to know you better over the next few months!



Program Planning and Participation Reminder

Don't see a program 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 one 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. If you are unable to participate monthly due to medical complications, financial constraints, or work schedules be sure to check in with us!



Communicating with LifeBridge Staff

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

Katrina Farthing: CTS	St. Louis County Participants 314-989-1188 ext. 102/ katrinaf@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 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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After Hours Emergency Phone Line:

314-803-2270 (call only, no text capabilities)

- ⇒ 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.
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Out and About Program Cancellation Policy

In the event that you need to cancel for a program for any reason, please notify O&A staff immediately. If it is more than 7 days before the program, there will be no penalty for your cancellation. If you cancel for a program less than 7 days before, it will result in the following penalties:

- If you cancel more than 3 programs in a 2 month period you will not be suspended from services for one month. A warning will be provided after 2 cancellations.
- You will be responsible for any fees that are associated with the activity (admissions, ticket costs, etc.). These fees must be paid before you can register for additional activities.

June 2019 Programs

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

Sat, June 1: 12:30pm-4pm “Lunch & Karaoke Fun” Do you love to sing your favorite songs with your friends? Well this program is just for you! Enjoy a day of karaoke fun at the Rock Road Library Branch in north county and lunch at Raising Canes! Cost: \$9-\$12 lunch

Sun, June 2: 11am-3pm “Strawberry Festival” During the first weekend in June, Kimmswick is overflowing with strawberries. If it is made with strawberries you will find it at this festival with over 200 craft, food, vendor and corporate booths. Kimmswick is located in Jefferson County along the Mississippi River. We will dine in historic Kimmswick. Plan to be walking around outdoors. Cost: \$10-12 for lunch + spending money. ****LifeBridge transportation will be limited to those who live in South County****

Mon, June 3: 11am-2:30pm “Riverboat Cruise” See the Gateway Arch from a different point of view as you relive the days when steamboats ruled the river. Discover the mighty Mississippi's important role in America's past and the present-day on this one-hour cruise along St. Louis' working downtown riverfront, narrated by the captain or a park ranger. Lunch at White Castle to follow. Cost: \$21 for ticket + \$2 parking + \$5-\$8 for lunch

Mon, June 3: 4:30pm-8pm “Galaxy Art: Horoscope Coaster” What's your zodiac sign? Enjoy a meal at the Mello Mushroom and then head over the Grants View Library Branch in South County. Make beautiful coasters that represent your zodiac sign and take it home. Cost: \$12-\$15 dinner

Tues, June 4: 10am-1:30pm “Lets Go Fishin” Celebrate the 50th Anniversary of the St. Louis Urban Fishing Program as the oldest and one of the largest in the USA. Discover Nature Fishing is a program that teaches you how to fish and the skills to be good at it! This event will be held at the Forest Park Hatchery Please bring a sack lunch for this program. Cost: Free!

Wed, June 5: 5pm-8pm “Out of this World Mocktails” Ever wonder what a star would taste like? Learn how to make delightful non-alcoholic mixed beverages. Tastings are happening at Florissant Valley Library located in the heart of North County. Cost: \$10 dinner, restaurant TBD

Fri, June 7: 10:30am-2pm “IKEA Tour” Have you ever shopped at IKEA located in downtown St. Louis? Well, let's explore the many lifestyles this store has to offer! We will dine at the famous IKEA café for lunch! Cost: lunch \$10-\$13 lunch + spending money

Fri, June 7: 4pm-7:30pm “Art First Friday” Enjoy food at the Best Steakhouse and then head over to see an Art Exhibit at the Grand Center. Look at beautiful pieces of art that will inspire you from local and nationally recognized artists! Client cost: \$15-\$18 dinner

Sat, June 8: 12pm-3:30pm “Cars & Guitars Festival” This Kirkwood festival's theme of "Cars and Guitars" speaks to the rich transportation and music history of the region. Live music from six bands on two outdoor stages, a vintage car show, vendor booths, and food and drink from downtown merchants and from area service clubs. Plan to be walking around outdoors. Cost: \$10-\$13 for lunch + spending money

Mon, June 10: 1:30pm-5pm “Bowl-A-Rama” Come bowl at Olivette Lanes in Creve Coeur! We'll bowl at least two games and have lunch on site at their cafe. Cost: \$5 bowling + \$8-\$10 lunch

Mon, June 10: 7pm-11pm “Muny: Guys and Dolls” Join us at the Muny in Forest Park for a unique St. Louis tradition of outdoor theater! *Guys and Dolls* is Considered by many to be the perfect musical comedy, *Guys and Dolls* gambles with luck and love during a time when Broadway was rampant with wise guys, mission girls, and Lindy's cheesecake. Cost: free ticket \$10-\$12 dinner or sack dinner

Tues, June 11: 4:30pm-8pm “Craft Hour: Bird Houses” Have you ever wanted your very own bird house? Well how about making that dream come true by painting and decorating small bird houses at Lewis & Clark Library in North County. Dinner first at Cracker Barrel. Cost: \$12-\$15 dinner

Tues, June 11: 5pm-8:30pm “Street Driven Drag Race” Do you enjoy seeing race cars? Enjoy adrenaline-rushing car races at the World Wide Technology Raceway at Gateway in Madison Illinois. ****Transportation will only be provided from the LifeBridge office, meet at 4pm and return by 9:15p****. Cost: \$10 tickets + \$10-\$15 dinner

Wed, June 12: 1:45pm-4:15pm “Zoo Conservation & Lunch” Do you love animals? Enjoy a day meeting and petting some of your favorite animals at the Florissant Valley Library in North County following a meal at Applebee's. Client Cost: \$10-\$15 lunch

Thurs, June 13: 10am-3pm “Mustang Mania” Head over to Alhambra, Illinois about an hour from St. Louis to visit the Legendary Mustang Sanctuary! We will learn about the history and care of wild mustang horses. Lunch will be at Joe's Pizza & Pasta. ****Transportation will only be provided from the LifeBridge office with arrival at 9am and pick up at 4pm****. Cost: \$10 tour + \$10-\$14 for lunch

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June 2019 Programs

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Fri, June 14: 4:30pm-8pm “Jungle Boogie-Zoo” Enjoy *Hazard to Ya Booty* band fuse elements of rock, soul, hip-hop, jazz and blues to make a head bobbing funk sound that's guaranteed to get you moving at the STL Zoo. Cost: \$10-\$15 dinner or sack dinner

Sat, June 15: 1pm-4:30pm “Taco Festival” Let's go to Ballpark Village downtown St. Louis and have some tacos!!! There will be live mariachi bands, lucho libre wrestling, chihuahua dog racing, and of course all the tacos you can dream of available for purchase! Plan to be walking around outdoors. Cost: \$15 for admission (includes 1 free taco) + \$2 for parking + \$3 per taco

Tues, June 18: 5:30pm-8pm “Amateur Hour: Print Making” Learn a little bit about printmaking and make your own hand printed bag at Thornhill Library in Maryland Heights. All supplies provided and no experience necessary. Enjoy some finger licking good BBQ at Bandana's. Cost: \$12-\$15 dinner

Wed, June 19: 5:30pm-9pm “Galactic Wine Glass Making” Fill up your belly with delicious Mexican food at Chevy's Fresh Mex and then head over to the Indian Trails Library in Overland to decorate galaxy themed wine glasses. Client Cost: \$11-\$15 food

Wed, June 19: 6pm-10:15pm “Cardinals VS Marlins” Let's go Cardinals!!! Join us as we cheer on the Cardinals as they take on the Marlins! This game features a free t-shirt giveaway and seats are located in section 240 on 1st base lodge. We have a limited number of ADA accessible seats. Busch stadium allows you to bring in your own drinks and snacks as long as they are in their original containers, no glass or aluminum. Cost: \$5 ticket/parking + sack dinner or spending money

Thurs, June 20: 11:15am-3:30pm “Circus Flora” Enjoy a meal at the midtown McDonalds and then head over to the incredible Circus Flora downtown off Washington Avenue! See thrilling acts that will keep you on the edge of your seat and entertain you! This will be a sensory friendly performance. Cost: \$18 ticket +\$5-\$8 lunch

Thurs, June 20: 5pm-8:30pm “Aquaport” Enjoy the thrills of this Maryland Heights waterpark and be prepared to get wet! Dinner at Dairy Queen to follow. Please wear your swim gear to the event. Bring clothes and a towel to dry off and change before going to eat. Cost \$7.50 for admission + \$7-\$10 for dinner

Fri, June 21: 4:45pm-8:5pm “Food Truck Festival” Come to Tilles Park for the Food Truck Festival! Every festival offers different food and each truck will have a small signature menu that is uniquely different. Come ready to try new tastes while jamming out to the *Steve Ewing Duo!* Dress for outdoor weather and walking. Cost: \$10-\$15 for food

Sun, June 23: 12pm-3:30pm “Comic Con” Do you love super heroes? Are you an animation fan? Come with us to the St. Charles Convention Center Comic Con to see all things related to comics! There will be many vendor booths to shop as well as some of your favorite characters walking around for plenty of photo opportunities. Wear your comfy shoes for walking around the convention. Cost: \$12 for admission + \$10-\$13 for lunch + optional spending money

Mon, June 24: 7pm-11pm “Kinky Boots at the Munny” Join us at the Munny in Forest Park for a unique St. Louis tradition of outdoor theater! *Kinky Boots* is the exhilarating true story about a struggling shoe factory that will lift your spirits to high-heeled heights! Enjoy some singing and dancing! Cost: free ticket \$10-\$12 dinner or sack dinner

Tues, June 25: 11am-2:30pm “Escape the Vault!” Enjoy a pizza buffet at Maurizio's followed by a trip to the Federal Reserve Bank in downtown St. Louis. Learn about money, see short films, and accept the challenge to escape the bank vault! Take home a free souvenir bag of shredded money. Cost \$2 for parking + \$12-\$15 for lunch

Wed, June 26: 5pm-8:30pm “Music Fest at Botanical Gardens” Enjoy a meal at Rigazzi's on the hill and then head over to the open-air Whitaker Music Festival at the Botanical Gardens. They provide free Wednesday evening concerts under the stars every summer! Cost \$12-\$13 dinner

Thurs, June 27: 5pm-8:30pm “Wild Wolves” Join us at the Endangered Wolf Center in Eureka, MO to learn all about wolves! See wolves and get your wolf-themed passports stamped as you learn new things. Plan to be walking around the sanctuary outdoors. Lunch will be at Hardee's. Cost \$8 for tour + \$8-\$10 lunch

Thurs, June 27: 4:30pm-8pm “Listen Live St. Louis” Enjoy a meal at Chili's and then head over to the Samuel C. Sachs Library in Chesterfield. Bring your lawn chairs or blankets to a concert featuring an original mix of Funk/Jazz/World/Soul/Pop from husband and wife duo Two Cities One World. Cost: \$13-\$16 dinner

Fri, June 28: 10:30am-2pm “Brunch and Movie” Are you a fan of Spiderman? Enjoy brunch at IHOP and then head over to the Oak Bend Library in Kirkwood to watch the film *Into the Spiderverse*, a film that explores the adventures of Spiderman. Cost: \$11-\$15 brunch