



THE Source

NEWSLETTER OF LIFE BRIDGE PARTNERSHIP



CREATING CONNECTIONS,
ENRICHING LIVES.

July 2019

Important Dates

- ▶ **Thur, June 13** Program sign-up begins after 9am
- ▶ **Thur, July 4** LifeBridge Office Closed for 4th of July

Annual July Picnic

Come and enjoy picnic games, BBQ, and time with friends! “The Ability Experience” volunteers will stop to visit during their “Journey of Hope” to hang out with us! Journey of Hope is a cross-country bicycle trek beginning on the west coast and ending together with all teams in Washington, D.C. The event raises funds and awareness for people with disabilities.

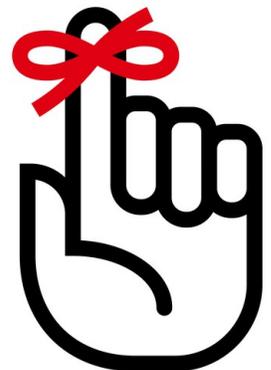


The picnic will be **July 21, from 11:30am to 2pm** at TASK Saint Louis located in Fenton, MO. This will be a rain or shine event! More details are provided on the program page and we hope to see you there!

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: Community Training Supervisor	St. Louis County Participants 314-989-1188 ext. 102/ katrinaf@lifebridgestl.org
Kelly Fraction: Community Training Supervisor	St. Louis City and St. Louis County Participants 314-989-1188 ext. 109/ kellyf@lifebridgestl.org
Chanese Harris: Community Training Supervisor	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.

July 2019 Programs

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

Tues, July 1: 11:30am-4:30pm “Horse Races” Head over to Fairmount Park in IL for some live horse racing! On Tuesdays they offer a lower admission fee and hotdogs and soft drinks for just \$1 each! Cheer for your favorite horse in each race. Dress for outdoor weather and walking. Cost: \$1.50 for admission + \$5-\$10 for lunch

****Transportation will only be provided from the LifeBridge office, meet at 11:30am and return by 4:30pm.****

Weds, July 3: 11am-3:30pm “Ice Cream Sundae Madness” Enjoy a meal at Bandana's Barbeque and then head over to the Lewis and Clark Library in North County. Learn how to make delicious ice cream sundaes with some of your favorite ice cream flavors and toppings. Cost: \$10-\$13 for lunch

Weds, July 3: 3pm-6:30pm “Bowl-A-Rama” Come bowl at Pin-Up Bowl in Delmar Loop! We'll bowl two games and have dinner on site at their cafe. Cost: \$7 bowling + \$3 shoe rental + \$10-\$15 dinner

Sat, July 6: 12:30pm-4pm “Lunch & Karaoke” Enjoy lunch at Applebee's and then head over to the Rock Road Library to rock out to your favorite karaoke tunes. Enjoy singing with friends and dancing to your favorite types of music. Cost: \$12-\$17 lunch

Mon, July 8: 12pm-3:30pm “Book Bingo” Have some lunch at San Jose Mexican Restaurant before going to Grant's View Branch Library in South County. There we will play bingo, win books, and have fun! Cost: \$12-15 for lunch

Mon, July 8: 7pm-11pm “Cinderella-Muny” Join us at the Muny in Forest Park for a magical evening, but mustn't be late! Cinderella is a Rodgers and Hammerstein treasure began as one of the most-watched television programs in history and was finally produced on Broadway in 2013. Cost: free ticket + \$10-\$12 dinner or bring your own food.

Tues, July 9: 12pm-4pm “Lunch & Virtual Reality Experience” Immerse yourself in another reality using augmented and virtual reality at Indian Trails Library located in North County. Cost: \$10-\$12 lunch Restaurant TBD

Tues, July 9: 5pm-9pm “Dinner and Painting Space” Dine at Applebee's then go to Indian Trails Branch Library in North County. Get your creativity flowing by listening to “The Planets” by Gustav Holst while painting your version of outer space. Cost: \$15-\$20 for dinner

Weds, July 10: 8:30am-3:30pm “Crown Ridge Tiger Sanctuary” We'll go to Ste. Genevieve, MO to see the tigers at Crown Ridge Tiger Sanctuary. We'll take a tour of the facility, see the tigers, watch a power point presentation, and get the chance to make an enrichment item to for the tigers to play with. Lunch at Dairy Queen to follow. Dress for outdoor weather and walking. Cost: \$10 for tour + \$6-10 for lunch

****Transportation will only be provided from the LifeBridge office, meet at 8:15am and return by 3:30pm.****

Weds, July 10: 4:30pm-8pm “Dinner and Bad Art Night” Enjoy a meal at Raising Cane's and then head over to the library for bad art night. Make, craft and create bad art at the Jamestown Bluffs Library in North county. This month's focus will be on creating a spaceship of your own design using recyclable materials and various craft supplies and win a prize. Cost: \$8-\$11 for dinner

Thurs, July 11: 11am-2:30pm “Lunch & Walmart” Enjoy a nice lunch from a local restaurant, and put those money skills to the test at Walmart. Let's see how much you can save. Cost: \$10-\$15 for lunch + spending money Restaurant TBD

Thurs, July 11: 3pm-6:30pm “Dave & Buster's” Enjoy fun, food, and games at Dave & Buster's in Earth City. You will have the chance to play as many games as you can in one hour for just \$10! It is only on the arcade games, not any ticketed games. Cost: \$10 for power card + \$15-\$20 dinner

Fri, July 12: 4:30pm-8pm “Pizza & Game Night” Enjoy a night of fun, games, and pizza at the LifeBridge office! Play some of your favorite games with your LifeBridge friends and have a great time! Cost: \$10 admission

Sat, July 13: 5:30pm-9pm “Dinner and Outdoor Concert” Have dinner at the Cracker Barrel then enjoy an evening at Suson Park's farm while listening to the best sounds of country music. Bring your lawn chair or blanket and bug spray. Dress for outdoor weather and walking. Music performed by George Portz and the Friends of Bluegrass. Cost \$5 admission + \$12-\$17 for dinner

Mon, July 15: 12pm-3:30pm “River City Casino” Have fun while putting those money skills to the test at River City Casino! Cost: \$10-\$15 lunch + spending money lunch at Burger Brothers at the casino

Tues, July 16: 4:30pm-8pm “Galaxy Coaster Craft” Have a delicious dinner at Bandana's Barbeque and then head over to the Bridgeton Trails Library in North County to create galaxy art. Craft and create a galaxy on a ceramic tile and take it home! Cost: \$8-\$12 for dinner

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July 2019 Programs

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Weds, July 17: 10:30am-2pm “Sea Lions & Rays at the Zoo” Let’s go to the St. Louis Zoo to visit our wet friends! We’ll see the Sea Lion Show and pet the sharks and rays at Caribbean Cove! We’ll dine at Safari Grill. Dress for outdoor weather and walking. Cost: \$10 for shows + \$10-\$15 for lunch

Weds, July 17: 11:30am-3pm “Mexican Fiesta” Enjoy a meal at Applebee’s and then head over to the Cliff Cave Library in south county to learn how to create your own Mexican Fiesta. Learn different cooking techniques and even try your own creations! Cost: \$12-\$17 for lunch

Thurs, July 18: 5pm– 8:30pm “Dinner & DIY Ice Cream” Join us as we dine at Denny’s for dinner and then we will celebrate national ice cream month by making your own ice cream at Prairie Commons Library located in north county. Learn the science behind the sweet treat and pile on all your favorite toppings. Cost: \$12-\$17 for dinner

Fri, July 19:10:30am-2pm “Brunch and a Movie” Enjoy brunch at IHOP and then head over to the Cliff Cave Library in south county for a Marvel film that will make you laugh and take you on an adventure. Watch the exciting film *Guardians of the Galaxy!* Cost: \$10-\$15 for brunch

Fri, July 19: 5:45pm-9:15pm “Music on the Menu” Come out to Brentwood Park to enjoy music from Johnny Cash! *Bill Forness & One More Round* perform a theatrical tribute to the ‘Man In Black’ with an authentic stage presence Johnny Cash fans deserve! Dinner will be by New York Tom’s Food Truck and dessert offered by Joe’s Funnel Cakes. Dress for outdoor weather and walking. Cost: \$10-\$15 for dinner

Sat, July 20: 11:30am-3pm “Craft Hour: Jewelry Making” Enjoy a delicious meal at Chili’s and then head over to the Florissant Valley Library in North county for fun jewelry making. This program will start with the basics and craft a special project to take home with you. While creating, we’ll talk about the art of beading! Cost: \$10-\$15 for lunch

Sun, July 21: 11:30am-2pm “Journey of Hope Picnic” Held at TASK in Fenton, join us for this annual event where we are joined by the Journey of Hope cyclist who travel across the country raising awareness and funds for people with disabilities! They will join us for a fun afternoon of BBQ, games, and great fellowship. Cost: \$5 admission ****LifeBridge transportation will be given to those that do not have access to personal transportation or Call A Ride****

Mon, July 22: 11:30am-3pm “St. Vincent Water Park” Dine at Lee’s Famous Recipe Fried Chicken for lunch. Next be ready to splash and swim at St. Vincent’s Water Park in North County! Partake in the water slide, a zero entry area, and the lap lanes for extra exercise. Please bring a towel, change of clothes, and sun protection. This is a great opportunity to practice community safety! Cost: \$10-\$12 for lunch, \$5 admission fee

Tues, July 23: 12pm-3:30pm “Lunch & DIY Craft” Blast into relaxation with DIY bath bombs at Florissant Valley Library located in the heart of north county. Cost: \$10-\$12 lunch Restaurant TBD

Tues, July 23: 5pm-8pm “Dinner & Paint Night” Enjoy dinner at O’Charley’s then head over to the Grant View library in South County to paint like the Masters. Have fun painting your version of Van Gogh’s “The Starry Night” and take it home! Cost: \$13-\$17 for dinner

Weds, July 24: 4:45pm-8:15pm “Food Truck Festival” Come to Creve Coeur 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 *NoCo Incident!* Dress for outdoor weather and walking. Cost: \$10-\$15 for food

Thurs, July 25: 11am-3:30pm “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 McDonald’s first. Cost: \$21 for ticket + \$2 parking + \$5-\$8 for lunch

Fri, July 26: 11am-3:30pm “Marvel Movie Lunch” Enjoy a meal at Subway and then head over the Oak Bend Library Branch in south county for the thrilling, action packed, superhero movie *Captain Marvel!* Cost: \$5-\$8 for lunch