



THE Source

NEWSLETTER OF LIFE BRIDGE PARTNERSHIP



CREATING CONNECTIONS,
ENRICHING LIVES.

November 2019

Important Dates

- ▶ **Thursday, October 17:** Program sign-up begins at 9am
- ▶ **Monday, November 11:** LifeBridge office closed in observance of Veterans' Day
- ▶ **November 28-29:** LifeBridge office closed in observance of Thanksgiving

****New After Hours Emergency Phone Number** [314-778-0822](tel:314-778-0822)**

Help us Improve!



Want to win a \$10 credit towards LifeBridge transportation?

Enclosed with this month's edition of *The Source*, is a survey regarding the Out and About program. We hope you take the time to complete this survey. Once complete you can mail it back to the office, give it to staff on your next program, or visit our website under the "Programs" tab and choose "Program Quality Surveys". Your feedback is extremely valuable to us and helps provide quality service and keep costs as low as possible.

Make sure to check the box at the end of the survey to be entered into the transportation voucher raffle. Please complete your survey and send it back to us by **November 1st**.

Communicating with LifeBridge Staff

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

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
Katrina Farthing: Community Training Supervisor	St. Louis County Participants 314-989-1188 ext. 102/ katrinaf@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.

****UPDATED NUMBER** After Hours Emergency Phone Line:**

314-778-0822 (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.

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 3 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.

November 2019

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

Friday, Nov 1: 4:30pm-8pm “Pottery Hollow” Paint your own pottery at Pottery Hollow in South County! They'll glaze your piece (price varies by piece) and you can pick it up at a later date. Before painting we'll go to Dewey's Pizza for dinner.

Cost: \$15-\$30 pottery, \$10-\$15 dinner

Saturday, Nov 2: 11am-2:30pm “Shopping & Fitz's” Are you in the mood to shop for the holidays? Well, here's your chance to come on out and get your loved one a gift or two! Also, slurp on a gigantic root beer float at Fitz's. Shopping store TBD *You may even get to tour and see how Fitz's Root Beer is made*

Cost: \$10-\$18 lunch + spending money.

Saturday, Nov 2: 12:30pm-4pm “Lunch & Karaoke” Enjoy lunch at Applebee's and then head over to the Rock Road Library in North County to rock out to your favorite karaoke tunes. Enjoy singing with friends and dancing to your favorite types of music.

Cost: \$13-\$18 lunch

Monday, Nov 4: 10:30am-2pm “Soldier's Memorial Military Museum” In honor of Veteran's Day, take a tour of Soldiers Memorial Museum located in Downtown St. Louis to learn about the military history of St. Louis. Lunch will be a pizza buffet at Maurizio's Pizza.

Cost: \$6 tour/parking, \$11 lunch

Thursday, Nov 7: 5:30pm-9pm “Pizza & Game Night” Enjoy a night of fun, games, and a pizza at the LifeBridge office! Play some of your favorite games with your LifeBridge friends and have a great time!

Cost: \$10 admission

Friday, Nov 8: 11:30am-3pm “Cooking Club” Enjoy cooking club at the Florissant Valley Library in North County! Learn new recipes and taste them with a focus on using olive oil for your favorite dishes. Then head over to Chimi's Fresh Mex for a great meal.

Cost: \$10-\$13 lunch

Saturday, Nov 9: 11:30am-3pm “Lunch & Rugby” Have lunch at St. Louis Bread Company then go to Central Field in Forest Park to watch the SMRC take on the Springfield Mudpuppies in a rousing rugby game!

Cost: \$10-\$12 lunch

Sunday, Nov 10: 10:30am-2pm “Old Webster Holiday Fun” Head out to Old Webster Groves for holiday gift and decorating ideas. Enjoy free activities including trolley rides, horse-drawn carriage rides, and take a photo with Santa! Lunch in Webster Groves, restaurant will be majority vote.

Trolley and carriage rides are not wheelchair accessible, but the rest of the event is.

Cost: \$12-\$18 lunch + optional spending money

Tuesday, Nov 12: 5pm-8:30pm “Mercury Glass Vase Creation” Make, craft, create, and DIY! Create a glass vase that looks vintage at Lewis & Clark Library located in North County. Restaurant TBD.

Cost: \$8-\$12 dinner

Wednesday, Nov 13: 5pm-9pm “Wacky Movie Wednesday” Enjoy a meal at the Galleria Food Court and then head to the theatre for the \$5 Wednesday movie night. Enjoy a new film release and fun with friends!

Cost: \$5 movie, \$10 dinner

Friday, Nov 15: 4pm-7:30pm “Laser Tag” Enjoy a meal at O'Charley's and then an adventure of fun laser tag after hours at the Cliff Cave Library in South County. Explore the library while competing to be named the ultimate laser tag champion!

Cost \$11-\$15 dinner

CONTINUED ON BACK

November 2019

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

Sunday, Nov 17: 2:30pm-5:30pm “SLU Men's Basketball” Let's watch the Billikens Men's Basketball team whoop Seton Hall at Chaifetz Arena!

Cost: \$10 ticket + \$10-\$15 food at Chaifetz

Monday, Nov 18: 4:30pm-8pm “Craft Hour: Pinecones” Enjoy a meal at Chili's then head over to the Weber Road Library in South County for a night of crafts. Craft and create out of pinecones and prepare for the upcoming holidays!

Cost: \$11-\$15 dinner

Tuesday, Nov 19: 5:30pm-9pm “Funny Bone Comedy Club” Have pizza for dinner your way at Mod Pizza. Afterwards we'll cruise over to Funny Bone in North County for open mic comedy night!

Cost: \$10-\$15 dinner, \$1 admission

Wednesday, Nov 20: 4:30pm-8pm “Dave & Busters” Enjoy fun, food, and games at Dave & Busters 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: \$30 admission and dinner

Friday, Nov 22: 1:45pm-5pm “Treat Yourself: Air Freshener Jar” Decorate a jar filled with essential oil scents to take home. Event held at Rock Road Library in North County. Restaurant TBD.

Cost: \$8-\$12 dinner

Saturday, Nov 23: 11:30am-3pm “Lunch & Holiday Shopping” Have a bite to eat at Cracker Barrel in St. Charles with your fellow Out & About friends. We'll then go to the Treasure Chest Holiday Expo at the Convention Center. With over 200 booths to shop, you will be sure to find something for everyone on your list!

Transportation is limited to those who live in North County or can meet at the LifeBridge Office.

Cost: \$12-\$15 lunch + spending money

Monday, Nov 25: 5pm-8:30pm “Men's BBQ & Beards” Men Only! Get that beard in your life extra soft this No-Shave November. We will make a beard balm using natural ingredients strong enough for any beard at the Florissant Library in North County. Don't have your own beard? Make a gift for a bearded man in your life. Dinner at Bandana's BBQ.

Cost: \$12-\$18 dinner

Tuesday, Nov 26: 4:30pm-8pm “Garden Glow” Grab a bite to eat at Jack-In-The-Box before going to the Botanical Gardens. We will check out Garden Glow featuring millions of lights! We'll also have the opportunity to view the holiday flower and miniature train show.

Cost: \$8-\$10 dinner, \$17 admission

If you do not see any programs in *The Source* that interest you, call your assigned Community Training Supervisor to set up a program that you would like to try! REMINDER: Effective July 2019, monthly participation is required in order to remain eligible for LifeBridge services.