



# THE Source

NEWSLETTER OF LIFE BRIDGE PARTNERSHIP



CREATING CONNECTIONS,  
ENRICHING LIVES.

**December 2019**

## Important Dates

- ▶ **Thursday, November 14:** Program sign-up begins at 9am
- ▶ **Friday, December 13:** Annual LifeBridge Holiday Party
- ▶ **Tuesday, December 24:** LifeBridge office closed in observance of Christmas Eve
- ▶ **Wednesday, December 25:** LifeBridge office closed in observance of Christmas Day

## Apparel Sale!

**Get your LifeBridge apparel at the Annual Holiday Party on December 13!**

Purchase a hooded sweatshirt or t-shirt, adult sizes only, accepting cash, card, credit card. If you cannot attend the Holiday Party additional opportunities to purchase apparel will be offered in December.



**\$25**



**\$15**

## Communicating with LifeBridge Staff

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

<b>Kelly Fraction:</b> Community Training Supervisor	St. Louis City and St. Louis County Participants 314-989-1188 ext. 109/ kellyf@lifebridgestl.org
<b>Chanese Harris:</b> Community Training Supervisor	St. Louis County Participants 314-989-1188 ext. 106/ chaneseh@lifebridgestl.org
<b>Katrina Farthing:</b> Community Training Supervisor	St. Louis County Participants 314-989-1188 ext. 102/ katrinaf@lifebridgestl.org
<b>Adam Saito:</b> Program Support Manager	Support Services including transportation, volunteerism, quality management 314-989-1188 ext. 105/ adams@lifebridgestl.org
<b>Heather Ward:</b> 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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### **\*\*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.

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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.

# December 2019

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

**Sunday, Dec 1: 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. Dress for outdoor walking! Cost: \$8-\$10 dinner, \$18 admission

**Monday, Dec 2: 5pm-8:30pm “Dinner And Bowling”** Come bowl at Crest Bowl in North County! We'll bowl two games and have dinner on site at their cafe. Cost: \$8 bowling + \$4 shoe rental + \$10-\$15 dinner

**Tuesday, Dec 3: 4pm-8:30pm “Greeting Card Art”** Enjoy a hearty meal at Cracker Barrel and then head over to the Meramac Valley Library in south county for holiday crafts. Do you like to give greeting cards to loved ones around Holiday time? Then create greeting cards that will make them smile and show your holiday spirit! Cost: \$11-\$15 meal

**Wednesday, Dec 4: 10am-1:30pm “Cooking Club: Christmas Cookies”** Enjoy a cooking class that specializes in making and eating holiday cookies the Oak Bend Library in south county!! Get in the holiday spirit with learning how to make delicious holiday themed cookies. Then head over to Chili's for lunch. Cost: \$10-\$15 Lunch

**Thursday, Dec 5: 5pm-8:30pm “Candy Cane Lane Lights!”** Enjoy a meal at Ihop and then head over to the St. Louis Hills neighborhood located in South City for a night of holiday lights and fun! Enjoy riding through the St. Louis Hills neighborhood as they showcase holiday lights that you will never forget! Cost: \$9-\$13 Dinner

**Friday, Dec 6: 5pm-8:30pm “Dinner & Jewelry Making”** Do you need some gift ideas? We can help with that, but first enjoy dinner at Buffalo Wild Wings then head over to the Lifebridge office for Christmas-themed beads and all the supplies you need to make a variety of jewelry for the special people in your life, including yourself here! Cost: \$5 supplies, \$15-\$18 dinner

**Saturday, Dec 7: 11am-2:30pm “Christmas at Jefferson Barracks”** Tour Jefferson Barracks in South County. It will be lit by lanterns, decorated for the holidays, and the tour will be led by costumed interpreters. The tour begins with hot apple cider or hot chocolate, with cookies and you may even see Father Christmas! Brunch at Waffle House. Please be sure to dress for the weather because there will be outdoor walking. Cost: \$10-\$13 for brunch, \$12 admission

**Saturday, Dec 7: 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, Dec 9: 4:30pm-8pm “Jazz Up with Art: Winter”** Enjoy a night of Jazz music while creating beautiful paintings. Supplies and refreshment provided all at Natural Bridge Library in north county. Cost: \$10-\$15 dinner restaurant TBD

**Tuesday, Dec 10: 4pm-8:30pm “Holiday Wreath Crafts”** Enjoy a meal at Applebee's and then head over to the Indian Trails Library in North County for a holiday craft night. Make festive holiday wreaths with mesh and ribbons. Client Cost: \$10-\$15 dinner

**Thursday, Dec 12: 5pm-8:30pm “Pizza & Christmas Movie Night”** Enjoy a joyful night of pizza, games and holiday cheer at the LifeBridge office! Play games with your peers and watch movies that will get you in the holiday spirit! Cost: \$10 admission

**Friday, Dec 13: 6:30pm-8:30pm “LifeBridge Holiday Party”** The event of the year! LifeBridge Holiday Party is being held at TASK located in Fenton. Enjoy a BBQ dinner, dancing with DJ BDubbs, and visiting with all your LifeBridge friends. Transportation will be limited to those that do not have access. Cost: \$10 admission

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**Saturday, Dec 14: 5:30pm-9:30pm “Dinner & Dancing”** Get ready to bust out your best dance moves! We'll dance all night to a rockin' DJ with snacks, drinks, and door prizes at St. Claire of Assisi Parish in West County! Dinner at Dairy Queen before dancing. Cost: \$5 admission, \$8-\$10 dinner

**Sunday, Dec 15: 12:30pm-5pm “Holiday in the Park at Six Flags”** Door to door transportation will be provided for this event if clients cannot meet at the LifeBridge office. We will grab a quick lunch at McDonalds outside of Six Flags before enjoying an afternoon full of holiday fun! We will take a stroll through Candy Cane Forest, a petting zoo, Santa's House, Gingerbread Village, carolers, and much more! Dress for outdoor weather and walking. Cost: \$20 ticket/parking/transportation + \$7-\$10 lunch

**Monday, Dec 16: 4:30pm-8pm “Dave & Buster's”** "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

**Tuesday, Dec 17: 5:30pm-9pm “SLU Men's Basketball Game”** Enjoy a meal at McDonalds then head over to the Chaifetz Arena to watch Maryville and SLU go against each other. Watch these two Missouri teams as they fight it out to see who is the better men's basketball team. Cost: \$10 ticket, \$5-\$8 dinner

**Thursday, Dec 19: 5pm-8:30pm “Winter Wonderland”** Have all the pizza you can handle at CiCi's, then we'll drive thru Tilles Park in Mid County to enjoy the Winter Wonderland! Enjoy the canopy of over one million twinkling lights throughout the 75 acre park, while staying toasty warm in the LifeBridge vans. Cost: \$8 admission + \$10-\$12 dinner

**Thursday, Dec 19: 5pm-8pm “Make It & Take It: Canvas Decoration”** Learn how to create a canvas holiday decoration with the Circuit. Come out on this wintry night to Jamestown Bluffs library located in north county. Cost: \$10-\$15 dinner at Denny's

**Saturday, Dec 21: 11:30am-3pm “St. Louis Blues History”** Enjoy a meal at Applebee's and then head over to the History Museum in Forest Park for a day of Blues history. Featuring more than 20 artifacts on loan from the St. Louis Blues from the historic playoff run and the Stanley Cup Finals, History Made tells the story of the underdog team that took home the NHL's highest honor and united its community in the process! Cost: \$10-\$15 lunch

**Saturday, Dec 21: 12:30pm-4pm “Festive Bracelets”** We will start with the basics and craft a special, festive project to take home with you. While crafting, we will talk about the art of beading at Florissant Valley library located in north county. Cost: \$10-\$15 lunch at Chick fil A

**Monday, Dec 23: 5pm-8:30pm “Brewery Lights”** Take a stroll to witness and experience the holiday magic of more than a million twinkling lights during the Brewery Lights at the Anheuser-Busch St. Louis Brewery in South City! Parts of the brewery are not wheelchair accessible. Please dress for outdoor weather & walking. Dinner at McGurk's Irish Pub. Cost: \$15-\$20 dinner, \$3 train ride (optional), \$5 ice skating (optional)

**Monday, Dec 30: 11am-2:30pm “National Blues Museum”** Have lunch at Sugarfire before going next door to the National Blues Museum in downtown St. Louis. We'll check out the exhibits and learn about the rich history of blues music! Cost: \$15 admission + \$8-\$13 for lunch

**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.**