



THE Source

NEWSLETTER OF LIFE BRIDGE PARTNERSHIP



CREATING CONNECTIONS,
ENRICHING LIVES.

January 2020

Important Dates

- ▶ **December 16:** Program sign-up begins at 9am
- ▶ **December 24-25:** LifeBridge office closed in observance of Christmas
- ▶ **January 1:** LifeBridge office closed in observance of New Years

Program Planning and LifeBridge Transportation

Welcome to 2020!!!!

The O&A team has been working very hard to ensure we are providing the highest quality services and we have some updates for you for 2020. Due to challenges with cut-backs with Call-A-Ride and limited LifeBridge resources we are implementing a new structure to program planning.

We are encouraging you to sign up for programs in the county that you live in. We have categorized our programs by county to help you decide what to register for. You may register for programs in all counties but you will most likely have to provide your own transportation or use Call-A-Ride if they are not in the county you live in.

Thank you for your patience and understanding as we implement this change. As always, if you do not see a program on our list that is of your liking or fits your schedule, please call your assigned CTS and they will assist you with setting up an event!



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 (Mid, West, and South County) 314-989-1188 ext. 106/ chaneseh@lifebridgestl.org
Katrina Farthing: Community Training Supervisor	St. Louis County Participants (North County) 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 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.

January 2020

North County=Maryland Heights, Overland, Pagedale, Hazelwood, Dellwood, Florissant, Black Jack, Jennings, Ferguson, Spanish Lake, Riverview Gardens, St. John

Western & Middle County=Creve Coeur, Clayton, Ladue, Chesterfield, Ballwin, Manchester, Des Peres, Brentwood

West, Mid, and South County=Crestwood, Maplewood, Kirkwood, Shrewsbury, Affton, Mehlville, Sunset Hills, Sappington

Suggested Programs for North Counties

Saturday, Jan 4: 10am-1:30pm “Eagle Festival” Head to the Audubon Center in West Alton for the Eagle Festival! See a live eagle up close, build s'mores; make a birds nest, try your hand at ice golfing, crush an ice cube for a prize, and watch live demonstrations of ice and wood sculpting. We'll take a shuttle to check out various eagle watching sites in the area. The shuttle and most activities will be indoors, a few activities will be outside briefly. Lunch at 94 West to follow. **This event is not wheelchair accessible.** Cost: \$5 shuttle, \$10-\$15 lunch

Sunday, Jan 5: 11am-2:30pm “Lunch and Shopping” Grab a bite to eat at Panda Express then shop at Target and Five Below on North Lindbergh. Use your budgeting skills to shop til you drop with your LifeBridge friends. Cost: \$8-\$12 lunch + money for shopping

Monday, Jan 6: 11am-2:30pm “Museum & Lunch” Visit the Holocaust Museum in Mid County to learn about the history and hear inspirational stories from survivors. Lunch at Miss Piggie's BBQ. Cost: \$12-\$18 lunch

Wednesday, Jan 8: 1:30pm-5pm “Cooking Club: Soup in a Jar” Have you heard of chicken soup in a jar? If not, let's explore cooking techniques and recipes at Lewis & Clark Library located in north county. Cost: \$10-\$15 dinner, restaurant TBD

Sunday, Jan 12: 11am-2:30pm “Dave & Buster's” Enjoy unlimited wings and unlimited game play (ticketed games are extra) for \$19.99 + tax & tip! Don't want wings? Choose your own meal from their menu and pay separately for your games. Cost: \$26 and up

Monday, Jan 13: 5pm-8:30pm “Craft Hour: A Special Wine Glass” Paint a “special” wine glass for your new year spirits at Bridgeton Trails Library located in north county. Dinner is first at St. Louis Bread Company. Cost: \$10-\$15 dinner

Wednesday, Jan 15: 10:30am-2pm “Aquarium at Union Station” Take a tour of the brand new St. Louis Aquarium located downtown at Union Station! We'll check out the new exhibits and have lunch in Union Station, restaurant will be determined by majority vote. Cost: \$26 ticket/parking, \$12-\$18 lunch

Saturday, Jan 18: 11am-3pm “Bowling” Come bowl at Crest Bowl located in north county! We'll bowl two games and have lunch on site at their cafe. Cost: \$6.50 bowling + \$4 shoe rental + \$10-\$15 lunch

Sunday, Jan 19: 12pm-3:30pm “Loop Ice Carnival” Family fun activities return this year throughout the Delmar Loop! Ice Carving Sculptures, Ice Carving Demonstrations, Ice Slides and so on! Eat lunch at Mission Taco first then walk the Loop. *dress appropriately for outdoor cold weather* Cost: \$15-\$20 lunch + spending money optional

Wednesday, Jan 22: 11:30am-3pm “Cardinal's Hall of Fame Museum” Grab a bite to eat in Ballpark Village downtown then take a tour of the St. Louis Cardinals Hall of Fame and Museum. Featuring stadiums, players and championship moments, the Cardinals Museum boasts one of the largest team-specific collections of artifacts and memorabilia in the world. Cost: \$14 admission/parking + \$15-\$20 lunch

Friday, Jan 24: 10:30am-2pm “St Louis Auto Show” Do you appreciate the beauty of a fancy or new car? We'll go to America's Center in downtown St Louis for a morning of car gazing at the Auto Show! Lunch at McDonald's to follow. Cost: \$15 ticket/parking, \$8-\$10 lunch

Saturday, Jan 25: 12pm-4pm “Lunch & Movie” Have lunch at Sportsman's Park Restaurant & Bar. Next we'll head next door to the library headquarters in Ladue to watch Captain Marvel! Popcorn and bottled water are provided. Cost: \$15-\$20 lunch

Monday, Jan 27: 5pm-8:30pm “Keychain Creation” Create your own macramé keychain to help you keep track of your keeps. Creation station at Florissant Valley Library in north county. Cost: \$8-\$10 dinner restaurant TBD

Wednesday, Jan 29: 5pm-8:30pm “Kokomo Joe's” Head to Kokomo Joe's in St. Charles for an evening of unlimited fun! Enjoy go karts, laser tag, and bumper boats as many times as you'd like! Dinner at Kentucky Fried Chicken before. These activities are not wheelchair accessible but you can partake in the onsite arcade instead. Cost: \$8-\$10 dinner, \$21 rides + optional spending money for video games

January 2020

North County=Maryland Heights, Overland, Pagedale, Hazelwood, Dellwood, Florissant, Black Jack, Jennings, Ferguson, Spanish Lake, Riverview Gardens, St. John

West & Mid County=Creve Coeur, Clayton, Ladue, Chesterfield, Ballwin, Manchester, Des Peres, Brentwood

South County=Crestwood, Maplewood, Kirkwood, Shrewsbury, Affton, Mehlville, Sunset Hills, Sappington

Suggested Programs for **South/West/Mid Counties**

Sunday, Jan 5: 10:30am-2pm “Up Down Arcade” Enjoy a brunch at McDonald's in midtown. Then head over to Up Down Arcade in the Central West End for a day of fun and the classic arcade games. They offer over 50 different arcade games and it will be a blast of fun!
Cost: \$5-\$8 brunch, \$10 for arcade

Tuesday, Jan 7: 4:30pm-8pm “Craft Hour: Glass Magnets” Enjoy a meal at Chili's and then head over to the Meramec Valley Library in Fenton. Make, craft and create glass magnets that you can take home with you or give to a loved one. Cost: \$10-\$15 dinner

Thursday, Jan 9: 11:30am-3pm “Music & Fun!” Join us for brunch at IHOP and then head over to the Meramec Valley Library for music and fun! Enjoy a day of music, activities, and snacks. Do you love old music, enjoy the tunes of Frank Sinatra and enjoy activities as you listen.
Cost: \$8-\$13 brunch

Friday, Jan 10: 5:30pm-9pm “Game & Pizza Night” Friday fun night, is what I call it! Gather around with all your LifeBridge friends to play board games, video games and card games! Eat pizza by the slice from Domino's! Join us on this night at the LifeBridge office.
Cost: \$10 admission

Wednesday, Jan 15: 5:30pm-9pm “Dinner & Shopping” Do you enjoy shopping until you drop? Join us for a meal at O'Charley's in south county, and get free pie! Then head over to South County Mall to get your shopping fix! Cost: \$10-\$15 meal + spending money

Thursday, Jan 16: 5:30pm-9pm “Dinner & Karaoke” Enjoy a meal at Applebee's then head to the LifeBridge office for a fun night of karaoke. We will have any song you can think of, ready for you to rock out! Cost: \$10-\$15 dinner

Friday, Jan 17: 11a-2:30pm “Lunch & Blues History” Enjoy a meal at Bloom Cafe by Forest Park and then head over to the history museum. Do you love the Blues? If so join us as we host this event again for hockey lovers learn the history of how the St. Louis Blues won the Stanley Cup last year! Cost: \$10-\$15 lunch

Tuesday, Jan 21: 1:30pm-5pm “Bowling Mania” Do you love to bowl? We can help with that, join us for bowling at Concord Lanes in south county! But first enjoy a meal at Fitz's restaurant and then head over to the bowling alley to have fun with friends! ***bowling alley not wheelchair accessible*** Cost: \$1.50/game, \$3 shoe rental, \$10-\$15 lunch

Wednesday, Jan 22: 5pm-9pm “Movie Madness” Are you madly in love with movies? Join us for 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

Saturday, Jan 25: 10:30am-2pm “St Louis Auto Show” Do you appreciate the beauty of a fancy or new car? We'll go to America's Center in downtown St Louis for a morning of car gazing at the Auto Show! Lunch at McDonald's to follow.
Cost: \$15 ticket/ parking, \$8-\$10 lunch

Sunday, Jan 26: 12pm-3:30pm “River City Casino” River City Casino is all about eat, play and winning! This is a great opportunity to practice your money handling skills. We will have lunch at casino. Good luck! ***Must have valid picture ID to enter casino.***
Cost: \$10-\$15 dinner + spending money.

If you don't see anything you like, please call your
CTS to schedule your own program!!