



THE Source

NEWSLETTER OF LIFE BRIDGE PARTNERSHIP



CREATING CONNECTIONS,
ENRICHING LIVES.

February 2020

Important Dates

- ▶ **January 16:** Program sign-up begins at 9am
- ▶ **January 20:** LifeBridge office closed in observance of Martin Luther King Jr. Day
- ▶ **February 17:** LifeBridge office closed in observance of President's Day

Cancellation Policy Update

Out and About Program Cancellation Policy 2020

In the event that you need to cancel for a program for **any** reason, please notify O&A staff immediately. If it is 7 days or more before the program date, 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:

- If you cancel 3 programs in a 3 month period you will be suspended from services for one month. A warning will be provided after 2 cancellations.
- You will be responsible for any pre-paid fees that are associated with the activity (admissions, ticket costs, etc.). These fees must be paid before you can register for additional activities.

The Cancellation Policy is in place to ensure that LifeBridge is utilizing its resources to the fullest including transportation and staffing. We understand that you may experience illness, schedule conflicts, and financial constraints that may cause you to cancel for a scheduled program. Early notification is key!

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 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.

February 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 North Counties

Saturday, Feb 1: 11am-2:30pm "Boat and Sportshow" Head to the Boat and Sportshow in Downtown St. Louis! Check out Twiggy the water skiing squirrel, see paddling demonstrations on the water, watch casting & fishing demonstrations, and view all the watercraft you'd like! Lunch at McDonald's. Cost: \$15 admission + parking, \$8-\$10 lunch

Sunday, Feb 2: 5:30pm-9:30pm "Big Game Watch Party" Come to the LifeBridge Office to watch the Super Bowl with your LifeBridge pals! Enjoy pizza and snacks, and play games!! Cost: \$10 admission

Monday, Feb 3: 11am-2:30pm "Westport Social" Have a lunch with your friends then try your hand at a variety of games at Westport Social in West County! Play bocce, shuffleboard, pop-a-shot, ping pong, darts, and foosball! Cost: \$12-\$18 lunch

Wednesday, Feb 5: 11:30am-3pm "Cooking Club: African Spices" In celebration of Black History Month, let's explore cooking techniques and recipes at Lewis & Clark Library. Cost: \$10-\$12 dinner, restaurant TBD

Saturday, Feb 8: 1:30pm-5pm "Black Panther" Wakanda Forever! Come on out to watch Black Panther at Indian Trails Library. We will not stop for dinner, bring a snack while you enjoy the show! Cost: free

Sunday, Feb 9: 2:30pm-6pm "Lindenwood Hockey" Cheer on the Lindenwood Lions as they take on the University of Illinois in an exciting game of ice hockey in West County! Have dinner from the concessions at the new Centene Community Ice Center. Cost: \$10 ticket, \$10-\$14 dinner

Monday, Feb 10: 5pm-8:30pm "Valentine's Cookies" Have a Chinese dinner at Lam's Garden. Afterward we'll go to the LifeBridge Office to bake and decorate Valentine's-themed cookies! Cost: \$5 supplies, \$10-\$13 dinner

Wednesday, Feb 12: 5pm-8:30pm "The Wiz Live!" The Wiz Live is a television special that aired live on NBC. It is a performance of a new adaptation of the 1975 Broadway musical. Jamestown Bluffs Library is the place to be to view this intriguing performance. Cost: \$8-\$10 dinner at Raising Cane's

Saturday, Feb 15: 1pm-4:30pm "SLU Basketball" Come watch the SLU Billikens dunk on LaSalle Explorers at the Chaifetz Arena. Cost: \$10 ticket, \$10-\$20 for food at the arena

Wednesday, Feb 19: 11am-3pm "Bowling" Come bowl at Crest Bowl in North County! We'll bowl two games and have lunch on site at their café. Cost: \$6.50 bowling + \$4 shoe rental + \$10-\$15 lunch

Thursday, Feb 20: 5:30pm-9pm "Netflix & Nachos" Do you want to watch Netflix for a movie night? Well, come on out to LifeBridge office to enjoy a movie and eat nachos. Cost: \$5 admission *there will be a vote on movie choice*

Friday, Feb 21: 6pm-9:30pm "BINGO!" Swing by the American Legion in St. Charles for a fun night of BINGO! They will sell food including pizza, hot dogs, bratwurst, and various fried food, or you can bring your own sack dinner. Cost: \$20 bingo, \$8-\$12 dinner or sack dinner

Saturday, Feb 22: 12:30pm-4pm "Paper Bead Making" Come learn the traditional art of paper bead making. In celebration of Black History Month. Put those fingers to work at Florissant Valley Library. Cost: \$8-\$12 lunch, restaurant TBD

Sunday, Feb 23: 11:30am-3pm "Festival & Lunch" Have a delicious meal at Casa Juarez for lunch. Next we'll go to World Fest in Maryland Heights in West County! Try different foods, watch live performances, and shop various art and craft vendors! Cost: \$12-\$18 lunch + optional spending money

Monday, Feb 24: 11am-2:30pm "Lunch & Movie" Grab a bite to eat at Panda Express before seeing a movie at the AMC Theater in Mid County! Movie will be majority vote and may be any MPAA rating. Cost: \$10 ticket, \$10-\$13 lunch

Saturday, Feb 29: 11am-2:30pm "Lunch & Shopping" Grab your list and let's hit the aisles of Target! Practice budgeting and shopping for things you need for yourself and home. Fill up on a \$5 burger or other options at Lehman's Landing before shopping. Cost: \$10-\$15 lunch + shopping money

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

Thursday Feb 6: 12:30pm-4:30pm “Broadway on Film” Enjoy a meal at Applebee's then head to the Meramec Valley Library in South County. "Do you love the Wizard of Oz" ? Get lost in the World of OZ and with the Broadway musical "The Wiz" in celebration of Black History Month, light refreshments will be provided. Cost: \$11-\$13 lunch

Friday, Feb 7: 6pm-9:30pm “Science Center First Friday: Mighty Ducks ” It's flying V time. Come celebrate the science and excitement of sports. How do athletes train to be the best and what toll do sport injuries really take on the human body? Why does the amount of air in a football make such a difference? Answers to these questions and so much more await. Based off the movie Mighty Ducks. Cost: \$10-\$15 dinner at one of Science Center's Cafes

Tuesday, Feb 11: 5:30pm-9pm “Valentine's Karaoke and Craft Night” 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 and we will even have Valentines crafts for you to give to a loved one! Cost: \$10-\$15 dinner

Thursday, Feb 13: 4pm-7:30pm “African Jewelry Making” Enjoy a meal at IHOP and then head over to the Oak Bend Library Branch in South County to make African jewelry. You will be able to make a bracelet from beautiful African beads in celebration of Black History Month. Cost: \$8-\$12 dinner

Saturday, Feb 15: 1pm-4:30pm “SLU Basketball” Come watch the SLU Billikens dunk on LaSalle Explorers at the Chaifetz Arena. Cost: \$10 ticket + \$10-\$20 for food at the arena

Sunday, Feb 16: 10:30am-2:30pm “Mardi Gras Pet Parade” Enjoy a meal at Hodak's and then head over to Soulard for the St. Louis Mardi Gras pet parade you don't want to miss! At the world's largest costumed pet parade, we combine all the fun of Mardi Gras with all the AWWWVs that the most adorable parade participants deserve. Cost: \$9-\$12 meal

Tuesday, Feb 18: 6pm-10pm “St. Louis Blues Hockey” Are you a hockey fan? Enjoy a meal at the Enterprise Center in downtown St. Louis, then gear up to cheer for the 2019 Stanley Cup Champions. Your home team will be up against the New Jersey Devils. Cost: \$8-\$11 dinner, \$40 ticket + parking

Wednesday, Feb 19: 5pm-9pm “Movie Fun” 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, Feb 22: 1:30pm-5pm “St. Louis RV & Vacation Travel Show” Do you love to travel? Enjoy a meal at the America Center, and then explore the luxurious RV's and different ways of traveling. You will be able to view 300 types of RVs and learn about different traveling destinations as well. Cost: \$8-\$11 lunch, \$12 ticket + parking

Sunday, Feb 23: 10:30am-2:30pm “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 arcade

Friday, Feb 28: 5:30pm-9pm “Pizza & Game 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

Saturday, Feb 29: 12:30pm-4pm “Art is Life” Enjoy lunch at Chili's then head over to the Grand Glaize Branch Library for a day of art. You will have the opportunity to be in an inclusive class for beginners of all abilities, artists will learn how to create an easy abstract masterpiece! Cost: \$11-\$13 lunch

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