



THE Source

NEWSLETTER OF LIFE BRIDGE PARTNERSHIP



CREATING CONNECTIONS,
ENRICHING LIVES.

March 2020

Important Dates

- ▶ **February 13:** Program sign-up begins at 9am
- ▶ **February 17:** LifeBridge office closed in observance of President's Day

Apparel Sale!!

We have extended the LifeBridge apparel sale!! Purchase a hooded sweatshirt or t-shirt, in our new design. Available in adult sizes only. Accepting cash, check, or credit card.

Please indicate size and which apparel items you are interested in during sign-ups, and we will send it out on your next program. Limited availability of sizes so place your order today!



\$25



\$15

LifeBridge Partnership - www.lifebridgestl.org - 314-989-1188

Partially funded by the
Productive Living Board
For St. Louis County Citizens
with Developmental Disabilities

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

March 2020

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

Mid County=Creve Coeur, University City, Olivette

South & West Counties=Crestwood, Maplewood, Kirkwood, Shrewsbury, Affton, Mehlville, Sunset Hills, Sappington, Clayton, Ladue, Ballwin, Manchester, Des Peres, Brentwood Chesterfield

North/Mid Programs: LifeBridge transportation will be limited to those who live in these counties.

Sunday, Mar 1: 12pm-3:30pm "Games 'N Pizza" Enjoy an afternoon of playing a variety of games at the LifeBridge Office with your friends! Pizza, dessert, and drinks will be provided. Cost: \$10 admission

Wednesday, Mar 4: 11:30am-3pm "Cooking Club: Chocolate Fondue" Head to the Lewis & Clark Library in North County to learn how to make chocolate fondue! Taste your delicious creations after you've made them. Lunch and shopping at Cracker Barrel first. Cost: \$12-\$15 lunch

Thursday, Mar 5: 6pm-9pm "Mardi Gras Hosted by YPB" Get ready for Mardi Gras at the LifeBridge Office hosted by the LifeBridge Young Professional Board. Games will include Uno, video games, all of your favorite board games and more! A pizza dinner will be served including salad and dessert. Cost: \$5 admission

Friday, Mar 6: 5:30pm-9pm "Blade Runner at Science Center" Human or replicate? How close, or far, are we from living in the world of Blade Runner? Learn about the science and importance of the movie from a panel of experts, try your hand at unicorn origami, and ponder the future of electric sheep at the Science Center. Cost: \$10-\$15 dinner at one of Science Center's cafes

Saturday, Mar 7: 12:30pm-4pm "Lunch & Karaoke" Have lunch at Popeye's Louisiana Kitchen. Next stop by the Rock Road Library in North County for a karaoke party and sing your heart out to your favorite songs! Cost: \$8-\$10 lunch

Monday, Mar 9: 4:45pm-9pm "Song Bird: Jazz up w/Art" Enjoy a beautiful night of painting while listening to jazz at Natural Bridge Library located in North County. Eat dinner at Golden Pancakes before we show off our artsy side! Cost: \$8-\$15 dinner

Tuesday, Mar 10: 5:30pm-9pm "Galentine's Party!" Ladies only! We wish everyday was Galentine's Day. Grab your bestie and join us for crafts, snacks and a movie at the Natural Bridge Library in North County in celebration of Women's History Month. Dinner at McDonald's before partying. Cost: \$8-\$10 dinner

Friday, Mar 13: 10:30am-2pm "Busch Stadium Tour" Take a guided tour of Busch Stadium, home of the St. Louis Cardinals! Check out parts of the stadium you don't normally see and learn some Cardinal history. Lunch at Maurizio's Pizza buffet to follow. Cost: \$22 admission/parking, \$11 lunch

Saturday, Mar 14: 11am-3:30pm "Lunch & Movie" Have lunch at TGI Fridays before checking out a movie at the St. Charles Cinema. Movie will be majority vote and may be any MPAA rating. Cost: \$13-\$18 lunch, \$14 movie ticket

Sunday, Mar 15: 11:30am-3pm "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: \$30 for lunch & Power Hour Card

Saturday, Mar 21: 5:30pm-9pm "Dinner & Rugby" Enjoy an evening of fun cheering on Lindenwood University's Men's Rugby team! They'll take on Arkansas State University at Hunter Stadium in St. Charles. Dinner at Dairy Queen before the game. Cost: \$8-\$10 dinner

Sunday, Mar 22: 1:30pm-5pm "Concert & Dinner" Head over to The Foundry in St. Charles for a free concert from the St. Charles County Symphony Orchestra. After the show grab a bite to eat at China House Buffet. Cost: \$12-\$15 dinner

Wednesday, Mar 25: 5:30pm-9pm "BINGO!" Play BINGO for prizes at the Maryville Community Center in West County! Light refreshments will be provided. Afterward grab dinner at Wok Express. Cost: \$7 bingo, \$10-\$13 dinner

Saturday, Mar 28: 12pm-3:30pm "Hollywood Casino" Have lunch at Burger King then test your luck at the Hollywood Casino. Play various games and see how much you can win. Cost: \$6-\$8 lunch + casino spending money

Sunday, Mar 29: 11:30am-3pm "Shopping & Lunch" Practice your budgeting skills by shopping at the various stores in the Galleria Mall. Lunch will be at the food court. Cost: \$12-\$16 lunch + shopping money

Monday, Mar 30: 11:30am-3pm "That Painting Spot" Have a bite to eat at Subway. Afterwards you can paint your own pottery at That Painting Spot in Mid County. Select your pottery piece, paint it, and pick it up at a later date. Cost: \$8-\$10 lunch, \$15+ for pottery depending on size and quantity you choose to paint

March 2020

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

Mid County=Creve Coeur, University City, Olivette

South & West Counties=Crestwood, Maplewood, Kirkwood, Shrewsbury, Affton, Mehlville, Sunset Hills, Sappington, Clayton, Ladue, Ballwin, Manchester, Des Peres, Brentwood Chesterfield

South/West/Mid Programs: LifeBridge transportation will be limited to those who live in these counties.

Tuesday, Mar 3: 5pm-8:30pm “Dinner & Karaoke 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! Cost: \$10-\$15 for dinner

Wednesday, Mar 4: 5pm-9pm “Wacky Movie Wednesday” 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

Thursday, Mar 5: 6pm-9pm “Mardi Gras Hosted by YPB” Get ready for Mardi Gras at the LifeBridge Office hosted by the LifeBridge Young Professional Board. Games will include Uno, video games, all of your favorite board games and more! A pizza dinner will be served including salad and dessert. Cost: \$5 admission

Friday, Mar 6: 5:30pm-9pm “Blade Runner at Science Center” Human or replicate? How close, or far, are we from living in the world of Blade Runner? Learn about the science and importance of the movie from a panel of experts, try your hand at unicorn origami, and ponder the future of electric sheep at the Science Center. Cost: \$10-\$15 dinner at one of Science Center's cafes

Saturday, Mar 7: 10:15am-1:45pm “A Day with Pets” Do you love animals? Well this is the program for you! Enjoy petting some of your favorite animals at the Weber Road Library in south county. After hanging with furry friends enjoy a meal at IHOP to end the day! Cost: \$8-\$13 lunch

Sunday, Mar 8: 12pm-3:30pm “Sunday Blues!” Do you love museums or just Blues music? Then this program will meet your every need. You will get to enjoy a tour through a historical Blues Museum, then head over to Sugarfire Smoke House for delicious barbecue. Cost: \$15 admission, \$10-\$13 lunch

Wednesday, Mar 11: 4pm-7:30pm “Coffee Mug Making” Dine at Chili's Bar and Grill, then get ready for a night of crafting. Even if you don't drink coffee, this will be the program to get creative with making a coffee mug. You will have the chance to make, craft, and create a mug that represents who you are and what you like to drink. Cost: \$10-\$15 meal

Thursday, Mar 12: 5pm-8:30pm “Game Night” 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

Monday, Mar 16: 5pm-8:30pm “Bread Lovers Day!” Enjoy a meal at Red Robin Gourmet Burgers and then head over to the Mid-County Branch Library or a cooking club program. Enjoy delicious bread recipes and learn how to make them! Cost: \$11-\$13 dinner

Tuesday, Mar 17: 4:30pm-8pm “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 fix of finding things to start off the new year! Cost: \$10-\$15 meal + spending money

Tuesday, Mar 24: 1:30pm-5pm “Bowling Mania” Join us for bowling at Concord Lanes in South County with cheap food and games. But first enjoy a meal at Fitz restaurant and then head over to the bowling alley to have fun with friends! Please note that this bowling alley is not the most accommodating for anyone in wheelchairs. Cost: \$1.50/game, \$3 shoe rental, \$10-\$15 lunch

Friday, Mar 27: 11am-2:30pm “Sweetology-Cupcakes” You bring the creativity, we'll supply the baked goods, frosting and toppings! Whether you're looking for a simple, fun activity or a one-of-kind cake decorating experience with friends, you'll find what you're looking for at Sweetology! No cake decorating experience necessary. Cost: \$8-\$10 lunch at Lion's Choice + \$8 cupcake decorating

Sunday, Mar 29: 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, Mar 31: 4:30m-8pm “SLU Baseball” Enjoy a meal at McDonald's and then head over to support SLU Men's Baseball team. Baseball season is here! Cheer for your home team at the Billiken Sport Center in midtown as they go up against Illinois State. Cost: \$15 admission, \$5-\$8 dinner

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