



THE Source

NEWSLETTER OF LIFE BRIDGE PARTNERSHIP



CREATING CONNECTIONS,
ENRICHING LIVES.

October 2020

Important Dates

- ▶ **Thursday, September 17:** [Registration Opens for October Events](#)
- ▶ **Saturday, October 3:** [Sunnyhill Adventure Day](#)
- ▶ **Saturday, October 24:** [YPB Halloween At Home](#)

Farewell to Katrina!

As you all may know, Katrina is no longer employed with LifeBridge. She's taken on other opportunities and we wish her the best in all endeavors!



On behalf of LifeBridge, we thank the Washington University Occupational Therapy students for joining our team for 12 weeks with their last day being September 18. We have all learned a lot with social distance training and they have assisted us with safely getting clients back into the community and we've had much success!

If you haven't signed up for social distance training, please do so now, you must complete training to attend in-person activities.

Out and About Funders:



Communicating with LifeBridge Partnership Staff

Kelly Fraction: St. Louis City and St. Louis County Participants
Community Training Supervisor 314-701-7265 ext. 1009 kellyf@lifebridgestl.org/ Facebook Profile: **Kelly At LifeBridge**

Chanese Harris: St. Louis County Participants
Community Training Supervisor 314-701-8128 ext. 1006 chaneseh@lifebridgestl.org/ Facebook Profile: **Chanese LifeBridge**

Adam Saito: Support Services including transportation, volunteerism, quality management
Program Support Manager 314-756-0207 ext. 1005 adams@lifebridgestl.org/ Facebook Profile: **Adam At LifeBridge**

Heather Ward: St. Louis City and St. Louis County Participants
Chief Program Officer 314-926-0940 ext. 1004 heatherw@lifebridgestl.org/ Facebook Profile: **Heather At LifeBridge**

Now Offering Virtual & Community Events

The Out & About program is back in person!

On page 3 you will see new calendar of events that are online and in the community. Participation in events is NOT required and will NOT affect your status as an active member in the O&A program. These events are being offered to provide you a way to remain social and connect with your friends and our staff!

The average virtual event time is between 30 and 60 minutes and will be facilitated with video chat through Zoom and/or Facebook. To access these events you must have a Facebook profile and have “friended” a member of our staff. You’ll then receive an invite to the event on Facebook, be sure to RSVP as “Going.” You’ll receive reminders and important updates once you have RSVP'd on Facebook. The link to the programs on Zoom will be on the Facebook event page or emailed to you if you do not have a Facebook profile. We are happy to assist you with this!

PLEASE REGISTER FOR THESE EVENTS. There is no limit on the number of events you participate in, but please follow-through on your commitments. Community events will be limited so get your choices in right away. To register, call your CTS between the hours of 10am-5pm Monday-Friday. **You may email or Facebook message your choices at any time.**

The Facebook logo, consisting of the word "facebook" in white lowercase letters on a blue rectangular background.



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Welcome to the O&A Virtual/Community Events calendar!

Virtual events will be 1 hour long and take place using Zoom video.

See page 4 for full event descriptions.

Not all events are free.

October

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3 Sunnyhill Adventure Day 10am-1pm (Community)
4	5 Scary Movie Night 5:30pm-7:30pm (Virtual)	6 Game Night 5:30pm-7:30pm (LB Office) 	7 African Zoo Tour 5pm-6pm (Virtual)	8 History Museum 12pm-2pm (Community)	9	10 Galleria 6 Cinema 2pm-4pm (Community)
11 Five Below & Lunch 12pm-2pm (Community)	12 Trivia 5pm-6pm (Virtual) 	13 St. Louis Hunted Tour 6pm-7pm (Virtual)	14	15	16	17 Zoo Fun 12pm-2pm (Community)
18	19	20	21 Halloween Dance Party 6pm-7pm (Virtual)	22 Mid Day Scary Movie 12pm-2pm (LB office)	23	24 YPB Halloween at Home 1pm-4pm (Porch delivery)
25	26	27 Halloween Family Feud 5pm-6pm (Virtual)	28 Botanical Garden 12pm-2pm (Community)	29	30	31 

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O&A Virtual/Community Events Description

Date	Time	Event	CTS	Event Description
Sat, Oct 3	10am- 1pm	Sunnyhill Adventure Day (Community)	Chanese/ Heather	Join us for a fun fall day at Sunnyhill Adventure Camp! Located 45 minutes south of St. Louis, Sunnyhill adventure camp includes fishing, canoeing, ropes course, zip lining, archery, and more! We will spend the day enjoying cool fall temps and having an adventure. Door-to-door transportation will be limited to St. Louis City residents who don't have access. For St. Louis County residents, LifeBridge transportation will be provided at 2 meet-up points. 1) from the LifeBridge office OR 2) from the Park & Ride at 270 and Gravois. Cost: \$20 including transportation *pack a sack lunch and bring own water bottle*
Mon, Oct 5	5:30pm- 7:30pm	Scary Movie Night (Virtual)	Kelly	Halloween is approaching! What's your favorite scary movie? Let's vote on the scariest movie to watch. Be sure to have your snacks handy!
Tues, Oct 6	5:30pm- 7:30pm	Game Night (LB office)	Chanese	Enjoy playing some of your favorite games with your LifeBridge friends and eat delicious pizza! Cost: \$5 admission
Wed, Oct 7	5pm- 6pm	African Zoo Tour (Virtual)	Chanese	Join us for a tour of Africa's wildest animals at the Columbus Zoo in Ohio!
Thurs, Oct 8	12pm -2pm	History Museum (Community)	Kelly	Get out of the house and go to the History Museum in Forest Park! There's so much to learn about history! Cost: free *Pack a small snack/lunch*
Sat, Oct 10	2pm- 4pm	Galleria 6 Cinema (Community)	Kelly	When was the last time you enjoyed a matinee movie at the theater? Well, here is the chance to watch a newly released movie with some of your LifeBridge friends. Cost: \$6 movie ticket + snacks at concession *we will not eat at the food court*
Sun, Oct 11	12pm- 2pm	Five Below & Lunch (Community)	Kelly	Get your shop on at Five Below and surrounding stores! Let's see how well we could social distance out in public! Cost: \$10 lunch + spending money *restaurant TBD*
Mon, Oct 12	5pm- 6pm	Trivia (Virtual)	Kelly	Are you good at guessing or figuring things out? Join in on the fun at this guessing game. Let's put your brains to work!
Tues, Oct 13	6pm- 7pm	St. Louis Haunted Tour (Virtual)	Chanese	In celebration of Halloween we will be taking a look at one of the most haunted places in St. Louis, the Lemp Mansion.
Sat, Oct 17	12pm-2pm	Zoo Fun (Community)	Chanese	Do you miss the animals at the zoo? Well join us for a zoo experience that you've been missing. You can bring your lunch and enjoy time with your favorite animals. Cost: free
Wed, Oct 21	6pm- 7pm	Halloween Dance Party (Virtual)	Chanese	Enjoy learning new dances, playing dance games, and an opportunity to dance to some of your favorite songs. Costumes welcomed for this program.
Thurs, Oct 22	12pm- 2pm	Mid Day Scary Movie (Virtual)	Kelly	Join us at the LifeBridge office to watch a scary movie! Popcorn and soda will be provided! Cost: \$3 *for those who do not enjoy scary movies, this event is not for you*
Sat, Oct 24	1pm- 4pm	YPB Halloween at Home	Heather	The LifeBridge Young Professional Board is bringing Halloween fun to your home! YPB members will make a special visit to your porch, deliver an activity kit, and enter you into a virtual costume or porch decoration contest! The virtual costume or porch decoration contest will include categories such as "scariest", "most creative", "best theme", and more! If you choose to participate, your picture will be taken and posted to LifeBridge's social media pages (Facebook & Instagram) for virtual voting! Winners will receive prizes!! You do not have to participate in the contest to receive a kit but you must be home. You must RSVP for this FREE special event!
Tues, Oct 27	5pm- 6pm	Halloween Family Feud (Virtual)	Chanese	Enjoy playing America's favorite game, it will be Halloween themed, so come ready to have fun!
Wed, Oct 28	12pm- 2pm	Botanical Garden (Community)	Chanese	Enjoy a nice day at the Missouri Botanical Gardens, where you can see your favorite plants and scenery Cost: \$14 admission *sack lunch or spending money*