



THE Source

NEWSLETTER OF LIFE BRIDGE PARTNERSHIP



CREATING CONNECTIONS,
ENRICHING LIVES.

November 2020

Important Dates

- ▶ **Monday, October 19:** Registration Opens for November Events
- ▶ **Wednesday, November 11:** Office Closed in Observance of Veterans Day
- ▶ **November 26 & 27:** Office Closed in Observance of Thanksgiving

On-Call Phone

****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.



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.

November

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Bowling Mania 1:30pm-3:30pm (Community)	3  ELECTION DAY	4	5 Keep Calm & Paint 12pm-2pm (Community) <hr/> Disney Trivia 6pm-7pm(Virtual)	6 Movie Night Comfort Zone 5:30pm-7:30pm (Virtual)	7 Brookdale Farms 12pm-2pm (Community)
8	9 Evening Thanksgiving Movie 5:30pm-7:30pm (Community)	10 Karaoke 5pm-6pm (Virtual) 	11  Veterans Day	12 Friendsgiving 5:30pm-7:30pm (Community)	13	14 AMC Theatre 1pm-4pm (Community)
15	16	17 Fitness with Friends 5pm-6pm (Virtual)	18 Holiday Shopping 5pm-7pm (Community)	19 Tropicana Bowl 12pm-2pm (Community)	20 Mega Bingo 5:30pm-6:30pm (Virtual)	21
22	23 Florida Aquarium 5pm-6pm (Virtual)	24	25	26  HAPPY THANKSGIVING	27	28
29	30					

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O&A Virtual/Community Events Description

Date	Time	Event	CTS	Event Description
Mon, Nov 2	1:30pm- 3:30pm	Bowling Mania (Community)	Chanese	Join us for bowling at Concord Lanes in south county with cheap food and games! We will be eating at the bowling alley before playing. Cost: \$2.50/game, \$3 shoe rental, \$10-\$15 lunch
Thurs, Nov 5	12pm- 2pm	Keep Calm & Paint (Community)	Kelly	Paint on a canvas while listening to your favorite tunes at the LifeBridge office! Supplies will be provided. Cost: \$15 admission includes lunch
Thurs, Nov 5	6pm-7pm	Disney Trivia (Virtual)	Chanese	Enjoy trivia based on some of your favorite Disney characters and movies!
Fri, Nov 6	5:30pm- 7:30pm	Movie Night Comfort Zone (Virtual)	Kelly	Get cozy and watch a movie in the comfort of your home! Don't forget your dinner or snacks for the movie. *we will vote on a movie title*
Sat, Nov 7	12pm -2pm	Brookdale Farms (Community)	Chanese	Enjoy Brookdale Farms fall activities in Eureka Missouri. You will be able to take advantage of hayrides, corn maze, a petting zoo and much more fall fun! Client cost: \$9 admission, \$10 food, + spending money for extra activities not included in admission
Mon, Nov 9	5:30pm- 7:30pm	Evening Thanks- giving Movie (Community)	Kelly	Thanksgiving is approaching fast! Enjoy some laughter by watching a funny Thanksgiving movie with some of your LifeBridge pals! Hosted at the LifeBridge Office. Cost: \$5 admission, light dinner TBD
Tues, Nov 10	5pm- 6pm	Karaoke (Virtual)	Chanese	Enjoy singing your favorite songs with your LifeBridge friends!
Thurs, Nov 12	5:30pm- 7:30pm	Friendsgiving (Community)	Chanese	Enjoy a nice hearty meal with your LifeBridge friends followed by Thanksgiving themed activites. Client Cost: \$10 admission (TBD)
Sat, Nov 14	1pm- 4pm	AMC Theater (Virtual)	Kelly	Come on out to watch a movie, new or old with some of your LifeBridge friends at the AMC Esquire in Clayton. Cost: \$10 ticket + spending money for snacks
Tues, Nov 17	5pm-6pm	Fitness with Friends (Virtual)	Chanese	Loosen up and get fit with a nice and calming workout!
Wed, Nov 18	5pm- 7pm	Holiday Shopping (Community)	Chanese	Get ready early for the holiday's by getting your shopping done! Enjoy shopping at South County mall with a small meal in their food court. Client Cost: \$8 for meal + spending money
Thurs, Nov 19	12pm- 2pm	Tropicana Bowl (Virtual)	Kelly	Get your roll on at Tropicana! Bowl, eat and have fun! Hosted at: Tropicana Bowl in Brentwood. Cost: \$15 bowling includes shoe rental, \$10 for lunch at cafe inside bowling alley. *2 game minimum*
Fri Nov 20	5:30pm- 6:30pm	Mega Bingo (Virtual)	Kelly	Let us all join in on the fun with your LifeBridge friends and play some bingo!
Mon, Nov 23	5pm- 6pm	Florida Aquarium (Virtual)	Chanese	Enjoy a tour of beautiful sea creatures at the Florida Aquarium in Tampa Florida!