



NO.001

CHECK THIS OUT!

JANUARY 2025

WELCOME TO OUR

Monthly Newsletter



How to stay active during the colder months

Staying active in Poplar Bluff, Missouri, during the colder months offers a variety of options for all ages. If you prefer indoor workouts, Planet Fitness is a great option for a gym with a wide range of equipment, or you can take part in group fitness classes to stay motivated. You can find videos on YouTube for chair yoga or stretching. Simply standing in place can be considered healthy as it burns more calories than sitting and can engage muscles in your legs, core, and back. Make a goal to stand and move daily.

Most health insurance can pay gym subscriptions for limited time if you have a certain health conditions. Call your health insurance and find out.

Call and ask about current activities for youth or adults.
Poplar Bluff Parks and Recreation: 573-686-8645
MU Extension 573-686-8064

Calendar

1. Twin Towers Young at Heart Bingo Friday 10th 4pm-5pm
2. Twin Towers Tuesday 7th Toenail Clinic 573-686-2074 For apt.
3. Twin Towers Wednesday 15th MU Extension Nutrition Class 10:15am
4. Twin Towers Bingo Monday & Fridays 1pm
5. Poplar Bluff Library QPR Mental Health Training 12pm Thursday 30th



Weather Folklore MISSOURI WINTERS

Some say thunder in January means snow in May.

Some believe that the first 12 days of January can predict the weather for the entire year! So, the weather on the first, good or bad, will reflect how January will feel. The second day forecasts February, the third forecasts March, and so on.



Blast from the past

Do you know what this is ?
Hint: Used with clothes

Email your answer to Jessica the ROSS Coordinator at jessica@pbhousing.org



One of the most popular restaurants in Missouri is Lambert's Cafe in Sikeston. Its slogan is "Home of the Throwed _____"

- A. biscuits
- B. sausages
- C. pancakes
- D. rolls



Dogs must be on a leash at all times outside of apartment





Resident Spotlight

Name: Stephanie Wetton

Age: 74

How long have you lived here? 15 years



Favorite Hobbies: Stephanie shared that she has had many hobbies throughout her life. Here is some examples: Music/Drawing/ Biking/Bowling/Pool/Baseball/Watching classic old movies.

What is something new that you've recently started or want to explore?

"Ms. Wetton laughed and said does that include looking for a boyfriend!" Ha! She is always fun and making me laugh. She said she would like to build a computer some day.

Defining Moments of life:

Ms. Wetton was a paramedic in her past, and stated it was very rewarding and she saved lives.

What challenge have you faced in life? She was also impacted by the loss of her mother.

What are you most proud of? She is most proud of her ability to draw.

Was there a particular event that changed the way you view yourself or others? Not a particular event, but she stated she is braver because of less worry. You do what you can and that is it.

Do you have a pet? George the cat. He is a mix of Maine Coon and British short hair. He is big and heavy. He likes to try to escape the apartment.

Goals and Dreams? Stephanie would like to have her art published or play an instrument with the St. Louis symphony, or illustrate for Walt Disney show.

Advice for the future: Stick with your interest and dreams. Don't give up.

What advice for society and how they treat each other? Don't talk about people or argue or snitch.

What values or principles do you think are essential? Be Honest, Be yourself, Stick with your friends. Be faithful, let God handle your problems, and take one day at a time.

Resident Spotlight

Please contact me if you would like Jessica 573.872.4122 to interview you for resident spotlight! Inspire us, share your story!

Bread Shed Dates:

ABC – January 8, 2025 from 1:00 pm

Diaper Distribution – January 9, 2025 from 8:30 am – 10:00 am

Food Distribution–Poplar Bluff – January 11, 2025 from 7:00 am – 9:00 am

Senior Boxes – January 16, 2025 from 8:30 am – 10:00 am

LIHEAP

IF YOUR UTILITIES ARE NOT INCLUDED IN YOUR RENT. YOU MIGHT BE ELIGIBLE FOR ASSISTANCE WITH THE UTILITY BILL.

**CONTACT JESSICA THE ROSS
COORDINATOR FOR ASSISTANCE
573.872.4122
ENERGY ASSISTANCE**

Grace Toenail Clinic
Call For Apt. 573-686-2074



Pest Control Schedules

FAMILY

1st week of every month Units #001 - #070

• 2nd week of every month Unit #071 - #140

• 3rd week of every month Units #141 - #180 and #519 - #550

• 4th week of every month Units #551 - #624

There must be an adult at least 18 years of age or older present when our Pest Control Professionals arrive at FAMILY UNITS; otherwise, the monthly Pest Control treatment will not be done. It will be your responsibility to contact the Maintenance Office at 573-785-2623 to reschedule.

ELDERLY

• 1st week of every month Units #181 - #262

• 2nd week of every month Units #289 - #366 and #263 - #269

• 3rd week of every month Units #367 - #444 and #270 - #288

• 4th week of every month Units #445 - #498 and #625 - #654

Please make sure your unit is ready for monthly Pest Control treatment by simply:

- Keeping your home clean.
- Cleaning up food and dishes.
- Ensure trash is picked up and disposed of properly.
- Keeping food in sealed containers or properly wrapped.
- Not storing items in the furnace room.

We cannot emphasize enough the importance of keeping your unit clean. Maintaining a clean unit keeps you in compliance with the terms of your lease but it also provides a clean, safe, and sanitary home for you and your family, which is extremely important as well.

Coming Soon
Hair Stylist

