

# Town Tattler

POPLAR BLUFF HOUSING AUTHORITY | January 2025



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### What Not to Eat on New Year's Day

As much as you might want to go all out with a seafood dinner on this holiday, it may not be the best idea. Some believe that lobster could cause bad luck because they can swim backwards, which could mean setbacks in the year ahead. For the same reason, eating chicken could be bad luck. The birds scratch backward, plus they're winged so your luck could fly away.

@Jh'mYU' had its ups and downs. In 2025 buy the shoes, eat the cake, make the memories, take the pictures and enjoy each day!

### ABUSE HOTLINES

Adult Abuse (800) 392-0210  
 Domestic Abuse (800) 799-7233  
 Sexual Assault (800) 656-HOPE  
 Suicide Prevention (800)273-TALK Substance Abuse & Mental Health (SAMHSA) (800) 662-HELP (4357)

### Twin Towers Directory

Housing (573) 785-8265  
 Maintenance (573) 785-2623  
 Beauty Shop - COMING SOON

### CONTACT INFO

Northside Nutrition Center  
 573-686-2074

Resident Services Coordinator  
 Jessica Dawson – 785-8265

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1  Happy New Year!	2	3 1:00 – Towers BINGO  11:30 - Hillcrest MU Extension Nutrition Class	4
5 Bread Shed Community Meal	6 9:00 – Towers Exercise Class 1:00 Towers BINGO  Monthly Pest Control Week 1 Units #181-#262	7 8:00 Grace Toenail Clinic	8 9:00 – Towers Exercise Class 9:00-Towers Garden Club 10:15 - Towers MU Extension Nutrition Class	9	10 1:00 – Towers BINGO  4:00 - Towers Young at Heart	11
12 Bread Shed Community Meal	13 9:00 – Towers Exercise Class 1:00 - Towers BINGO Monthly Pest Control Week 2 Units #289-#366 #263-#269	14	15 9:00 – Towers Exercise Class 9:00 - Towers Garden Club	16	17 1:00 – Towers BINGO	18
19 Bread Shed Community Meal	20 9:00 – Towers Exercise Class 1:00 – Towers BINGO Monthly Pest Control Week 3 Units #367-#444 #270-#288	21	22	23	24 1:00 – Towers BINGO	25
26 Bread Shed Community Meal	27 9:00 -Towers Excercise 1:00 – Towers BINGO Monthly Pest Control Week 4 Units #445-#498 Units #625-#654	28	29	30	31 1:00 – Towers BINGO	