



AUGUST 2026 – NO 21

WELCOME TO OUR
Monthly Newsletter



UPCOMING EVENTS

- Towers Bingo on Mondays and Fridays at 1:00pm
- Crown Hospice Bingo at Northside Nutrition on Aug. 5th at 10am
- Garden Club: Towers meets every Wednesday at 9am.
- National Night out is Aug. 4th from 5-7pm
- Senior Seminar - How to Spot Scams @ Towers Aug. 18th 10-11am

“ Kindness is contagious-Spread it everywhere you go. ”



**GET IN TOUCH
WITH US**

✉ linsey@pbhousing.org

☎ (573)785-5836

🌐 pbhousing.org





Blast from the past



Weather Folklore

1. For every fog in August, there will be a snowfall.
2. If the first week in August is unusually warm, the coming winter will be snowy and long.
3. If a cold August follows a hot July, it foretells a winter that is hard and dry.

Do you know any famous lines from this movie? Email your answer to Linsey – ROSS Coordinator at linsey@pbhousing.org



What is Missouri's highest point?



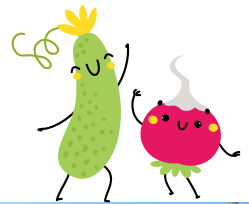
Dogs must be on a leash at all times when outside of apartment



Poplar Bluff Housing Receptionist: 573- 785- 8265



Senior Spotlight: Garden Club!



If interested in joining, please contact Linsey - ROSS
Coordinator at 573.413.0492



Bread Shed Dates:

ABC – Wednesday, August 12th, 1:00 pm

Diaper Distribution – Thursday, August 13th,
from 9:00am – 10:00 am

Food Distribution-Poplar Bluff – Saturday,
August 8th from 7:00 am – 9:00 am

Senior Boxes – Thursday, August 20th, 9:00 am

Community Meal– Every Sunday at 11:30am

LIHEAP

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

CONTACT LINSEY THE ROSS
COORDINATOR FOR ASSISTANCE
573.413.0492
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.

FREE
EVENT

GAMES

★ POPLAR BLUFF ★ HOUSING AUTHORITY BLOCK PARTY 302 N. E STREET

TUESDAY, AUGUST 4, 2026

5:00 – 7:00 PM

POLICE ★ COMMUNITY PARTNERSHIP ★ FREE EVENT
JOIN US FOR A FUN EVENING

FOOD ★ GAMES & ACTIVITIES ★ MUSIC ★ PRIZES
POLICE VEHICLES ★ FIRE ENGINES ★ SMOKE HOUSE
EMERGENCY RESPONSE VEHICLES AND MUCH MORE!
INFORMATION & EDUCATIONAL BOOTHS

STRONGER TOGETHER
★ SAFER TOGETHER ★

NO CHIP
CHILD
I.D.

PETTING ZOO
&
FOAM PIT



BUILD
COMMUNITY



SUPPORT
PUBLIC SAFETY



STRENGTHEN
NEIGHBORHOODS



CONNECT
AND HAVE FUN!

Together, We Make Our Community Great! ♥



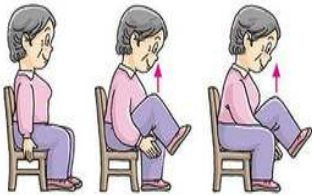
***INDEPENDENT LIVING
CENTER OF SEMO***

SENIOR FITNESS EXERCISE CLASS

Held in Twin Towers Activity Room

ANNOUNCEMENT

New days and hour beginning April 2nd



Tuesdays & Thursdays 1PM-2PM

Taught by Certified Instructors

**FREE OF CHARGE
LOW IMPACT EXERCISES
WHAT BETTER WAY OF
KEEPING YOUR JOINTS
HEALTHY & HAPPY!!!!**



**For more information:
Contact Suzann McKnight
ILCSEMO
Arthritis Program Coordinator
573-686-2333 Ext. 222**