

NEWSLETTER

WWW.PBHOUSING.ORG



October at a Glance:

- Towers Bingo on Mondays & Fridays at 1:00PM
- Young at Heart Bingo on Friday, October 9th from 4:00PM-5:00PM
- 1st Stepp Homecare Bingo on Tuesday, October 13th at 2:00PM
- QPR Presentation on Monday, October 19th at 2:00PM in the Towers Community Room

Don't miss our Trunk-or-Treat!

October 31st from 5:00PM-7:00PM

302 North E St. Poplar Bluff, MO 63901



Looking Back

This month, we spotlight a few residents who attended our 2025 Halloween Bingo.



OCTOBER

WEATHER FOLKLORE

Much rain in October, much wind in December.

When deer are gray in coat in October, expect a severe winter.

Warm October, cold February.

If October brings much frost and wind, then January & February will be mild.



BLAST FROM THE PAST

“It’s the Great Pumpkin, Charlie Brown”
first aired when?



AUTUMN WORD SCRAMBLE

WROCAECRS

YADCN

LHLCYI

AIEYRHD

DECIR

OPOSYK

SGOTH



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

Bread Shed Dates:

ABC – Wednesday, October 14th, 1:00 pm

Diaper Distribution – Thursday, October 8th,
from 9:00am – 10:00 am

Food Distribution-Poplar Bluff – Saturday,
October 10th from 7:00 am – 9:00 am

Senior Boxes – Thursday, October 15th, 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.



After Hours Maintenance Emergency

573-785-2623



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

CAREGIVERS CONNECTION: CONNECTING PEOPLE & RESOURCES

SAVE THE DATE

November 5, 2026 | Holiday Inn: Poplar Bluff

9:00 AM - 2:30 PM

SERVICES

- Free lunch
- Door prizes
- CEU's - \$5 cost, pre-registration required
- Local resources

REGISTER TODAY!

Call Linsey: 573.413.0492

Scan the QR Code to
register online.



TOPICS

- Navigating Care
- Ask a Lawyer
- Caregiver Panel
- Scams in the Age of AI
- Connection Sessions



**PROFESSIONAL & FAMILY CAREGIVERS
WELCOME!**

LEGACY HOSPICE

AARP
Missouri

Extension
University of Missouri

ALZHEIMER'S
ASSOCIATION

COMMUNITY
RESOURCE
COUNCIL

AmeriCorps
Seniors

POPLAR BLUFF HOUSING
AUTHORITY

Aging Matters

FCC
BEHAVIORAL HEALTH

FCC
BEHAVIORAL HEALTH

Butler County
Health Department
Missouri

POPLAR BLUFF HOUSING
AUTHORITY



Young at Heart

BOYS & GIRLS CLUB
OF BUTLER COUNTY

POPLAR BLUFF HOUSING
AUTHORITY



Bingo!

Friday, October 9th
4:00PM-5:00PM

Towers Community Room



HAPPY HALLOWEEN



QPR

Suicide Prevention

Overdose prevention/Narcan
Training

Mental health & Managing
Stress

FREECOMMUNITYTRAINING

Come learn, ask questions, and connect with local resources.

ANYONE IS WELCOME TO ATTEND

October 19th at 2:00 PM

Twin Towers 506 Hazel Street Poplar Bluff

HEY NEIGHBORS!

♥ GOOD
NEIGHBOR
WEEK

Join us for a day of food, fun, and community!



TACO BOATS
WITH ALL THE FIXINGS!



DRINKS



SWEETS

Cookies by
**Memaw's
Rockin' Sweets**



Cotton candy from
**Helping Heartland
Heroes**



**LIVE
MUSIC**



**COMMUNITY
RESOURCES**

Connect with local
organizations and
learn about services
in our community!

- ✓ Local organizations
- ✓ Helpful resources
- ✓ Family-friendly activities
- ✓ Information tables
- ✓ And more!

CHECK OUT THE NEW
ROBERTS
ADVENTURE PLAYGROUND!



Fri. Oct. 2
2-5 PM

**McLane Park,
Poplar Bluff, MO**

GOOD FOOD.
GREAT PEOPLE.
STRONGER NEIGHBORS.
♥



FOOD | MUSIC | RESOURCES | PLAY | COMMUNITY

Walk-Tober

OCTOBER 1-31, 2026

WELLNESS
COUNCIL
WALK-TOBER
WALKING
COMPETITION

Poplar Bluff Parks and Recreation in partnership with the Community Resource Council of Butler County and the Poplar Bluff Museum invite you to join us for our Walk-Tober Event and Walking Tours!

WALK-TOBER WALKING COMPETITION

Whenever walking is possible, regardless of your age, it is a fun, easy way to incorporate physical fitness or exercise into your life.

Walking is the simplest, easiest, and most inexpensive fitness activity, and it can be fun. Any level of intensity or pace can help to improve your health.



SIGN UP NOW THROUGH
SEPTEMBER 30!

The competition runs
October 1-31, 2026 and is
TOTALLY FREE to participate in!



TRACK YOUR MILES

Track your miles in an app or on paper. Forms can be printed by going to pbparks.recdesk.com then Forms.



TURN IN RESULTS BY
NOVEMBER 4, 2026

FOUR PRIZES AWARDED!



1ST
PLACE



2ND
PLACE



3RD
PLACE



RAFFLE
of all other
participants

Make sure to track your miles during
the *Walking Tours!*

FREE WALKING TOURS

EVERY WEEKEND IN OCTOBER

→ LED BY HISTORIAN KATI RAY →



DOWNTOWN NORTH WALKING TOUR

Saturday, October 3, 2026
at 10:30 a.m.

[Register here](#) or
scan the QR code



SACRED HEART CEMETERY WALKING TOUR

Saturday, October 10, 2026
at 3:00 p.m.

[Register here](#) or
scan the QR code



MAIN STREET WALKING TOUR

Saturday, October 17, 2026
at 10:30 a.m.

[Register here](#) or
scan the QR code



RAY CLINTON PARK WALKING TOUR

Saturday, October 24, 2026
at 10:30 a.m.

[Register here](#) or
scan the QR code



LITTLE CHICAGO WALKING TOUR

Saturday, October 31, 2026
at 10:30 a.m.

[Register here](#) or
scan the QR code



Walk for your health. Walk for our history.
Walk for *our community.*

