

NEWSLETTER

NOV 2026
ISSUE NO 24

POPLAR BLUFF HOUSING:

NOVEMBER

BINGO

TOWERS BINGO ON MONDAYS AND FRIDAYS AT 1:00PM

CROWN HOSPICE BINGO ON WEDNESDAY, NOVEMBER 4TH AT 10:00AM

1ST STEPP HOMECARE BINGO ON TUESDAY, NOVEMBER 10TH AT 2:00PM

YOUNG AT HEART BINGO ON FRIDAY, NOVEMBER 13TH FROM 4:00PM-5:00PM

UPCOMING EVENTS

CHRISTMAS TREE DECORATING THE FIRST WEEK OF NOVEMBER

CAREGIVER CONFERENCE AT THE HOLIDAY INN ON NOVEMBER 5TH

POLAR BEAR GALA NOVEMBER 12TH WESTWOOD EVENTS CENTER AT 6:00PM

1ST CALL HOMECARE WILL BE GRILLING HOTDOGS AT WILSON ON FRIDAY, NOV 13TH AT 11:00AM

SAVE THE DATE

IMPORTANT UPDATE!
SURVIVING THE HOLIDAYS HAS BEEN MOVED TO WEDNESDSAY, DECEMBER 9TH FROM 9:00AM-11:30AM.
DON'T FORGET TO REGISTER!

HIGHLIGHT

COMMUNITY UPDATES

CHRISTMAS TREE DECORATING

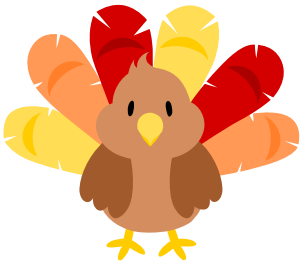
TRIVIA

SENIOR SPOTLIGHT

PEST CONTROL SCHEDULES

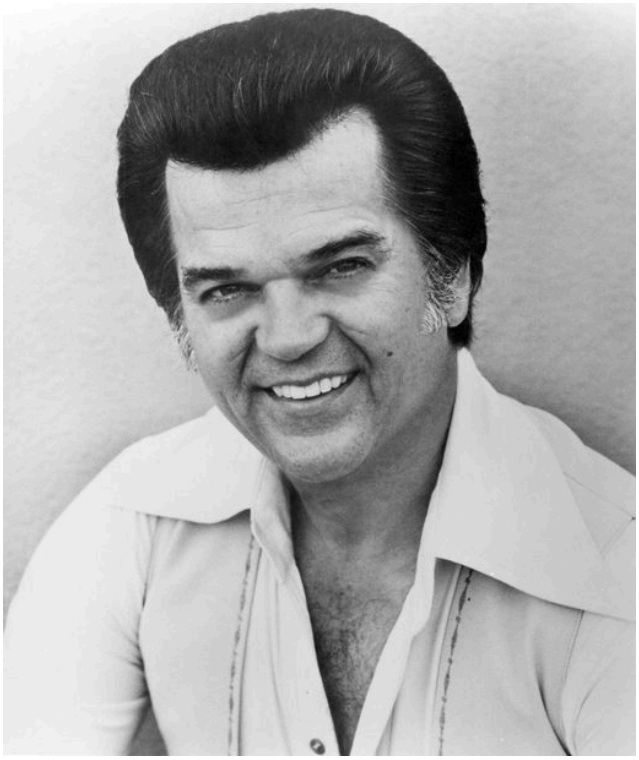
GET READY FOR SURVIVING THE HOLIDAYS!

November





BLAST FROM THE PAST



"HELLO, DARLIN'."
WHO AM I?

WEATHER FOLKLORE

"IF THERE BE ICE IN NOVEMBER THAT WILL BEAR A DUCK, THERE WILL BE NOTHING THEREAFTER BUT SLEET AND MUCK."

"FLOWERS IN BLOOM LATE IN AUTUMN INDICATE A BAD WINTER."

"NOVEMBER, TAKE FLAIL; LET SHIPS NO MORE SAIL."

POPLAR BLUFF TRIVIA

WHAT WAS THE FIRST MOVIE SHOWN AT THE RODGERS THEATRE?



AmeriCorps Seniors
573-686-8624

Northside Nutrition Center
573 686 2074





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

Poplar Bluff Housing Receptionist: 573- 785- 8265

SENIOR SPOTLIGHT

Name: Donna Marshall

Age: 69

How long have you lived at housing? 4 years

This month's Senior Spotlight features a wonderful resident whose life is centered around faith, family, and kindess!

She enjoys playing board and card games, participating in church activities, and watching Hallmark and HGTV. She also has a creative side, having enjoyed drawing and making handmade Christmas gnomes.

A turning point in her life came in 1996 when she was saved and baptized and met her second husband. After overcoming a difficult first marriage, she found a new beginning filled with faith and love. Her proudest accomplishment is her five sons, ranging in age from 39 to 50.

When asked what advice she would give younger generations, she shared, "**Find and trust the Lord, and let Him guide you.**" She believes family, respect, and a strong work ethic are essential values and wished the world had more love and less judgement.

Her goal for the future is simple: to live a happy, healthy life and continue being the best version of herself. Her story is a beautiful reminder of the importance of faith, resilience, and treating others with kindess!



Bread Shed Dates:

ABC – Wednesday, November 11th, 1:00 pm

Diaper Distribution – Thursday, November 12th, from 9:00am – 10:00 am

Food Distribution–Poplar Bluff – Saturday, November 14th from 7:00 am – 9:00 am

Senior Boxes – Thursday, November 19th, 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

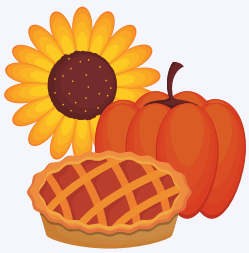
There must be an adult at least 18 years of age or older present when our Pest Control Professionals arrive at FAMILY UNITS; otherwise, the monthly Pest Control treatment will not be done. It will be your responsibility to contact the Maintenance Office at 573-785-2623 to reschedule.

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

Young at Heart

BOYS & GIRLS CLUB OF BUTLER COUNTY

POPLAR BLUFF HOUSING AUTHORITY

Friday, November 13th 4:00PM-5:00PM

Towers Community Room

BINGO





INDEPENDENT LIVING CENTER OF SEMO

SENIOR FITNESS EXERCISE CLASS

Held in Twin Towers Activity Room

ANNOUNCEMENT

Newdaysandhourbeginning 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

TOPICS

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

REGISTER TODAY!

Call Linsey: 573.413.0492

Scan the QR Code to register online.



PROFESSIONAL & FAMILY CAREGIVERS WELCOME!

LEGACY HOSPICE | AARP Missouri | Extension University of Missouri | ALZHEIMER'S ASSOCIATION | COMMUNITY RESOURCE COUNCIL | AmeriCorps Seniors | POPLAR BLUFF HOUSING AUTHORITY | AgingMatters | FCC BEHAVIORAL HEALTH

Scan to visit our events page

BOYS & GIRLS CLUBS OF THE HEARTLAND

Scan to order a brick

America Needs **Club Kids** **Club Kids** Need You.

2026 EVENTS

JAN 24 — FIGHT FOR THE FUTURE — JANUARY 24, 2026 — BLACK RIVER COLISEUM — 5:00 P.M.

MAY 14 — TASTE OF THE TOWN — MAY 14, 2026 — BLACK RIVER COLISEUM — 6:00 P.M.

AUG 14 — DRIVE TO MAKE A DIFFERENCE GOLF TOURNAMENT — AUGUST 14, 2026 — OZARK RIDGE GOLF COURSE — 11:00 A.M.

SEPT 12 — HEARTLAND CLASSIC CAR SHOW — WHERE EVERY CAR HAS A STORY, EVERY KID HAS A DREAM — SEPTEMBER 12, 2026 — BGC PARKING LOT — 9:00 A.M.

NOV 12 — 2026 POLAR BEAR Gala — NOVEMBER 12, 2026 — WESTWOOD EVENTS CENTER — 6:00 P.M.

Building Futures One Brick at a Time!

EVER WANTED TO LEAVE YOUR NAME IN STONE? NOW'S YOUR CHANCE!

WHEN YOU PURCHASE A COMMEMORATIVE BRICK, YOU'RE NOT JUST ADDING YOUR NAME TO OUR COURTYARD - YOU'RE JOINING A COMMUNITY OF SUPPORTERS WHO BELIEVE IN INVESTING IN THE NEXT GENERATION. YOUR BRICK WILL BE A PERMANENT REMINDER THAT YOU HELPED BUILD SOMETHING MEANINGFUL.

SURVIVING THE HOLIDAYS

Limited to 60 attendees

Register NOW!

December 9th TIME: 9:00AM-11:30AM

506 Hazel St. Poplar Bluff Housing Authority
Towers Apartments
Community Room

This event is for Seniors



FOR QUESTIONS CALL
LINSEY - ROSS COORDINATOR
573.413.0492