



# THE PORCHLIGHT

Bethany Housing Authority

JULY  
2026

EDITION

## ★ STARS, STRIPES & SUMMER NIGHTS ★



Wishing Everyone a  
**HAPPY  
INDEPENDENCE  
DAY!**

### WELCOME TO JULY!

Summer is in full swing! We hope everyone is enjoying warm weather, family gatherings, and community events. Please stay safe during the heat and have a wonderful Independence Day.



### ★ OFFICE HOURS ★

Monday - Thursday ..... 8:00 AM - 4:00 PM  
Friday ..... 9:00 AM - 12:00 PM



### CONTACT INFORMATION

Phone: (660) 425-3349 Fax: (660) 425-8937  
Email: [bha.moo67@gmail.com](mailto:bha.moo67@gmail.com)  
Website: [www.bethanyhousingauthority.com](http://www.bethanyhousingauthority.com)



### EMERGENCY MAINTENANCE

If you have a maintenance emergency after hours, please call:  
(660) 373-1801

### UPCOMING DATES

July  
4th

#### INDEPENDENCE DAY

Office Closed

July  
15th

#### NATIONAL HOT DOG DAY

*Enjoy a summer favorite!*

July  
21th

#### FILTER CHANGES

*We will be making rounds to change filters.*

*We will send out reminders closer to the date.*

July  
26th

#### PARENTS' DAY

*Thank you, parents!*

July  
29th

#### BINGO

*9am-10am in the community room*

*Please RSVP*





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### HAPPY BIRTHDAY!

*Wishing a very happy birthday  
to our wonderful residents!*

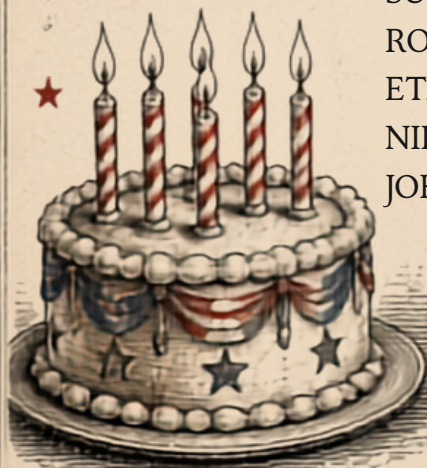
|                |       |
|----------------|-------|
| ADDILYN .....  | 07/01 |
| MICAH .....    | 07/01 |
| STEVE .....    | 07/01 |
| JUDY .....     | 07/04 |
| BARB .....     | 07/08 |
| EMALEIGH ..... | 07/10 |
| MICHAEL .....  | 07/10 |
| DAWN .....     | 07/11 |
| JANET .....    | 07/12 |
| CHERYL .....   | 07/18 |
| SUSAN .....    | 07/22 |
| RONNIE .....   | 07/22 |
| ETHAN .....    | 07/23 |
| NIKKIE .....   | 07/28 |
| JOHNNY .....   | 07/29 |



### A BIRTHDAY BLESSING

*May your day  
be filled with  
happiness, your year  
with joy, and your  
life with blessings.*

**WE HOPE YOU HAVE  
A WONDERFUL DAY!**





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## STARS, STRIPES & CROSSWORDS

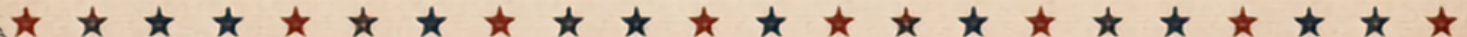
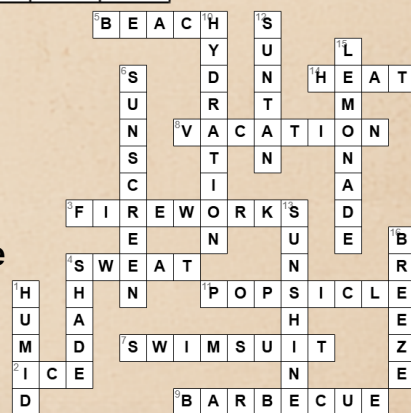


### ACROSS

2. Summer cooling necessity
3. July 4th celebration
4. Result of July heat
5. Popular July destination
7. Beach attire
8. Summer break from work
9. Summer cooking method
11. Frozen summer treat
14. July's primary characteristic

### DOWN

1. July weather word
4. July refuge from sun
6. Protection from UV rays
10. July health priority
12. Result of July sun exposure
13. Long July days feature this
15. Refreshing summer drink
16. Cool summer wind





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## ★ STARS, STRIPES & WORD SEARCH ★

### WORD BANK

SUMMER

JULY

POOL

BEACH

PARK

LAKE

JUNE

AUGUST

FLOWER

WATER

|   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| S | U | M | M | E | R | A | R | T | Y | G | H | B |
| A | Q | R | T | Y | H | F | G | J | U | L | Y | B |
| O | L | Q | P | E | F | H | V | P | O | O | L | D |
| Z | A | B | A | S | B | E | A | C | H | B | V | F |
| Q | K | D | R | H | F | R | F | V | N | G | V | R |
| A | E | X | K | V | W | A | T | E | R | D | F | T |
| W | A | F | L | T | F | H | I | K | F | C | D | Y |
| Z | J | U | N | E | D | F | G | J | G | X | J | H |
| F | L | W | Q | R | F | A | U | G | U | S | T | G |
| S | F | R | T | Y | N | M | V | C | B | F | H | F |
| G | E | Y | F | L | O | W | E | R | S | G | F | D |
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| Q | K | D | R | H | F | R | F | V | N | G | V | R |
| A | E | X | K | V | W | A | T | E | R | D | F | T |
| W | A | F | L | T | F | H | I | K | F | C | D | Y |
| Z | J | U | N | E | D | F | G | J | G | X | J | H |
| F | L | W | Q | R | F | A | U | G | U | S | T | G |
| S | F | R | T | Y | N | M | V | C | B | F | H | F |
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| W | Q | Z | X | C | V | F | D | R | T | Y | U | K |





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## ★ STARS, STRIPES & SUMMER REMINDERS ★

# SUMMER RECIPES

### BBQ Cowboy Skillet

A one-pan meal that's hearty, affordable, and perfect for summer evenings.

Serves: 4-6    Prep Time: 10 minutes    Cook Time: 25 minutes

### Ingredients

- 1 lb ground beef (or ground turkey)
- 1 small onion, diced
- 2 cloves garlic, minced (or 1 tsp garlic powder)
- 1 can (15 oz) corn, drained
- 1 can (15 oz) ranch-style or pinto beans, drained
- 1 can (14.5 oz) diced tomatoes
- 2 cups frozen hash browns or diced potatoes
- ½ cup barbecue sauce
- 1 tsp smoked paprika
- Salt & pepper to taste
- 1 cup shredded cheddar cheese
- Green onions (optional)

### Directions

1. Brown the ground beef and onion in a large skillet. Drain excess grease.
2. Stir in the garlic and cook for 30 seconds.
3. Add potatoes, tomatoes, corn, beans, barbecue sauce, smoked paprika, salt, and pepper.
4. Cover and simmer for 15-20 minutes, stirring occasionally, until the potatoes are tender.
5. Sprinkle cheese over the top, cover for 2-3 minutes until melted.
6. Garnish with green onions if desired.



### BINGO MORNING

#### BINGO MORNING

Bingo will be held on the last Wednesday of this month, please RSVP.

It'll be in the community room and will start at 9am and go to 10am.

### FIREWORK REMINDER

#### NO FIREWORKS

Please remember fireworks of any kind are not permitted to be shot off on the community lots, please refer to your lease or call the office for further clarification

### FILTER CHANGE

#### FILTER CHANGES

Please note we will be changing your filters JULY 21<sup>st</sup>, 2026. We will send out reminders closer to the date!



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### SUMMER EXERCISES

#### 1. Seated Marching

Sit tall in a sturdy chair.

Lift one knee, then the other.

Keep a steady rhythm.

Benefits: Improves circulation and leg strength.

#### 2. Sunshine Arm Circles

Extend arms out to the sides.

Make small circles forward for 15 seconds.

Reverse direction.

Benefits: Improves shoulder mobility.

#### 3. Porch Toe Taps

While seated or standing, tap your toes forward and back.

Alternate feet.

Benefits: Helps maintain balance and ankle flexibility.

#### 4. Garden Reach Stretch

Reach both arms overhead like you're picking fruit.

Slowly reach left, then right.

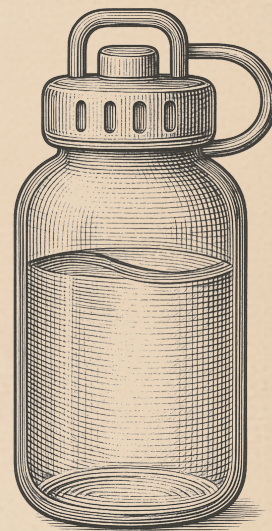
Benefits: Stretches the back and sides.

#### 5. Heel Raises

Hold onto a chair or countertop.

Rise onto your toes and slowly lower.

Benefits: Strengthens calves and improves balance.



### HYDRATION REMINDER

#### Before exercising:

Drink a glass of water.

Wear light-colored clothing.

Exercise during the cooler morning or evening hours.

Take breaks if you feel tired or overheated.

