

EST.



1972

PORCHLIGHT NEWSLETTER

September Addition



Here for Our *Community*



Resident
Reminders



Maintenance
Request Tips



Community
News & Updates



OFFICE HOURS

Monday - Thursday 08:00 AM - 04:00PM
Friday 08:00 AM - 12:00PM
Labor Day (Mon. Sep 7th) CLOSED



(660) 425-3349



2602 Crossan Street,
Bethany, MO 64424

Safe Homes. Strong Families. Brighter Futures.



The Porchlight

BETHANY HOUSING AUTHORITY



*A brighter
community
together.*



→ SEPTEMBER 2026 →

September Birthdays

09/04 Erika

09/05 Kassidy

09/05 Patricia

09/06 Justyn

09/06 Sawyer

09/07 Ryan

09/10 Jennifer

09/16 Jonathan

09/26 Maribeth

09/27 Rhonda

09/29 Becky

09/30 Jacquelyn



Take Note ♥



For after hours maintenance
emergencies please call:
(660)373-1801

Please leave a message and they'll
get back to you as soon as
possible

In This Issue

Importaint dates

Birthdays

Crossword

Word Search

Recipe

Exercises

Reminders

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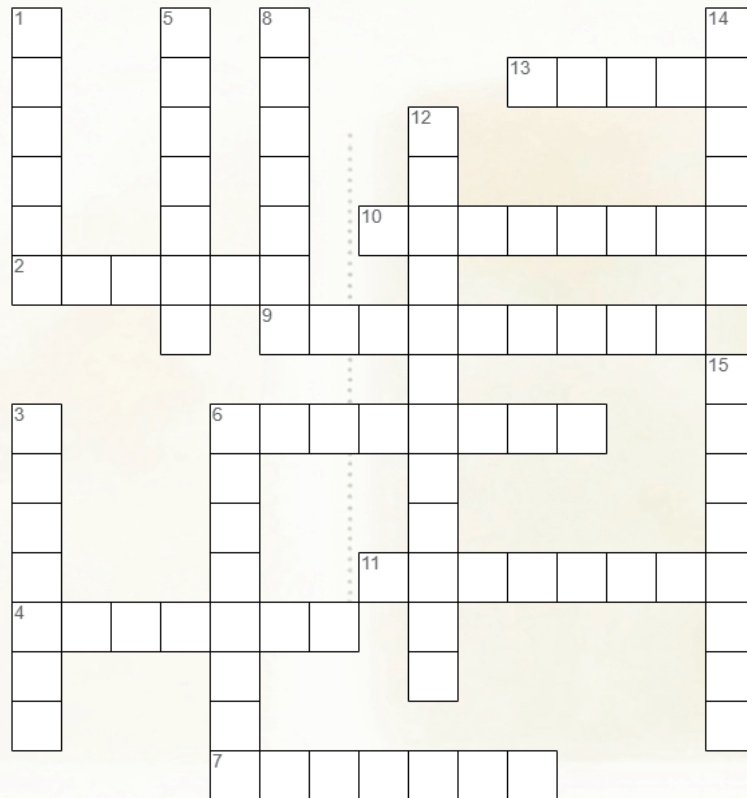


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→ SEPTEMBER 2024 ←



ACROSS

2. Place of learning
4. Autumn crop collection
6. Half of a school year
7. Fall clothing item
9. Ninth month of the year
10. School timetable
11. Schoolwork done at home
13. Describes fall air

DOWN

1. Fall foliage
3. Classroom instructor
5. Equal day and night in fall
6. Learners in a class
8. School supply
12. Annual shopping event
14. Fall harvest fruit
15. Fall decoration

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F A L L A Q W E D F G S B

Z G H O M E W O R K X Y A

X F D T E A C H E R C U D

Z R C S C H O O L Q S I F

F E N Z X M Q S T W T T E

G D G G A J D T Y D U G W

D F R Y U K F U U F D H F

S D A I T I V D I G E F E

H F D O U K B Y O H N T Q

W Q E R M T G V D F T S X

FALL
HOMEWORK
TEACHER
SCHOOL
STUDENT
STUDY
AUTUM
GRADE



Did You Know?

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

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Autumn March

Sit tall or stand behind a chair. Slowly march in place, lifting one knee at a time.
30–60 sec.

Tree Trunk Twists

Sit tall with arms crossed over your chest. Gently rotate your upper body left, return to center, then right.
8 each side

Apple Picking Reaches

Sitting or standing, reach one arm overhead as though picking an apple. Alternate arms.
10 each arm

Falling Leaf Side Bends

Sit tall. Reach one arm overhead and gently lean toward the opposite side. Return and switch.
5 each side

Fall Walk Heel Raises

Hold the back of a sturdy chair. Slowly rise onto your toes, pause, then lower your heels.
10–15 reps



Did You Know?



CHICKEN & STUFFING Casserole

WARM, COMFORTING, & BUDGET-FRIENDLY!



SERVES
4 – 6



PREP TIME
10 minutes



BAKE TIME
30 – 35 minutes



ESTIMATED COST
About \$2 – \$3
per serving

INGREDIENTS

- 2 cups cooked chicken, shredded or chopped
- 1 box (6 oz.) stuffing mix
- 1 can (10.5 oz.) cream of chicken soup
- ½ cup sour cream
- 1 bag (12 oz.) frozen mixed vegetables
- 1 cup chicken broth
- 2 tablespoons butter, melted
- Salt & pepper to taste

DIRECTIONS

- Preheat oven to 375°F.** Lightly grease an 8x8 or similar-sized baking dish.
- Make the filling:** Mix the chicken, cream of chicken soup, sour cream, and frozen vegetables together. Season lightly with salt and pepper.
- Spread into the baking dish in an even layer.
- Prepare the stuffing:** Combine the stuffing mix with the chicken broth and melted butter. Stir until the stuffing is evenly moistened.
- Spoon the stuffing over the chicken mixture.
- Bake uncovered for 30–35 minutes,** or until the filling is hot and bubbling and the stuffing is lightly golden.
- Let cool for about 5 minutes before serving.



Money-Saving Tip

Rotisserie chicken works great, but leftover chicken or canned chicken can make this meal even easier. Store-brand stuffing, soup, and frozen vegetables can help keep the entire casserole affordable.



Leftovers? Refrigerate them and reheat for an easy lunch the next day!

Notice
MEDFORD SPRAY

◆ Will here on September 16th ◆
to treat/spray the outside of
every unit.

Notice
LABOR DAY

◆ The office will be close ◆
September 7th for Labor Day.

FUN FACTS

ABOUT SEPTEMBER



SEPTEMBER WAS THE 7TH MONTH

September comes from the Latin word *septem*, meaning seven. It was the seventh month in the early Roman calendar!



FIRST DAY OF FALL

Fall begins in September! In 2026, the first day of autumn is

TUESDAY, SEPTEMBER 22ND.



PEAK APPLE SEASON

Many of our favorite apples—like *Honeycrisp*, *Gala*, and *Fuji*—are at their best in September!



PUMPKIN POWER

Pumpkins aren't just for pie! They are a great source of Vitamin A, good for your eyes and immune system.



DAYLIGHT GETS SHORTER

As we head deeper into September, the days will continue to get shorter and the nights a little longer.

Enjoy the beauty of September!

