

CLARKSVILLE HOUSING AUTHORITY

OCTOBER 2024 NEWSLETTER









HEIGHTS on November 1st, 2024 @ 3:30. Come out for a fun Friday and enjoy some food and games. Come to our Resident Council meeting on October 25th to see how you can contribute and join the fun.





October 10th is Mental Health Day. This day reminds us of the importance of checking in with ourselves and others. As the leaves change colors our minds need rest, care, and renew.

Grounding techniques, also known as grounding exercises or grounding skills, can distract, reframe, or otherwise soothe distressing feelings and help to calm the body. They shift your focus from past or future thinking into the present moment.

Engage in your senses: sight, sound, smell, touch and taste
Sight – Embrace the colors of Fall
Sound- Listen to the rustling leaves or calming music
Smell- Embrace in scents of fall scents or fresh air
Taste- Savor your seasonal foods like apples, sweet potatoes or cinnamon tea

Touch-Feel the texture of leaves, cozy blankets, Life Coach, Ms. Glover



BINGO and the
Resident
Council Meeting
10/25 @ 2pm
Summit
PRIZES

2025 Highschool Graduates!

TN Promise is a scholarship and mentor program focused on increasing the number of students who attend college in our state. It covers tuition and all fees.

Applicants must complete the application by NOVEMBER 1st, 2024, complete the FAFSA by April 15th, attend a mandatory meeting and complete 8 hours of community service each semester to be eligible for the award. Learn more and apply at collegefortn.org.

Call Renee for help with applying, transportation to meeting or community service hours.

931-614-5552



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	NOTES
		1 Rent Due Greenwood Pest Control	2	3	4	5	As cooler months arrive,
6	7	8 Summit Pest Control	9	10	11	12	please make sure to clear trash or debri
13	14 CMCSS FALL BREAK	15 Lincoln Pest Control	16	17 Fall Festival Chpl/Mrkt 3-5PM ALL WELCOME	18	19	from your front and back areas of your home. Bugs
20	21	22 Chpl/Mrkt Pest Control	23	24 CAB Meeting @ REC 11:30am	25 Bingo & Resident Council Meeting 2pm Summit	26 Coats Because We Care Drive 11AM -Lincoln Homes	and mice will seek warmth and shelter in
27	28	29	30	31 Halloween	1 Resident Council Fall Festival Summit 3:30pm		there and we don't want that.



Thanksgiving Holiday

Clarksville Housing
Authority is providing a hot
thanksgiving meal and a
coat drive at each of our
four housing communities
to show our appreciation for
our residents.

We are thankful to have you with us and hope you have a wonderful holiday season.
Meal and coat drive dates/

times in November newsletter.



STATE/FEDERAL GENERAL AND CITY OF CLARKSVILLE ELECTION

ELECTION DAY IS TUESDAY, NOVEMBER 05

EARLY VOTING DATES AND TIMES

OCTOBER 16-31, 2024

CLARKSVILLE REGIONAL AIRPORT

200A OUTLAW FIELD RD

16, WED....CLOSED

17, THUR....CLOSED

18, FRI....CLOSED

19, SAT....CLOSED

21, MON....CLOSED

22, TUE....CLOSED

23, WED....CLOSED

24, THUR....9 A.M. TO 5 P.M.

25. FRI....9 A.M. TO 5 P.M.

26, SAT....9 A.M. TO 3 P.M.

28, MON....9 A.M. TO 6 P.M.

29, TUE....9 A.M. TO 6 P.M.

30, WED....9 A.M. TO 6 P.M.

31, THUR....9 A.M. TO 6 P.M.

CHA Residents
can contact
Renee Bruens for
voting
transportation
614-5552

RICHELLEN PARK

1466 HWY 149

16, WED....CLOSED

17, THUR....CLOSED

18, FRI....CLOSED

19, SAT.... CLOSED

21, MON....CLOSED

22, TUE....CLOSED

23, WED....CLOSED

24, THUR....CLOSED

25, FRI....CLOSED

26, SAT....9 A.M. TO 3 P.M.

28, MON....9 A.M. TO 6 P.M.

29, TUE....9 A.M. TO 6 P.M.

30, WED....9 A.M. TO 6 P.M.

31, THUR....CLOSED

ELECTION COMMISSION OFFICE

350 PAGEANT LANE, SUITE 404

16, WED....8 A.M. TO 6 P.M.

17, THUR....8 A.M. TO 6 P.M.

18, FRI....8 A.M. TO 6 P.M.

19, SAT....8 A.M. TO 4 P.M.

21, MON....8 A.M. TO 6 P.M.

22, TUE....8 A.M. TO 6 P.M.

23, WED....8 A.M. TO 6 P.M.

24, THUR....8 A.M. TO 6 P.M.

25, FRI....8 A.M. TO 6 P.M.

26, SAT....8 A.M. TO 4 P.M.

28, MON....8 A.M. TO 7 P.M.

29, TUE....8 A.M. TO 7 P.M.

30, WED....8 A.M. TO 7 P.M.

31, THUR....8 A.M. TO 7 P.M.



WWW.MCGTN.ORG/ELECTION

PHONE (931) 648-5707



LET YOUR VOICE BE HEARD