

Poplar Estates

1310 Rosewood Drive • Columbia, TN 38401 • 931-381-8405

In Season

Incorporating fruits and vegetables into your diet is important, and in-season produce is your best bet for fresh and delicious picks. Now that the weather is warming, it's time to enjoy asparagus, peas, radishes, fiddleheads, artichokes and morel mushrooms. Springtime fruits include mangos, pineapples, strawberries, apricots, kiwis and cherries.



The Lord will guide you continually, giving you water when you are dry and restoring your strength. You will be like a well-watered garden, like an ever-flowing spring.
Isaiah 58:11

Memorial Day

A day to remember the sacrifice of the country's fallen service members has been observed since the Civil War. Known as Decoration Day for a century, the holiday was renamed Memorial Day by federal law in 1967.

May 2023











Spring Migration

Grab your binoculars—it's your big chance to view the magnificent spring migration! The beginning of May welcomes the first massive arrivals of migrant birds as they fly from their winter homes in South and Central America to their breeding grounds in the United States, Canada and the Arctic. Although spring migration began in late February, the largest wave of numbers and varieties of birds will arrive this month. Songbirds are especially active in May, so keep an eye on feeders and birdbaths and listen for the songs of our feathered friends.

Superb Solitaire

Over 242 million people in over 200 countries love to play solitaire, so it's no surprise that this card game has its own special day! Celebrate National Solitaire Day on May 22.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1</p> <p>9:30 Exercise 11:00 Bible Study 1:00 Cards & Games</p>	<p>2</p> <p>2:00 Bingo</p>	<p>3</p> <p>8:30 Nails 9:00 Nancy's Hair Heaven 9:30 Exercise</p>	<p>4</p> <p>9:30 Movement and Motivation Joey B 2:00 Bingo</p>	 <p>5</p>	<p>6</p> <p>10:00 Color sheets are available in the Activity Room.</p>
<p>7</p> <p>2:00 Church Service</p>	<p>8</p> <p>9:30 Exercise 11:00 Bible Study 1:00 Cards & Games</p>	<p>9</p> <p>7:30 Breakfast Donuts 2:00 Bingo</p>	<p>10</p> <p>8:30 Nails 9:00 Nancy's Hair Heaven 9:30 Exercise</p>	<p>11</p> <p>10:00 Balloon Volleyball 2:00 May Birthday Party</p>	<p>12</p>	<p>13</p> <p>10:00 Color sheets are available in the Activity Room.</p>
 <p>14</p>	<p>15</p> <p>9:30 Exercise 11:00 Bible Study 1:00 Cards & Games</p>	<p>16</p> <p>Fey Robertson's Birthday 10:00 Shop in Bingo Store 2:00 Bingo</p>	<p>17</p> <p>8:30 Nails 9:00 Nancy's Hair Heaven 9:30 Exercise</p>	<p>18</p> <p>10:00 Make Suncatchers 2:00 Bingo</p>	 <p>19</p>	<p>20</p> <p>10:00 Color sheets are available in the Activity Room.</p>
<p>21</p> <p>2:00 Church Service</p>	<p>22</p> <p>9:30 Exercise 11:00 Bible Study 1:00 Cards & Games</p>	<p>23</p> <p>10:00 Doughnuts, Coffee and Chat 2:00 Bingo</p>	<p>24</p> <p>8:30 Nails 9:00 Nancy's Hair Heaven 9:30 Exercise</p>	<p>25</p> <p>1:00 Planting Day (Weather permitting)</p>	<p>26</p>	<p>27</p> <p>10:00 Color sheets are available in the Activity Room.</p>
<p>28</p> <p>2:00 Church Service</p>	 <p>29</p> <p>MEMORIAL DAY REMEMBER & HONOR</p>	<p>30</p> <p>10:00 Balloon Volleyball 2:00 Bingo</p>	<p>31</p> <p>8:30 Nails 9:00 Nancy's Hair Heaven 9:30 Exercise</p>			



We recently had some special visitors at Poplar Estates from Columbia Academy. The students came to help us celebrate St. Patrick's Day. Green punch and treats were served. Fun was had by all. The students went room to room, visiting residents who could not attend the party. It was a great day and fun was had by all. Thank you, Columbia Academy, for thinking of our residents.



We try to stay pretty busy here at Poplar Estates. There is always room for more help. We can always use volunteers to help with activities. My hope is to make everyone's time here fun. Please attend activities that are planned and encourage your family to join in. The photo above was a day we took a resident to see where she lived as a child. We had lunch and a really great time. Please contact Sandi at Poplar Estates if you have any ideas. Thank You.