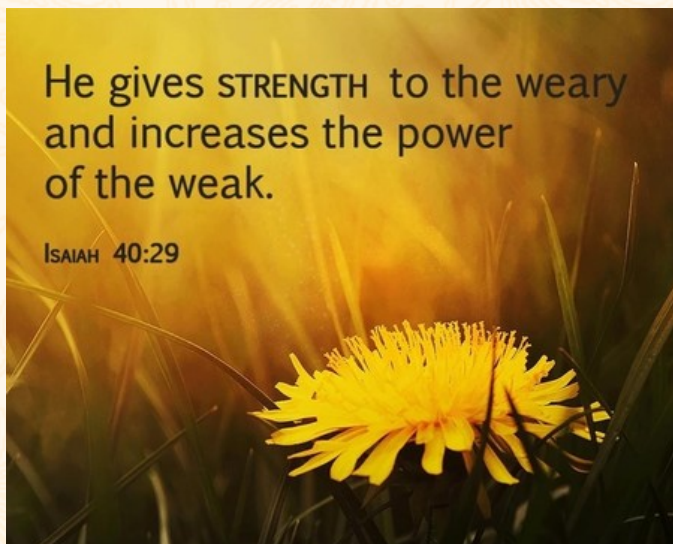


Poplar Estates

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



He gives STRENGTH to the weary
and increases the power
of the weak.

ISAIAH 40:29

September Is Healthy Aging Month

Here are things we can do to help us age gracefully and stay healthy. We often struggle with certain ailments, but we can try and stay as healthy and active as possible.

One thing you can do is get your eyes checked. Our vision is so important we must get it checked regularly. On the same note we should also get our hearing checked. Sometimes it is as simple as getting hearing aids to add to our quality of life.

Try and learn something new a couple of times a year if possible. It could be as simple as learning to text on your cell phone. This will keep your brain in check. To keep your body healthy exercise regularly. In the summer swimming is a terrific way to get moving.

Last, but not least, spend time with your family. Make it a point to see family or call them often. Here is to healthy aging!!!

September 2023



Sporty September








September marks the beginning of the NFL season, and the MLB season is nearing an exciting end. Two of the most popular sports in America, football and baseball share just one person in their halls of fame: Cal Hubbard, who was a linebacker for three NFL teams and spent 16 seasons as an MLB umpire.

Why Do Doctors Suggest Eating Apples Daily?



Apples are an excellent source of antioxidants that are believed to prevent damage to cells and tissues. They also defend the body against cardiovascular diseases and possibly, Alzheimer's disease.

Eating one medium apple a day may help lower blood pressure, cholesterol and inflammation all of which support a healthy heart. Eat the peel when you can, as the fiber and polyphenols found in the peel benefit heart health.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					10:00 Funday Friday with Empower Me Wellness	Peggy White's Birthday 10:00 Color sheets are available in the Activity Room
2:00 Church Service	Labor Day 11:00 Bible Study 1:00 Cards & Games	10:00 Balloon Volleyball 2:00 Bingo	8:00 Nancy's Hair Heaven 9:00 Nails 9:30 Exercise	9:30 Joey B Movement and Motivation 2:00 Bingo	10:00 Funday Friday with Empower Me Wellness	10:00 Color sheets are available in the Activity Room
National Assisted Living Week 12:00 Lunch-Families are invited to have lunch with us for National Assisted Living Week and Grandparents Day 2:00 Church Service	11:00 Bible Study 1:00 Cards & Games	10:00 Donuts, Coffee & Chat 2:00 Bingo	8:00 Nancy's Hair Heaven 9:00 Nails 9:30 Exercise	10:00 Balloon Volleyball 2:00 Bingo	10:00 Funday Friday with Empower Me Wellness	10:00 Color sheets are available in the Activity Room
2:00 Church Service	11:00 Bible Study 1:00 Cards & Games	10:00 Game Time 2:00 Bingo	8:00 Nancy's Hair Heaven 9:00 Nails 9:30 Exercise	Virginia Boze's Birthday 12:45 Ice Cream Cones 2:00 Bingo	Ice Cream Cone Day!!! 	10:00 Color sheets are available in the Activity Room
2:00 Church Service	11:00 Bible Study 1:00 Cards & Games	8:00 Apple Tasting Day in the Activity Room 9:00 Shop at Bingo Store 2:00 Bingo	8:00 Nancy's Hair Heaven 9:00 Nails 9:30 Exercise	Strawberry Cream Pie Day!! 	10:00 Funday Friday with Empower Me Wellness	10:00 Color sheets are available in the Activity Room

The Strawberry



We do not really know who is responsible for naming the strawberry. There is one word strawberry may come from, "strewberige." This plant produces runners, which can appear similar to pieces of straw. Some argue the name comes from using straw in mulching strawberries or from finding wild strawberries growing among dried straw or hay. One more thought is the fact that strawberries used to be skewered on a piece of straw in open-air markets and sold.

The strawberry is native to North America. It was so abundant there was no need to cultivate them in America. American colonists began shipping strawberry plants to Europe in the 1600s. The strawberry gained popularity when they mixed strawberries with cream and made an amazing dessert.

It most certainly makes a delicious pie!!!!

Hello September

September starts off with Labor Day, on September 4th. The name "September" comes from an old Roman word, "septem," which actually means 7. On the Roman calendar September was the 7th month. It became the ninth month with the advent of the Gregorian calendar. Of all the months of the year, September is spelled with the most letters. It has nine letters and is the ninth month. The September "Harvest Moon" is the fullest moon of the year. September 23rd is the first day of fall this year. A little-known, but highly significant holiday falls in September. September 17th is Constitution Day, which marks the day the U.S. Constitution was adopted. September is known as the Harvest Month. Some of the crops to harvest are onions, apples, raspberries and tomatoes. The birthstone for September is the sapphire. This is a blue stone.

