



[www.smyrnaseniorcenter.org](http://www.smyrnaseniorcenter.org)

**March, 2024**



**As we bid farewell to the winter's chill, March arrives with the promise of the warmth of Spring. With longer days and blossoming buds, we can look forward to the awakening of the beauty that Mother Nature provides.**

**March brings with it the joyous celebrations of St. Patrick's Day and Easter. Get ready to don your green attire and revel in the spirit of St. Patrick's Day. Then, as the month unfolds, let's embrace the hope and renewal symbolized by Easter. From colorful eggs to joyful gatherings, March offers us the chance to honor both traditions with warmth, laughter and gratitude.**

**As we move into spring, it's time to start thinking about our yard sale. For those of you who are new to the SAC, this is a huge production for us every year. Volunteer sign-up sheets will be out at our March monthly meeting and will remain out until yard sale week which is April 21-27! Please don't wait to sign up! Many people have said they will wait to see where we need help. Please don't wait - go ahead and get your name on this list. We will begin receiving items on Monday, April 15 and we will begin the set-up of tables on Sunday, April 21. Please see the flyer in this newsletter for more details! Thank you in advance for all your help to make this another successful SAC event.**

**As many of you know, we were supporters and participants in the Alzheimer's Tennessee Walk last March. We are excited to announce that our "Smyrna ALZ-IN Walkers" team will be participating again this year. The walk will be held on April 20 at The Park at Harlinsdale Farm in Franklin. We will have more information soon on how to sign up for the walk. We will be hosting a "Duck Duck Float" event on April 11. For a \$10 donation, you will be able to have your choice of a Purple Cow Float or a UT Float. Cheryl Blanchard of Alzheimer's Tennessee will be here to cheer us on as we prepare for the walk!**

*hello*  
**SPRING**

# Welcome to our New Members 2024

Melanie Adams	Czarina Farmer	Rosemarie Price
Charlie Andrews	Glenda Harber	Pat Revell
Diane Brown	Anthony Johnson	Sandy Revell
Cheryl Bryan	Debby Johnson	Sherry Schlee
Diana Cates	Kathleen Mellish	Peggy Steele
Susan Crockarell	Belinda Newborn	Steve Steele
Becky Cunningham	Marty O'Haver	Roy Walden
Donald Davis	Marlene Olejniczak	Ann Wallace
Harriet Englehardt	Joan Phelps	Brian Wilcox
	Dorris Powell	

***NEW MEMBER ORIENTATION WILL BE HELD ON MONDAY,  
March 11, 2024!***

## ***DATES TO REMEMBER***

- April 15-23 - Receiving Dates for Yard Sale Items**
- April 22-24 - Closed for Yard Sale Set-up**
- April 25-27 - Yard Sale**
- May 1 - Open House and Outdoor Expo (Center closed for all activities)**
- May 27 - Closed for Memorial Day**
- July 4 - Closed for Independence Day**
- August 17 - Spaghetti Lunch at the Center**
- August 17 - Spaghetti & Wine Dinner at Smyrna Event Center**
- September 2 - Closed for Labor Day**
- October 22 - INFO EXPO**
- November 7 - Closed for Craft Sale Set-up**
- November 8-9 - Craft Sale**
- November 28 - Closed for Thanksgiving**
- December 23-26 - Closed for Christmas**
- December 31 - Close at 12:00 noon for New Year's Eve**
- January 1 - Closed for New Year's Day**

# A FEW REMINDERS

- 1. We have placed plastic bags in each bathroom. If you need to dispose of a depend or other product like this, please place it in a plastic bag, tie the bag and place it in the garbage can. Flushing these items creates plumbing issues and extra expense so please DO NOT FLUSH them!**
- 2. If you are working in the kitchen, please make sure you scrape any food articles into the trash can before cleaning the dish. The food articles create a stopped-up sink and it also causes our grease trap to fill up sooner.**
- 3. Please pour all liquid from your cup (coffee, water, tea, etc.) down the sink before throwing your cup in the trash can.**
- 4. The blue plastic bag that hangs behind the door in the kitchen is for recycling only. Please do not put trash in it.**
- 5. Please remember to pull all the way forward in a parking space.**
- 6. Gail has a lot of items on her desk that she is working on. Please do not pick up or remove anything from her desk.**
- 7. PLEASE PLEASE - If you are sick with cold-like symptoms, please stay home until you are well. You might think you have a cold but it might be something more serious.**

**THANKS FOR YOUR COOPERATION!**

## *Mark Your* **CALENDAR**

- 1. Chair Cardio begins on March 4 at 3:00 p.m.. This is a 6-week class.**
- 2. Spanish 101 begins on March 7 at 2:00 p.m. This is a 14-week class that ends in September. You must sign up in advance for this class. The cost is \$10.**
- 3. Chess will continue every Thursday at 9:00 a.m.**
- 4. Join the crafters for the Easter Candy Bouquet class on Thursday, March 21 at 9:00 a.m. Please sign up in advance.**





**Beesley Animal Foundation will be here on Friday, March 22 to give vaccinations to your cats and dogs.**

**Appointments for cats are available from 9:30 am - 10:00 am. Appointments for dogs are available from 10:05 am - 11:30 am**

**Please sign up in advance so that the folks from Beesley are prepared with enough vaccines.**

**Please enter the building through the side door.**







**Come Join Nova Hearing  
for free hearing  
screenings and learn more  
about hearing loss and  
various treatment  
options.**

**Wednesday, April 10  
10:00 a.m.**

**You must sign up for a  
time slot for your  
screening.**

## Lunch & Learn

*Buying/Selling over 55+ and  
Downsizing Made Easy*

Join us for lunch and learn about selling & buying over 55+  
and tips on how to downsize quickly and easily.  
Q&A with a panel of senior experts!



**Senior Activity Center of Smyrna**

April 17, 2024  
10:30 - 11:45 AM  
**RSVP by 4/1/2024**  
**Signup sheet at Desk**

FREE to attend  
Lunch Provided

*Senior & Homebuilder Experts:*



**DONNA SHEPHERD**  
SRES®  
Realtor®  
Compass





**DANI HAMMERSCHMIDT**  
Sales Counselor  
Meritage Homes





**ANGIE DURR**  
Owner of "Aging in  
Place Services"





## Alzheimer's Tennessee WALK TO MAKE ALZHEIMER'S A MEMORY MIDDLE TENNESSEE @Franklin

This event will be held at the Senior Activity Center, 100 Raikes Street, Smyrna



Join us on **April 11** from 2-4 for our DUCK, DUCK Float and Sock Hop!  
Ice Cream Floats

**Purple Cow (Purple Soda) Vol Float (Orange Soda)**  
**Coke or Root Beer Float**

**In a cup with a duck \$10**  
**In a Souvenir Coffee Mug ( while supplies last) \$10**  
**Extra ducks \$5**  
**Wear your Alzheimer's Tennessee socks or buy new ones and dance to some great music!**

If you want to purchase Alzheimer's Tennessee merchandise, please see Gail!

**All proceeds benefit the 2024 Alzheimer's Tennessee  
Middle Tennessee Walk @ Franklin!!**



**You can begin bringing in your items on Monday, April 15 between 9:00 a.m. and 4:00 p.m. Please unload them in the garage.**

**What do we accept?**

**New/gently used clothing for men, women and children**

**New/gently used shoes, purses and other accessories**

**Jewelry**

**New/gently used linens (kitchen, bedding & bath)**

**Jewelry**

**New/gently used furniture**

**Tools/hardware**

**Yard equipment**

**New/gently used small kitchen appliances**

**Household décor**

**Dishes/glassware/silver/flatware**

**New/gently used lamps**

**New/gently used candles**

**Medical equipment**

**Toys/video games/puzzles**

**Books/Movies/Music**

**New/gently used electronics**

**Art work**

**Antiques**

**Anything else that you think will sell**

**What do we not accept?**

**Clothes with stains, holes, missing buttons, etc.**

**Any electronics or kitchen appliances that don't work**

**Underwear of any kind unless it is new and unopened**

**Christmas and Craft Items - we want those for the Craft Sale in November.**

**Please try to bring everything in a box or tote that closes. It's difficult to stack boxes that have items sticking out of them. If possible, please mark on the outside of the box what it contains.**

**Thank you so much for your support and cooperation!**

# **LET'S TALK** *travel*

## **Branson and the Ozarks - June 24 - 28, 2024**

**\$899.00 - double occupancy    \$1,168.00 - single occupancy**

**\$100 deposit due by Feb. 15, 2024**

**Final payment due by April 15, 2024**

**Highlights include 4 nights lodging, 4 breakfasts, 4 dinners, 7 spectacular shows (including Down Home Country Show, Baldknobbers Jamboree, Clay Cooper's County Express, Showboat Branson Belle, Pierce Arrow, The Haygoods and Entertainment at the Uptown Café), guided tour of Branson (including Table Rock Lake, The Strip, Downtown Branson and The Keeter Center), Branson Landing, and Grand Village Shops.**

**We will stop enroute at Lambert's Café for lunch.**



## **Christmas at The Biltmore Estate December 4 - 6, 2024**

**\$639.00 - double occupancy    \$739.00 - single occupancy**

**\$100 deposit due by February 26, 2024**

**Balance due by November 7, 2024**

**Highlights include 2 nights lodging, 2 breakfasts, 2 dinners including 1 Holiday Dinner at the Biltmore Estate, self-guided tour of The Biltmore House, Guided tour of Asheville with stops at The Cove, the Asheville Folk Art Center, Basilica of St. Lawrence, the Thomas Wolfe Memorial, the Blue Ridge Parkway Visitor Center and the Historic District.**





# **Highlights of England, Scotland and Wales**

## **October 30 - November 7, 2024**

**\$3,999 - double occupancy**

**\$4,899 - single occupancy**

**Highlights include 7 nights lodging, 3 dinners, 6 breakfasts, Edinburgh City Tour with Edinburgh Castle and “The Scotch Whiskey Experience,” tour of York with York Minster, Tour of Stratford-Upon-Avon with Anne Hathaway’s Cottage and Shakespeare’s Birthplace, City Tour of Cardiff, Roman Baths Museum in Bath, Salisbury Cathedral, Stonehenge and a London City Tour with Kensington Palace, the Tower of London, Nelson’s Column in Trafalgar Square, Houses of Parliament, Big Ben, Westminster Abbey and the Changing of the Guard at Buckingham Palace.**



## **Highlights of England, Scotland and Wales**

### **Information Meeting**

**Tuesday, March 5 at 3:00 p.m.**

**Please sign up!**

## **Mayflower Cruises & Tours**

### **Document Meeting for the Rhine River Cruise**

**March 29 - April 8, 2024**

**March 12, 2024 at 2:00 p.m.**



**Jimmy The Cricket Tours**

**May 24, 2024**

**Historic Columbia, TN**

**\$169.00**

**See the flyer for details!**





**Please remember all of our members who have health concerns.**

**Greg Ball  
Sue Carter  
Deborah Clark-Carillo  
Alicia Ellington  
Shelly Grey  
Pat Heinz  
Jerry Lee**

**Velma Mangrum  
John Moore  
Bobby Nokes  
Don Pinc  
Carol Preston  
Kim Rutz  
Jo Sells**

**Our Shut-ins:**

**Ronnie Bardowski  
Betty Campbell  
Marie Dingle  
Katie Funkhouse  
Cynthia Gilmore  
Jo Hall**

**Ervin Mann  
Rose McDonald  
Alice O'Donnell  
Sarah Jane Pace  
Kathleen Potts  
Pat Whittle**





# March

## BIRTHDAYS

**March 1** - Dan Epright  
 - Marc Michaelson  
 - Jean Seals  
**March 2** - Christine Powell  
 - Willie Robinson  
**March 3** - Victoria Johnson  
 - Rick Sage  
**March 4** - Cheryl Bryan  
**March 5** - Dolores Chromasta  
**March 6** - Pat Revell  
**March 7** - Yvonne Gallagher  
**March 8** - Bill Lee  
**March 9** - Margaret Naron  
 - Joan Phelps  
**March 10** - Gail Escue  
 - Richard Schilling  
**March 11** - Sandi Bolin  
 - Ginny Williams  
**March 12** - Linda Huff  
 - Betsy Smith  
**March 14** - Marie Dingle  
 - John Harrington  
 - John Moore  
 - Lynn Workman  
**March 15** - Tanya Brindley  
 - Sherry Engle  
 - Vicki Golden  
 - Rhonda Raborn  
 - Donna Zuniga  
**March 16** - Ron Dupee  
 - Pam Madorin

**March 17** - Jack Boyers  
**March 18** - Rosita Abrajano  
 - Bob Byers  
 - Jimmy Carney  
 - Kathleen Mellish  
 - Christy Pflueger  
 - Pam Tulley  
**March 19** - Amy Aston  
 - Wayne Odom  
 - Donna Watts  
 - David Williams  
**March 20** - Judy Behrends  
 - Janet Pomeroy  
**March 21** - Shanae Ackman  
 - Lisa Spencer  
 - Pat Whittle  
**March 22** - Geri Brink  
 - Ulysus Brooks  
 - Ed Garner  
 - Jim Smith  
**March 23** - Helen Taylor  
 - Roger Tulley  
**March 26** - Caryn Crowston  
 - David Tuck  
**March 27** - Jo Hall  
 - Tom Kent  
**March 28** - Dorris Waldron  
**March 29** - Carolyn Buchanan  
 - Bill Crowson  
**March 30** - Dorothy Childress  
 - Christie Gorrell  
 - Harold Sanders  
 - Julia Wolf





<b>April 2</b>	-	<b>Alecia Ellington</b>
	-	<b>Ruby Ross</b>
	-	<b>Mary Ann Selensky</b>
	-	<b>Karen Yatuzis</b>
<b>April 3</b>	-	<b>Anita Graves</b>
	-	<b>Rosemary Sadler</b>
<b>April 5</b>	-	<b>Corinne Green</b>
<b>April 6</b>	-	<b>Charles Lee Williamson</b>
<b>April 9</b>	-	<b>Bernice Elders</b>
	-	<b>Priscilla Uselton</b>
<b>April 10</b>	-	<b>Avril Fischer</b>
	-	<b>Betty Middleton</b>
<b>April 11</b>	-	<b>Eleanor Dowdy</b>
	-	<b>Lydia Jordan</b>
	-	<b>Jo Ann Lynch</b>
<b>April 12</b>	-	<b>Mike Lance</b>
<b>April 13</b>	-	<b>Patricia Bryant</b>
	-	<b>June Vaughn</b>
<b>April 14</b>	-	<b>Diane Brown</b>
<b>April 17</b>	-	<b>Greg Ball</b>
	-	<b>Jeanne McDonald</b>
<b>April 20</b>	-	<b>Mike Lester</b>
	-	<b>Dianne Reisdorf</b>
<b>April 21</b>	-	<b>Debbie Michaelson</b>
<b>April 22</b>	-	<b>Chris Solimine</b>
	-	<b>Randolph Moore</b>
<b>April 23</b>	-	<b>Linda Love</b>
<b>April 24</b>	-	<b>Gloria Joiner</b>
<b>April 25</b>	-	<b>Linda Alexander</b>
	-	<b>Shelly Grey</b>
<b>April 27</b>	-	<b>Brent Delk</b>
<b>April 29</b>	-	<b>Al Gudelis</b>
	-	<b>Kenneth Jones</b>
<b>April 30</b>	-	<b>Mike Browning</b>

