



www.smyrnaseniorcenter.org

April 2026

Welcome April! It's hard to believe that one-fourth of 2026 is already behind us, and with the arrival of springs comes a season full of energy and activity at the Center. We have a busy and exciting month ahead as we prepare for our upcoming yard sale on April 23rd, 24th, and 25th, with item collection beginning April 13. At the same time, we are gearing up for our Open House and Outdoor Expo on May 1st from 11:00 – 2:00 - a wonderful opportunity to showcase all that we have to offer. We will also have many of our vendors here to share information about the services they offer to seniors.

Our Capital Campaign has now reached \$3.2 million. We made our presentation to the Christy Houston Foundation and now we wait to hear from them. In a few months, we should be able to start clearing the land for our new location and we plan to break ground in the fall. Thanks to all of you who have offered your support for the campaign.

Thanks to everyone who attended our concert on St. Patrick's Day at the Williamson Family Farm. It was a huge success with a large crowd and a lot of money made for our Capital Campaign. Many thanks to Eddie K, Jeff Dayton and Tab Laven for all the songs and stories you shared.

Please find inside this newsletter more information about our yard sale including some guidelines for items you can bring. Also, please remember that our Volunteer meeting will be Tuesday, April 14 at 3:00 p.m. It's very important for all volunteers to attend.

IMPORTANT ANNOUNCEMENT: NEW MEMBER ORIENTATION WILL NOW BE HELD ON THE FIRST MONDAY OF EACH MONTH. PLEASE MAKE NOTE OF THIS CHANGE!



Welcome to our 2026 New Members

Susan Anderson	Jack Dean	Lee Rennick
Mary Berry	Tammy Dean	Lavatta Robinson
Desiree Blue	Carolyn Docherty	Michael Rochon
Meredith Brown	Adalia Dutra	Cindy Sarvak
Phyllis Butt	Elaine Hamilton	Colene Solima
Melinda Cervantes	Pat Harvey	Ed Solima
Pam Cervantes	Colleen Jenkins	Kathy Werle
Cindy Clemons	Mike Lashley	Sherry Whitehead
Daniel Cline	JoAnne Meeks-Herbert	Rachel Willis
Janice Cline	Mary Muggridge	Charlotte Woody
Ken Cowan	Janet Patterson	May Wrey
Michael Cowger	Ali Price	David Wunderlich
Pam Davis	Kim Quick	
Richard Davis		

New Member Orientation

On the first Monday of each month (except for September because of Labor Day) at 2:00 pm, our New Member Committee holds a new member orientation. Please come learn more about how the Center works, the activities and programs we offer and how to be a part of our Senior Center family. Come with any questions you might have! If you can't come to the first orientation after you join, you are welcome to come to any other orientation.

2026 Orientation dates are: April 6, May 4, June 1, July 6, August 3, September 8, October 5, November 2, and December 7.

YARD SALE GUIDELINES

You can begin bringing your donations on Monday, April 13 between 9:00 a.m. and 4:00 p.m. Please unload them in the garage. Someone will be there to assist you.

What do we accept?

- * **New/gently used clothing for men, women and children**
- * **New/gently used shoes, purses and other accessories**
- * **New/gently used linens (kitchen, bedding, bath, drapes, pillows)**
- * **Jewelry**
- * **New/gently used furniture (all pieces should include all necessary parts and hardware)**
- * **Tools, hardware and yard equipment**
- * **New/gently used small kitchen appliances (please make sure they work)**
- * **Household décor including art work and new/gently used candles**
- * **Dishes, Glassware, Silver, Flatware, Serving Dishes**
- * **New/gently used lamps (please make sure they work and include a bulb)**
- * **Medical equipment**
- * **New/gently used Toys, Video Games and puzzles**
- * **Books, Movies and Music (make sure movies and music are in the case)**
- * **New/gently used electronics (make sure they work and have batteries - also, we will only accept flat screen televisions)**
- * **Antiques and collectible items**
- * **Anything else that you think will sell**

What do we not accept?

- * **Clothes with stains, holes, missing buttons, broken zippers, etc. and no out-of-date clothes**
- * **Electronics, kitchen appliances or lamps that do not work**
- * **Underwear of any kind unless it is new and un-opened**
- * **Christmas and Craft items - we want those for the November Craft Sale**

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

Volunteer Shopping - Wednesday, April 22 at 1:00 p.m.

You must work four hours during set-up to be able to shop early. If you can't work during set-up, you may purchase an early shopping pass for \$5.00. Under no circumstances, can you set items aside that you want to purchase. Everyone works hard to get the sale ready and it is not fair for the few who think they should be to hide items when the majority of workers do not. Items that are hidden will be withheld from the sale until the first day of the sale on April 23rd.

ATTN: VOLUNTEERS

Are you Volunteering for any of our upcoming fundraising events? Make sure you order your SAC t-shirt and your name tag by April 9. Place your order at the front desk!



\$10.00



Sizes and Prices

Short-Sleeved

Small, Medium, Large and XLarge
- \$16.00 each
2XLarge - \$19.00 each
3XLarge - \$22.00 each

Long-Sleeved

Small, Medium, Large and XLarge
- \$16.50 each
2XLarge - \$19.50 each
3XLarge - \$22.50 each

FOR SALE



We have Senior Activity Center Coffee mugs for sale at \$15 per mug.

Mystery Trip[®]

Join Jimmy the Cricket on Friday, May 8 for another fun adventure. Be at Center by 7:30 a.m. The cost is \$169.00

Mark Your **CALENDAR**



2026 DATES TO REMEMBER

April 16, April 20-22 - Closed for Yard Sale Set-up

April 23 - 25 - Yard Sale

May 25 - Closed for Memorial Day

June 19 - Closed for Juneteenth

September 7 - Closed for Labor Day

November 5 - Closed for Craft Sale Set-up

November 6-7 - Craft Sale

November 26 - Closed for Thanksgiving

December 22 - 24 - Closed for Christmas

December 31 - Close at 12:00 noon for New Year's Eve

SPECIAL EVENTS

*in
April*

- | | |
|-------------|---|
| April 2 | 2:00 Snack & Learn - Wound Care with Rob from Advanced Healing |
| April 3 | 2027 Cruise Information Meeting |
| April 6 | 8:00 Breakfast with Fran at Cracker Barrel in Smyrna |
| April 6 | 2:00 New Member Orientation |
| April 7 | 11:00 Lunch at Chicken Salad Chick - ride the bus or meet there |
| April 7 | 2:00 Healthy Cooking with Shay - Meal Replacements and Alternatives:
Finding the Best Option for You |
| April 7 | 3:00 Grief Relief with Aveanna Hospice |
| April 9 | 2:00 Spring Choral Concert |
| April 9 | 5:00 Bunco |
| April 10 | 1:00 Granville - Sutton General Store Play and Life After Lucy Show |
| April 13 | Collection of Yard Sale donations begins |
| April 14 | 11:00 Monthly Meeting |
| April 14 | 1:30 News Update with Fire Chief Brian Goss |
| April 14 | 3:00 Yard Sale Volunteer Meeting |
| April 16-22 | Yard Sale Set-Up |
| April 23-25 | Yard Sale |
| April 28 | 10:00 Islands of New England Interest Meeting with Patrick from Collette |
| April 28 | 2:00 Healthy Cooking with Shay - Ultra Processed Foods |
| April 30 | 1:30 Songwriter's Workshop with Music for Seniors |
| March 31 | 9:30 Hydration Presentation with Blake from Rutherford Co Health Dept |

MAY MARATHON MONTH

SET YOUR GOAL. LOG YOUR MILES. FEEL ACCOMPLISHED.

RUN & WALK



FREE!
Scan QR code to register by April 30.
If you have questions please contact Brittany Salmover at 615-899-7710 or email bsalme1@utk.edu

Accumulate miles during the month of May. A full marathon (26.2 miles) is less than a mile per day. If that's too much, choose to do a half marathon (13.1 miles) instead.

Real. Life. Solutions.



Programs in agriculture and natural resources, 4-H youth development, family and consumer science, and resource development. University of Tennessee Institute of Agriculture, U.S. Department of Agriculture and county governments cooperating. UT Extension provides equal opportunities in programs and employment.



Hearts FOR Heroes COMMUNITY OPEN HOUSE

FOOD TRUCKS

GUIDED FACILITY TOURS



Join us for a special opportunity to connect with our veterans, meet our team, and explore our beautiful home.

Learn About

- What Services We Offer
- Admissions Process
- Other Veteran Benefits
- Career Opportunities
- How to Volunteer



FUN FOR THE KIDS

MEET-AND-GREET WITH RESIDENTS & STAFF

MUSIC



TELL US WE GET TO SEE YOU!

NEXT TO THE VA! TSVH MURFREESBORO 345 COMPTON ROAD

THURSDAY APRIL 16TH | COME & GO 4:30-6:30PM



GIVEAWAYS

All public community members are welcome!

Facebook icon @TNVeteransHomes



May 1, 2026
11:00 a.m. - 2:00 p.m.

Learn more about the Senior Activity Center of Smyrna as we showcase our activities and programs!

There will be 30+ vendors available outside!

- Medicare Assisted Living Home Health Care
- Alzheimer's TN Long Term Care and Rehab
- Caption Phones Funeral Homes Travel

Town of Smyrna Services



100 Raikes Street, Smyrna

Honoring Our Past • Celebrating Our Future • 55 Years Strong



Great Canadian Cities September 16 - 24, 2026

\$4,699 - Double Occupancy

\$5,949 - Single Occupancy

Highlights include a Montreal City Tour including the Notre Dame Cathedral, St. Joseph's Oratory, Jacques Cartier Square and a panoramic view of the city from atop Mount Royal, a relaxing train ride to the "Paris of North America," Quebec City and enjoy a tour of the city, a visit to the Giles Copper Museum and Montmorency Falls, a visit to Ottawa where you will see the Parliament buildings, the Supreme Court, and the Prime Minister's residence, a visit to the 1000 Islands area which is made up of 1864 islands straddling the US-Canadian border where you will enjoy a cruise amongst many of the islands, a finally a Toronto City tour followed by a visit to Niagara-on-the-Lake which is charming town located between the Niagara River meets Lake Ontario. Our final night will be at Niagara Falls.



Jimmy The Cricket Tours



November 30 - December 4, 2026

\$2,099 - double occupancy

\$2,474 - single occupancy

Highlights include deluxe motor coach transportation, 4 nights lodging at the Hyatt Place Hotel, all meals included, self guided tour of Columbus, welcome dinner at the Stephen D Lee House, the Tennessee Williams home, lunch at St. Paul's Episcopal Church, tour of W - formerly the College for Women, tour of White Arches owned by the founders of Crye-Leike Realty, cocktail tour of Rosedale, U.S. Grant Presidential Library, organ concert at The Catholic Church, dinner at Anthony's, farewell progressive dinner at three different beautiful homes, and Big Bob Gibson's Famous BBQ in Decatur with time for shopping.





Islands of New England

May 14 - 21, 2027

\$4,199 - double occupancy

\$5,099 - single occupancy

Highlights include round trip airfare, three nights at the Aloft Providence Downtown in Providence, RI and four nights at the Sea Crest Beach Resort in Falmouth, MA; panoramic city tour of Providence including Brown University followed by either a walking tour of the city or a tour through the RISD Museum; a tour of Newport (“Sailing Capital of the World”) including The Breakers (the 70-room summer getaway of the Vanderbilts); a tour of Plymouth including a boat cruise of Plymouth Harbor and a visit to Plymouth Rock; Hyannis Port and the Kennedy Compound; a ferry ride to Nantucket where you can stroll the streets and waterfront before visiting the Nantucket Whaling Museum; a free day to relax at your hotel or a trip to Sandwich where you can visit the Heritage Museums & Gardens and a visit to the Sandwich Glass Museum; a ferry ride to Martha’s Vineyard. There’s an optional 3-day 2-night Boston Post Tour Excursion. Price includes seven breakfasts and three dinners.



Christmas Market Cruise on the Danube River November 30 - December 8, 2027



\$4,429 - \$5,773 - double occupancy

Highlights include round trip airfare and airport transfers; seven nights aboard Emerald Cruises Star-Ship; seven breakfasts, 6 lunches and 7 dinners; Ports of Call in the enchanting cities of Budapest, Bratislava, Vienna, Durnstein, Passau and Regensburg; Christmas Markets in Hungary, Slovakia, Austria and Germany; First-class service by an English-speaking crew; Onboard Activity Manager will host daily onboard wellness activities, games, classes and evening entertainment; shore excursions with English-speaking local guides; complimentary regional wines, beer and soft drinks accompany onboard lunches and dinners.



Thinking of you

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

Our Shut-ins:

**Heidi Brown
Helga Carter
Marcia Clark
Shirley Cobble
Carolyn Fox
Mary Lou Gudelis
Teresa Graves
Pat Heinz
Marie and Tom Kent
Sheila Lobdell
Judy Speulda
Lynn Sutherland
Amos Taj
Priscilla Uselton**

**Ronnie Bardowski
Vera Blair
Helen Boren
Bob Clark
Ken Cobble
Herbert Crick
Marie Dingle
Joy Fotopoulos
Katie Funkhouser
Cynthia Gary
Cynthia Gilmore
Jo Hall
Ervin Mann
Charlotte Napier
Alice O'Donnell
Sarah Jane Pace
Kathleen Potts
Harold Sanders
Pat Whittle
Florence Wright**



Please keep the family and friends of Pat King in your thoughts and prayers. She passed away on March 28 after her health declined from a stroke in September, 2025. Pat was a very active member for many years. She loved playing Bingo and Dominoes as well as traveling to many places around the state and country.



Prayers for the family of Betty Lee who passed away on March 25th. Betty and her husband, Bill, have been members for several years. While not active on a regular basis, they supported the Center and our mission.





April Birthdays

April 1 Karen Dewey
Bruce Fahnestock

April 2 Shane Eakin
Alecia Ellington
Ruby Ross
Mary Ann Selensky
Karen Yatuzis

April 3 Rosemany Sadler

April 5 Corinne Green

April 8 Dotty Grattan

April 9 Bernice Elders
Robert Smith
Priscilla Uselton

April 10 Norma Baeza
Avril Fischer
Gloria Witherow

April 11 Desiree Blue
Lydia Jordan

April 12 Jacqueline Clark
Mike Lance

April 13 Patricia Bryant
June Vaughn

April 14 Diane Brown
Carl Cantrell
Connie Phillips

April 15 Jean Harris
Leonard Lannom

April 15 Elizabeth Pritchard

April 16 Linda Bradshaw
Helane Jefferson

April 17 Greg Ball
Jeanne McDonald
Bob Miller

April 18 Nancy Cox
Pam Davis
Evelyn Piechocki

April 20 Mike Lester
Dianne Reisdorf

April 21 Linda Berry
Debbie Michaelson

April 22 Randolph Moore
Eugene Mullins
Chris Solimine

April 24 Sammy Duke
Gloria Joiner

April 25 Linda Alexander
Ronald Smallwood

April 27 Brent Delk

April 28 William Grothe
Dale VanEtten

April 29 Al Gudelis
Sue Kail
Thomas Slater

April 30 Stan Zielenski





May Birthdays

May 1	Victoria Simpson	May 16	Ronnie Bardowski
May 2	Richard Davis		Paul Hardin
	Joyce Lettsome		Vicky Hu
May 3	Bobby Nokes	May 17	Jacqui Smallwood
May 4	Carolyn Docherty	May 19	William Lawson
	Claudia Duke		Linda Carol Taylor
	Jerry Lee	May 20	Glenda Harber
May 6	Judy Reinhardt	May 21	Carolyn Kincaid
May 7	Mary Lou Gudelis		Betty Lee
	Shelby Moore		Henry Redmond
May 8	Elaine Hamilton	May 22	Edna Visnic
	Travis Perry	May 23	Brian Womack
May 9	Mary Holloway	May 24	Linda Jackson
	Regina Medlen		Shirley McIntire
	Lorraine Perone	May 25	Elizabeth Bohan
	Martha Salmon		Shirley Cobble
	Connie Tolley		Lina Langford
	JoAnn Ward		Dee Sexton
May 11	Judy Clemens	May 27	John Laursen
May 12	Paul Ellis	May 28	Bob Clark
	Eddie Kilgallon		Richard Deignan
	Janis Lopez		Karen Gregory
	Carol Preston		Anne Odom
	Kathy Wright		Barbara Will
May 13	Ron Cronwell	May 29	Cynthia MacLeod
	Lieu Ho		Karen Stonecipher
	Richard Lobdell	May 30	Janet Patterson
	Donna Nelson		Sara Riano
May 14	Vern Morese	May 31	Carol Davis
	Charlotte Napier		Pam Lander
May 15	Bill Branson		Sandra Patrick
	Jeanie Gulzau		

