



www.smyrnaseniorcenter.org



AUGUST 2026

Greetings SAC Members! I'm so excited about our upcoming Spaghetti Lunch and Spaghetti & Wine Dinner on August 22. Thanks to everyone who has purchased tickets or sponsored the lunch and/or dinner. We still have tickets available for both events. Lunch tickets are \$20 and dinner tickets are \$60. In addition, we could still use a few more desserts. We especially need more lottery tickets and gift cards for auction baskets. Please turn these in to us by August 10.

We still have seats available to attend the Sidemen of Note concert at the Franklin Theater on Wednesday, August 19. If you are not familiar with this group, they did a concert for us on St. Patrick's Day to benefit our Capital Campaign. Eddie Kilgallon, Jeff Dayton and Tab Laven are the three artists who make up this group and they sing songs and tell stories about their work with Barry Manilow, Glen Campbell and Art Garfunkel. It's an incredible show.

Please mark your calendar for a couple of events coming on September 8. Walgreens will be here on that day from 9:00 - 11:00 to offer flu shots, pneumonia shots and shingles shots. All you need to do is sign up in advance and show your insurance card when you get your shots. Also on that day, Mayor Mary Esther Reed will be here at 1:00 p.m. to deliver her State of the Town address. She will share a lot of great information about what is going on in Smyrna. Please make plans to attend this event that follows our monthly meeting.

There are still about two months left of summer so please continue to be careful in the heat and stay hydrated.

Honoring Our Past ♦ Celebrating Our Future ♦ 55 Years Strong



Welcome to our 2026 New Members

Dan Amonett	Alonso Drayton	Ali Price
Sharon Amonett	Sumatra Drayton	Kim Quick
Susan Anderson	Adalia Dutra	Charline Randall
Mary Berry	Carolyn Farrar	Pat Reina
Juan Beraldi	Donna Fielding	Lee Rennick
Linda Blackaby	Jim Fielding	Lavatta Robinson
Desiree Blue	Linda Goodwin	Michael Rochon
Rebecca Bonamie	Elaine Hamilton	Barry Russell
Lynda Boone	Donna Harris	Cindy Sarvak
Betty Jo Boyd	Pat Harvey	Sharon Sciocqua
Meredith Brown	Nancy Huddleston	Colene Solima
Sandy Brown	Colleen Jenkins	Ed Solima
Brenda Bryant	Tanya Johnson	Nancy Stacy
Phyllis Butt	Carolyn Jones	Brenda Sterling
Melinda Cervantes	Nell Jones	J.P Stockhem
Pam Cervantes	Penny Joy	Cornelia Swain
Cindy Clemons	Mike Lashley	Flora Tyler
Daniel Cline	Cindy Martens	Barbara Waters
Janice Cline	JoAnne Meeks-Herbert	Steve Waters
Ken Cowan	Nancy Huddleston	Janice Welchance
Michael Cowger	Andrea Meuchel	Kathy Werle
Dorothy Crews	John Modert	Sherry Whitehead
Coplin Curtis	Tiffany Moore	Gwen Williams
Pam Davis	Mary Muggridge	Rachel Willis
Richard Davis	Vana Nelson	Charlotte Woody
Jack Dean	Laura Nota	Rachel Wooten
Tammy Dean	Janet Patterson	Shelby Wrather
Paul DelRio	Grady Payne	May Wrey
Carolyn Docherty	Nikki Perk	David Wunderlich
	Theresa Picket	

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: August 3, September 8, October 5, November 2, & December 7.



If you Shop at Kroger, make sure you sign up for their Community Rewards Program. Each time you shop at Kroger, a small portion of your purchase will be given to the center.

To sign up, just go on line to

kroger community rewards program

And link your Kroger Plus Card to

Smyrna Senior Citizens (Account # AV848)

Senior Center
Spaghetti
LUNCH

Our annual spaghetti lunch is rapidly approaching on Saturday, August 22 from 11:00 a.m. - 1:00 p.m. Tickets are \$20. Make sure you get your ticket so you can join us for a fabulous lunch. To-go meals are also available.

**TAKE
NOTE...**

Frequently the Center sends out text messages to the membership. These are **INFORMATIVE TEXTS ONLY** and are not meant for you to text a response. If you have a question regarding the message, please call the Center at 615-459-4839. The only time a response is needed is when the text specifically requests a call back from you. Your cooperation is greatly appreciated.



5th Annual Spaghetti & Wine Dinner

Saturday, August 22, 2026 5 - 9pm

Tickets are on sale now - \$60

Silent & Live Auction

At the Smyrna Event Center

**Entertainment by
Comedian**

TIM SHROP



Honoring Our Past ♦ Celebrating Our Future ♦ 55 Years Strong

Mark Your **CALENDAR**



2026 DATES TO REMEMBER

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

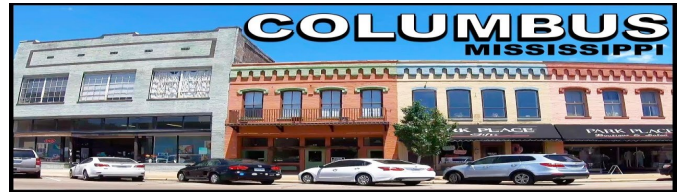
SPECIAL EVENTS

*in
August*

- August 3 8:00 Breakfast with Fran at Cracker Barrel
2:00 New Member Orientation
- August 4 10:00 Painting with Flair Pens with Shirley from Middle TN Artists
2:00 Grief Relief with Aveanna Hospice
- August 6 2:00 Yellowstone & Wild West Interest Meeting
- August 6, 13, 20, & 27 1:00 - Diamond Art with Geri Brink
- August 11 11:00 Monthly Meeting
1:00 News Update - Smyrna Police Officer Jonathan Beverly will talk about Scams
- August 12 8:30 Trip to Amish Farms & Lunch TBD, Ethridge, TN
- August 13 2:00 Snack & Learn about Nutrition with Payton from CenterWell
5:00 Bunco
- August 18 10:00 Coin Collecting 101 with Sam Strong
11:30 Lunch & Learn - The Hidden Link between Hearing Loss & Brain Health, Daniella with Nova Hearing
2:00 Super Bingo with Lauren Bridgegate Senior Placement
- August 20 2:00 Snack & Learn - Taxes in Retirement - Sam from Senior Financial Advisors
- August 22 11:00 Spaghetti Lunch
5:00 Spaghetti & Wine Dinner
- August 25 2:00 Dessert & Learn - Managing Chronic Pain (Tips & Tricks) with Tracy from Select PT
- August 26 9:00 Wings of Liberty Museum & Lunch TBD
- August 27 2:00 Book Club - The Briar Club by Kate Quinn



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.

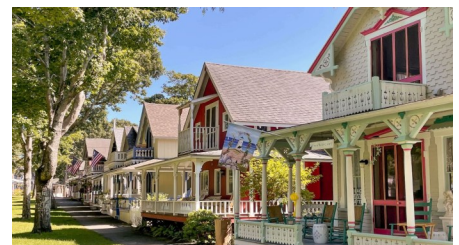


collette

**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.





Yellowstone & the Wild West **July 16 - 22, 2027**

\$4,499 - double occupancy

\$5,849 - single occupancy

Highlights include round trip airfare and airport transfers; 1 night in Salt Lake City, UT; 2 nights in West Yellowstone, MT; 2 nights in Jackson, WY; 1 night in Park City, UT; panoramic Salt Lake City Tour including the State Capitol and Temple Square; Wildlife Safari and Yellowstone National Park tour; Old Faithful Geyser; Grizzly & Wolf Discovery Center; Snake River Float Trip; National Museum of Wildlife Art; Grand Teton National Park; Utah Olympic Park and the Olympic Games Museum in Park City; 10 meals including 6 breakfasts, 3 dinners and 1 lunch; professional tour guide; motor coach transportation and all baggage handling.



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.





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

**Dianna Beyer
Helga Carter
Linda Cazel
Marcia Clark
Elaine Finchum
Fran George
Teresa Graves
Sue Harlin
Pat Heinz
Tom Kent
Anne Odom
Lynn Sutherland
Dee Sexton
Cornelia Swain
Amos Taj
Maryanne VanDyke
Ann Wallace**

Our Shut-ins:

**Ronnie Bardowski
Helen Boren
Bob Clark
Herbert Crick
Marie Dingle
Katie Funkhouser
Cynthia Gary
Cynthia Gilmore
Jo Hall
Charlotte Napier
Alice O'Donnell
Sarah Jane Pace
Kathleen Potts
Pat Whittle
Florence Wright**



Condolences and prayers to the family and friends of Dicie Rodgers. Dicie was known and loved by so many at the SAC. She joined in 2010 and loved playing Bingo and especially loved traveling on day trips and overnight trips. She always made brownies for everyone traveling on overnight trips and she will be forever known as "Spicy Dicie."



August Birthdays



August 1 Sharon Amonett
Sherry Schlee
August 2 Brenda Sterling
Danielle Stidham
Michele Wilkinson
August 3 Tammy Dean
August 4 Cindy Fiala
Becky Havey
Kimberly Rutz
August 8 Linda Cronwell
Lucille Del Rio
Steve Johns
Steve Robinson
Deborah Woody
August 9 Mary Elsing
August 10 Kathy Richards
Dean Rising
August 12 Glenda Lovings
August 14 Jacqueline Barkley
Bill Brown
Daron Campbell
Pat Campbell
Jan Dewey
Bob Harvey
Annette LeCroix
Peggy Steele
August 15 Michael Nichols
Anita Wherry
August 16 Susie Creech
August 17 Theresa Pickett
Carolyn Shelton

August 18 Esther Clark
Peggy Edwards
Ruben Gomez
David Wunderlich
August 19 Cindy Sarvak
August 21 Barbara Cassell
Debbie Clifford
Judy Hailey
August 22 Penny Brown
Theresa Fisher
Barb Huebel
Vickie Mathis
Gary McDonald
August 23 Bill Abernathy
Elaine Finchum
Shelby Wrather
August 24 Donna Wheatley
Charlotte Woody
August 25 Lisa Fox
Mary Lou Peruzzi
August 26 Gloria Gentry
Tanya Johnson
Martin Saunders
August 27 Nell Jones
Amos Taj
August 28 Brenda Bryant
Gloria Victory
August 29 Lori Curlee
Linda Goodwin
Linda Luff
August 30 Sheri Gambill





September Birthdays

Sept 1

**Rhonda Adams
Henry Houston**

Sept 2

**Nanette Bergamo
Linda Blackaby
Donna Fielding**

Sept 6

**Pam Hagelberg
Michelle Martin
Trudy Shields**

Sept 8

**Colleen Jenkins
Pat Painter
Steve Waters**

Sept 9

**Charlie Baggett
Gloria Dyer
Debby Johnson
Melanie Miller**

Sept 11

**Tony Tenpenny
Maggie Carter
Elaine Craighead
Fran Korinek**

Sept 12

Becky Cunningham

Sept 13

**Marianna Cantrell
Kat James
Bob Ondrejko**

Sept 15

Marla King

Sept 16

**Helen Boren
Donna Hathcock
Dorris Powell**

Sept 18

**Loretta Grimes
Joy Leonard
Mary Pat McGeary**

Sept 19

**Jerome Dempsey
Barbara Gomberg
Greg Neuffer
Helen Sanders**

Sept 20

**Jim Fielding
Anne Frisby
Ali Price
Shirley Vandergriff**

Sept 21

**Margie Bannister
Michael Cowger
Cindy Martens**

Sept 22

**Carolyn Fox
Alice O'Donnell**

Sept 23

**Laurie Cantrell
Ava Conradi
Johnnie Leonard**

Sept 24

**Rusty Adam
Joyce Coleman
Janice Denomme**

Sept 25

**Bill Davis
Mark Elsing
Terri Hooper
Brenda Hopper
Lisa Lee**

Sept 27

**Denise Steffey
Helga Carter
Anne Francis
Ed Solima**

Sept 28

**Karin Speer
Marilyn Holmes
Ruth Hudnall**

Sept 29

**Michael Bove
Jeanie Bowles**

Sept 30

Nikki Perk