



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

July 2026

**As hard as it is to believe, we have already reached the halfway point of 2026! Time certainly has a way of flying when you're having fun, and the first six months of the year have been filled with wonderful programs, activities, and fellowship here at the Senior Activity Center.**

**Now we are gearing up for an exciting second half of the year, beginning with one of our favorite traditions - our annual Spaghetti Lunch and our Spaghetti & Wine Dinner on August 22. We are currently selling tickets for both events and there are sponsorship opportunities available as well. These events are always a highlight of the year, and we look forward to sharing great food, laughter, and fellowship while raising funds to support the many programs and services our Center provides.**

**As you know, we have a silent and live auction during the Spaghetti and Wine Dinner. We are asking for your help! If you have a special item that you would like to donate to the auction, please let me know as soon as possible. We are also asking you to donate gift cards and/or lottery tickets that we can use to make gift baskets for the silent auction. All auction items must be turned in by August 1.**

**The volunteer sign-up sheets are located near the front door of the Center. Please help us make this year's event our biggest and best yet!**

**As we enjoy the summer months, please remember to take care of yourselves during the hottest time of the year. Stay cool, stay hydrated, and don't hesitate to take breaks from the heat. We want everyone to have a safe, healthy, and enjoyable summer.**

**Thank you for being such an important part of our Senior Activity Center family. We look forward to seeing you at the Center and at our upcoming events as we make the second half of 2026 our best yet!**

*Honoring Our Past ♦ Celebrating Our Future ♦ 55 Years Strong*



# Welcome to our 2026 New Members

Dan Amonett	Jack Dean	Ali Price
Sharon Amonett	Tammy Dean	Kim Quick
Susan Anderson	Carolyn Docherty	Charline Randall
Mary Berry	Adalia Dutra	Lee Rennick
Juan Beraldi	Carolyn Farrar	Lavatta Robinson
Linda Blackaby	Donna Fielding	Michael Rochon
Desiree Blue	Donna Harris	Cindy Sarvak
Rebecca Bonamie	Elaine Hamilton	Sharon Sciocqua
Lynda Boone	Pat Harvey	Colene Solima
Betty Jo Boyd	Colleen Jenkins	Ed Solima
Meredith Brown	Tanya Johnson	Brenda Sterling
Sandy Brown	Carolyn Jones	J.P Stockhem
Brenda Bryant	Nell Jones	Flora Tyler
Phyllis Butt	Mike Lashley	Barbara Waters
Melinda Cervantes	Cindy Martens	Steve Waters
Pam Cervantes	JoAnne Meeks- Herbert	Janice Welchance
Cindy Clemons	Nancy Huddleston	Kathy Werle
Daniel Cline	Andrea Meuchel	Sherry Whitehead
Janice Cline	John Modert	Rachel Willis
Ken Cowan	Mary Muggridge	Charlotte Woody
Michael Cowger	Laura Nota	Rachel Wooten
Dorothy Crews	Janet Patterson	Shelby Wrather
Coplin Curtis	Grady Payne	May Wrey
Pam Davis	Nikki Perk	David Wunderlich
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: July 6, August 3, September 8, October 5, November 2, and 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)**

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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.**

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**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**

**July 3 - Fourth of July Picnic**

**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**

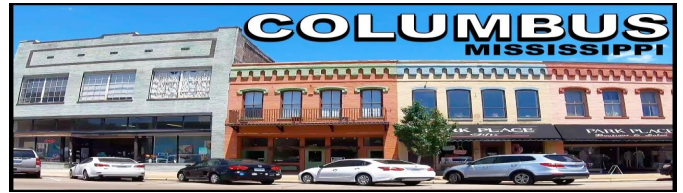
## **SPECIAL EVENTS**

*in  
July*

- |         |   |
|---------|---|
| July 1  | 9:45 Lunch at Sun Drop Café & Shopping at Water's Edge Chocolates         |
| July 2  | 2:00 Healthy Snacks & Making a Trail Mix with Darian from RC Health Dept. |
| July 3  | 11:30 4th of July Picnic & Games  |
| July 3  | 1:00 Choir Concert  |
| July 6  | 8:00 Breakfast with Fran at Cracker Barrel                                |
| July 6  | 2:00 New Member Orientation   |
| July 7  | 11:00 Lunch & Learn - Brain Health with Senior Provisions                 |
| July 7  | 3:00 Grief Relief with Aveanna Hospice                                    |
| July 8  | 11:45 Lunch Trip to Azalea Court & Smyrna Care Center                     |
| July 9  | 2:00 Super Bingo with Lindsey from Azalea Court                           |
| July 9  | 5:00 Bunco - Bring a Finger Food to Share                                 |
| July 14 | 11:00 Monthly Meeting   |
| July 14 | 1:00 News Update with Rutherford County Commissioners                     |
| July 16 | 2:00 Snack & Learn - Bule Cao Acupressure Massage                         |
| July 21 | 11:00 Lunch & Learn - May Pop Tech with Shayne McAllister                 |
| July 23 | 2:00 Book Club - The Correspondent by Virginia Evans                      |
| July 23 | 2:00 Super Bingo with Ruby from Sims Agency                               |
| July 28 | 10:00 Lunch & Shopping at Nashville Farmer's Market                       |
| July 28 | 2:00 Super Bingo with Aveanna Hospice                                     |



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**

**cupancy**

**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**





## 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.**



# Thinking of you

**Dianna Beyer  
Howard Brindley  
Helga Carter  
Linda Cazal  
Marcia Clark  
Alicia Ellington  
Teresa Graves  
Pat Heinz  
Patti Jacobs  
Tom Kent  
Anne Odom  
Lynn Sutherland  
Amos Taj  
Ann Wallace**

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With Deepest  
*Sympathy*  
and Heartfelt Condolences

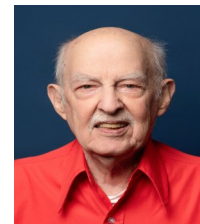
*Condolences and prayers to the family and friends of Wayne Odom. Wayne was a member of the Center for many years. He did a lot of line dancing and he always enjoyed a good game of pinochle and Mexican train dominoes.*

*Condolences and prayers to the family and friends of Loyd Grimes who passed away just a few short days after Pat Geasley. They were together for many years.*

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

## Our Shut-ins:

**Ronnie Bardowski  
Helen Boren  
Bob Clark  
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**





# July Birthdays

July 1 Charlie Andrews  
Cheryl Black  
Joe Gourley  
Crystal Henderson  
Leah Sartino  
Judy Speulda

July 2 Pam Cervantez  
Susanne Kennedy  
Paul Lamb  
Marty O'Haver  
Rhonda Watson

July 3 Carolyn Farrar  
Reba Mitchell

July 4 Glenda Fetherling

July 5 Regina Flowers  
Danny Martin  
Leland McIntire

July 7 Janet O'Hara

July 9 Selene Brady  
Mary Chasteen  
Wanda McElroy  
Scott Reisdorf

July 10 Peggy Massey  
Jackie Vaughan

July 11 Larry Bain  
Howard Brindley  
Marie Kent  
Rose Nokes

July 13 Gary Branscome  
Regina Hill

July 16 Dianna Hodges  
Dawn Patterson

July 17 Connie Bain  
Linda Cazel

Sherry Head

July 18 Laura Quick

July 19 Sarah Beecham  
Darlene Clark  
Charlotte Meyer

July 20 Shelby Dedman  
Susan Gulley

Bernice Littlefield

Anna Payne  
Delores West

July 21 Ken Cowan  
Willa Reeves

July 23 James Gilmore  
Ann Polk

July 24 Bob Francis

July 29 Cindy Clemons  
Julie Saunders

July 30 Kathleen Donaldson  
Anthony Johnson  
Sheila Reed

July 31 John Marable III

# August Birthdays



August 1	Sharon Amonett Sherry Schlee	August 18	Esther Clark Peggy Edwards Ruben Gomez David Wunderlich
August 2	Brenda Sterling Danielle Stidham Michele Wilkinson	August 19	Cindy Sarvak
August 3	Tammy Dean	August 21	Barbara Cassell Debbie Clifford Judy Hailey
August 4	Cindy Fiala Becky Havey Kimberly Rutz	August 22	Penny Brown Theresa Fisher Barb Huebel Vickie Mathis Gary McDonald
August 8	Linda Cronwell Lucille Del Rio Steve Johns Steve Robinson Deborah Woody	August 23	Bill Abernathy Elaine Finchum Shelby Wrather
August 9	Mary Elsing	August 24	Donna Wheatley Charlotte Woody
August 10	Kathy Richards Dean Rising	August 25	Lisa Fox Mary Lou Peruzzi
August 12	Glenda Lovings	August 26	Gloria Gentry Tanya Johnson Martin Saunders
August 14	Jacqueline Barkley Bill Brown Daron Campbell Pat Campbell Jan Dewey Bob Harvey Annette LeCroix Peggy Steele	August 27	Nell Jones Amos Taj
August 15	Michael Nichols Anita Wherry	August 28	Brenda Bryant Gloria Victory
August 16	Susie Creech	August 29	Lori Curlee Linda Luff
August 17	Carolyn Shelton	August 30	Sheri Gambill