



www.smyrnaseniorcenter.org

May 2026

A heartfelt thank you to everyone who helped make our 2026 Yard Sale such a tremendous success. To date, we have raised more than *\$27,000*, with additional funds still expected to come in. We are incredibly grateful to all who donated items, assisted with setting up the sale, worked tirelessly during the event, served in the kitchen, helped restore everything afterward, loaded the truck for Greenhouse Ministries, and, of course, to everyone who came out to shop and support our Center. A big thank you also to Beane Brothers BBQ, Chicken Salad Chick, Kinfolks' BBQ, Front Street Pub and Champy's for providing food for our volunteers and during the sale. This incredible achievement would not have been possible without the dedication, generosity, and hard work of our volunteers, donors and shoppers. We truly could not have done it without each and every one of you.

Every May, Administration for Community Living leads the nation's observance of Older Americans Month, a time to recognize older adults' contributions and reaffirm our commitment to supporting their health and independence. The 2026 theme, Champion Your Health, underscores prevention, wellness, and personal responsibility as cornerstones of healthy aging. It encourages taking an active role in managing and advocating for your health, accessing preventive care, and making informed decisions. We already do so much of this at our Center and the goal is increase this when we get in our new building.

Our Celebration begins on May 1 from 11:00 a.m.—2:00 p.m. with our Open House and Outdoor Expo. We will have some of our activities happening inside our building and we are expecting 30+ vendors to set up outside. Please plan to come by. This event is a lot of fun.

On Tuesday, May 12, we will have our Older Americans Luncheon at the Smyrna Event Center. The event will begin at 11:00 a.m. Our featured entertainment for the day will be Eddie K. You do not have to pay to attend this event but you must sign up by Tuesday, May 5. No reservations will be accepted after that date.

Honoring Our Past ♦ Celebrating Our Future ♦ 55 Years

**OLDER
AMERICANS
MONTH**



CHAMPION YOUR HEALTH: MAY 2026



Welcome to our 2026 New Members

Susan Anderson

Mary Berry

Wayne Blair

Desiree Blue

Betty Jo Boyd

Meredith Brown

Phyllis Butt

Melinda Cervantes

Pam Cervantes

Cindy Clemons

Daniel Cline

Janice Cline

Ken Cowan

Michael Cowger

Pam Davis

Richard Davis

Jack Dean

Tammy Dean

Carolyn Docherty

Adalia Dutra

Carolyn Farrar

Donna Harris

Elaine Hamilton

Pat Harvey

Colleen Jenkins

Nell Jones

Mike Lashley

**JoAnne Meeks-
Herbert**

Mary Muggridge

Laura Nota

Janet Patterson

Ali Price

Kim Quick

Lee Rennick

Lavatta Robinson

Michael Rochon

Cindy Sarvak

Colene Solima

Ed Solima

J.P Stockhem

Flora Tyler

Janice Welchance

Kathy Werle

Sherry Whitehead

Rachel Willis

Charlotte Woody

May Wrey

David Wunderlich

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

Kroger community rewards



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)

**MAY
MARATHON
MONTH**

SET YOUR GOAL. LOG YOUR MILES. FEEL ACCOMPLISHED.

**RUN
& WALK**



Scan QR code to register by April 30.

If you have questions please contact Brittany Saltsaver at 615-898-7110 or email bsalts1@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.

U-EXTENSION
INSTITUTE OF AGRICULTURE
THE UNIVERSITY OF TENNESSEE

TSU COOPERATIVE
EXTENSION
COLLEGE OF AGRICULTURE
TENNESSEE STATE UNIVERSITY

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.

FOR SALE



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

Mark Your **CALENDAR**

2026 DATES TO REMEMBER

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* *May*

- May 1 11:00 Outdoor Expo & Open House
- May 4 8:00 Breakfast with Fran at Cracker Barrel
- May 5 10:00 Continental Breakfast with Amanda Kemp
- May 7 2:00 Super Bingo with American Republic
- May 8 1:00 Mystery Trip with Jimmy the Cricket
- May 12 11:00 Older Americans Luncheon at Smyrna Event Center
- May 14 2:00 Super Bingo with Kandy
- May 14 5:00 Bunco - Bring a Finger Food & \$5
- May 19 11:00 Lunch & Learn Chili Bowls & Healthy Meals
- May 19 2:00 Card Making with Barbara Tenpenny
- May 20 11:15 Tour of the Hamery & Lunch at Demos'
- May 21 2:00 Super Bingo with Arianna
- May 25 **CLOSED FOR MEMORIAL DAY**
- May 26 10:30 Magic Show with Daniel
- May 26 10:30 Small Business Shopping & Lunch at Georgio's Pizza
- May 26 2:00 Super Bingo with Aveanna Hospice
- May 28 2:00 KK Fitness
- May 30 5:00 Sail On: The Beach Boys Tribute at the Art Center of Cannon County



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.

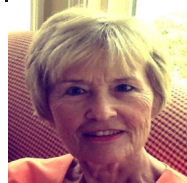


Thinking of you

**Dianna Beyer
Martha Bowen
Heidi Brown
Helga Carter
Marcia Clark
Shirley Cobble
Teresa Graves
Pat Heinz
Bunny Kemp
Tom Kent
Judy Speulda
Lynn Sutherland
Amos Taj
Mary Lou Thomas**

With Deepest
Sympathy
and Heartfelt Condolences

Our prayers and deepest sympathy to the family of Ken Cobble, who recently passed away. Ken was the 1993 and 1994 President of the Senior Center. Last year he and his wife Shirley were honored with the Patsy Brown Award. Ken will be greatly missed.



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**

Prayers and condolences for the family and friends of Priscilla Uselton who passed away after battling Acute Myeloid Leukemia. Priscilla was a member of the Center for several years and loved to travel with us on our overnight trips.



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 | | |





June Birthdays

June 2 Barry Aston
Larry Schoon
Florence Wright

June 3 Betty Cox
John Green
Barbara Maurer

June 5 Ginny O'Haver

June 7 Thomas Hamilton
Archielene McClain
Jodie Muns
Mike Shireman

June 9 Judy Harvey
Lowe McCrary

June 10 Sandee Fritcher
Mary Ann Rogers

June 13 Patsy Brown
Sharon Frazer
Sue Harlin

June 14 Debbie Baumann
Pat Harvey

June 15 Dianne Adams
Yvonne Johnson
Rick Wise

June 16 Karen Skillern

June 17 Julia Hoffman
Jerry Warren

June 18 Gretchen Blumreich
Yvonne Chambers
Kim Quick

June 19 Laura Fontaine
Philip Gomberg

Linda McNeill

Rachelle Sheumaker

June 20 Kenneth Lewis
John Williamson

June 21 Jammie Baber
Velma Mangrum
Neil Rogers

June 23 Fran George

June 24 Brenda Gourley
Renate Guy
Larry Jones

June 25 Fran Wright

June 26 Phyllis Butt

June 30 Joanne Johnson
Barbara Tenpenny

