



www.smyrnaseniorcenter.org

November, 2025

Gail, Dotty and I want to wish each of you a wonderful Thanksgiving filled with warmth, gratitude and the company of loved ones. We are especially thankful for our members, volunteers, and friends who make the Center such a special place. May your Thanksgiving be filled with joy, laughter, lots of good food and the spirit of togetherness that makes our community so strong!

Our annual Craft Sale and Christmas Yard Sale is upon us. The Sale starts on Friday, November 7 from 9:00 a.m. to 2:00 p.m. and concludes on Saturday, November 8 from 9:00 a.m. to 2:00 p.m. There will be tons of beautiful craft items made by our members as well as lots of gently used Christmas and Holiday yard sale items. We will be selling baked goods so let us know if you can bring your favorite “made from scratch” cake or pie. We also need homemade soup to sell from the kitchen. Thank you, in advance, for supporting the Center during this sale.

For those of you who have not heard, we have received a \$50,000 grant from the Tennessee Department of Disability and Aging to be used towards the purchase of a new bus for the Center. Your Board has already been saving funds to go towards this purchase and we have several other grant requests out there to be used towards this purchase. We will keep the bus we have so that we can take two busloads on some of our day trips. The new bus should arrive by the first of March, 2026.

At the last meeting of the SAC Board of Directors, a vote was taken to make our building and property a Tobacco-Free campus, effective January 1, 2026. This means smoking, vaping and the use of any tobacco or nicotine products will not be permitted anywhere on the premises. This is to promote a healthier, cleaner and more welcoming environment for all of our members, staff and visitors.

We have lots of Christmas activities and day trips happening in December. The sign up sheets for all December day trips will be at Gail's desk because you will need to pay for them when you sign up. Also, you need to go ahead and sign up for the December monthly meeting which will be held at the Smyrna Event Center. Don't miss out on these great events and activities.



*Thank
you!*

To our Spaghetti Dinner Sponsors



ALLEN'S AIR CARE, INC.



**County Commissioner Anthony Johnson
& Debby Johnson**



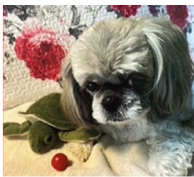
**Juan Beraldi, Medicare
Insurance Agent**



REGIONS BANK



Representative Charlie Baum



Dog Tail Designs



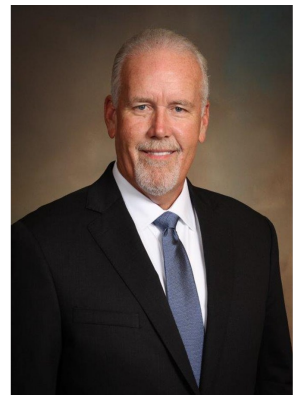
Teresa & Jerome Dempsey



Jennifer and Sean Hart



**Johnson Audiology
Hearing Foundation**



County Mayor Joe Carr



County Commissioner Carl Boyd



Gourmet Chef Tom Goodner



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Welcome to our 2025 New Members

Russell Adam
Dianne Adams
Rhonda Adams
Rocky Akins, Jr.
Jean Alley
Ron Alley
Melinda Atkinson
Jose Baeza
Norma Beaza
Nanette Bergamo
Charlotte Baker
Cathy Barnes
Earl Barnes
Debbie Beasley
Linda Berry
Shirley Borel
Jan Bowman
Selene Brady
Melissa Broom
Charles Brown
Donna Burgett
Carl Cantrell
Marianna Cantrell
Helga Carter
Jacqueline Clark
Lawrence Clark
Mary Clark
Susan Clark
Debbie Clifford
H. G. Cole
Joyce Coleman
Bill Collins
Seama Collins
Ava Contadi
Melodie Cootes
Rita Cottingham
Lui Cruz
Hank Cunningham
Alice Defru
Mary Deignan
Jan Dewey
Karen Dewey
Sharon Dietrich
Rhonda Dillon
Claudia Duke
Sammy Duke
Gloria Dyer
Peggy Edwards
Godwin Ene
Udoka Ene
Bruce Fahnstock
Cyndy Fahnstock
Carolyn Fanchier
Sharon Farrell
Tom Farrell
Jackie Fleming

Martha Floyd
Cynthia Gary
Dee Gonzales
Teresa Green
Donna Griggs
Renate Guy
Barbara Hale
Marsha Hardin
Jean Harris
Donna Hathcock
Becky Havey
Tommy Hawkins
Sherry Head
Grace Henderson
Chiyoko Hinds
Diane Hodges
Cherie House
Henry Houston
Vicky Hu
Mary Huggett
Carolyn Jackson
Linda Jacquemain
Kat James
Rita Jarnagin
Ron Kennedy
Alisa Kent
Carolyn Kincaid
Shawn Knopka
Nancy Krueger
Lois Lamb
Mary Lane
Lina Langford
Margaret Lankford
Len Lannom
Rhonda Lannom
Debbie Lawson
William Lawson
Annette LeCroix
Martha Lingley
Robyn Looft
John Marable III
Mindy Mays
Karen McConnell
Keith McElroy
Pete McNally
Ella McKnight
Linda Mercer
Mike Meyer
Bob Miller
Melanie Miller
Alice Mitchell
Cheryl Mitchell
Michael Nichols
Carrie Nicklos
Diann O'Shields
Diann Oxendale

Pat Painter
Jim Parker
Ginger Pate
Anita Pennington
Sheila Perry
Evelyn Piechocki
Liz Pritchard
Kathy Puhr
Terrie Redding
Jon Ressler
Donna Robinson
Steve Robinson
Barbara Scala
Larry Schoon
Shannon Sexton
Debbie Sharkey
Carol Ann Shelton
Donnie Sheumaker
Rachelle Sheumaker
Mike Shields
Trudy Shields
Cecelia Short
Farra Shreve
Karen Skillern
Tom Slater
Jacqui Smallwood
Ronald Smallwood
Laurel Smith
Robert Smith
Scott Smith aka "Jimmy
the Cricket"
Danielle Stidham
Tracy Stricklin
Sam Strong
Alice Taber
Tony Tenpenny
Sharon Therit
Mary Thielen
Kay Thomas
Lam Tran
Fran Tucker
Joie Turnbow
Shirley Vandergriff
Dale VanEtten
Gail VanEtten
Nancy Walker
Rhonda Watson
Bob Wheeler
Ivy Williams
Janice Wilson
Teresa Wilson
Leigh Anne Wise
Art Woolverton
Doris Yeomans

Mark Your **CALENDAR**



2025 DATES TO REMEMBER

November 6 - Closed for Craft Sale Set-up

November 7-8 - Craft Sale

November 27 - Closed for Thanksgiving

December 22-25 - Closed for Christmas

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

January 1 - Closed for New Year's Day

SPECIAL EVENTS

*in
November*

November 3 - 8:00 Breakfast with Fran at Cracker Barrel

November 4 - 10:00 Medicare 101, Coffee & Muffins with Medicare Kandy

November 4 - 11:00 Capital Campaign Lunch & Learn

November 4 - 1:00 Christmas Art with Mid TN Artists

November 6 - Craft Fair Set-Up (Center Closed)

November 7 & 8 - 9:00 - 2:00 Craft Fair & Holiday Yard Sale

November 10 - 2:00 New Member Orientation

November 11 - 11:00 Monthly Meeting

November 13 - 2:00 Super Bingo with Azalea Court

November 13 - 5:00 Bunco

November 18 - 2:00 Super Bingo with RX Hearing

November 20 - 2:00 Coffee & Conversation, Budgeting in Crisis & Planning for a Rainy Day with Truist Bank

November 25 - 8:30 Breakfast at Puffy Muffin & Shopping at Cool Springs Mall

November 25 - 10:30 Exercising Your Memory with Rutherford Co Health Dept.

November 25 - 2:30 Holly Dolly Christmas Trip Meeting

November 27 - Happy Thanksgiving (Center Closed)

November 28 - 9:00 Decorate the Center for Christmas

NEW MEMBER ORIENTATION

MONDAY, November 10, 2025! At 2:00 p.m.



Important

A few messages to all of our members:

1. There is to be **NO PARKING** at any time under the front awning! This space is only available for picking up and dropping off members. In addition, it must be kept completely clear for emergencies.
2. We have very **limited storage space** and while we appreciate your donations for our Spring Yard Sale and our Fall Craft Fair, we cannot accept donated items except during the designated drop off times.
3. Plastic bags are supplied in each restroom for your convenience. Any item that you need to dispose of, should be placed in one of these bags and then **placed in the trash bin**. **Do not leave your item hanging on the door!**

Thank you for your cooperation!

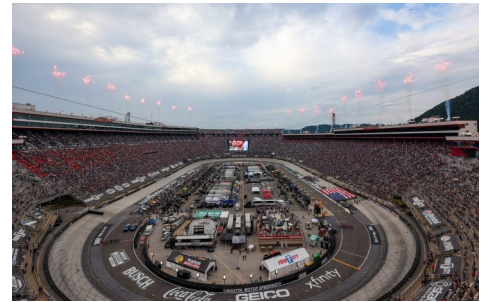
Beginning January 1, 2026, the Senior Activity Center of Smyrna will become a Tobacco Free Campus! Please make note of this change!

Northeast Tennessee Spring Adventure March 24 - 26, 2026

\$699.00 - double occupancy

\$799.00 - single occupancy

Highlights include motorcoach transportation, two nights lodging at the General Morgan Inn in Greenville, TN, The Burlap Bunny Antiques and Custom Design Center, Dickson-Williams Mansion, The Capitol Theater, Kingsport Carousel, Bristol Motor Speedway, shopping and touring in Greeneville and Jonesborough, the Andrew Johnson National Historic Site, Carter Family Fold, Myers Farm and Greenhouse, Yoder's Market and much more. All meals are included in the cost of the trip and include one dinner and two breakfasts at the General Morgan Inn, one lunch in Jonesborough, one steak dinner downtown Greenville and lunch at Myers Farm.



Sunny Portugal April 30 - May 9, 2026



\$4,499 - double occupancy

\$5,099 - single occupancy

Highlights include two nights in Lisbon with your choice of tours that allow you to view the beautiful city, a visit to Belem to see the Belem Tower and Jeronimos Monastery, a visit to Evora that includes a family owned cork factory and tour the "Museum City of Portugal," travel to the stunning coast of Algarve where you will visit a local gin distillery and a local winery, a day to enjoy Lagos to view the beautiful geraniums, camellias and oleanders that grow along the fig, orange and almond trees, a coastal trip to learn about sardine canning as well as the secrets of regional breads and fruits as you enjoy a savory picnic lunch, a visit to Setúbel also known as the Portuguese Riviera and a visit to Obidos and Sintra which has served as home to many Portuguese kings.



Mount Rainier and Olympic National Parks

July 16 - 23, 2026

\$4,524 - Double Occupancy

\$5,923 - Single Occupancy

Highlights include Museum of Glass in Tacoma where you'll design and make your own art glass pieces, Chihuly Bridge of Glass and LeMay-America's Car Museum, a visit to Mount Rainier where you will see fields of wildflowers, forests of giant Douglas fir, icy glaciers and valleys full of

wildlife, Crystal Mountain, a guided tour of Seattle which includes free time at Pike Place Market and a tour of the Museum of Flight, a visit to Bremerton to visit the Puget Sound Naval Museum, a ferry ride to Vancouver Island where you see the Parliament Buildings, the Empress Hotel and the Butchart Gardens and finally, a day a day at Olympic National Park.

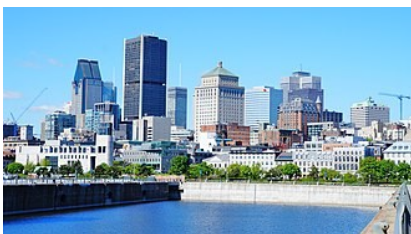


Great Canadian Cities September 16 - 24, 2026

\$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.





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

Our Shut-ins:

**Danny Brown
Heidi Brown
Helga Carter
Marcia Clark
Laura Fontaine
Teresa Graves
John Hawk
Pat Heinz
Sandy Revell
Harold Sanders
Judy Speulda
Lynn Sutherland
Ginny Williams**

**Ronnie Bardowski
Tanya Brindley
Betty Campbell
Bob Clark
Marie Dingle
Mary DuBois
Tim Eldred
Joy Fotopoulos
Katie Funkhouser
Cynthia Gilmore
Jo Hall
Pat King
Ervin Mann
Charlotte Napier
Alice O'Donnell
Sarah Jane Pace
Kathleen Potts
Pat Whittle**

*Our thoughts and prayers go out to Vickie
and Bill Mathis for the death of Vickie's
mother, Margie Williamson.*





November Birthdays

November 1 Alice Elkins
Lee Jennings
Cathy Lamb
LaDon Sizemore

November 2 Sandra Maggu

November 3 Barbara Larson
Amy Wise

November 4 Leisla Crocker
Lou Lowe

November 5 Louis Cruz Jr
Christine Harding
Charlene McCormick

November 7 Jeanette Giza
Ann Porter
Lana Welch

November 8 Margaret Reina

November 9 Rita Cottingham
Barbara Garwood
Teresa Graves
Teresa Wilson

November 10 Tim Eldred
Grace Henderson
Baker Raborn
Nita Wright

November 11 Brenda Crowson
Debra Delk
Evelyn Justice
Sharon Meredith
Mary Lou Thomas
Dot Yager

November 13 Tracy Stricklin

November 14 Cynthia Carter
Don Johnson

November 16 John Hawk
Mary Lane
Deborah Scraggins
Glenda Tetley

November 17 Shawn Konopka

November 18 Rhonda Lannom
Corinne Morgan
Chuck Owen
Betty Qualkinbush
Freida Sage

November 19 Mildred Dismukes
Mary Ann Lester
Tom Walker

November 20 Gary Evans

November 23 Ginger Blevins
Martha Lingley

November 24 Shirley Borel

November 27 Cindas Hall
Vicky Jones
Joel Sikes

November 28 Teresa Dow
Don Pinc

Paula Rolph
November 29 Frank Speer
Kay Thomas

Happy December Birthday!

December 1

**Barbara Larsen
Maggie Morse
Sharon Therit**

December 2

**Martha Bowen
Kisagwa Muggu**

December 3

**Tina Bailey
Susan Clark
Teresa McKee
Adeline Smotherman**

December 4

**Debbie Brown
Cynthia Gary
Bunny Kemp**

December 5

**Yvonne Baynes
Cheryl Mitchell
Suzanne Smith
Glenda Templeton**

December 6

**Sandy Blair
Mary Dubois
Fran Dunne
Nial Hadden
Steve Steele**

December 7

**Marion Appleton
Katherine Bryson
Teresa Erwin**

December 9

**Beverly Moore
Fran Tucker**

December 10

Annie McIntyre

December 11

**Donna Griggs
Karen McConnell
Simeon Panagatos
Carol Ann Shelton**

December 12

**Kathy Knauss
Dottie Sims**

December 13

Teresa Bass

December 14

**Donna Burgett
Alan Chiupka**

**December 16 Bob Larson
Reina Sheffield
Janie Thomas**

**December 17 Trish Nash
Joie Turnbow**

**December 18 Marsha Ide
Marie Tilley
Dianna Williamson**

**December 19 Dianna Beyer
Candy Kane
Susan Kuppler**

December 20 Margie Raborn

December 21 Carol Sutton

**December 22 Sheila Lobdell
Diann Oxendale**

**December 24 Patricia Bruce
Carrie Nicklos**

**December 25 Edwin Herrold
Esther Taj**

**December 26 Denise Barnett
SueAnn Sadler**

**December 27 Lawrence Clark
Barbara Hale
William Johns**

**December 28 Sue Duvall
Nina Gaines
Renee Hopper**

**December 29 Dana Boone
Keith Crilmer
Russ Rubingh**

**December 30 Jeana Carlock
Joanne Speer**

December 31 Patty Sheets