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SENIOR ACTIVITY CENTER of Smyrna

www.smyrnaseniorcenter.org

NOVEMBER 2026

Welcome to November - the month when we express gratitude for all our many blessings. As Thanksgiving approaches, I want to take a moment to express how truly grateful I am for each and every one of you who makes the Senior Activity Center of Smyrna such a special place.

Our Center is more than a building - it is a community filled with friendship, laughter, compassion, and caring hearts. It's a place where memories are made, friendships grow, and we find joy in sharing life's moments together. Each of you contributes to the warmth and spirit that make our Center so special.

This Thanksgiving, I am especially thankful for our members, volunteers, staff, supporters and community partners who help make our mission possible. Your participation, generosity and continued support allows us to provide opportunities for connection, fellowship, learning and fun.

May your Thanksgiving be filled with love, laughter, good food, and precious time with family and friends. And may we always remember that one of life's greatest blessings is having a community where we belong and people who care.

From all of us at the Senior Activity Center of Smyrna, HAPPY THANKSGIVING!

I want to express a very special THANK YOU to the Town of Smyrna for working so closely with us on the land for our new Center. Once the Town Council approves the land purchase, our new Center will be located in the midst of Lee Victory Park off Sam Ridley Parkway. The property is close to walking trails and the Smyrna Event Center where members can eat lunch.

Honoring Our Past ♦ Celebrating Our Future ♦ 55 Years Strong



Welcome to our 2026 New Members

Dan Amonett
Sharon Amonett
Susan Anderson
Terese Arbuckle
Sandy Atwood
Betty Banegas
Mary Berry
Juan Beraldi
Susan Beyer
Jere Bianchi
Beth Binkley
Linda Blackaby
Desiree Blue
Rebecca Bonamie
Lynda Boone
Joseph Bragg
Lex Brignac
Betty Jo Boyd
Joseph Bragg
Anna Brown
Meredith Brown
Sandy Brown
Stanley Brown
Bruce Brun
Brenda Bryant
Phyllis Butt
Donna Byars
Mary Cantrell
Melinda Cervantes
Pam Cervantes
Ollie Chaffin
Wendy Chandler
Cindy Clemons
Daniel Cline
Janice Cline
Ken Cowan
Michael Cowger
Fran Cox
Dorothy Crews
Coplin Curtis

Connie Dahlgren
Pam Davis
Richard Davis
Jack Dean
Tammy Dean
Paul DelRio
Carolyn Docherty
Julie Douglas
Alonso Drayton
Sumatra Drayton
Allen Dunkerley
Adalia Dutra
Libby Eskew
Carolyn Farrar
Donna Fielding
Jim Fielding
Betty Jean Franklin
Susan Gilbert
Linda Goodwin
Joanne Hakky
Elaine Hamilton
Elizabeth Harding
Donna Harris
Pat Harvey
Mark Hayes
Joel Hill
Rose Hoak
Denese Hosack
Nancy Huddleston
Kathy Hurland
Dan Janutolo
Kathy Janutolo
Colleen Jenkins
Tanya Johnson
Carolyn Jones
Mike Jones
Nell Jones
Penny Joy
Pam Justus
Rusty Kelly

Susan Kelly
Karen Kettrey
Karen Lasich
Mike Lashley
Linda Lee
Lisa Mabry
Cindy Martens
Sandra McCarthy
Tommy McCarthy
JoAnne Meeks-Herbert
Sylvia Melton
Andrea Meuchel
Bill Miller
John Modert
Hattie Moore
Tiffany Moore
Elizabeth Moore-Lamb
Mary Muggridge
Frankie Nelson
Vana Nelson
Dickie Newman
Mickey Newman
Gary Nier
Leslie Nier
Laura Nota
Evelyn Oldham
Sarah Oldham
Theresa Page
Janet Patterson
Lynn Patterson
Ronald Patterson
Grady Payne
Raquel Peebles
Nikki Perk
Theresa Picket
Ali Price
Kim Quick
Charline Randall

Pat Reina
Lee Rennick
Genevieve Robinson
Lavatta Robinson
Michael Rochon
Barry Russell
Colette Rybinski
Cindy Sarvak
Sharon Sciocqua
Dr. Margaret Seime
Ken Shrum
Susan Smith
Colene Solima
Ed Solima
Nancy Stacy
Brenda Sterling
J.P Stockhem
Lora Stonebraker
Cornelia Swain
Flora Tyler
Nancy Walters
Barbara Waters
Steve Waters
Janice Welchance
Kathy Werle
Brenda Whitaker
Sherry Whitehead
Brenda Whitaker
Gwen Williams
Rachel Willis
San Wilson
Charlotte Woody
Rachel Wooten
Shelby Wrather
May Wrey
David Wunderlich
Jean Wyatt
Kimberly Zellers

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)

New Member Orientation

On the first Monday of each month 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: November 2, & December 7.



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.

Mark Your CALENDAR

2026 DATES TO REMEMBER

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



November 2 8:00 Breakfast with Fran at Cracker Barrel

November 2 2:00 New Member Orientation

November 3 9:30 Fall Prevention & Exercise - Pastries with NeuMotion Physical Therapy

November 5 Center is Closed for Craft Fair Prep

November 6 & 7 9:00 - 2:00 CRAFT SALE & HOLIDAY YARD SALE

November 10 11:00 Monthly Meeting

November 10 1:00 News Update

November 10 2:00 Columbus, MS Trip Document Meeting

November 11 10:30 Lunch & Shopping in Nolensville

November 12 2:00 Dessert & Learn - Downsizing & Decluttering with Jenny Smith

November 12 5:00 Bunco

November 17 9:00 Muffins & Diabetes Workshop with Naomi Morrison from Vanderbilt (presented by Medicare Kandy)

November 17 9:00 - 12:30 Wills & Power of Attorney with John & Addie Toy

November 19 9:00 - 12:30 Wills & Power of Attorney Document Review

November 19 2:00 Snack & Learn, Medicare Update & Options with Ron Cronwell

November 24 8:30 Breakfast & Shopping at Cool Springs

November 24 11:00 Lunch & Learn - Getting a Leg Up on Knee Pain - Wellness Ctr of Franklin

November 26 Center is Closed for Thanksgiving

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.





Atlanta, GA
September 27-30, 2027

$749 - Double Occupancy $929 - Single Occupancy

Highlights include deluxe motorcoach transportation; 3 nights lodging; 3 breakfasts at your hotel; 2 dinners including Mary Mac's Tea Room; guided tour of Atlanta including the Martin Luther King Center, Olympic Centennial Park, Turner Field and the Governor's Mansion; tour of the Jimmy Carter Presidential Library and Museum; Behind the Scenes Tour of CNN; guided tour of the Margaret Mitchell House; Admission to the World of Coca-Cola; Visit the MLK, Jr. National Historic Park & Center; and Explore Atlantic Station







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 about 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.

Helga Carter
Marcia Clark
Joe B. Cox
Brenda Crowson
Theresa Fisher
Teresa Graves
Sue Harlin
Pat Heinz
Anthony Johnson
Tom Kent
Donna Nelson
Leesa Northcutt
Anne Odom
Amos Taj
Ann Wallace

Our Shut-ins:

Ronnie Bardowski
Helen Boren
Bob Clark
Marie Dingle
Cynthia Gary
Cynthia Gilmore
Jo Hall
Charlotte Napier
Sarah Jane Pace
Kathleen Potts
Pat Whittle
Florence Wright



Condolences to Keith McElroy for the loss of his sister.

Condolences to Linda Berry for the loss of her cousin.

Condolences to Mary Clark for the loss of her brother.





November Birthdays

Nov 1 Alice Elkins
Lee Jennings
Cathy Lamb
LaDon Sizemore
Brenda Whitaker
Nov 2 Sandra Maggu
Nov 3 Barbara Larson
Amy Wise
Nov 4 Lelsla Crocker
Nov 5 Louis Cruz Jr
Christine Harding
Nov 7 Jeanette Giza
Nov 8 Margaret Reina
Nov 9 Barbara Garwood
Teresa Graves
Teresa Wilson
Nov 10 Baker Raborn
Nov 11 Brenda Crowson
Debra Delk
Evelyn Justice
Mary Lou Thomas
Dot Yager
Nov 12 Colene Solima
Nov 13 Tracy Stricklin
San Wilson
Nov 14 Janice Welchance
Nov 15 Lee Rennick
Lavatta Robinson
Nov 16 John Hawk
Mary Lane
Deborah Scraggins
Glenda Tetley
Nov 17 Shawn Konopka
Nov 18 Rhonda Lannom
Lisa Mabry
Corinne Morgan
Chuck Owen
Betty Qualkinbush
Freida Sage
Nov 19 Mildred Dismukes
Mary Ann Lester
Thomas Walker
Nov 20 Gary Evans
Nov 22 Sharon Seiocqua
Nov 24 Dorothy Crews
Nov 26 Shirley Borel
Nov 27 Vicky Jones
Leslie Nier
Joel Sikes
Nov 28 Teresa Dow
Don Pinc
Nov 29 Kay Thomas
Nov 30 Mary Berry
Sandra Bingham

December Birthdays

December 1	Eileen Devine
	Mike Jones
	Barbara Larsen
	Maggie Morse
	Sharon Therit
December 2	Martha Bowen
	Kisagwa Muggu
December 3	Susan Clark
	Nancy Huddleston
	Adeline Smotherman
December 4	Cynthia Gary
	Bunny Kemp
December 5	Yvonne Baines
	Suzanne Smith
December 6	Sandy Blair
	Sumatra Drayton
	Fran Dunne
	Nial Hadden
	Steve Steele
December 7	Marion Appleton
	Teresa Erwin
December 9	Mary Cantrell
	Daniel Cline
	Beverly Moore
	Fran Tucker
December 10	Annie McIntyre
December 11	Joe B. Cox
	Donna Griggs
	Simeon Panagatos
	Carol Ann Shelton
December 12	Rebecca Bonamie
	Chuck Engle
	Kathy Knauss
	Dottie Sims
December 13	Teresa Bass
December 14	Alan Chiupka
	JP Stockhem
December 15	Jon Ressler
December 16	Bob Larson
	Reina Sheffield
	Janie Thomas
December 17	Jack Dean
	Trish Nash
December 18	Marsha Ide
	Dianna Williamson
December 19	Dianna Beyer
	Candy Kane
	Susan Kuppler
December 20	Margie Raborn
December 21	Carol Sutton
December 22	Wayne Blair
	Sheila Lobdell
	Charles Nguyen
December 23	Bill Abernathy
December 24	Patricia Bruce
December 25	Esther Taj
December 26	Denise Barnett
	SueAnn Sadler
December 27	Lawrence Clark
	Barbara Hale
	William Johns
December 28	Sue Duvall
	Nina Gaines
December 29	Dana Boone
	Keith Crimer
	Kris Marbaugh
	William Mason
	Russell Rubingh
December 30	Jeana Carlock