



www.smyrnaseniorcenter.org



OCTOBER 2026

Fall is officially here and I know we are all enjoying the cooler weather. We have much to be proud of during the first three quarters of 2026. There are more than 120 new members who have become a part of our SAC family. We've had two very successful fundraisers - our yard sale and our Spaghetti Lunch and Dinner. Our Capital Campaign is making great progress! Stay tuned - things will be happening quickly.

As we enter the fourth quarter of the year, there is still so much to look forward to. On Friday, October 16 from 11:00 - 1:00, the Smyrna Lions Club will host their Bean Dinner at the Center. Proceeds from this event will benefit the SAC as well as the Lions Club Sight Projects. Advance tickets are \$12 and tickets at the door are \$15. We will need a few desserts donated for the event and we will need a few volunteers to assist with the event. Please let me know if you can help.

We will host our annual INFO EXPO on Tuesday, October 20. There will be lots of vendors here to share useful information with you. I understand there will be lots of changes to Medicare this year so please take advantage of this event and other Medicare seminars to see how your plan will be affected.

On November 6-7, the SAC will be holding its annual Craft and Christmas Yard Sale. If you have craft items to donate, please start bringing them in after October 1. If you have Christmas yard sale items to donate, please bring them in after October 19. The sale will take place from 9:00-2:00 both days. There will be soup and street corn sold from the kitchen.

Honoring Our Past ♦ Celebrating Our Future ♦ 55 Years Strong



Thank you

To All of Our Amazing Spaghetti Dinner SAC Supporter Sponsors



Martha and Walter Bowen



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INSURANCE
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**County Commissioner
Carl Boyd**



Paige DeJarnatt



**Jennifer & Sean
Hart**



**Teresa & Jerome
Dempsey**



**Gourmet Chef
Tom Goodner
& Karen Skillern**

Ricky & Susan Gulley

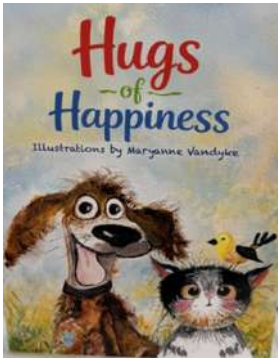




Barb & Tom Huebel



**County Commissioner
Anthony Johnson**



MaryAnne VanDyke



Bill & Trish Nash



**Councilwoman
Racquel Peebles**



Mary Ann & Neil Rogers



Scott Butler Homes, LLC



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**Senator Dawn White
& Chad White**



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Williams**



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**Deborah & Ronald
Woody**

Thank you!
TO OUR SPONSORS

Welcome to our 2026 New Members

Dan Amonett
Sharon Amonett
Susan Anderson
Terese Arbuckle
Sandy Atwood
Betty Banegas
Mary Berry
Juan Beraldi
Beth Binkley
Linda Blackaby
Desiree Blue
Rebecca Bonamie
Lynda Boone
Lex Brignac
Betty Jo Boyd
Meredith Brown
Sandy Brown
Bruce Brun
Brenda Bryant
Phyllis Butt
Mary Cantrell
Melinda Cervantes
Pam Cervantes
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
Alonso Drayton
Sumatra Drayton
Allen Dunkerley

Adalia Dutra
Carolyn Farrar
Donna Fielding
Jim Fielding
Betty Jean Franklin
Susan Gilbert
Linda Goodwin
Elaine Hamilton
Elizabeth Harding
Donna Harris
Pat Harvey
Joel Hill
Rose Hoak
Denese Hosack
Nancy Huddleston
Kathy Hurland
Colleen Jenkins
Tanya Johnson
Carolyn Jones
Nell Jones
Penny Joy
Rusty Kelly
Susan Kelly
Karen Kettrey
Karen Lasich
Mike Lashley
Linda Lee
Lisa Mabry
Cindy Martens
JoAnne Meeks-Herbert
Andrea Meuchel
John Modert
Hattie Moore
Tiffany Moore
Elizabeth Moore-Lamb
Mary Muggridge
Frankie Nelson
Vana Nelson
Gary Nier
Leslie Nier
Laura Nota

Evelyn Oldham
Sarah Oldham
Janet Patterson
Grady Payne
Nikki Perk
Theresa Picket
Ali Price
Kim Quick
Charline Randall
Pat Reina
Lee Rennick
Lavatta Robinson
Michael Rochon
Barry Russell
Cindy Sarvak
Sharon Sciocqua
Susan Smith
Colene Solima
Ed Solima
Nancy Stacy
Brenda Sterling
J.P Stockhem
Cornelia Swain
Flora Tyler
Barbara Waters
Steve Waters
Janice Welchance
Kathy Werle
Sherry Whitehead
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: October 5, November 2, & December 7.

**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.

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

SPECIAL EVENTS

*in
October*

- | | |
|------------|--|
| October 5 | 8:00 Breakfast with Fran at Cracker Barrel |
| | 2:00 New Member Orientation |
| October 6 | 8:00 Shopping at Lane AgriCenter Farmers Market & Brunch at
Goodness Gracious |
| | 10:00 Let's Stencil a Snowman with Melissa from Middle TN Artists |
| October 8 | 2:00 Yogurt Bar - Medicare 101 with Kandy Kaul |
| | 5:00 Bunco |
| October 13 | 11:00 Monthly Meeting |
| | 1:00 News Update |
| October 15 | 2:00 Super Bingo with Barbara Larson |
| October 20 | 11:00 INFO EXPO |
| October 21 | 10:45 Lunch at Hoppy's at Fate Sanders Marina |
| October 22 | 2:00 Book Club - "Mrs. Lincoln's Dressmaker" by Jennifer Chiaverini |
| October 27 | 10:00 Medicare 101 with Juan Beraldi |



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 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.





**Smyrna Lions Club &
Senior Activity Center of Smyrna**

Bean Dinner

TAKE YOUR ASSOCIATES TO LUNCH!

Friday, October 16, 2026 11:00 AM - 1:00 PM

Tickets only \$12 Advance; \$15 at the Door

Location: Senior Activity Center of Smyrna

100 Raikes St., Smyrna (Behind the Library)

White Beans with Country Ham, Cornbread, Cole
Slaw, Assorted Desserts, Coffee, Tea, Soft Drinks
and Water

Proceeds go to support Smyrna Lions Club Sight
Projects and the Senior Activity Center of Smyrna

**Tickets available at the Senior Activity Center
of Smyrna and from members of the Smyrna
Lions Club**

Thank you for your support!



Tuesday, October 20, 2026

11:00 a.m. - 1:00 p.m.

**Please come by and visit
with health care agencies
and service providers.**

**Door Prizes will be given
away throughout the event.**





Please remember all of our members who have health concerns.

**Dianna Beyer
Helga Carter
Linda Cazel
Marcia Clark
Fran George
Teresa Graves
Sue Harlin
Pat Heinz
Tom Kent
Donna Nelson
Anne Odom
Lynn Sutherland
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**



It is with much sadness to share that we lost our sweet Patty Sheets on September 26 from bone cancer. Patty was a member of the Center for many years. She took care of our Library, enjoyed traveling on day trips and overnight trips, attended monthly meetings, played Bingo but she especially enjoyed leading Adult Coloring with our members from Journeys in Community Living. Patty was one of the first women to join the US Air Force and was so proud of her service. Please keep her family in your thoughts and prayers.



October Birthdays

October 1

**Lora Darbashi
Egene Hardiman
Tom Huebel**

October 4

**Harriet Engelhardt
Flora Tyler**

October 5

**Sandra Abernathy
Lynda Boone
Monique Eldridge
Shaunna Lance**

October 6

**Charles Campbell
Rhonda Dillon
Ernie Freels
Art Woolverton**

October 7

**Judy Garner
Marty Luffman**

October 9

Andrea Meuchel

October 10

**Carol Dyer
Kedric Rutz
Nancy Walker**

October 12

Mike Lashley

October 13

**Cathy Barnes
Mike Bryant**

October 14

**Maryanne VanDyke
Dan Weathers**

October 15

**Sharon Calkins
Melodie Cootes
Chiyoko Hinds**

October 16

Tim Sweeney

October 17

**Bill Adams
Donnie Sheumaker**

October 18

**Julie Barker
Rita Jarnagin
Belmira Lima**

October 18

Cecelia Short

October 19

Ann Painchaud

October 20

Debra Wingo

October 22

**Melinda Atkinson
Mary Clark
Mike Shields**

October 23

**Connie Dahlgren
Brenda Robinson**

October 24

Patti Jacobs

October 25

**Carlos Lopez
Sandy Brown
Linda George
Tom Goodner
Debbie Manning
Lam Tran**

October 26

**Judith Andrews
JoAnne Meeks-Herbert**

October 27

**Laurie Donaldson
Phil Trumm**

October 28

**Debbie Beasley
Sheila Perry**

October 29

**Margaret Lankford
Vallie Reed
Phyllis Reid
Peggy Tucker**

October 30

**Janice Wilson
Susan Anderson
John Modert**

October 31

**Susan Reynolds
Pam Davis-Roberts
Carolyn Johns**



November Birthdays

Nov 1 Alice Elkins
Lee Jennings
Cathy Lamb
LaDon Sizemore

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
Sharon Meredith
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
Ray Tutt

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