



www.smyrnaseniorcenter.org

SEPTEMBER 2026

Happy September SAC Members! Can you believe that summer is almost over and that fall is nearly here? We've had a very busy year so far and we still have a lot to look forward to for the rest of 2026.

One of the things I love most about the Senior Activity Center is how we all come together when we have big events. I want to extend a big thank you to everyone for your help and support of our Spaghetti Lunch and our Spaghetti and Wine Dinner. I am so proud of all the volunteerism we had for both events.

We served lunch to approximately 275 people and there were 300 people who attended our Spaghetti and Wine Dinner. We had a silent auction during lunch and we had the silent and live auctions at dinner which brought in more than \$12,500. We are still counting money and will let you know how much we have raised as soon as possible.

To all of our sponsors who supported our events, we are so grateful. We earned nearly \$72,000 in sponsorships alone. Thank you to Comedian Tim Shropshire for entertaining us during our Saturday night event. I encourage you to follow him on YouTube.

There are lots of activities and programs coming up in September and October. Please make sure you take advantage of these. On Tuesday, September 8, Walgreens will be here from 9:00 - 11:00 to give vaccines for flu, pneumonia and shingles. Please sign up for this so we can let them know how many shots to bring with them. On the same day, following our monthly meeting, Mayor Mary Esther Reed will be here to deliver her "State of the Town" address. I hope you plan on participating in both events.

Honoring Our Past ♦ Celebrating Our Future ♦ 55 Years Strong



*Thank
You!*

From



Every time we have an event that involves aching backs and feet and just being totally exhausted, those of you who volunteer to do your part and more, amaze me once again! Flabbergasted is more like it! Such was the case for the Spaghetti Lunch and Dinner. Everyone did so much days before, during and after the event to make it something that has come to be expected by the community. The Yard Sale (now Flea Market?) in the spring has become so popular that people put it on their calendars from one year to the next. I can't begin to name each one of you individually because someone might be left out, but please know your efforts were appreciated. Without that esprit de corps and the efforts of everyone, this event and others simply could not happen. We have a dedicated Board of Directors who don't just show up for meetings, but who serve on various committees within the Board and continue to support us and offer their help and guidance. From what I know about other organizations having served on some, it is rare to have the type of commitment that means rolling up their sleeves and actually pitching in when needed. We don't take that type of commitment for granted.

Finally, but really first, we have the best Executive Director anywhere in Fran Dunne. Fran is the very strong "wind beneath our wings" whether we feel like flying or not, and the one who keeps the Center being known far beyond Smyrna. She goes above and beyond every day, early mornings and late evenings, and is usually here on Friday when we are closed, and even on weekends when necessary. We are doubly blessed that she is married to Paul and are so grateful for all his help and sharing his retirement years with us. There are many things he could be doing besides saying "Yes, honey," when Fran calls him for something at the Center. Gail Escue does a mountain of work every day, with the patience of Job and always kind and smiling. Dotty Grattan's assistance and her unbelievable skills with creating graphic designs with the computer are beautiful as well as professional. Both Gail and Dotty are invaluable to us. To add to the staff, Heather Crissey has been hired to assist Fran which will free up some of her time for other things. Heather will be doing various things to help Fran and will also be introducing herself out and about in the community promoting the SAC. We are so pleased to welcome Heather and her great personality to the fold! It will take a while for her to know folks, so please introduce yourself to her.

Again, THANK YOU for all you do and for being a part of a place that has been "home" for 55 years. God has been with us from the beginning, or we wouldn't be where we are today. All the glory belongs to Him.

Thank you

To All of Our Amazing Spaghetti Dinner Sponsors - Presenting, Elite, Premier and Awareness

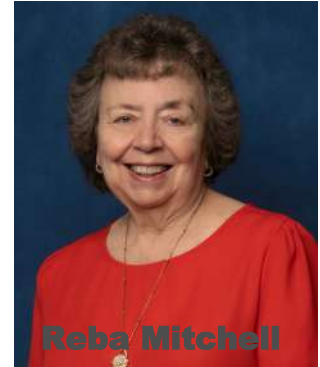


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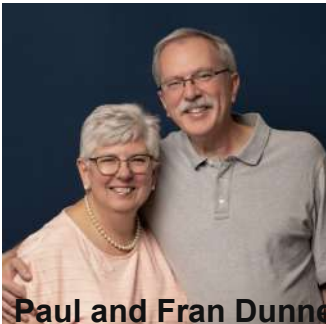
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Thank you!
TO OUR SPONSORS

Welcome to our 2026 New Members

**Dan Amonett
Sharon Amonett
Susan Anderson
Mary Berry
Juan Beraldi
Beth Binkley
Linda Blackaby
Desiree Blue
Rebecca Bonamie
Lynda Boone
Lex Brignac
Betty Jo Boyd
Meredith Brown
Sandy Brown
Brenda Bryant
Phyllis Butt
Mary Cantrell
Melinda Cervantes
Pam Cervantes
Cindy Clemons
Daniel Cline
Janice Cline
Ken Cowan
Michael Cowger
Dorothy Crews
Coplin Curtis
Connie Dahlgren
Pam Davis
Richard Davis
Jack Dean
Tammy Dean
Paul DelRio
Carolyn Docherty
Alonso Drayton**

**Sumatra Drayton
Adalia Dutra
Carolyn Farrar
Donna Fielding
Jim Fielding
Susan Gilbert
Linda Goodwin
Elaine Hamilton
Elizabeth Harding
Donna Harris
Pat Harvey
Joel Hill
Denese Hosack
Nancy Huddleston
Kathy Hurland
Colleen Jenkins
Tanya Johnson
Carolyn Jones
Nell Jones
Penny Joy
Karen Kettrey
Mike Lashley
Linda Lee
Cindy Martens
JoAnne Meeks-Herbert
Andrea Meuchel
John Modert
Tiffany Moore
Mary Muggridge
Vana Nelson
Laura Nota
Sarah Oldham
Janet Patterson**

**Grady Payne
Nikki Perk
Theresa Pickett
Ali Price
Kim Quick
Charline Randall
Pat Reina
Lee Rennick
Lavatta Robinson
Michael Rochon
Barry Russell
Cindy Sarvak
Sharon Sciocqua
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**



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 (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: September 8, 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

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
September*

September 1 11:00 Lunch & Learn - Helping Seniors Downsize with Ease - Tiffany Nolan
2:00 Document Meeting for Great Canadian Cities Trip
3:00 Grief Relief with Aveanna Hospice

September 3 2:00 Super Bingo - Allen with Lowe's Home Care Plus

September 8 9:00 - 12:00 Flu Shot Clinic with Walgreen's
11:00 Monthly Meeting
1:00 News Update - The State of the Town with Mayor Mary Esther Reed

September 10 5:00 Bunco

September 14 8:00 Breakfast with Fran at Cracker Barrel
2:00 New Member Orientation
2:00 Card Making with Barbara Tenpenny

September 15 8:00 Breakfast & Tour at Traditions of Smyrna

September 22 2:00 Brain Health Seminar with Fresh Smoothies by Dr. Mark with Rock Springs Family Chiropractic

September 23 10:30 Lunch & Shopping in Murfreesboro

September 24 2:00 Book Club - This Book Made Me Think of You by Libby Page

September 29 1:00 LUAU Party



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

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.



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.





*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
Alice O'Donnell
Sarah Jane Pace
Kathleen Potts
Pat Whittle
Florence Wright**

Our Senior Activity Center wants to stay connected with members who are sick or unable to get out and about. A special thank you to Terrie Gabis for sending cards to let them know they are remembered and cared about. If you are sick, recovering at home, or know of a member who is a shut-in, please let us know so we can send a card and a little extra encouragement their way. Also, if you hear of a member or former member who has passed away, please share that with us also.

With Deepest
Sympathy
and Heartfelt Condolences

The month of August has been tough for us. We lost so many current and former members.



Dee Sexton passed away on August 1. He was a member of the Center for many years. He enjoyed Bingo, Dominoes, Bunco, Monthly Meetings and Traveling.



Randolph Moore passed away on August 10. He was a member of the Center for many years and especially enjoyed coming to monthly meetings and special events.



Herbert Crick passed away on August 12 after living a long 97 years. He came to the Center with his special friend, Reba Mitchell. He enjoyed Bingo, Monthly Meetings and Traveling.



Ramona Viera passed away on August 15. She was an active member prior to COVID. Ramona enjoyed attending monthly meetings and going on day trips.



Elaine Finchum passed away on August 17. She was a member for more than 25 years and loved participating in many different activities.



Cornelia Swain passed away on August 18 at the age of 93. Although she was a member for a brief period of time, she loved to sing in the SAC choir.



Diane Brewer passed away on June 28 in Jonesboro, Arkansas but we just learned of her death recently. Before moving from Smyrna, she loved to play Bingo, attend monthly meetings and go on day trips.

Rest In
Peace



September Birthdays

Sept 1 Rhonda Adams
Henry Houston
Sept 2 Nanette Bergamo
Linda Blackaby
Donna Fielding
Sept 3 Therese Arbuckle
Sept 6 Pam Hagelberg
Michelle Martin
Trudy Shields
Sept 8 Colleen Jenkins
Pat Painter
Steve Waters
Sept 9 Charlie Baggett
Gloria Dyer
Debby Johnson
Melanie Miller
Tony Tenpenny
Sept 11 Maggie Carter
Elaine Craighead
Fran Korinek
Leesa Northcutt
Sept 12 Becky Cunningham
Sept 13 Marianna Cantrell
Kat James
Bob Ondrejko
Anne Panagatos
Kathy Werle
Sept 15 Marla King
Sept 16 Helen Boren
Donna Hathcock
Dorris Powell
Sept 18 Loretta Grimes
Joy Leonard
Mary Pat McGeary

Sept 19 Jerome Dempsey
Barbara Gomberg
Greg Neuffer
Helen Sanders
Sept 20 Jim Fielding
Anne Frisby
Ali Price
Shirley Vandergriff
Sept 21 Margie Bannister
Michael Cowger
Cindy Martens
Sept 22 Carolyn Fox
Alice O'Donnell
Sept 23 Laurie Cantrell
Ava Conradi
Johnnie Leonard
Sept 24 Rusty Adam
Joyce Coleman
Janice Denomme
Sept 25 Bill Davis
Mark Elsing
Terri Hooper
Brenda Hopper
Lisa Lee
Denise Steffey
Sept 27 Helga Carter
Anne Francis
Ed Solima
Karin Speer
Sept 28 Marilyn Holmes
Ruth Hudnall
Sept 29 Michael Bove
Jeanie Bowles



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**