



Friends of the Senior Center Newsletter



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Why The Friends Exist

Our First Update

Welcome to the first newsletter from the Friends of the Trussville Senior Activity Center. Friends is a new nonprofit corporation formed to strengthen and support the Center by helping bridge the gap between reduced City funding and the resources needed to serve older adults well.

One of the Friends' first major accomplishments has been bringing back day trips, which had been discontinued because of budget constraints. The goal is to make them a regular monthly part of Center life.

The first trip took members to Montgomery for a tour of the Alabama Capitol and a play at the Alabama Shakespeare Festival. The U.S. Space & Rocket Center in Huntsville is among the exciting day trips planned by the Center.



On the Road Again.

Day Trips Return!



U.S. Space and Rocket Center
Huntsville, AL



Donor support is already creating practical improvements at the Center, including:

Refreshments and Hospitality:

- Refrigerator with complimentary water
- Pizza lunches when United Way does not provide meals

Facility Improvements:

- Ceiling lights repair in the activity room
- Sound system repair

Program Support and Recognition:

- New barbell rack, barbells, and resistance bands
- Donor recognition and digital information display

“Every donation helps make the Center more welcoming, more useful, and more connected.”

Friends in Action

Donor Recognition on Display





Friends of the Trussville Senior Activity Center
Donor Recognition. 2026

<p><u>Monthly Donor</u></p> <p><u>Sustaining Champion</u> Barbara and Doug Smith Judie Williams</p> <p><u>Sustaining Supporter</u> Brenda Kindred Kathy Webb Tom Ruf Martha Winderveedle Anonymous</p> <p><u>Sustaining Friend</u> Dennis Blass Bette Brasher Lori Jenkins Susan Wood David Jones Gindy Motes Carolyn & Leon Scoggins</p>	 <p><u>Corporate Sponsor</u></p> <p><u>Silver Level - \$1,000</u> First Command Financial Services</p> <p><u>Community Level - \$500</u> State Farm Insurance</p> <p>We also gratefully acknowledge all contributions under \$50.</p>	<p><u>Flexible Donor</u></p> <p><u>Generous Champion</u> Larry Reeves Skip Schultz Anonymous</p> <p><u>Helping Supporter</u> Scott Buttram Gina Emerson Rowland Hastings Les Reagan Barbara Snider Norman Medders Brenda Parr Sara Shaw</p> <p><u>Supporting Friend</u> Anonymous</p>
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Thanks to donor support this quarter, the Center has a new digital information display.

We can now share announcements, highlight upcoming events, and recognize the donors who make this work possible.

Spotlight On

Wendy Greer Center Director

By Barbara Smith

A Journey of Service, Fitness, and Leadership



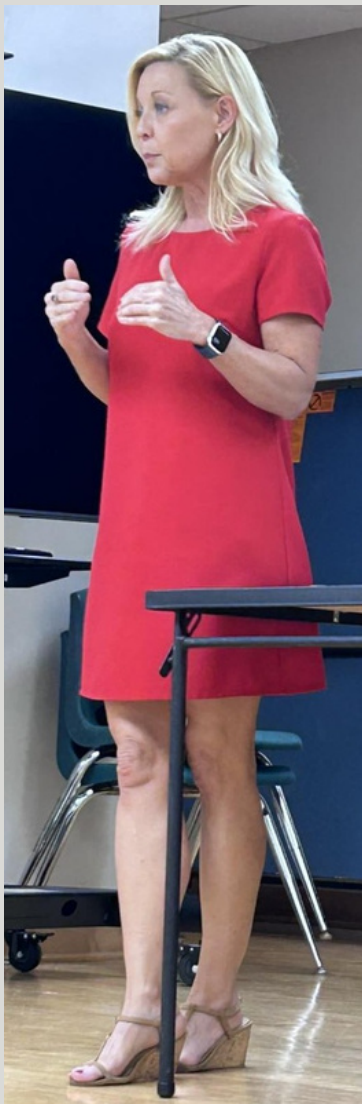
Wendy's journey to becoming Director of the Trussville Senior Activity Center is rooted in adaptability, service, and a passion for helping others live healthier lives.

Raised in Snead, Alabama, and having also lived in Talladega and Trussville, Wendy graduated from Susan Moore High School—where she was, fittingly, a majorette—before earning a degree in Business from Jacksonville State University.

Fast forward to 2019: Wendy was working as a medical sales representative, primarily serving nursing homes. When the COVID-19 pandemic restricted outside access to these facilities, she found herself needing to pivot quickly.

Determined to move forward, Wendy pursued certification as a personal trainer through the National Academy of Sports Medicine. She then connected with Jay Miller at the Trussville Civic Center, where she asked to observe training sessions. During one session, she learned there was a need for balance classes for seniors—but no budget to support them.

Wendy researched options and discovered the Silver Sneakers program. After completing the necessary training to become a Certified Instructor, she began teaching classes in Trussville and Pell City, and has subsequently earned several additional certifications. When two staff members retired from the Trussville Senior Activity Center, Wendy was hired full-time as Activities Coordinator while continuing to teach fitness classes. In 2024, she stepped into the role of Director following Makeda Smith's departure.



Ten Questions with Wendy Greer

Who has been the most influential person in your life?

My maternal grandmother. One of my earliest memories is walking with her as she taught me which plants were safe and which to avoid.

What did you want to be when you grew up?

A pilot, like my dad.

What do you consider your biggest achievement?

Helping people improve their health so they can live longer, stronger lives.

What is the best professional decision you've made?

Getting certified to teach Silver Sneakers.

What is a major challenge you've overcome?

Training for a new career during the Covid-19 pandemic while simultaneously taking my mother to radiation treatments.

What are you passionate about outside of work?

Letting God guide me in helping others and allowing His light to shine through me.

What is your favorite hobby?

Travel! (So far, Ireland has been her favorite destination).

What is the best advice you've received?

Don't dwell on the past. Build new memories and keep moving forward.

What do you want to be remembered for?

Being kind and treating everyone equally.

What are you looking forward to in the coming years?

Expanding and diversifying the programs we offer to our Seniors!

Any last thoughts? Philippians 4:12-13 reminds me that I can do all things through Him who gives me strength.



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Make the Biggest Impact!

Sustained support helps us plan ahead and provide programs seniors can count on — every single day.



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LEGACY GIVING

Your Legacy. Their Future.

Include the Senior Center in your estate plans and help ensure our mission lives on for generations to come.



ONE-TIME GIFT

Make a lasting impact with a gift of any amount today.



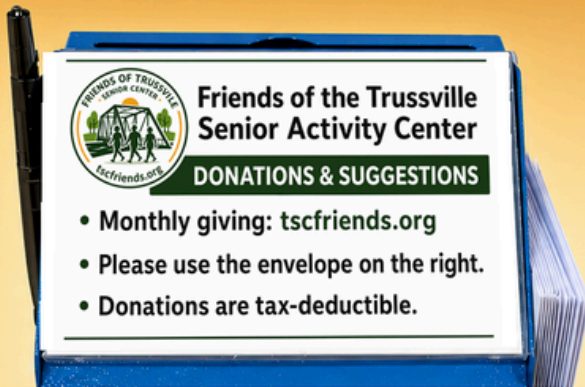
MAIL OR IN-PERSON

PO Box 572
Trussville, AL 35173
or drop a donation in the box at the Center.

TOGETHER, WE MAKE A DIFFERENCE. *Every Gift Matters.*

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Donate Here at the Center



Friends of the Trussville Senior Activity Center

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Amount Enclosed: \$ _____

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Doug Smith
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