



#### POA Meetings and Events:

- **Golf 101, 9 a.m. Friday, Jan. 25, Tanasi**
- **Rec 101, 12:30 p.m. Thursday, Jan. 31, Wellness Center**
- **Communications & Marketing, 9 a.m. Friday, Feb. 1, POA Office**
- **No Board Workshop in February**

## Recreation News and Upcoming Activities for February

### 2013 Memberships

2013 12-Month Memberships may be purchased beginning Dec. 1. Prices are:

- Family: \$500 with check/cash or \$515 with credit card
- Individual: \$320 with check/cash or \$329 with credit card

6-Month Memberships- 3% increase

- Family: \$325 with cash/check or \$334 with credit card
- Individual: \$208 with cash/check or \$214 with credit card

*Those who purchase a 12-month or 6-month paid in full membership by cash/ check receive a 3% savings.*

- Family: \$44.21
- Individual: \$28.29

### Intro to Yoga at Kahite

Join Jill Pranger as she hosts a three-week clinic on the basics of Yoga. Class will meet on 10:45 a.m. Mondays and Wednesdays beginning Monday, Feb. 18, and ending on Wednesday, March 6, in the Kahite Activity Center. Sign-ups are not necessary.

### Rec 101

Join one of our friendly staff members for this informative seminar where you can learn everything you need to know about the Recreation Department. What to do, where to go and who to ask as well as upcoming events! If you can't get it here, then we don't know it. The next Rec 101 will be held 12:30 p.m. Thursday, Feb. 28, in the Wellness Center conference room.

### Weight Equipment Orientations- **RESERVATIONS ARE REQUIRED!**

Orientations on the proper use of the cardiovascular and weight equipment will be provided in February on:

- Thursday, Feb. 7, at 3:30 p.m.
- Tuesday, Feb. 12, at 3:30 p.m.
- Thursday, Feb. 28, at 3:30 p.m.
- *Anyone wishing to make an appointment for an orientation at the Kahite Fitness Facility OR that cannot make the scheduled orientations at the Wellness Center, contact the Wellness Center, 865-458-7070, and leave your name and number with the receptionist.*

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### Easy Way to Connect to Chelsea

Many golfers have asked for an easy, direct way to get onto the Chelsea system, and your POA has listened: [TellicoChelsea.com](http://TellicoChelsea.com)

TELICO VILLAGE POA Tell-E-Gram  
Week Ending January 25, 2013

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It is recommended that you get approval from your doctor prior to beginning an exercise program. The orientations are free; however, **reservations are required**. Contact the Wellness Center, 865-458-7070, to have your name added to the date you desire.

### **Tennis Lesson/Clinic**

Interested in learning about tennis? Wanting to jump in on a clinic or get a lesson in the game? Contact Greg Carter, 614-446-9944 or [gctennispro@yahoo.com](mailto:gctennispro@yahoo.com), for more information.

### **“Get Ready for the Season” Swim Team Clinics**

The Tellico Village Tarpons Swim Team will be hosting swim clinics 10 a.m.-12:30 Saturday, Feb. 2; and 1-1:30 p.m. Sunday, Feb. 3. The Wellness Center pool will be **CLOSED** during these times.

### **Swim Lessons**

Are you interested in feeling more comfortable in the water? Are you or your child ready for summer swim? If you are interested in either adult or child swim lessons, contact the Wellness Center to have your name added to the list. Kim Wiebe, a Red Cross Certified Swim Instructor, is ready to teach any level of swim and will customize the lessons to meet your goals. Cost for four 30-minute private lessons is \$120; or \$90 for four 30-minute semi-private lessons. If you have questions about Kim or swim lessons, contact Kim, 865-661-7365. If you are interested in signing up for lessons, contact the Wellness Center, 865-458-7070.

*The lap lane in the big pool will be closed 1-4 p.m. each Wednesday for swim lessons. The other five lanes will be open for open swim.*

### **Jin Shin Jyutsu®**

Join Mary Ruth Kelly at the Wellness Center for Jin Shin Jyutsu® Self-Help 2:15 p.m. Thursdays, Jan. 31. The clinic will run for six weeks, ending on March 7, so don't miss out. For more information about Jin Shin Jyutsu®, contact Mary Ruth Kelly, 865-458-2910.

### **Pellissippi Non-credit college classes**

Are you interested in participating in a non-credit college class right here in Tellico Village for a minimal fee? Pellissippi State Community College is now offering classes in our community, but we need to know if you are interested! Contact Larissa at the Chota Recreation Center, 865-458-6779, to add your name to our interest list and please specify what class you would be interested in. Classes **MUST** have at least 12 participants for the class to start. Length of each course will vary. Fees range from \$30 to \$100 depending on the course.

### **Medic Blood Drive**

Medic will be at the Chota Recreation Center 11 a.m.-6 p.m. Tuesday, Feb. 5. A current ID is required to donate. Donors should be healthy, ages 17 and older, and eat a full meal four hours before giving blood. Each donor will receive a cholesterol evaluation. No fasting is necessary. One donation a year exempts you and your IRS dependents from paying blood supplier processing fees at any U.S. hospital. Appointments are **NOT** necessary.

### **Tools to Remain Independent Seminar**

Join the professionals, at the Chota Rec Center, from @Home Senior Independence when they discuss what options are available for you or your loved one to live independently with peace of mind. The seminar 11:30 a.m. Wednesday, Feb. 6, is free, with **FREE** refreshments, but signups are required by calling the Rec Center, 865-458-6779.

### **Preventing Joint Replacement Seminar**

Join Dr. Jessica Briere on Thursday, Feb. 14 at 10:30 a.m. at the Chota Rec Center when she addresses ways to

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prevent joint replacement. The seminar is free, but registration is required by calling the Rec Center, 865-458-6779.

### **What's New with Hearing Aids Seminar**

Join the Appalachian Audiology 10 a.m. Thursday, Feb. 14, in the Chota Recreation Center. Learn about the newest technology in hearing healthcare: Waterproof hearing aids, wireless connection to television and cell phones, hands-free phone use, and new programming features. The seminar is free, but registration is required by calling the Rec Center, 865-458-6779.

### **Q&A Hearing Aid Seminar**

Join Jill Gresham, AuD., CCC-A from the Family Hearing Center 2 p.m. Wednesday, Feb. 27, as she answers your questions about hearing aids: What brand are out there?; Where to find the brands you want?; What are the different options on hearing aids? The seminar, at the Chota Rec Center, is free, but reservations are required by calling the Rec Center, 865-458-6779.

### **Coming in March...**

#### **AARP Safe Driving**

There will be an AARP Safe Driving course held 9 a.m.-1 p.m. Monday and Tuesday, March 18 and 19, (participants must attend both class days) in the Chota Recreation Center. The fee is \$12 per person for members and \$14 per person for non-members. Payment is expected the day of the class and members are asked to bring their AARP membership card, if applicable. After completion of the class, you will receive a discount on your auto insurance premium. Class size will be limited, so sign up today by calling the Chota Rec Center, 865-458-6779. If the class is full, a waiting list will be maintained for future classes.

### **Free PGA Professional Golf Demonstration and Clinic Jan. 26**

Join the golf pro staff 10 a.m. Saturday, Jan. 26, at The Links at Kahite. This clinic will cover "How to Make More Putts," led by Jim West and Mark Wickenden. Please come out, join us, and bring a friend!

### **TVPOA's Document Access Rules Revisions and 2013 Board Goals Online**

Go to <http://www.tellicovillagepoa.org/tvpoa/board-of-directors> to view Document Access Rules Revisions and 2013 POA Board Goals.

## **Some Other Stuff You Need to Know...**

### **Tellico Village Hiking Club to Hike Hall's Bend CANCELED**

With ice storms predicted for Friday, Jan. 25, the Tellico Village Hiking Club will reschedule the Hall's Bend hike. Leader: Jim Jeswalk, 865-657-3066 or [jmjes711@gmail.com](mailto:jmjes711@gmail.com).

### **Ray Mears Memorabilia Sale to Benefit Library**

The sale of the Ray Mears Memorabilia Collection will be held 10 a.m.-1 p.m. Saturday, Jan. 26, at East Club Gate 26 of Neyland Stadium on the University of Tennessee Campus. There is no charge for admittance. Refreshments

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will be served. Dana Mears will be a special guest at the sale. The memorabilia was donated to The Public Library at Tellico Village by Coach Mears' widow, Dana Mears, a resident of Tellico Village. All proceeds from the sale will benefit the library. The sale will precede the 2 p.m. Tennessee-Alabama basketball game. For more information, contact Rich Seymour [purdue14@charter.net](mailto:purdue14@charter.net).

### TV Women's Club Meets Jan. 28

The Tellico Village Women's Club will meet 3 p.m. Monday, Jan. 28, at the Christ Our Savior Lutheran Church, located on Highway 72 one mile west of Highway 444. This month's speaker is Diana Blasiola, President, Taking Off Pounds Sensibly. Tricia Ritter will also provide the membership with a Health Tip. Many members enjoy going out for dinner after the meeting.

Meetings are held 3 p.m. the fourth Monday of the month (except May, June, and July). Meetings convene with a social/fellowship hour 3-3:30 p.m. with the business meeting immediately following.

The Women's Club's primary fund-raising event is the fall home tour scheduled in 2013 for Nov. 3.

Tellico Village Women's Club is dedicated to improving the communities in which we live and helping others through volunteer service. We are the proud custodians of a heritage that addresses social issues affecting women and families through programs that combat abuse of children and violence against women and promote human rights.

*Submitted by Janice Kastens*

### T-BART Annual Meeting Jan. 29

Tellico Boaters Assistance Response Team (T-BART) will hold their 2013 Annual Meeting 7 p.m. Tuesday, Jan. 29, in the Tellico Village Yacht Club. Anyone interested in joining or learning more about Tellico Lake's T-BART Organization is invited to participate in our quarterly meetings. For more information, call Joe Solymossy, 865-458-3834; or Gene Normand, 423-884-3598.

### Art Guild Displays Exhibit - "Beyond the Comfort Zone" - Feb. 1-3

The Art Guild of Tellico Village (AGTV) has embraced a theme this year set forth by their President, Laurie Szilvagy. A select group of artists have taken the challenge to work out of their comfort zones and create artwork aligning with inspiration, innovation, collaboration and exploration. An art exhibit entitled "Beyond the Comfort Zone" will be held at the Rarity Bay Community Center Gallery located at 150 Rarity Bay Parkway, Vonore, Tennessee 37885. The exhibit opens with a reception 6:30-9:30 p.m. Friday, Feb. 1, and will be open to the public noon-3 p.m. Saturday and Sunday, Feb 2 and 3.

This exhibit will delight you with elements of surprise, intrigue you with works of content and symbolism, engage you in interactive art, and the artists will be sharing their experience and lessons learned in "Beyond the Comfort Zone." For more information about AGTV, visit [tellicoartguild.org](http://tellicoartguild.org) or contact [featherstone01@tds.net](mailto:featherstone01@tds.net).

#### Channel 3 Schedule

- 7 a.m. Golf Update
- 8 a.m. Rec Rap
- 9 a.m. Spotlight on Tellico Village
- 10 a.m. School Board Update
- 11 a.m. Loudon County Update
- Noon POA Board Update
- 1 p.m. What's Happening
- 2 p.m. Health Matters
- 3 p.m. The Garage
- 4 p.m. Go Fish
- 5 p.m. Weekly specials

### Now Featured on Channel 3

- **POA Board Update** airs noon daily. New Board President Joe Marlette talks about the goals the Board has set for 2013.

All Channel 3 shows are available online. Watch online:

<http://www.tellicovillagepoa.org/channel3/videos>