



POA Meetings and Events (note irregular dates/times/locations):

- POA Offices closed July 4 in celebration of Independence Day
- POA Board Workshop, 10 a.m. Tuesday, July 9, POA Office
- Golf Advisory Committee, 3:15 p.m. Thursday, July 11, Kahite Activity Center
- Communications & Marketing Advisory Committee, 9 a.m. Friday, July 12, POA Office

TELLICO VILLAGE POA **Tell-E-Gram**
Midweek July 2, 2013

Recreation News and Events for July

Fourth of July Holiday Hours

The Wellness Center and Chota Recreation Center will be open limited hours Thursday, July 4.

- Wellness Center: 6 a.m.-6 p.m.
- Chota Recreation Center: 8 a.m.-6 p.m.
- Kahite Activity Center: Please contact the Kahite Pro Shop at 423-884-6108 or 865-458-2639

The Recreation staff wishes everyone a safe and happy Fourth of July!

Basic Hatha Yoga

Join Jill Pranger as she instructs the Basics of Hatha Yoga. Class will meet 2:15 Tuesdays, beginning July 2, in the Wellness Center; and will begin 2:15 p.m. Thursdays, July 11, in the Kahite Activity Center. These classes will meet each Tuesday (at the Wellness Center) and Thursday (at the Kahite Activity Center). For more information, please contact the Wellness Center at 865-458-7070. Sign-ups are not necessary.

Weight Equipment Orientations

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

- Monday, July 15, 4 p.m.
- Thursday, July 25, 4 p.m.
- *Anyone wishing to make an appointment for an orientation at the Kahite Fitness Facility please contact the Wellness Center at 865-458-7070 and leave your name with the receptionist.*

It is recommended that you get approval from your doctor prior to beginning an exercise program. The orientations are free; however, **reservations are required**. Please contact the Wellness Center at 865-458-7070 to have your name added to the date you desire. If the dates above do not work for you, please leave your name with the front desk and the Weight Equipment Orientation Instructor will contact you.

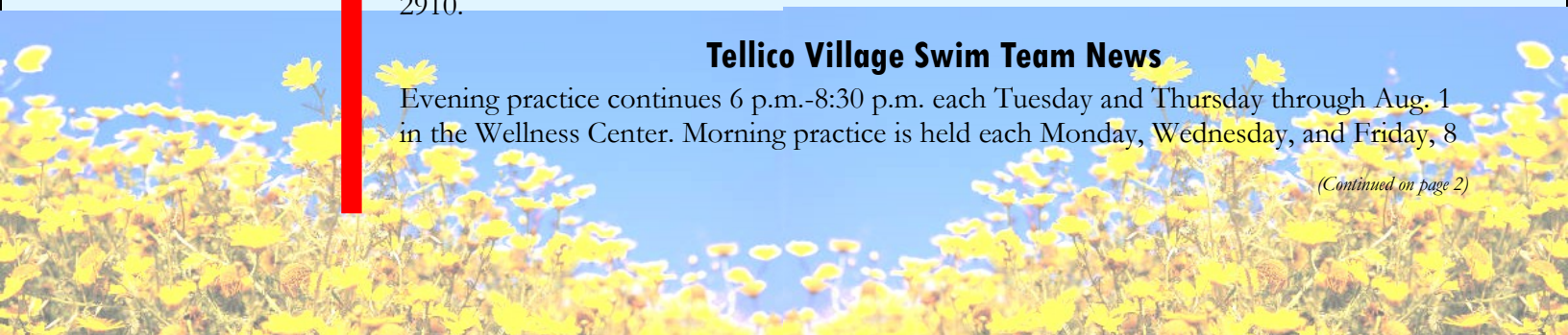
Jin Shin Jyutsu®

Join Mary Ruth Kelly at the Wellness Center for Jin Shin Jyutsu® Self-Help on 2:15 p.m. Thursdays. The clinic will run for six weeks, ending on Aug. 1, so don't miss out. For more information about Jin Shin Jyutsu®, please contact Mary Ruth Kelly at 865-458-2910.

Tellico Village Swim Team News

Evening practice continues 6 p.m.-8:30 p.m. each Tuesday and Thursday through Aug. 1 in the Wellness Center. Morning practice is held each Monday, Wednesday, and Friday, 8

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a.m.-10 a.m., in the Chota Rec Center through Aug. 2. The pool will be closed for open swim and classes during practice times. **The Wellness Center pool will be CLOSED for swim meets, beginning at 4:15 p.m., on July 11.** For more information about the swim team, you can email the team manager, Agnes Beauchamp, at tvtarpons@charter.net.

Camp Tellico

Camp Tellico will be held 11 a.m.-3 p.m. July 8-12 and July 29-Aug. 2, in Chota Rec Center. For more information contact the Chota Recreation Center at 865-458-6779. **CAUTION:** This will be a busy week, so please plan your visits to the Rec Center accordingly.

Cancellation

Open Play Moh Jongg on Tuesday, July 9, will be CANCELED due to Camp Tellico. For any questions, please contact Larissa at the Chota Rec Center, 865-458-6779.

Hearing Seminar

Join Dr. Jill Cole with the Family Hearing Center 2 p.m. Tuesday, July 2, in the Chota Recreation Center. Join this small group discussion when Dr. Cole talking about ringing in the ears and what can be done about it. The seminar is free, but registration is required by calling the Rec Center at 865-458-6779.

Fibromyalgia Seminar

Join Dr. Jessica Briere, from Complete Chiropractic & Wellness Center, when she helps you to gain a better understanding of fibromyalgia. She will also talk about new, natural ways to improve your wellbeing. The seminar will be held at the Kahite Activity Center 9:30 a.m. Thursday, July 11. This seminar will be a great one, so don't miss out. The seminar is free, but registration is required by calling the Chota Rec Center at 865-458-6779.

Adding Years to Your Life Seminar

Join Dr. Jessica Briere, from Complete Chiropractic & Wellness Center, 10:30 a.m. Thursday, July 18, in the Chota Rec Center, when she addresses how to add years to your life and life to your years with six simple daily habits. The seminar is free, but registration is required by calling the Rec Center at 865-458-6779.

Rec 101

Are you interested in learning the ins and outs of the Recreation Department? Would you like to learn who the correct contact person is for room reservations or the addition of new classes? If so, please attend the Rec 101 on Thursday, July 25, 12:30 p.m., in the Wellness Center. Reservations are not required.

AARP Safe Driving

There will be an AARP Safe Driving course held 9 a.m.-1 p.m. Monday and Tuesday, July 15 and July 16 (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 at 865-458-6779. If the class is full, a waiting list will be maintained for future classes.

Foods to Help Maintain Your Sexual Health and Wellness Seminar

Join Dr. Mays from the University of Tennessee and Dr. Matt St. John, a practicing naturalist, 11 a.m. Friday, July 12, when he presents a seminar on what foods can help maintain your sexual health and wellness. Foods can help you hold on to that special spark. The seminar is free, but registration is required by calling the Chota Rec Center at 865-458-6779. After the seminar, if you are interesting in talking more, you can meet Dr. Mays and Dr. St. John

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at Tanasi for lunch.

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. Thursday, July 25, is FREE, but reservations are required by calling the Rec Center at 865-458-6779.

Coming In August...

Medic Blood Drive

The Medic Blood Drive will be held at the Chota Recreation Center 11 a.m.-6 p.m. Tuesday, Aug. 6. A valid 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 free cholesterol evaluation. There is no fasting necessary. One blood donation a year exempts you and your IRS dependants from paying blood supplier processing fees at any U.S. hospital. There are no appointments necessary.

Some Other Stuff You Need to Know...

Tellico Top Notes Rehearsal Schedule

The Tellico Top Notes hold practice/rehearsal 7 p.m. on the second and fourth Tuesdays (July 9 and July 23) each month in the Yacht Club. Nick Azelborn, 865-408-0256.

Patriotic Celebration July 3

The service clubs of Tellico Village, supported by local businesses, will hold the annual July 4 celebration 5-9 p.m. Wednesday, July 3, rain or shine. Come to the Village Square for patriotic/Christian music from Tamara Comstock and the East Tennessee Concert Band. There will be games, food, rock climbing, a bounce house, face painting and a classic car show. Contact Michele Pubillones for questions or more information, (H) 865-458-6111,(C) 423-807-6661, or luvzlabs@bellsouth.net.

Kahite Fourth of July Activities

Residents of Kahite have planned their annual celebration:

- 9 a.m. Parade
- 10 a.m. Breakfast and Parade Awards at Pavilion
- 9 p.m. Fireworks

For more information, contact Bruce Christopher, brucec@tds.net.

Other Fourth of July Activities

- **Thursday, July 4 – Loudon 4th of July Parade:** 9 a.m. line-up; 10 a.m. parade begins. Line-up will take place on Carter Street, next to Loudon High School.
- **Thursday, July 4 – Lenoir City 4th of July Parade and Annual Firecracker Run:** 10 a.m. line-up at Yale Commercial Locks; 11 a.m. Firecracker Run and Parade. The Firecracker Run is a half-mile run for children ages 5-12. The run is free, and the first 100 children receive a free event t-shirt. Every runner receives a participation award. Top prizes will be given to the first place boy and girl from each division. Participants for the parade or race can register by calling the Lenoir City Parks and Recreation Department at 865-986-1223.
- **Thursday, July 4 - Greenback 4th of July Parade:** Noon line-up; 1 p.m. parade begins. Line-up will take place at Greenback School.

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- **Saturday, July 6 – Rockin’ the Docks July 4th Celebration:** 4 p.m. until Fireworks at 10 p.m., Lenoir City Park and Cove. Live music, food vendors, and children’s play area. Call Lenoir City Parks and Recreation at 865-986-1223 for more information.

Cruising Club Meets July 10

The Tellico Cruising Club will meet 5 p.m. for social hour with a 6 p.m. meeting Wednesday, July 10, in the Yacht Club. Meetings are held on the second Wednesday of each month. All boaters are welcome. For more information, contact Commander Errol Keith, 865-458-4277.

Fishing Club Meets July 10

The Tellico Village Fishing Club will meet 7-8:30 p.m. Wednesday, July 10, in the Yacht Club. This month’s guest speaker from TWRA is Travis Scott to discuss trout fishing and the hatchery beyond Bald River Falls. Visitors are welcome. For more information, contact Chuck Stoeffler, Fishing Club President, 865-643-1410.

Managing Lifestyle Changes - Aging By Design, Not by Default July 11

The HOA is hosting a lifestyle forum 1-3 p.m. Thursday, July 11, in the Tellico Village Community Church:

- A Summary of HomeOwners' Priorities (Ray Stark)
- Your feedback from the March Forum
- The feedback from 190 HomeOwners who participated in 12 Focus Groups in May and June
- What actions can be initiated to address these priorities (Ray Stark)
- Panel Discussion - Preparing your Plan B
- STAYinTV Committee - Homeowner Task Forces taking action (Linda Kaump)
- An update on how Homeowner feedback will be used to support POA initiatives. (Joe Marlette)
- Questions and Answers from Audience
- What's Next (Ray Stark)

Tellico Village Ladies Book Club Meets July 11

The Tellico Village Ladies Book Club will meet 11:30 a.m. Thursday, July 11, in the Tanasi Clubhouse, followed by a 12:15 p.m. discussion on *Louisa May Alcott—The Women Behind “Little Women,”* by Harriet Reisen. For more information, contact Bette Purvis, 865-458-8070.

Hike Glendale Loop/Coytee Trail July 12

The Tellico Village Hiking Club will depart 8 a.m. Friday, July 12, from Chota Center, to hike:

- Glendale Loop/Coytee Trail (East Lakeshore) Trail
- Distance: Approximately 5 miles
- Rating: Easy
- Driving Time: 30 Minutes
- Leader: Bob Kutschera, 865-408-3092 or bkkutch@yahoo.com

This trail is a pleasant hiking experience winding along the shoreline of Powerline Cove and the main channel of Tellico Lake. Last year East Lakeshore Trail was placed on the National Register of Hiking Trails.

Hiking boots and hiking stick(s) are recommended. Because of the amount of rain this year, the trails tend to be a bit narrow in places due to vegetation growth, so long pants are recommended. Bring ample water and a trail snack. Driving instructions will be distributed at the Chota Center and \$2 per person to the driver is suggested.

Refer to the link for directions and a trail map you can save for future hikes: <http://tellicowater.org/documents/Complete%20ELT%20Map.pdf> .

Yacht Club Offerings and Upcoming Special Events

- **Tiki Bar** is back every Friday at 6 p.m. DJ Mike White appears July 5 and 19; DJ Lou appears July 12 and 26.
- **Cruising on the Patio** has begun at the Yacht Club every Sunday noon- 5 p.m. Come on your boat or anyway you can for drinks and food from the grill. (Will be canceled on days that it rains.)
- Don't forget **Independence Day** is coming soon! The Yacht Club will be having a patio party on July 4. Tickets are \$10 and can be bought at the Yacht Club. There will be food from the grill, live music, drinks and dancing plus fireworks at sundown. Admission will get you a free house drink from the bar, but the grill is not included in this price. The dining room will be closed that day for this special event. Get your tickets now!
- **Comedy Night** is coming to the Yacht Club July 23 featuring Tom Mabe. He will have an opening act. Tickets are on sale now for \$50 all inclusive. This includes a buffet dinner and a complimentary house specialty cocktail with the show. Cocktails begin 5:30 p.m., dinner at 6 p.m., and the show at 7:30 p.m.
- Lunch is now open at the Yacht Club for the summer season, Wednesdays-Fridays, noon -2 p.m. Come and enjoy!
- Join us for dinner on Saturday nights for Chef Warren's delicious BBQ Ribs. They are on special for \$15 a full rack and \$10 for a half rack.
- **Seafood Week** is July 23-July 27.
- **All-You-Eat Buffet** will have an Asian theme, 6-8 p.m. Tuesday, July 30, for \$13 tax included. A limited ala care menu will also be available.



Tellico Village can now be found on Facebook. Follow this link or search and "like" our page to see the Yacht Club calendar and more:

www.facebook.com/pages/Tellico-Village/107440545979485

On a Special Note...

Did you know you can find the Yacht Club calendar and menus online? Go to www.TellicoVillagePOA.org, log in or click on the POA logo, select CLUBHOUSES, click on YACHT CLUB.

For reservations and information, call 865-458-4363.

How are we doing?

We appreciate your business and are committed to providing you and your family and friends with quality services. Please take a moment to complete a short survey online: YachtClubSurvey.com.

Reciprocal Courtesy Cards for Yachting Clubs of America Available

Property owners can purchase Reciprocal Courtesy Cards for the Yachting Clubs of America in the POA office for \$20. The card will allow you to frequent the more than 700 yachting clubs which, like TVYCC, are members of the association. There are YCA affiliated yacht clubs throughout the USA and its territories. For more information about YCOA, go to www.ycaol.com; the website that tells about the Association and all the yacht clubs that are members. Stop by the POA office to learn where member clubs are. For other questions about the program, call Mitzi Lane, 865-458-5408, extension 4116.