



POA Meetings and Events:

- Architectural Control Committee, 9 a.m. Thursday, July 3, POA Conference Room
- POA Board Workshop, 10 a.m. Tuesday, July 8, POA Conference Room (Irregular date)
- Architectural Control Committee, 9 a.m. Thursday, July 17, POA Conference Room
- Finance Advisory Committee, 9 a.m. Friday, July 18, POA Conference Room

Recreation Department News and Activities for July July 4 Holiday Hours

The Wellness Center and Chota Recreation Center will be open on limited hours Friday, 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!

Build, Balance, Bend Class (BBB)

Interested in attending a non-aerobic chair class? If so, join Mikki Barr on Tuesdays and Thursdays at 9 a.m. at the Chota Recreation Center in the gymnasium beginning July 1. For more information, please contact Chota Rec Center at 865-458-6779.

Weight Equipment Orientations

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

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TELLICO VILLAGE POA Tell-E-Gram

Week Ending June 27, 2014



Come Join the Party!

Aerobic Class

Meets Mondays, Wednesday, & Fridays @ 8:30 a.m.

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- July 2 at 1 p.m.
- July 21 at 1 p.m.

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 or you would like an orientation at the Kahite facility, please leave your name with the front desk and the Instructor will contact you.

Tellico Village Swim Team News

Evening swim team practices are 6-8:30 p.m. each Tuesday and Thursday through July 24 at the Wellness Center. Morning practices are held each Monday, Wednesday, and Friday, 8-10:30 a.m., at the Chota Rec Center through July 24. 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 4:30 p.m., on July 17. For more information about the swim team, you can email the team manager, Agnes Beauchamp, at tvtrapons@charter.net.

Camp Tellico

Camp Tellico will be held 11 a.m.-3 p.m. July 7-11 and July 28-Aug. 1. For more information, contact the Chota Recreation Center at 865-458-6779. **CAUTION:** These will be busy weeks, so please plan your visits to the Rec Center accordingly.

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 24 at 12:30 p.m. at the Wellness Center. Reservations are not required.

Swim Lessons

Are you interested in feeling more comfortable in the water? Are you or your child ready for summer swim? 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 swim lessons:

- Four 30-minute private lessons: \$120
- Four 30-minute semi-private lessons: \$90

If you are interested in either adult or child swim lessons, please contact Kim Wiebe at 865-661-7365 for more information or to sign up.

FREE Health and Wellness Screening

Join Dr. Jessica Smiley-Hedrick, a Volunteer Wellness Consultant for the Non-Profit Foundation for Wellness Professionals, along with her team, will be at the Wellness Center 9:30 a.m.-noon Wednesday, July 23, to offer free screenings. Screenings will include Saliva Test for chemical toxicity, Stress Test, Blood Pressure Check, and a Physical Evaluation for traumatic injuries. The screenings are FREE and sign-ups are not required.

Medic Blood Drive

The Medic Blood Drive will be held at the Chota Recreation Center noon-6 p.m. Tuesday, July 1. 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.

Horseshoes

Interested in joining your fellow neighbors and friends for a game of horseshoes? Then come by the Wellness Center on Tuesdays and Thursdays from 9-11 a.m. For more information, please contact Roger Nicholson at 734-765-1379.

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Healthy House Chores Seminar

Join Dr. Jessica Briere, from Complete Chiropractic & Wellness Center, when she addresses healthy house chores. Vacuuming, dusting, yard work, etc., are just a few examples of house chores that can be hard on your body. Learn about practical ways to perform chores while preventing injuries and actually strengthening your muscle and joints. The seminar will be very popular so it will be offered twice!

- July 10 at 11:45 a.m. - Kahite Activity Center
- July 17 at 10:30 a.m. - Chota Rec Center

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

Macular Degeneration Lunch-and-Learn Seminar

“Age-related macular degeneration: What does it mean and what are my options.” Find out what treatments are out there and what may be coming up in the near future. Join Dr. Matthew Cole, MD, a retina specialist at Campbell, Cunningham, and Taylor on July 15 at 11 a.m. for a free lunch-and-learn. He trained at the prestigious Macular Degeneration Institute and uses treatments such as laser and intravitreal injections for wet macular degeneration, diabetic retinopathy, and retinal vein occlusions. A free lunch will be provided for those who attend this seminar. The seminar is free, but reservations are required by calling the Rec Center at 865-458-6779.

DiaBeasity Seminar

DiaBeasity - the connection between Diabetes and Obesity: What you can do to improve your health and reduce your chances of diabetes. Join Scott Shapiro, a certified health coach, who has a Doctorate in Naturopathic Medicine, a Master of Science in Nutrition and a Bachelor's in Business on July 18 at 10 a.m. when he discusses the connection of diabetes and obesity in this free seminar. Reservations are required by calling the Rec Center at 865-458-6779.

Early Voting

Early Voting will be held at the Chota Recreation Center 10 a.m.-6 p.m. Wednesday-Friday, July 23-25.

Coming in August...

Intro to Line Dancing with Toni Grovier will start again on Tuesday, Aug. 12, at 1 p.m. at the Wellness Center and will meet each Tuesday and Thursday at 1 p.m. There is an additional fee of \$3 that must be paid to the instructor to attend Line Dancing. To have your name added to the list, please contact the Wellness Center at 865-458-7070.

POA Board Newsletter in the Mail

The June 2014 POA Board Newsletter is in the mail and should hit mailboxes soon. If you want to see it before it arrives or in color, you can find it on the website at:

www.tellicovillagepoa.org/images/tellico/pdfs/newsletters/news-2014-jun.pdf

Some Other Stuff You Need to Know...

GriefShare Program

GriefShare is a 13-week, nondenominational program (for men and women), started June 26—you can join at any time, 10:30 a.m.-12:30 Thursdays, at Christ Our Savior Lutheran Church, CMC Room 103. For more information, call the church, 865-458-9407, or Tom and Maryanne Whitlaw, 865-657-3300.

It may be hard for some to feel optimistic about the future right now if they have lost a spouse, child, family member or friend. They have probably found that there are not many people who understand the deep hurt they

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feel. That's the reason for GriefShare, a special seminar and support group for people grieving the loss of someone close. This group is sponsored by people who understand what they are experiencing and want to offer them comfort and encouragement during this difficult time.

Each GriefShare session includes a video seminar and group discussing. A GriefShare workbook (\$15) assists you with note-taking journaling and grief study. Videos feature top experts on grief recovery, dramatic reenactments about living with grief and real-life stories of people who have experienced similar losses.

This program is in 26 countries and growing.

iPad Tips

Beginning this week, Curt Levine, one of The Public Library at Tellico Village's volunteer iPad instructors, will give an iPad Tip of the Week. If you have a question for Curt, you can ask him through the Library's Facebook page:

<https://www.facebook.com/ThePublicLibraryatTellicoVillage> or send an email to tvlibraryquestions@hotmail.com. Curt's weekly tips can be viewed on the Library's website, <http://www.tvlibrary.org/index.html>, or on the Library's Facebook page. Here are instructions on how to get to our Facebook page <http://www.tvlibrary.org/contact-us.html>

Tiki Bar Schedule

Tiki Bar at the Yacht Club will be held 7-10 p.m. on these Fridays:

- June 27, Southern Star Band, on the dock
- July 18, Steve Rutledge Band, on the dock
- July 25, Southern Star Band
- Aug. 1, Steve Rutledge Band
- Aug. 8, DJ Lou
- Aug. 22, Kudzu Band
- Aug. 29, Jus Teezin, on the dock
- Sept. 12, DJ Lou
- Sept. 19, Southern Star Band, on the dock
- Sept. 26, DJ Lou
- Oct. 17, Kudzu Band
- Oct. 24, Steve Rutledge Band, on the dock

For more information, call 865-458-4363.

No July Meeting for Computer Users Club

The Tellico Village Computer Users Club will not meet in July nor August.

Holiday Hours July 4 and POA Meeting Cancellations

Don't forget: Friday, July 4, the POA offices will be closed for the Independence Day holiday.

The Recreation Advisory Committee will not be meeting in July.

The Communications & Marketing Committee will not be meeting in July.

The Golf Advisory Committee will not be meeting in July.

Recreation facilities will be open limited hours:

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- Wellness Center: 6 a.m.-6 p.m.
- Chota Recreation Center: 8 a.m.-6 p.m.

Check with your clubs or organizations about their schedules around the holiday so you don't make a wasted trip if they are taking the time off.

Fishing Club Meets July 9

The Tellico Village Fishing Club monthly meeting will be held 7-8:30 p.m. Wednesday, July 9, at the Tellico Village Yacht Club. Members will discuss fishing results and upcoming tournaments. Returning guest speaker, Steve Cox, host of the TV show "Let's Go Fishing" will discuss night fishing, Asian carp invasion, lamprey eel, and zebra mussel intrusion. Visitors are welcome. For additional information, contact Club President Jim Goyert at 865-441-2770.

Village Quilters Guild Meets July 11

The general meeting of the Village Quilters Guild will be held on the second Friday of the month, 9:15 a.m. social time followed by a 9:45 a.m. meeting, July 11, at Christ Our Savior Lutheran Church, on Highway 72.

Tellico Village University Informational Meeting July 11

Tellico Village University has seen new interest with an effort to develop a lifelong learning program supported by a website for our community. Since we have so many organizations that offer various opportunities for Tellico Villagers to learn lots of things, TVU will begin program development by citing those organizations that already offer learning programs as TVU Partners in the TVU website. Each organization must request that designation and include a link to the TVU website on their own website. An informational meeting will be held 4 p.m. Friday, July 11, at Chota Recreation Center, Room C, for about 45 minutes, for those Village organization representatives to learn how to become a TVU Partner and hear about the advantages to Tellico Village. To help plan for this meeting, please respond to Cindy Solomon at csolomonphd@att.net by July 10 with the subject line "TVU Information Session" that you will be represented. A summary of key points will be provided to bring back to organizations' members for discussion to make the decision to become a Tellico Village University Partner. For more information, call Cindy at 865-408-1520.

Rules of Golf Quiz Answers

Did you take the Rules of Golf quiz Tuesday? Here are the correct answers:

1. False
2. True
3. Gravel pebbles, leaves, banana peel
4. Fairway and putting green of an adjacent hole
5. True
6. True
7. The player lifts his ball because it interferes with or assists another player
8. False
9. Giving information on the rules is not considered to be advice
10. Loose impediments lying out of bounds may be removed without penalty

To see the quiz questions, go to <http://www.tellicovillagepoa.org/images/tellico/gram2014/tg20140624.pdf> and scroll down to the last page.