

## Tell-E-Gram Text Only Version, May 1, 2012

### **POA Meetings and Events:**

- Architectural Control Committee, 9 a.m. Thursday, May 3, POA Office
- Recreation Advisory Committee, 9 a.m. Thursday, May 3, Wellness Center
- Communications & Marketing Advisory Committee, 9 a.m. Friday, May 4, POA Office
- Golf Advisory Committee, 3 p.m. Thursday, May 10, POA Office

# Recreation Department News, Events

By **HOLLY BRYANT**

*Recreation Manager*

It's the 25th Anniversary of Tellico Village and the TVPOA is celebrating. Come celebrate this momentous occasion with the Recreation Department on the 25th of every month in 2012. All property owners are invited to use any of our facilities for FREE and every 25th member to check in at any of our three locations will receive a door prize.

### **Extended Hours at Chota**

Beginning May 1, our hours of operation will extend at the Chota Recreation Center in conjunction with the opening of the outdoor pool. The hours will be:

- Monday-Thursday: 8 a.m.- 9 p.m.
- Friday and Saturday: 8 a.m.- 7 p.m.
- Sunday: noon-7 p.m.

### **Kahite**

Pool and Fitness Hours are based on hours of the Kahite Pro Shop. For their hours of operation, call 423-884-6108.

### **VitalSigns Core**

The next session of VitalSigns Core 12-week program will begin at the Wellness Center on May 8. The class will wrap up on July 26. Class will be held every Tuesday and Thursday 2:15-3:45 p.m. This includes workout time and nutrition class time. There is a \$550 fee for this class, with \$50 due upon registration. Couples discounts apply. For more information or to sign up, contact Jessica Antrim, 865-458-7070.

### **Weight Equipment Orientations**

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

- Monday, May 7, at 3 p.m.
- Wednesday, May 16, at 3 p.m.
- Tuesday, May 29, at 3 p.m.

Anyone wishing to make an appointment for an orientation at the Kahite Fitness Facility should contact the Wellness Center, 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. Contact the Wellness Center, 865-458-7070, to have your name added to the date you desire.

### **Tennis Clinics**

Interested in tennis clinics? If so, contact Christian, 865-389-8676, for a list of fees and/or to sign up. Clinics are held every Monday at the Wellness Center at:

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- B Level- 9 a.m.
- A Level- 10:30 a.m.
- Beginners- noon

All clinics held are based on sign-ups, so contact Christian today!

### **Camp Tellico**

Camp Tellico is coming soon! Camp will be held:

- June 25-29
- July 9-13
- July 23-27

Camp Tellico will be held from 11 a.m.-3 p.m. at the Chota Rec Center. The second week of Camp Tellico (July 9-13) is held in conjunction with the annual Golf Camp at Toqua. Sign-ups began April 2. Registrations will NOT be taken by phone as payment must accompany sign-up. Contact the Toqua Pro Shop, 865-458-6546, for information about Golf Camp. Watch the Connection for more details. For more information contact Larissa at the Chota Recreation Center, 865-458-6779.

### **Pontoon Picnics**

Pontoon Picnic will be held 5-7 p.m. Wednesday, May 16, on Pontoon Picnic Island just below Jackson Bend Island at MM 11.5 (the Mialaquo neighborhood). Pontoon Picnics will be held the first and third Wednesday of each month. All boats that can handle 3 feet of water and be equipped with adequate fenders and lines are invited. Items to bring are drinks, picnic ware (plates, utensils, etc.), lawn chairs, and a dish to share. Boaters and non-boaters are welcome! For more information, contact Gene and Connee Miller, 865-408-9330.

### **Stress Seminar**

Join Dr. Jessica Briere, DC, 10:30 a.m. Thursday, May 24, in the Chota Rec Center when she discusses Stress: The #1 cause of DIS-EASE. Understand the power of stress, how much accumulated stress your body is holding, and more importantly...how to release tension. The seminar is FREE, but signups are required by calling the Rec Center, 865-458-6779.

### **Rec 101**

Want to learn the ins and outs of the Recreation Department? Want to learn who the correct contact person is for room reservations or the addition of new classes? Come to the Rec 101, 2 p.m. Thursday, May 31, in the Wellness Center.

### **Tellico Village Swim Team News**

Summer is on its way, Believe it or Not! And the Tellico Village Swim Team is gearing up for the 2012 swim season. Evening practice will begin at the Wellness Center 6 p.m. Tuesday, May 15. All evening practices will be 6-8:30 p.m. each Tuesday and Thursday thru Aug. 4 at the Wellness Center. Morning practice will be 8 a.m. Wednesday, May 30, at the Chota Rec Center. All morning practices will be held each Monday, Wednesday, and Friday 8-10 a.m. at the Chota Rec Center thru Aug. 4. The pool will be closed for open swim and classes during practice times. For more information about the swim team, you can email the team manager, Agnes Beauchamp, at [tvtarpons@charter.net](mailto:tvtarpons@charter.net).

### **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 specify which class you would be interested in. Classes MUST have at least 12 participants for the class to start. Length of each course will

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vary. Fees range from \$30 to \$100 depending on the course.

### **Coming in JUNE...**

LifeLine Screenings sponsored by the University of Tennessee Medical Center will be held at the Chota Rec Center on Tuesday, June 12. Screenings included will be Stroke/Carotid Artery; Heart Rhythm; Abdominal Aortic Aneurysm; Peripheral Arterial Disease; and Osteoporosis Risk Assessment. Cost for all 5 screenings: \$149. Pre-registration is required by calling 1-800-324-1851. Make your appointment today!

## **Yacht Club Offerings and Upcoming Special Events**

**By JONATHON TOUCHTON**

*YC General Manager*

### **Upcoming Events**

- Lunch is back in action: 11:30 a.m.-2 p.m. Tuesday through Friday. Check out the menu online!
- The Friday Tiki Bar is back in full swing (inside and outside—weather permitting)! Tiki Bar starts kickin' around 7 p.m. The newly renovated downstairs is ready for spring and summer parties.
- Saturday Night Fever: FREE special bar appetizer with your first drink at the bar.
- Sunday Brunch - come casual or dressy and enjoy a relaxed atmosphere.
- The next Wine Dinner and Chef Demo will be Monday, May 21. Cocktails at 5:30 p.m., with dinner at 6:30 p.m., \$45 per person (plus tax and gratuity), Mediterranean-style Cuisine.
- Mother's Day will be here before we know it! Make reservations for our Mother's Day Brunch Buffet, 11 a.m.-3 p.m. Sunday, May 13, \$17 per person. Children under 10 eat for 50% off. Menu will be announced soon!! Reservations ONLY. Will fill up very quickly!!
- MEMORIAL DAY TICKETS ON SALE NOW AT THE YACHT CLUB. A \$10 ticket gets a live band, firework show, lawn and patio access, and one free drink at the bar.
- 25th Anniversary, \$25 Chef Dinner and Demo will be Monday, June 25, featuring Southern Comfort Food, menu available online.

### **On a Special Note...**

Did you know you can find the Yacht Club calendar and menus online? Go to [www.TellicoVillage.org](http://www.TellicoVillage.org), select AMENITIES, click on YACHT CLUB.

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

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

### **Computer Users Club May 1**

The Tellico Village Computer Users Club meets 7 p.m. Tuesday, May 1, on the top floor of the Yacht Club. Lloyd Arrowood will present "Technical Foundations and Social Implications of Facial Recognition Software." He will discuss the technology behind facial recognition, its current and future uses, and the legal ramifications of pervasive facial recognition on individual privacy rights. For more information, go to [www.TVCUC.org](http://www.TVCUC.org).

*Submitted by Dean Miller*

### **Beginning Taoist Tai Chi Class May 10**

The Taoist Tai Chi Society will be offering a Beginning Tai Chi Class beginning 10:30 a.m.-noon Thursday, May 10, in the Wellness Center (Rec membership not necessary). For more information, call Gail Eades, 865-599-6785. This four-month session will teach participants the

108-movement exercise set.

Taoist Tai Chi is a slow movement “internal” form of the ancient Chinese martial art. It is widely know for increasing flexibility, strength, improving balance, and taming the “busy mind.” It can be practiced by people of all ages and physical conditions.

The Taoist Tai Chi Society is a nonprofit, all-volunteer organization. The instructors donate their time.

*Submitted by Gail Eades*

## **Become a Friend of the Library**

Are you a member of Friends of the Tellico Village Library? Did you know that the new library is expected to open this fall, ahead of schedule? Have you heard about the Wine/Beer Tasting and Silent Auction fundraiser planned for Sept. 20 to furnish the new library? Your membership and participation in fundraisers is what makes it possible to construct a new state-of-the-art library for Tellico Village, to fill the shelves with books, CDs, DVDs, audio books, magazines, host educational seminars and to provide the community with the latest technology and resources available. For more information or membership form, contact Cindy Brittingham, [brittcindy@gmail.com](mailto:brittcindy@gmail.com).

*Submitted by Kathy Economy*

## **Village Neighborhood Brush Removal Schedule**

Brush should be at least three feet long, no more than six inches in diameter, and free from any metal objects. Piles should be placed along the street right-of-way in front of your home the week prior to scheduled pick-up. No household trash, building material nor metal items will be picked up. Public Works does not remove brush left by landscapers. Reputable landscapers clean up and remove the brush they generate as part of the service.

If you have any questions about the procedure on brush pick up, call the Public Works office, 865-458-4522.

### **Brush/Leaf Schedule**

The schedule begins the first full week of each month (leaves November-February, brush March-October):

- **Week 1:** Kahite, Mialaquo, and Chatuga neighborhoods
- **Week 2:** Toqua Hills, Toqua Greens, Toqua Shores, and Toqua Point neighborhoods
- **Week 3:** Toqua Coves, Chota Shores, and Tanasi Neighborhoods
- **Week 4:** Chota Hills, Chota Woods, Tommotley, and Coyatee neighborhoods

### **Brush Dumping Prohibited in Village**

As a reminder to Villagers and landscapers, dumping brush in the Village is not allowed. If you see anyone dumping brush, Public Works asks that you get the license number of the vehicle and report it to Public Works as soon as possible by calling 865-458-4522.

## Next Few Days Ahead

### Wednesday, May 2<sup>nd</sup>

8 am- Aerobic Fit & Tone (KAC)  
8 am- A Ladies Tennis (WC)  
8:30 am- Aerobics (WC)  
8:35 am- Water Aerobics (WC)  
9 am- TLTA (CRC)  
9 am- Bridge Practice & Play (CRC)  
9:15 am- Water Exercise (KAC)  
9:45 am- Water Exercise (WC)  
9:45 am- Tai Chi (WC)  
9:45 am- Tai Chi Practice (KAC)  
10 am- Badminton (CRC)  
10 am- B Ladies Tennis (WC)  
11 am- Arthritis Water Class (WC)  
11:30 am- Yoga (WC)  
1 pm- Advance/Level 3 Line Dancing (WC)  
1 pm- Mah Jongg (KAC)  
1 pm- Contract Bridge (CRC)  
2:15 pm- Intermed/Level 2 Line Dancing (WC)  
3:30 pm- TOPS (CRC)  
4 pm- Pilates Yoga (WC)  
4:15 pm- Basketball (CRC)  
5 pm-Co-ed Water Fitness (WC)  
6 pm- Yoga (WC)  
6:30 p.m. Adult Bible Study (CRC)  
6:30 pm- Euchre (CRC)  
7 pm- Bluegrass (CRC)

### Thursday, May 3<sup>rd</sup>

8 am- Fit & Tone (WC)  
8 am- A Men Tennis (WC)  
8 am- B Men Tennis (WC)  
8:30 am- Pilates (KAC)  
9 am- ACC (POA)  
9 am- Rec Adv Comm (WC)  
9:15 am- Fit & Tone (WC)  
10 am- 4 Paws Food Pantry (CRC)  
10 am- B Ladies Tennis (CRC)  
10 am- Water Fun & Movement (WC)  
10:30 am- Beginning Tai Chi (WC)  
11 am- Table Tennis (CRC)  
12:30 pm- Ladies Duplicate Bridge (CRC)  
1 pm- Intro/Level 1 Line Dance (WC)  
1 pm- TV Library Facilities (CRC)  
3 pm- Weight Watchers (CRC)  
4 pm- Zumba (WC)  
4 pm- Beginning Racquetball (CRC)  
4:15 pm- Basketball (CRC)  
6:15 pm- Badminton (CRC)

### Friday, May 4<sup>th</sup>

8 am- Aerobic Fit & Tone (KAC)  
8 am- Basketball (CRC)

8 am- B Ladies Tennis (WC)  
8:30 am- Aerobics (WC)  
8:35 am- Water Aerobics (WC)  
9 am- Communications Adv Comm (POA)  
9:15 am- Water Exercise (KAC)  
9:45 am- Tai Chi Practice (KAC)  
9:45 am- Fit & Tone (WC)  
9:45 am- Water Exercise (WC)  
9:45 am- Intermediate Yoga (WC)  
10 am- A Ladies Tennis (WC)  
11 am- Arthritis Water Class (WC)  
11:30 am- Yoga (WC)  
12 pm- MAKoplasty seminar by Hovis Orthopedic Clinic (CRC)  
12 pm- Open Badminton (CRC)  
1 pm- Bridge (CRC)  
1 pm- Line Dance Practice (WC)  
4 pm- Aqua Zumba (WC)  
5 pm- Co-ed Water Fitness (WC)

### Saturday, May 5<sup>th</sup>

8 am- B Men Tennis (WC)  
8:30 am- Fit & Tone (WC)  
8:35 am- Deep Water (WC)  
9:30 am- Advance/Level 3 Line Dance (CRC)  
9:30 am- T-BART Lake Orientation (YC)  
10 am- A Men Tennis (WC)  
12:30 pm- Badminton (CRC)  
1 pm- TLTA Social (CRC)

### Sunday, May 6<sup>th</sup>

**Chota Rec Center Open 12 pm – 7 pm**

### Monday, May 7<sup>th</sup>

8 am- Aerobic Fit & Tone (KAC)  
8 am- Basketball (CRC)  
8:30 am- Aerobics (WC)  
8:35 am- Water Aerobic (WC)  
9 am- HOA (CRC)  
9 am- Village Sweat Shop (CRC)  
9:15 am- Water Exercise (KAC)  
9:45 am- Water Exercise (WC)  
9:45 am- Tai Chi Practice (KAC)  
9:45 am- Intermediate Yoga (WC)  
10 am- B Ladies Tennis (CRC)  
11 am- Water Arthritis (WC)  
11:30 am- Yoga (WC)  
1 pm- Advance/Level 3 Line Dancing (WC)  
1 pm- Carving Club (CRC)  
1 pm- Quilters Board (CRC)  
1:15 pm- Badminton (CRC)  
2:15 pm- Intermed/Level 2 Line Dancing (WC)  
3 pm- Weight Equipment Orientation (WC)  
3:30 pm- Stability Ball (WC)  
3:30 pm- T-BART Bratfest (YC)