

## Tell-E-Gram Text Only Version, Aug. 24, 2012

### POA Meetings and Events:

- **25th Anniversary Parade, 7 p.m. Friday, Aug. 24, Chota Road**
- Rec 101, 10 a.m. Thursday, Aug. 30, Wellness Center
- POA Offices closed Labor Day, Monday, Sept. 3
- CANCELED: POA Board Workshop, Tuesday, Sept. 4

## Recreation Activities, Events for September

By Holly Bryant  
Recreation Manager

### Bridge Lessons

Standard American Bridge II will begin on Wednesday, Sept. 5, at 9 a.m. Standard American Bridge I will begin on Thursday, Sept. 6, at 6:30 p.m. Both these bridge classes will be instructed by Doug and Helen Nance and will be held each Wednesday and Thursday. Sign-ups are required by calling the Chota Rec Center at 865-458-6779.

### Intro to Yoga

Join Jill Pranger as she hosts a six-week clinic on the basics of yoga. Class will meet on Tuesdays at 1 p.m. beginning Sept. 4 and ending on Oct. 9. Sign-ups are not necessary.

### I Can Hear You, But I Can't Understand What You're Saying Seminar

Join Appalachian Audiology on Thursday, Sept. 13, at 10 a.m. when they talk about advanced solutions for people who struggle to hear conversations and the difference between hearing and listening. The seminar is free, but reservations are required by calling the Rec Center at 865-458-6779.

### Living Whole Food Meals and Nutrition Discussion

Interested in learning about what living whole food is? Interested in learning how to prepare meals and new recipes. Join one of your fellow residents, Melissa Massey, on Sept. 7 and 21 at 12:30 p.m. at the Chota Rec Center to discuss the ins and outs of living whole food. Sign-ups are not necessary.

### Pontoon Picnics

Pontoon Picnics will be held on Wednesday, Sept. 5, and Wednesday, Sept. 19, from 5-7 p.m., on Pontoon Picnic Island just below Jackson Bend Island at MM 11.5 (the Mialoquo 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. In case of inclement weather, Pontoon Picnic will be held on the Wellness Center patio. Boaters and non-boaters are welcome! For more information, contact Rich and Bev Sikorski at 865-458-4135 or Gene and Connee Miller at 865-408-9330.

### Weight Equipment Orientations

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

- Tuesday, Sept. 4 at 3 p.m.
- Monday, Sept. 17 at 3 p.m.
- Tuesday, Sept. 25 at 3 p.m.

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- *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.

### **Rec 101**

The next Rec 101 will be 10 a.m. Thursday, Aug. 30, and 2 p.m. Thursday, Sept. 27, to learn the ins and outs of the Recreation Department. For more information, contact Jessica Antrim at 865-458-7070.

### **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! Please contact Larissa at the Chota Recreation Center, 865-458-6779, to add your name to our interest list and 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.

### **Learn to Play Pickleball**

Classes for new pickleball players start up twice a month and run for two weeks on Monday and Wednesday evenings from 5-7 p.m. (first class) and 6-7 p.m. (last three classes). Lessons and all necessary equipment are provided at no charge. Class size is limited so sign today at the Chota Rec Center by calling 865-458-6779.

### **Line Dance Practice**

Interested in practicing the line dancing you learn with Toni? If so, stop by the Wellness Center on Fridays at 1 p.m. to practice your moves.

### **Healthy Aging and Your Hormones Seminar**

Join Sherry Fetzer, nurse practitioner, with Performance Medicine of Knoxville on Tuesday, Sept. 11, at 10 a.m. in the Chota Rec Center when she discusses keys to finding your personal fountain of youth to restore physical, emotional and sexual well being. The seminar is free, but registration is required by calling the Rec Center at 865-458-6779.

### **Grocery Store 101**

Join Dr. Jessica Briere, D.C., from Complete Chiropractic & Wellness Center on Thursday, Sept. 20, at 10:30 a.m. when she discusses grocery shopping - a dreaded task! Join her for this fun talk to simple ways to shop healthy and efficiently by reading front and back labels, ingredients and looking at the nutritional table. The seminar is free, but reservations are required by calling 458-6779.

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

### **East Lakeshore Trail in the News Aug. 27**

The crew from the local NBC station filmed material recently for a piece on East Lakeshore Trail, a recently designated National Recreation Trail by the U.S. Dept. of the Interior, for airing 4-5 p.m. Monday, Aug. 27, news broadcast.

*Submitted by Mel Fisher*

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## **Auditions for 'Our Village' Aug. 28**

The Tellico Community Theatre's Prime Time Players announce audition for "Our Village" 7-8:30 p.m. Tuesday, Aug. 28, in the Playhouse in Lakeside Plaza.

"Our Village", a chamber theatre production that combines both the readers' theatre format with stage acting, will be presented at the Yacht Club for three performances on Oct. 25. We need adult men and women readers' theatre performers, actors, and crew members for lighting, sound, and costume and props. This show is produced in connection with the POA's celebration of the 25<sup>th</sup> Anniversary of Tellico Village. The script was written by SPOOF (Satire and Parody of Outrageous Old Fogies) and pokes humorous fun at life in our Village of Tellico.

For more information, contact Director Larry Zinn at [lzinn2@cs.com](mailto:lzinn2@cs.com); Director Debbie Mayberry at [sdmayberry@charter.net](mailto:sdmayberry@charter.net); or Producers John and Kate Jacobs at [kateharveyjacobs@charter.net](mailto:kateharveyjacobs@charter.net).

*Submitted by Pam Russell*

## **MCFA Thrift Store Labor Day Madness Sale Aug. 30**

The Monroe County Friends of Animals (MCFA) announced an end-of-season clearance sale to benefit the Monroe County Animal Shelter:

- MCFA Labor Day Madness Sale
- 5-9 p.m. Thursday, Aug. 30
- Everything in the store 50 percent off

The store will close Thursday afternoon to prepare for the sale. The store is located at 302 Ballplay Road, Madisonville, in the old Tate Building Supply store.

The store has now been open for six months and is run by the enthusiastic volunteers of MCFA.

*Submitted by Claire Moxim*

## **Now Featured on Channel 3**

- **County Update** airs 8 a.m. and 4 p.m. daily. Loudon County Commissioner Don Miller explains the 2012-2013 county budget. Included are charts which detail "where the money comes from" and "where the money goes."

All Channel 3 shows are available online.

Watch online: [www.tellicovillage.org/in-the-news/channel3/videos](http://www.tellicovillage.org/in-the-news/channel3/videos)

### **Channel 3 Schedule**

- 6 a.m. Golf Update
- 7 a.m. Rec Rap
- 8 a.m. County Update
- 9 a.m. Spotlight on Tellico Village
- 10 a.m. POA Board Update
- 11 a.m. Mr. Tellico
- Noon School Board Update
- 1 p.m. What's Happening
- 2 p.m. Golf Update
- 3 p.m. Rec Rap
- 4 p.m. County Update
- 5 p.m. Spotlight on Tellico Village
- 6 p.m. POA Board Update
- 7 p.m. Mr. Tellico
- 8 p.m. School Board Update
- 9 p.m. What's Happening

Online: [www.tellicovillage.org/in-the-news/channel3/videos](http://www.tellicovillage.org/in-the-news/channel3/videos)

## Next Few Days Ahead

### Friday, August 24<sup>th</sup>

5 pm- Wellness Center Closes

7 pm- 25th Anniversary Parade (Chota Rd.)

### Saturday, August 25<sup>th</sup>

8 am- B Men Tennis (WC)

8:30 am- Fit & Tone (WC)

8:30 am- Racquetball (CRC)

8:35 am- Deep Water (WC)

9:30 am- Advance/Level 3 Line Dance (CRC)

10 am- A Men Tennis (WC)

10:30 am- Wallyball (CRC)

12:30 pm- Badminton (CRC)

### Monday, August 27<sup>th</sup>

8 am- Aerobic Fit & Tone (KAC)

8 am- Basketball (CRC)

8:30 am- Racquetball (CRC)

8:30 am- Aerobics (WC)

8:35 am- Water Aerobic (WC)

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 Dance (WC)

1:15 pm- Badminton (CRC)

2:15 pm- Intermed/Level 2 Line Dance (WC)

3 pm- Weight Equipment Orientation (WC)

3 pm- Mac Users (CRC)

3:30 pm- Stability Ball (WC)

4:15 pm- Basketball (CRC)

5 pm- Co-ed Water Fitness (WC)

5 p.m. Pickleball Beginners Class (CRC)

5:45 pm- Bridge (CRC)

6 pm- Yoga (WC)

6:30 pm- TVKWO Monthly Meeting (KAC)

### Tuesday, August 28<sup>th</sup>

8 am- Fit & Tone (WC)

8 am- A Men Tennis (WC)

8:30 am- Racquetball (CRC)

9:15 am- Fit & Tone (WC)

10 am- Water Fun & Movement (WC)

10 am- B Men Tennis (WC)

10 am- Table Tennis (CRC)

10:30 am- Tai Chi (WC)

11 am- Wallyball (CRC)

1 pm – Knit & Crochet (CRC)

1 pm- Open Play Mah Jongg (CRC)

4 pm- Pilates Yoga (KAC)

4 pm- Zumba (WC)

4 pm- Aqua Zumba (WC)

4:15 pm- Basketball (CRC)

6 pm- Badminton (CRC)

6 pm- Hand & Foot (KAC)

### Wednesday, August 29<sup>th</sup>

8 am- Aerobic Fit & Tone (KAC)

8 am- A Ladies Tennis (WC)

8:30 am- Racquetball (CRC)

8:30 am- Aerobics (WC)

8:35 am- Water Aerobics (WC)

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)

10:30 am- Water Arthritis (KAC)

11 am- Arthritis Water Class (WC)

11:30 am- Yoga (WC)

1 pm- Advance/Level 3 Line Dance (WC)

1 pm- Mah Jongg (KAC)

1 pm- Contract Bridge (CRC)

2:15 pm- Intermed/Level 2 Line Dance (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 pm- Hand & Foot (KAC)

### Thursday, August 30<sup>th</sup>

8 am- Fit & Tone (WC)

8 am- A Men Tennis (WC)

8 am- B Men Tennis (WC)

8:30 am- Pilates (KAC)

8:30 am- Racquetball (CRC)

9 am- Pickleball Board (CRC)

9:15 am- Fit & Tone (WC)

9:30 am- 5 Crown Cards (CRC)

10 am- Water Fun & Movement (WC)

10 am- Rec 101 (WC)

10 am- B Ladies Tennis (CRC)

10:30 am- Beginning Tai Chi (WC)

11 am- Wallyball (CRC)

11 am- Table Tennis (CRC)

1 pm- Intro/Level 1 Line Dance (WC)

3 pm- Genealogy (CRC)

3 pm- Weight Watchers (CRC)

4 pm- Zumba (WC)

4 pm- Beginning Racquetball (CRC)

4:15 pm- Basketball (CRC)

5 pm- Pickleball Drills (CRC)

6 pm- TVKWO Ice Cream Social (KAC)