

Tell-E-Gram Text Only Version, Oct. 2, 2012

POA Meetings and Events:

- Architectural Control Committee, 9 a.m. Thursday, Oct. 4, POA Office **Canceled**
- Recreation Advisory Committee, 9 a.m. Thursday, Oct. 4, Wellness Center
- Communications & Marketing Advisory Committee, 9 a.m. Friday, Oct. 5, POA Office
- Golf Advisory Committee, 3 p.m. Thursday, Oct. 11, POA Office

Recreation Department Activities for October

Chota Hours of Operation for Fall and Winter

Beginning Sunday, Oct. 7, the Chota Recreation Center hours of operation will be:

- Sunday: CLOSED
- Monday-Thursday: 8 a.m. – 9 p.m.
- Friday-Saturday: 8 a.m. – 5 p.m.

Annual Quilt Show

The annual Quilt Show will be held at the Chota Rec Center 8:30 a.m.-4 p.m. Saturday, Oct. 13; and noon-4 p.m. Sunday, Oct. 14. The Chota Rec Center will be closed from 5 p.m. Thursday, Oct. 11, through Sunday, Oct. 14 to all groups and clubs, in anticipation of the Quilt Show. Chota Rec will resume normal business hours 8 a.m. Monday, Oct. 15. If you have any questions regarding the closure of the Chota Rec Center, Larissa can be contacted at 865-458-6779.

Jin Shin Jyutsu®

Join Mary Ruth Kelly 2:15 p.m. Thursdays for a six-week clinic beginning Thursday, Oct. 11-Nov. 15 when she instructs Jin Shin Jyutsu® Self Help at the Wellness Center. Learn how your own two hands can be used like jumper cables to “jump start,” harmonize and balance the energy flow in your body. For more information, please contact Mary Ruth Kelly at 865-458-2910.

Pontoon Picnics

Pontoon Picnics will be held on 5-7 p.m. Wednesdays, Oct. 3 and 17, 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, please contact Rich and Bev Sikorski, 865-458-4135; or Gene and Connee Miller, 865-408-9330.

Weight Equipment Orientations

Orientations, by appointment only, on the proper use of the cardiovascular and weight equipment will be provided:

- 3 p.m. Monday, Oct. 1, Wellness Center
- 3 p.m. Tuesday, Oct. 9, Wellness Center
- 3 p.m. Thursday, Oct. 25, Wellness Center

Anyone wishing to make an appointment for an orientation at the Kahite Fitness Facility, please

leave your name at the front desk.

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, or the Kahite Activity Center, 423-884-6353, to have your name added to the date you desire.

Rec 101

The next Rec 101 will be 10 a.m. Thursday, Oct. 25, should you be interested in learning the ins and outs of the Recreation Department. For more information, please contact Jessica Antrim, 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 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.

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 at 614-449-9944 or gctennispro@yahoo.com for more information.

Learn to Play Pickleball

Classes for new Pickleball players start up twice a month and run for two weeks 5-7 p.m. Monday and Wednesday (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.

Healthy Aging and Your Hormones Seminar

Join Sherry Fetzer, nurse practitioner, with Performance Medicine of Knoxville, 10 a.m. Tuesday, Oct. 9, 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.

What's New with Hearing Aids Seminar

Join Appalachian Audiology 10 a.m. Thursday, Oct. 11, 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 that help the individual hear speech clearly in noisy places like restaurants. Dr. Jan Dungan, a clinical audiologist at Appalachian Audiology, will also tell you what you need to know to avoid paying too much for hearing aids and unnecessary features. The seminar is free, but registration is required by calling the Rec Center, 865-458-6779.

Headache and Migraine Seminar

Join Dr. Jessica Briere 11 a.m. Tuesday, Oct. 16, in the Chota Rec Center, when she talks about headaches not being normal and how to prevent and manage them normally. The seminar is free, but registration is required by calling the Rec Center, 865-458-6779.

Chronic Kidney Disease Seminar

Join a Fresenius Medical Care specialist 10:30 a.m. Wednesday, Oct. 17, in the Chota Rec Center when they discuss chronic kidney disease. The Fresenius Medical Care team will cover the topics: Who is at risk? Can it be prevented? What are the symptoms? How it's diagnosed? How it's treated? What treatment options? This seminar will allow you to ask a healthcare professional questions about kidney health and treatment for all stages of Chronic Kidney Disease. Also discover what other resources, information, and support are available to you and your family. The seminar is free, but registration is required by calling the Rec Center, 865-458-6779.

Knee Replacement Seminar

Join Dr. Brian Covino, from Knoxville Orthopedic Clinic (KOC), when he discusses the modern advancement in total knee replacements including Stryker's "get around knee" and technology that will potentially expand the survivorship to total knee replacement. Dinner will be served with this seminar, free of charge, 5 p.m. Tuesday, Oct. 30, in the Chota Rec Center. Registration is required by calling the Rec Center, 865-458-6779.

Coming in NOVEMBER...

AARP Safe Driving

There will be an AARP Safe Driving course held 9 a.m.-1 p.m. Monday and Tuesday, Nov. 26 and 27 (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. Military Veterans and spouses are FREE of charge. 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.

Some Other Stuff You Need to Know...

Computer Users Club Meets Oct. 2

The Tellico Village Computer Users Club will meet 7 p.m. Tuesday, Oct. 2, in the Yacht Club. The program will be "Microsoft Windows 8 Operating System" and will cover the new features, upgrade process, costs, etc., presented by Mike Mixon, Geek Squad Manager for Best Buy in Turkey Creek. Come see if it is for you. A short demonstration is planned. Hope to see all TVCUC members there. Guests are always welcome. Visit our website: www.TVCUC.org.

Submitted by Dean Miller

Kiwanis Elects New Officers

The Kiwanis Club of Tellico Village elected and installed new Officers and Board members for the 2012/13 term. The new officers are Chuck Hitch, president, Russ Hanson, president elect, Bob Bland, vice president, Ron Uncapher, secretary, Mike Cottle, treasure, and Ray Scott, past president. The directors are Bill Anstine, Bob Treece, Berry Rummel and Linda Dill.

"The officers and directors of our Club commit their time and resources for the children of our community and the world," said President Chuck Hitch. We have three principal fundraisers, including two pancake breakfasts in the fall and spring and a Charity golf tournament, and all of the money raised is used to fund the charities we support. In addition, we have sponsored the Cutest Little Baby Face contest at the West Hills Mall where all of the funds go to East Tennessee Children's Hospital. We also give of our time for Junior Achievement, the Key Club, judging science and social studies fairs at the local schools, parkway pickup, and ringing the bell for the Salvation Army to name just a few of our activities. We are proud members of our community and the world said new President, Chuck Hitch. We are also grateful to our many sponsors who have supported us and we look forward to continuing our service.

Submitted by Bob Treece

Household Hazardous Waste Collection - Oct. 6

The Tennessee Department of Environment and Conservation's mobile household hazardous waste collection service will be in Hamblen and Loudon counties on Oct. 6.

"Our household hazardous waste mobile collection service provides the people of Tennessee with a safe, environmentally friendly way to dispose of unwanted household chemicals and other potentially hazardous wastes at no cost," said Environment and Conservation Commissioner Bob Martineau. "This service travels across the state holding collection events in local communities, and we encourage all Tennesseans to take advantage of the opportunity to utilize it."

On Saturday, Oct. 6, any Tennessee resident may bring his or her household hazardous waste to the following locations. (Note that hours listed indicate the local time for events.)

Hamblen County – Hamblen County Courthouse at 511 West 2nd North Street in Morristown from 9 a.m. until 1 p.m. The local contact for this HHW collection event is Deborah Stevenson at (423) 586-6422.

Loudon County – Loudon County Justice Center at 12680 Highway 11 West in Lenoir City from 8 a.m. until 1 p.m. The local contact for this HHW collection event is Gordon Harless at (865) 988-7558.

Yacht Club Offerings and Upcoming Special Events

- JUST A REMINDER: LUNCH IS GONE AND WILL BE BACK NEXT SPRING.
- The Friday Tiki Bar is still in full swing! Tiki Bar starts kickin' around 7 p.m. We will now offer food from a selected menu!
- Join us for dinner on Saturday nights for Chef Warren's delicious BBQ Ribs, \$15 for a full rack or \$10 for a half rack.
- Sunday Brunch - come casual or dressy and enjoy a relaxed atmosphere.
- The Tellico Village Yacht and Country Club can now be found on Facebook. Follow this link or search and "like" our page: www.facebook.com/pages/Tellico-Village-Yacht-and-Country-Club/438163296194885

On a Special Note...

Did you know you can find the Yacht Club calendar and menus online? Go to www.TellicoVillage.org, select AMENITIES, click on YACHT CLUB.

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

(Gram continued on next page.)

Next Few Days Ahead

Tuesday, October 2nd

4 pm- Beginning Racquetball (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 (CRC)
6:30 pm- Pinochle (CRC)
7 pm- TV Computer Users Club (YC)

Wednesday, October 3rd

8 am- Aerobic Fit & Tone (KAC)
8:30 am- Racquetball (CRC)
8:30 am- Aerobics (WC)
8:35 am- Water Aerobics (WC)
9 am- A Ladies Tennis (WC)
9 am- TLTA (CRC)
9 am- Standard American Bridge II (CRC)
9:15 am- Balance, Bend, Build (KAC)
9:15 am- Water Exercise (KAC)
9:45 am- Water Exercise (WC)
9:45 am- Tai Chi (WC)
10 am- Badminton (CRC)
11 am- B Ladies Tennis (WC)
11 am- Arthritis Water Class (WC)
11:30 am- Yoga (WC)
1 pm- Advanced/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)
5 pm- Pontoon Picnic (Pontoon Picnic Island)
6 pm- Yoga (WC)
6:30 pm- Bible Study (CRC)
6:30 pm- Euchre (CRC)
7 pm- Bluegrass Jam (CRC)
7 pm- Vintage Vehicles (YC)

Thursday, October 4th

8 am- Fit & Tone (WC)
8:30 am- Pilates (KAC)
8:30 am- Racquetball (CRC)
9 am- Architectural Control Committee (POA)
9 am- A Men Tennis (WC)
9 am- B Men Tennis (WC)
9 am- Recreation Adv Comm (WC)
9 am- Watercolor Class (CRC)
9 am- Thyme For Herbs
9:15 am- Fit & Tone (WC)
10 am- 4 Paws Food Pantry (CRC)
10 am- Water Fun & Movement (WC)
10:30 am- Beginning Tai Chi (WC)
11 am- B Ladies Tennis (CRC)

11 am- Wallyball (CRC)
11 am- Table Tennis (CRC)
12:30 am- Ladies Duplicate Bridge (CRC)
1 pm- Intro/Level 1 Line Dance (WC)
1 pm- TV Library (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)
6:15 pm- Badminton (CRC)
6:30 pm- Standard American Bridge I (CRC)

Friday, October 5th

8 am- Aerobic Fit & Tone (KAC)
8 am- Basketball (CRC)
8:30 am- Racquetball (CRC)
8:30 am- Aerobics (WC)
8:35 am- Water Aerobics (WC)
9 am- Communications Adv Comm (POA)
9 am- B Ladies Tennis (WC)
9:15 am- Balance, Bend, Build (KAC)
9:15 am- Water Exercise (KAC)
9:45 am- Fit & Tone (WC)
9:45 am- Intermediate Yoga (WC)
9:45 am- Water Exercise (WC)
11 am- A Ladies Tennis (WC)
11 am- Arthritis Water Class (WC)
11:30 am- Yoga (WC)
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, October 6th

8:30 am- Fit & Tone (WC)
8:30 am- Racquetball (CRC)
8:35 am- Deep Water (WC)
9 am- B Men Tennis (WC)
9:30 am- Advance Line Dancing (CRC)
10:30 am- Wallyball (CRC)
11 am- A Men Tennis (WC)
12:30 pm- Badminton (CRC)

Sunday, October 7th

Chota Rec Center CLOSED on Sundays

Monday, October 8th

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- Balance, Bend, Build (KAC)
9:15 am- Water Exercise (KAC)
9:45 am- Water Exercise (WC)