



TELL-E-GRAM

MAY 7, 2019



PSAC HIGHLIGHTS

The Public Services Advisory Committee met on Wednesday, May 1st. The minutes from April's meeting were approved.

Public Works Report: Glen Quillen

- 22 tanks installed
- 19 water meters installed
- 12 sewer leaks repaired
- 15 water leaks repaired
- 147 tank adjustments (YTD)
- 37 water meters replaced with radio read meters (only 7 were bad)
- Water quality report will be published in The Connection on June 19

Roads & Grounds Report: Clayton Taylor

- Pulling shoulders
- Crack sealing in preparation for HA5
- Brush pick up
- Working on common property
- Repaired entrance at Tanasi

Updates and Current Procurements: Bud Murray & Jeff Gagley

- Pavement Management Survey
- Map of road conditions is complete

TABLE OF CONTENTS

PSAC Highlights	Pages 1-2
ACC Highlights	Page 2
Irrigation Tips, Yacht Club Lunch, Beans & Cream, Timeless Tellico Foundation	Page 3
Construction Updates, Connect with TN State Rep, Farmer's Market	Page 4
Lions Pill Container Collection	Pages 4-5
Hike the Village	Page 5
Cruising Club, Coin Club, Ladies Book Club, Hiking Club, Art Guild	Page 6
Village Quilters, Muddy Boots, HOA, TV Library	Page 7
Art Guild, Jazz and Music Lovers, HOA	Page 8
Flyers	Pages 9-11
May Recreation News	Pages 12-14
Pet of the Week	Page 15

POA MEETINGS AND EVENTS:

May 8, 2 p.m. – Having Your Say, POA Conference Room (appointment required)

May 9, 9 a.m. – CAC, POA Conference Room

May 9, 10 a.m. – RAC, Wellness Center

- Full report expected this month

Wellness Center Dehumidifier

- An air bypass damper was misadjusted
- Since adjustment, unit has been performing efficiently
- Quarterly service performed last week

Main Lift Station and Sewer System

- High level review suggests existing sewer system is sufficient
- Future upgrades may be needed at Toqua, Tanasi Cove, and Kahite
- Report expected by the middle of May

Sewer Study

- Santek contract will end next year
- Committee to review on June 5

Water Storage Tank report expected by this week

Toqua Clubhouse is 25% complete and Kahite Community Center is 30% complete. Both projects are on schedule.

ACC HIGHLIGHTS

The Architectural Control Committee met on Wednesday, May 2nd. The minutes were approved from the April 18th meeting.

The committee reviewed and approved 5 building permit requests.

ACC Report as of April 30, 2019							
2019 Permits Issued	Jan	Feb	Mar	Apr	YTD 4/30/19	Prev. YTD 4/30/18	Grand Total
Single Family - Budget	6	8	10	12	36		
Single Family - Actual	6	12	15	20	53	48	4019
Multi-Family	0	0	0	0	0	0	334
Commercial	0	0	0	0	0	0	41
Tellico Village Senior Living	0	0	0	0	0	0	21
Shoreline Strip	0	8	2	3	13	10	1792
Miscellaneous	16	20	12	24	72	48	4418
Home Occupation	0	0	0	0	0	3	44
Final Reviews Completed	14	5	13	20			
Houses under construction:							
Single Family	122	127	128	128			
Multi-Family	2	2	2	2			
Tellico Village Senior Living	0	0	0	0			
Total # under construction	124	129	130	130	0		
Kahite houses under construction	21	21	20	16			
Kahite permits issued	409	411	412	412			
Completion Agreement	4	7	5	15			
Average heated sq. ft.	2624	2183	2290	2139			
Average total sq. ft.	3878	2943	3601	2877			

IRRIGATION TIPS

It's almost time to start up your irrigation systems for the season! Before you do, we'd like to share some tips on how to properly irrigate your lawn. The truth is, most homeowners overwater their lawns, which causes unnecessary cost overruns and can actually damage the grass. To learn how to best irrigate your lawn, watch [this video](#) with Dr. Tom Sample and TVPOA Staff Engineer Bud Murray. You can also read the full presentation [here](#). Check your irrigation settings today to prepare for summer!

YACHT CLUB NOW SERVING LUNCH

The Yacht Club is now serving lunch from 11 a.m. to 2 p.m. Tuesday – Saturday and offering brunch on Sunday from 10 a.m. to 2 p.m.

Tuesday – Saturday: Sunday brunch:
Lunch: 11 a.m. – 2 p.m. 10 a.m. – 2 p.m.
Bar opens: 4 p.m.
Dinner: 5 p.m. – 9 p.m.

Click [here](#) to view the new lunch menu!



Spinach and Strawberry Salad



Angus Chopped Steak

VILLAGE'S FIRST COFFEE & ICE CREAM SHOP

Tellico Village's first coffee and ice cream shop—Beans & Cream—is scheduled to open Friday, May 31. Located at 212 Village Square behind the Welcome Center, Beans & Cream will feature a wide-range of coffee drinks, other beverages, ice cream, and pastries. Hours of operation will be Sunday through Thursday from 7:00 a.m. to 7:00 p.m. and Friday and Saturday from 7:00 a.m. to 9:00 p.m. More information can be obtained at www.beansandcream.net.

TIMELESS TELlico FOUNDATION

The Board recently approved the Timeless Tellico Foundation. The foundation was established as an alternate funding vehicle for amenities in the Village. Our initial amenities will be for recreation and trails.

*Creating a legacy for generations
to come in Tellico Village...*



We are now recruiting for our inaugural board of trustees. Trustee candidates will be interviewed by the Recreation Advisory Committee on May 16th and May 23rd.

What we are looking for:

- Candidates that are community minded with a passion to make your community better.
- Team members that thrive on making things happen.
- Trustees that will be engaged and involved.
- Candidate fundraising and non-profit experience is a plus, but not required.

Our initial tasks will be:

1. Create an approved naming rights inventory list.
2. Designate and complete our first small project (\$10 - \$20,000).
3. Designate our first large project (\$250,000+).

Are you ready to get involved in an exciting endeavor that creates quality recreational life experiences now and for the future in Tellico Village? **Please contact Simon Bradbury at sbradbury@tvpoa.org to schedule your interview.**

UPDATE: TOQUA CLUBHOUSE & KAHITE COMMUNITY CENTER

TOQUA: The shear walls are completed. Framing is 80% completed. Trusses should be complete by Thursday, when they will begin to sheet the roof.

KAHITE: The roof sheeting is complete and shingles are beginning to be installed. Final preparation to tie the pavilion to the clubhouse is underway. HVAC work is scheduled to begin Wednesday.

Stay up to date with the ongoing construction for both projects! Click [here](#) for the progress at Toqua and click [here](#) to see progress at Kahite.



Toqua Clubhouse



Kahite Community Center

CONNECT WITH TN STATE REP

If you would like to receive a weekly newsletter from Tennessee state representative Lowell Russell, please email rep.lowell.russell@capitol.tn.gov to join his email list.

FARMER'S MARKET

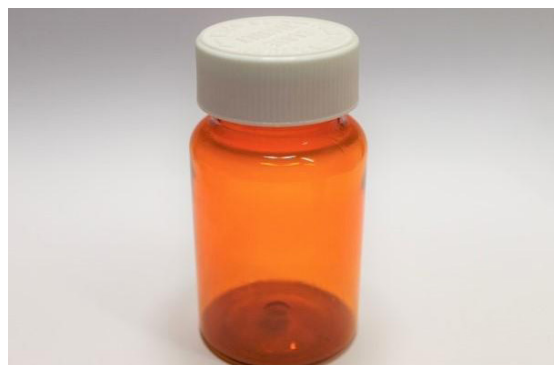
The Tellico Village Farmer's Market will begin on Wednesday, May 22 from 9 a.m.-12 p.m. at the Tugaloo Beach Pavilion Parking Lot. The market will run through the month of October. If you would like more information on becoming a vendor or if you would like to share the information with a vendor, please email lmccray@tvpoa.org or call 865-458-5408 ext. 4131.

LIONS PILL CONTAINER COLLECTION

There has been some confusion regarding the acceptable pill containers that Matthew 25 in Ohio will accept for donations from the TV Lions. The only type of container accepted is the orange/brown plastic with a white top. Even though prescriptions sometimes come in white and other types of containers, those cannot be accepted.

Before donation, all labels and adhesive residue must be removed. Due to the volume of containers being donated, the Lions cannot clean up the bottles to make them acceptable.

Currently, the TV Lions are in possession of over 2000 acceptable pill containers that still have labels. It is going to take significant effort by the members of the club to remove the labels and make them acceptable for Matthew 25. Although some labels may come off easily, most require effort to remove. The most effective method is soaking the container in water for several hours and peeling



off the label. If there is residual glue on the container, it can be removed using the product GOO GONE. It works best if it is sprayed on the container and allowed to sit for about 15 minutes. The residual adhesive can then be removed by either scraping or rubbing the affected area.

The Lions continue to accept used eyeglasses and hearing aids. Glasses should not be damaged and not be in cases. Hearing aids can be in cases and can also be donated with or without batteries. The simplest way to package any of these items is in plastic grocery store bags.

There are several locations in which these donations can be deposited: Tellico Village Library, United Community Bank, the Narthex of the Community and Gary Stuart Edward Jones in Chota Center. However, the best place to deposit donations is in the large drive-up container at the rear of the Welcome Center. Access can be gained by driving around the right side of the center and going into the drive-up area. The deposit container is on the center island.

The pill containers and eyeglasses are sent respectively to Columbus, OH and Roanoke, VA for processing and forwarding to third-world countries where they are used to help indigent residents. The hearing aids are sent to the Hearing and Speech Foundation in Maryville, TN where they are refurbished and given to Loudon County residents in need of those devices.

The TV Lions appreciate the support from Village residents in this collection operation.

HIKE THE VILLAGE

On May 8th, you can join the Village Trailblazers and Recreation Director, Simon Bradbury to hike the Kahite neighborhood trails.

This hike will kick off at 8:30 am. All groups will depart from the front of the Kahite Clubhouse. All participants are encouraged to wear comfortable shoes, which are appropriate for hiking, and bring water with you.



This hike will include a 3 mile and a 5 mile option. Both routes will begin and end at the Kahite Clubhouse.

Hikers are encouraged to have stick around and have lunch after the hike. The Kahite pub will be taking orders prior to the hike for anyone interested.

HIKE the VILLAGE

UPCOMING EVENTS AND MEETINGS

CRUISING CLUB

The Tellico Cruising (Boating) Club will hold its regular monthly meeting on May 8th at the lower level of the Tellico Village Yacht Club. Social hour begins at 5 p.m. with the meeting following immediately at 6 p.m. This club includes all types of boats: pontoons, bow riders, wake boats, cruisers, and all motorized craft. Anyone with any percentage of boat ownership is eligible for membership. Come check us out and learn about all the fun we have while boating!

COIN CLUB

The Coin Club will hold its monthly meeting on May 8th at the Yacht Club. Registration, silent auction, and social will begin at 4:15 p.m., with the meeting following. The meeting will wrap up with a live auction for registered members): Drawing for Free ANA memberships and drawing for 1909S V.D.B.

For additional information, contact Jim Schoffstall at 727-276-5013 or usnjimbo93@yahoo.com.

LADIES BOOK CLUB

The Tellico Village Ladies Book Club will meet on May 9th at Tanasi Clubhouse restaurant. We will meet at 11:30 a.m. for lunch with the discussion following at 12:15 p.m. The discussion about *The President's Daughter* by Barbara Chase-Riboud will be led by Jan Panter. If you like to read, please join us.

HIKING CLUB

May 10th | Bob Stratton Bald / Hangover

Distance: 6 or 12 miles

Rating: Moderate / difficult

Location: Depart from Lakeside Realty parking lot

Time: 8:00 a.m.

Driving Time: 1.5 hours

Elevation Gain: Approximately 900 feet

Leader: John Winn | 865-824-6200 | john.winn@gmail.com

Bob Stratton Bald is a classic southern mountain bald located off the Cherohala Skyway with views of the Unicoi Mountains, as well as the Joyce Kilmer-Slickrock Wilderness. Hangover is a rocky promitory located 3 miles beyond Bob Stratton Bald. It offers one of the best mountain views in all of East TN. You can see both peaks from the Tellico Parkway as you head south down the hill near Sequoyah Drive. The drive up the Cherohala Skyway will take care of most of the elevation gain; however, there is one steep section on the walk to Bob Stratton Bald where we will climb about 800 feet in 1 mile. We will have lunch at the Bald. After lunch we are planning for many hikers to turn around. For those who wish to continue, the extended hike to Hangover Lead is 12.3 miles roundtrip. Hangover Lead is a difficult rocky hike on a ridgeline, but the view is one of the best in East TN. You can see the Little Tennessee River Valley from Santeetlah Lake near Robbinsville to the 411 bridge in Vonore. The portion of Highway 129, known as The Dragon, runs through the valley below and the Smokies stretch out in the distance in the center of the view.

ART GUILD

May 10th – 12th | Christian Life Center at the Tellico Village Community Church

All artists, aspiring artists, and art enthusiasts are invited to attend the new art collection exhibit at the Art Guild's Spring Art Show. Both two-dimensional and three-dimensional artwork will be on display—from painting, drawing, and photography to sculpture, jewelry, pottery, and fabric art. The Art Guild is excited to welcome Knoxville artist Mike Berry as their juror this year. The public is invited to the opening reception on Friday, May 10th from 5 – 8 p.m. The exhibit continues on Saturday, May 11th from 10 a.m. – 4 p.m. and

Sunday, May 12th from 8 a.m. – 2 p.m. There is no charge to attend. Visit www.tellicoartguild.org for more

VILLAGE QUILTERS

The Village Quilters will meet on May 10th at 9:30 a.m. at Christ Our Savior Lutheran Church. This month's meeting will feature a white elephant sale with items for quilting and sewing.

MUDDY BOOTS

May 13th | Norris Dam State Park: Marine Railway Loop (Rain Date May 20)

Distance: 3.9 miles

Elevation Gain: 660 feet

Rating: Moderate

Time: 8:00 a.m. – No registration; just show up!

Location: Departing from Chota Center parking lot, across from the gas station

Driving Time: Near Lake City, approximately 60 miles; 1 hour

Hike Leader: Christie Bruns

Hike Description: Marine Railway Loop Trail is a 3.9-mile loop trail located near Lake City, Tennessee. The Marine Railway Loop follows old roads that served local residents until the mid-1930s when the Tennessee Valley Authority built Norris Dam. The Marine Railway Loop trail is located on the "modern" side of Norris Dam State Park that lies west of Norris Dam. It gets its name from a railway that ran from Cove Creek up to the ridge top before the construction of Norris Dam when the bottom land was occupied by houses and farms. A rail car pulled by oxen or mules helped transport crops and supplies up the steep, rugged slopes, and perhaps was even used to help load and offload a ferry that crossed Cove Creek.

Lunch: After our hike, we will drive about 10 minutes to Clinton and have lunch at Harrison's Grill: 110 Hillvale Road, Clinton, TN 37716

Be Prepared: Bring water and a trail snack. Bug spray is recommended in season. Hiking boots and poles are highly recommended, but not essential. We suggest you bring an extra pair of shoes and a trash bag for dirty hiking shoes to keep the driver's car floor clean. In the event you require medical attention during a hike, we suggest that each participant wear their name tag and bring a photo ID and medical information cards.

Muddy Boots Coordinators: Phil Brenner | phil.brenner@hotmail.com | 703-774-4778

Kevin Fusco | velkfabfour@gmail.com | 561-213-0449

HOA

May's HOA Social will be May 14th from 4:30 – 6 p.m. at the Yacht Club, featuring an earlier time and a new format with expanded raffle drawing, brief engaging, and informative presentations. Consider dinner with the group at the Yacht Club.

The HOA will hold a Welcome Orientation for new villagers on May 16th on the third floor of the Yacht Club from 6:30 – 8:00 p.m. Come learn about our community and our key organizations.

For more information about these events, please visit www.hoatv.org.

TV PUBLIC LIBRARY

May 15th | The Public Library at Tellico Village | 1 – 2 p.m.

How to Manage Back Pain and Keep Your Back Healthy, presented by Dr. Mag Abdu PT from the Advanced Physiotherapy Clinic in Lenoir City. There is no charge for this session. Please call 865-458-5199 to reserve a seat.

May 20th | The Public Library at Tellico Village | 10 a.m. – 12 p.m.

The History of Middlebrook Plantation, presented by Rick Fox and Ralph Cianelli. One of Knoxville's historic homes, it was constructed in 1845 and is listed on the National Register of Historic Places. There is no charge for this session. Please call 865-458-5199 to reserve a seat.

ART GUILD

Please join the Art Guild of Tellico Village on May 16th from 9:30 a.m. to 12:30 p.m. at the Yacht Club. The featured speaker is Judy Lavoie, an AGTV member who will present how to create a painting from start to finish. She'll show step-by-step progress of one of her newest watercolor paintings, "Sorghum Maker," while sharing her inspiration, tips, techniques, and materials. Judy has been painting for nearly 40 years, in watercolors and acrylics, on paper, canvas and scratchboards. She was awarded "Best Of Show" in the 2018 Tennessee Watercolor Society Exhibition. She was also named "2019 Wildflower Pilgrimage Artist of the Year" in conjunction with the 69th Annual Great Smoky Mountain Wildflower Pilgrimage, held annually in April. She currently has a solo exhibition at the Rarity Bay Community Activity Center through the end of June. To see Judy's work, visit www.judy-lavoie-art.com.

JAZZ AND MUSIC LOVERS

Tellico Jazz and Music Lovers present University of Tennessee's Finest Jazz Students on Tuesday, May 21st from 7 to 9 p.m. at the Yacht Club. UT's finest student musicians will play jazz favorites with the saxophone, piano, bass, trumpet, and drums. Tickets are \$10 per person. There will be a cash bar available. If you plan to dine at the Yacht Club, we suggest reservations by 5:15 p.m. For event reservations, please send a check to Steve Geoffrey at 216 Kiowa Point, Loudon TN 37774. Your tickets will be held at the door. For further information, call Steve Geoffrey at 865-657-5164.

HOA

HOA's general meeting will be May 23rd from 4 – 6 p.m. at the Community Church at Tellico Village.

The HomeOwners Association of Tellico Village (HOA) provides multiple opportunities for members to Be Informed about topics affecting our community. Any property owner is welcome to attend.

The meeting will kick off with an informative Property Owners Association (POA) update by Winston Blazer, POA General Manager. We'll then have a special presentation by Melissa Lindquist from the Tennessee Valley Authority (TVA) on the February 2019 Flood & River Management. The next presentation will complete the two-part Cyber Security series – Securing the Things Around You. Concluding the meeting will be a brief update by Keith Sanderson on the Monroe County Friends of Animals.

You'll also want to make sure and save the date of June 20th for a special meeting that will celebrate the 30th Anniversary of the HOA in Tellico Village. We've got a great meeting planned – you'll hear interesting stories on the history of TV/HOA that recognize the contributions of the early Pioneers to the success of the Village, along with the continuing positive impact on homeowners through HOA volunteerism.

For more information, contact Ken Litke HOA VP Programs at klitke204@gmail.com

ART GUILD



TELLICO VILLAGE

Join us at the Christian Life Center
Tellico Village Community Church
130 Chota Center
Highway 444 (Tellico Parkway) to Richey Rd.
and follow the signs

SPRING ART SHOW

Friday May 10, 5 - 8pm
Reception and Meet the Artists

Saturday May 11, 10 - 4

Sunday May 12, 8 - 2

Monroe County Friends of Animals

Wags, Whiskers & Wine

Saturday, May 11th 5:30-9:00

Tellico Village Yacht Club

Wine Tasting, Appetizers, Silent Auction, Music
Tickets \$75 ■ Smart Casual

TICKETS AVAILABLE AT UNITED COMMUNITY BANK, TELLICO VILLAGE
VOLUNTEER FEDERAL BANK, VONORE AND MCFA THRIFT STORE, MADISONVILLE



May 11th is Birth Mother's Day, Eat What You Want

Happy
Birth
Mother's
Day

Day, International Migratory Bird Day, National
Train Day, National Windmill Day, Twilight Zone
Day, but best of all its



Breakfast for Buds

OPEN TO ACTIVE DUTY MILITARY AND VETERANS
SHARING MEMORIES AND MEMORABILIA



IN LOUDON, TENNESSE

8:30 AM to 10 AM

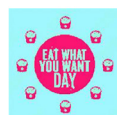
May 11th, 2019

At Mama's Grits Restaurant
Military Memorabilia Welcome



Driving Instructions

Take Hwy. 321 or 72 to 444.
At the only stop light on 444.
Turn and go west to the first
drive past the Marathon and
turn right. You will see the
restraurant.



Hosted by Tellico Village VFW 12135

Time for a 3D Tomo Mammogram?



UT Medical Center's Mobile Mammography Unit
will provide screenings at

Kahite Clubhouse

Wednesday, May 15, 2019

9am- 4pm

Appointment is required

Criteria for Screening Mammogram:

Age 40+
No current breast problems
No personal history of breast cancer
Inform us if you have breast implants
At least one year since your last screening mammogram

Insurance is filed for each participant.

To schedule an appointment please call the
UT Breast Health Outreach Program at
865-305-9753

This program made possible through support from the Susan G. Komen East TN,
Champions for a Cause, and National Breast Cancer Foundation



Mother's Day Menu

Sunday May 12, 2019
11:00 - 3:00pm

The Blue Heron Restaurant

\$24.99 Adults | \$12.50 Children 6-10 Under 5 Free

BUFFET

Assorted Scones & Muffins	Spiral Ham & Prime Rib
Fruit Salad	Carving
Smoked Salmon	Omelette Station
Broccoli Casserole	
Bacon & Sausage	
Biscuits & Gravy	
Home Fries	
Chicken Picatta	
Mixed Green Salad	
Garlic & Whipped Potatoes	
Seasonal Vegetables	

SWEETS

Assorted Pies & Cakes
 Gluten Free Chocolate Cake

****BEVERAGES NOT INCLUDED****
****TAX & GRATUITY NOT INCLUDED****



THE BLUE HERON RESTAURANT
FEATURING.....
FREDA VALENTINE
WITH
"THE BLUE EYED BEAR"
(BARRY CORLE)
THURSDAY MAY 30TH

-- LIVE MUSIC --
UPSTAIRS IN THE DINING ROOM

6PM - 9PM

FOR RESERVATIONS CALL:
865-458-4363



Music Monday

6:30 - 8:30PM

MAY 6 AM STATION

MAY 13 TRENT JAMES

MAY 20 KENNY DYKES

MAY 27 KARAOKE

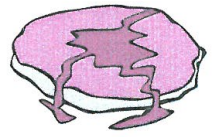


Tellico Village Yacht Club
MAY TIK FRIDAY
7:00 - 10:00PM

May 3rd	CSMC Band
May 10th	Hwy 33 Band
May 17th	No TIK
May 24th	Cole Sitzler

Bring Your Friends & Families
Lots of Dancing, Cash Bar,
& lots of fun!!

FREE PANCAKE BREAKFAST FOR VETERANS



Saturday, May 25, 2019 at 9am
Christ Our Savior Lutheran Church

A Special Event to Honor all Who Have Served

Christ our Savior Lutheran Church is hosting a pancake breakfast for area veterans on May 25th at 9 AM. Our guest speaker is Pastor Brian Truog. Brian has a son and son-in-law serving in the USMC as Harrier pilots with multiple overseas deployments and he will remind us of the sacrifices made by the families of our warriors.

The church is located at 260 Wade Rd. West, just off of Highway 72 about 1 mile north of the Tellico Parkway (via Highway 444). It's the white church with the electronic sign on the west side of the highway.

**For reservations, call the church office
at 865-458-9407 by May 22nd.**

Spouses Welcome

**Tellico Village
VFW**



Pickleball Tournament

SATURDAY

May 18th, 2019.

**Tellico Village Pickleball Courts
Tellico Village Wellness Center
200 Dohi Drive, Loudon, Tn.**

**This one day team fundraiser
tournament is scheduled from 8:00
am to 8:00 pm The tournament fee
is \$20 person / \$40 team.
Registration ends 9 May**

**Last day to
register
May 9th**

Tournament rules and registration at

www.tellicovillagevfwpost.org

4 Star Gold Sponsors



865.816.6688
www.providence-tennessee.com
Custom Homes Remodels Concierge Gary Fowler 865-254-2744 Angela Fowler 865-244-7494 Roamy Kilmer 901-651-2024

Silver Court Sponsors



Salute Our Heroes Sponsors



TELLICO VILLAGE RECREATION DEPARTMENT NEWS



May 2019

Facilities Opening for the Season

It's time to mark your calendars for a few facilities that will soon open for the season. The outdoor pool at Chota Recreation Center is scheduled to open on Friday, May 24th. The outdoor pool at the Kahite Activity Center will be announced at a later date as construction of the new Annex facility continues.

Guest Policy

Warmer weather tends to bring guests into the Village. Don't forget: guests who are not residents of Tellico Village will need to present a valid photo ID at the front desk at check in. Guests fees or guests passes are required at check in for anyone who is not currently a member of the Recreation Department.

Swim Team Summer Season Starts

The Tellico Village Tarpons Swim Team will begin practice for the summer season at the Wellness Center on Tuesday, April 30th from 6 pm to 8:30 pm. Practice will be held every Tuesday and Thursday evening at the Wellness Center through July. Practice at the outdoor pool at the Chota Rec Center will be held on Mondays, Wednesdays, and Fridays from 8:15 am – 10:45 am and will begin on the Wednesday, May 29th. The Wellness Center and Chota pools will be **CLOSED** for all other activities during these practice times. Check out www.tellicovillagetarpons.swim-team.us for more information about your Tellico Tarpons.

Hike the Village

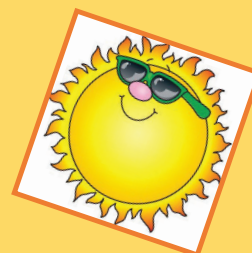
May's hike will feature the Kahite neighborhood trails. On May 8th, join hike leaders at the Kahite Clubhouse at 8:30 am and set out on an adventure through the flagship volunteer trails of Tellico Village. A 3-mile and 5-mile hike will be offered. Be sure to bring water and wear comfortable, hiking-appropriate shoes. Stick around for lunch at the Kahite Pub afterward.

Weight Equipment Orientations

Orientations on the proper use of the cardio and weight equipment will be provided at 2 pm on the following days:

Wednesday, May 8th at 2 pm

Tuesday, May 21st at 2 pm



Floor Training Continues in May

Join one of our amazing floor trainers on Mondays, Tuesdays, and Wednesdays from 9 am to 11 am. If you have any questions about how to start or where you are going in your wellness journey, our fabulous floors trainers are a great place to start. It's available to you at no additional charge!

REC 101

Join Lindsey Allison on May 14th in the Wellness Center conference room at 12:30 pm for REC 101. Learn everything you need to know about being a member of the Recreation Department and more.

Women's Basketball Group

If you're a woman interested in playing basketball, contact Johnnie Buckley at 865-898-3225. She is trying to gauge interest in a 3-on-3 league.

Shirts for Sale

New Recreation Department shirts are now for sale at the Wellness Center front desk. Sizes small through XXL are available and there are several colors to choose from. Prices are \$12 each or 2 for \$20.

Camp Tellico

Registration for Camp Tellico is in full swing and there are limited spots available. Payment is expected at the time of registration. The cost is \$155 for guests of property owners and \$125 for children who live in Tellico Village. This year's theme is Super Hero Camp. Camp Tellico will focus on real and imaginary superheroes. Camp dates are as follows: June 24th – 28th, July 8th – 12th and July 22nd – 26th. Waiting lists will be maintained if necessary.

FREE Injury Assessments

There are now 2 chances to receive free on-site injury assessments at the Wellness Center every week. Did we mention you don't have to be a member of the Recreation Department to take advantage of the awesome service? On Tuesdays from 10 am to 12 pm, join a board-certified Physical Therapist from BenchMark Physical Therapy. Can't make it on Tuesday? Try again on Wednesday from 10 am to 12 pm and meet with a licensed Athletic Trainer from Tennessee Orthopedic Clinic. One great service, two fantastic opportunities.

Joints in Motion (JIM) Continues in a Therapy Pool Near You

You can once again join Mikki Barr in the Warm Water Therapy Pool on Tuesdays and Thursdays from 1 pm to 2pm. JIM is a warm water-based program designed to increase flexibility and balance while emphasizing muscles strength and posture, while decreasing joint pain and stiffness for anyone with chronic pain or following rehabilitation.



Available Pavilion Dates are Filling up Fast

Are you interested in booking the Kahite or Tugaloo Beach Pavilion? Contact Larissa Lownsdale at the Chota Rec Center at 458-6779, to book your event today. A \$50 reservation fee will apply.

May Seminars

Please contact the Chota Rec Center at 458-6779 to sign up for seminars or for more detailed information.

**Please note: Reference to any specific commercial product, process, or service, or the use of any trade, firm or corporation name is for the information and convenience of our property owners, and does not constitute endorsement, recommendation, or favoring by the TVPOA.*

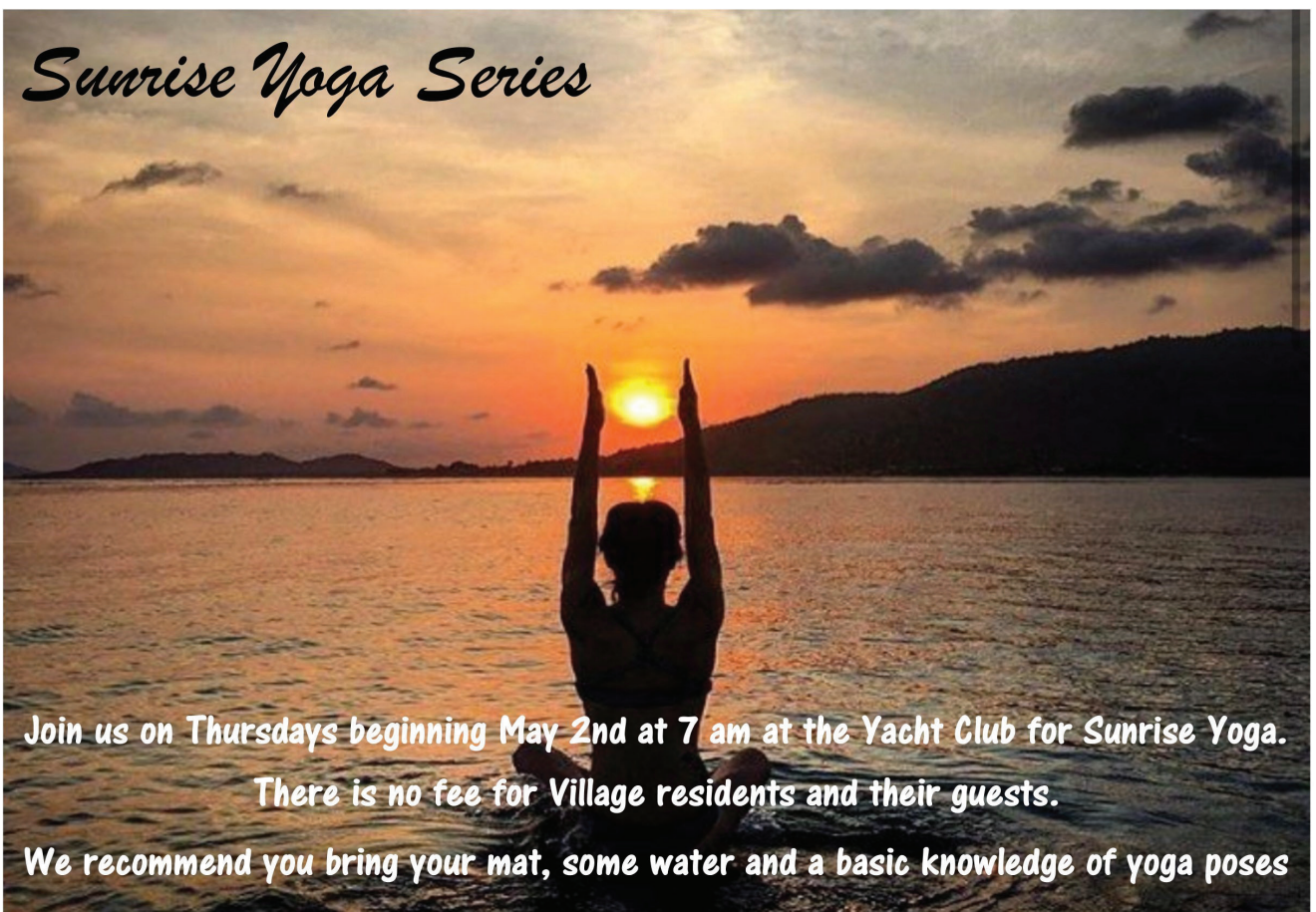
Join licensed-professional Craig Hutto with the Consolidated Marketing Group for a free educational session on *Understanding Medicare*. This informational presentation will be at 10 am on Friday, May 17th.

The following topics will be covered at the seminar:

- Medicare Basics
- 2019 Medicare costs
- Medicare Supplement Basics
- Medicare Advantage Basics
- The difference between cost and price



Sunrise Yoga Series



Join us on Thursdays beginning May 2nd at 7 am at the Yacht Club for Sunrise Yoga.

There is no fee for Village residents and their guests.

We recommend you bring your mat, some water and a basic knowledge of yoga poses

PET OF THE WEEK:

Hi, my name is Oso. I'm a three-year-old Jack Russell mix that weighs about 25 pounds. Right now, I live with a foster family, just a mom and dad. I tried to like young children, but they move too quickly and make me nervous. If you'd like to adopt me and have kids, I'd prefer them be at least 10 years old and be gentle with me.

My foster home has several very large dogs (Great Pyrenees) and some smaller Chihuahua dogs. The small dogs make me nervous and I prefer the bigger ones; I like to wrestle and play. I even like their cat! When I'm home, I'm either in my dad's lap or sitting as close to mom as I can get; she reaches down and scratches me a lot. When new people come to visit, I usually end up in their laps.

I enjoy being outside and chasing squirrels. If there's a squirrel out there, I'm going to try to get it (but haven't had any luck so far). I like to chew on elk antlers; they keep my teeth shiny and white and my breath smells good. My foster mom always adds treats (canned food/scrambled eggs/cooked gizzards, or something else) to my kibble. I trimmed down a bit when I got here by running more and eating well.

I've worked hard on my house-training and my foster mom takes me outside frequently to help teach me. I love to snuggle in bed at night and I'm learning about car rides (they're okay as long as they don't end up at the groomer). I'm not wild about being groomed, but I like being all soft and silky because I get more attention! I'd love to have a forever home. Please call to meet me.

SNAP (Spay Neuter Assistance for Pets) offers free vouchers to qualifying families for a spay or neuter procedure at participating local veterinarians. The next voucher session will be held Saturday, May 11th, at the Vonore Community Center (above the library) from 10 to 11 a.m.

Check out the MCFA Thrift Store for clean, gently used items at great prices. It's open Wednesday – Saturday from 10 a.m. – 3:30 p.m. and is located at 3949 Highway 411 in Madisonville (across from Kentucky Fried Chicken). Like us on Facebook for up-to-date sale information.

All animals adopted are spayed or neutered, wormed, have age appropriate vaccinations and testing, and are microchipped with registration. Cats are litterbox trained. \$50 adoption fee for animals over 1 year old, \$60 under 1 year.

The Monroe County Animal Shelter is located at 170 Kefauver Lane in Madisonville (behind Wal-Mart) and is open Tuesday – Friday from 11 – 4:30 and Saturdays from 11 – 2. Call 423-442-1015 for more information and check out all available pets on our website, <https://www.monroecountyfriendsofanimals.org>. The official Facebook page is "TN Monroe County Animal Shelter." Adoption gift certificates are available all year.

