



REC 101

Join Lindsey Allison on March 11th in the Wellness Center conference room at 9 am for REC 101. Learn everything you need to know about being a member of the Recreation Department and more.

Blood Pressure Checks

Join Morning Pointe Assisted Living and Memory Care Facility on Thursday, March 5th from 9 am to 12 pm and on Wednesday, March 18th from 9 am and 12 pm in the pool lobby of the Wellness Center for complimentary blood pressure checks.

Weight Equipment Orientations

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

Wednesday, March 11th

Wednesday, March 18th

Tuesday, March 24th

Joints in Motion Returns

Join Mikki Barr in the therapy pool for this warm water program designed to increase flexibility and balance while emphasizing muscle strength and posture. This therapeutic class can even help decrease joint pain and stiffness for folks with chronic conditions or following rehabilitation. This class is held on Tuesdays and Thursdays from 1 pm to 2 pm and will only take place during March, April and May. Check it out before its gone!



Therapeutic Yoga Returns

Join Lynda Spalding on Tuesdays from 10:45 to 11:45 for Therapeutic Yoga. This class is no longer a clinic and we are excited to offer it as part of our regular line up beginning March 17th. Lynda will guide you through a slower paced class, combining classic Yoga poses and stretches with restorative techniques. This class is designed to increase your body awareness and slow down your movement emphasis on body alignment and restorative mind techniques.

Tennessee Orthopedic Clinic

TOC offers a FREE onsite injury assessment and home exercise instruction every day with Gina McAlear from 7 am to 11 am. Please come by and see how TOC can help you achieve better health and wellness. This fantastic service is offered to our senior athletes at no cost and is sponsored by the Timeless Tellico Foundation.

Floor Training Continues in March

On Mondays, Tuesdays and Wednesdays from 9 am to 11 am, you can find one of our floor trainers in the exercise room to help if you have questions about how to start or where you are going in your wellness journey. This is available to you at no additional charge!

2020 Camp Tellico

Registration for 2020 Camp Tellico will begin on April 1st at 8 am at Chota Recreation Center. Payments are expected at the time of registration. The cost is \$155 for guests of property owners and \$125 for children who live in Tellico Village. Don't forget, we accept a limited number of children for each week and spots fill up fast.



This year's theme is Where in the World is Camp Tellico? Camp Tellico will travel around the world to exotic places. Camp dates are as follows: June 22-26, July 6-10 and July 20-24. Waiting lists will be maintained if necessary.

It's Never Too Early to Make

Pavilion Reservations

Are you interested in booking the Kahite Pavilion or Tugaloo Beach? Contact Larissa Lownsdale at Chota Recreation Center (458-6779) to book your event today.

Wellness Seminars at Chota Recreation Center

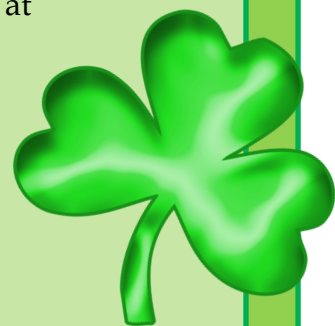
Join Dr. Collins at Chota Recreation Center on March 10th at 11 am for “Sexual Health and Menopause: Menopause Transition, Libido Issues, Vaginal Dryness, Hormone Replacement and Its Alternatives.” Dr. Kimberly Collins has been with Women’s Care Group for more than 20yrs and enjoys working with patients of all ages to see them through each stage of life. She is a member of the North American Menopause Society and American Congress of Obstetrics and Gynecology. Please RSVP by calling Chota Recreation Center at 865-458-6779.

Join Dr. Shaver at Chota Recreation Center on March 12th at 12 pm for “The Village Shoulder: discussing common shoulder diagnoses in Tellico Village including rotator cuff injuries, impingement, frozen shoulder and osteoarthritis.” Dr. Shaver will explain common causes of shoulder pain and how these conditions can be treated resulting in a return to recreation activities such as golf, pickleball, and fitness. This is a free event! Please RSVP by calling Chota Recreation Center at 865-458-6779.

Join Alley Harris, Registered Dietician Nutritionist with the Loudon County Health Department, on Thursday, March 26th at 1 pm for an informative class about cooking for just a few. This class will include helpful tips on shopping and cooking for only one or two people and how to avoid “healthy” food pitfalls.

Rusty Racquet Spring Clinics

Haven’t played tennis in years or never played tennis, but want to learn? The TVTC is offering the Rusty Racquets Spring Clinic on March 24th and 26th from 1 pm to 3 pm at Chota Recreation Center. The emphasis will be on cooperative fun and exercise so there is no need to worry about your current skill level. Basic tennis skills will be covered including forehand, serving, backhand, volleying and scoring by our own Tellico Village Tennis Club pros, Mark Williams and Lee Brockman. These gentlemen bring over 40 years of experience to the club and will be sharing this knowledge with participants at no charge. Racquets will even be provided for those who need one. Call 458-6779 to sign up today. Guests fees will be waived for folks who are not members of the Recreation department.



Tellico Pro

Lee Brockman brings 40 years of tennis teaching experience to Tellico Village. He is a member of the Professional Tennis Registry and a lifetime member of USTA. Lee’s teaching hallmark is “There’s Dynamism in Simplicity.” Lee’s mission is to improve every level player’s game. He is available for private, semi-private, group, hitting and playing lessons by appointment. He can be contacted at 843-452-8317 or Coachleeb@comcast.net.

AAAI/ISMA

Save the Date! Instructor certification workshops will be coming to the Wellness Center on April 18th and 19th. AAAI/ISMA's goal is to help fitness instructors teach safe and effective classes or training sessions. AAAI/ISMA is currently one of the largest and most recognized fitness certification associations in the world, with over 180,000 members worldwide. They will be bringing their expertise here and hosting two workshops this spring. Saturday, April 18th there will be an Aqua Instructor Certification workshop. This Aquatics workshop teaches the fundamentals of water exercise and is excellent for new aquatics instructors or those who want to enhance their teaching skills or even those who want to better understand the classes they take. This workshop may result in temporary closures of the pool for practical assessments. Signs will be posted regarding closures.

On Sunday April 19th, there will be an Older Adult Exercise Certification workshop that will cover exercise options for teaching and training the older adult population. If you have any questions about either of these workshops or certifications please contact Lindsey Allison at lallison@tvpoa.org or by calling the Wellness Center 865-458-7070.

Preventing Shoulder Injuries in Racquet Sport Athletes

Join Athletic Trainer Gina McAlear from Tennessee Orthopedic Clinic in April for an exercise program designed to strengthen the major muscles necessary for preventing shoulder injuries in racquet sport athletes. Each movement is designed to improve strength, power and endurance of the shoulder and arm muscles. Please call Chota Recreation Center at 865-458-6779 to reserve your spot today. Space is limited but there are several opportunities to participate. Each class will take place on tennis court 4 at Chota Recreation Center and will be held from 12 pm to 1 pm. The dates for this class (not cumulative) are April 10th, 17th and 24th. Please note that classes may be rescheduled if weather is unfavorable.

2020 Instructor Highlight

Toni Grovier moved to Tellico Village 14 years ago. She is originally from Des Moines, Iowa. She loves living in Tellico Village because of the people here. She loves the Smoky Mountains and one of her guilty pleasures is a little local flavor of the Moon Pie. Toni is a mover and a shaker! She has been teaching classes in Tellico Village for 12 years and you can find Toni at the Wellness Center line dancing several days per week. She wants people to know that her Line Dance class is a fun way to exercise both your mind and your body.

When she's not teaching, Toni still enjoys going to Line Dance and plays euchre. Toni loves rock and roll music as much as she enjoys traveling. She's been to Italy, Alaska, Paris, Australia, and has plans of taking a trip to London with her sister this year.

