



December Newsletter

LOCAL EVENTS NEARBY



NEIGHBORHOOD ANNOUNCEMENTS

Welcome to Your Wellesley December Newsletter! As the Christmas season begins, we hope your home is filled with warmth, joy, and cozy moments. Here are a few quick updates as we wrap up the year together:

🌟 Neighborhood Christmas Light Contest 🌟

It's time to shine! Share a photo of your holiday display in the Facebook event, and feel free to include your address so neighbors can drive by and enjoy.

Voting: December 1–25

The home with the most votes will win a gift certificate and winner's certificate. Let's light up the neighborhood with holiday cheer! 🎁

📁 Annual Packets & Meeting

Annual packets have been delivered to all residents. The Annual Meeting will be held on January 22nd. If you can't attend, please fill out and return your proxy so your vote can still be counted.

📄 Proxy Form Reminder

If you are unable to attend the meeting, please complete your proxy and return it by December 1, 2025. **You may:**

- Deliver it to Sandra Mansfield (9696 Salisbury Lane)
- Mail it to PO Box 512, Ooltewah, TN 37363
- Email it to wellesleytn37363@gmail.com

If you attend the meeting in person, please bring your completed proxy with you.

LOCAL EVENTS CONTINUED



Join us for board game fun!

COLLEGEDALE BOARD GAME Club

EVERY WEST ROOM @ CITY HALL
THURSDAY 1PM-3PM

Enjoy BOARD GAMES · CARD GAMES · PUZZLES

BRING YOUR OWN GAME OR TRY ONE OF OURS

REGISTER ONLINE BY SCANNING QR CODE OR VISITING
WWW.COLLEGEDALETN.GOV

PARKSANDREC@COLLEGEDALETN.GOV 423-468-1971



Puzzle Palooza

December 3rd
6pm-8pm
Chestnut Hall
at The Commons

All ages welcome, teams of 2-4,
500-piece puzzle, limited to first 10 teams.
Prizes for the first & second teams to finish.

Register your team on
www.collegedaleparksandrec.com

parksandrec@collegedaletn.gov 423-468-1971



KIDS CLUB

AGES 6-13

DEC 18TH
4:00-4:45PM

WEST ROOM
COLLEGEDALE CITY HALL
4910 SWINYAR DRIVE

JOIN US FOR DROP-IN
CHRISTMAS COOKIE DECORATING.
LIMITED SUPPLIES

423-468-1971 PARKSANDREC@COLLEGEDALETN.GOV



CHRISTMAS COOKIE BAKING CONTEST

4PM
DEC 7TH
during Christmas in Collegedale

Contestants are invited to bring one dozen of their finest homemade cookies which will be judged against others, competing for gift cards!

Registration and Rules online
www.collegedaleparksandrec.com



CITY OF COLLEGEDALE

WEEKLY WRAP-UP

This report contains highlights only from the city's departments and sent to each of the City Commissioners. It does not contain all of the great work your city employees completed during the week.

 Stay Connected with Collegedale

Want to stay in the know about what's happening in our city? Be sure to follow City of Collegedale Public Works on Facebook for updates and announcements:

Christmas at the Choo Choo

Location: Chattanooga Choo Choo
Date/Time: Saturday, Dec 6th (10AM-6PM)

Celebrate the season at the iconic Chattanooga Choo Choo with a festive market featuring unique vendors, holiday shopping, lively music, and a Christmas-themed beer tent. Enjoy the beautiful lights and décor as the Choo Choo transforms into a magical holiday backdrop. A perfect way to soak in the Christmas spirit!

Christmas with Alpacas

Location: 550 Old Birmingham Hwy, Wildwood, GA
Date/Time: Saturday, Dec 13th (10AM-6PM)

Enjoy a festive day at Rosie Mae's with alpacas, Santa photos, local vendors, and delicious food! Santa Jeff will be available from 2–5 PM, and Big Buff's BBQ will be serving until sold out. There's also a gingerbread house contest from 12–1 PM. Fun for the whole family!

Jingle & Mingle

Location: The Commons
Date/Time: Sunday, Dec 14th (10AM-5PM)

Enjoy a festive day of holiday shopping with local vendors, plus pony rides, a petting zoo, and fun activities for all ages—perfect for family holiday fun!

Last Minute Market

Location: The Commons
Date/Time: Saturday, Dec 20th (1PM-7PM) & Dec 21st (2PM-7PM)

Enjoy a festive shopping experience at The Commons with handmade gifts, local artisan treasures, gourmet treats, live music, and food trucks.

HOA UPDATES

Community Leadership Opportunities

We will soon have openings for two HOA positions: Director of Codes & Compliance and Treasurer. If you are interested in serving our community or would like more information about these roles, please reach out. We welcome any neighbors who feel called to get more involved.

Phase 4 Common Areas Update

Thomas and Sandra recently met with Aaron Smith, the land developer for the three Common Areas in Phase 4. Mr. Smith has agreed to complete cleanup of the land within these spaces. Once the cleanup is finished, Wellesley will be able to accept the property deeds. Our hope is to begin planning landscaping by next spring to continue improving these shared areas for the neighborhood.

Holiday Entrance Lights

A big thank-you to Martha's husband and son, Manuel and Samuel, for putting up the beautiful Christmas lights at the subdivision entrance. They look wonderful and have added a festive, welcoming touch for the holiday season.

We also want to recognize Martha for her incredible dedication to organizing neighborhood events and consistently bringing special touches to our community. Her efforts truly make Wellesley a better and more connected place to live, and we appreciate everything she does.

CALENDAR REMINDERS

🍁 Holiday Garbage Pick-Up Schedule (Fall & Winter 2024–25)

Friendly reminder: Pick-up days shift around major holidays.

- 🎅 Christmas Eve - Pickup moved to Monday, Dec. 15
- 🎄 Christmas Day - Pickup moved to Monday, Dec. 22
- 🌟 New Year's Day - Pickup moved to Monday, Dec. 29



- 12/3 - Bulk Trash Day Pickup
- 12/10 - Brush Pick up day
- 01/22 - Wellesley Annual Meeting



FRIENDLY REMINDER

Stay connected with your neighbors and up to date on community events by joining our Facebook group:

Wellesley Neighbors - Ooltewah

How to Join:

1. Log into Facebook
2. Search for: Wellesley Neighbors - Ooltewah
3. Click 'Join' and answer any group questions

Or simply click here:

<https://www.facebook.com/groups/411220149719953>

Let's stay connected!



FUN FACTS ABOUT

December

December is the first Winter month in the northern hemisphere (above the equator). It is Summer in the southern hemisphere. In North America, most locations experience lots of rain, snow, and cooler temperatures.

December Birthstone: Turquoise. Many people consider it a symbol of good fortune and success.

December Birth Flowers: Narcissus and Holly

- 12/1 - National Christmas Lights Day
- 12/4 - National Cookie Day
- 12/12 - Gingerbread House Day
- 12/13 - National Hot Cocoa Day
- 12/24 - Christmas Eve
- 12/25 - Christmas Day
- 12/26 - Candy Cane Day

GETTING TO THE “CORE” ISSUE



As a group fitness instructor, my clients have heard me mention ad nauseum the importance of strengthening your core. I like to refer to the core as the powerhouse of our bodies. It is where we generate the ability to maintain good posture, balance, flexibility, and stability. A strong core helps to reduce and even prevent pain, especially in the back and hips. Let's not forget it also protects most of our major internal organs and helps to reduce lower body injuries, which is particularly important for adults 65 and older who are at an increased risk of falling.

So, let's look at what makes up the core, why exercising the core is essential as we age, and what we can do to strengthen it and even correct poor posture!

What muscle groups make up the core?

- Abdominals. The rectus abdominis is the muscle most people associate with a six-pack. It helps stabilize the internal organs. Known as the corset muscle because of its horizontal positioning, the transversus abdominis is another important abdominal muscle involved in movement and spine stabilization.
- Obliques. Located along the sides of the body, the internal and external obliques play a role in spinal protection and rotation.
- Back. The quadratus lumborum is a deep abdominal muscle located in the lower back. It extends from the lowest rib to the top of the pelvis. It is commonly associated with back pain, posture, and mobility issues.
- Pelvic floor. The pelvic floor houses organs such as the urethra, bladder, intestines, rectum, uterus, cervix, and vagina. It also includes connective tissues such as hamstrings, hip flexors, and abductors. Together, the pelvic floor muscles and tissues help with sexual health, hip stabilization, urination, bowel movements, and more.
- Spine. The erector spinae and multifidus muscles are technically back muscles, but they are both connected to basic movement via the spine.
- Glutes. The glutes are a group of three muscles in your backside that influence hip rotation and extension.
- Diaphragm. The diaphragm is a muscle typically associated with breathing, as it contracts and flattens during inhalation and exhalation. Located at the base of the chest, the diaphragm has openings that are also involved in digestive function and blood transportation to the heart.

Why is it important to strengthen the core?

The core, made up of the abdominal, lumbar, and pelvic floor muscles, is the foundation of our body, the powerhouse! Strengthening it brings numerous benefits, such as:

- Better posture: Helps correct poor posture and relieve back pain.
- Increased stability: Reduces the risk of injuries during physical activities.
- Improved balance: Enhances coordination and balance.
- Flatter tummy: Tones the abdominal muscles and helps reduce belly fat.

Continued..



A Solid Routine for a Strong Core

Perform the following exercises in 3 sets of 10-20 reps each, with a 60-second rest between sets (all exercises can be modified for those who do not want to get down on the floor or have limited ability/mobility).

- Plank Shoulder Taps: This exercise strengthens the core muscles and improves stability. You can modify planks by planking on a chair or the wall.
- Dead Bug: Works the upper and lower abs, as well as the spine stabilizers. Can be done lying on a firm mattress.
- Reverse Crunch: Ideal for strengthening the lower abs. Can be done in a chair.

Beyond Exercises: The Importance of Posture

Years of poor posture can weaken the core and contribute to back problems. To improve your posture, focus on:

- Keeping hips under shoulders.
- Pulling the belly in and up.
- Lifting the ribs.
- Rolling shoulders back and down.

Remember, consistency is key to achieving results. Incorporate this routine into your regular workout, and you will notice the benefits in no time. Keep that focus on living your BEST life!

- *Cindy*

Merry
Christmas