

CYCLING INTO SPRING

TrilogyLiving



As people, we are often looking for ways to reestablish our connection with friends and remind us how free we can feel. For the Cycling Club, bicycling through the rolling hills of our Delta byways and highways does just that. Read more on page 3.

Index:

James Garner "The Cash Tribute Show" pg. 5
Spring Gift, Craft, Art Faire & Jewelry Show Pg. 5
Trilogy Small Business Expo Pg. 6
April Spa Specials pg. 18



PATIO COVERS PRIVACY WALLS, AWNINGS, LATTICE COVERS



Designing and Building Backyard Living Spaces for 13 Years

Privacy Screen with Lattice Tubes • Concrete Work
We Take Care of All Your Trilogy Paperwork for Your
Association and to Obtain Rio Vista Permits
Many Local References • Bonded and Insured

QUALITY SERVICE • FREE ESTIMATES

Call: 707.447.7475

www.wickensconstructionandmhs.com

Senior Discounts • Unbeatable Prices • CA #845399



Suffering From Multiple Health Problems?

Doctors at a Loss?

Low Energy? Sleeping Problems? High Blood Pressure?
Pain Issues? Acid Reflux? Intestinal Troubles? Arthritis?
Skin or Rash Disorders? Weight Problems? Ulcers?
Kidney Stones? Gout? Migraines? ... Or Other Ailments?

Ready to Feel Better Again?

New Medical Breakthrough – Over 500 Clinical Studies!

**"Most important advancement in health
care since Penicillin." – Dr. William Kelley**

FREE 30-DAY TRIAL *



*** Call: 707-374-2013 or Text: 916-254-3737 to see if you qualify**

Please ask for Steven or Tina Clarke, **TRILOGY RESIDENTS**

FDA Disclaimer: Statements found within our advertisements and/or our printed material and/or on our web site(s) and/or made verbally during any class, demonstration, seminar, consultation or conversation have not been evaluated by the Food and Drug Administration. We are not rendering cures, health, medical, or other professional advice. Results may vary depending on the individual.

AAAWI 2016.

Melissa Coleman

President

President's Report March 8, 2016

On February 9, the Annual Meeting of the Trilogy at Rio Vista Master Association was held. Don Love and Teresa Fraser were elected to the Master Board by the vote of the Delegates. Congratulations Don and Teresa! I would like to thank the previous Delegates and Noel O'Brien a Director on the Master Board for their service to the community and welcome the 2016/17 Delegates and Alternate Delegates. It has become very clear that the Delegates are an important part of our community. Along with the Master Board, the Delegates represent you. Get to know your Delegate and provide input on what you want for the future of your community.

Executive Session:

- Since the acceptance of the LLD property, management has been working to have equipment moved that has been stored on the Liberty property by Coughran Mechanical Services. After several requests, and no response the Board has requested a letter to be sent by legal counsel.
- Amenities Committee – discussion of current Amenities Committee and updating the Charter. A draft charter will be reviewed at next month's meeting.
- Formation of Contracts:
 - Wireless Master Relay Agreement – reviewed the proposed contract with changes
 - 2016 Roadwork contract with AEC to provide plans, specifications and bid documents
 - Management Services – review of the Action Property Management contract for renewal and consideration of performing a RFP prior to the next renewal.
- MTL: Director Kohn gave a report on the changes to MTL and the progress on developing a RFP for a new website

GENERAL SESSION:

The Learning Center has been updated. The new computers, tables and projector have been installed. The improvement is amazing! Information will be forthcoming on where surplus furniture and computers will be offered for sale to residents.

The Summerset Median project is almost complete. The remaining section of Summerset will be planned for in 2017/18.

The Consent Calendar was to approve the minutes of meetings held, lien filings and adopt the Amended Code of Conduct policy.

Unfinished Business:

- Approved the first Reading of the House Renovation Committee
- Approved additional work to the Summerset Median - \$7,540

(continued on p. 22)

TRILOGY AT RIO VISTA

DIRECTORY

Master Association Board of Directors

Melissa Coleman, President (707) 374-6874
Patty Kohn, Vice President (707) 374-2737
Teresa Fraser, CFO (415) 407-8563
Joel Auslen, Secretary (707) 374-5808
Don Love, Director at Large (707) 374-6882

District Delegates

Village 1 - Melissa Coleman (707) 374-6874
Village Oakmont - Don Love (707) 374-6882
Village Riviera - Minnie Howell (510) 866-8786
Olympic Village - Joel Auslen (707) 374-5808
Saddle Rock Village - Roger Kohn (707) 374-2737
Eagle Point Village - Mark Weiss (925) 980-7249

Committee Chairs

Adult - Harish Chinai (707) 374-2643
Administrative Policies - Melissa Coleman (707) 374-6874
Document Revision - Bob Sather (707) 374-1384
Emergency Action - Barry Fraser (415) 407-8529
Access - Art Darden (707) 374-3455
Amenities - To Be Filled

Village Board Presidents

Village 1 - Larry Mork (707) 374-3389
Village Oakmont - Walt Manos (707) 374-2827
Village Riviera - Donald Seyk (707) 374-6407
Olympic Village - Richard Pettijohn (707) 374-3065
Saddle Rock Village - Art Darden (707) 374-3455
Eagle Point - Teresa Fraser (415) 407-8563

Association Administration /HOA (707) 374-4843

General Manager: Ed Vitrano (707) 374-4869
evitrano@actionlife.com
Assistant General Manager: Catherine Patrick
cpatrick@actionlife.com (707) 374-4843
Activities Director: Debbie Dorn (707) 374-4204
ddorn@actionlife.com
Fitness & Spa Director: Kathy Erwin (707) 374-4205
kerwin@actionlife.com
Maintenance Director: Michael Oestreich (707) 374-4895
moestreich@actionlife.com
Member Services Coordinator: Cheryl Lucas (707) 374-4203
clucas@actionlife.com
Communications Coordinator: Andrea Stuart
stuarttrv@gmail.com
Architectural Coordinator: Debbie La Croix (707) 374-4843
dlacroix@actionlife.com

Club Numbers

Vista: Front Desk (707) 374-4200 Fax (707) 374-2422
Delta: Admin Office (707) 374-4843 Fax (707) 374-4891

Trilogy Living Editorial Board

Andrea Stuart, Ed Vitrano, Debbie Dorn, Cheryl Lucas,
Joan Azlant, Kathy Erwin, Harish Chinai

Commercial Advertising Manager

Joan Azlant, joanazlant@comcast.net (707) 374-2620

Resident Classified Advertising

Kathy Nilsson, knilsson@actionlife.com (707) 374-4200

Welcome Center/Front Gate (707) 374-4306

Guest Registration - community.dwellinglive.com

Café Vista (707) 374-4202

Sir Flair's (707) 374-4400

Golf Course (707) 374-2900

Shea Customer Service 1-866-535-9989

From the Editor



Andrea Stuart

When the weather begins to warm up and when the sun begins to shine there is only one thing I want to do: get outside! Outdoor events go into the calendar and I begin making excuses to get to nature. It's a nice way to get back in touch with me, especially after being cooped up all winter. I'm sure some of you feel the same way. For this reason, I thought it would be nice to showcase a club that gets outside. But they don't just wait for the "nice" weather to come, they get outside every month. They are the Cycling Club.

Cycling Club Organizer Marcia Morrison describes the club as a way to get in touch with your inner child. When asked why they ride, she explains that they ride for fun, fitness and camaraderie. "Most cycling club members enjoy riding their bike because it is fun. I love the feeling of being kid-like again," she says. The consensus is that each time the members interact with one another they feel their spirits lift. No doubt this due to the rise in endorphins from exercise and the increase in dopamine from sharing the experience. Although the group has some experienced riders, the group's focus remains on the social aspect. As such, they have frequent regroupings so nobody gets left at the back of the pack. Throw in a coffee stop or lunch break and it turns into an event anyone can enjoy.

Whether they ride Highway 84 after taking the Ryer Ferry or the Montezuma Hills with its gently rolling terrain, wildlife (one time the group was met by a herd of sheep that had decided it was their right of way), and scenic farmland, the Cycling Club is always spirited as demonstrated by their birthday rides (the next one is April 29) and metric century celebrations (100 kilometer rides). Marcia closes, "Our bike group is a positive, happy, and healthy loving group. So as Nike says, Just Do It!"

Celebrate the Cycling Club's on year anniversary coming in May! Learn more about the club on page 31. Happy Spring!

From the Board of Directors: The publisher retains the right to edit articles and advertising to conform to content and space requirements. The Trilogy Board of Directors is not responsible for expressed opinions or for the authenticity of all presented facts in articles and advertisements. Viewpoints contained in this newsletter are not necessarily the opinions of the Trilogy at Rio Vista Master Association, the Board of Directors, its officers, or management.

From the Activities Director



Debbie Dorn

Do you have a local business? Sign up to participate in the Small Business Expo to share it with the community. Have you heard about the matinee concert? We are adding a second opportunity to attend this month. The Cash Tribute show is offered at 2 PM and 8PM! Did you see the new furniture and computers in the Vista Club Learning Center? Come celebrate with us, chat with the class instructors and aides. Sign up for future classes. Two opportunities, plan to stop by Tuesday April 12, at 12:30 or 6:30 pm. Vista Club Member Services can now accept credit card payment to register for association-sponsored events!

Mark your calendars with these upcoming events and see the club section of this issue for more selections!

- **Computer Classes ~ See Page 43 for Class Schedule**
- **3/30 -- 4/2 Music of the Night ~ Council for the Arts**
- **4/03 & 4/17 Trilogy Produce Market**
- **4/09 Gift, Craft, Art Faire & Jewelry Show with Entertainer Denny James**
- **4/10 Small Business Expo & Entertainment**
- **4/10 Solid Gold Dance ~ Dance Club**
- **4/12 Learning Center Open House**
- **4/15 Comedy, Mindreading & ESP Show ~ Mark Stone**
- **4/17 This'n That Coffee House ~ Guitar Club**
- **4/22 Bingo**
- **4/23 Concerts: James Garner's "The Cash Tribute" Two Shows ~ Matinee and Evening!**
- **4/28 -- 5/1 "Play-On" ~ Production by The Theater Group**

Get Ready...

- **5/01 Trilogy Produce Market**
- **5/03 Travel Discovery ~ Baja Whale Experience by Linda Solomon**
- **5/07 Trilogy Community Garage Sale**

Your comments and suggestions are always valued -- send an email anytime ddorn@actionlife.com -- my mailbox is always open!

For non-delivery of *Trilogy Living*, contact Member Services at (4200).



Clubs and Groups, remember...

- Update Club Application with club contact and event organizer
- Submit completed room reservation forms for special events at least one month in advance
- Communicate meeting, event changes as soon as possible

Trilogy Produce Market

Sunday, April 3 & 17, 10 a.m. – 3 p.m. – Delta Club



Experience Trilogy's market place! Trilogy's Produce Market provides wonderful produce and other specialties. Bring your neighbors and stock up! It's easy to keep a fresh supply of fruits, vegetables and specialties on hand without leaving Trilogy.

Learning Center Open House

Tuesday, April 12, Two Opportunities: 12:30 – 2 p.m., or, 6:30 – 7:30 p.m.

Celebrate the new furniture and computers in the Vista Club Learning Center. Chat with the instructors and aides. Sign up for future classes. Enjoy a beverage and snack.

See page 43 for April's class schedule. Send your comments and suggestions to Debbie Dorn at ddorn@actionlife.com. Remember, we still need class instructors and student assistants!

Blood Pressure Check ~ Free

Thursday, April 14, 9 – 10 a.m.,
Library, Delta Club

Have your blood pressure checked the second Thursday of every month at the Delta Club Library between 9 – 10 a.m. Stop by and keep that blood pressure in check!



Spring Gift, Craft, Art Faire & Jewelry Show

Entertainment by Denny James ~ 11 a.m. - 2 p.m.

Saturday, April 9, 10 a.m. – 3 p.m., Vista Club ~ Free

Don't miss out on this convenient and unique spring shopping experience at Trilogy! Denny James will entertain from 11 a.m. – 2 p.m. and Café Vista will be open until 3 p.m. This event is open to the public. Raffle sales and drawings are held throughout the event. Each merchant table will donate a prize for the raffle to benefit Meals on Wheels. Want to receive the seller registration notice next fall for the November faire? Ask Member Services at the Vista Club to put you on the emailing list. Questions, contact Member Services (707-374-4200) or email Debbie Dorn at ddorn@actionlife.com.



Concert: James Garner "The Cash Tribute Show"

Saturday, April 23, Two Shows, Diablo Ballroom, Vista Club ~ \$15 per person

Matinee 2 - 4 p.m.

Evening 8 - 10 p.m.

A classy production, James Garner's Cash Tribute Show celebrates the life and music of the legendary "Man in Black," Johnny Cash. With strong conviction and stunning accuracy, Garner and his band perform Cash's music, combining it with historical accounts and personal anecdotes about America's most beloved singing storyteller. The show is a fun, toe-tapping trip down memory lane honoring Johnny Cash's life and music along with the boom-chicka-boom sound of his longtime backing band, the Tennessee Three. Visit their website at www.CashTribute.net. Bring family, friends, and favorite provisions for this spectacular performance! Sign up today at Member Services, Vista Club, now accepting credit card payments.



Trilogy Small Business Expo Entertainment by Nut, Saddle & Bridge

Sunday, April 10, 11 a.m. – 3 p.m., Vista Club ~ Free

Discover the many services and products Trilogy resident home businesses offer; providing local access and convenience! Enjoy entertainment in the Grand Living Room. Business participation with this event does not imply TRVMA service or product endorsement.

Attention resident businesses, sign up for a \$30 table. Use this platform to inform the community of your service through face time and handouts. Space is limited to one 6'x 3' table. Do not bring products to sell at this event, rather develop new contacts for later discussions. The Expo is not open to the general public. Some services and products may not qualify for this type of event. Contact Debbie Dorn at ddorn@actionlife.com with questions. Ask Vista Club Member Services to add your business to the emailed invitation list for future events.

Comedy, Mindreading and ESP Show!

April 15, 7 - 8 p.m., Diablo Ballroom, Vista Club
\$15 per person

Mark Stone amazed Johnny Carson, Oprah and Regis Philbin when he appeared on their TV shows, and he promises to amaze you, too! Not only does Mark amaze everyone with his uncanny abilities, he will keep you laughing throughout the show. Bring your favorite beverage and snack to enjoy with the fun and thought-provoking entertainment! Sign up at Member Services, Vista Club. Table seating invites you to bring your favorite beverage and snacks to enjoy during the show. Sign up at Vista Club Member Services.

Trilogy Community Garage Sale ~

Open to the Public

Saturday, May 7, 9 a.m. – 3 p.m.

Everyone can participate! Seller marked maps will be emailed to residents by May 6, and available to visiting buyers at the Welcome Center the day of the sale. You do not have to be included on the map to sell. There are three steps for sellers:

1. Obtain a garage sale permit for \$1 from Member Services, Vista Club prior to May 6. Purchase prior to May 1 to place your sale on the map. Permits are a city requirement.

2. Tie an inflated balloon from your mailbox or tree.

3. Open your garage door.

The sale is open to the public, and advertised in the local papers. Outside buyers will not be allowed through the gates until 9 a.m., and residents are asked to postpone their shopping until 9 a.m. in consideration of sellers setting up for the sale. Questions, contact Member Services (707-374-4200) or email Debbie Dorn at ddorn@actionlife.com.

Mark the date... Free Shredding Service

Saturday, May 21, 9 a.m. – 12 p.m. or Until Truck Fills!

The shredding truck will be parked in the Delta Club overflow parking lot near the tennis courts. Limited to five boxes per member. Remember to remove all paper clips, binding materials or similar objects other than staples. This service is provided compliments of Rio Vista Sanitation.

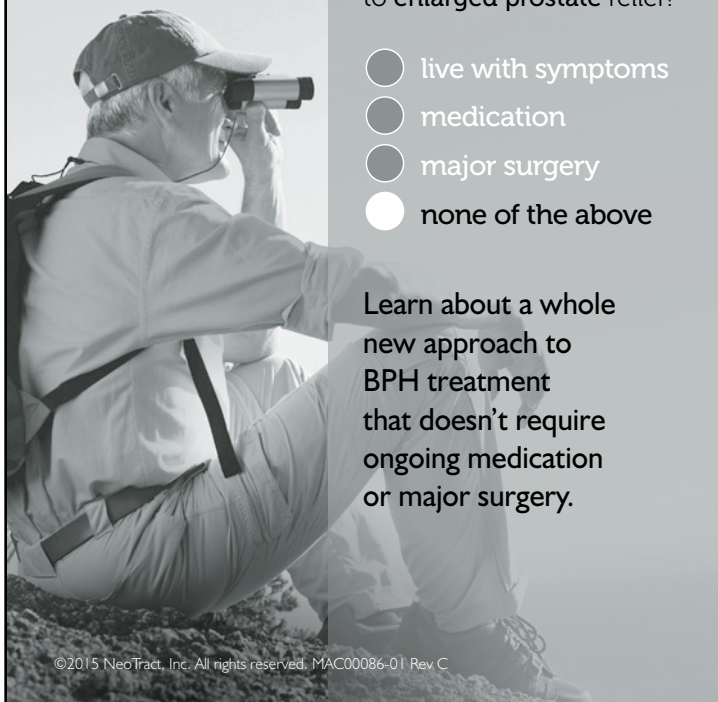
Concert on the Patio “Blue Collar Men” STYX Tribute & The Great Rock Classics

Saturday, May 28, 7 - 9:30 p.m. ~ \$15 per person



To celebrate the season's first Concert on the Patio, we bring to you Blue Collar Men! These performers recreate the music of STYX plus all the great rock classics with

covers from Journey, Kansas, REO Speedwagon, Boston, Night Ranger, The Beatles, and much more! Their show is simply the ultimate live experience for the classic rock enthusiast! Visit their website www.bluecollarmen.com. Bring your favorite refreshments, outdoor clothing and lawn chair! Sign up today at Member Services, Vista Club, now accepting credit card payments.



Looking for a different approach to enlarged prostate relief?

- ☐ live with symptoms
- ☐ medication
- ☐ major surgery
- ☒ none of the above

Learn about a whole new approach to BPH treatment that doesn't require ongoing medication or major surgery.

©2015 NeoTract, Inc. All rights reserved. MAC00086-01 Rev C

Join us for a free health education seminar on the UroLift® System, a new procedure to treat BPH.

Presented by:

Jonathan Chin MD, BASS Medical Group

Tuesday, April 19th

6:00 pm

Check in at 5:30 pm

Location: The Golf Club at Rio Vista
1000 Summerset Drive
Rio Vista, CA 94571

SPACE IS LIMITED - PLEASE RSVP

Toll-free: (855) 564-9722

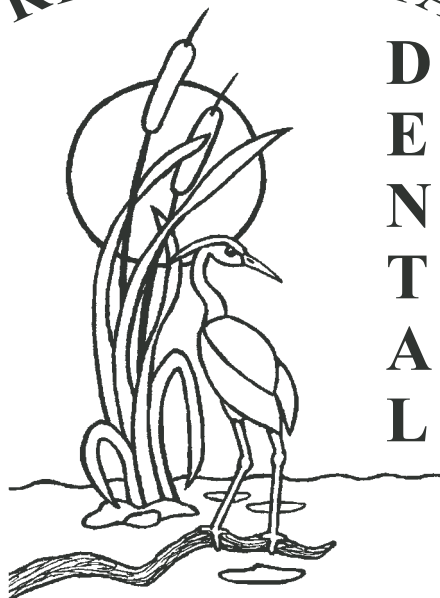
Partners and guests welcome. Refreshments provided.



350 John Muir Parkway, Suite 245
Brentwood, CA 94513
2350 Country Hills Drive, Suite A
Antioch, CA 94509
925-779-9097
www.bassmedicalgroup.com

UROLIFT®
BPH Relief. In Sight.™

RIVER DELTA



D E N T A L

Old Fashion Dentistry with the Latest Technology

Norman Spalding, DDS

Stephen P. Saffold, DDS

Cleaning & Laser Periodontal Therapy

Digital X-Rays • Whitening • Braces • Veneers

Root Canal Treatment • Extractions • Implants

Crowns • Bridges • Dentures • Latex-Free Office

Snoring and Sleep Apnea Appliances

Free Consultation with the Doctor

New and Emergency Patients Welcome

Payment Plans Available

916.776.1235

1231 Brown's Alley, Walnut Grove

20 Minutes North of Rio Vista on Highway 160

Visit us online at www.RiverDeltaDental.com



WINDOW FASHIONS
SHUTTERS | BLINDS | DRAPERIES

California Window Coverings

707.386.9992

Vern & Patty Oliva,
Trilogy Residents,
Over 40 Years Experience

FREE ESTIMATES



From glare to glow.

Sunlight, beautifully transformed
with Hunter Douglas window fashions.

Save \$100* or more with rebates on qualifying purchases,
April 12–June 27, 2016. Ask for details.

*Manufacturer's mail-in rebate offer valid for qualifying purchases made 4/12/16–6/27/16 from participating dealers in the U.S. only. Offer excludes Nantucket™ Window Shadings, a collection of Silhouette® Window Shadings. Rebate will be issued in the form of a prepaid reward card and mailed within 6 weeks of rebate claim receipt. Funds do not expire. Subject to applicable law, a \$2.00 monthly fee will be assessed against card balance 7 months after card issuance and each month thereafter. Additional limitations may apply. Ask participating dealer for details and rebate form. ©2016 Hunter Douglas. All rights reserved. All trademarks used herein are the property of Hunter Douglas or their respective owners.

Gilly's Landscape & Design

Custom Walkways & Patios, Masonry,
Retaining Walls & Lighting

925-260-5780

Custom, Clean Crisp...It's a Great Look

Lic. # 752296

Jim Gilly
Owner/Operator

A Trilogy Resident

visit my website:

www.gotgilly.com

R&D

Termite and Pest Control

(formerly Daniel Pest Management)

TRILOGY OWNER/RESIDENT

- Pest Control
- Termite
- Bird Exclusion
- Inspections for Refinance and Real Estate

RON YOCUM-Owner (Trilogy Resident)

cell: 925 323 5211

home office: 707 320 1277

reyocum@yahoo.com

RDTermiteandPestControl.com (under construction)

*Trilogy references on request-

*Fully Committed to our community-

*Competitive Pricing-

We called HomeLife.

Happy at home
in Rio Vista!

Reputable &
Accredited
24-Hour
In-Home Care

Call about our Free
"Family Caregiver Training"
and
"Fall Prevention Workshop"

Meals on Wheels Certified Fall Prevention Partner

No Cost, No Obligation In-Home Assessment • No Minimum Hours • Always Available



HomeLife
SENIOR CARE
PERSONAL & DEPENDABLE IN-HOME CARE

925-240-5770

For all our services and details visit: HomeLifeSeniorCare.com



Richards Real Estate (707) 374-6491

Serving Rio Vista

&

The River Delta



Sam Richards GRI
Broker
(707) 374-6491
#01305588



Peg Richards GRI
Broker Assoc
(707) 374-6491
#01706310



Tatyana Pool Realtor
(707) 373-5983
#01883675



Naomi Walker Realtor
(707) 372-5074
#01883675



Mike Prout Realtor
(707) 208-4903
#01736051

We look forward to
working with you.
Drop by our office at
25 South 3rd Street
or visit our website

www.richards-realestate.com



Crystal Taylor Realtor
(415) 465-0514
#01757564

STAY CONNECTED

with an inscribed paver installed on Rio Vista's Main St. Your donated paver will help fund improvements to the Main St. planters. 440 still needed! **Order online:**

www.bricksrus/order/rivision

or Pets 4 All on Main St.

Donations: 4x8" \$65. or 8x8" \$125.

Don't be left out. Order by May 30th

**KEVIN & KAREN
IN RV SINCE 2005
OLIVER & OREO TOO**

This is a RioVision project to revitalize and improve Rio Vista.
All work done by volunteers. email: rivision2015@frontier.com



Assessment Notice

Association Assessments are published monthly on this page of *Trilogy Living*. This is an additional vehicle for checking your current assessment. Coupons will reflect the monthly assessment for those receiving them. Those on automatic withdrawal (ACH) may check their bank statements after the 5th of the month to see the amount taken out and all members may register at www.actionlife.com to monitor their accounts 24/7. If you have questions or need help registering online, please call the Administrative Office 707-374-4843.

Assessments for the month:

Master Association \$125.60
(effective April 1st) **Plus the appropriate Village Assessment below:**

Village I	\$5.25
Village Oakmont	\$5.20
Olympic Village	\$5.10
Village Riviera	\$5.25
Saddle Rock Village	\$0 (None until dormancy ends)
Eagle Point	\$0 (None until dormancy ends)

Job Posting

If you are looking for full or part-time work, jobs at Trilogy are available for viewing at <http://www.actionlife.com/careers/>. Click "jobs in Rio Vista" for more detail. In the near future, look for the following full-time positions, which will be posted:

Communications Coordinator
Events and Setup Coordinator
Architectural Coordinator

If you're curious about the above jobs before they're posted, contact Ed Vitrano, Trilogy at Rio Vista General Manager, by calling 707-374-4869 or evitrano@actionlife.com.

Emergency Action Committee

Happy Spring from the Trilogy Emergency Action Committee! We have been fortunate to have had a mild El Nino season so far this year, still, we are continually preparing to help ourselves and our neighbors here in Trilogy in the case of emergency. You can see us in action at our next Training Session, on April 16 from 9 a.m. - 12 p.m. at the Delta Club. This will be a hands-on drill with a staged emergency, with our volunteers responding the same as they would in an actual emergency. We also have the pleasure of having the Rio Vista Fire Department planning to attend the event. We will have volunteer "victims" and a real-life scenario that will only be revealed to us on that day. It should make for a fun and interesting event! Everyone is welcome to come by and watch your Emergency Action Committee in action! The Emergency Action Committee is a committee under the Master Board Association. We are all volunteers who live in this community and care about our neighbors. Our meetings are the second and fourth Tuesdays of each month, and are held at the Delta Club in the River Room. Meetings start at 7 p.m. We are always looking for new volunteers to join this fun and worthwhile group. Please join us soon. If you have any questions you can contact our Chairperson Barry Fraser at 415-407-8529, or our vice-chairperson, Art Darden at 408-710-2496.

Saddle Rock Village Residents' Club



As some of you may know, we have had someone covering as the SRV Residents' Social Committee Chair, but are proud to announce that we now have a wonderful lady who has volunteered for this position. Andi Meisler is her name, and she lives on Silver Ridge with her husband Chuck. We will mentor her for a couple of months until she feels comfortable in the position. Everyone in our village are members of this club. We have meetings the first Wednesday of each month, in the Monterey Room of the Vista Club. Our meeting starts at 2 p.m. and concludes by 3:30 p.m.

There is still an opening for the position of Secretary of the SRV Residents' Club. Please note we have an alternate in place to cover for you if you are planning a vacation. Our past secretary will help you with any questions.



Association Meeting Calendar

Master Association Board

Tuesday, April 12, 2 p.m.
Diablo Ballroom, Vista Club

Council of Village Presidents

Monday, April 18, 10 a.m.
River Room, Delta Club

Access Committee

Monday, April 25, 1 p.m.
River Room, Delta Club

Administrative Policy Review Committee

April meeting canceled
Monterey Room, Vista Club

Adult Committee

Thursday, April 28, 1 p.m.
Rio Vista Room, Delta Club

Document Revision Committee

Monday, April 4 and 18 at 9:30 a.m.
Monterey Room, Vista Club

Emergency Action Committee

Tuesday, April 12 and 26, 7 p.m.
River Room, Delta Club

House Renovation Committee

Monday, April 11 and 25, 3 p.m.
Monterey Room, Vista Club

We are so proud of one of our very own Saddle Rock residents. His name is Jim Wheeler, Executive Director of RioVision. Jim is a retired Project Management executive who donates his expertise nearly full time to furthering RioVision goals. RioVision was also named top non-profit organization of the year by the Rio Vista Chamber of Commerce. Saddle Rock Village Residents' Club has donated \$500.00 to RioVision in his honor. Thank you, Jim.

Now on to some fun events. We have a High Tea scheduled for Tuesday, April 19 at the Vista Club. Our monthly Social in the Park will start Wednesday, March 30 at 5:30 p.m. We hope to see many of you there. These events for Saddlerockers will kick off a great spring and summer for our village and its residents. We would be remiss if we didn't call attention to all the construction going on near us. The construction is a sign of future fellow Saddle Rock residents, and we look forward to including and welcome them into our village. For information, please contact Dana Hoover, President at 707-374-3455 or time4dana@mindspring.com.

Village Oakmont Kare Bears

The Oakmont Kare Bears continue to keep "busy as bees" with activities and plans for the coming months. There will be a luncheon meeting for all the neighborhood coordinators in June to gather and give information and discuss any and all problems, etc. More information will follow at our next meeting.

Don't forget! If you know of a neighbor in need of help because of medical issues, please call one of the following numbers: Annelie Voit at 707-374-4968; Virginia Albertson at 707-374-6823; Kathy Russo at 707-374-2969; or Janet McKimmy at 707-374-5415. Help includes rides to appointments, short term home help, meals, etc.

The next Oakmont Kare Bear meeting will be held on Wednesday, April 13, at 10:30 a.m. at the Delta Club. Come early to enjoy coffee and goodies and share your ideas. We'd love to see some new faces!

Village One Board News

The Village One board met on January 14, 2016 for the regular bimonthly meeting, where they heard the second reading of the new Architectural report and approved it unanimously. The Village One Board met on March 10 for the first regular meeting of 2016. In a review of the minutes of the January general meeting, the following was established:

The total number of votes cast were 309, more than any other village and seventy more than the previous election. Since Village One is the smallest village, this was quite a feat and the board wishes to thank all the residents of Village One for their votes. The following board, with their offices were elected: President - Larry Mork (returning member with one more year to serve); Vice President - Jim Wichmann (one-year term); Secretary - Judy Taylor (two year term); Chief Financial Officer - Ralene Nelson (two year term); Director - Ron Auger (two year term); Delegate - Melissa Coleman, Alternate - Marjorie Reynolds, both one year terms. The board wishes to sincerely thank Ted Bush for his years of service to the Village One Board as well as the telephone callers and election officials who helped make this such a successful election.

The 3:45 p.m. executive session had no new business. The regular session at 4 p.m. had one item, California Civil Code 4750.10 pertaining the use of clotheslines/drying racks. The board unanimously approved the first reading of the rule with the understanding it could be amended at the next meeting. The board adjourned. The next meeting of the board will be May 12, 2016 at 4 p.m. All Village One residents are encouraged to attend.



Village One Residents' Club

Remember the old high school cheers? Here is ours:

V-O-R-C

Who are we? Village One Residents Club

What do we do? Plan social activities for Village One

What do we need? You! Join us. It's fun!

When, you ask? At the quarterly meeting on April 6 in the River Room at the Delta Club. Come at 7:15 p.m. to visit and enjoy the refreshments, then stay for the business meeting at 7:30 p.m. We will be making plans for our Cinco de Mayo Dinner to be held on Thursday, May 5. The event will be catered by Ed Donegan of ABC Catering, the same caterer that did such a nice job at our Christmas party. He will serve chicken and beef fajitas, salad, beans and rice. Save the date and watch for the flyer in your tube. Particulars for the Cinco de Mayo celebration will be determined at the April 6 meeting. Hope to see you there. For more information, call Tess Felte, VORC President at 707-374-4778.

Village Riviera Residents' Club

Hold on! Elvis...Little Richard...The Drifters...Chuck Berry... Jerry Lee Lewis...are all coming to the Rydell High School Cafeteria (aka the Diablo Ballroom). It's almost time to dance your socks off, put on your blue suede shoes and poodle skirts (or jeans) and join us at Riviera's Sock Hop on Sunday, May 29 (Memorial Day weekend), from 6 - 9:30 p.m. Long Island Larry is serving up his famous hot dogs, chips and a drink. Plus, you get a truly righteous Rock 'n Roll Root Beer Float. Space is limited. Cost will be \$20/per person. Watch for flyers and posters and the sign-up information later this month. Sign up a whole table or just yourself. It will be a night to remember. Then we move to the Treasure Hunt on July 16 with fun puzzles, a tasty dinner, and a night you'll be talking about for days. It's the last year for this event, so don't miss it. Have you put your team together yet? Are you thinking about it? Go for it.

The Riviera Residents' Club is open to all Riviera Residents who want to join not only in the fun, but in learning how it all comes together. We are a team of ladies and gentlemen who work together like a very well-oiled machine. You are welcome to join us at our monthly meeting held the third Thursday of every month, 5 p.m. in the Monterey Room of the Vista Club. If you have any questions, please call Barb Downs at 707-507-5026.

Village Riviera Kare Bears

It's that time of year again, time for our bake sale at the Craft Faire on April 9. This is our only fund raiser for the year so warm up that oven and get out your favorite recipes. We are asking everyone in Village Riviera to contribute if at all possible. Cookies, brownies, lemon bars, nut breads, etc. sell well. Package them in plastic bags or on disposable plates covered with plastic wrap and label them. Bring your home-baked goods to the back door of the Vista Club between 8:30 - 9:30 a.m. on April 9. We will be set up in the corner of the Diablo Ballroom. The money raised will go towards our efforts to provide assistance to Riviera residents such as food, transportation and visits in time of need. We also send memorial donations and provide referrals for services we cannot provide. For more information about the bake sale, call Carolyn at 707-507-9353.

If you live in Village Riviera and would like to become more involved in Kare Bears, come to our next meeting on April 11 at 10 a.m. at the Delta Club. Remember, every resident of Village Riviera is a member of Kare Bears, so if you or a neighbor is in need of assistance because of illness or surgery, please contact your street coordinator or call Valerie at 707-374-6942.

Come dance your socks off at the Riviera.....

SOCK HOP!



Sunday, May 29
(Memorial Day Weekend)
6 - 9:30 pm Vista Club
\$20 per person includes

Hot Dogs, chips and drink from Long Island Larry and
Rockin' Root Beer Floats served by students from RVHS

Pick up your flyer at the Vista or Delta Clubs for details
on how you may sign up for this memorable event

Hosted by Village Riviera Residents' Club
Contact Barb at 707 378-3121 with questions

TRIPS AND TOURS

All trips are operated by an outside company and are not associated with Trilogy Rio Vista Master Association. Trilogy Rio Vista Master Association is not liable for any trips or tours.



**Ethel Ott
(Cupcake)
and
Eileen Griffin
(Twinkie)**

**April 12-April 30,
Trips SOLD OUT**

**May 23, Sacramento
Educational Tours, \$89/pp**
From law makers to law break-
ers. Guided tour of our California
State Capitol where laws are made,
followed by a visit to Folsom State
Prison Museum to learn about

people who break these laws. We'll
enjoy a hosted luncheon on the his-
toric Delta King Riverboat in Old
Sacramento with time for some
browsing and shopping afterwards.

June 9, Ethel's Mystery Trip, \$92/pp
Something for everyone to enjoy
on this educational and sensual day
outing. Hosted lunch included.

**June 21, Gambler's Special -Jack-
son Rancheria Casino, \$30/pp**
Our usual 4-5 hours of "Stay and
Play" with a \$20 Bonus package.

**Aug. 2-4, Hot August Nights in
Reno, \$243/pp dbl.**
2-nights/3-days stay at Silver Legacy
Hotel Casino in downtown Reno.

Hundreds of vintage 30's, 40's
and 50's cars, on-going street faire
and live Entertainers to enjoy
throughout your stay. Dress up
in your old vintage clothes and
hats. A FUN GET-AWAY!

Future Trips:

Sept. 8-10, 10-day Alaska
Cruise (brochure available)

Oct. 8, Fleet Week/Blue
Angles/Hornblower Cruise

Oct.TBA, Two days at Chuk-
chansi Casino Resort

For further information call Ethel (7548) or Eileen (2684).

WOOD Real Estate

Specializing in Trilogy Homes Since 1996

Living, Listing, and Selling at Trilogy

If you plan on **BUYING, SELLING, or UPGRADING** your
Trilogy home, just let us know. We're always here to help!

To **LIST YOUR HOME** today or for a Personalized Tour of
Available Homes... call us at: **(707) 374-3456**

Visit our web site at: **WoodListings.com**
Your **ONLINE** source for everything **TRIOLOGY!**



Cheryl Wood

Owner/ Broker
Trilogy Expert
Trilogy Resident

510-220-1514
woodrealestate@gmail.com

BRE# 01002783



Chris Boothe

Realtor Associate
Trilogy Resident

916-798-7674
pigboothe@yahoo.com

BRE# 01419822



Al Morton

Realtor Associate
Trilogy Resident

925-786-3745
altonmorton@yahoo.com

BRE# 01960018

CAN DO GARAGE CABINETS

Cabinet Storage

Show Special: Includes 17" Deep x 7' Tall Cabinets with adjustable shelves

Garage Cabinets Installation Special!



Custom Closets Installation Special!



Custom Pull Out Trays Installation Special!



Overhead Storage Racks Installation Special!



**Open 7
Days a
Week**

Same Day Installation!

3340 Swetzer Rd. Loomis, CA 95650

916-893-4116

Lic#: 716483

candocabinets.com

Budget Blinds®

a style for every point of view™

VOTED #1 Best Window Treatment Company
 2009 2010 2011 2012 2013 2014
The Best of the Valley



HUGE Shutter Sale!

Add architectural style to your décor with custom shutters

We do closet organizers and home storage

From **\$1795** / sq. ft. Installed

You get more with Budget Blinds®.

- FREE in-home consultation
- Personal Style Consultant
- Great selection of brands and styles
- "Expert Fit" measuring and installation
- Over 850 consultants nationwide

Add style and value to your home with Signature Series window coverings.

We have the styles you love!

- Shutters
- Wood Blinds
- Honeycomb Shades
- Panel Tracks
- Roller Shades
- Vertical Blinds
- Woven Wood
- Silhouette
- And More!

www.budgetblinds.com

LOCALLY OWNED AND OPERATED

Spruce Up & Insulate

with stylish composite shutters, draperies, blinds and more!

Up To 45% OFF

Select Signature Series Window Treatments

Signature Series

Some restrictions apply. Not valid with other discounts. Exp. 7/31/15. Financing on approved credit

Budget Blinds®

a style for every point of view™

707-447-2494

CA Contractors License #911005


C & C Cleaning
 The People You Trust
 Lic# 150448

For more than 11 years C & C Cleaning has been serving clients in Trilogy Homes in Rio Vista. We are known for the quality of our work, for our honesty and for building strong relationships with our customers. Our reward is your recommendation. You will be pleased. We will make your house the cleanest it's ever been.

Our Services:

Residential Cleaning
 Deep House Cleaning
 Empty Houses
 Window Cleaning

Contact us:

Carina Carreno
(916) 519 7505
www.cleaningcandc.com
www.facebook.com/cleancandc
sales@cleaningcandc.com

We ♥ Pets!

Call Now for Free Estimate!!
 References available in www.cleaningcandc.com

Shafer Real Estate

Your Trilogy Resale and Rental Experts...

Nobody Knows Trilogy Homes Better!

(707) 374-5222



Diane Shafer

Owner / Broker

707-328-5277

Debbie Werter

Realtor/ Associate

707-673-7667

Drew Haisley

Realtor/ Associate

925-482-4556

121 Montezuma St. Rio Vista, CA 94571

View listings, search for properties, get Trilogy maps, & more at:

www.ShaferRealEstate.net

DELTA DRAPERY DESIGNS

30% Discount on all products

THANK YOU TRILOGY
FOR A FANTASTIC 2015!



AUTHORIZED GRABER DEALER

Custom-made
Draperies, Shutters,
Blinds And Shades,
Owner Operated from
Consultation through
Installation, Award
winning designers
with over 1 Million
windows covered

"The #1 Choice for all
my clients" - Shafer
Real Estate

Lic: 1007543



FREE INSTALLATION
*At time of consultation

2 Cousins, Trilogy Residents, Over 90 Years Experience, Award Winning Window Covering Designers

Low Prices, High Quality, Free Estimates

(707) 718-7907 deltadraperies@gmail.com

www.deltadraperies.com

FREE LIVING TRUST SEMINAR

DON'T LET THE GOVERNMENT
GET YOUR ASSETS!
TAKE CONTROL OF YOUR AFFAIRS NOW!

We can do a new Trust or restate
your old Trust for \$699
AND NEVER PAY ANOTHER DIME
FOR THE REST OF YOUR LIFE!

Thursday April 21st

2:00PM to 4:00PM

The Golf Club at Rio Vista - Sir Flair's Bar and Grill

1000 Summerset Drive

Rio Vista, CA 94571

Family and Friends Welcome

Protecting American Families For 25 Years!
Married couples are encouraged to attend together.

CALL NOW TO RESERVE YOUR SEAT!

TOLL FREE (800) 900-TRUST

the Law Offices of CR Abrams, P.C.
www.crabrams.com

951 Mariners Island Center, #300 • San Mateo, CA 94404
27281 Las Ramblas, #150 • Mission Viejo, CA 92691



Thinking of Selling?



Reasons to list your home now:

- Less competition means you may sell your home faster and for more money
- It's a chance to show off your home's winter assets – cozy fireplace, non-drafty windows, newer insulation, and efficient home heating.
- Loans can be processed quicker because title companies aren't as busy.
- Advertising 'HOMES for SALE' on TV, Comcast Channel 888

The sooner you put the wheels in motion the sooner you can sell and move on with your life.



RALENE NELSON
REALTOR®, CDPE, GRI
CalBRE# 01503588
Direct: 707-334-0699
Rnelson@c21mm.com
www.RioVistaHomePro.com
Centurion Award 2013, 2014, 2015



Call Ralene Nelson for all of your Real Estate Needs

Visiting Physician Service

In-home medical consultations for Trilogy Residents

707-419-6026



Raymond Donovan, M.D., is a Family Medicine physician with more than 40 years of experience in the Bay Area, and a Trilogy resident since 2014.

In the privacy and convenience of your own home, Dr. Donovan will be your medical advocate by listening to your concerns, and assisting you in understanding your medical options.

A typical visit might include:

- *Assessing current health issue*
- *Providing a home safety evaluation*
- *Checking your vital signs*
- *Reviewing your medications and side effects*
- *Reviewing imaging and lab test results*
- *Assessing nutritional status*
- *Offering physician-to-physician communication*

The Ultimate Body Lift



Get that extra help beyond diet and exercise!

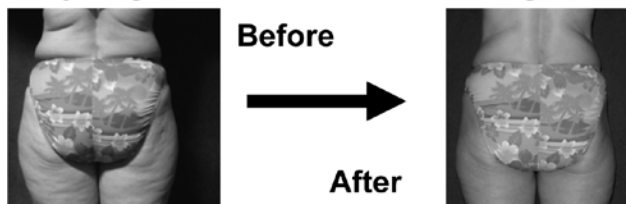
FREE TRIAL TREATMENT

925-301-7389, 707-374-2049,

SynergieByLO@aol.com

www.SynergieByLO.com

Synergie Cellulite Reduction Program



Appts available 7 days a week

223 Montezuma St, Rio Vista, CA 94571

M&E Metal

Ornamental Iron

Gates and Fences



Providing a quality product for 30 years

Free Estimates

(707) 428-4925

4895 Creed Rd. • Suisun, CA 94585
California License # 423581



Kathy Erwin
Fitness & Spa Director

April Spa Specials

Relax, Rejuvenate & Enjoy!

Customized spa packages uniquely created to relax your body, renew your spirit, and restore your sense of well-being. Whether you're looking for rejuvenation for yourself or seeking the perfect gift for that special someone, you'll find just the right package here.

**Schedule appointments with Member Services
Vista Club (707-374-4200)**

*Good for Purchase April 1 – 30
(May be redeemed anytime)*

Spring Retreat

Enjoy the therapeutic experience of essential oils raining down onto your back for a therapeutic effect.

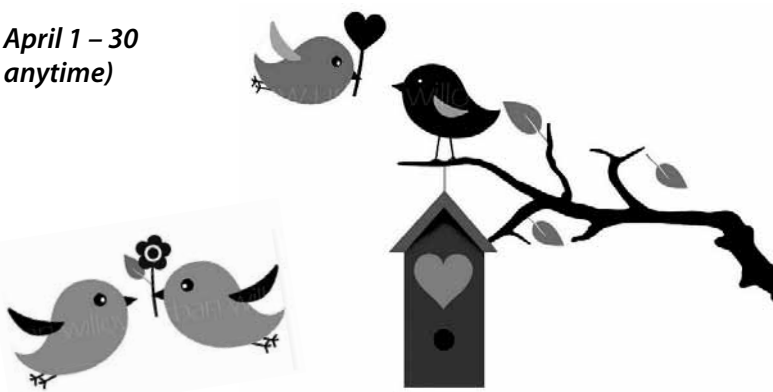
Reported benefits include:

- Reduction of back pain
- Relaxation and invigoration
- Increase in energy levels
- Relief from stress

2 Rain Drop Therapy Sessions

Normally 50 minutes each for \$130

Spring Special price: \$120



Spring Rejuvenator

Anti-Aging Facial that emphasizes exfoliation and hydration.

Normally 75 minutes for \$75

Spring Special price: \$65



TRILOGY SPA Spring Image Product Sale

Purchase 2 products at full price and receive 50% off the third product of equal or lesser value

- OR -

Purchase 3 products at full price and receive the fourth one free of equal or lesser value

Offer good now thru May 31



Spring Detox Class

Renew. Refresh. Rejuvenate.



Dr. Kimberly Gilmore, ND

10-Day Nutrition Detox

- Increase Energy
- Curb Carb Cravings
- Reset Hormones
- Balance Blood Sugar
- Lose Weight
- Feel Better
- Improve Sleep
- Balance Mood

This 3-hour class outlines a 10-day program designed to optimize nutrition, maximize energy, support healthy digestion, improve sleep, and balance hormones. You will also learn how some foods can sabotage your health. This class is safe for all and all are welcome.

Instructor: Dr. Kimberly Gilmore, ND

Date: Wednesday, April 27

Time: 9:00 a.m. – 12:00 p.m.

Fee: \$125 class and materials

Minimum of 10 participants

Register at Member Services

Class includes detailed program guide with tips to succeed, nutritional information, recipes and meal plan to satisfy hunger. Optional dietary supplements are available at extra cost.

This Month Begins the Biggest Mover Contest

12 weeks of the Biggest Mover Let's Move Contest

(Please see registration form on page 21)

For all you Fitness Enthusiasts in all our
Group Ex Classes, Land & Water

Contest runs April 1 – June 22

5 Lucky Winners will be drawn at the
Fitness BBQ Potluck in June!

Save the Date:

Thursday, June 23

Summer Fitness BBQ Potluck

Specialty Class: Aqua Joint

Session: April 7 – May 26 (8 classes)

Days/Times: Thursdays 3 - 4 p.m.

Location: Vista Pool

Fee: \$45 (Pay at Member Services)
Must pre-pay!

No swimming ability is required!

Use the healing power of water to:

- Improve Overall Health
- Increase Range of Motion
- Strengthen muscles around joints
- Improve Balance
- Decrease Pain
- Increase Flexibility

Minimum number of participants: 8

Instructor: Beverly Shilich

For more information
leave a message for Bev at 707-374-4200

Specialty Class: Deanna's Yoga Continuation

Take Care of Your Body...

It is the Only Place You Have to Live.

Relax, Replenish and Revive.

Yoga every day keeps the doctor away!

When: Saturdays 9:30-10:30am

Where: Diablo Ballroom, Vista Club

Dates: April 16 – May 21

Fee: \$35 (Must pre-register at Member Services)

Instructor: Deanna Araya

Strength Muscle Tone Pain Prevention
Better Breathing Mental Flexibility
Calmness Body Awareness



Acupuncture

Dr. Charles Peri, Doctor of Oriental Medicine

Initial Visit \$120

Acupuncture Follow Up \$90

6 Acupuncture Treatments
(\$80 each) \$480

12 Acupuncture Treatments
(\$70 each) \$840

Initial Visits – up to 60 minutes

Follow Up Visits – up to 45 minutes



Packages must be paid in full
No initial visit fee if package is purchased
(\$40 to \$50 savings)

Naturopathy

Dr. Kimberly Gilmore, ND

Dr. Gilmore is at the
Vista Club on the
third Wednesday
of each month.



Initial Visit (75 min) \$175

Follow-Up Visit (50 min) \$125

Brief Visit (25 min) \$65

Vitamin B Injection \$30

New! Package Specials

5 Follow-Up Visits \$550

10 Follow-Up Visits \$1050

5 Vitamin B Injections \$125



Fitness Punch Card Prices

“Unlimited Monthly”
take as many classes you wish
in one month
\$85

20-punch card
\$70

10-punch card
\$35

Payment by credit card or check made out to TRMVA.

No refunds or replacements.

Available at Member Services.

**Over 150 classes a month to choose from
including classes that offer Aerobic, Aqua,
Zumba, Dance, Balance, Stretching, Yoga,
Flexibility, Mind & Body & more!**

April New Member Fitness Orientations

Saturday, April 2 at 11 a.m.

Tuesday, April 12 at 6 p.m.

Saturday, April 23 at 11 a.m.

Start your fitness program with a personalized ROM (Range of Motion) appointment with one of our Personal Trainers: Joele, Beverly or Pat, to make sure you are properly set up for an effective and safe workout. A Range of Motion is a one-time \$20 fee. You'll have one-on-one with your trainer and once you are set up, the strength-training machines will remember your settings and track your workouts.

COMING SOON

**Once a week the Personal Trainers will be doing floor time
for one hour to help answer your questions or concerns.**

BIGGEST **MOVER!**

It's back! Take any class! Up to 12 chances to win!

Lets Move Contest!

Begins April 1

Registration

Name: _____

Phone: _____

Each participant will receive **12 Biggest Mover Cards** with 5 punches on each.

By participating you are committing to take as many classes as you wish within a 12 week period.

For every Group X class you participate in (all classes are included in the contest including Specialty Classes) you earn 1 punch.

When your card is full, drop it off in the bowl at the Member Services desk. You may enter as many **full cards** as you wish throughout the 12 weeks (12 card maximum) No replacement cards for lost cards. At the end of 12 weeks, you could be crowned **The Biggest Mover!**

First Prize(\$100 value package):

Fitness Punch Card(s), Trilogy Spa Gift Certificate(s) & Favorite Restaurant Gift Certificate

Second Prize(\$75 value package):

Fitness Punch Card and/or Spa Gift Certificate

Third prize: (\$65 value package):

\$70 Fitness Punch Card or \$35 punch card and Head Neck Back or Deep Tissue Massage (30 minute)

Fourth Prize (\$50 value):

\$35 Punch Card or 50 minute Swedish Massage

Fifth Prize (\$35 value):

\$35 Punch Card or \$30 minute HNB or DT Massage

Contest runs April 1st – June 22nd 2016

Contact Kathy Erwin 374-4205 for more information!

New Business:

- Club applications were approved for Havarah Circle of Friends and Men's Fellowship
- Wireless Master Relay (Internet Free Planet; now Doing Business As Internet Planet): approved contract to receive \$6,000 annual income from IP for providing rooftop and closet mounting facilities. IP is an Internet Service Provider to the community. The service provided is not provided by TRVMA, and any questions or concerns with the service provided need to be directed to Internet Planet.
- 2016 Roadwork Bid Prep and Solicitation: approved contract with Associated Engineering Consultants to prepare plans, specifications and bid solicitation for TRVMA Roadwork according to the Roadwork Improvement plan - \$8,980
- Management: approved contract renewal with Action Property Management for the annual base fee of \$221,686.
- Janitorial Equipment Purchase \$9,219.55: due to Board members wanting to review and discuss the scope of work, scheduling, expectations and qualifications to bring janitorial in-house, the issue was tabled.

The next meeting is April 12, 2016



Performing at Trilogy by special arrangement!
James Garner's tribute to Johnny Cash
celebrates the life and music of the
legendary 'Man in Black' with stunning accuracy!
An entertaining fun trip down memory lane - don't miss it!



Garner and his band perform Cash's music with historical accounts and personal anecdotes about America's most beloved singing storyteller.

www.CashTribute.net

Bring family, friends, and your favorite provisions for this spectacular performance!
Sign up at Vista Club Member Services

**1113 Texas St.
Fairfield, CA**

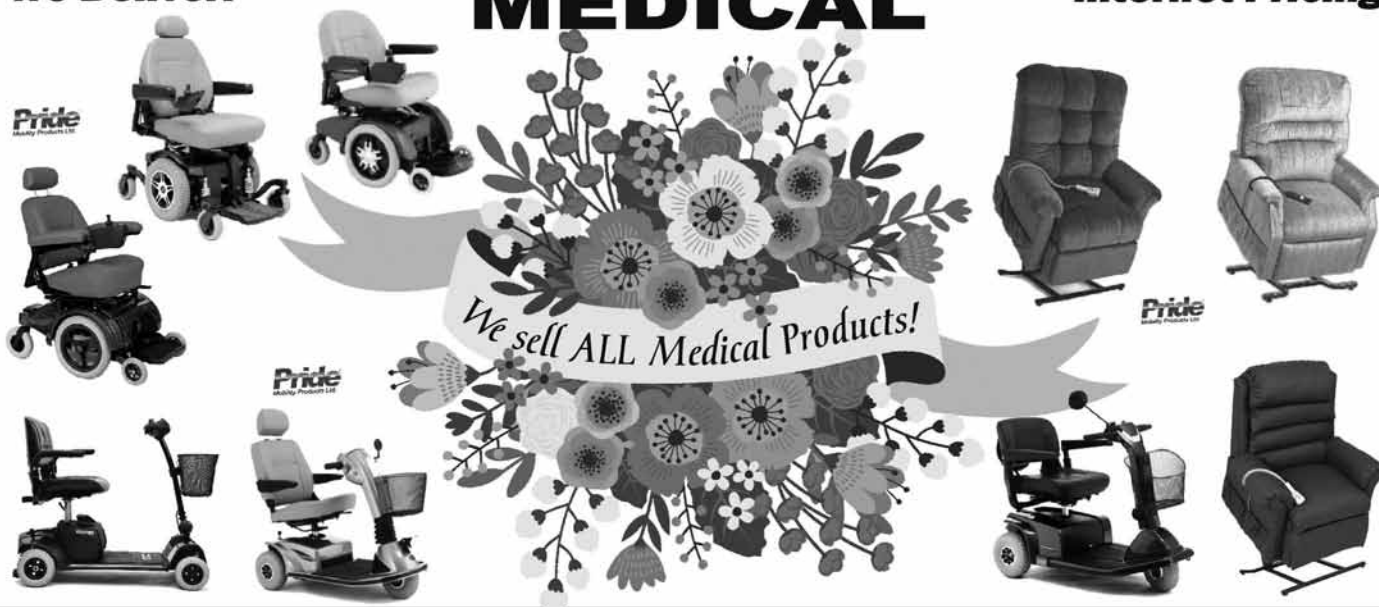
Open 7 Days A Week!

707-426-2211

We Deliver!

**I Feel Good
MEDICAL**

**Ask Us About
Internet Pricing!**



Key

Bold = New/Change

(B)eginning

(I)ntermediate

(A)dvanced



TrilogyLiving

Fitness Class Schedule for April 2016

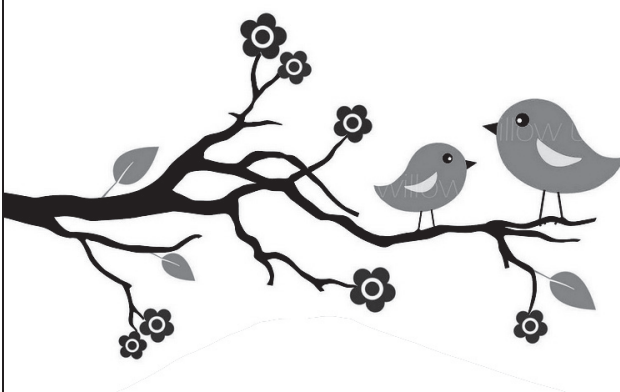
All classes require one of 3 card choices: a blue 20-punch for \$70, a yellow 10-punch for \$35 or an Unlimited Monthly Punch Card for \$85, good for that given month. You can attend as many classes as you want! Get your cards at Member Services. Please call Fitness & Spa Director Kathy Erwin at 707-374-4205 if you have questions. All classes are held in the Vista Group Exercise Studio unless otherwise noted.

Last Month’s Punch Card Raffle Winner: **Barbara Phelps-Burke**

April Fitness Orientations: Sat., Apr. 2 at 11 a.m., Tues., Apr. 12 at 6 p.m., Sat., Apr. 23 at 11 a.m.

If you plan to make a (ROM) Range of Motion appointment for a later date, please bring a \$20 check with you to the orientation. Thank you!

- CLASS LOCATIONS**
- (GX) Group Exercise Studio
- (DB) Diablo Ballroom
- (VP) Vista Pool
- (DP) Delta Pool
- (RV) Rio Vista Room–Delta
- (SR) Sonoma Room-Vista
- (FC) Fitness Center


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div></div> <div>BIGGEST MOVER!</div> <div>LET’S MOVE CONTEST!</div> <div>Registration Form & Biggest Mover Punch Cards are now available to pick up at the Member Services Desk!</div> <div>Contest Kicks Off April 1</div>				1 7-8am Early Yoga (B) (DB) Tammy 8:30-9:30am WOW-TABATA-BOOM (B/I) (GX) Pat 9-10am Yoga/Pilates (B) (DB) Deanna 10-11am Aqua Fit (B) (VP) Denise 10-10:45am Core Balance and Standing Abs (B) (GX) Sophie 10-11am Balance Ball (DB) Deanna 10:45-11:30am ZUMBA Toning (B/I) (GX) Sophie 11:30am-12:15pm ZUMBA Dance (B/I) (GX) Sophie	2 8:30-9:30am Step Aerobics (GX) Pat 11am-12:30pm ZUMBA Power (GX) Sophie
4 8:30-9:30am WOW-TABATA-TABATA (B/I) (GX) Pat 9-10am Yoga/Pilates (B) (DB) Deanna 9-10am Advanced Aqua (B/I/A) (VP) Kathy 10-11am Aqua Fit (B) (VP) Denise 9:45-10:45am Wake-up and Move (B/I) (RV) /Pat 10-10:45am Core Balance and Standing Abs (B) (GX) Prescy/Sophie 10-11am Meditation Breathing (B) (DB) Deanna 10:45-11:30am ZUMBA Toning (B/I) (GX) Prescy/Sophie 11:30am-12:15pm ZUMBA Dance (B/I) (GX) Prescy/Sophie 4-5pm Stretch and Flex (B/I) (GX) Tammy 6:30-7:30pm Yoga/Pilates (B/I) (GX or DB) Deanna	5 8-9am Body Works (B/I/A) (GX) Kathy 9-10am Myofascial Release Stretch (B) (GX) Joele 10-11am Cardio Sculpt (B/I/A) (GX) Joele 9:30-10:30am Aqua Fit (B) (VP) Denise 11am-12pm Feel Good Class (I) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly FREE CLASS 10-11am for everyone “Newly” revised Cardio Sculpt with Joele Swift	6 7-8am Early Yoga (B) (DB) Tammy 8-9am Back To Basics Yoga (B/I) (DB) Tammy 8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat) 9:30-10am Intro to Dance Aerobics (B/I/A) (GX) Joele 9:30-10:30am Aqua Fit (B) (VP) Denise 10-11AM Balance Boogie (GX) Joele 11am-12:30pm Hot ZUMBA (I/A) (GX) Prescy 6:30-7:30pm Balance Ball (GX) Deanna	7 8-9am Body Works (B/I/A) (GX) Kathy 9-10am Core/Stretch (B) (GX) Joele 9-10am Tai Chi (B/I) (GX) Lillian 9:30-10:30am Advanced Aqua (B/I/A) (VP) Kathy 10-11am Step Aerobics (B/I/A) (GX) Pat 11-12pm Feel Good Class (I) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly 2:30-3:30pm Yoga (B/I) (GX) Tammy	8 7-8am Early Yoga (B) (DB) Tammy 8:30-9:30pm WOW-TABATA-BOOM (B/I) (GX) Pat 9-10am Yoga/Pilates (B) (DB) Deanna 9-10am Advanced Aqua (B/I/A) (VP) Kathy 10-11am Aqua Fit (B) (VP) Denise 10-10:45am Core Balance and Standing Abs (B) (GX) Sophie 10-11am Balance Ball (DB) Deanna 10:45-11:30am ZUMBA Toning (B/I) (GX) Sophie 11:30am-12:15pm ZUMBA Dance (B/I) (GX) Sophie	9 8:30-9:30am Step Aerobics (GX) Pat
11 8:30-9:30am WOW-TABATA-TABATA (B/I) (GX) Pat 9-10am Yoga/Pilates (B) (DB) Deanna 9-10am Advanced Aqua (B/I/A) (VP) Kathy 10-11am Aqua Fit (B) (VP) Denise 9:45-10:45am Wake-up and Move (B/I) (RV) /Pat 10-10:45am Core Balance and Standing Abs (B) (GX) Prescy/Sophie 10-11am Meditation Breathing (B) (DB) Deanna 10:45-11:30am ZUMBA Toning (B/I) (GX) Prescy/Sophie 11:30am-12:15pm ZUMBA Dance (B/I) (GX) Prescy/Sophie 4-5pm Stretch and Flex (B/I) (GX) Tammy 6:30-7:30pm Yoga/Pilates (B/I) (GX or DB) Deanna	12 8-9am Body Works (B/I/A) (GX) Kathy 9-10am Myofascial Release Stretch (B) (GX) Joele 10-11am Cardio Sculpt (B/I/A) (GX) Joele 9:30-10:30am Aqua Fit (B) (VP) Denise 11am-12pm Feel Good Class (I) (GX) Beverly/ Kathy 4/12 only 1-2pm Sit and Get Fit (B) (GX) Beverly / Kathy 4/12 only	13 7-8am Early Yoga (B) (DB) Tammy 8-9am Back To Basics Yoga (B/I) (DB) Tammy 8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat) 9:30-10am Intro to Dance Aerobics (B/I/A) (GX) Joele 9:30-10:30am Aqua Fit (B) (VP) Denise 10-11am Balance Boogie (GX) Joele 11am-12:30pm Hot ZUMBA (I/A) (GX) Prescy 6:30-7:30pm Balance Ball (GX) Deanna	14 8-9am Body Works (B/I/A) (GX) Kathy 9-10am Core/Stretch (B) (GX) Joele 9:30-10:30am Advanced Aqua (B/I/A) (VP) Kathy 10-11am Step Aerobics (B/I/A) (GX) Pat 11am-12:00pm Feel Good Class (I) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly 2:30-3:30pm Yoga (B/I) (GX) Tammy	15 7-8am Early Yoga (B) (DB) Tammy 8:30-9:30pm WOW-TABATA-BOOM (B/I) (GX) Pat 9-10am Yoga/Pilates (B) (DB) Deanna 9-10am Advanced Aqua (B/I/A) (VP) Kathy 10-11am Aqua Fit (B) (VP) Denise 10-10:45am Core Balance and Standing Abs (B) (GX) Sophie 10-11am Balance Ball (DB) Deanna 10:45-11:30am ZUMBA Toning (B/I) (GX) Sophie 11:30am-12:15pm ZUMBA Dance (B/I) (GX) Sophie	16 8:30-9:30am Step Aerobics (GX) Pat 11am-12:30pm ZUMBA Power (GX) Sophie
18 8:30-9:30am WOW-TABATA-TABATA (B/I) (GX) Pat 9-10am Yoga/Pilates (B) (DB) Deanna 9-10am Advanced Aqua (B/I/A) (VP) Kathy 10-11am Aqua Fit (B) (VP) Denise 9:45-10:45am Wake-up and Move (B/I) (RV) /Pat 10-10:45am Core Balance and Standing Abs (B) (GX) Prescy/Sophie 10-11am Meditation Breathing (B) (DB) Deanna 10:45-11:30am ZUMBA Toning (B/I) (GX) Prescy/Sophie 11:30am-12:15pm ZUMBA Dance (B/I) (GX) Prescy/Sophie 4-5pm Stretch and Flex (B/I) (GX) Tammy 6:30-7:30pm Yoga/Pilates (B/I) (GX or DB) Deanna	19 8-9am Body Works (B/I/A) (GX) Kathy 9-10am Myofascial Release Stretch (B) (GX) Joele 10-11am Cardio Sculpt (B/I/A) (GX) Joele 9:30-10:30am Aqua Fit (B) (VP) Denise 11am-12pm Feel Good Class (I) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly	20 7-8am Early Yoga (B) (DB) Tammy 8-9am Back To Basics Yoga (B/I) (DB) Tammy 8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat) 9:30-10am Intro to Dance Aerobics (B/I/A) (GX) Joele 9:30-10:30am Aqua Fit (B) (VP) Denise 10-11AM Balance Boogie (GX) Joele 11am-12:30pm Hot ZUMBA (I/A) (GX) Prescy 6:30-7:30pm Balance Ball (GX) Deanna	21 8-9am Body Works (B/I/A) (GX) Kathy 9-10am Core/Stretch (B) (GX) Joele 9-10am Tai Chi (B/I) (GX) Lillian 9:30-10:30am Advanced Aqua (B/I/A) (VP) Kathy 10-11am Step Aerobics (B/I/A) (GX) Pat 11am-12pm Feel Good Class (I) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly 2:30-3:30pm Yoga (B/I) (GX) Tammy	22 7-8am Early Yoga (B) (DB) Tammy 8:30-9:30pm WOW-TABATA-BOOM (B/I) (GX) Pat 9-10am Yoga/Pilates (B) (DB) Deanna 9-10am Advanced Aqua (B/I/A) (VP) Kathy 10-11am Aqua Fit (B) (VP) Denise 10-10:45am Core Balance and Standing Abs (B) (GX) Sophie 10-11am Balance Ball (DB) Deanna 10:45-11:30am ZUMBA Toning (B/I) (GX) Sophie 11:30am-12:15pm ZUMBA Dance (B/I) (GX) Sophie	23 8:30-9:30am Step Aerobics (GX) Pat
25 8:30-9:30am WOW-TABATA-TABATA (B/I) (GX) Pat 9-10am Yoga/Pilates (B) (DB) Deanna 9-10am Advanced Aqua (B/I/A) (VP) Kathy 10-11am Aqua Fit (B) (VP) Denise 9:45-10:45am Wake-up and Move (B/I) (RV) /Pat 10-10:45am Core Balance and Standing Abs (B) (GX) Prescy/Sophie 10-11am Meditation Breathing (B) (DB) Deanna 10:45-11:30am ZUMBA Toning (B/I) (GX) Prescy/Sophie 11:30am-12:15pm ZUMBA Dance (B/I) (GX) Prescy/Sophie 4-5pm Stretch and Flex (B/I) (GX) Tammy 6:30-7:30pm Yoga/Pilates (B/I) (GX or DB) Deanna	26 8-9am Body Works (B/I/A) (GX) Kathy 9-10am Myofascial Release Stretch (B) (GX) Joele 10-11am Cardio Sculpt (B/I/A) (GX) Joele 9:30-10:30am Aqua Fit (B) (VP) Denise 11am-12pm Feel Good Class (I) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly	27 7-8am Early Yoga (B) (DB) Tammy 8-9am Back To Basics Yoga (B/I) (DB) Tammy 8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat) 9:30-10am Intro to Dance Aerobics (B/I/A) (GX) Joele 9:30-10:30am Aqua Fit (B) (VP) Denise 10-11AM Balance Boogie (GX) Joele 11am-12:30pm Hot ZUMBA (I/A) (GX) Prescy 6:30-7:30pm Balance Ball (GX) Deanna	28 8-9am Body Works (B/I/A) (GX) Kathy 9-10am Core/Stretch (B) (GX) Joele 9-10am Tai Chi (B/I) (GX) Lillian 9:30-10:30am Advanced Aqua (B/I/A) (VP) Kathy 10-11am Step Aerobics (B/I/A) (GX) Pat 11am-12pm Feel Good Class (I) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly 2:30-3:30pm Yoga (B/I) (GX) Tammy	29 7-8am Early Yoga (B) (DB) Tammy 8:30-9:30pm WOW-TABATA-BOOM (B/I) (GX) Pat 9-10am Yoga/Pilates (B) (DB) Deanna 9-10am Advanced Aqua (B/I/A) (VP) Kathy 10-11am Aqua Fit (B) (VP) Denise 10-10:45am Core Balance and Standing Abs (B) (GX) Sophie 10-11am Balance Ball (DB) Deanna 10:45-11:30am ZUMBA Toning (B/I) (GX) Sophie 11:30am-12:15pm ZUMBA Dance (B/I) (GX) Sophie	30 8:30-9:30am Step Aerobics (GX) Pat 11am-12:30pm ZUMBA Power (GX) Sophie

Specialty Classes are not on the Fitness Calendar. Please look for their Flyers at both Clubs:

Fitness & Friends with Joele Swift, 8 Steps to a Healthy Back with Beverly Shilich, Continuation of Yoga with Deanna Araya
The Practice with Meditation with Anna Chunn, Aqua Joint with Beverly Shilich

April 2016 Club and Activity Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 8am Social Tennis 8:50am Cycling Club (Delta Parking Lot) 9am Model Club (V) 9:30am Walk & Talk (V) 9:30am Village 1 ARC (V) 10:30am Country Line Dancing (D) 11am Book Club: 66 Bible Books (V) 11am Pickleball (court 1 & 2) 12pm Watercolor Painting – Adv (D) 1pm Bridge – Friday Venue Chg (D) 7pm Music of the Night Performance (V)	2 8am Motorcycle Club (Off-site) 9am Model Club – Garden Railway (V) 9am Table Tennis (D) 9:30am Hiking Club (V) 6pm Texas Hold'em / Omaha Poker (D) 7pm Music of the Night Performance (V)
3 10am – 3pm Trilogy Produce Market (D)	4 8am Social Tennis 9am Woodcarving (D) 9am Theater Gp Improvisation Workshop (D) 9:30am Walk & Talk (V) 9:30am Document Revision (V) 10:30am Garden Club Planning (V) 11am Saddle Rock Village ARC (V) 12pm Open Painting (D) 12:30pm Rip, Stitch & Bitch (V) 12:30pm Mah Jongg (V) 1pm TAG Monthly (D) 2:30pm Pickleball (courts 1 & 2) 3pm Guitar Club (V) 3pm Oakmont Village RC Social Com (V) 5pm Whist Planning (V) 6pm Soul Line Dancing (D) 6pm Poker (D) 6:30pm Game Night (V)	5 8am Social Tennis 8:30am Radio Club (V) 9:30am Women's 9-Hole Golf 10am Computer Class – Basics (New Content) (V) 10:30am Country Line Dancing (D) 11am Pickleball (courts 1 & 2) 11:30am TRVMEN Golf 12pm Watercolor Painting – Beg (D) 12:15pm Hand & Foot Canasta (V) 12:30pm Dominoes (D) 12:30pm Computer Class – Working with Pictures (V) 4pm Horseshoe Pit Play (Brockton Park) 4:15pm Table Tennis (D) 5pm Billiards Club Tournament (V) 5pm Tai-chi & Yuan-chi (V) 5:30pm Couples Canasta (D) 6:30pm Religions of the World (D)	6 8am Social Tennis 8am TOPS (D) 8:30am Sr. Men's Golf 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) 11am Ukulele Club (V) 11am Pickleball (courts 1 & 2) 12:30pm Fat Quarters Quilters (D) 1pm Village Riviera ARC (D) 1:30pm Jazz Band (V) 2pm Bergren Oil & Acrylic Class (D) 2pm Card Design Class (D) 2pm Saddle Rock RC Social Com (V) 4:30pm Table Tennis (D) 5:30pm Delta Harmony Rehearsal (V) 6:30pm Soul Line Dancing (D) 7pm Billiard Club Membership (V) 7:30pm VORC (D)	7 8am Social Tennis 8:30am Women's 18-Hole Golf 9am Eagle Point Village ARC (D) 9:30am Ceramics (D) 10am Women's Fellowship (V) 11am Pickleball (courts 1 & 2) 12:15pm Ponytail Canasta (V) 1pm Good Samaritans (D) 1pm Sailing Club (V) 2pm Genealogy Club (V) 4pm Horseshoe Pit Play (Brockton Park) 5pm Table Tennis (D) 5pm Tai-chi for Beginners (V) 6pm Yuan-chi & Fan Dance (V) 6:30pm Pinochle (V) 7pm Photography Club (V) 7pm Ballroom Dance - Adv (V) 8pm Ballroom Dance - Beg (V)	8 8am Social Tennis 8:50am Cycling Club (Delta Parking Lot) 9:30am Walk & Talk (V) 10am Rubber Stamp Card Making (D) 10:30am Country Line Dancing (D) 11am Book Club: 66 Bible Books (V) 11am Pickleball (courts 1 & 2) 11am SR Appreciation Luncheon (D) 12pm Watercolor Painting – Adv (D) 12:15pm Friday Bridge (V) 2pm Guitar Club Beg Workshop (V) 7pm Bunco (D)	9 8am Motorcycle Club (Off-site) 9am Model Club - Garden Railway (V) 9am Table Tennis (D) 9:30am Hiking Club (V) 10am – 3pm Gift, Craft, Art Faire & Jewelry Show (V) 11am – 2pm Music in GLR (V) 6pm Texas Hold'em / Omaha Poker (D)
10 11am – 3pm Trilogy Small Business Expo (V) 11:30am – 2:30pm Music in GLR (V) 7pm Dance Club, music by Solid Gold (V)	11 8am Social Tennis 9am Woodcarving (D) 9am Olympic Village ARC (V) 9am Theater Gp Improvisation Workshop (D) 9:30am Walk & Talk (V) 9:30am Village Riviera Kare Bears (D) 10am Village Oakmont ARC (V) 12pm Open Painting (D) 12pm Duplicate Bridge (V) 12:30pm Rip, Stitch & Bitch (V) 2:30pm Pickleball (courts 1 & 2) 3pm House Renovations Com (V) 5pm Whist Planning (V) 6pm Soul Line Dancing (D) 6pm Poker (D) 6:30pm Game Night (V) 7pm Model Club - RC Aircraft (D)	12 8am Social Tennis 8:30am Radio Club (Offsite) 9:30am Women's 9-Hole Golf 10:15am Book Club (V) 10:30am Country Line Dancing (D) 10:30am TRVMA Executive Session (V) 11am Pickleball (courts 1 & 2) 11:30am TRVMEN Golf 12pm Cooking Club (D) 12pm Watercolor Painting – Beg (D) 12:15pm Hand & Foot Canasta (V) 12:30pm Computer Learning Center Open House (V) 2pm Master Association Board Mtg (V) 4pm Horseshoe Pit Play (Brockton Park) 4:15pm Table Tennis (D) 5pm Billiards Club Tournament (V) 5pm Tai-chi & Yuan-chi (V) 6:30 pm Computer Center Open House (V) 7pm Emergency Action Com (V)	13 8am Social Tennis 8am TOPS (D) 8:30am Sr. Men's Golf 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Village Oakmont Kare Bears (D) 10am Stained Glass (D) 11am Ukulele Club (V) 11am Pickelball (courts 1 & 2) 12:30pm Fat Quarters Quilting (D) 1:30pm Jazz Band (V) 2pm Bergren Oil & Acrylic Painting (D) 2pm Card Design Class (D) 4:30pm Table Tennis (D) 5:30pm Delta Harmony Rehearsal (V) 6:30pm Nature Club (V) 6:30pm Soul Line Dancing (D)	14 8am Social Tennis 8:30am Women's 18-Hole Golf 9am Blood Pressure Check (D) 9:30am Ceramics (D) 10am Council for the Arts (V) 10am Women's Fellowship (V) 11am Pickleball (courts 1 & 2) 12:15pm Ponytail Canasta (V) 1pm Garden Club (V) 1pm Good Samaritans (D) 4pm Horseshoe Pit Play (Brockton Park) 4pm Sr. Men's Board Mtg (D) 5pm Table Tennis (D) 5pm Tai-chi for Beginners (V) 6pm Yuan-chi & Fan Dance (V) 6:30pm Pinochle (V) 7pm Writers' Club (V) 7pm Ballroom Dance - Adv (V) 8pm Ballroom Dance - Beg (V)	15 8am Social Tennis 8:50am Cycling Club (D) 9:30am Walk & Talk (V) 9:30am Village 1 ARC (V) 10am Rubber Stamp Card Making (D) 10:30am Country Line Dance (D) 11am Book Club: 66 Bible Books (V) 11am Pickleball (courts 1 & 2) 12pm Watercolor Painting – Adv (D) 12:15pm Friday Bridge (V) 2:30pm July 4 th Focus Group (V) 6pm Joy Luck Mah-Jongg (V) 7pm Whist Club (D) 7pm Comedy Night – Mentalist Mark Stone (V)	16 8am Emergency Action Com Training (D) 9am Model Club – Garden Railway (V) 9am Table Tennis (D) 9:30am Hiking Club (V) 6pm Texas Hold'em / Omaha Poker (V) 7pm Drama Club Pasta Feed (D)
17 10am – 3pm Trilogy Produce Market (D) 6:30pm This 'n' That Coffee House (V) 6:45pm Havurah Friendship (V)	18 8am Social Tennis 9am Woodcarving (D) 9am Theater Gp Improvisation Workshop (D) 9:30am Walk & Talk (V) 9:30am Document Revision Com (V) 10am Council of Village Presidents (D) 11:30am Saddle Rock Village ARC (V) 12pm Open Painting (D) 12:30pm Mah Jongg (V) 12:30pm Rip, Stitch & Bitch (V) 1pm AED/ CPR/ 1st Aid Class (V) 2:30pm Pickleball (courts 1 & 2) 3pm Guitar Club (V) 5pm Whist Planning (V) 6pm Soul Line Dancing (D) 6pm Poker (D) 6:30pm Game Night (V) 7pm Fishing Club (D)	19 8am Social Tennis 8:30am Radio Club (V) 9am Garden Club Workshop (D) 9:30am Women's 9-Hole Golf 10am Computer Class – MS Excel 1 (New Content) (V) 10:30am Country Line Dancing (D) 11am Pickleball (courts 1 & 2) 11:30am TRVMEN Golf 12pm Watercolor Painting – Beg (D) 12:15pm Hand & Foot Canasta (V) 12:30pm Dominoes (V) 12:30pm Computer Class – MS Excel 2 (New Content) (V) 2pm Saddle Rock Village High Tea (V) 4pm Horseshoe Pit Play (Brockton Park) 4:15pm Table Tennis (D) 5pm Billiards Club Tournament (V) 5pm Tai-chi & Yuan-chi (V) 5:30pm Couples Canasta (V)	20 8am Social Tennis 8am TOPS (D) 8:30am Sr. Men's Golf 9:30am Labyrinth Walk/ Shop/ Dine (offsite) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) 11am Ukulele Club (V) 11am Pickleball (courts 1 & 2) 12:30pm Fat Quarters Quilting (D) 1pm Village Riviera ARC (D) 2pm Bergren Oil & Acrylic Painting (D) 2pm Card Design Class (D) 4:30pm Table Tennis (D) 5:30pm Delta Harmony Rehearsal (V) 6:30pm Soul Line Dancing (D) 7pm Olympic Village RC Mtg (V)	21 8am Social Tennis 8:30am Women's 18-Hole Golf 9am Eagle Point ARC (D) 9:30am Ceramics (D) 10am Women's Fellowship (V) 11am Pickleball (courts 1 & 2) 12:15pm Ponytail Canasta (V) 1pm Good Samaritans (D) 2pm Genealogy Workshop (V) 4pm Horseshoe Pit Play (Brockton Park) 5pm Table Tennis (D) 5pm Village Riviera RC (V) 5pm Tai-chi for Beginners (V) 6pm Yuan-chi & Fan Dance (V) 6:30pm Pinochle (V) 7pm Theater Group Mtg (D) 7pm Ballroom Dance - Adv (V) 8pm Ballroom Dance - Beg (V)	22 8am Social Tennis 8:50am Cycling Club (D) 9:30am Walk & Talk (V) 10am Rubber Stamp Card Making (D) 10:30am Country Line Dance (D) 11am Pickleball (courts 1 & 2) 11am Book Club: 66 Bible Books (V) 12pm Watercolor Painting – Adv (D) 12:15pm Friday Bridge (V) 2pm Guitar Club - Beginners Workshop (V) 3:30pm – 5:30pm Shibori Workshop Prep (D) 7pm Bingo (D)	23 8:30am – 4pm Shibori Shirt Workshop (D) 9am Model Club – Garden Railway (V) 9am Table Tennis (D) 9:30am Hiking Club (V) 2pm Concert –The Cash Tribute Show - Matinee (V) 6pm Texas Hold'em / Omaha Poker (D) 8pm Concert – The Cash Tribute Show - Evening (V)
24 8:30am – 4pm Shibori Shirt Workshop (D)	25 8am Social Tennis 9am Woodcarving (D) 9am Theater Gp Improvisation Workshop (D) 9am Olympic Village ARC (V) 9:30am Walk & Talk (V) 10am Village Oakmont ARC (D) 12pm Open Painting (D) 12:30pm Rip, Stitch & Bitch (V) 12:30pm Mah Jongg (V) 1pm Access Com (D) 2:30pm Pickleball (courts 1 & 2) 3pm House Renovations Com (V) 5pm Whist Planning (V) 5pm Theater Group Rehearsal (V) 6pm Poker (D) 6pm Soul Line Dancing (D) 6:30pm Game Night (V)	26 8am Social Tennis 8:30am Radio Club (V) 9:30am Women's 9-Hole Golf 10am Computer Class – Bring Your Own Project (V) 10:30am Country Line Dancing (D) 11am Pickleball (courts 1 & 2) 11:30am TRVMEN Golf 12pm Watercolor Painting – Beg (D) 12:15pm Hand & Foot Canasta (V) 12:30pm Dog Club (D) 12:30pm Computer Class – Email Workshop (V) 4pm Horseshoe Pit Play (Brockton Park) 4:15pm Table Tennis (D) 5pm Billiards Club Tournament (V) 5pm Tai-chi & Yuan-chi (V) 5pm Theater Group Dress Rehearsal (V) 7pm Drama Club Membership (D) 7pm Emergency Action Com (D)	27 8am Social Tennis 8am TOPS (D) 8:30am Sr. Men's Golf 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) 11am Ukulele Club (V) 11am Pickleball (courts 1 & 2) 12:30pm Fat Quarters Quilting (D) 2pm Bergren Oil & Acrylic Painting (D) 2pm Card Design Class (D) 4:30pm Table Tennis (D) 5pm Theater Group Dress Rehearsal (V) 6:30pm Soul Line Dancing (D)	28 8am Social Tennis 8:30am Women's 18-Hole Golf 9:30am Ceramics (D) 10am Women's Fellowship (V) 11am Pickleball (courts 1 & 2) 12:15pm Ponytail Canasta (V) 1pm Adult Com Mtg (D) 1pm Good Samaritans (D) 2pm Community Connections (V) 4pm Horseshoe Pit Play (Brockton Park) 5pm Table Tennis (D) 5pm Tai-chi for Beginners (V) 6pm Yuan-chi & Fan Dance (V) 6:30pm Pinochle (V) 7pm Theater Group Production “Play-On” (V) 7pm Ballroom Dance - Adv (V) 8pm Ballroom Dance - Beg (V)	29 8am Social Tennis 8:50am Cycling Club (D) 9:30am Walk & Talk (V) 10am Rubber Stamp Card Making (D) 10am Tennis Club Mtg (D) 10:30am Country Line Dance (D) 11am Pickleball (courts 1 & 2) 11am Book Club: 66 Bible Books (V) 12pm Watercolor Painting – Adv (D) 12:15pm Friday Bridge (V) 7pm Theater Group Production “Play-On” (V)	30 9am Model Club – Garden Railway (V) 9am Table Tennis (D) 9:30am Hiking Club (V) 6pm Texas Hold'em / Omaha Poker (D) 7pm Theater Group Production “Play-On” (V)



Hours:
 Wed – Sat: 10 a.m. to 4 p.m.
 Tuesday: by appointment only
 Closed Sunday & Monday
galleriabraroom.wix.com/galleria-bra-room

Karen Bryant Rogers
 707.374.4780
 26 N. 2nd St.
 Rio Vista, CA 94571
kcgalleriabras@yahoo.com

CHECK US OUT ON YELP AND FACEBOOK!



RAMIREZ
 CUSTOM OVERHEAD DOORS

RUDY RAMIREZ
 owner


615 Merchant St.
 Vacaville, CA 95688
 (707) 451-2700
ramirezdoors.com
ramirezrd@sbcglobal.net

Rio Vista / Trilogy 707.374.6747 916.777.7847
 Don't Stress Call Chess! Delta Area

916.776.4404
 Elk Grove / Sacramento
 209.334.0140
 Lodi / Galt

CHESSAIR
 INCORPORATED
 SOLAR PV • HEATING • AIR CONDITIONING
 SALES SERVICE INSTALLATION

PO Box 545 • Rio Vista, CA 94571
 Lic.# 810690 • Family Owned & Operated



When the world says
 Give up.
 Hope whispers...
 Try it one more time



Trilogy Theater Group
 proudly presents

PLAY ON!
 by Rick Abbot
 coming to the
DIABLO BALLROOM

April 28th
 April 29th
 April 30th
 at 6:30

with a Special
Matinee
 May 1st 2:00

by special arrangement with Samuel French


Performances at the Vista Club.
 Doors open 30 minutes prior to showtime.
 Refreshments available during intermission.

Deposit payment with form into
BOX 5 in the **Delta Club** hallway.
 Make checks out to **TRILOGY THEATER GROUP**

For more info: George Doner @ 707-374-3989

MUSIC OF THE NIGHT
 presented by
Trilogy Council For The Arts

Invites you to join us for
"AMERICANA"
 A History of American Music



Performances:
 March 30, 31 & April 1, 2, 2016
 (Wednesday, Thursday, Friday & Saturday)

No Host Bar - 6:00 p.m.
 Wine \$4 - Soda/Water \$1
 Show begins - 7:00 p.m.
 Diablo Ballroom - Vista Club

\$10.00 per person
 Make checks payable to:
 "Trilogy Council for the Arts"

Complimentary Refreshments at Intermission

Tickets sell fast - Sign up early!
 Questions? Call: Myra Samfeld - 3660

**“MONTEREY & SONOMA”
ROOMS**

VISTA CLUB

JEWELRY SHOW

NOW PART OF THE GIFT, CRAFT & ART FAIRE

MERCHANT TABLE SIGN UP BEGINS 10:00 A.M. FEB. 29

SATURDAY

APRIL 9, 2016

10:00 A.M. - 3:00 P.M.

**ENTERTAINMENT IN THE
GRAND LIVING ROOM
11 A.M. - 2 P.M.**

CAFÉ VISTA OPEN TILL 3:00

CONTACT MEMBER SERVICES FOR MORE INFORMATION (4200)

Trilogy's Spring Gift, Craft & Art Faire *and* Jewelry Show

Saturday, April 9, 2016

Vista Club 10 a.m. — 3 p.m.

No Entry Fee & Public Welcome

*A unique shopping experience with
family, friends and neighbors!*

- ☀ *Raffled Prizes* (Proceeds to benefit Meals on Wheels)
- ☀ *Featuring Denny James 11 - 2 p.m.*
- ☀ *Café Vista open till 3 p.m.*

Interested in Selling Your Own Treasures?

Hand-crafted items are preferred, and all jewelry. Each seller donates a prize for the raffle to benefit Meals on Wheels. This event is advertised open to the public. Sellers can request to be listed to receive registration details in time for the November fall Faire.

Call 707-374-4200 for more information.



Billiards

The next Billiards Club meeting is on Wednesday, April 6 at 7 p.m. in the Monterey Room at the Vista Club. Tournaments are every Tuesday evening at 5 p.m. We play 8-ball or 9-ball depending on the week of the month. Officers: President Al Bergoust, Vice President Dennis Pool, Treasurer Jack Clark, and Membership Chairman Dave Stewart.

Latest weekly tournament winners:

Feb. 2, 8-Ball

1st Dave Stewart
2nd Al Bergoust
3rd Richard Gutierrez

Feb. 16, 8-Ball

1st Dave Stewart
2nd John Camacho
3rd Richard Gutierrez

Feb. 9, 9-Ball

1st Mike Quihuiz
2nd Richard Gutierrez
3rd Dennis Pool

Feb. 23, 8-Ball Partners

1st Dennis Pool
2nd Dave Stewart
3rd Richard Gutierrez

For more information regarding the Billiards Club, please contact Al Bergoust at 707-374-2436 or alhelenb@aol.com.

Bocce

Play Ball is the phrase of the day, well, at least in the bocce community here at TRV. We have evolved into a 50-team club with almost 500 dues-paying members, plus separate morning and night groups in three leagues. Key dates in April are: Saturday, April 2: New Member Training and Orientation at the Summerset courts from 9 a.m. - 12 p.m. (free, no fee). Monday and Tuesday, April 4 - 5: Night Bocce will start at 5 p.m. on the Summerset courts (see the schedule for details). Saturday, April 9: Opening Day festivities plus free hot dog and bun day for Club members at the Summerset courts from 11 a.m. - 2 p.m. (tickets required, see your captain). Tuesday and Wednesday, April 19 - 20: Morning Bocce will begin at 9 a.m. (see the schedule for details). More to follow next month. Remember to roll often, throw straight and have fun, that's what it's all about. Contact Joe Downes at 707-374-7520 for more information.

Book

The Book Club meets the second Tuesday of each month at 10:30 a.m. in the Sonoma Room at the Vista Club. The next meeting is April 12. The book selection is *O Pioneers!* by Willa Cather. May's book selection is *Go Set a Watchman* by Harper Lee. There is no requirement to have read the selected book. Feel free to stop by; everyone is welcome to join. For more information, contact Adrienne at 707-374-5576. Happy Springtime!



Book - 66 Bible Books

By the time this publication goes to press and you have a chance to read it, we will be half way through the Book of Exodus. We will already have read about the 10 plagues of Egypt and the Exodus of the Israelites after 430 years of captivity. However, there is no need to think it is too late to join the fun. Within the Books of the Bible there is so much more to be read and discussed, that we have merely scratched the surface.

If you would like to read and discuss key points within the Books of the Bible we welcome and encourage you to join us. We meet every Friday from 11 a.m. - 12:30 p.m. in the Monterey Room of the Vista Club. For any additional information please contact either Gary or Deb Dunham at 707-374-5324 or gmdunham@hotmail.com or debdunham@hotmail.com.

Bridge – Duplicate

Duplicate Bridge meets the second Monday of each month at 12:15 p.m. in the Sonoma Room at the Vista Club. Please mark your calendars for our game on Monday, April 11. All Trilogy residents who are interested in playing duplicate bridge are welcome. If you need a partner, we'll find one for you. For more information, contact Sue at 707-374-6136.

February's winners: Regular game: tie for 1st: Betty Magnoli and Jack Krebs; 2nd: Lynn Fortner - John Fashing; tie for 3rd: Chandler Stauffer/Bob Wiskotzil and Nan Lowenstein/Bruce Morrison. **Novice game:** 1st: Cyndy Schroeder and Tammy Woodworth; 2nd: Peter and Bonnie Carisetti.

Bridge – Friday

Friday Bridge Club meets every Friday at 12:15 p.m. in the Vista Club, Sonoma Room. All levels of players are welcome. Please let us know you are coming by 12 p.m. on the Wednesday of that week.

Sign-up book is in the Sonoma Room in the middle top drawer of credenza at the left side of the room. On the first Friday there will be duplicate bridge, all levels welcome. Same sign-up book.

January's Duplicate winner was Nan. For more information or any questions, please call Larry Epner at 707-374-3511.

Bunco

Only once a month are we able to get together as a group and have the enjoyment of good friends while experiencing a complete game that offers skill, luck and fast action. We meet at the Delta Club on the second Friday of the month at 7 p.m. We sit at tables with a total of four



contestants at each table, make introductions, and when the room is ready, we start. At the end of each round two more people move to another table and again we play. You will get a chance to meet everyone in the room and greet old friends or meet new ones. The laughter, excitement and old-fashioned goodwill among neighbors is there each round. The easy rules of play and the refreshments make it a fun evening. For further information please call Shirley at 707-374-9984.

Ceramics Club



Amanda Wells and her "rock" both have happy faces.
Photo by Linda Robinette.

Have you been looking for a new hobby to try? Spring is the perfect time to come to a ceramic club meeting to see if this might be for you. Everyone is working on something different and we do things at our own pace, so there is no pressure. The members help each other as we go from greenware to a finished product. Glazing bisque pieces and seeing the results can be so rewarding. We hope to see you at one of our meetings so we can show you what we are doing. We meet every

Thursday from 9:30 a.m. - 12 p.m. in the Marina Room at the Delta Club. For more information, please contact Ann at 707-374-5122.

Community Connections

Our meeting is April 28 at 2 p.m. we're back on schedule. We will meet in the Vista Club, Monterey Room. We will be discussing possible field trips and other topics selected by our members. We hope to provide various opportunities for our seasoned members as well as new people, hoping to find out what best suits most of us. We hope you will come along on our journey and have fun participating in making this club what you want it to be. We will be discussing topics, sharing about local events and places, going on day trips, and possibly doing short-term service projects when needed. You may bring a snack to share if you wish, but if not, just please bring yourself! We would love to meet you! For more information, contact Donna at 707-374-2461 or Pam 707-374-3161.

Council for the Arts

You may actually be reading this as *Music of the Night* is about to open. The show runs from March 30 - April 2. Beginning rehearsals were exceptional and we just know it will be a hit. The performers hear the applause and cheers, but there are so many others behind the scenes that contribute their time and services. We wish we could list them all here. But even if we tried, there is always the possibility we could leave someone out. So we say here to every one of you that helped in any capacity, thank you!

As you may know, the Council for the Arts advocates for and offers financial grants to organizations and clubs in Trilogy that are involved in the many aspects of the arts. Our primary source of the funds used to support the arts is the revenue raised by *Music of the Night*.

Council for the Arts meets on the second Thursday of the month at 10 a.m. in the Monterey Room at the Vista Club. For information about Council for the Arts, call Judy Calpo at 707-374-2924.

Couples Canasta

If you want to meet, socialize and have a fun evening with other Rio Vista Trilogy couples, this is the club for you. We meet at 5:30 p.m. on the first Tuesday of each month at the Delta Club's Marina Room and the third Tuesday of each month at the Vista Club's Sonoma Room. We play the gals against the guys! Canasta is a fun card game. It's easy to learn and no experience is necessary. Beginners are always welcome! We collect \$5 club dues per couple when you play, to cover the cost of supplies. Please call or email Patt Holobowicz at 707-225-0796 or 312-420-7726 if you are interested. Email is patthalo@sbcglobal.net. We hope you will join the fun!

Cycling



Cycling Club meets on Fridays at 8:50 a.m. in front of the Delta Club. Ride for fitness, fun, and friendship. Rides are 20-25 miles, but riding more or less is possible. There are plenty of regroupings;

no one is left behind. Helmets are required. Bring money for a coffee and snack stop. "Nothing compares to the simple pleasure of a bike ride."...John F. Kennedy. For more information, contact Marcia or Al Morrison at 707-374-5177 or marcialsj@netscape.net.



Dog

Jean Galbraith and her six-year-old Labradoodle Kaden moved to Saddle Rock Village in December 2013. Kaden loves walking early in the morning and has made many friends along the way. Despite weighing sixty pounds he still thinks he is a lap dog.



He loves Doggie Play Days and is looking forward to the new dog park coming very soon to Trilogy.

The University of California, Davis School of Veterinary Medicine is the largest veterinary school in the United States, is currently ranked number one in the U.S. by US News

and World Report, and ranked number one in the world by QS World University Ratings 2015. The William R. Pritchard Veterinary Medical Teaching Hospital, a unit of the school, is open to the public for wellness, emergency and clinical trials. And being in Davis, it is in our backyard. Check out their website for more information, www.vetmed.ucdavis.edu/index.cfm.

Our last Play Day, which was the first in many months, was enjoyed by all the dogs and their owners. The next one is planned for Saturday, April 16 at the Vista Club. If you are new to our Trilogy community, bring your dog and plan to join the Dog Club as well (member dogs only); \$10 yearly dues or \$50 lifetime. Large dogs 9 - 10:30 a.m., small dogs 10:30 a.m. - 12 p.m. If unable to make the Play Day, call Linda Solomon at 707-374-1905 for membership details.

Come to our next Dog Club meeting at the Delta Club, 12:30 p.m. the last Tuesday of the month, April 26. Email Mona Elliott with questions or for additional information at rjelliott@frontiernet.net.

Dominoes

What a great time can be had without tying up your evening. If you are not familiar with the rules of play, you will be patiently helped by the others. They are simple, and the play quick enough to keep everyone's interest. Mexican Train Dominoes is played at the Delta Club, with a starting time of 12:30 p.m. on the first and third Tuesdays of each month. Come one, come all. For further information, please call Shirley at 707-374-9984.

Drama

We are busily getting ready for our upcoming Annual Pasta Feed to be held April 16. It is our only fund raiser for the year, and always a hit with Trilogy residents (it is

the super-secret sauce!). Priced at \$12.50 per person, it is a family-style dinner which includes pasta, salad, bread, and dessert. Reservations are required as space is limited. Doors open at 6 p.m. with dinner being served promptly at 7 p.m. Flyers may be obtained from the Delta Club, Box #3, or at the Vista Club. Hurry to get your reservation in!

Our summer play will be August 12-14. We have narrowed the selection of our August play to three melodramas, and will decide this month which one we are performing. There will be parts for 13 to 20 actors/actresses. New dates have been firmed for our annual Christmas play this year, December 19- 21. Put both events on your calendar! We welcome inspiring new members and you will not need any experience because you will just have the most fun with our group of characters. We encourage all interested Trilogy residents to come to our next meeting on April 26 at 7 p.m. at the Delta Club. Please contact Debbie Dubrow for more information at 707-374-6706.

Fat Quarter Quilters

We are a group getting together to work on our own quilting and sewing projects. Join us, meet new friends and share the love of sewing. We meet every Wednesday from 12:30 - 4 p.m. at the Delta Club. There are no dues or fees. Call Esther Young at 707-374-2639 for more information.

Fishing

Moving right along! There are a number of events and dates for us to take note. Crab are plentiful, and despite the late season many of us have been able to get some this year. Ocean fishing takes off on April 15 for Ling Cod, Rock Cod, and Cabezon as well as many other ocean species. Sturgeon have shown a great bite and continue to do so - Sturgeon can be caught all year, some times are just better than others. California Halibut are showing and the bite has come early this year and the Striped Bass are working well in the system. Shark is also on the list for some of us. The latest rains we have experienced will definitely help for some good fishing throughout the year. There will be more charter boat fishing planning throughout the year. Many of the local charter boats took advantage of the late crab season to overhaul their boats, so you will see some fresh paint and other improvements as you go on your favorite charters. There is also a long-range fishing trip for tuna and other ocean species planned for November, departing out of San Diego. Let us know if you are interested. We're planning a fishing derby for May 21, those interested in developing the fishing derby for our community, please get in touch for details. We need boats and people. Visit us at our next meeting in the Marina Room at the Delta Club on Monday, April 18 at 7 p.m. For more information, contact Noel O'Brien at obriennoel@rocketmail.com or call 925-348-4097. Tight Lines!



Garden



Spring has sprung and the Trilogy Garden Club is looking forward to field trips, new gardening experiences and workshops in April and the upcoming months.

Gene Ekenstam, Solano County Master Gardener, taught us about the square-foot gardening approach at our March meeting. He concluded the presentation with the construction of a raised garden bed.

Our first field trip of 2016 will be with Trilogy's Model Club and is presented by American Stage Tours. We will be touring the Conservatory of Flowers in San Francisco on Wednesday, April 6. There are three itineraries to choose from, including stops at the Academy of Sciences, the DeYoung Museum and the San Francisco Yacht Club. Please contact Donna Moore at donna.moore15@gmail.com for more information or to check for available space.

Betsy Buxton is the speaker for our April 14 meeting being held in the Diablo Ballroom at the Vista Club at 1 p.m. Betsy will be demonstrating how to propagate plants. You are invited to bring a plant to propagate at this hands-on demonstration. Betsy has been a Master Gardener since 1998 and has an A.S. Degree in Ornamental Horticulture.

The Garden Club holds monthly meetings on the second Thursday of every month in the Diablo Ballroom at the Vista Club at 1 p.m. and a monthly workshop on the third Tuesday of the month from 9:30 - 11:30 a.m. in the Marina Room at the Delta Club. Contact Robie Williams, Publicity and Membership Chair at robiejw@hotmail.com for more information.

Genealogy

Even if you do research only casually, you should join a few genealogical societies to learn about the newest research collections and methods. Everyone who does genealogy on any level can benefit from the following sites: 1) The National Genealogical Society; designed for all levels and parts of the country. They have a website with research resources you can't find anywhere else such as their member-submitted family trees and collection of family bible records, 2) The New England Historical and Genealogical Society; focus is mainly on early New England families, and branches out to talk about families with New England roots that went to different parts

of the country. It also gives tips on using little known research collections all over the country, discusses the use of DNA in genealogy, and provides case studies of genealogy research that you might find extremely helpful. If you happen to have New England roots on any branch, you will enjoy the vast data base of New England research resources on the society website. If you have no New England roots, you can still access data bases of old newspapers and historical publications from all over the United States, 3) State Genealogical/ Historical Societies; if researching a family in, for example Missouri, these state sites can be very helpful with brick walls. They can open doors and give clues to records that may be hidden otherwise, such as marriage, land, and mortality schedules.

Club meetings take place the first Thursday of the month at 2 p.m. in the Monterey Room, Vista Club. For more information, contact Rhoda at 707-374-7542. The Workshop is held the third Thursday at 2 p.m. in the Learning Center, Vista Club. For more information, contact Carolyn at wncbridges@comcast.net or 510-334-0912.

Good Samaritans

The Good Samaritans are working with two residential care homes in the Rio Vista community. What impressed us the most is the love, patience and kindness that the residents experience on a daily basis.

The Good Samaritans are dedicated to these local care homes, helping residents celebrate holidays and birthdays with visitation, prayers, gifts, songs and fellowship. What a wonderful time we all had, some with smiles, some with laughter, some with joy. Some share their life story with us as they open their gift; others enjoy singing songs such as "Amazing Grace."

We sponsored an Easter/Resurrection service with residents, telling the story of "The Resurrection of Jesus Christ." We enjoyed fellowship with Father Walsh, a retired priest from St. Joseph's Catholic Church. He is now 90 years old and a retired priest and resident of Rio Vista Care Home. Father Walsh has been a blessing to the Rio Vista community for many years. He shares with us the importance of being thankful and the importance of loving one another. Father Walsh is still an honored member of St. Joseph's Catholic Church.

We encourage all residents at Trilogy that are going through hardships with loved ones to contact the Good Samaritans at 9fellowship@gmail.com, or the Rio Vista Care Home at 707-374-3777. The Good Samaritans meet every Thursday at 1 p.m. in the Delta Club, Marina Room.

Scripture of the Month: Matthew 28:5-6



Guitar

Our last February This 'n That Coffee House was a great success in spite of it being Oscar Night. Some highlights included Rich Victor leading the crowd in a couple of songs and Bob Frable doing an encore with Rich and Roger Kohn accompanying him on their guitars. We also had a new poetry reader, Carol Foote, who presented some classic and contemporary poems.

Our next Coffee House will be on Sunday, April 17 starting at 6:30 p.m. in the Diablo Ballroom. Coffee and snacks are free and there is no admission. We hope to see you there.

Plans are still in the works for an early afternoon Coffee House concert on the patio in May. The Coffee House is not an Open Mic event. If you are interested in performing, come to any of our meetings to audition.

The club meets regularly on the first and third Mondays of the month in the Diablo Ballroom from 3 - 5 p.m. For those two hours we play, sing, talk and have a good time. Beginners and non-players are always welcome to all our meetings. For those who are interested in learning to play, or just need help changing strings or getting advice, consider coming to our Beginners Workshops on the second and fourth Fridays of the month in the Diablo Ballroom from 2 - 4 p.m. If you have questions about the club or events, contact Roger Kohn at 707-374-2737 or email Rich Victor at thatsrich@gmail.com or email us at guitarclubTRV@gmail.com.

Men's Executive Nine Golf

The Rio Vista Men's Executive Nine Golf Club is comprised of members who enjoy playing nine holes of golf and then socializing after the game. We play each Tuesday mid-morning. The format varies each week, with individual "straight" golf play two Tuesdays of the month, and, with a few exceptions, individual and team tournament events on the alternate Tuesdays. Our club currently has 92 members. If you would like to join us, pick up an application form in the Pro Shop posting room or contact our Membership Chairman, Rolf Sabye, at 707-374-5053.

There was only one Tuesday Tournament held in February. The winning foursome of the February 22 tournament were Greg Szody, Tom LaCourse, Al Shaver and Peter Brauns.

There will be two Tuesday Tournaments in April. On April 12, the club will hold a "Surprise" format tournament. Play on this day will be followed by our second quarterly club meeting at Sir Flairs Restaurant. The second Tuesday tournament for the month will be on April 26. This tournament will utilize a "High/Low Net" format. We invite you to come out and join us for a good time with a great group of guys.

Model

Come out and see the first signs of spring. The bulbs and other plantings the Garden Club have kindly assisted us with are showing up. We are grateful for the cooperation, guidance and downright nudging we are getting. This should result in the most colorful summer we have had.

Our planned trip to old-town Sacramento was quite successful. As usual members and guests met at the Delta Club parking lot for a carpool trip to the train station in Suisun City. There tickets were purchased and upon its arrival the train was boarded. The trip to the city was without traffic or parking problems. A short walk to Old Town brings us to the authentic center of gold-rush Sacramento. With shopping and sightseeing done in the middle of the week, it is without the weekend crowds. A return trip to Suisun by train and road trip back to Trilogy Rio Vista closed the enjoyable day.

If you want information of our trip to Golden Gate Park in San Francisco to enjoy Model boat and train exhibits along with a spring flower show, followed by lunch, call Ted or the Garden Club for details.

See you all there. Any questions, please contact our president, Mr. Ted Tome at 925-691-4676. Please join us at our monthly meeting the first Friday each month in the Vista Club, Monterey Room at 9 a.m.

Motorcycle



This photo-op is from a recent Wednesday coffee ride, what a bunch of java junkies!

The Trilogy Motorcycle Club riders meet the first Saturday of every month for an all-day ride. The March 5 ride was possibly a watershed moment. Perhaps it marked the fact that we are becoming a mature bunch of renegades and developing a responsible attitude about riding, especially in inclement weather. Three riders showed up at McDonalds, one in a pick-up truck and two on bikes with Frog Togs donned and ready for action. After enjoying a cup of Micky D's coffee [sic] and debating the merits of wet weather, traction and rivulets of water running down



the back of one's neck, we wimped out and called it a day. This is becoming a habit, for the second time in 11 years the monthly ride was canceled! We will, however, regroup and descend en masse to kick off the April ride, see ya next month.

We invite the other motorcycle riders in Trilogy to join us on any of the monthly rides. The next ride will meet at McDonalds in Rio Vista at 8 a.m. on April 2, the destination to be determined based on weather. For more information, contact Bob Pastorino at 707-374-6556 or Larry Nelson at 707-374-2967.

Movers & Shakers

This is a support group for those with Parkinson's, Essential Tremor, Dystonia, or any other movement disorder. We meet once a month at 7 p.m. For date and location, call Audrey Kinser at 707-374-7506.

Nature

Nature Club will visit Antioch Dunes, a protected area of the greater National Wildlife Refuge area, closed to the general public to protect the plants, butterflies, and Dunes. Saturday, April 9, we will meet in the Vista parking lot at 8:45 a.m. to carpool/caravan to Antioch (departure 9 a.m.). After the one-hour, 1-1/2 mile docent-lead tour, we will visit Black Diamond Mines, weather permitting. Black Diamond, a regional park south of Antioch, has a museum, a mining-era cemetery and other facilities. We will return to Trilogy about 12:30 p.m. Bring water, a hat, jacket, snacks, and binoculars. Wear sturdy shoes for the sand and irregular surfaces.

We will look for wildlife and birds on Monday, April 11, at 9 a.m. within Trilogy. Meet at the drill site park off Summerset Drive on Fairbanks above the third hole on the golf course.

Rush Ranch in Suisun will hold an Open House, Saturday, April 2, from 10 a.m. - 3 p.m., with guided walks to the marsh and activities. The Solano County Land Trust website has more information. Please contact Gail at 707-374-2718 with questions.

Our regular club meeting is April 13, 6:30 p.m., Monterey Room, Vista Club to share ideas for future outings. Come with your ideas!

Photography

We meet on the first Thursday of each month at 7 p.m. in the Learning Center at the Vista Club. This month's meeting is on April 7. All Trilogy residents, regardless of skill

level and/or photographic equipment used, are invited to drop in and find out more about our club.

We had another large turnout for the March meeting - everyone is enjoying the enhanced quality of images we can share now by using the new overhead projector that was recently installed in the Learning Center.



Photo courtesy of Harvey Steinhaus

Many members look forward to getting the next "homework assignment"; it motivates us to get out and take pictures. This month's subjects (always optional): reflections, hats, musical instruments. May's topics are gates, playgrounds, and vegetables and in June we'll share images of cats, bicycles, roofs and arches.

Remember to arrive at the meeting by 6:45 p.m. to upload your pictures if you plan to share your photos during "show and tell." For more information about our meetings and club activities, please feel free to email c.a.wavrick@gmail.com.

Radio

The Radio Club continues in their efforts to train and practice to be sure that emergency communications are available to First Responders in our area in the event outside communications is lost due to a disaster either locally, state wide or nationally. This loss of ability may be due to a number of reasons, but we feel the most likely will be the loss of electrical power. For this reason we rely primarily on battery-powered communication mediums.

The Radio Club meets most Tuesdays in the Vista Club, Monterey Room at 9 a.m. for demonstrations and technical discussions. Please stop by. We also operate a radio network using the Solano County ACS repeater most Monday evenings at 7 p.m. Questions? Call Club President, Jerry Armanino for more information at 707-374-2461.



Recipe (Now Cooking Club)

Are you a fabulous home chef or a novice looking to try new techniques and learn some new tricks? Welcome to the Recipe Club! We are a group of home cooks who meet to share recipes, experience and talents and to sample a bit of the Theme Dish of the month as contributed by our member cooks. All cooks and "wanna-be" cooks are encouraged to join us.

The theme for April will be "slow cooker" recipes. Bring your favorite recipe (you don't have to cook it, just the recipe) and several of our members will be bringing prepared versions for us to sample. Wow! Recipes and a free lunch, who knew?

It is amazing the great tips and techniques we can pick up from each other, and in trying and learning about new things and trends. If you have questions, please contact Gary Swieso at 707-374-5859, or just stop by at 12 p.m. on Tuesday, April 12 (second Tuesday) in the River Room of the Delta Club. The theme for May will be Fish, to include anything you really like to make. So bring your favorite seafood recipe and join us. Guys, this is for you too! Come and show the ladies how to really cook!

Here's what we learned last month: Red spices, such as paprika, cayenne, chili powder etc. should be kept in the fridge or freezer to avoid insect growth in the container. Don't know what to cook tonight? Throw some sliced onions in a pan on low heat. It fills the kitchen with a great fragrance while you figure out what to make.

Religions of the World



The Religions of the World (ROW) Club is a diverse group of Trilogy residents interested in learning more about the different religions of the world. For nearly three years, we have been informed of the history, beliefs and practices of these

religions, and have been surprised about the similarity of beliefs among them.

We hope you can join us April 5, when we will continue our presentation on unbelievers: the non-religious and unaffiliated. The program will include a power point presentation, some contemporary music, and an excerpt from the documentary "The Unbelievers," about the evolutionary biologist Richard Dawkins.

We meet the first Tuesday of every month at 6:30 p.m. in the Delta Club River Room. This is not a forum for recruiting members to any belief system, and all Trilogy residents of any belief system are welcome. For more information, contact Don Cooper at 510-909-5049 or Barb Bellamy at 707-374-6670.

Table Tennis

Table Tennis games begin with the serve, considered to be the most important stroke of each rally. A good serve is difficult for the receiver to defend or attack, ensuring the return of an easy ball for the server to go on offense and deliver a good third shot in an attempt to win the point. The second stroke of every game is the return of serve. Not surprisingly, this is the second most important stroke of each rally. A successful return could nullify the server advantage and give the momentum to the receiver. Subsequent to serving and a successful return, the play enters a sequence of stroke and counterstroke, until one player delivers a winning stroke that yields an error by the opponent. The game resumes with the next serve.

There are numerous types of serves a player can use to challenge the opponent: back-spin, top-spin, side-spin, short, long, fast, slow, and many combinations of these features. An effective way to practice serving is to play solo at one end of the table with a basket of balls, and to repetitively serve a particular stroke one wishes to learn and master. Many thousands of service strokes are required to learn and master a particular type of serve. Excelling requires strong will and perseverance!

To learn more, please visit <http://trvtt.wordpress.com> or contact Len Latorre, President (707-374-3893); Mimi Petersen, Vice President (707-374-2219); Rod Armas, Treasurer (707-374-5989); Saiman Hui, Secretary (707-374-4883); Tom Barnes, Tournament Director (707-812-7112), Ruth Barnes, Member-at-Large (707-812-7112).

Tennis

April is the beginning of Spring so this month we want to talk about preventing injury as we spring into action trying to return a high lob. Too many recreational players lose their balance because their chests are facing the net while trying to move backward to make contact with the ball, this is like a car moving without a brake. The correct way to catch a high lob is to turn sideways as soon as your opponent sends up the lob and skip back with short overlapping steps. The back foot provides the brake to make a stop. If this move is hard to picture, catch George on the court and he would be happy to demonstrate.

Upcoming events: Mark your calendar for May 14 when we will start the 2016 tournament year by playing our friends at the Rossmoor Tennis Club.

As always, daily Social Tennis is Monday - Friday from 8 - 10:30 a.m. and we welcome anyone, member of the club or not, to join us. Just be sure that your shoes are "court" shoes that do not leave marks on the court surfaces. Members, for help with the ball machine please call Chuck (707-374-



6808) or George (707-863-1082). George is also available for lessons if you want to pick up your game, and particularly want practice getting that high lob.

For more information about our club, our next club meeting is scheduled at 10 a.m. on Friday, April 29, at the Delta Club or contact Claude Trottier at crtrottier92@gmail.com. You can also visit our website at www.frontiernet.net/~courtjesters.

Theater Group

All Trilogy residents are invited to attend our regular membership meetings which are held on the fourth Thursday of each month at 7 p.m. in the Delta Club, River Room. Because our opening night performance of "Play On" falls on April 28 the meeting has been moved to April 21, location to be announced.

Our Theater Group President, Louise Mitchell, and Secretary, George Doner, were recently joined by three newly elected officers: Rusty DeLucia (Vice President), Carol Foote (Treasurer) and Grace Bos (Member At Large).

Our first 2016 season production, *Play On*, a hilarious "play within a play" by Rick Abbott, directed by Louise Mitchell, opens on April 28. There are three evening performances (April 28-30) and a matinee (May 1). Seats for all four shows are expected to sell quickly. You will find a convenient reservation form in this issue of *Trilogy Living*. Forms are also available on our performance billboards located in both club lobbies. Bring your family and friends and prepare to laugh out loud!

An eagerly awaited improv acting class began on March 7. All class registration fees are generously donated to the Club by the class instructor, Rusty DeLucia, who is delighted to share her many years of professional theater experience with her students and fellow actors and directors.

The second 2016 season production, Arthur Miller's acclaimed *All My Sons* is scheduled to open in late September. Watch for audition announcements in future issues of *Trilogy Living*.

For more information about our productions or any of our other group activities please contact Louise Mitchell at 707-374-3541 or sspm1939@gmail.com.

TOPS (Take Off Pounds Sensibly)

Thanks to co-leader Jim Hodges, TOPS is now encouraging members to exercise. Each week everyone not only now weighs in, but they record how many miles they

have exercised. For the month of February, 23 members walked 1,048 miles, 7 members working out on a treadmill walked 116 miles, and 5 members utilizing other exercises walked 23 miles! Now is the time to get on board and join our TOPS meetings Wednesday mornings at the Delta Club. Weigh-ins are from 8 - 8:45 a.m. with our meeting starting at 9 a.m. and ending no later than 9:45 a.m. We now have ten KOPS (Keep Off Pounds Sensibly) encouraging the rest of us to join them and expand our KOPS ranks. For more information about TOPS, call Leader Elouise (Ella) Brice, 707-374-1499 or Co-leader Jim Hodges, 925-368-5795. We look forward to seeing you at our next Wednesday morning TOPS meeting.

Trilogy Art Guild (TAG)

We hope you were able to attend the Wine, Belle Voci, and Visual Art Festival here last month. TAG members had over 80 hung pieces of art as well as many matted pieces, glass work, felted animals, and handmade greeting cards for display and sale. Now it's time for our artists to begin work on creating new pieces for our annual art show to be held in August.

Our next Trilogy Art Guild meeting will take place on Monday, April 4, at 1 p.m. You are invited to come and check us out and perhaps join our group. You don't have to be an artist; art lovers are welcome. For more information you may contact Dodi at 707-225-8996. Following our April 4 meeting, there will be a demonstration for our members: Art Quilts by Marge Reynolds.

As always, you are welcome to try out something new by attending classes taught by some of our talented TAG members, all Trilogy residents are invited to attend. No experience is required, beginners are welcome. Classes are held in the Delta Club.

Beginning Watercolor

Tuesdays at 12 p.m. with Anna (707-374-3560).

Oil and Acrylic Painting with Gary

first and third Wednesdays from 2 - 4:30 p.m.
Contact Alma at 707-374-3064.

Card Design with Wilda

Wednesdays from 2 - 4 p.m. Contact Alma 707-374-3064.

Rubber Stamp Card-making

Fridays at 10 a.m. with Shari at 707-363-9752.

Advanced Watercolor

Fridays, at 12 p.m. with Anna at 707-374-3560.

Shibori Workshops

Contact Lori at 707-374-6196.



Trilogy Jazz Band

Great things are happening at your own Trilogy Jazz Band. New folks have moved in and filled in most of the gaps in our sax line. Now all we need are a few trumpets and trombones to round things out, so dust off those old horns you have stashed in your closet and come join us. We have fun, laugh a lot, and most of us hadn't played for at least 40 years before joining the band. Yes, of course! It is just like riding a bicycle and in just a few months you'll be up to speed and having that wonderful feeling of making music again. We rehearse Wednesdays at the Vista Club, Diablo Ballroom from 2 - 5 p.m. Come and listen.

The band is looking for venues to play for events around Trilogy and Rio Vista so keep us in mind when you need good music to dance, sing and listen to. For more information, contact Jim Lucas at 707-374-7567 or csjdlucas@hotmail.com.

Trilogy Labyrinth Walkers

Labyrinth Walk in Livermore



Join us on Wednesday, April 20, as we visit a Labyrinth on the grounds of the First Presbyterian Church in Livermore. We will gather at the waterfall in the Vista Club parking lot at

9:30 a.m. and drive to Livermore. After our walk we will dine in downtown Livermore. Feel free to linger and visit the shops in the downtown area before your leisurely drive back to Rio Vista in the early afternoon.

Please let Gerry Swan (510-507-4080) or Elaine Wisz (707-374-4310) know you will be joining us and whether you will need a ride or can carpool. We will also need your cell phone number; we do not want to lose anyone along the way.

Ukulele

Our beginner's class meets every Wednesday at 11 a.m. followed by the performance group at 12 p.m. All Trilogy residents are welcome to drop by, listen, play and sing along with us. Look and listen for us in the Vista Club, Diablo Ballroom.

Bring your ukulele if you have one. You don't need any prior experience with musical instruments. Ukulele is easy to learn; you'll be playing new songs in your first class!

Contact club coordinator Claire McKean at 510-301-0479 or instructor Loren Iversen at 209-477-9753 for more information.

Whist

Here's to enjoying April showers as we anticipate beautiful May flowers and wish for the drought to end. We are happy to have new persons joining our efforts. We have been recruiting members and supporters for a long time. There is still an opening for you.

This April we will accept reservations for one of our fund raisers. Save May 11 for our Red Hawk Casino trip. Please see our flyer in this month's *Trilogy Living*.

Come interact and share your thoughts with us on designated Mondays, at the Vista Club at 5 p.m. See the Activity Calendar. You are invited to meet with us each third Friday of the month at 7 p.m. in the Delta Club. Bring a dish to share. The food is always good and plentiful. We play dominoes, cards and any game that you may bring to share. The domino game, Mexican Train, has been a hit. Some people sit and exchange information and their thoughts on world events. Contact Hattie Walker, President, at 707-374-3699 or Hayward Harvey at 707-374-3921.

Women's 9-Holers



2015 Most Improved PWGA,
Judy Dye

February has brought all kinds of weather changes, even a little El Nino, but we survived. The first day of play, five of us were rained on but we had fun! The second week 24 ladies came out. We played a game of Low Putts. Winners were Flight 1-Kathy Moore, Flight 2-Myra Levine, Flight 3-Blaine Foltz. Congratulations ladies! The third week of February we had perfect weather for golfing and

played a game of Five Best Holes. The winner was Diane Scholz and she received a gift bag. The last golf day was a busy day. Some of the Board members went to a very informative workshop in Manteca. They had a great brunch, met some terrific people from some of the other clubs and our new PWGA Board members. We had instruction on rule changes. Judy Dye won the most improved golfer award from the PWGA. All in all it was a great day! At home they played straight golf and had a great day also.



Pars for February (8 total), #5 and #13, favorites. Par of the Month Club Members: Lynn Traver, Myra Levine, Billie Reese, Marj Niemi, Carol Petronzio, Helen Swarbrick, Jeanie Renner, Lois Dutcher. Chip-ins: Betty Bowley, Kathy Moore, Maureen Lamborn.

Trivia: Golf is played, for the most part, without supervision. The game relies on the integrity of the individual to show consideration for other players and to abide by the rules. All players should conduct themselves in a disciplined manner, demonstrating courtesy and sportsmanship at all times, irrespective of how competitive they may be.

Come join us. For more information, contact Debi Peteruti at 707-374-5797 or nsdme2012@gmail.com,

Women's 18-Holers

Mother Nature smiled on us the month of February. Although there were some cart-path-only holes, most of them were drivable. February 4: Twenty-six ladies came to play. Several of them had impressive results. Diana Staley was ace of the month with a net score of 72. Anna Bogucki had the only birdie. Six ladies shared the chip-in pot, Diana Staley, Terry Sutter (2), Joani Littrell, Lynn Grace and Marilyn Rogers. Lynn Grace also won closest to pin. February 11: What a day for a daydream and golf! The weather was perfect and 27 ladies took full advantage of it. Helen Swarbrick (better known as Money Bags Helen) had the only chip-in, racking in big bucks. Karenann Evans won closest to pin. Diana Staley had the only birdie and Sue Clark and Linda Siatt broke 100. February 18: Rained out. February 25: Another beautiful day in Rio Vista. Thirty-six ladies signed up to play. Two games were played simultaneously, Team Total Net and Ace of Aces. Ace of Aces winner was Diane Scholz with a net score of 69. The Ace of Aces game consisted of 10 ladies who won the ace of month during 2015 with the lowest net score. Highlights of the day also included Linda Barlesi breaking 90 and Sandi Holst breaking 100. Three ladies landed birdies, Sandi Holst, Pat Kistler (2) and Connie Eremian. Paula Davis and Pat Kistler had chips and Jackie Evans won closest to pin.

We meet every Thursday at Sir Flairs. If interested in joining our club, contact Carol Petronzio at 707-374-2740.

Writers

In Spanish, it's pueblo. The French say petite ville. It's mji mdogo in Swahili. Webster defines a town as a community larger than a village, but smaller than a city. Along the Sacramento River Delta, we have several localities that fit this description, including our own Rio Vista. Life here is much different than in cities, which is why some of



us moved here. For others, they have never lived anywhere else and wouldn't dream of living anyplace but a small town. John "Cougar" Melencamp even wrote a song in 1985 entitled

"Small Town," telling of his life in Seymour, Indiana. What were your experiences in the small towns you have visited or in which you have lived? Just write about your observations and come to the Writers' Club meeting on Thursday, April 14 at 7 p.m. You'll find us in the Monterey Room of the Vista Club. We'll share what we've written on this or any topic that inspires us. For further information, contact Suzi (925-231-5213), Judy (707-374-3973) or Zoe (707-374-3676).

DAY TRIP TO DOWNTOWN LIVERMORE, CALIFORNIA EXPERIENCE THE LABYRINTH WALK BALANCE

Dining and Shopping Opportunity Also Available



*Pictured is the First Presbyterian Church
Labyrinth in Livermore, California*

**MEET AT THE WATERFALL
VISTA CLUB PARKING LOT
Wednesday April 20 at 9:30 a.m.**

**Walk the Labyrinth and
EXPERIENCE A BALANCE
between the two hemispheres of the brain
~ RELAXING ~ HEALING ~ MEDITATIVE ~**

**Contact Elaine Wisz (4310) or Gerry Swan 510 507 4080
if you will be joining us and
whether you will need a ride
or can carpool.**

**We will also need your cell phone number;
we do not want to lose anyone along the way.**



Trilogy Resident Golf Tournaments



The Resident Tournaments are about to begin. The first one is scheduled for April 17. This will be a Las Vegas Scramble. Come on out. They are a lot of fun and end with a fantastic dinner at Sir Flairs. Dinner for April will be roast beef, turkey, rice pilaf, veggies, and ice cream with a surprise dessert.

The Resident Golf Tournaments provide a social fun event and a place for new residents to come out and meet some of our current residents. In total there will be one tournament a month from April through October and they generally fall on the third Sunday of the month (except for June due to Father's day).

The Resident Tournaments are open to all golfers with a GHIN number and handicap. It is recognized and supported by all the Golf Clubs here at Trilogy. There is a pairing party on the Friday before each tournament at 4 p.m. at Sir Flairs, to see with whom you are playing. Come, enjoy the festivities, and then stay for dinner. Look for the flyers in the Pro Shop. Cut off for this first tournament is April 10. For more information, call Linda Rowe (925-286-1555) or Harold Rowe (925-818-1124).

Affair of the Arts Gala Event

The Gala will be held at Sir Flair's Restaurant on Saturday, April 9. This annual event benefits the Arts Programs at Rio Vista High School, and will include dinner, music, theatre, and a silent art auction. Help celebrate the imagination and creativity of RVHS students! No-host bar begins at 6 p.m., dinner at 7 p.m., and the entertainment at 8 p.m. Tickets are \$50 per person and include wine, appetizers, three-course dinner, soft drinks, and entertainment. VIP table packages are available. For tickets or more information, contact Megan Brooks at 707-374-6336.

Rio Vista Community Service Food Bank needs your help!

Commit your Tuesdays (8:30 - 11:30 a.m.) one per month or any combination that works for you. Must be able to lift 40-50 pound items on occasion. Help a team pick up the weekly donated food items with a provided van. Call 707-374-2358 with questions. Thank you.

Alzheimer's Dementias Caregivers' Support Meeting

Alzheimer Services and the Greater Bay Area Alzheimer's Association sponsor the caregivers' support group to offer information, speakers and videos, as well as open discussion and social interaction for caregivers of loved ones with Alzheimer's or other dementias. The group meets the third Friday of each month from 9:30 - 11 a.m. at the Senior Center located at 25 Main Street in Rio Vista. Contact meeting facilitator Nat Marcoccio (RVALZSG@yahoo.com) for more information.

Family Support Group



Family Support Group is available to organize a memorial service for any family member who incurs the loss of a Trilogy member.

For more information, please call Chairperson Claudette Gartner at 707-439-6116, e-mail xbirdlady@myifp.com, or call Barbara Sherison at 707-374-6845 or Betty Bowley at 707-374-5613.



Blue Color Men recreate the music of **STYX** plus all the great rock classics with covers from **Journey, Kansas, REO Speedwagon, Boston, Night Ranger, The Beatles**, and much more!

Their show is simply the ultimate live experience for the classic rock enthusiast!

Visit their web site www.bluecollarmen.com.

May 28, 2016

7:00 - 9:30 p.m.

Concert on the Patio, Vista Club ~ \$15

Bring your favorite refreshments., outdoor clothing and lawn chair! Sign up at Member Services

SMALL BUSINESS EXPO

**April 10, 2016 Vista Club
11:00 a.m.—3:00 p.m.**

**Entertainment
11:30—2:30
Grand Living Room**

- ◇ **Trilogy Community**
- ◇ **Services & Products**
- ◇ **Convenient Access**
- ◇ **Local Representation**

Here is an excellent platform for residents to share what your small business offers! Sign up at Vista Club Member Services for table space; \$30, check only. TRVMA does not endorse any business, service or product. Some services or products may not qualify. Expo is for information only, no product sales. For more information, email Debbie Dorn, ddorn@actionlife.com.

Trilogy Whist Club Casino Bus Trip
Join us for a trip to RED HAWK CASINO
Wednesday, May 11, 2016

Cost: \$ 30.00
\$10.00 Slot Play Credit

9:00A.M. Bus Boarding * **near tennis courts

9:30 A.M. Depart***Trilogy

3:45 P.M. Depart***Red Hawk Casino

5:45 P.M. Estimated arrival time at Trilogy

Make checks payable to the Whist Club*****No Refunds

Place Check and reservation form in Box # 5

Questions, call: Peggy Smith @ 1366, or Hattie Walker @3699
or Veronica Bush @ 4882



**THE
TRILOGY
SPECIALISTS!**

**PERFORMANCE, STYLE,
VALUE. WE'VE GOT YOU
COVERED!**

707-374-3902

WWW.SUNBUSTERSINC.COM

LIC#936642



**Basic To Custom Applications
Contractor Installed
(No Sub-Contractors)**

**Over 25 Years Experience
Lifetime Product Warranty
New Designs For Any Budget**





SIMPLY SPONTANEOUS FUN

The place where Trilogy
singers, storytellers, poets,
dancers and friends
come together for a
fun and silly night at the mic!



Friday, May 20

7:00 PM ~ FREE

Vista Club

Diablo Ballroom



He amazed
Johnny Carson, Oprah
and Regis Philbin when he
appeared on their shows,
and he promises to amaze
you, too! You don't want to
miss this show!

**COMEDY
MINDREADING
AND ESP SHOW**

Mark Stone's **MENTALMANIA** is the
funniest mindreading and E.S.P. show
in America today. Mark never fails to
astound audience members with his
ability to read minds, make predictions,
and "see" with his fingertips while
blindfolded. He leaves audiences
shaking their heads in disbelief when
he demonstrates super memory,
clairvoyance, and telekinesis.
Not only does Mark amaze every
one with his uncanny abilities, he
keeps the audience laughing
throughout the show.
It's a fun and thought-provoking
entertainment experience.

**Mentalist
Mark Stone**

Sign up at Member Services \$15 pp ~ Bring Your Own Provisions

Friday, April 15

Diablo Ballroom
Vista Club

7:00 — 8:30pm

Doors Open
6:00pm

Computer Class 90-Minute Opportunities

Class Instruction by Kathryn Querry and Katie Spencer

Sign Up At Vista Club Member Services (374-4200) Pay by Check or Credit Card

Computer Basics \$5 ea.	April 5, Class 10:00 a.m. to 11:30 a.m. ~ NEW CONTENT Introduction for new computer users to learn their way around the computer. <i>This class is mandatory or equivalent knowledge for all other classes.</i>
Work with Pictures \$7 ea.	April 5, Class 12:30 p.m. to 2:00 p.m. Transfer pictures from your camera to your computer; work with pictures using Picasa 3, a free photo editing program; find and organize your pictures.
OPEN HOUSE! Two opportunities.	April 12, 12:30 to 2:00p.m. OR 6:30 to 7:30 p.m. Celebrate the new furniture and computers in the Vista Club Learning Center. Chat with the instructors and aides. Sign up for future classes. Enjoy a beverage and snack.
Microsoft Excel 1 \$5 ea.	April 19, Class 10:00 a.m. to 11:30 a.m. ~ NEW CONTENT Navigate in Excel and learn to use math operations by creating a simple household budget.
Microsoft Excel 2 \$7 ea.	April 19, Class 12:30 p.m. to 2:30 p.m. ~ NEW CONTENT Understand database basics. Work with a name and address database in Excel: sort and filter the information; format cells for different content types; format for printing.
Bring Your Project! \$7 ea.	April 26, Class 10:00 a.m. to 11:30 a.m. **NEW** Bring your own project (on a flash drive or your device) for help with any PC software program taught here. Come prepared with specific topic(s) you want help with.
Email Workshop \$7 ea.	April 26, Class 12:30 p.m. to 2:00 p.m. **NEW** Come prepared to log into your email account, on either the classroom computers, or your own device. Come prepared with specific topic(s) you want help with.

If using your own computer, public wireless network cautions apply!

Computer Basics class is mandatory or equivalent knowledge for all other classes.

Limited Class Size-sign up early. ~ Repeating classes is recommended. Class subject suggestion list available!

Interested in training or helping others during class? Email Debbie Dorn at ddorn@actionlife.com.



Trilogy at Rio Vista HOME BASED BUSINESS DIRECTORY

All Occasion Travel

Full Service Travel Agency
Joan Greene, CLIA, ARTA, 707-374-2440
Certified Travel Specialist
www.alloccasiontravel.net

Angel's Housekeeping

Affordable and Reliable.
You'll love where you live.
Mirna Severance 707-673-6608
dwstreak@yahoo.com

Mary Kay

Independent Beauty Consultant
Sueann Novotny 707-374-5624
E-mail: snovotny@citlink.net

Nuskin/Pharmanex

Look and feel years younger
Guaranteed anti-aging products
Diane King, Consultant US8301618
erasewrinkles@att.net 925-324-1062

Rodan & Fields Skin Products

Anti-Aging Products for Wrinkles & Brown Spots
Call for FREE mini facial
Lupe Finch, Independent Consultant
707-374-2466 or LupeandMarcy@gmail.com

FOR RENT

Home for Rent

Vacation in Germany—Taunus Mountains, a 30 minute drive from Frankfurt Airport. Large apartment with built-in kitchen. In pristine area and walking distance to forests and the most beautiful castles! Owner is American. Check www.taunus4u.info. Price as low as US \$69/night. Will sleep 4 people (2 couples)

FOR SALE

Fabric

A retired seamstress has lots of fabric for sale. Clothing/home decorator fabric. Wide variety \$1-\$4/yd. Multiple pieces. Call Bonnie 707-322-5875 to see selections.

Mattress

Standard size mattress and box springs with frame. Very good condition, great for small guest rooms. (54" x 74" x 8") Only \$350. Call 707-322-5875.

Walker

Wheelchair and/or walker for sale. Best offer. 707-374-5232

SERVICES

Adoptee/Birth Family Finder

Looking for a child/family member given up for adoption in California? Find the missing pieces and reunion. Keep the Faith. Confidential. Call Muriel 707-374-4343.

Airport Transportation

I'll get you to any airport or SF port on time and pick you up on return. TRV residents only. One way fares: SFO \$115, OAK \$90, SMF \$65, PORT \$100/ Call Ralph Hatch 707-374-3941.

Audio/Video

Certified on-Q Installer working with Trilogy customers for over 10 years under license 819067. Estimates are free. Give us a call. Michael 707-374-2800.

Beauty Services

Hairdressing in my home. Thirty-three years' experience. Call now for an appointment. 707-673-6608.

Bookkeeping

Manual or automated bookkeeping. No job too small or too large. Organizational skills. Experienced 20 plus years and bonded. Call 707-374-6264.

SERVICES

Bicycle Repair

Gary's Bicycle Repair in Trilogy: (tire changes, wheel changes, flats fixed). Assembles, adjustments, tune-ups. Appointments only. Call 510-912-1640.

Caregiver

Experienced male caregiver: Drive your car to appointments, grocery, etc. Trilogy resident. Flexible hours and days. Prepare meals. References upon request. Call Sam 707-750-1195.

Computer Aid

I can fix your PC, including removing viruses and malware. New PC setup with file transfers and tutoring on Windows 8. Wireless printer, wireless connections for Netflix. Home theatre. Kathy Barker 707-374-6850.

Computer A+ Assistance

PC, Laptop, iPhone, iPad troubleshooting. Install networks, software. Virus removal. Wireless connections to printer, computer, home theater, Netflix. Technical expert—Robert 707-374-5129.



SERVICES

Computer Doctor

Woody Woodard will fix PC's/ Mac's, install, teach, create web pages, coordinate with Frontier, Best Buy, Comcast. 707-416-6067

Cleaning

Housecleaning to perfection, bi-weekly, monthly. Deep cleaning, inside windows top to bottom, all nooks and crannies. Satisfaction guaranteed. 10 years' experience cleaning Trilogy homes. Call 510-248-4275.

Cleaning

Moving in or out! Cleaning of homes without furniture. Two of us will clean home giving personal touch. Trilogy residents. Call us: Ms. Heredia 916-508-2758.

Cleaning

Complete housecleaning! Quality cleaning at affordable prices. Weekly, bi-weekly, or once. Rental cleans. Call Dawn, "Jerry the Sprinkler Guy's" daughter at 707-628-4235 or 707-374-5239.

Clock Repair

Thirty years collecting and repairing clocks. No cost if I can't fix; low cost if I can. Call 707-374-6782. Ask for Rod.

Cosmetologist

Cuts, Color, Perms and Highlights, Manicures, Pedicures, Braiding, Styling for all occasions. Your home or appointment at salon. Call Valentina Owens 801-898-6515.

Electrical

Licensed electrical contractor working with Trilogy customers over 10 years under license 819067. Estimates are free. Give us a call. Michael 707-374-2800.

SERVICES

Faux Finishing @ Its Best

Enhance the beauty of your home with faux finishes for your walls, columns, fireplaces and doors. Call Susan Prince/Oddo 707-374-2167.

Gardening/Landscape Maintenance

Complete care of your yard by expert horticulturist. Servicing Trilogy residents on Tuesdays. Reasonable rates. Satisfaction guaranteed. Scott Bowers 916-683-1406.

General Help

Trilogy resident available for sorting and organizing, pet care, gardening, housework, bookkeeping/clerical, business and personal correspondence, making phone calls, driving (your car) for errands, shopping, appointments, etc. Reasonable rates. Flexible scheduling. References. Jesse 925-683-7193.

Handyman

Save water; Install Watts hot water recirculation systems; electric repairs, plumbing repairs, curtain rods. Call Bob Coons 707-628-0889. Free estimates.

Handyman

Trilogy resident has over 40 years of home maintenance experience, MOEN faucet specialist, ceiling fan and chandelier installations, electrical trouble-shooting and GFCI problems, plumbing leaks, disposals, toilet maint., and more. Free estimates. City bus. license #1654. Bob Bailey 707-374-3391.

SERVICES

Hypnotherapy

Explore your inner mind to become a happier, healthier you in 2016. One guided meditation opens new worlds. \$50-\$75. Karen Lamberto 707-374-2938 master hypnotherapist since 1986.

Impeccable Improvements & Repair

Established retired general contractor. . .Tile, wood floors, water leaks, drywall damage, kitchen & bath remodels/repairs, privacy walls, iron fences/French doors, indoor/outdoor Jacuzzi tubs, storm doors, fireplaces, dog/cat doors, mantels. 10 year resident. Big or Small—I Do Them All! References available. Dominic, Your One Stop Shop in Trilogy 707-322-9476

Income Tax

Income Tax Preparation Individual Partnership and Corporate Income Tax Returns. Jim Castress 707-374-3590 samster.cas@gmail.com

iPhone Tutor

Everything you need to know to operate your iPhone. Simple to understand. Easy to use. Fun to learn. Private or group lessons. Only \$10/hr. per person. Dory 707-326-6628.

Moving?

Let us do the heavy lifting for you. We are local, strong, reliable, careful and affordable. 10 plus years' experience. Call Taylor 925-262-6827.

Want to Run a Classified Ad?

Pick up an ad application form at Member Services. Turn in your completed form by the fifth of the month preceding the month you wish the ad to run. Cost is \$10 for 25 words. Additional words are \$.25 per word. Checks only. Late ads will run in the next issue. All classified advertisers must be current Trilogy residents or current Trilogy homeowners.



SERVICES

Moving Furniture

Arranging and moving furniture and appliances in or out of your home or storage. No job too small. Reasonable and careful. Call Neal at 707-624-9374.

Notary

My home or yours. Servicing Trilogy for the past 13 years. Please call Eileen Griffin at 707-374-2684. Thank you.

Notary Public

Certified Notary, fast, professional and reliable service. Discount for multiple documents. Please call Jeffrey 707-374-7541. Thank you.

Notary to Go

Only \$8 per notarization in Trilogy. Loan documents signing no additional charge. Since 1984. Call Warren at 707-374-3477.

Painting

Ron the Painter, a Trilogy resident and painter for 10 years is back. Interior painter, fences, mail boxes. Good price, good work. Call Ron 707-430-3135

Painting & Drywall

Repaint exterior & interior. Color and texture our specialty. Free estimates. 40 years experience. R. P. Painting, Trilogy Resident CA St. lic. #422737. Call today 707-374-5954.

Pest & Termite Services

Trilogy resident and owner operated. General pest control services include quarterly or bi-monthly services to meet your needs. Termite inspections. Specializing in real estate and refinance. Please call Ron Yocum, Owner, R & D Termite and Pest Control (formerly Daniel Pest Management) 925-323-5211.

Pet Care

Loving care and dog walking. I will spend at least 30 minutes three times a day to walk and care for your dog. \$20 a day. Ken 707-374-3842.

SERVICES

Pet Care

Happy Home Pet Sitting Services: Free estimates. Dog walking available. Cathy, Trilogy resident dog owner who loves animals. 707-416-8394 or jst.cav@gmail.com

Pet Care

Desiree's (Desi) Personalized, Loving Dog & Cat Care: Going out of town? Need overnight house pet sitting? Compassionate & Caring Pet Nanny. Daily dog walks, medication as needed, water plants, mail in. Ph 707-374-3245, cell 925-822-8342

Pet Care

Loving kitty and dog care includes play, meds, mail-in. Hourly pet sitting available. Short notice ok. Serving Trilogy pets since 2007. Accepting advance vacation reservations. Mimi 707-374-4343.

Photography

Family photography for all occasions. I live in Trilogy and I am a professional photographer available to photograph your family gatherings and parties. I have extensive experience in many types of live photography. To see some of the things I have done, go to my website kenatkinsimages.com. You can contact me at 707-374-3842 or email me at kenatkins7@aol.com.

Rain Gutters Cleaned

Also pressure wash driveway, walkway, patio and outside of house. Trilogy resident Danny 209-570-0302.

Transportation

Reserve Your Ride. Trilogy resident will drive you wherever you need: to or from airports, trains, BART, medical (will wait), shopping, Vallejo Ferry, etc. 415-823-7575, Joanne

Transportation

Husband and wife team will drive Trilogy residents to and from area airports, trains, and cruise ships. Safe and reliable. Call Betty or James 707-374-3221.

SERVICES

Transportation

Dave's Transportation Service. I transport Trilogy residents only to trains, boats, planes. No medical services, shopping or casinos. Reliable. Call 707-374-3192. Thanks

Window Cleaning

Professional window cleaning. Years of experience, licensed, and complete background check. For a free estimate and appointment, call Gary 707-374-3488.

Weed Pulling

Don't break your back; keep your yard tidy. Trimming, weeding, general clean up, plant new plants. Laurie 707-374-6305 or cell 925-301-7389.

Concierge

Put yourself in our hands and let us arrange your travel from door to door, cruise, train, resort, hotel, villa, rental cars, drivers, activities, sightseeing, excursions, fine dining, shows. Call Joan Greene, All Occasion Travel (707-374-2440) or Email alloccasiontrvl@aol.net. Let's talk it over.

WANTED

Golf Carts

Cash paid on the spot. Carts can be working or not. Call 707-374-3338 or cell 707-208-9096. Also call regarding rebuilt golf carts.

Sporting Goods

And equipment, especially fishing rods, reels, lures and other paraphernalia. Cash paid on the spot. Free appraisals. Call Ed 707-374-1349 or 925-216-6300.

The Trilogy Board of Directors is not responsible for expressed opinions or for the authenticity of all presented facts in advertisements. The Board of Directors recommends verifying authenticity of advertisers by requesting contractor license numbers and references, and checking with the California Contractors State License Board and Better Business Bureau (BBB) prior to using the services listed herein.

THINKING OF SELLING? HERE'S YOUR COMPETITIVE EDGE....

- Alain Pinel Realtors is ranked 5th largest independent real estate broker in the nation, for the 5th consecutive year.
- Over 30 offices to serve YOU, throughout the area including Sonoma, Napa, Tahoe & San Francisco.
- Offering personalized marketing plans for each home, including Professional Photography, Virtual Tours, Custom Marketing Materials, Staging and more.
- On-Line Marketing includes Property Websites, Domestic & International.

HOME PRICES CONTINUE TO RISE!!! CALL TODAY FOR A MARKET ANALYSIS OF YOUR HOME.

- Truly a real estate expert with 35 years EXPERIENCE, I have earned Real Estate Designations including the GRI, CRS, CRB, as well as Manager, Broker, Trainer, President's Council Member and Top Producer. I can help you.
- As a Trilogy and Saddlerock Village resident for almost 5 years, I am fully committed to our community.
- For every closed sale, I donate \$100.00 to the Rio Vista Food Pantry.



Kathie Bleier
925.683.7084
KBLEIER@APR.COM
BRE 01063281



If you, or anyone you know is thinking about moving, please call me. I LOVE referrals!

ADVERTISING INFORMATION

DEADLINE: All final ads and checks are due by the fifth of the month prior to the month of publication. For example: May 2016 ads and checks are due by April 5, 2016. All late submissions will run in the June 2016 issue of *Trilogy Living*.

REGULAR SIZES AND RATES:

• 1/8 page ad	3 1/2" wide X 2" tall	\$90/month
<i>Scan your horizontal business card at 300 dpi, and e-mail it as a pdf, jpg or tiff file to Tania Fardella at indigodesign@att.net.</i>		
• 1/4 page ad	3.6" wide X 4.5" tall	\$140/month
• 1/2 page ad	7.5" wide X 4.5" tall	\$220/month
• Full page ad	7.5" wide X 9.25" tall	\$345/month

PREMIUM SIZES AND RATES:

• 1/4 page ad Inside Front or Back Cover	\$185/month	
• 1/2 page ad Inside Front or Back Cover	\$285/month	
• INSIDE FRONT COVER	7.5" wide X 10" tall	\$445/month
• INSIDE BACK COVER	7.5" wide X 10" tall	\$445/month
• OUTSIDE BACK COVER	7.5" wide X 10" tall	\$500/month

DISCOUNTS:

- 5% off pre-paid ads for 3 months or more
- 5% off for businesses owned by residents of Trilogy at Rio Vista

To place an ad, contact Joan Azlant at joanazlant@comcast.net or 707.374.2620. If you need ad design, contact Tania Fardella at indigodesign@att.net or 925.377.0335. Additional fees will apply for design, scanning, and edits.

HunterDouglas



LUMINETTE® PRIVACY SHEERS



From glare to glow.

Sunlight, beautifully transformed with Hunter Douglas window fashions.

Enhance the beauty of your décor with light-transforming Hunter Douglas window fashions. Soften, shift, and refine the natural light that enters your home. Ask for details about valuable rebate savings.

APRIL 12—JUNE 27, 2016

\$100 REBATE*

ON ANY OF THE FOLLOWING PURCHASES:

1 Luminette® Privacy Sheer
(PLUS \$100 REBATE EACH ADDITIONAL UNIT)

2 Pirouette® Window Shadings
(PLUS \$50 REBATE EACH ADDITIONAL UNIT)

2 Silhouette® Window Shadings
(PLUS \$50 REBATE EACH ADDITIONAL UNIT)



**Window
Fashions of
Northern
California, Inc.**

Window Fashions of Northern California

125 Grobric Court, Suite A
Fairfield, CA

Monday - Friday: 9:00 AM - 5:00 PM

Saturday: 10:00 AM - 3:00 PM

Sunday: Closed

(707) 429-5156

www.wfnc.gallery

HunterDouglas Gallery



*Manufacturer's mail-in rebate offer valid for qualifying purchases made 4/12/16–6/27/16 from participating dealers in the U.S. only. A qualifying purchase is defined as a purchase of any of the product models set forth above in the quantities set forth above. If you purchase less than the specified quantity, you will not be entitled to a rebate. Offer excludes Nantucket® Window Shadings, a collection of Silhouette® Window Shadings. Rebate will be issued in the form of a prepaid reward card and mailed within 6 weeks of rebate claim receipt. Funds do not expire. Subject to applicable law, a \$2.00 monthly fee will be assessed against card balance 7 months after card issuance and each month thereafter. Additional limitations may apply. Ask participating dealer for details and rebate form. ©2016 Hunter Douglas. All rights reserved. All trademarks used herein are the property of Hunter Douglas or their respective owners. SPG16MB3