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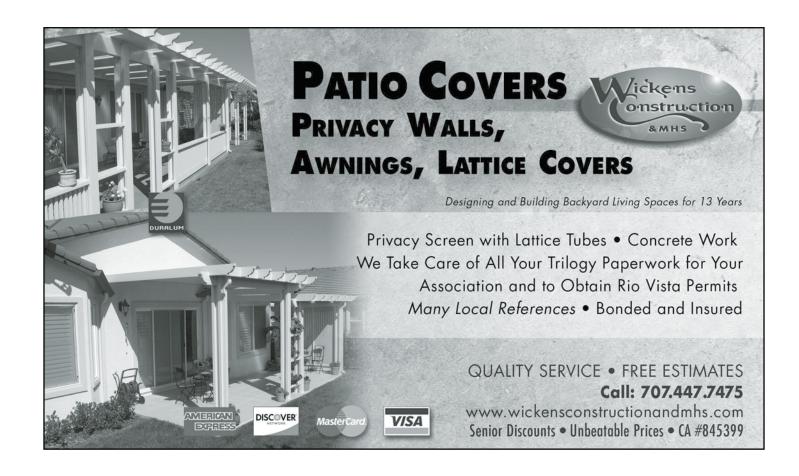
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Warren Oglove

President

The Executive Board session convened on Tuesday, December 10, 2013. The following actions were taken:

- The Board tabled two items that were to appear on the Master Board Agenda.
 - The Code of Conduct Policy was withdrawn to be reviewed further and will be on the January Agenda.
 - The Purchase Policy was withdrawn and will be reworked for later consideration.
- The Board is seeking two residents that are interested in serving on the new Administrative Policies Committee.
 This committee would be involved in writing policy for the Association. Residents having a skill set in administrative policies and procedures are invited to complete an application, which can be found at the HOA Office.
- The Board gave direction to the General Manager regarding Staff Compensation Schedules, in preparation of the 2014 2015 Budget.
- The President signed a renewal of our Management Contract with Action Property Management. This renewal will be for a one-year term with automatic renewals on the anniversary date. This contract can be cancelled by giving 90-day notice, with no penalty for an early cancellation.

The Monthly Master Association meeting convened on December 10, 2013. The following actions were taken:

- The Master Association established the date for the upcoming Annual Meeting and election: February 11, 2014
- January 24, 2014: Date of record for Shea homes.
- Deadline for Candidates to apply for one of the two open Master Board positions.
- Gene Vick was appointed Inspector of Elections.
- The Board adopted a Privacy Rule amendment. Under this new rule, Annual Vehicle Passes will be discontinued.

The next Master Board meeting is January 14, 2014 at 2 p.m.

On behalf of the Board, we wish you a prosperous, happy and healthy New Year!

TRILOGY AT RIO VISTA

DIRECTORY

Master Association Board of Directors

Warren Oglove, President (3477) Noel O'Brien, Vice President (925) 348-4097 Bernie Dehn, CFO (4764) Joel Auslen, Secretary (5808) Melissa Coleman, Director

District Delegates

Village I – Bernie Dehn (4767) Village Oakmont – Lee Puryear (3510) Village Riviera – Dante Miles (6445) Olympic Village – Joel Auslen (5808) Saddle Rock Village – Roger Kohn (2737)

Committee Chairs

Adult – Helen Bergoust (2436) Emergency Action Committee – Alan Levine (718-7907) Access - Andy Pestana (5154)

Village Board Presidents

Village 1 – Bernie Dehn (4764) Village Oakmont – Walt Manos (2827) Village Riviera – Don Seyk (6407) Olympic Village – Mike Dubrow (6706) Saddle Rock Village – Patty Kohn (2737)

Association Administration

General Manager: Ed Vitrano (4869) evitrano@actionlife.com

Assistant General Manager: Catherine Patrick cpatrick@actionlife.com (4843)

Activities Director: Debbie Dorn (4204) ddorn@actionlife.com

Fitness & Spa Director: Kathy Erwin (4205) kerwin@actionlife.com

Maintenance Director: Mike Oestreich (4895) moestreich@actionlife.com

Member Services Coordinator: Cheryl Lucas (4203) clucas@actionlife.com

Communications Coordinator: Andrea Stuart stuarttry@gmail.com

Club Numbers

Vista: Front Desk (4200) Fax (2422) **Delta:** Admin Office (4843) Fax (4891)

Trilogy Living Editorial Board

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Shea Customer Service 1-866-535-9989

From the Editor



Andrea Stuart

Happy New Year, Trilogy! As the Gregorian calendar steps out of 2013 and into 2014, we recognize the possibilities that lie ahead of us. For the last 4,000 years across dozens of civiliza-

tions, the New Year has held significant importance relating to astrology, agriculture, and religion. And it has been celebrated in festive ways including eating food thought to promote luck in the coming year such as legumes (lentils and black-eyed-peas), pork (because it represents progress and prosperity in some cultures), and ring-shaped cakes and pastries, which signify that the year has come full circle.

However you celebrate the New Year, join your friends and family in festivities in a way that creates meaning for you. Attend a play, host a soiree, or make a new resolution that brings meaning to you. Check out the community pages for opportunities to grow your social circle by meeting friends in Community Connections, meet new weight goals by joining TOPS, or get on the safety bandwagon and see what the Emergency Action Committee is up to. And don't forget to see what fun is in store for you on the Activities pages!

Happy New Year!



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

The holiday season is a time for joyful fellowship, and I hope that you, your families and friends have shared much through the season during the community events. Trilogy is filled

with many blessings from folks giving of themselves. The volunteers and sellers' donations from the Gift, Craft and Art Faire once again raffled another record fundraiser to benefit the local Meals On Wheels. The festive Decorating Social, Tree Lighting Ceremony, Drama Club's Christmas Play and Trilogy Holiday Show events were all made possible by too-many-to-name volunteering residents and staff who presented delightful memories. They give so much of themselves—time, energy, and talents—and expect nothing in return. What a difference they make with everything they do throughout the year! Thank you!

Kick-Start the Grand New Year with These Special Events!

- 12/31 Trilogy's New Year's Eve Celebration
 ~ Last Chance!
- 1/01 The Polar Bear Plunge ~ Spectators Welcome!
- 1/05 & 1/19 Farmers Market
- 1/10 Open Mic Night
- 1/12 "Solid Gold" Dance ~ The Dance Club
- 1/14 Enrichment Series: Phil Pizzaglia
 "Delta Towns Now & Then" ~ Co-Sponsored with Genealogy Workshop
- 1/17 Comedy Night ~ Michael Mancini "World's Funniest Cop"
- 1/20 Martin Luther King Jr. Tribute ~ Co-Sponsored with Whist Club
- 1/21 Enrichment Series: Life Coaching
- 1/23 CPR/AED/First Aid Training
- 1/25 Concert: Montreal's Mimi Blais "Queen of Ragtime" on Tour with Internationally Acclaimed Hungarian Violinist & Pianist Tamás Ittzés

Get Ready:

2/02 Super Bowl Party

Be sure to check into what is happening in the club section of this issue for more activities! Suggestions are always valued. Send an email anytime ddorn@actionlife.com. My mailbox is always open!

May the warmth and joy from the holidays be with you throughout the coming year! I am so blessed and happy to be a part of your Trilogy family!



Farmers Market ~ Have you experienced Trilogy's Market Place?

Sunday, January 5 & 19, 10 a.m. – 3 p.m. – Delta Club



Stock up twice this month at the Farmers Market at Trilogy! Bring your neighbors and support your locally grown fresh fruits and vegetables from our own Trilogy Farmers Market. Petrill's Produce Farmer's Market provides wonderful produce and other

specialties. It's easy to keep a fresh supply of fruits, vegetables, and specialties on hand without leaving Trilogy.

Grapevine Chat

Tuesday, January 14, 6 p.m. & January 28, 5 p.m. Free, Informal Gathering ~ Grand Living Room, Vista Club

Are you new to Trilogy or a seasoned resident feeling like you want some friendly atmosphere and good conversation? Come join the informal gathering at the big fireplace. It's a warm and casual setting where you can "get the scoop" on all things Trilogy, while you get to know your neighbors. Bring wine, glasses, and snacks to share with others if you'd like. No sign-up required.

Blood Pressure Check ~ Free

Thursday, January 9, 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!

Computer Workshops ~ Several Available in January!

Learning Center, Vista Club

There are a variety of special interest workshops along with a series of introductory workshops to help you become more comfortable with common computing conveniences like email! See pg. 8 for more information. Limited space available. Sign up at Member Services.

The Polar Bear Plunge

Wednesday, January 1, 10 a.m., Delta Pool ∼ Free

Let the fun begin! For those of you who want to cross something off your bucket list or just to challenge yourself in a new way, join fellow Trilogy members and take the plunge at the Delta Pool. How do you prepare? You don't. The essence of plunging is the group energy. You must go all the way under to count! It's exhilarating. Afterwards, warm yourself in the hot tub and enjoy hot chocolate in the Delta Club Marina Room. Those who plunge will receive a 2014 Polar Bear Plunge T-shirt! Collect them from year-to-year. Sign up at Member Services at the Vista and be sure to mention your shirt size!



Comedy Night — World's Funniest Cop Michael Mancini

Friday, January 17, 8:00pm, Diablo Ballroom, Vista Club ~ \$10

Michael has a background in Law Enforcement and an insightful sense of humor. He has a high energy, actionpacked, fun-filled show full of real-life experience comedy touring across America for almost 30 years with his hilarious stand-up, and he has been a member of the Santa Cruz Police Department since the '90s. Michael is a three-time winner of the World's Funniest Cop competition, hosted by Jay Leno. Bring your favorite food and beverage to enjoy during the performance. Comedy of the right caliber! Sign up at Member Services.



New Year's Eve Celebration Turning Back Time The Ball Drops at 9 p.m.

Tuesday, December 31, 6-11 p.m. Diablo Ballroom, Vista Club $\sim 55

LAST CHANCE if seating is available! This year's party will begin with a delicious hors d'oeuvres reception leading into a scrumptious all-inclusive Beef Tenderloin or Salmon Fillet dinner served on grand buffet. Feel free to wear less formal attire to this New Year's Eve celebration. The Trilogy 2013 picture slideshow displays on the big screen while melodies dance lightly to conversation. Later, dance through the night to R&B, Motown, Jazz, Blues, and Standards from Matt Applin and The Midnight Band! Share the countdown live from New York Times Square on the big screen with party favors, and toast the New Year while we sing along to Auld Lang Syne! Private label champagne will be provided for memorable toasting. Coffee, iced tea, and water will be available. You may bring your own beverage of choice to enjoy through the evening. Ice will be provided. Sign up at the Vista Member Services desk (4200) while seating is available.

Open Mic Night ~ Music, Dance, Comedy, Poets/Spoken Word

Friday, January 10, 7 - 8:30 p.m., Diablo Room, Vista Club ~ Free

The venue is set, welcoming Trilogy to take the stage and share their artistic expressions in a setting as intimate as your living room with family and community cheering you to the next level! If you're a spectator, you're in for a treat! The supportive setting is about artists having a safe place to perform for the first time. It's about veteran artists having a place to experiment and try out new pieces. It's about having a place that inspires new work. It's about a lot of things. Bring your favorite provisions and come check it out! Performers sign in at Member Services.

Guidelines: Two performances per person, which may be flexible depending on the number of performers for the night. Limit of 15 performers for the night.

Enrichment Series ~ Delta Towns Now and Then

Tuesday, January 14, 6:30. - 8:30 p.m. Diablo Room, Vista Club \sim Free

Once again, Trilogy's Genealogy Workshop group returns Phil Pezzaglia to Trilogy for part two! If you caught Phil's program last July, you were amazed! The Diablo Ballroom was packed with folks captivated by Phil's historical storytelling. Now he returns to pick up where he left off, sure to once again leave us yearning for more! Pezzaglia, the curator of the Rio Vista Museum, past President of the Rio Vista Chamber of Commerce, and member of the Sacramento River Delta Historical Society, somehow still finds time to be a family man, work with his family's business (Braid's Furnishings), and once again delightfully entertain Trilogy. Light refreshments will be served. Sign up at Member Services.

Enrichment Series ~ Life Coaching

Tuesday, January 21, 6:30 - 8 p.m. Diablo Room, Vista Club \sim Free

"Life Coaching" will feature a presentation by John Lamb, who will share his broad experience to open doors for opportunities which help to maintain healthy, active minds. The interactive platform will avoid advocating for any particular activity, program, or set of beliefs or values. Come along on a journey to discover essentials to improving lives. Light refreshments will be served. Sign up at Member Services.

E

Learn to Save A Life With CPR/AED and First Aid Instruction!

Tuesday, January 23, 9 a.m. - 1 p.m. Diablo Ballroom, Vista Club ~ \$60

It is good to know how to help someone in trouble, whether it is your spouse or grandchild. The class provides a two-year certification in CPR/AED and First Aid at a great value. Limited space. Sign up with Member Services by January 17, at the Vista Club. If you have questions, please contact Anna Chunn at (3560).

Concert: Mimi Blais "Queen of Ragtime"

Saturday, January 25, 8 p.m., Diablo Room, Vista Club ~ \$15

Witty, colorful, poetic, energetic, romantic, extraordinary, unbelievable. One of the most highly trained and gifted pianists in ragtime, Montreal's Mimi Blais, is also the comedy star of the genre. A pianist to be seen! By special arrangement on tour together in our country with Tamás Ittzés, an internationally acclaimed violinist and pianist from Hungary, to perform like no other experienced at Trilogy! Sign up at Member Services and plan to bring your favorite provisions along for this incredible concert.

AARP Smart Drivers Refresher Course

Monday, January 30, 9 a.m. — 1:30 p.m. Sonoma Room, Vista Club

\$15 for AARP members and \$20 for non-members

The AARP Driver Safety Program is the nation's first and largest refresher course for drivers age 50 and older that has helped millions of drivers remain safe on today's roads. The course is designed to help you:

- Tune up your driving skills and update your knowledge of the rules of the road.
- Learn about normal age-related physical changes, and how to adjust your driving to allow for these changes.
- Reduce your traffic violations, crashes, and chances for injuries.
- Qualify for a possible auto insurance premium reduction or discount. Policies vary, so please consult your insurance agent.

Dr. Martin Luther King, Jr. Tribute

Monday, January 20, 2 - 4 p.m., Diablo Room, Vista Club ~ Free

Together with the Whist Club, join us in celebration of Dr. Martin Luther King, Jr. Guest speaker, entertainment, and refreshments will follow. For more information, contact Madalene Turner at (3361) or Michael Dunn at (2547). No signups required.



Trilogy resident Glen King will be offering this course. Note that you must have had the eight-hour course within the last four years. To register, contact Glen at (3342) or email grk59@frontiernet.net.

Concert: Close To You ~ A Tribute to The Carpenters

Saturday, February 15, 7 p.m., Diablo Room, Vista Club $\sim \$15$

When Close To You takes to the stage, it is as if the '70s pop group has reunited and Karen is singing the songs fans know and love. Each performer is a perfect match in their respective position for paying tribute to The Carpenters. Cozy up and enjoy love ballads such as "We've Only Just Begun," "Top of the World," "(They Long to Be) Close to You," and more. Sign up at Member Services, and plan to bring your favorite provisions along for this spectacular performance!

Karaoke Night

Friday, February 21, 7 - 8:30 p.m. Diablo Ballroom, Vista Club ~ Free

Specially designed for your fun and enjoyment, there is open dancing, and song lyrics are on the big screen for some sing-a-long good times! No doubt there will be story tellers, special dancers, and folk singers, so you'll find quite a variety of entertainers. One may be you! Bring your favorite snack and beverages, and come over for a relaxed evening of spontaneous fun and entertainment. No signups required!

January Computer Workshop Opportunities! Sign Up At Member Services (#4200) (payments by check only please)

Workshops <u>Date / Time</u> <u>Instructor</u>

	T 1 7 44 04 40 00 44 00	M' de la la Decembra			
Introduction to Computers ~ \$3 ea.	Tues. Jan 7, 14, 21 ~ 10:00 – 11:30 am Michael Bouyer These three introductory computer classes, each different are intended for beginners who want to understand the computer for use with e-mail, internet				
(3 different sessions)	browsing, researching, collecting, cataloguing, and saving images or documents. [No prerequisite class or workshop is required]				
Introduction to	Tues. Jan 7 & Jan 14 ~ 12:00 - 1:30 pm	Michael Bouyer			
Working With Photos ~ \$5 each	Three classes, each different are intended for beginners who want to learn how to use the computer to collect, catalog, edit and save photos. Students will be introduced to Picasa*. [Prerequisite: Introduction to Computer or				
(2 different sessions)	equivalent knowledge] Students interested in more involved image editing can follow this class with Intermediate Digital Photo Editing workshops.				
Intermediate Photo	Tues. Jan 21, 28 ~ 12:00 – 1:30 pm	Michael Bouyer			
Editing Workshops ~ \$5 ea. (2 different sessions)	Working with Picasa* students can work with their own digital images, to correct or enhance them and experiment with artistic editing. Students will need to bring their images to class on a flash drive or a CD or a media card. (No cameras and cords) [Prerequisite: Introduction to Working with Photos or equivalent knowledge.] Serious students wishing to greatly expand their ability to edit images are encouraged to proceed to the Advanced-1 Digital Photo				
	Editing Class.	Toca T Digital T Tiolo			
Intermediate Digital	Tues. Jan 7, 21, 28 ~ 7:00 – 8:30 pm	Michael Bouyer			
Storytelling ~ \$5 ea. (3 different sessions)	Using Windows Live Movie Maker**, students will work with images and music to learn the basics of digital stories (digital scrapbooking, mixing music and images). [Prerequisite: Introduction to Working with Photos or equivalent knowledge.] Serious students are encouraged to proceed to the Advanced Digital Storytelling.				
Advanced Digital	Wed. Jan 8, 15, 22 ~ 7:00 – 8:30 pm	Michael Bouyer			
Photo Editing ~ \$7 ea. (3 different sessions)	many of the fundamental tools and operations consistent with today's image				

Sessions:

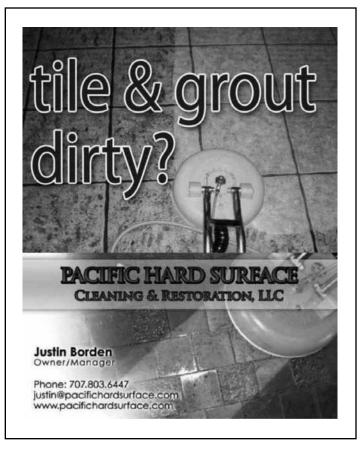
Each class offers different sessions which are designed to be taken consecutively or may be taken independently (see dates for each class above).

Computer software programs referred to above:

- * PICASA is a free basic photo cataloging and editing program from Google
- ** Windows Live Movie Maker is a free movie making program on Windows-based computers
- *** **GIMP** is a free advanced photo editing program with capabilities similar to Adobe Photoshop

To determine if your equivalent knowledge is adequate for the intermediate or advanced workshops offered, contact the instructor Michael Bouyer by e-mail at Michael@bouyerproductions.com or cell 707-318-3209.









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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 (4843).

Assessments for the month: **Master Association \$120.00** (Only for original residents (<200) in a developer subsidy agreement)

Village I	\$5.00
Village Oakmont	\$4.50
Olympic Village	\$5.00
Village Riviera	\$5.00
Saddle Rock Village	\$0

(None until dormancy ends)

Master Association \$80.39

Club Hours – The Delta Club is open at 7 a.m. for entry with members' keys. It is open from 8 a.m. to 11 p.m. for entry without keys. From 11 p.m. until 7 a.m., there is no entry. The Vista Club is open from 6 a.m. to 9 p.m.

Thank You – The Administrative Office appreciates and thanks all members who abide by the Rules and Regulations of the community.

Electronic Communication – The Association is no different than other organizations in leaning more on electronic communications to its members. There are two ways you can assist in reducing costs to the Master and Village Associations.

E-Alerts – Submit your email address to the Member Services desk at the Vista Club. This will get you information such as special announcements, monthly agendas, and most important, the weekly e-newsletter, which updates you as to activities in Trilogy and the greater Rio Vista area.

Disclosure Opt-in – You may also choose to receive required documents, which must be delivered by the Association(s) such as budgets, yearly financial statements, etc. To do that, you must go to the Administrative Office and sign a form authorizing delivery by electronic methods.

Thanks for considering both options.

You have signed up for e-Alerts and Disclosure Opt-in but are not receiving them:

Some of you may notice from time to time that you stop receiving the MTL e-Newsletters and/or the TRVMA e-Alerts. If this happens, please contact Jacquie and she will work with the email team to make sure that you're on the "active" list in the email system. Emails can be removed from the "active" list in several ways: a user may click the "unsubscribe" link on an email, a user may uncheck the newsletter subscription box on his/her profile on MTL, or, more often, a user's email service (i.e. Hotmail, MSN, and Gmail) may confuse the e-newsletters for junk and automatically reject all incoming mail. This last scenario results in our email address being automatically moved off of the "active" list in our systems. If you contact Jacquie at jroche@actionlife.com, she will have the email team move you back to "active," but we also suggest that you add the e-newsletter email address,noreply@actionlife.com,to your "safe senders" or "friends" list in your email settings to reduce the odds of problems.

Where Do I Go If I Want To.....?

Reserve Tables and/or Chairs – Member Services – Vista Club (4200)

Have Copies Made, Send a Fax and/ or Receive a Fax – Member Services – Vista Club (4200)

Pick up a Residents' Directory – Member Services – Vista Club

Submit Residential Ads for the *Trilogy Living –* Kathy Nilsson – Member Services – Vista Club (4200)

Indoor Plants – Please do not use the potted plants as garbage receptacles, and do not water plants. Staff takes care of the plants, and when well-meaning members decide to help, it often makes matters worse. The plants are expensive to replace, and all members pay for replacements.

Anonymous Notes to the Administrative Office/HOA – Please sign all Administrative Communication Forms, as we only take action on signed forms.

notes from the administrative office / HOA + villages



Violations – Please do not register complaints to the Administrative Office/HOA without making sure you have the correct address of the person in violation. Example of what not to report – two houses down from the corner of a particular street.

If you receive a violation notice, please contact the HOA office.

Your Pets – Your Responsibility – Please show pride in your community by carrying bags with you when you walk your pets or by using the bags provided in dispensers throughout the community. Also, keep your pets on a leash at all times.

Updating Your Information at the Administrative Office – It is important to let the Administrative Office know when any of your information changes including moving from one property to another within the community. Please include address, phone, email, frequent guests, emergency contacts, etc.

Late Charges on Assessments – If you are paying your assessments through your bank, it is recommended that you move the date of payment to the first of the month, when the assessments are due. Many banks are batching payments before sending them out, so even though your account may show a payment on a particular date, the payments are not being mailed on that date. If you schedule payments through your bank or mail your check after the first, you run the risk of being charged a late payment.

Parking in front of mailboxes –Thank you for helping our mail carrier deliver your mail, our staff deliver fliers, and giving your neighbors easy access to their mailboxes by not parking in front of mailboxes and asking your service providers to park elsewhere also.

Irrigation – Please adjust your sprinkler system to reflect weather conditions.

Welcome Center/Dwelling Live – Please make sure that your guests and vendors have your full name and/or address to give the Welcome Center attendants, otherwise they will not be given access. The Welcome Center attendants are grateful to those members who enter guests on Dwelling Live, call the Welcome Center, or email them when you are expecting guests and especially when you are having a party and expecting several guests. They don't want to deny access to anyone you are expecting but have no choice if they haven't been notified and they can't reach you to get your authorization upon your guests' arrival. Instructions for using Dwelling Live are available at the Vista and Delta Clubs.

Suspicious Behavior – Trilogy is a private community but not a secured one. Please keep your doors and windows locked when away from home and lock your car. If

you observe unusual behavior that warrants a call to the police, please do so.

Dumping Trash – Thank you for using your own receptacles for disposing of trash rather than any others throughout the community, and for not putting soda cans, water bottles, and other trash in the doggie waste disposal receptacles. All residents are required to have garbage service.

Service Provider Resource at the Delta Club – There are two business card holders on the hall wall at the Delta Club. When looking for service providers, check out this area. TRVMA/HOA does not recommend any of these vendors; this is simply a resource for members.

Pets in the Clubs – No pets are allowed in either the Delta or Vista Clubs, with the exception of service dogs. Service dogs are allowed only if they have been registered with the Administrative Office and have a TRVMA identification card. They must have their vest and TRVMA card on them at all times when they are in the clubs, and they must be accompanied by the person for whom they are providing a service. If you do not comply with a request from a staff member to show them the TRVMA card, you will be required to leave the club until you present it. Therapy dogs are not allowed in the clubs at any time. They are not service dogs and are not protected under the ADA.

It's Your Money – Please help cut down on avoidable expenses.

- 1. Thanks to all members who put down umbrellas at the bocce courts, the Delta back patio, and especially the Delta pool area when you are leaving and no one else is around. When the wind catches the umbrellas, they are often damaged and must be replaced. If they are on the glass tables in the outdoor pool area, not only are they damaged but the glass table tops are shattered. This costs time of the maintenance staff who must assure that all glass is cleaned up and also the expense of replacing the table tops. The table tops and umbrellas are quite expensive, so again, thank you for saving all members the cost of replacing them.
- 2. Several items are missing from the clubs. Please report any theft to the Administrative Office/HOA. Remember that when something is stolen, all members pay for the replacement. We need your help in cutting down on theft.

Gardeners – Please remind your gardeners that they cannot start work before 8 a.m. and that they should bag all clippings/leaves and not blow them into the street, gutters, and others' yards.



Architectural Applications – Important reminder: Applications must be submitted for work being done on the exterior of your home and yard. If you do not submit an application, a \$500 application fee can be charged.

Delta and Vista Pool – All guests must be accompanied by a resident.

Children under the age of 18 are allowed in the pools between the hours of 11 a.m. and 3 p.m. and must be out of the pool area by 3:15 p.m.

Changes/Additions to Master Association Policies/ Rules and Regulations

At their December meeting, the Trilogy at Rio Vista Master Association (TRVMA) Board of Directors approved a 1st Reading of additions/changes/amendments to the Trilogy at Rio Vista Master Association Rules and Regulations/Policies. A 2nd Reading for final adoption will be on the February, 2014 agenda which you are welcome to attend and make comment.

Comments, in writing, can be delivered to the Administrative office at the Delta Club, can be mailed to 990 Summerset Drive, Rio Vista, CA 94571, or emailed to evitrano@actionlife.com.

Strikeouts indicate deletions and highlights indicate additions to the **Privacy Policy**.

Intent of Change

The Access Committee recommended the removal of annual guest passes. Two primary reasons are:

- The introduction of the new web-based access system, which has been well received, and allows processing a guest more efficiently.
- 2. Annual passes have been somewhat misused by over-distribution & for use of Member parking.

Only the sections specifically affected are offered.

TRILOGY AT RIO VISTA MASTER ASSOCIATION RULES & REGULATIONS

PRIVACY

1. The Welcome Center on Summerset Road gate is staffed 24 hours a day. Each Resident should complete a Guest Authorization List for input into the computer:

- 2. No one is allowed entry through the entrance gate to a residence unless:
 - a. Their name is on you're a Permanent Guest, Service Provider, or Vendor List on file with the gate attendant.
 - b. They have a valid guest pass.
 - c. You have The Welcome Center has been notified/called to request admittance for a Guest expected at a particular time and date
- 3. Members/residents are encouraged to update all your Lists by electronic methods offered. The website to be used is www.residentguest.com and the initial password is *trilogy*. However, forms to update your Lists are available at the Administrative from the Association Management office.
- 4. At the time of entry, you're a Guest will be given a Pass unless they have an Annual Pass. Your Guests must display this pass on the driver's side dash or be subject to receiving a violation notice. It is preferable if guests park in a Resident's driveway. However, on-street Guest parking is permissible.
- 5. Color coded passes may be are used for vehicles to allow for property access on an as-needed basis.

Adult Committee

The Adult Committee met on October 31, 2013.

The November and December meetings are combined. This meeting was scheduled for December 12, 2013.

The Adult Committee meets on the last Thursday of every month in the Delta Club at 1 p.m. All residents are encouraged to participate in these meetings. Your suggestions, comments, and/or questions can be given to any committee member, left at the HOA office, or voiced during the residents' input segment of each meeting.

The next meeting will be on January 23, 2014. For more information, you may contact Helen Bergoust at alhelenb@aol.com or (2436).

Village Riviera Board News

January 2, 2014, is a critical date for Riviera residents. It is the date of our Annual Village Meeting, as required by law. Please attend, as the information provided will sum up all of the issues at Trilogy, as well as those specific to Riviera. A quorum is required.

Also at this important meeting, ballots for the Riviera Board positions, Delegate, and Alternate Delegate will be counted by the Inspector of Elections. If you forgot to return your ballot to the HOA Office, you can turn it in up



to meeting time on January 2. If you have misplaced the ballot, please contact the HOA Office right away to get another one. How do they ensure that no household gets more than one vote? The address is checked off before the envelopes are opened, so if you did misplace your ballot, or can't remember if you sent it in, check with the HOA Office. Their number is (4843). This is so important because the elected delegate will take our number of ballots to the Annual Trilogy Meeting on the second Tuesday of February, casting our votes toward one or more candidates running for the Master Board. The more ballots we turn in means more votes from Riviera residents.

Those attending the Annual Meeting will also be given a ballot to vote on the Officers of the Village Riviera Residents' Club. We've heard it said that Riviera has the best events. This is your chance to choose the officers of the club. Again, each household represented at the meeting will be given one ballot to be turned in at the meeting. Those elected to the Residents' Club Board will also be announced before the end of the evening.

The January 2 meeting will start promptly at 6:30 p.m.If you have any questions about the ballot, voting process, or just the Riviera Village, please call President Don Seyk at (6407). See you on January 2 and Happy New Year.

Saddle Rock Village Board News

The Saddle Rock Village Board of Directors met November 20. Residents are encouraged to register guests at resident-guest.com to speed entry of the many family members who join us to celebrate the holidays.

President Patty Kohn asked residents for their views regarding placing signs on front lawns. The signs in question are not signs that advocate for a political candidate. Rather, the signs could be in support of a particular viewpoint or a pending resolution. Many residents indicated that there should be a limit to both the number of signs on a lawn as well as the length of time that a sign can be kept up. This information will be reported at the next Council of Village Presidents meeting.

We still have an opening on the Architectural Committee. Residents interested in volunteering are encouraged to complete an application form, available at the Delta Club, and drop it off at the HOA office. A job description is available to help understand the member roles and responsibilities of this important committee.

In anticipation of the annual meeting, three residents were selected to serve as Election Inspectors. Larry Sullivan and Winnie Berger will work with Evelyn Jarland, Chief Inspector. We will be voting on changing the park-

ing regulation as well as selecting our Delegate and Alternate Delegate.

Our next meeting will be January 22 at 6:30 p.m. in the Rio Vista Room of the Delta Club. For more information, please contact Patty Kohn at (2737) or email pfkohn@gmail.com.

Meeting Calendar

Master Association Board Meeting

Tuesday, January 14, 2 p.m. Diablo Ballroom, Vista Club

Village Riviera Annual Meeting

Thursday, January 2, 6:30 p.m. Rio Vista Room, Delta Club

Village I Annual Meeting

Thursday, January 9, 6:30 p.m. Rio Vista Room, Delta Club

Olympic Village Annual Meeting

Monday, January 13, 6:30 p.m. Rio Vista Room, Delta Club

Village Oakmont Annual Meeting

Thursday, January 16, 6:30 p.m. Rio Vista Room, Delta Club

Council of Village Presidents

Monday, January 20, 10 a.m. River Room, Delta Club

Saddle Rock Village Annual Meeting

Wednesday, January 15, 6:30 p.m. Rio Vista Room, Delta Club

Budget Meeting (Member Input)

Monday, January 20, 7 p.m. Diablo Room, Vista Club

Access Committee Meeting

Monday, January 27, 1 p.m. River Room, Delta Club

Budget Meeting (Member Input)

Monday, January 27, 2p.m. Diablo Room, Vista Club

Adult Committee Meeting

Thursday, January 30, 1 p.m. Rio Vista Room, Delta Club

Olympic Village

On January 13, 2014, residents are urged to attend the Annual Meeting of Olympic Village Homeowners Association at 6:30 p.m. in the Rio Vista Room at the Delta Club. It is important that you vote in the 2014 Olympic Village HOA Election. If you are unable to attend the meeting, please return your ballot to the TRVMA office before January 13 to be sure your vote is counted.

When you vote in the Olympic Village HOA election, you increase our village's representation on the Trilogy Rio Vista Master Association Board. If you want to have a strong voice in decisions that will be made in the coming year, it is important to support Olympic Village by voting in this election. Vote and remind your neighbors to do the same.

Olympic Village Residents' Club will not meet in January. Our next OVRC meeting will be at 7 p.m. February 19 in the Monterey Room at the Vista Club. What activities would you like to see this year? Parties? Potlucks? Game nights? Dinners? Dances? Make 2014 the year that you get involved. Bring your ideas and get to know your neighbors. Contact Linda Jensen, Past OVRC President, at (5542).

Saddle Rock Village

Our Social Committee was very busy in November and December helping to plan the Christmas Dinner Dance, which



we co-sponsored with Oakmont Village. It was a very nice event and a wonderful holiday celebration. SRV started our annual Christmas caroling in December,

which was a fun time for all. Plans are in the works for our SRV Saint Patrick's Day celebration on March 16.

Our Welcome Committee has been busy delivering welcome bags to many new SRV residents. If you have moved in after December 1, 2012 and have not received a welcome bag, please contact Rayno at raynoniemi@yahoo.com.

Our Caring Committee in Saddle Rock Village is available to help our residents. If you know of any care needs in your SRV neighborhood, please contact Marj at marjniemi@yahoo. com.

We have a web site our residents can reference at: http://home.comcast.net/~biskit3/saddlerock/. This is the personal web site of one of our SRV residents, Richard Larsen, who developed and maintains the web site. SRV residents can find helpful information for our village, Trilogy, and the town of Rio Vista.

SRV and Trilogy residents can donate recycling items such as bottles, cans, and plastic with a CRV label. Your recyclables can be dropped off at 504 Three Rivers Way in the back of the white Ford pickup truck in the driveway.

Date to Remember: Wednesday, Jan. 15, 7 p.m. SRV Residents' Club monthly meeting, directly following our SRV Board meeting in the Rio Vista Room at the Delta Club. Social hour follows each meeting with wine, snacks, and fun!

All SRV residents are welcome. For more information, please contact Kathi Bradley at (4424) or kathibradley@comcast. net.

Residents' Club Village I

The VORC board would like to wish each member of Village I a happy and healthy 2014. Our first quarterly membership meeting for 2014 is set for Wednesday, January 8 in the Delta Club at 7:30 p.m. The agenda will include a call for candidates to fill out the VORC board. The second agenda item will be discussions related to our social, community, and charity plans for 2014. If you have an interest in being on the board, if you have a special charity that you would like to have considered for recognition in 2014, or if you have a special community event you would like to suggest or champion, come to the January 8 meeting at 7:30 p.m. in the Delta Club and make your thoughts, suggestions, and ideas known. Remember, this is your club, so get involved and make it work for you and the Village. For more information, contact Joe Downes at (7520).

Oakmont Village

Our Christmas Dinner/Dance with Saddle Rock Village was held on Sunday, December 8 in the Diablo Ballroom at the Vista Club. It was a grand evening with guests visiting in the Grand Living Room and Ballroom with a glass of wine and appetizer in hand. We all enjoyed the dinner catered by our own Dennis Wallace of PBS Catering and music throughout the evening by Solid Gold. Cyndy Schroeder and Patricia Hilaire, Vice Presidents and Social Chairs, did a fabulous job putting the evening together with their helper elves.

We held our election for our 2014 Residents' Club Board prior to the dinner. The results are: President-Cyndy Schroeder; Vice President-Open; Treasurer-Patty Evans Peterson; Assistant Treasurer-Sharon Patterson; Secretary-Kathy Nikashima; Assistant Secretary-Charlene Oxoby. We need someone to step up to either Chair or Co-Chair the Vice President position. We have our social team who will help someone new and mentor as well. For more information, please call Cyndy Schroeder at (2480).

It is time to cast your votes for the Oakmont Homeowners Board and delegate for our Village. You will be receiving your ballot, and we need you to vote and put it in the mail or take it to the HOA office. The number of votes cast determines the influence your delegate can bring to the Master Association to decide critical issues. Please help make a difference.



Our next Social Committee meeting will be held on January 8, 2014 at 3 p.m. in the Monterey Room at the Vista Club. Happy New Year, everyone!

Residents' Club Village Riviera

Riviera Village Residents' Club would like to wish a very Happy New Year to our Trilogy friends and neighbors. May 2014 bring you all you are wishing for!

The holiday season got into full swing with our annual Black and White Affair. A sellout crowd enjoyed an evening that included a cocktail hour, lovely catered dinner, and dancing to Solid Gold. Even Santa was there! It was truly a night to remember.

Now it is January, and we have something special planned for a cold winter's night. How about trying 15 or more soups? You will be able to do just that at the Soup Potluck on Saturday, January 18. Flyers are out with all the details. Sign-ups for the Soup Potluck won't end until January 14. The entrance fee is your soup, salad, or dessert. The flyer will tell you which one you are to bring. Just be prepared to taste some delicious soups, salads, and desserts. We will provide the bread to go with it all. And yes, there will be a 50/25/25 raffle, so bring your appetite, your lucky charm, and your wallet, of course!

Riviera is planning several more events for 2014. We have Bunco and Beans on March 8, Ladies' Luncheon on May 1, Treasure Hunt on July 19, Sock Hop on August 23, and Holiday Dinner on December 13. Each event will be a little different and even better than in years past. Look for information in future *Trilogy Livings*. If you would like to join our committee, have fun helping us plan our events, and make some new friends, please join us. We meet on the third Thursday of the month in the Monterey Room at the Vista Club, 7 p.m. Contact Coralie Leder at coralie.leder@gmail.com for more information.



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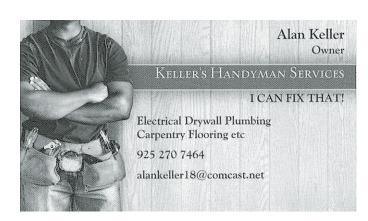
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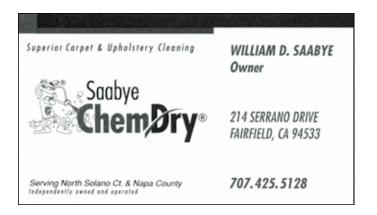
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Meet our Spa and Fitness Staff!



Kathy Erwin: Advanced Aqua Fit, Body Works, Fitness & Spa Director



Anna Chunn: Wake Up & Move, Administrative Assistant to Fitness Dept.



Pat Puryear: WOW – TABATA – BOOM, Step Aerobics



Deanna Araya: Yoga/Pilates, Meditation Breathing, Balance Ball



Sophie Imbuelten: Core Balance & Standing Abs, Zumba Power, Gentle Zumba/Stretch, Zumba, Pilates/Stretch



Denise Rubiaco:Aqua Fit



Susan Prince: Circuit Training, Stretch & Flex, Personal Trainer



Joele Swift: Simply Stretch, Jazz Aerobics, Personal Trainer, Massage Therapist



Beverly Shilich: Arthritis Program, Sit & Get Fit, Personal Trainer





Tammy Trujillo: Early Yoga, Back to Basics Yoga, Yoga



Prescy Dela Cruz: Hot Zumba, Zumba, Zumba Line Dance, Pilates/Stretch



Lillian Garlick: Tai Chi



Marti Meyers: Massage Therapist



Angela Hall: Massage Therapist, Esthetician



Sharon Stafford: Massage Therapist



Susan Aleman-Rice: Massage Therapist, Esthetician



Sharon Roberts: Zumba



Terry Kelly: Swimming

Gift, Craft & Art Faire





Everyone enjoys the activities



Gene & Sylvia Vannucchi "Four Divas"



Delores Bush "Dee's Novelty Pillows"

The Gift, Craft & Art Faire raised \$1,000 benefiting the local chapter of Meals On Wheels. Seventy-five-plus sellers and volunteers donated the prizes and ran the raffle while 3JB Jazz Quartet entertained more than 300 shoppers! Thank you, Trilogy, for a wonderful event!



Trilogy's generosity kept the registry line moving for Christmas 94571's Angel Tree



3JB Jazz Quartet with vocalist Dave Chapman



More than 300 shoppers from all over shopped shopped the faire



Lori Azzolino, Linda Fead, Amy Schmidt



Barbara Marshall "Marshall Art"



Patricia Pia



Jean Franklin, Tess Felte, & Bonnie Connelly "Scrappers"



Meals On Wheels Volunteer Bob Brainerd



Ceramics Club



A few of our happy members: Bonnie, Vera, Ann, Norma, Sue, and Darlene.

A very Happy 2014 to everyone! Now that January and the chilly days are here, we will enjoy getting together to share our holiday stories and upcoming plans. We are looking forward to a fun year of ceramics and hope you can join us. Why not stop by to say hello and see if you would be interested in creating your own ceramic masterpiece. We meet every Thursday morning from 9:30 a.m. - 12 p.m. in the Marina Room at the Delta Club. For more information, please call Ann at (5122).

Council for the Arts

Mark your 2014 Calendar for "Music of the Night," scheduled for the evenings of March 13, 14, and 15. This is an unforgettable evening of music presented by our own talented Trilogy residents. See your friends and neighbors present their hidden talents in "The Best of Music of the Night Through the Years." For more information about the program, please call Debby DuBrow at (6706).

The first meeting of the year is January 9 at 10 a.m. in the Monterey Room of the Vista Club. For more information, call Judy Calpo at (2924). May 2014 bring music, art, and drama into your life. Happy New Year!

Drama Club

Best wishes for a healthy and happy 2014! Congratulations to our incumbent officers who will serve this year, and we are happy to have Carolyn Azbell as our new assistant secretary. We are busy with play selection for the August production as well as preparations for our annual fund raiser, the Pasta Feed in April. More event news will be coming soon. The Drama Club meets at the Delta Club the last Tuesday of the month at 7 p.m. New members are always welcome. For more information, please call Debby Dubrow at (6706).

Fat Quarter Quilters

Join our group to work on your own quilting project in a group setting. It is where you'll meet new friends, share ideas, and get help with your projects. We meet every Wednesday from 12:30 p.m. - 4 p.m. at the Delta Club. There are no dues or fees. Contact Esther Young at (2639).

Trilogy Art Guild for Artists

December Guild meeting started with a Potluck Luncheon and election of new officers. Alma Renko and Pat Puryear welcomed Jan Vick and Lotte Sather as our new co-Presidents.

Our continuing classes this year will be two different Card Designing Classes, Two different Watercolor Classes, a Pastel Class, and an Oil/Acrylic Class.

Times and Schedules:

Card Design With Wilda on Wednesdays at 2 p.m. Contact Alma at (3064).

New Card Designs with Shari Alkema on Friday, Jan. 3 at 10 a.m. 363-9752.

Watercolor with Anna Chunn (3560) and Watercolor with Florence. Contact Anna at (3560).

Oil and Acrylic with Gary Bergren. Contact Alma at (3064). Pastel Drawing with Linda Fead. Contact Linda at (7590).

As always, we have the Marina Room at the Delta Club on Monday afternoons for "open Painting" if you want to bring your art in and work along with others for social pleasure while you paint. Stay creative!

Trilogy Theater Group

The Trilogy Theater Group would like to wish everyone a very Happy New Year. We are looking forward to providing more and better entertainment for all of our Trilogy compatriots in 2014.

Our November dinner theater murder mystery, "Murder at the Tonylou Awards," was well received, and we had lots of great comments. We also did a dessert theater and got a few comments about the dessert helpings being too large. We will keep that in mind for our future productions. Thank you for your continued support of our group.

We have selected two plays to present this year. We are about to go into rehearsals for a spring production of the "Hallelujah Girls." This is a great comedy we will be presenting at the end of March 2014. Then, in September 2014 we will do our first drama when we present "12 Angry Jurors."

We are currently gearing up for our Spring 2014 production of the comedy "Hallelujah Girls." Casting auditions were held on Dec. 9 and 10. Please join us if you are interested in the performing arts.

Our meetings are generally held on the fourth Thursday of every month in the Monterey Room of the Vista Club. If you are an aspiring actor or would like to be involved in the very important background tasks, please feel free to attend one of our club meetings and check us out. For additional information please contact Louise Mitchell at (3541) or Estelle Piper at (408)921-2606.



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Upcoming Seminar:

GETTING TO THE RIGHT PLACE

Thursday, January 15 5:30 - 6:30 p.m.

RSVP by January 10 to Lisa at lpinguelo@brookdaleliving.com



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Trilogy Fitness Punch Cards: All classes require one of **2** card choices either 10 punches for \$40 or 20 punches for \$75. Each class requires 1 punch. Get your cards at Member Services. Call Fitness & Spa Director Kathy Erwin at (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: **Wanda Cyrus & Anna Trottier**

Key

Bold = New/Change

(B)eginning
(I)ntermediate
(A)dvanced

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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		NO CLASSES HAPPY NEW YEAR!	7:30-8:30am Body Works (B/I/A) (GX) Kathy 9-10am Simply Stretch (B/I) (DB) Joele 9-10am Tai Chi (B/I) (GX) Lillian 9-10am Advanced Aqua (B/I/A) (VP) Kathy 10-11am Aqua Fit (B) (VP) Denise 10-11am Jazz Aerobics (B/I/A) (GX) Joele 11-12pm Arthritis Program (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly 2:30-3:30pm Yoga (B/I) (DB) Tammy	7-8am Early Yoga (B) (DB) Tammy 7:30-8:30am Step Aerobics (B/l/A) Pat 8:30-9:30am WOW — TABATA — BOOM (B/I) (GX) (Pat) 9-10am Yoga/Pilates (B) (DB) Deanna 9:30-10:30am Aqua Fit (B) (VP) Denise 9:45-10:30am Core Balance and Standing Abs (B) (GX) Sophie 10-11am Balance Ball (DB) Deanna 10:30 -11:15am ZUMBA Toning (B/I) (GX) Sophie 11:15-12:30pm ZUMBA Dance (B/I) (GX) Sophie	8:30-9:30am Step Aerobics (B/I) (GX) Pa 11-12:30pm ZUMBA POWER 90 (B/I) (GX) Sophie/Prescy/Sharo
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8:30-9:30am WOW — TABATA — BOOM (B/I) (GX) (Pat) 9-10am Yoga/Pilates (B) (DB) Deanna 9-10am Advanced Aqua (B/I/A) (VP) Kathy 9:30-10:30am Wake-up and Move (B/I) (RV) Anna 9:45-10:30am Core Balance and Standing Abs (B/I) (GX) Sophie 10-11am Aqua Fit (B) (VP) Denise 10-11am Meditation Breathing (B) (DB) Deanna 10:30 -11:15am ZUMBA Toning (B/I) (GX) Sophie 11:15-12:30pm ZUMBA Dance (B/I) (GX) Sophie 3-4pm Circuit Training / Combo Balance (B/I) (GX) Susan 4-5pm Stretch and Flex (B/I) (GX) Susan) 6:30-8pm Yoga/Pilates (B/I) (GX) Deanna	8-9am Body Works (B/I/A) (GX) Kathy 9-10am Simply Stretch (B) (GX) Joele 9:30-10:30am Aqua Fit (B) (VP) Denise 10-11am Jazz Aerobics (B/I/A) (GX) Joele 11-12pm Arthritis Program (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly	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 Jazz Dance (B/I/A) (GX) Joele 11am-12pm Hot ZUMBA (I/A) (GX) Prescy 12-1pm ZUMBA Line Dancing (B/I/A) (GX) Prescy 3-4pm Circuit Training / Combo Balance (B/I) (GX) Susan 4-5pm Stretch and Flex (B/I) (GX) Susan) 6:30-7:30pm Balance Ball (GX) Deanna	7:30-8:30am Body Works (B/I/A) (GX) Kathy 9-10am Simply Stretch (B/I) (DB) Joele 9-10am Tai Chi (B/I) (GX) Lillian 9-10am Advanced Aqua (B/I/A) (VP) Kathy 10-11am Aqua Fit (B) (VP) Denise 10-11am Jazz Aerobics (B/I/A) (GX) Joele 11-12pm Arthritis Program (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly 2:30-3:30pm Yoga (B/I) (DB) Tammy	7-8am Early Yoga (B) (DB) Tammy 7:30-8:30am Step Aerobics (B/l/A) Pat 8:30-9:30am WOW — TABATA — BOOM (B/l) (GX) (Pat) 9-10am Yoga/Pilates (B) (DB) Deanna 9:30-10:30am Aqua Fit (B) (VP) Denise 9:45-10:30am Core Balance and Standing Abs (B) (GX) Sophie 10-11am Balance Ball (DB) Deanna 10:30 -11:15am ZUMBA Toning (B/l) (GX) Sophie 11:15-12:30pm ZUMBA Dance (B/l) (GX) Sophie	11-12:30pm ZUMBA POWER 90 (B/I) (GX) Sophie/Prescy/Sharo
27	28	29	30	31	
8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat) 9-10am Yoga/Pilates (B) (DB) Deanna 9-10am Advanced Aqua (B/I/A) (VP) Kathy 9:30-10:30am Wake-up and Move (B/I) (RV) Anna 9:45-10:30am Core Balance and Standing Abs (B/I) (GX) Sophie 10-11am Aqua Fit (B) (VP) Denise 10-11am Meditation Breathing (B) (DB) Deanna 10:30 -11:15am ZUMBA Toning (B/I) (GX) Sophie 11:15-12:30pm ZUMBA Dance (B/I) (GX) Sophie 3-4pm Circuit Training / Combo Balance (B/I) (GX) Susan 4-5pm Stretch and Flex (B/I) (GX) Susan) 6:30-8pm Yoga/Pilates (B/I) (GX) Deanna	8-9am Body Works (B/I/A) (GX) Kathy 9-10am Simply Stretch (B) (GX) Joele 9:30-10:30am Aqua Fit (B) (VP) Denise 10-11am Jazz Aerobics (B/I/A) (GX) Joele 11-12pm Arthritis Program (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly	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 Jazz Dance (B/I/A) (GX) Joele 11am-12pm Hot ZUMBA (I/A) (GX) Prescy 12-1pm ZUMBA Line Dancing (B/I/A) (GX) Prescy 3-4pm Circuit Training / Combo Balance (B/I) (GX) Susan 4-5pm Stretch and Flex (B/I) (GX) Susan) 6:30-7:30pm Balance Ball (GX) Deanna	7:30-8:30am Body Works (B/I/A) (GX) Kathy 9-10am Simply Stretch (B/I) (DB) Joele 9-10am Tai Chi (B/I) (GX) Lillian 9-10am Advanced Aqua (B/I/A) (VP) Kathy 10-11am Aqua Fit (B) (VP) Denise 10-11am Jazz Aerobics (B/I/A) (GX) Joele 11-12pm Arthritis Program (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly 2:30-3:30pm Yoga (B/I) (DB) Tammy	7-8am Early Yoga (B) (DB) Tammy 7:30-8:30am Step Aerobics (B/I/A) Pat 8:30-9:30am WOW — TABATA — BOOM (B/I) (GX) (Pat) 9-10am Yoga/Pilates (B) (DB) Deanna 9:30-10:30am Aqua Fit (B) (VP) Denise 9:45-10:30am Core Balance and Standing Abs (B) (GX) Sophie 10-11am Balance Ball (DB) Deanna 10:30-11:15am ZUMBA Toning (B/I) (GX) Sophie 11:15-12:30pm ZUMBA Dance (B/I) (GX) Sophie	

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDA
			Happy New Year! 10am Polar Bear Plunge (Delta Pool) 8am Social Tennis 4:30pm Table Tennis (D) 7pm Billiards Club Member Mtg (V)	8am Social Tennis 8:30am Golf — Women's 18-Hole 9:30am Ceramics (D) 10am Olympic Village ARC (D) 11am Emergency Action Com (D) 12:15pm Ponytail Canasta (V) 1pm Good Samaritans (D) 2pm Genealogy Club (V) 5pm Table Tennis (D) 5pm Tai Chi - Beg (V) 6:30pm Pinochle (V) 6:30pm Photography Club (V) 6:30pm Village Riviera HOA Annual Mtg (D) 7pm Ballroom Dance — Beg (V) 8pm Ballroom Dance — Adv (V)	8am Social Tennis 9am Model Club (V) 9am Village 1 Arch Com Mtg (V) 9:30am Walk & Talk (V) 10am Rubber Stamp Cards & Things (D) 10:30am Country Line Dance (D) 12pm Bridge (V) 12pm Adv Watercolor Painting (D) 5:30pm Tai Chi & Yuan Chi Dance — Adv 6:30pm Joy Luck Mah-Jongg (V)	8am Motorcycle Club (Off-site) 9am Table Tennis (D) 9:30am Hiking Club (V 7pm Poker Club Tournament (D)
5 I Oam – 3pm Farmers Market (D)	8am Social Tennis 8:30am Woodcarving (D) 9:30am Walk & Talk (V) 10am Village Oakmont Arch Com (V) 11am Saddle Rock Arch Com (V) 12pm Open Painting (D) 12:30pm Rip, Stitch & Bitch (V) 1pm Mah Jongg (V) 2pm TAG Mtg (D) 3pm Guitar Club (V) 5pm Whist Club Event Planning (V) 6pm Soul Line Dancing (V) 6pm Poker (D) 7pm MOTN Rehearsal (V)	8am Social Tennis 8:30am Radio Club (V) 9:30am Women's 9-Hole Golf 10am Pastel Art Class (D) 10:30am Country Line Dancing (D) 11:30am Golf — TRVMEN 9-Hole 12pm Beginning Watercolor Class (D) 12:15pm Hand & Foot Canasta (V) 12:30pm Dominoes (D) 2pm Stroke / Head Injury Support Group (V) 3:30pm Table Tennis (D) 5pm Billiards Club Tournament (V) 5:30pm Tai Chi & Yuan Chi Dance — Adv (V) 6:30 Religions of the World (V)	8am Social Tennis 8am TOPS (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) 10am Kare Bears — Village Oakmont (D) 12pm Ukulele Club (V) 12:30pm Fat Quarters Quilters (D) 1:30pm Jazz Band (V) 2pm Bergren Art (D) 2pm Card Design Class (D) 3pm Village Oakmont RC Social Com (V) 4:30pm Table Tennis (D) 5:30pm Delta Harmony Rehearsal (V) 6:30pm Nature Club Mtg (V) 6:30pm Soul Line Dancing (D) 7pm MOTN Rehearsal (V)	8am Social Tennis 8:30am Golf — Women's 18-Hole 9am Blood Pressure Check (D) 9:30am Ceramics (D) 10am Olympic ARC 10am Council for the Arts (V) 12:15pm Ponytail Canasta (V) 1pm Good Samaritans (D) 4pm Golf — Sr. Men's Board Mtg (D) 5pm Tai Chi — Beg (V) 6pm Yuan Chi Dance — Beg (V) 6:30pm Village I Annual Mtg. (D) 6:30pm Pinochle (V) 7pm Writers' Club (V) 7pm Computer Club (V) 7pm Ballroom Dance — Beg (V) 8pm Ballroom Dance — Adv (V)	8am Social Tennis 9:30am Walk & Talk (V) 10am Rubber Stamp Cards & Things (D) 10:30am Country Line Dance (D) 12pm Bridge (V) 12pm Adv Watercolor Painting (D) 4pm Ballroom Dance Rehearsal (V) 5:30pm Tai Chi & Yuan Chi — Adv (V) 7pm Bunco (D) 7pm Open Mic Night (V)	8:30am — 5pm Shibor Workshop (D) 9am Table Tennis (D) 9:30am Hiking Club Mtg (V) 7pm Poker Club Tournament (D)
30am – 5pm Shibori Workshop (D) 'pm Dance Club with Solid Gold (V)	8am Social Tennis 8:30am Woodcarving (D) 9:30am Walk & Talk (V) 12pm Open Painting (D) 12:15pm Duplicate Bridge (V) 12:30pm Rip, Stitch & Bitch (V) 1pm Mah Jongg (V) 5pm Whist Club Event Planning (V) 6pm Soul Line Dancing (D) 6pm Poker (D) 6:30 Olympic Village Annual Mtg (D) 7pm MOTN Rehearsal (V)	8am Social Tennis 8:30am Radio Club (V) 9:30am Women's 9-Hole Golf 10am Pastel Art Class (D) 10:30am Country Line Dancing (D) 10:30am Book Club (V) 11:30am Golf — TRVMEN 9-Hole 12pm Beginning Watercolor Class (D) 12pm Recipe Club (D) 12:15pm Hand & Foot Canasta (V) 1:30pm Golf — Women's 9-Holer Mtg (D) 2pm Master Association Board Mtg (V) 4:30pm Table Tennis (D) 5pm Billiards Club Tournament (V) 5:30pm Tai Chi & Yuan Chi Dance — Adv (V) 6pm Grapevine Chat (V) 6:30pm Enrichment Series: Delta Towns Now & Then (V)	8am Social Tennis 8am TOPS (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Piano Club (V) 10am Stained Glass (D) 12pm Ukulele Club (V) 12:30pm Fat Quarters Quilting (D) 1pm Village Riviera Arch Com (D) 1:30pm Jazz Band (V) 2pm Bergren Art (D) 2pm Card Design Class (D) 4:30pm Table Tennis (D) 5pm Backgammon/ Chess (V) 5:30pm Delta Harmony Rehearsal (V) 6:30pm Saddle Rock Annual Mtg (D) 7pm Saddle Rock Village RC Mtg (D) 7pm Olympic Village RC Mtg (V) 7pm MOTN Rehearsal (V)	8am Social Tennis 8:30am Golf — Women's 18-Hole 9:30am Ceramics (D) 10am Olympic Village ARC (D) 11am Emergency Action Com (D) 12:15pm Ponytail Canasta (V) 1pm Good Samaritans (D) 2pm Genealogy Workshop (V) 4pm Golf — Sr. Men's Mtg (D) 5pm Table Tennis (D) 5pm Tai Chi — Beg (V) 6:30pm Pinochle (V) 6:30pm Village Oakmont HOA Annual Mtg (D) 7pm Village Riviera RC Mtg (V) 7pm Ballroom Dance — Beg (V) 8pm Ballroom Dance — Adv (V)	8am Social Tennis 9am Village 1 Arch Com Mtg (V) 9:30am Walk & Talk (V) 10am Rubber Stamp Cards & Things (D) 10:30am Country Line Dance (D) 12pm Bridge (V) 12pm Adv Watercolor Painting (D) 4pm Ballroom Dance Rehearsal (V) 5:30pm Tai Chi & Yuan Chi Dance— Adv (V) 6:30pm Joy Luck Mah-Jongg (V) 7pm Whist Club (D) 7pm Comedy Night — World's Funniest Cop (V)	9:30am Hiking Club Mtg (V) 5pm Village Riviera Soup Potluck (D) 7pm Poker Club Tournament (D)
19 Oam – 3pm Farmer's Market (D)	Martin Luther King Birthday 8am Social Tennis 8:30am Woodcarving (D) 9:30am Walk & Talk (V) 10am Village Oakmont ARC (V) 11am Saddle Rock Arch Com (V) 10am Council of Village Presidents (D) 12pm Open Painting (D) 12:30pm Rip, Stitch & Bitch (V) 1pm Mah Jongg (V) 2pm Dr. Martin Luther King Tribute (V) 3pm Guitar Club (V) 5pm Whist Event Planning Mtg (V) 6pm Soul Line Dancing (D) 7pm HOA Budget Workshop - Member Input (V) 7pm Poker (D) 7pm Fishing Club (D) 7pm MOTN Rehearsal (V)	8am Social Tennis 8:30am Radio Club (V) 9:30am Golf — Women's 9-Hole 10am Pastel Art Class (D) 10:30am Country Line Dancing (D) 11:30am Golf — TRVMEN 9-Hole 12pm Beg Watercolor Painting (D) 12:15pm Hand & Foot Canasta (V) 12:30pm Dominoes (V) 2pm Nature Club Workshop (V) 3:30pm Table Tennis (D) 5pm Billiards Club Tournament (V) 5:30pm Tai Chi & Yuan Chi Dance — Adv (V) 6:30pm Enrichment Series: Life Coaching (V)	8am Social Tennis 8am TOPS (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) 12pm Ukulele Club (V) 12:30pm Fat Quarters Quilting (D) 1:30pm Jazz Band (V) 2pm Bergren Art (D) 2pm Card Design Class (D) 4:30pm Table Tennis (D) 5:30pm Delta Harmony Rehearsal (V) 6:30pm Soul Line Dancing (D) 7pm MOTN Rehearsal (V)	8am Social Tennis 8:30am Golf — Women's 18-Hole 9am — 1pm CPR/ AED/ 1st Aid Training (V) 9:30am Ceramics (D) 10am Olympic ARC 12:15pm Ponytail Canasta (V) 1pm Good Samaritans (D) 5pm Table Tennis (D) 5pm Tai Chi — Beg (V) 6pm Yuan Chi Dance — Beg (V) 6:30pm Pinochle (V) 7pm Theatre Group (V) 7pm Ballroom Dance — Beg (V) 8pm Ballroom Dance — Adv (V)	8am Social Tennis 9:30am Walk & Talk (V) 10am Rubber Stamp Cards & Things (D) 10:30am Country Line Dance (D) 12pm Bridge (V) 12pm Adv Watercolor Painting (D) 4pm Ballroom Dance Rehearsal (V) 5:30pm Tai Chi & Yuan Chi — Adv (V) 7pm Bingo (D)	8:30am – 5pm Shibor Workshop (D) 9am – 2pm Model Club Bake Sale (V) 9am Table Tennis (D) 9:30am Hiking Club (' 7pm Poker Club Tournament (D) 8pm Concert – Mim Blais (V)
26	27 8am Social Tennis 8:30am Woodcarving (D) 9:30am Walk & Talk (V) 12pm Open Painting (D) 12:30pm Rip, Stitch & Bitch (V) 1pm Access Com Mtg (D) 1pm Mah Jongg (V) 2pm HOA Budget Workshop - Member Input (V) 5pm Whist Event Planning Mtg (V) 6pm Soul Line Dancing (D) 6pm Poker (D) 7pm MOTN Rehearsal (V)	8am Social Tennis 8:30am Radio Club (V) 9:30am Golf — Women's 9-Hole 10am Pastel Art Class (D) 10:15am Mystery/Crime Book Club (V) 10:30am Country Line Dancing (D) 11:30am Golf — TRVMEN 9-Hole 12pm Beginning Watercolor Painting (D) 12pm Dog Club Potluck (D) 12:15pm Hand & Foot Canasta (V) 3:30pm Table Tennis (D) 5pm Billiards Club Tournament (V) 5pm Grapevine Chat (V) 5:30pm Tai Chi & Yuan Chi Dance — Adv (V)	8am Social Tennis 8am TOPS (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) 12pm Ukulele Club (V) 12:30pm Fat Quarters Quilting (D) 1:30pm Jazz Band (V) 2pm Bergren Art (D) 2pm Card Design Class (D) 4:30pm Table Tennis (D) 5:30pm Delta Harmony Rehearsal (V) 6:30pm Soul Line Dancing (D) 7pm MOTN Rehearsal (V)	8am Social Tennis 8:30am Golf — Women's 18-Hole 9am AARP Smart Drivers Refresher Course (V) 9:30am Ceramics (D) 12:15pm Ponytail Canasta (V) 1pm Adult Committee (D) 1pm Good Samaritans (D) 5pm Table Tennis (D) 5pm Tai Chi — Beg (V) 6pm Tai Chi & Yuan Chi Dance — Beg (V) 6:30pm Pinochle (V) 7pm Ballroom Dance — Beg (V)	8am Social Tennis 9:30am Walk & Talk (V) 9:30pm Tennis Club Mtg (D) 10am Rubber Stamp Cards & Things (D) 10:30am Country Line Dance (D) 12pm Bridge (V) 12pm Adv Watercolor Painting (D) 4pm Ballroom Dance Rehearsal (V) 5:30pm Tai Chi & Yuan Chi Dance — Adv (V)	

8pm Ballroom Dance – Adv (V)

7pm Drama Club Membership Mtg (D)

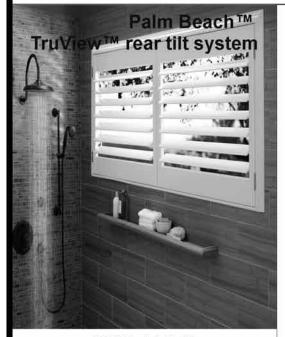


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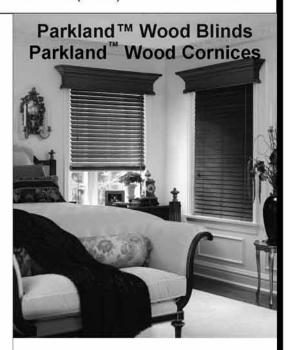
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Kare Bears is a group of Trilogy residents organized with the goal of reaching out to our Trilogy neighbors in their time of need due to sorrow, sickness, loss of a family member or other life challenges. We have many volunteers to help, be it a phone call, visit, a hot meal, a lift to a doctor's appointment, assistance in searching for social services outside of Trilogy, or just plain tender loving care. We have divided Trilogy into sections with area coordinators for each section. Please contact your area coordinator if a need arises, either for yourself, or any other Trilogy resident. Your coordinator will contact the volunteer committee best suited to help with your problem.



FAMILY SUPPORT COMMITTEE

The Family Support Committee organizes memorial services for family members who incur the loss of a Trilogy member.

For more information, please call Chairperson Claudette Gartner (707) 439-6116, xbirdlady@myifp.com, Coordinator Barbara Sherison (6845) or Betty Bowley (5613).

Olympic Village

OV Kare Bears are participating in the Phone Buddy Program. We are hoping to have all villages involved. It provides daily phone contact for those living alone. A buddy is assigned to each participant who will phone every day to assure the well-being of their buddy.

Elections will be held in March. Please contact Mackie Webster if you would like to run for a position. Also, our next meeting will be March 3, 2014. We are having a St. Patrick's theme with corned beef sandwiches and sides. There will be a tubed announcement going out to RSVP for the lunch. All villages are welcome to attend.

Quarterly meetings in 2014 will continue to be the first Tuesday of the month at 1 p.m. at the Delta Club. For more information, contact Mackie Webster at (5837).

Village Oakmont

A big thank you to the Riviera Kare Bears for the great luncheon and enjoyable time last month. It was enjoyed by all, and your efforts and hard work are greatly appreciated. And, now it's time for the Oakmont Kare Bears to get back to work. Our next meeting will be held on Wednesday, January 8, at 10:30 a.m., at the Delta Club. There will be an election of officers, as well as discussions and planning for future projects for the coming year. For more information, contact Kathy Russo at (2969) or Marti Rogers at (6859). Come join us and see what Kare Bears are all about. Everyone is welcome. Come early and enjoy coffee, tea, and goodies. Hope to see you there!

Village Riviera

January? Again!? Incredulous, how can this possibly be?

Time continues to accelerate, twelve months seems like three.

Where is the Einstein equation that clarifies this confusion?

No guessing or drama, but just a simple, concise explanation.

Or is this phenomenon just our perception of time, a real facet of aging that is quite sublime.

Putting philosophy aside, it becomes quite clear. No matter the theories of time, January is here!

We have another opportunity to revel in life, to learn and grow, to care and share, damn the strife.

If you desire to help others, take the opportunity to scratch that itch, be an optimist and take action, let the pessimists worry and bitch.

One pathway to alleviate the itch and satisfy that desire to assist is by becoming a Kare Bear. For further knowledge about our group, please join us at our next gathering on Monday, Feb. 10 at 10 a.m. at the Delta Club. Arrive early to socialize and enjoy the inevitable tasty treats. If you need more answers, please call Myra at (3660) or Valerie at (6942) and ask away!

ANNOUNCEMENTS

Volunteers Needed

Rio Vista Community Service Food Bank needs your help picking up weekly donated food items. Must be able to lift 40-50 pounds. Van provided. Call (2358).

Alzheimer's and Dementia Caregivers' Support Meeting

Senior Center located at 25 Main Street in Rio Vista. Third Friday of each month from 9:30 – 11 a.m. For more information, contact Nat Marcoccio at RVALZSG@yahoo.com.

Glaucoma Support and Resource Group

If you or someone you know has been diagnosed with this disease and would like information about the disease, contact Kathy Qualls at kathyqualls@frontier.com or (5859).

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Wednesday January 22nd

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Caregivers Support Group Meeting

Alzheimer Services and the Greater Bay Area Alzheimer's Association sponsor the Caregivers Support Group which offers information, speakers, and videos. An 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 - 11:00 a.m. at the Senior Center located at 25 Main Street, Rio Vista. For more information, contact meeting facilitator Nat Marcoccio at rvalzsg@yahoo.com.

Community Connections

Our group has continually grown and is in the process of applying for club status with TRVMA. This is very exciting for us. We plan on doing lots of new and interesting things in the New Year and welcome any new thoughts and ideas.

Please join us at our first meeting of 2014 on Wednesday, January 15, at 1 p.m. Participants will be exchanging information about "Steals and Deals" and the many "Happenings" around town. We will be exploring ideas for future day trips, volunteer opportunities, and other ways we might extend ourselves to both Trilogy and our surrounding community.

In addition, we will have a discussion topic. This always proves to be a fun way to get to know your neighbors better. Bring a sweet or savory treat to share if you wish. We enjoy our refreshment time together.

The meeting will take place at the home of Barbara Hill, at 615 Twin Lakes Lane. Please RSVP after January 6 to bghpeople@att.net. Phone: (415)407-1442

Emergency Action Committee

The Emergency Action Committee, formerly known as the Disaster Preparedness Committee, continues to meet on the first and third Thursday of every month in the River Room at the Delta Club, from 11 a.m. - 12 noon. We are a standing committee responsible for providing information on the safety of our residents in the time of a disaster. Trilogy residents are welcome to join us at our meetings and trainings, and we welcome new members. Should you have questions, please contact Alan Levine at (707) 718-7907, Dean Lattman at (707) 310-4617, or Gillsa Miller at (916) 508-2758.

From all of us, we wish you a safe and Happy New Year, 2014!

Thank You from Meals on Wheels

Thank you to everyone who participated in the Trilogy Craft Faire raffle by buying tickets and donating prizes in support of Meals on Wheels of Solano County. It is greatly appreciated by all the seniors that need our help to ensure that "no senior goes hungry."

— Roger A. Wiskeman President - Board of Directors Meals on Wheels of Solano County

TOPS (Take Off Pounds Sensibly)

Our Chapter is growing rapidly, as we welcomed five new members in the past month. The Thanksgiving Turkey contest was won by Sandy Jardine, who took off the most pounds in six weeks, so we hope you enjoyed your reward of a 12 pound turkey.

Congratulations, Sandy! The annual TOPS Christmas luncheon was held at The Nines Restaurant on Dec. 18, with 35 members and guests enjoying the festivities. The next Area Workshop is Feb. 1 in Vallejo. Please contact our leader, Ella Brice, at (1499) or co-leader, Pat Voelker, at (5150) to learn more about our program. Our meetings are held every Wed. at 8 a.m. at the Delta Club. We wish you all a great holiday season and a Happy New Year!

Trilogy Jazz Band

Happy New Year, everyone! The band's January rehearsals will be devoted to adding some new numbers to our repertoire, in preparation for our first performance of the year in February.

Full band rehearsals are held most Wednesday afternoons, 2:30 - 5 p.m., following vocal and combo rehearsal beginning at 1:30 p.m., in the Vista Club Diablo Ballroom. Observers are welcome.

If you play a band instrument and are interested in being part of the Jazz Band, please contact Music Director Jim Lucas at (7567). Although the band's size is limited, there are openings from time to time. There is currently an open spot in the trombone section, and we want to meet everyone who is interested in filling this or a future opening.

For more information, contact Jim Lucas at (7567) or Marti Rogers at (6859).



Wild Turkeys at Trilogy?

No need to be concerned. Protected by law, these large majestic birds of the Turkey family Meleagris (mel-e-AYgris) gallopavo species stand tall at 36-48 inches long and three to four feet tall when alert. Quite harmless, they have a wing span of four to five feet, and though mostly on the ground, they can fly to heights of 20-50 feet at speeds of 32-40 miles per hour for short distances. The males have a 10-12-inch long ""beard," which hangs from the outer layer of skin at the chest. These are not feathers, but a unique bristly appendage composed of solid horny filament. As to what they eat, according to The Audubon Society's Encyclopedia of North American Birds, wild turkeys forage mostly on ground and leaf litter for seeds, nuts, and acorns, resorting to juniper berries, seed pods, grains and grasses when food is scarce. They eat grasshoppers and other insects, lizards, snakes, salamanders, and frogs. Finally, they lay their eggs in depressions in the ground but usually roost in flocks in trees, especially at night. They are very interesting to watch, as they quietly roam around our villages. For further information, call Wildcare San Rafael at (415) 453-1000, extension 23.

Wildlife Sub Committee



Fake Snake

This 6-foot long inflatable snake may deter wild turkeys and various other birds from entering your yard. It should be placed near the space you want to protect and anchored to the ground by the side tabs. Move the snake around every few days. Wild turkeys may mistake it for a natural predator. The fake snake is available at hardware stores for around \$9.



Sam Richards GRI Broker/Owner Trilogy Resident License 01305588



Peg Richards BS GRI Assoc. Broker Trilogy Resident License 01706310



Tatyana Pool Realtor Trilogy Resident License 01908266



Martin Realtor Trilogy Resident License 01897122

Richard-Henry



Realtor Trilogy Resident License 018897122



Gloria Jackson Realtor Trilogy Resident License 01381694



Michael Prout
Sales Assoiciate
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Backgammon and Chess Club

We play on the first and third Wednesday of each month at 5-7 p.m., in the Sonoma Room at the Vista Club, starting Jan. 15.

Bring a friend, and bring your boards so that we can all play at the same time. The first night, I will go over a little Backgammon history, basic rules, board set up, and how to use the doubling cube, so we can all play five point matches. Winners and losers advance to play again.

We want everyone to have fun by learning the correct way to play. I love playing anyone, anywhere, online or in person, using any of my boards or yours!

If we do good at getting a Backgammon Club, we hope to get a Chess Club going at the same time!

Contact Tom Watson at (707) 507-5249.

Billiards Club

The next Billiards Club meeting is on Wednesday, January 8, at 7 p.m. in the Monterey Room at the Vista Club.

Tuesday evening's tournament start times are 5 p.m.

The first and third Tuesdays the format will be eight ball round robin with no handicaps for B players.

The second Tuesday of the month, the format will be handicap nine ball with a round robin format. In order to get a win a player must beat his opponent two out of three games. The club has again made a list of B players, and for that Tuesday evening, the B players will get a one game handicap while playing an A player, so the B player only needs one win in three games while competing against and A player.

The format for the fourth Tuesday will be Eight Ball, and the club will split the tournament into Aand B players. There will be a first and second place winner in each group.

The fifth Tuesday will be nine ball with no handicap for B players.

Officers: President Al Bergoust, Treasurer Jack Clark, Secretary Dallas Salomon, and Membership Chairman Dave Stewart.

Latest weekly tournament winners:

Nov. 5, 8-Ball Nov. 12, Handicap 9-Ball

1st Dave Stewart 2nd Randy Freese 3rd Jim Neill 1st Jack Clark 2nd Geno Toscano 3rd Oscar Grissom

Nov. 19, 8-Ball

1st Al Bergoust

2nd Bob Powell

3rd Dave Stewart

Nov. 26, 8-Ball A & B

A Division B Division

1st Randy Freese
 2nd Oscar Grissom
 1st George Doner
 2nd Percy Osibin

For more information, contact Oscar Grissom at crpntrboy@aol.com.

Bingo

A special giveaway to start the New Year off! Mark your calendar for the fourth Friday of the month, January 24, for bingo at the Delta Club. Games begin promptly at 7 p.m. Buy-in for each person is \$10 for 12 games. We have one early bird special: one card for \$1 and an extra blackout card for \$1. The prize money for each game is \$50 and the blackout prize is \$250. Bring a friend. For more information, call Irene at (6999).

Bocce Club

The 20 team Winter Bocce Federation ended its season on Tuesday, November 26 with a noon BYOTS lunch and social at the Delta Club. Judging by the participants, a good time was had by all, especially the new members in the community and those who were new to the game of bocce. We expect three or four new teams to form in 2014. Sign-ups for the 2014 season will take place on Saturday, February 22 in the Delta starting at 9 a.m. More next month on sign-up details and the membership meeting. The offical TRV bocce season is now over. League play will resume around mid-April. The play schedule timing depends on the final number of players and teams. The bocce courts and balls are available all year round. The Delta Club pool key works the storage shed locks at both the Summerset and Cypress courts. Please don't forget to return all the balls to the shed when done and secure the lock. Remember to roll often, throw straight, and have fun! That's what it's all about. For more information, contact Joe Downes at (7520).

Book Club

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 January 14. The book selection is *The New Year's Quilt* by Jennifer Chiaverini. February's book selection is *The Mercy of Thin Air* by Ronlyn Domingue. There is no requirement to have read the selected book. Ev-



eryone is welcome to join in. Feel free to stop by. For more information contact Adrienne at (5576). Happy New Year!



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, January 13, 2014. All Trilogy residents who are interested in playing Duplicate Bridge are welcome. If you need a partner, we'll find one for you. Please contact Sue at (6136).

November's winners: 1st: Nan Lowenstein and Mario Kucich; 2nd: Peg Walker and Orlie Curtis; 3rd: John Shick and Bob Wiskotzil

Dog Club

The Trilogy Dog Club would like to welcome our 2014 Board Members. Our new president for the year is Celeste Brothers, and Sharon Primeau is our new secretary. Karen Katzman will continue as vice president and Linda Solomon will continue to serve as Treasurer. We would like to say goodbye and thank you to Karen Bereta who served as President for 2013 and Rose Romano who served as secretary for the past two years. We are excited about the New Year and will be hosting a number of social and fundraising events.



Our first fundraising event for the year will be our second annual Valentine's Brunch, which will take place on Sunday, February 9. This event was very successful last year, and the feedback we received was outstanding. Please look for our flyer in this issue of *Trilogy Living*. If you need more information about the event, please contact Linda Rowe at (925) 286-1555. Profits from our fundraising events will be set aside for dog park development costs. While we don't know exactly when we will get a dog park, we need to have money set aside to assist with the costs.

Our first meeting of the year will be on Tuesday, January 28. We will be meeting at 12:30 p.m. at the Delta Club. We will be having a potluck lunch to kick off the New Year. Members will be asked to bring a favorite dish to share. We will also be discussing dog park issues. We're hoping that you can all attend.

If you'd like to learn more about our club and/or upcoming meeting and events, please visit our website at www. trilogydogclub.org.

Fishing Club

Happy New Year! Our next meeting will be on Monday, January 20, 2014 at 7 p.m. in the Marina Room at the Delta Club. We will be discussing our plans for 2014. We will also be setting up for our February meeting at the Diablo Room at the Vista Club. We will be viewing the video "Over Troubled Waters" as well as videos of our Holiday Brunch and the kids'Trout Pond at the Bass Derby. We have a lot to discuss in preparing for our activities in 2014. I hope you can attend. If anyone is interested in joining the Fishing Club, please give me a call. Good luck fishing! For more information, contact Al Silva at (3791).

Genealogy Club

Membership for our club has steadily increased, new research sites were discovered, and more public records are being released almost monthly. We hope our members have enjoyed the journey. The New Year is upon us. We invite everyone to join us for our workshop in January for Beginner Genealogy. We understand the frustration of joining a club at the beginner level. We will start at the beginning with hints, how to organize your info, web sites, timelines, and how history plays such a big part of your research. Join us, beginner help is available, so let's get started.

Phil Pezzalia returns on Monday, January 14, 2014 at the Vista Club. The program will cover the "Then and Now" of Rio Vista and surrounding delta area as well as whatever else Phil has for us. This is a continuation of Phil's last talk. We will begin the program at 6:30 p.m. with a get up and stretch at 7:30. Phil's books will be on sale and all proceeds go to support the Rio Vista Museum. We will also have a question and answer period at the end of the program. Sign up at the Vista Club is encouraged to help determine seating requirements. Phil's last presentation filled the room to capacity!

The Genealogy Club and Workshop are open to all residents of Trilogy. Regular club meetings take place the

first Thursday of the month at 2 p.m. in the Vista Club, Monterey Room. For more information, contact Rhoda (7542). The workshop is held the third Thursday of each month at 2 p.m. in the Vista Club Learning Center. For more information, contact Carolyn at wncbridges@comcast.net.

Good Samaritans

"Have a Blessed New Year"

The Good Samaritans' New Year resolution will be to continue serving and growing in the knowledge of God.

The Word of God has encouraged us to spread the good news. As 2013 comes to a close, giving way to the 2014 New Year, The Good Samaritans' motto comes from the Philippians 4:8 and 4:9: "Finally brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable -- if anything is excellent or praiseworthy -- think about such things. Whatever you have learned or received or heard from me, or seen in me, put it into practice. And the God of peace will be with you."

The Bible Study Group will continue teaching the Word of God from the Holy Bible, Fellowship with one another, visit the sick and shut-in, outreach ministry, special events, and praying for one another.

Our outreach ministry has expanded throughout the Rio Vista community. We have experienced the spiritual needs of many people in our community being met.

The Good Samaritans' spiritual text for everyday living:

- 1. When you need courage, read Joshua 1:5.
- 2. When in sorrow, read John 14:1.
- 3. If you want to be fruitful, read John 15:5.
- 4. When you worry, read Matthew 6:25-34.
- 5. When you are discouraged, read Isaiah 40:31.
- 6. When doubts come upon you, read John 20:27.
- 7. When lonely or fearful, read Psalm 23.
- 8. When you need more faith, read Hebrews 11.

The Good Samaritans will continue to meet on Thursdays at the Delta Club/ Marina Room at 1 p.m.

Scripture of the Month: Phil. 4:8-9

Guitar Club

The Guitar Club continues to evolve. With so many levels of interest and ability here in Trilogy, the club is planning to create features that will, in some part, enrich all members. The club is for anyone interested in the guitar

or complementary instrument – banjo, mandolin, bass, cello and so on. Vocalists are welcome too! Think of the club as a point of contact to find other players here in our community. Meetings are the first and third Monday at 3 p.m. in the Diablo Room at the Vista Club. Join us and share your ideas about club activities and events. For more information, call Roger Kohn (2737) or email guitarclubtrv@gmail.com.

Hispanic Club

Deseando a todos un Próspero Año 2014, con salud, dinero, amor y tiempo para gozarlos!

For this coming year, we still intend to meet informally in private homes to share conversation, food, music, and friendship. There's no set schedule for this, so sometime in February, we would like to invite all interested persons, Spanish speakers or not, to a potluck probably in the Marina Room at the Delta Club. The only requirements are that you like all things Spanish and that you be adventurous enough to try something different. At that time, we can figure out how to distribute the list and how to best utilize it for these informal gatherings. Maybe we can create a list of rotating hosts/hostesses that would divide up the list in manageable numbers. Please start thinking about it and call any of us with your ideas. The purpose is still to get to know each other in small, intimate groups to create friendships and a sense of community.

To be part of this group, please call one of the names listed below to provide your phone number and email. We will include your name in our mailing list so that we can give you updated information. We promise we will not inundate you with emails. We will continue to post information and updates on the MyTrilogyLife.com website, under "Clubs," so please check it out.

Ada Parrales Stack (3406)

email: Chana1447@frontier.com

Cecilia Reyes Spiritosanto(1484)

email: ceciliareyes77@gmail.com

Teresa Hamner 646-1610, email: thamner@aol.com

Vicky Riddle (3684), email: viriddle98@yahoo.com

Mah Jongg

We meet every Monday except the second Monday of the month in the Sonoma (card) Room at 1 - 3 p.m.

We play the Hong Kong version. If you know a different version or have never played the game, we have several good players, and any one of them will help you learn this version of the game. We do not play for money. Come join us. Call Molly Martinez at (3417) for more information.



Men's Executive Nine Golf Club

The Men's Executive Nine Golf Club is comprised of members who enjoy playing nine holes of golf and then socializing at the "Nine's" after the game. We play each Tuesday mid-morning. The format varies each week, from individual "straight" golf play on the first and third, and individual and team golf tournament events on the second and fourth Tuesdays. We always welcome new members, and golf experience is not a prerequisite. If you would like to join us, pick up an application form in the Pro Shop posting room or contact our Membership Chairman, Dick Talbott, at 225-0077. Current members are also reminded to renew your annual club membership, if you have not already done so.

There were two "team" tournaments in November. The winning team for the Nov. 12 "Four Man - Low Average" game was Ron Kott, Charles Hoffman, Rolf Sabye, and Andy Barber. The winning team for the Nov. 26 "Eliminator" game was Dennis Germano, Byron Lockhart, Alex Winkler, and Mike Buckley.

We have two tournament events to begin the New Year. On January 14, we will play a "Green Tee" low-net team format, and on January 28, we will have a team "Scramble" low-net team event with each team member contributing a minimum of one and a maximum of three tee shots in the round.

We invite you to come out and join us for a good time with a great group of guys.

Model Club

Last month, we took a field trip to Roseville to see the year-end model train show in our area. The workmanship on some of the exhibits is incredible. January will bring us more opportunities to venture to other exhibits displaying modelers' craftsmanship. Don't forget the Garden Railroad Spring Bake Sale. This will be held on January 25 in the Vista Ballroom. Donated baked goods are greatly appreciated, as well as hungry customers to replenish our meager funds to purchase new trees, flowers, and shrubs for the garden site. Remember that your contributions in January will allow you to enjoy colorful scenes for the rest of the year.

Again, I remind you that your last chance to enjoy the TRV Model Club HO Gage Model Railroad is quickly approaching. It is presently displayed at its final location and will remain there until December 31, 2013. The location is the Administration Building at the Rio Vista Airport from 1 - 4 p.m. every Sunday. Bring your kids and grandkids over for a nostalgic look at model railroad during the holidays.

Stop by our Model Club meeting held on the first Friday of each month in the Vista Monterey Room. We will be presenting ideas and talking about other field trips we are anticipating this spring. Any questions, please contact the Club President, Mr. John Harder, at (3646). Please join us at our monthly meeting.

Motorcycle Club

The Trilogy Motorcycle Club riders meet the first Saturday of every month for an all-day ride. The December 7 ride was again a familiar route, leaving Rio Vista with 7 brave riders in clear cold 40 degree weather with a destination of the coast above San Francisco and a NIKE missile. Due to the 40 degree weather, we made a mad dash for Starbucks in Petaluma to use as a warmer upper for the fingers. The route from Petaluma on D street to Hwy 1 is a great ride with tight twisting curves, panoramic scenery and the pavement at times being completely shrouded by the limbs of huge overhanging trees.



The drive down Hwy 1 was just spectacular, the Farallons seemed close enough to reach out and touch. Several fishing boats and a couple of freighters dotted the ocean view and a NIKE missile. We made our way down to Hwy 101 and headed for the Golden Gate Bridge exit to make our way up onto the large bluffs over looking the bridge. Again the view was fantastic. The top of the bluff brought us to a very steep single lane road that appeared would take us to a lands end. But, in case you haven't guessed it so far, it took us to a NIKE missile! The tour of the deactivated battery was awesome, watching one of the missiles being lifted out of the underground facility and raised into firing position was quite sobering.

We passed on lunch for this ride, the temp had soared to a steamy 48 degrees by now and thoughts turned towards a hot cup of coffee. A quick run up Hwy 101 to Hwy 37 and on to Suisun found us sipping another warm brew and discussing the days when the nation needed the NIKE's.

We invite the other motorcycle riders in Trilogy to join us on any of the monthly rides. The next ride will meet at McDonald's in Rio Vista at 8 a.m. January 4, the destination TBD based on weather. For more info contact Bob Pastorino at (6556) or Larry Nelson (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 (7506).

Mystery Book Club

The Mystery Book Club meets the fourth Tuesday of each month at 10:30 a.m. in the Sonoma Room at the Vista Club. The next meeting is Jan. 28, 2014. The book selection is *Black Stiletto* by Raymond Benson. There is no requirement to have read the book. Everyone is welcome to join in. Feel free to stop by. For more information, contact Adrienne at (5576).

Nature Club

The Nature Club meets Jan. 8, 6:30 p.m. in the Monterey Room at the Vista Club, to discuss events and outings. We are looking at trips to Big Break in Oakley and Cosumnes River Preserve. Please contact Gail at (2718) for dates and information.

Photography Club

Start the New Year with the Photography Club!

We are off to a good start and having a lot of fun showing our pictures at the meetings. We have done a theme for the last couple of meetings and will continue in January with pictures of Christmas lights or other holiday photos. It is great to see all the different ideas people have in presenting a theme.

In December, we had three assignments: signs, sunsets, and sunrises. We discussed each picture as it was shown on the screen.

Everyone is welcome. If you want to bring a picture to discuss, it is best if you bring it on a flash drive/thumb drive. Depending on whose computer we are using, we may or may not be able to load directly from the SD card in your camera.

Our January meeting will be held on Thursday, January 2, at 6:30 p.m. in the Monterey Room at the Vista Club.

Piano Group



Kudos to Debbie Dorn and members of her team for hosting such a wonderful event on Saturday, September 14, where residents had a chance to socialize with each other and see first-hand a number of social clubs offered here in Trilogy. Interest in the Piano Club was high, and a number of residents signed up for our October meeting. Our next meeting is

set for Wednesday, January 15, at 10 a.m. in the Diablo Room at the Vista Club.

Meetings are scheduled the third Wednesday of each month. All levels are welcome. Beginners interested in learning, as well as intermediate and advanced piano players, can offer encouragement while socializing and getting to know their neighbors. Not only has music served as an aid to social bonding, it has also been proven to improve immunity and reduce stress levels.

Please let us know if you're interested in participating in this newly formed club by sending an email to simplemelody13@yahoo.com or contacting Pamela Rogers at (4945). We're looking forward to seeing you at our next meeting.

Radio Club

Currently, we are working with both the TRV Welcome Center and the Rio Vista Fire Station, making sure our equipment and training can be utilized either locally or by the Solano County Office of Emergency Services. Events or emergencies to provide communications often occur with short notice. With the cold weather and potential heavy rain we sometimes experience in our area, we want to be sure we are prepared to respond and support our Charter. If you would like information on becoming a trained volunteer or an amateur radio operator, additional information can be obtained by attending the weekly Radio Club meeting, which is held each Tuesday in the Vista Club Monterey Room at 9 a.m. for informal discussions over a cup of coffee. The Radio Club formal meeting starts at 10 a.m.. Please stop by. Dean Lattman is available at (3967) if you have any questions.

Recipe Club

Thanks to Donna Armanino for hosting our December Cookie Exchange in her home. We shared some wonderful cookies, and each of us left with a nice assortment of sweets.



We are beginning the New Year with comfort foods for our January 14, 2014 noon meeting. The chefs are Wendy Adair, Patty LaFleur, and Kathy Nakashima. Shirley Rogers is the coffee hostess.

We meet the second Tuesday of each month in the Delta Club at noon. We have a fun group, and everyone is welcome. If you enjoy cooking and like to try new recipes, please feel free to join us. Men are welcome too. If you have any questions, contact Patty LaFleur at (3159).

Monthly Q and A: How do you convert a slow cooker recipe to normal cooking? Use a Dutch oven or heavy-bottomed pot with a tight-fitting lid. Add about a quarter more liquid to the pot than the slow-cooker recipe calls for—there's more evaporation in a conventional pot. Bump up the amount of herbs and aromatics, like onions and garlic, by one and a half to two times. A little goes a long way in a slow cooker. Cover and cook on the stove at a gentle simmer or in the oven at 300° to 350°; plan on approximately one hour of conventional cooking for each four hours in a slow cooker set on low. This is a general guideline; you will need to check the dish periodically.

Religions of the World Club



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: their history,

beliefs, and practices. We meet the first Tuesday of every month at 6:30 p.m. in the Vista Club's Monterey Room. So far, we have learned about Zoroastrianism, Hinduism, Judaism, Sikhism, Buddhism, Jainism, Taoism, Confucianism, Shintoism, and religion in the USSR.

On January 7, ROW will discuss unifications, schisms, and the early history of Christianity up to the Reformation. Christianity is the world's largest religion and as such is a large subject that we expect to take at least three monthly sessions for an adequate overview.

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 (303) 898-9279.

Rio Vista Roamers RV Club

We had a great turnout for our Thanksgiving potluck. Three new couples came to the dinner and joined our group. Welcome to all of you! Thanks to Ken and Wilma Powell and their assistants Pauline and Ron Crews for a great time.

December 8 was a champagne holiday brunch at the Lone Tree Golf Course. The champagne brunches there are always so delicious.

January brings our yearly jaunt to Tao-San-Jin restaurant for some fabulous Chinese food. Katie always orders a wonderful assortment of dishes. The date is January 15 with a no host bar at 6 p.m. and dinner at 6:30 p.m. This is the outing hosted each year by Katie and Bob Emler (6312) and is \$18 inclusive per person. They will need your check by January 6.

Grab your sweetie and join us at Peter's Steak House on February 14 at 12:00 p.m. for a Valentine lunch. We will have a choice of a prime rib sandwich, a chicken sandwich, or fish and chips. Cost will be \$18 inclusive. Tom and Nancy Shirley (5229) will be our hosts and will need your money by February 4.

March is just around the corner and with it comes itchy feet. Where will we go for our first trip? Stay tuned!

We have a new link to our website! It is http://rvroamers.tk. Log in for the next outing information or to sign yourself up, or call the member hosting that outing. Call Sandra Santos at (3538) or any of us, and we will be more than happy to answer any questions.

Senior Men's Golf Club



Navreen Gaji and James Young. Photo by Jim Nash.

"Can't you hear them bell ringers bringin'/ Joy to all, dontcha hear them singin'..."

— From: Christmas Time's A' Comin': Bill Monroe, 1951, Decca. Written by Tex Logan.

A bell ringin' welcome to Navreen Gaji, the new General Manager of the golf course, and to James Young, the new Greens Superintendent. Nav was born in Fiji and came to the U.S. in 1984. He was formerly the Head Pro at Hidden Valley Golf Club in SoCal. His positive impact on the course, the Pro Shop, and the Nines restaurant has been apparent, and his friendly and open manner has won him many supporters.

James formerly was the Assistant Greens Superintendent at Round Hill Country Club. He, too, brings a very approachable manner along with his expertise in the care of greens, fairways, and bunkers. We hope both of these gentlemen will find a comfortable home at The Golf Club at Rio Vista.

The highlight of December was our annual Installation and Awards Banquet and Dance, with food by PBS caterers and music by Afterglow, held in the Diablo Room of the Vista Club. A record 111 revelers attended this party, boding well for its future. Notable Awards went to Past President George Barlesi for Distinguished Service and to Armand Rogue for Most Improved Player. Congratulations and thank you to both for your contributions to the golf experience at Trilogy.

Our regular membership meeting is on the third Thursday at 4 p.m. at the Delta Club. Meetings will resume on January 16. For more information, contact our Membership Director Chris Shockley at (3603) or email tshoc@cs.com.

Stroke, Head and Brain Injury Club

Happy New Year!

Happy New Year to all of you in Trilogy who have participated in our club. We support those who have had or are living with someone who has been affected by stroke, a brain injury, or one which results from a head injury (such as an assault or car accident which subsequently caused a brain injury).

We also assist those suffering from dementia, regardless of the cause.

Our group provides help, useful tips, and current information on how to cope with the various short and long term physical as well as emotional side effects that are unique to each individual's situation. Since those who experience these conditions can suffer from feeling alone, helpless, and/or impaired by some physical and/or emotional limitation, the support that we can provide each other can be very important to adapting and living. Each month, we discuss a new topic and try to learn more about subjects that are of interest to members.

We also conduct various extracurricular activities for the group both within Trilogy and nearby communities so that we can have fun together as well. If you or someone in your family has had a stroke, any kind of brain malfunction, and/or dementia, and would like to join or have any questions, please contact Dr. Cheryl Bellrose at (6619). We encourage caregivers and families to join, as you need support as well.

We usually meet on the first Tuesday of each month from 2 p.m. - 4 p.m. at the Vista Club in the Monterey Room unless there is a holiday. Our next meeting will be held Tuesday, January 7. Please join us.

Share Your Computing Know-How With Others

Guru status is not necessary! Do you have experience using some of the common computing programs like Internet browsing, word processing, spreadsheet, and/or email? Consider sharing your how-to's with others in an informal setting at the Vista Club's Learning Center. Please contact Debbie Dorn if you may be interested at (4204) or explain your thoughts or questions by emailing ddorn@ actionlife.com. My mailbox is always open!



Serving the Delta since...
Teddy Roosevelt was president.
The Model A was the family car.
The Wright Brothers were the only air carrier.

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Member FDIC

Supper Club

Happy New Year to our current and new members. If you are interested in participating, Supper Club meets every other month from February through October in each other's homes for tasteful (and tasty) dining, fun, and conversation. On these occasions, you can meet your neighbors and get to know them in a small group setting (usually six or eight and sometimes 10). We are not limited to a formal dinner menu. You might also want to have an afternoon barbeque, a brunch, or a luncheon.

Please note that our club is not just for married or committed couples. We don't want to leave anyone with the impression that single individuals are not welcome. Everyone is welcome to join the Supper Club. If you want to make new friends, give Supper Club a try. Take the opportunity to experience our delectable menus and friendship provided by our members.

As part of the New Year celebration, we will be having a brunch on January 19 from 11:30 a.m. - 2:30 p.m. at one of our member's homes. If you are interested in attending this event, please notify us by the first week of January 2014 at the latest.

For further information about this event and our regular schedule, please contact Cheryl Bellrose at (6619). In the meantime, have a happy holiday season. Looking forward to hearing from you.

Table Tennis Club

Happy New Year! Officers' elections were held at our general meeting in November. Our new officers for the 2014 calendar year are: Larry Mork, President; Richard Laswell, Vice President; Tom Surh, Secretary; Michael Mahrous, Tournament Director; Vicky Riddle, Treasurer. At large: Tom Barnes. Our social events coordinator is Ruth Barnes. Congratulations to all, and let's start the year with a very successful membership drive.

Dues for the Club should be in by no later than January 30. Remember that the club depends on the dues for purchasing equipment, supplies, tournament items, subsidies to tournament food, charitable donations, etc. Dues are still only \$20 per year. Also, if your personal information has changed, fill out one of the forms in the side pocket of the Robo-Pong machine. Place the form and your check in the drop-in box. We would rather not get cash, but if you must, please place the cash and a piece of paper with your name on it inside a sealed envelope before you drop it in the box.

Be on the lookout for more information regarding our tournament with Rossmoor in February. More information will be available on the website.

The availability of the Rio Vista Room is posted weekly on the website, so be alert to these postings. For this, you need to subscribe by providing your email once you click on http://trvtt.wordpress.com. There's also a hyperlink to this site at MyTrilogyLife.com under "Clubs." In our website, you will also be able to see some videos of our players having fun at the tournament!

Contacts: Larry Mork, President (3389); Richard Laswell, VicePresident (2479); Vicky Riddle, Treasurer (3684); Tom Surh, Secretary (5282); Michael Mahrous, Tournament Director (3216), Tom Barnes, At Large (4395); Ruth Barnes, Social Activities (4395).

Tennis Club

The New Year is once again upon us. Forget those false New Year's resolutions about losing weight, eating healthier, cutting down on your chocolate intake, or quitting smoking. The real choice you need to make is getting out there on the tennis courts and getting some good exercise. You may think that January is a bad time to start, but it is just the right time. Rain, cold weather, and wind are all good options for you to use as a good excuse to not come out, so you just show up once or twice a week depending on the weather. You get hooked on the playing and the really nice people we have in our club, and the next thing you know, you are buying sweat suits and coming out on a regular basis, whether it is cold or not.

For those of you who have played in the past or those of you who have never played, now is the time to come out and make a commitment to start playing in 2014. We will help you to reach the level that you desire. Just make the decision to play on a regular basis. If you want to join the Tennis Club, that is great, but it is not a requirement. We want to encourage our Trilogy members to be more involved in playing tennis. It is great exercise, it can be as competitive as you want it to be, and it opens up new friendships with some really nice people.

We hope that you will join us in 2014 for a great year of tennis. For more information about our club, contact Wally Beckman at beckmanwally@hotmail.com.

Trilogy Writers' Club

The Trilogy Writers' Club will meet on Thursday, January 9, 2014 in the Monterey Room at the Vista Club. We gather to share our thoughts and talents while encouraging each other.

This month's optional topic is: What makes me angry? It's always amazing to us how each topic is handled in so many different ways.

If you've always wanted to write, now is the time! If our monthly subject isn't to your liking, that's okay. Just write!

For further information, contact Zoe at (3676) or Suzi at (925)231-5213.

Whist Club

We would like to invite all of you to our Martin Luther King, Jr. celebration on Monday, January 20, 2014 at 2 - 4 p.m. at the Vista Club ballroom.

Our guest speaker will be Dr. Patricia Turner Mitchell. Dr. Mitchell is a Professor of Organizational Leadership at the University of San Francisco. She has worked as an educator for over 44 years with 37 years of teaching at USF. Dr. Mitchell is an accomplished writer and has published four books in the area of organizational management and leadership, women's issues, and curriculum development. Her most acclaimed book, *Ten Stupid Things Women Do to Mess Up Their Careers*, was released in 2011 and has become a best seller for the publisher. We will have refreshments at the end of program.

The club gathers once a month, usually on the third Friday at 7 p.m. at the Delta Club. Please check the monthly *Trilogy Living* for any dates/time changes.

Other games are available for those not interested in playing cards, including dominoes, backgammon, and checkers. We also welcome those who just want to socialize.

You may contact Madalene Turner at (3361) or Jean Robertson at (0086) for more information.

Women's 9-Holers



The New Year is upon us, and we welcome our new board: Nancy Griffin, Suzi Masterson, Jan Benner, Barb Downs, Sharon David,

Kathy Moore, Eila Ballard, Fran Silva, Sylvia Vannucchi, Marj Niemi, Judy Rumble, Linda Rowe, Betty Bowley, and Georgette Rodrigues.

Fall is upon us, and we brave the weather.

Nov. 5 - Suzi Masterson won Low Putts with 14 total, and a chip-in and par on 6. A great day for chip-ins too, with Nancy Whitney, Linda Rowe, and Judy Rumble with chip-

ins on 3.Then, Anna Bogucki had a par on 8, while Nancy Whitney and Judy Rumble a par on 5.

Nov. 12 - Suzi Masterson had a chip-in on 18, plus a par on 15. Jeanie Renner had a par on 13 and Billie Reece on 14.

Nov. 19 - This day, the winds were so bad we had to hit the ball before the wind moved it. We had 12 die-hard golfers and it turned out not so bad: Jan Benner and Diane Scholz had pars on 5, Jeanie Renner a par on 8. Anna Bogucki a par on 4, and Nancy Griffin a par on 3.

Nov. 26 - This was a Turkey Shoot, where finding a Turkey card at the Hole got you a prize. Plus, Nancy Griffin had a par on 17 and Fran Silva a par on 13. Great way to end the month and welcome the Thanksgiving Holiday. For information about joining our club, contact Fran Silva at (3791) or email alfran 70@comcast.net.

golf-ing (**golf'ing**), 1.n. the art of using a flawed swing, a poor stance and a weak grip to hit a small ball badly towards the wrong hole.

— Henry Beard and Roy McKie

Women's 18 Hole Golf Club

The Women's 18 Hole Golf Club is wrapping up 2013 and making plans for the New Year. We have elected the new Board for 2014. Some of them are serving for the second year. Our Captain is Maureen Gingrass, Co-Captain: Linda Barlesi, Treasurer: Pat Kistler, Secretary: Lucille Rhodes, Tournament: Marsha Berry, Rules: Debby Carroll, Handicap: Doris Sundly, PWGA Rep: Terry Sutter, Membership: Linda Siatt, Charity: Paula Davis, Historian: Lynn Grace, Sunshine Diane Staley. We would like to thank the outgoing Board and welcome the new one.

The play day winners for November were: November 7. Low Net Winners: A Flight: first Cindy Brown, second Linda Barlesi and Donna Nunes tie, third Lucille Rhodes an Ulla Ulmonen tie. B Flight: first Doris Sundly, second Maureen Gingrass, third Roni Teixeira. C Flight: first Suzi Masterson, second Joanne Smith, third Marilyn Rogers. November 14. Pick your best nine of eighteen holes with half handicap. A Flight: first Cindy Brown, second Frankie Freese, third Linda Siatt. B Flight: first Loretta Ortenblad, second Anna Bogucki, third Maureen Gingrass and Karenann Evans tie. C Flight: Diane Scholz, second Suzi Masterson, third Pam Ramirez. November 21. The Turkey Shoot. The turkey winners were: Marsha Berry, Karenann Evans, Linda Van Nieuwburg. The chicken winners were: Cindy Brown, Angie Jones, Loretta Ortenblad. The Cornish game hen winners were: Lucille Rhodes, Doris Sundly, Suzi Masterson. We welcome new members and if you would like to join our group, we meet at the Nines Restaurant each Thursday morning at 8:30. You can also call Linda Siatt at 5364 for information.



Mimi Blais Ragtime'

By Special Arrangement On Tour Together with Internationally Acclaimed

Violinist & Pianist

Diablo Ballroom Vista Club ~ \$15 pp **Bring Your Provisions**

Witty, colorful, poetic, energetic, romantic, extraordinary, unbelievable... One of the most highly trained and gifted pianists in ragtime, Montreal's Mimi Blais is also the comedy star of the genre... a pianist to be seen!

Saturday 8 p.m. **January 25, 2014**

Sign Up at Member Services



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)

Jan. 28-Feb.1, A Winter "Get-Away," \$450/pp

5 days/4 nights featuring: Aquarius Riverfront Casino Resort in Laughlin, NV. An excursion to Oarman, an old western town where feisty little burros still roam the streets. We'll journey along Old Route 66 with a visit to the Highway Museum. Then we will see advanced one-of-a-king aircraft and tour NASA's Flight Test Center at Edwards Air Force Base. (All for less than \$100 per day!

February 22, Craig Smith's Chinatown and Chinese Opera trip, \$82/pp Craig will take us on a historical tour of Chinatown in SF, with time for some personal browsing and shopping. We'll have a Gourmet luncheon at the Four Seas Restaurant and then on to the Buddha's Universal Temple for their colorful, bi-lingual production of "A Tangled Web." The little monkeys are noisy but delightful!

March 8, Ironstone Winery/Tour/ Lunch/Shopping, \$76/pp

We'll have a private tour through the spectacular gardens and facilities at Ironstone Winery. Afterwards, guide and hosts will pour samplings of fine wines along with canapés to compliment each varietal. We'll enjoy a hosted luncheon and visits to the gift shop and the on-site Heritage Museum. We'll spend time in the quaint town of Murphys before beginning the journey home.

April 9, "Sister Act" Musical and Dinner, \$119/pp

We'll arrive in the early afternoon in Old Town Sacramento and have time to explore, shop and take in a local museum. We'll enjoy a hosted gourmet dinner and then reserved orchestra seating at the Sacramento Community Theatre for the lively, award-winning musical, "Sister Act."

May 13-20, 8-days Pacific Northwest, \$1998/pp

We'll be cruising out of San Francisco, up the coast to Vancouver and around the San Juan Islands, including an overnight stay at Friday Harbor. We'll fly home from Seattle. (Price includes air and land packages). A 4-page brochure is available.

For further information or sign-ups Call Ethel (7548) or Eileen (2684)



Trilogy at Rio Vista HOME BASED BUSINESS DIRECTORY

All Occasion Travel

Full Service Travel Agency Joan Greene, CLIA, ARTA, (2440) Certified Travel Specialist www.ALLOCCASIONTRAVEL.COM

Bonnie Bowen, Broker

Real Estate Services, Llc. 000924244 (Fees Negotiable, Ask Me!) 707-322-5875 bonniebowen@comcast.net

Divas

Unique Jewelry & Accessories www.divaswithpizzazz.com Char (3806) Donna (3212) Norma (2779) Sylvia (2226)

Dr. Don's Spanish Lessons

Learn to speak Spanish in your home. Results guaranteed. \$20/hr. Don 673-6608 dwstreak@yahoo.com

Mary Kay

Independent Beauty Consultant Sueann Novotny (5624) snovotny@citlink.net

Mirna's Gourmet Tamales

Tamales, Mexican rice, Frijoles Ranchero Tamales: 6/\$8, 12/\$15, Rice & Frijoles: \$3/pint Mirna 673-6608 dwstreak@yahoo.com

Mirna's Professional Hair & Nails

Style, Cut, Color, Manicure, Pedicure Men and women. 30 years' experience Mirna 673-6608 dwstreak@yahoo.com

ANNOUNCEMENTS

Gambling Trip

Red Hawk Casino Saturday Feb.15. Boarding 3:45 p.m., leaving 4 p.m. from Delta Clubhouse tennis courts. Red Hawk 5 p.m. to 10 p.m.—5 hour stay. Cost: \$30 per person. Host: Carmen Martinez (3259). Bonus pkg included.

FOR SALE

Exterior Door

Former front door, 3'x 80", 76-panel, painted and excellent condition. \$25 OBO. No hardware. Call Joyce or Bob at (3391) in Trilogy. We will deliver anywhere in Rio Vista.

Golf Cart

2007 Yamaha custom cover \$3000 firm. Call Roni (4785).

Golf Cart

2003 EZ-Go Golf cart. Good batteries, good tires, full cover, lights split w/shield. Body & paint in great condition. \$2195 OBO (3338) or (3975).

FOR SALE

Stationary Bike

Pro-Form Cross trainer exercise equipment with hand weights. Display features seven modes for instant progress feedback, with user's manual \$75. Call (3065).

Tamales

Gourmet tamales, Spanish rice, Frijoles Ranchero. Made fresh and delivered to you. Tamales: 6 for \$8, 12 for \$15. Rice and pintos: \$3 per pint. 673-6608

SERVICES

Acting Classes

Trilogy Theater Group will begin acting classes in mid-January. For information contact Louise Mitchell (3541) or Estelle Piper 408-921-2606.

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 \$105, OAK \$85, SMF \$65, PORT \$90/ Call Ralph Hatch (3941).

FOR SALE

Amway

Products and services, ie. Homecare, Artistry skin care and Nutrilite vitamin supplements, all with 10% discount for residents and families. Pricing and catalogs. Tom Spivey 209-986-5758 or HYPERLINK "mailto:LtSpivey@hotmail. com" LtSpivey@hotmail.com.

Appliance Repair

Service and repair of most makes and models. 30 years' experience. Now serving the residents of Trilogy. Call Gary (4945).

Audio/Visual

We will install your audio system, DVD, TV, or VCR to your specifications. We will also custom wire your home per your specifications. All installers are ON-Q certified. Call Michael (2800).



SERVICES

Caregiver

Trilogy resident, retired registered nurse specializing in medical post-operative care. Clean background, dependable, responsible. First Aid, CPR, AED certified wound care, medication, therapy treatment plan. Call Kathy (7587). References.

Caregiver

Caregiver with experience as medical assistant. Current CPR papers and can help in all areas. Call Janeth 916-270-5549.

Carpet & Upholstery Cleaning

B & B Carpet and Upholstery Cleaning. Trilogy resident will clean carpets and upholstery in your home, RV, boat, or car. Home carpets: \$30 per room, \$15 per hall. For the best service, call Bill (6125).

Carwash

Ray's Mobile Carwash. Let me come to you to clean and wash your vehicle. Reasonable rates for detailing and waxing also. Call Ray (7598) or 707-249-1492.

Cleaning

Complete housecleaning. Quality cleaning at an affordable price. Weekly, by-weekly or once. Rental cleans 628-4235 or (5239). Dawn, "Jerry the Sprinkler Guy's" daughter.

Clock Repair

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

Computer Assistance

PC, Laptop and iPad troubleshooting. Install software, wireless networks or DVD players. Patient tutor for basic or advanced help. Technical expert—Robert (5129).

Computer Doctor

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

SERVICES

Computer Help

PC or laptop repair, including optimization and virus removal. Extend life of old computer or set up a new one. Wireless setup, add new devices and tutoring. Kathy Barker (6850).

Computer/Wireless

We will custom install your computer or wireless network per your specifications. We will also do custom wiring and software downloads. Call Michael (2800).

Electrical

Certified electrical contractor (#819067) will install chandeliers, fans, lights, outdoor receptacles, RG6 cable for broadband service, telephone lines and wiring for Ethernet or wireless. Call Michael (2800).

Errands

Transport Services: grocery, drug, gifts, shopping, library visits. Rides: town & beyond, doctor, dentist, anywhere! Save time & money. My car, my gas! Karen (5129)

Enhanced Improvements & Repairs

Established Retired General Contractor. .tile, wood floors, water leaks/drywall damage, kitchen & bath remodel/repair, patio re-design, entry/screen doors, fireplace mantels. . . Big or small—I do them all! 8 year resident/ references. Dominic 322-9476

Faux Finishing @ Its Best

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

Guitar Lessons

Want to learn to play the guitar? I teach beginning guitar to all ages: folk, folk rock, fingerpickin'. Customized lessons. Erica 323-552-8876.

SERVICES

Gun Repair

Gun repair and gun cleaning, scope mounting, stock and pistol grips inspection and estimates, parts and installation. Call Bob (7587).

Hair care

Mirna's Professional Hair and Nails: Women and men, your home or mine. Thirty years' experience. Look your best today. Mirna 673-6608.

Hairstyling

Need a glamorous do? Call Dee for a fabulous you. She will give you the do you want. Hairdo—Let Dee do! You are in a beauty contest every day of your life. Let Dee handle your style and bring out the fabulous you—makeup upon request too! Call Dee (Delia) 925-726-5996.

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 (3391).

Attention Advertisers:

All ads and checks
are due by the fifth
of the month
prior to the month
of publication.



SERVICES

Handyman

For those projects that you can't or don't want to do: plumbing (leaking faucet, garbage disposal), electrical (install ceiling fans, light fixtures), household repairs, hang window treatments, mirrors, and pictures. Call Scott Sylvester (6013).

Helping Hands

Personal assistant providing light housekeeping, cooking, transportation to appointments or shopping. Moving assistance with packing/unpacking and organizing. Contact Kim 209-914-5458.

Household Assistance

Organize, arrange, put in place, Enjoy home with happy face! Build stained glass windows, etch shower doors too, I can make or will teach you! Many repairs, walls I'll paint, Professionally pack, Flexibility's great! Yard work and cleaning A to Z, Dogs I love, Laughs are free! Jody 386-7896

House Payment Help

House payment a little high? Want them lower for more monthly spendable? Call Ed Smith, Sr. Loan Officer, C-2 Financial Corp. to discuss lowering your monthly. Ed Smith NMLS# 242425, DRE# 00449998, C-2 Financial Corp, NMLS# 135622, DRE# 01821025, Reach Ed at (3932) or 334-7059.

Impeccable Improvements & Repairs

Established Retired General Contractor . . . tile, wood floors, water leaks/drywall damage, kitchen & bath remodel/repair, patio re-design, entry/screen doors, fireplace mantels. . . Big or small—I do them all! 8 year resident/ references. Dominic 322-9476

Income Tax Preparation & Bookkeeping Service

Over 30 years experience with bookkeeping and personal, corporate and partnership income tax preparation. Fast, efficient, reasonable. No job too small. Call Lesley (3377).

SERVICES

Income Tax Services & Planning

Serving Trilogy since 1999; individual, trusts, business. Consultation in your home or my Trilogy office. Ron Auger, CPA (3068)

Income Tax Prep & Notary

Individual Partnership Corporate Tax Return Preparation, Notary Public. Reasonable prices. Jim Castress (3590)

Landscaping

Hello Trilogy residents, new & established: I'm Jim Gilly, a fellow resident looking to help you with re-designing and installing your front or back or both yards. Visit my web @ www.gotgilly.com. Lic. 752296. Call 925-260-5780.

Notary

I offer notary services in my home or yours. Trilogy resident Eileen Griffin (2684).

Notary to Go

Only \$8 per notarization at Trilogy. Discounts for numerous documents. Since 1984. Call Warren at (3477).

O So Sharp

The Holidays are coming up soon. Time to get those knives sharpened. A dull knife is a dangerous knife. I can sharpen most anything inside or outside the house. Call Rich G. (3663) at 556 Birch Ridge Dr. Pickup and delivery available.

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 (5954).

Pet Care

Trilogy home owner offering my services to neighbors/pets. Walks, drop-ins, overnights, allowing your pet(s) to stay home. Pet first-aid/CPR trained. Cell: 330-6010; email: thedeetails@yahoo.com

SERVICES

Pet Care

Kitty care and small dogs (no walking) services. Includes play, feed, meds, trash out/in, newspapers, mail, and house plants. Call Mimi (4343). . . Trilogy resident. Accepting holiday reservations.

Plantation Shutters

Measured & installed by Jim Gilly. Check prices from Costco & others, then call me. You'll be happy you did. Allow 6-8 weeks from order date. Jim Gilly 925-260-5780

Rain Gutters Cleaned

Patio covers washed and rain gutters cleaned. Pressure wash driveways and patios. Trilogy resident Danny 209-570-0302.

Sliding Door & Screen Repair

Stop Fighting Your Sliding Door and Screen!...If it does not Slide, I will make it Glide...Replacement or Repair of all Patio Door and Screen Rollers, Patio Door and Window Screens, Locks, Handles, Shower Door Enclosures and Wardrobe Doors. For a Free Estimate, please call Jonathan (2736).

Spanish Language Instruction

Dr. Don's Spanish lessons: Learn to speak Spanish fast and easy in the comfort of your home. Results guaranteed. \$20/hour. 673-6608.

Spiritual Director

Do you want to discover your own spiritual path? As a certified Spiritual Director, I can accompany you on that journey. There is much more to the nature of the Holy that can ever be disclosed within any one religion. Nourish that relationship with the Sacred that's already within you. Doug Monroe (5993).

Streaming Video

Will set you up to watch movies in your home instantly from Netflix or Amazon. Woody Woodard 707-416-6067



SERVICES

Transportation

Dave's Transportation Service will drive to airports, Amtrak, BART, Medical appointments, shopping, casinos. Trustworthy and reliable. For Trilogy residents only. Call David (3192.)

Water Filter

Drink purest, cleanest, tastiest water from your tap. Install reverse osmosis filter under sink system. Save bottled water costs of \$250+ per year. Trilogy resident discounted \$150 plus installation (2643).

Weed Pulling

Get rid of those ugly weeds. Don't break your back. Clean up weeds, dead leaves, plants, prune, trim. Keep your yard tidy. Laurie (6305) or cell 925-301-7389.

SERVICES

Your Personal Travel Agent

Put yourself in my hands and let me arrange your travel from door to door: air, cruise or train, hotel, villa, rental cars, drivers, activities, sightseeing, excursions, fine dining, shows. Call Joan Greene, All Occasion Travel (2440) or email alloccasionstryl@ aol.com. Let's talk it over.

WANTED

Golf Carts

Cash paid on the spot. Carts can be running or not. Call (3338) or 208-9096.

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 \$5 for 25 words. Additional words

are \$.25 per word. Checks only.

Late ads will run in the next issue.

ADVERTISING INFORMATION

DEADLINE: All final ads and checks are due by the fifth of the month prior to the month of publication. For example: February 2014 ads and checks are due by January 5, 2013. All late submissions will run in the March 2014 issue of *Trilogy Living*.

REGULAR SIZES AND RATES:

• 1/8 page ad 3 ½" wide X 2" tall \$90/month 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.

¼ page ad
 ½ page ad
 ½ page ad
 Full 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:

¼ page ad Inside Front or Back Cover \$185/month
½ page ad Inside Front or Back Cover \$285/month

INSIDE FRONT COVER
 INSIDE BACK COVER
 OUTSIDE BACK COVER
 7.5" wide X 10" tall
 \$445/month
 OUTSIDE BACK COVER
 7.5" wide X 10" tall
 \$500/month

DISCOUNTS:

- 10% off pre-paid ads for 3 months or more
- 10% 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.





Trilogy filled the Vista Club for the festive entertainment

EIGHTING SEREMONY

A record number of residents turned out for Trilogy's Annual Tree Lighting Ceremony Sunday December 1, showing appreciation for the entertainment hosted by over 60 talented residents to make up the Delta Breeze Chorus, Delta Harmony, Delta Tones, and an instrumental woodwind ensemble from Trilogy Jazz Band.



Cheryl Lucas led the marvelous Delta Breeze Choir



Jim Lucas enlivened the crowd with Woodwind instruments



Glorious songs echoed through the

Tree lit following the event

Lou are invited to a Free



Lunch & Learn with Dr. Matt **Every Monday at Noon** at the Beautiful Nine's at Trilogy

Lunch with the Doctor

R.S.V.P.707 374-7575

delta wellness

122 Main Street Rio Vista, CA 94571 (707) 374-7575 **DELTA-WELLNESS.COM**

deltawellness@gmail.com

We'll talk about:

- Reversing Aging and Arthritis
- Increasing General Wellness
- •Increasing Motion in Neck and Back
- Weight Loss

Zeny Devera Trimming the Tree

Tree Trimming Social

The holiday tree trimming and decorating social included a record number of volunteers. The festivities created special memories for friends and families. Much appreciation goes to the volunteers, led by Karolyn Kropacek, for sharing their joyful spirit through the day and for their lovely display of festive decorations.



Volunteers Came in All Sizes



PUT YOUR GAME FACE ON AND JOIN THE SUPER BOWL PARTY



Bring your own provisions to enjoy while cheering your favorite team on the Big Screen!

VISTA DIABLO BALLROOM 3:00 PM ~ FREE

Sign up at Member Services.