

TrilogyLiving



photo by Bob Burns

HARVEST TIME

Autumn is in full swing. It's a time for exhaling the furious pace of the warmer seasons, and decelerating into a new vibration.

Index:

Community Garage Sale pg. 5

Family Halloween Party pg. 6

Walktober pg. 17

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From the Master Association

Warren Oglove

President

The Golf Course Lakes

As many of you have noted, the lakes/ponds on the golf course are emitting foul odors. Unfortunately, the HOA has no control over the golf course. If you wish to take action, call the Yolo-Solano County Air Quality Control Board at (800) 287-3650. This agency has jurisdiction over the lakes. Most important, you must specify the exact lake and location (e.g. the 12th fairway).

The front gate computers have been operational for the past month. To alert the gate of visitors, simply visit residentguest.com, sign in, and register your guest.

Executive Committee Meeting

Tom Moore, our V.P., has turned in his resignation. We are now accepting applications for the remaining 15 months of his term. Please get them at the HOA Office and turn them in by Sept. 30, 2013. We will hold interviews on Wed. Oct. 2 at 9:30 a.m.

The Board has appointed the village delegates as members of the Document Rewrite Committee. The delegates will be appointed after the February 2014 elections. If a village delegate is also a Master Board member, the alternate village delegate will assume membership on the Rewrite Committee. This will ensure that every village is heard as we go through the rewrite.

The Board has made a written offer for the Waste Water Treatment Plant. We understand that the offer will be presented to City Council during their October closed session.

Master Board meeting on Tuesday, Sept. 10, 2013

The President's report addressed theft at Trilogy. Someone has stolen sprinkler heads from some of the parks, doggie bag rolls, rolls of toilet paper, over 50 DVDs and books from the Library, and utensils and porcelain coffee cups from the Vista Cafe. These items add up to thousands of dollars and are paid from our homeowner dues. If you suspect suspicious activity, call the HOA to report it.

The Board has approved the upholstery of chairs in the Sonoma Room and Billiards Room. The Board has approved a 275 word limit for articles submitted to *Trilogy Living* Magazine. This does not affect HOA or resident's/HOA village submissions.

The Board approved annual road work in Trilogy. Look for notices to see if your area will be affected. The work should be done during late September/early October.

The next Master Board Meeting is October 8 at 7 p.m.

TRILOGY AT RIO VISTA

D I R E C T O R Y

Master Association Board of Directors

Warren Oglove, President (3477)
Tom Moore, Vice President (5772)
Bernie Dehn, CFO (4764)
Joel Auslen, Secretary (5808)
Noel O'Brien, Director (925) 348-4097

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)
Disaster Preparedness – 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
stuarttrv@gmail.com

Club Numbers

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

Trilogy Living Editorial Board

Andrea Stuart, Ed Vitrano, Debbie Dorn, Cheryl Lucas,
Joan Azlant, Kathy Erwin, Helen Bergoust

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From the Editor



Andrea Stuart

October kicks off with a big bang; and just when you thought things were going to slow down. As many of you know, the Rio Vista Bass Derby & Festival takes place Oct. 10 – 13. There's

so much to do during the four-day fishing celebration in addition to the fishing derby. Bring your grandchildren out for the carnival, the pancake breakfast, treasure hunting at the Bass Derby Garage Sale, the kids fishing tank, the car show, and live music and entertainment, fireworks, and a parade. Never a dull moment! You can learn more about the festival by visiting www.bassfestival.org.

Meanwhile, Trilogy has a feast for your entertainment appetites as well. Begin the month with a little extra cash in your pocket by participating in the Community Garage Sale. Then, dance your heart away with the Dance Club, the Trilogy Pop Fest, and the Midnight Band & Soul Line Dancers. If you are looking for something on the educational side, the CPR/AED training course is back along with computer classes and the AARP Driver Safety course.

As always, make sure you stop by the community section of this issue to see what else is happening. And you never know what fun things the clubs are planning for Trilogy, so pop by the other sections in this issue as well.

Happy autumn!



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

Trilogy's special interest clubs and groups were well represented at the forum this past month helping residents explore, discover and get connected while being entertained

by 3JB Quartet and Dave Chapman! Combined with the Trilogy events, the community has a huge selection of activities from which to choose. Thank you Brockton and Rutland residents for another grand time with your annual Picnic in the Park! Theater Group's "An Evening of One Acts" brought a new brand of entertainment to Trilogy. Your support of Trilogy's Petrill's Farmers Market service has them back twice again this month. The magnificent talent taking the floor from within the community during Open Mic Night continues to amaze! As for the concert, John Covert & Crystal Image has quickly made the group a Trilogy favorite.

Don't miss out on these upcoming special events!

- 10/05 Community Garage Sale
- 10/06 & 10/20 Farmer's Market
- 10/10 CPR/AED First Aid Training
- 10/13 Dance with Solid Gold ~ The Dance Club
- 10/15, 17, 22, 29 Computer Classes (see page 37)
- 10/16 Trilogy Pop Fest
- 10/18 Comedy Night Featuring Grant Lyon
- 10/19 Concert: The Midnight Band & Soul Line Dancers
- 10/25 Bingo
- 10/27 Family Halloween Party
- 10/29 – 10/31 AARP Safe Driver Course

Get Ready . . .

- Call to Action All Trilogy Veterans ~ registry deadline October 5 (page 7)

Remember to peruse the additional activities presented by the clubs or groups in this publication! A list of clubs and groups is available with contact information from Member Services at the Vista Club. Your comments and suggestions are always valued -- send an email anytime ddorn@actionlife.com – my mailbox is always open!

For non-delivery of *Trilogy Living*, contact Debbie Dorn at (4204).



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

Sunday, Oct. 6 & 20, 10 a.m. – 3 p.m., Delta Club ~ Free



Stock up at the Farmer's Market at Trilogy twice in October! Bring your neighbors and support your locally grown fresh fruits and vegetables from our own Trilogy Farmer's 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.

Trilogy Community Garage Sale

Saturday, Oct. 5, 9 a.m. – 3 p.m.

Everyone can participate! Sellers help buyers find your sale. Simply phone Member Services (4200) prior to Sept. 30, to give your address for your block to be highlighted on the community map. The map will be emailed to residents by Oct. 4, and made available to visiting buyers at the Welcome Center the day of the sale. Copies will also be available at the Vista Club Saturday only. You do not have to be included on the map to sell. There are three points all sellers need to do:

1. Obtain a garage sale permit for \$1 at Trilogy Member Services prior to Friday Sept. 27. Permits are a city requirement. Good news, sellers can also purchase permits through Oct. 4, from Member Services at the Vista Club!
2. Tie an inflated balloon from your mailbox or tree.
3. Open your garage door.

When you finish selling, remove the balloon and close your garage door. The sale is open to the public, advertised in the local papers, and flyers are distributed. Outside buyers will not be allowed through the gates until 9 a.m., and residents are asked to postpone their shopping until that time in consideration of sellers setting up for the sale. The semi-annual garage sales have become enormously popular with almost half the residents either buying or selling. Some villages also use the event for fundraising. If you have questions, contact Member Services (4200) or email Debbie Dorn ddorn@actionlife.com.

Loaned tables are limited to two tables per resident. Tables and metal chairs are reserved on a first-come basis as supplies last. Submit your request at Member Services at the Vista Club. A staff member will contact you to confirm availability and arrange for your pickup and return. Your help to make sure they are clean when returned will be appreciated. Thank you.



~ Comedy Night ~ Grant Lyon

Friday, Oct. 18, 7 p.m.

Diablo Ballroom, Vista Club ~ \$10

Grant Lyon is an accomplished award-winning comedian, writer and actor. He is a practitioner of sophisticated immaturity and one hilariously sharp observer. He has performed in a number of prestigious comedy events including the San Francisco Comedy Competition. He has opened for Robin Williams and Dana Gould. Grant is a member of the sketch comedy group, Four In The Back. Come see him in all his comedic glory! Sign up at Member Services.



Grapevine Chat ~ will return in November!

The 2nd & 4th Tuesdays each month in the
Grand Living Room, Vista Club

Blood Pressure Check ~ Free

Thursday, Oct. 10, 9 a.m. – 10 p.m., Library Delta Club

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

Computer Classes ~ Several Available!

Learning Center Vista Club

There are many opportunities through the month including Introductory Computer, Microsoft Word, Digital Photo Editing, and Digital Storytelling! See page 37 for more information. Limited space available, sign up at Member Services.

Concert ~ Trilogy Pop Fest

Wednesday, Oct. 16, 7 p.m. Diablo Ballroom, Vista Club ~ Free

If you enjoy light musical entertainment, often known as “pop” music, you are in for an evening of entertainment that you will long remember. It’s the first Trilogy Pop-Fest, which will feature musical selections from: the 35-voice Delta Breeze Mixed Chorus, the Delta Divas, a group of five talented lady singers in our community, the 18-piece Trilogy Jazz Band, and the popular 3JB Quartet. The Delta Harmony Singers, an entertaining group of 10 mixed voices, are also featured, as well as the Delta Tones, a vocal quartet. Then, as the special guest of the Pop Fest, Trilogy’s own Solid Gold, will play for your listening and dancing pleasure. Remember to bring your dancing shoes and enjoy yourselves until 10 p.m. Bring munchies, beverages, and dancing shoes. Sign up at Member Services, space will be limited to room capacity.

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

Thursday, Oct. 10, 10:30 a.m. – 2:30 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 & First Aid at

a great value. Space is limited. Sign up with Member Services at the Vista Club. If you have questions, please contact Anna Chunn (3560).

Family Halloween Party

Sunday, Oct. 27, 2 – 4 p.m. Delta Club

\$5 per family plus \$1 for each child participant



Get ready for a great party with the family! Kids can join in a costume parade, plenty of laughs, good times, family pictures and a treat bag. Sign up at Member Services.

AARP Driver Safety Course ~

12 – 4:30 p.m., Monterey Room, Vista Club

\$12 for AARP members and \$14 for non-members

Part 1: Tuesday, October 29

Part 2: Thursday, October 31

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.

Trilogy resident Glen King is offering this eight-hour course in two, four-hour sessions. To register, contact Glen (3342) or grk59@frontiernet.net.



Karaoke Night ~ Second Friday Next Month!

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

Specially designed for your fun and enjoyment, there are no signups. Open dancing, and song lyrics are on the big screen for some sing-a-long good times! There will be story tellers, special dancers, folk singers, and a variety of entertainers. One may be you! Bring your favorite snacks, beverage and come over for a relaxed evening of spontaneous fun and entertainment.

Call to Action All Trilogy Veterans

In preparation for a special tribute project, we need to identify all veterans in the community. Please contact Member Services (4200) or stop by at the Vista Club before Oct. 5 to provide your name, branch, and years of service. Please also provide a past photo in uniform along with a current photo in an envelope with your contact information to Member Services for Debbie Dorn. She will return the materials.

FREE Shredding Service

It is that time again, the shredding truck will be in the parking lot near the tennis courts on Saturday, October 19th between the hours of 9:00 am and Noon. The shredding will take place on site. Once the truck is full no more materials will be accepted, so come early.



Concert ~ The Midnight Band

Saturday, Oct. 19, 7 p.m.
Diablo Ballroom, Vista Club ~ \$10

Get ready! You are cordially invited to join Trilogy's Soul Line Dancers for a night to remember with Matt Applin, vocalist extraordinaire, and The Midnight Band. Bring your friends and relatives, along with your favorite snacks and beverage!

Sign up at Member Services.



Veteran's Day Tribute

Monday, Nov. 11, 1 – 3 p.m.
Diablo Room, Vista Club ~ Free

This day is the anniversary of the signing of the armistice, which ended the World War I hostilities between the Allied Nations and Germany in 1918. Since 1954, Veterans Day is declared a day of thanksgiving to honor and thank all military personnel, who served the United States in all wars, particularly living veterans. Join us to honor all veterans. Presentation by the Color Guard, music by Trilogy Jazz Band, Delta Breeze Chorus, Delta Harmony, and a special guest speaker. Sign up at Member Services. If you are a veteran, we ask that you also register with the Call to Action for the special tribute project.



Trilogy Veterans Ball

Monday, Nov. 11, 6 a.m. – 10:30 p.m.

Diablo Ballroom Vista Club ~ \$35 pp

Whether you enjoy a fine catered dinner, live music, dancing or just the camaraderie you had in the service, attend the Veterans Ball. This is the first annual veteran's Day Ball for Trilogy veterans and their guests. The reception begins at 6 p.m. with dinner at 7 p.m. Music and dancing will follow until 10:30 p.m. This is a semi-formal affair or service dress uniform. No hats please. Bring your own adult beverages of choice and prepare for a fun-filled evening with your fellow service members and guests. Seating will be limited and expect this to sell out quickly. Sign up at the Member Services desk in the Vista Club. For further information contact Ron Waite at (707) 374-6714 or (925) 216-7488.

Concert: Tribute to Patsy Cline Featuring Joni Morris

Saturday, Nov. 16, 6:30 – 8:30 p.m.

Diablo Ballroom Vista Club ~ \$15 pp

Audiences love Joni's tributes to the music of Patsy Cline, Connie Francis, and Legendary Ladies in Country Music. She is a dazzling entertainer with a double-barreled voice. You'll hear Patsy's biggest hits like "I Fall to Pieces," "Walkin' After Midnight," "Sweet Dreams," and "Crazy." You can also expect to hear a few of Joni's own original songs in every show. She adds comedy, eye-catching costumes, and lots of audience interaction to each performance. Sign up at Member Services and bring your favorite provisions to enjoy during the show.

Fall Gift, Craft, & Art Faire ~ Save the Date

Saturday, Nov. 23, 10 a.m. – 3 p.m.

Diablo Ballroom, Vista Club

Don't miss out on this convenient and unique selling and shopping experience at Trilogy in time for the holidays! If you would like to rent a table, sign up at Member Services, Vista Club to receive the registration notice for the spring faire. Each merchant table will donate a prize for the raffle and all proceeds benefit Meals on Wheels. Raffle sales and drawings are held throughout the event. For more information, please contact Member Services (4200) or Debbie Dorn email ddorn@actionlife.com.

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**Contact Mr. Tai at (510) 439-7567
or at cctai01@yahoo.com.**

Charles Tai, CA INS Lic #0H74953



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

Master Association \$80.39

(Only for original residents (<100)
in a developer subsidy agreement)

Village I \$4.50

Village Oakmont \$4.50

Olympic Village \$5.00

Village Riviera \$5.00

Saddle Rock Village \$0

(None until dormancy ends)

See page 36 for changes to Olympic Village Rules & Regulations

Tubes Under Your Mailboxes – Please remove all flyers etc. from your tubes regularly so that the accumulation does not prevent delivery of current items.

Adult Committee

The Adult Committee met on August 29, 2013. Correspondence was received from a resident for painting a new crosswalk at Rutland and Summerset. Her request has been referred to the Safety Sub-Committee.

Melissa Coleman suggested that Trilogy get its own website. This was assigned to Lee Puryear to research the possibility.

James Zajicek addressed the issue of there being no safety equipment such as life rings around all the bodies of water here at Trilogy. This issue was referred to the Safety Committee.

Patty Kohn, Chair of the House Renovations Committee, introduced Debbie Bedsworth and James Sappington, two new members of the committee.

The House Renovations Committee completed their research on the recovering the 24 chairs in the Sonoma Room. The reserve amount for this task is \$4,952. The actual cost is \$6,965.24 for this job. A motion was carried and referred to the Master Board for approval.

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 is Oct. 31, 2013. For more information, you may contact Helen Bergoust at alhelenb@aol.com or (2436).

Saddle Rock Village Board News

The Saddle Rock Village Board of Directors met August 21. President Patty Kohn announced the resignation of Stephanie Lanning from the Architectural Committee and requested that interested residents complete an application.

The importance of voting on the proposed purchase of the golf course and Nines Restaurant was reviewed. Board member Joel Auslen explained the voting process. Marlene Percivalle and Richard Larsen were selected to serve as election inspectors with our Delegate, Roger Kohn, serving as chief inspector.

Evelyn Jarland reported on the Architectural Committee. Since the first meeting in June, 67 requests have been reviewed. However, only seven completion notices have been submitted. Residents are reminded that upon completion of work, a project completion form must be submitted to the HOA office. Regular meetings of the committee are held the first and third Monday of the month at 11 a.m. in the River Room, Delta Club. Residents are welcome to attend.

Several residents raised concerns that 14 trees had been cut down along Summerset Drive between Diamond Hills and Rutland. The homes on Birch Ridge, which back up to this area, were directly affected. At a meeting held Aug. 27 Jason Hughes, Shea Homes, and Ed Vitrano, General Manager, provided information regarding problems that led to the decision to remove the trees. Mike Oestreich, Maintenance Supervisor, showed residents the trees and shrubs that are planned to replace the former plantings. Residents requested that they be given the opportunity to select among three choices of shade tree. The request is being considered.

Our next meeting is Nov. 20 at 6:30 p.m. in the Rio Vista Room of the Delta Club. For



more information, contact Patty Kohn at (2737) or pfkohn@gmail.com.

Village Riviera Board News

We had a great turnout at the September meeting, with hot topics ranging from feral cats to golf course Inspector of Elections to neighbor notification of pending work and possible health issue in lakes.

The most vociferous group was in regards to those being affected by feral cats, now roaming, howling, mating and digging up yards in the Brockton/Western Hills area of Riviera and the Deerfield area of Village One. If you are feeding feral cats, please stop immediately. If you know of someone who is feeding them, please report it to the Homeowners Association Office. No action can be taken by the board unless complaints are filed. You must be specific as to the address of the person feeding the cats and must sign the complaint. As of this writing, 60 cats have been trapped in the Oakridge area. Please also remember that your domestic cat is not allowed out unless leashed. It is against the CC&R's, but it could also be victimized by a feral cat or raccoon.

Dante Miles is Inspector of Elections for the golf course purchase vote. Dante will assemble a team to assist in the counting of the Riviera ballots, and once counted, he will take the actual count of yes and no votes to the Master Board. Your ballot will have a pro and a con argument as well as rebuttals

to each. Each residence will have one ballot. There will be a 30-day period to return the ballots.

Solano/Yolo County Air Control Board has been advised of the condition of the golf course lakes as a possible health issue. If you wish to call them regarding this issue, in hopes of forcing action, their number is (800) 287-3650. This does not just involve people living on the golf course by a lake, but everyone in the community.

Neighbor notification of pending work was discussed briefly, but no vote was taken. This will be on the November agenda. Our next meeting is Nov. 7 at 6:30 p.m. at the Delta Club. For more information, Call Don at (6407).

Meeting Calendar

Master Association Board Meeting

Tuesday, Oct. 8, 7 p.m.
Diablo Room at the Vista Club

Saddle Rock Village Board Meeting

Wednesday, Oct. 16, 6:30 p.m.
Rio Vista Room at the Delta Club

Adult Committee

Thursday, Oct. 31, 1 p.m.
Rio Vista Room at the Delta Club



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Member FDIC



Olympic Village

Nov. 2, 2013 will be a night to remember when you join Olympic Village for our exciting Murder Mystery Dinner in the Diablo Ballroom at Vista Club. The evening will begin at 6 p.m. with a (BYOB) social hour, followed by a delicious dinner and performance of the hilarious murder-mystery, comedy play "*Murder at the TonyLou Awards*."

A talented cast from the Trilogy Theatre Group, directed by Louise Mitchell, returns this year with a mystery spoof of the Oscars, Tonys, and Golden Globe awards. The entertainment business has never been so cut-throat (or so funny)! Written by Tony Schwartz and Marylou Ambrose, the play is produced by special arrangement with The Lakeside Players, Tafton, PA.

Here's your chance to walk the red carpet, enjoy a delicious meal (created by Chef George) and top it off with an evening of mystery and fun! Tickets (at \$20 per person) will be available to all Trilogy residents (while they last). Watch for signs and flyers at the Vista and Delta Clubs and reserve your tickets early as seating will be limited.

At our October OVRC/Social Club meeting (Oct. 16 from 7 - 9 p.m. in the Monterey Room at the Vista Club) we will be working on plans for this event and having a great time. Join us. Your ideas and energy are important. Call Linda Jensen, OVRC President (5542) with your questions or ideas.

Saddle Rock Village

Saddle Rock Village Residents' Club is growing fast with close to 180 residents. We welcome new members and it is a good chance to meet new friends and get involved in our community.

Thanks go to our Recycling team, hard at work. We are into our fifth month of collecting bottles, cans and plastic with a CRV label. All Trilogy residents are welcome to donate their recycling items to raise money for our residents' club. Your donations can be dropped off at 504 Three Rivers Way in the back of the white Ford pickup truck parked in the driveway.

Our Social Committee is busy planning our annual Block Party on Oct. 12, from 2 p.m. to 6 p.m. Theme: Beach/Hawaiian, Cost: \$10 per person to include Appetizers, Hot Dogs or Hamburgers (Veggie & Beef) Salads & Beans. Volunteers bring desserts (prize for the best one). Residents are asked to bring their own beverage and chairs. We ask for volunteers to set up and clean up afterwards. Additionally, we are planning some exciting events for 2014.

Our Welcome Committee Chairperson, Rayno Niemi, has been organizing the team and delivering welcome bags

to new residents. SRV residents, who have moved in after Dec. 1, 2012 and have not received your welcome bag, please contact Rayno at raynoniemi@yahoo.com.

Great news, we will have a "Caring Committee" in SRV soon. Chairperson, Marj Niemi is organizing the committee's functions over the next couple of months. SRV residents interested in joining, please contact Marj at marjniemi@yahoo.com.

Dates to Remember:

Sat. Oct. 12, 2 p.m. to 6 p.m. Saddle Rock Village Residents' Club "Block Party." All SRV residents are invited to a Hawaiian-Beach theme party. Food, games, raffles and more. Contact Patricia Hilaire for more information.

Wed. Oct. 16, 7 p.m. SRV Residents' Club monthly meeting, directly following our SRV Board meeting, Rio Vista Room, Delta Club. Social hour follows each meeting with wine, snacks and fun! All SRV residents are welcome.

For more information, please contact Kathi Bradley (4424) or kathibradley@comcast.net.

Village I

The main order of business for the Wednesday, Oct. 9 quarterly VORC membership meeting is the election of officers for the coming year. The meeting takes place in the Delta Club's River room starting at 7:30 p.m. If you would like to become involved in the social aspects of the club please come to the meeting, make your thoughts known or come to the meeting and self-nominate for one of the board seats. All board positions are available. Another topic of conversation is the VORC Holiday party scheduled for Saturday, Dec. 14 at the Delta. We need help in organizing and managing this event. Due to circumstances beyond our control we had to cancel the Oct. 4 Old Fashion POT-LUCK dinner. As VORC moves ahead into 2014, we need volunteers to organize and manage the various social events. Remember, this is your club, get involved and make it work for you. Think about volunteering your time and talents. If you have questions please call any member of the outgoing board who are; Joe Downes (7520) Sandy Dehn (4764), Lynne Galletta (6069) and Naomi Walker (1465).

Oakmont Village

Fall is upon us and with its harvests gives us a sense of unity and family. We have accomplished a lot so far this year and the best is yet to come. Several upcoming events are on the agenda in the next few months. We are working on our election of officers for the Residents Club Board and our end-of-year Christmas Dinner and Dance Celebration.



Thank you to all who helped make our no-host bar a success for those who attended the August Drama Club Event. A great job was done by our bartenders Reggie & Shirley Sorbet, Naomi Walker, Kevin Kennedy, Andy Pestana; and our ticket masters Barbara Pope, Ruth Joseph, Patricia Hilaire, Antoinette Pestana. They dressed in theme and kept the guests honest and got them to buy more tickets. Thank you to our new neighbors from Saddle Rock Village who volunteered to help.

Our search for volunteers to fill our Residents Club board positions for the 2014 Election is now underway. If you are interested in serving, or know of someone who is willing to serve, contact Antoinette Pestana (5154) by Dec. 1. A slate of nominated officers will be presented at the Residents' Club Board meeting on Wednesday, Dec. 4 in the Monterey Room at the Vista Club. Additional nominations will be taken from the floor, prior to our election, on Dec. 8 at our Christmas Dinner Dance Event. Remember, this is your village and club; we need new ideas.

Save the Date:

Sunday, Dec. 8, 2014 - Oakmont/Saddle Rock Villages Christmas Dinner Dance. We are partnering with Saddle Rock to make this a night to remember including music by Solid Gold, dinner by PBS catering, and some surprises! All Trilogy residents are invited to attend. Flyers will be tubed later this month. More information in next month's

issue. Watch for the posters at the Vista and Delta Clubs.

Our next Social Committee meeting is on Wednesday, Oct. 2 in the Monterey Room at the Vista Club. See you there. For additional information, call Cyndy Schroeder (2480) or Antoinette Pestana (5154).

Village Riviera

The beautiful fall weather is upon us. The ghosts and goblins are on their way and, scary as it sounds, before you know it the holiday season will be in full swing. Our Bunco and Beans event last month was a great success. Good food and lots of laughs. Thank you, Valerie, for the great job. Our next event is the Black and White Holiday Affair on Dec. 14. As usual, there will be some surprises, so be sure to mark your calendars for this popular and beautiful event. You won't want to miss it! Stay tuned for details coming soon.

The Riviera Village Residents' Club committee is proud to share that we have lots of new members and we are planning some fun and different events for 2014. We are always looking for new ideas and we welcome you to join the fun. It is a great way to get involved and to make new friends. We meet on the third Thursday of the month in the Monterey Room at the Vista, 7 p.m. Contact Coralie Leder at coralie.leder@gmail.com for more information.



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By Kathy Erwin,
Fitness & Spa Director



The Welcome Wagon

Susan Rice ~ Massage Therapy

Susan is a Bay Area native and currently resides in Trilogy with her husband Gary and Rocko her four-year-old furry son. Susan received her Esthetician License from W-Institute, attended Paris Beauty School, and has her education in Massage Therapy. She graduated from National Holistic Institute, receiving her advanced degree and CMT. Susan is familiar with most modalities of massage. She believes massage and therapeutic touch are key to a happy, healthy lifestyle.

Susan will be a great asset to our already awesome Spa team of Angela, Sharon, Marti & Joele!

Priscila Dela Cruz ~ Group Ex Instructor

Priscila comes to us from Vallejo with a wide range of possibilities to offer at Trilogy. ZUMBA certified, she is very excited to be a part of the Trilogy Health & Wellness Department. She specializes in teaching and choreography of Zumba Fitness (licensed), Rumba, Cha-Cha-Cha, Tango, Waltz, Night Club Two-step, Jive, Disco Hustle & Line Dance

Sharon Roberts ~ Group Ex Instructor

Sharon is from Vacaville and loves to teach Zumba plus other fitness formats. She believes you really don't feel like you are exercising because Zumba is exercise in disguise. She is licensed to teach Zumba, Zumba Gold (Beginning ZUMBA) & Zumbatonic. She says that ZUMBA is just one big party that will definitely keep us in shape. So what are you waiting for? Come join the party!

Upcoming New Member Fitness Orientations:

Wednesday, Oct. 2, 6 p.m.

Saturday, Oct. 12, 11 a.m.

Saturday, Oct. 26, 11 a.m.

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WALKTOBER

Saturday, October 19

**Join your neighbors
in a Fun
Walk & Raffle**

7:15 a.m. Check-in
7:45 a.m. Warm-up
8:00 a.m. Walk/Run
10:00 a.m. Raffle Drawing



Free



Sign up for your distance:

- 2.3 miles
- 3.0 miles
- 5.6 miles (*or double for 11 miles!*)
- T-shirt to all participants

***Door Prizes, Fruit, Bagels,
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Who can participate?

Walktober is designed for everyone—from inactive individuals to those already making great strides toward better health. Anyone can step it up and be successful with this cool weather walking program.

**Please Volunteer to help! Call Kathy for more information 374-4205
Sign up @ Member Services Desk Vista Club**



Council for the Arts

The talent search has begun! Save the dates of *Music of the Night*, 2014, which will be presented March 13, 14 and 15 at the Vista Club. Auditions are Oct. 21. Audition forms will be available Oct. 1 at the Member Services desk of the Vista Club. If you prefer to help backstage, sets need to be painted and need to be changed during the production.

The next meeting is Thursday, Oct. 10. Guests are always welcome. Meetings are the second Thursday of the month at 10 a.m. in the Monterey Room of the Vista Club. For more information, call Judy Calpo at (2924)

Drama Club

Would you believe the V.I.P. Drama Club has been around since 1999? It all started at the Delta Pool late one afternoon with two guys doing a skit. The two guys were Rich Galletta and Rod Rumble. Rich, now deceased, was an inspiration to many members of the club. Because of this, the Rich Galletta Award is presented each year to one of the cast members. Rod Rumble remains a charter member and played Bill Bunion in our last production, *Foibles and Folly*.

Originally the Drama Club was a Village I idea that soon blossomed into inviting all villages when our Vice President, Charlene Oxoby, showed up for a meeting 10 years ago and still remains active.

We have evolved over the years. From poolside, to the Delta Club foyer, to performing on a real stage, generously purchased by the H.O.A for the community in 2007. The Drama Club paid for additional platforms to make the stage larger and added the curtains that afford us the ability to have curtain calls and bring the community a real theater atmosphere.

The actors have also evolved under the close direction of Paul Starks. Our sets have become more realistic, thanks to Debby DuBrow, creating just the right ambience. The club has grown over the years to the point where we are now doing two plays a year in order to involve everyone. We don't charge for either production. Our main goal has never changed: it is to entertain the community with fun filled plays that bring laughter to our audience and create an evening of entertainment.

Meetings are on the last Tuesday of each month in the Marina Room at the Delta Club beginning at 7 p.m.

For more information, contact Debby DuBrow at (6706). We are proud to be the original V.I. P. Drama Club.

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 – 4 p.m. at the Delta Club. There are no dues or fees. For more information, contact Esther Young (2639).

Trilogy Art Guild for Artists

The winners of our show were displayed in the Monterey Gallery for five weeks this time. We had so many winners; we couldn't display them all at one time. Congratulations to those who won.

Our next display features paintings by Linda Fead and will hang till the middle of October. Our guest artist at this month's meeting was Ken Chew from Fairfield, who gave us an interesting presentation about his paintings. Our October guest will be Ellen Sachtschale, who will give a presentation on ceramics. Her website: <http://www.youtube.com/watch-v=3WgFN9sekBQ>.

The Shibori Shirt class begins in October for beginners and November for more advanced. If the interest in this class works out well, we will schedule more in the future.

Shibori is similar to tie-dye except we remove color from the shirt and put other colors in to design a one-of-a-kind shirt. For more information, contact Lori (6196).

Trilogy members interested in art are always welcome to attend our meetings on the first Monday of the month at 2 p.m. in the Marina room at the Delta Club. For more information, contact Alma (3064) or Pat (3510).

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Alzheimer's/Dementia Caregivers Support Group Meeting

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

RioVision Launches Community Outreach

RioVision has launched a website and Facebook page, and begun preparations for a major outreach push during the Bass Derby festival. The objective is to inform Rio Vista residents of the upcoming planning and design study being conducted by the Regional/Urban Design Assistance Team (R/UDAT).

The website (www.riovistavision.com) and Facebook (<https://www.facebook.com/riovistavision>) pages invite citizens to learn about this revitalization project for Rio Vista, and to provide their input. These sites each outline the mission for this not-for-profit group, which is chartered with developing a long-range vision for Rio Vista. The team asks that all citizens "like" the Facebook page and begin following the progress of RioVision. On the page, relevant historical documents are being posted to educate citizens, in addition to upcoming meetings and events. Participation at the committee level is also encouraged, as the success of these programs is directly correlated to citizen input.

As the team has moved into their second phase, the RioVision project has engaged the support of Edwin Okamura, a Rio Vista resident and former VP of Marketing and COO of a leading integrated marketing agency. Under his leadership, RioVision will increase outreach and education.

RioVision is seeking sponsors to assist with the expense of bringing this team of nationally recognized architects and urban planners to Rio Vista for five intensive work days. While RioVision and R/UDAT members are pro bono, sponsorships will help to defer costs associated with travel and outreach efforts. The R/UDAT study will result in detailed published plans, a presentation to the city, and may ultimately be incorporated into the city's General Plan Revision.

To participate, please email info@riovistavision.com.

Free Medical Supplies

The Rio Vista Lions Club has refurbished medical supplies available at no charge. Items include wheelchairs, walkers, canes, crutches, and more. Contact Lion Ron Jones (5875) or Lion Warren Oglove (34377).



TOPS

(Take Off Pounds Sensibly)

The Trilogy Chapter has set a good pace for reaching our goals. Get rid of those unwanted pounds, and get trimmed up for the upcoming holiday festivities. We are pleased to welcome new member Sandra Jardine to our group. Several of our members are planning to go to Larry's Produce Market at Fairfield on Oct. 11. We plan to take part in the Trilogy Open House on Oct. 14 and the WALKtober on Oct. 19. Our club meets at the Delta Club every Wed. at 8 a.m. Come on over and check out our program or call our leader Ella Brice at (1499) or Co-leader Pat Voelker at (5150) for more information. Have a great fall season, everyone!

Trilogy Jazz Band

The band is preparing for its participation in the Oct. 16 Trilogy Pop Fest concert, and we are looking forward to being part of this program showcasing Trilogy's musical groups. This event will surely be fun for everyone!



Full band rehearsals are held most Wednesday afternoons from 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 (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 (7567) or Marti Rogers (6859).

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Wine & Wags



You probably recognize Cortona Park for its exceptional assisted living solutions. But on October 19, the place is going to the dogs! Bring the whole family for a fun afternoon, featuring food, wine, music and treats, and explore the many resources available to pets and the people who love them. It's a great way to celebrate the reasons canine companions make life great!



Join the fun, and learn something along the way!
"Best Dressed Dog" Costume Contest | Co.Co. County Wine Company
Pet Food Express | H.A.L.O. Pet Rescue
Alert K-9 Training Center | Nanny Nancy | Big Al Caricature Artist
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Complimentary admission



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Trilogy Living


Fitness Class Schedule for October 2013

“New colors” Trilogy Fitness Punch Card Choices. All classes require one of **3** card choices either a green 30-punch for \$95, a blue 20-punch for \$65 or a yellow 10-punch for \$35.00. Each class requires one punch. Get your cards at the Member Services Desk. 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 Winners: **Beverly Hiatt & Sandy Angus**

October Fitness Orientations: Wednesday, Oct. 2, 6 p.m., Saturday, Oct. 12, 11 a.m., Saturday, Oct. 26, 11 a.m.

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

Key
Bold = New/Change
(B)eginning
(I)ntermediate
(A)dvanced

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|--|---|---|---|
| <div>Class Locations:</div> <div>(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</div> | 1 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 Qi Dance (B/I/A) (GX) Joele 11-12pm Arthritis Program (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly 3-4pm Advanced Aqua (B/I/A) (VP) Kathy | 2 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) 9:30-10:30am Wake-up and Move (B/I) (RV) Anna 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 (A)(GX) Prescy 12-1pm ZUMBA Line (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) Deanne | 3 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 Qi Dance (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 3-4pm Aqua Fit (B) (VP) Denise | 4 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 10:30-11:45am ZUMBA Power (B/I) (GX) Sophie 11:45-12:15pm Gentle ZUMBA (B/I) (GX) Sophie 12:15-12:45pm Fusion Stretch (B/I) (GX) Sophie | 5 8:30am-9:30am Step Aerobics (GX) Pat 11-12:15pm ZUMBA (B/I) (GX) Sophie/Prescy 12:15-12:45pm Pilates/Stretch (B/I) (GX) Sophie/Prescy |
| 7 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 -11:45am ZUMBA Power (B/I) (GX) Sophie 11:45-12:15pm Gentle ZUMBA (B/I) (GX) Sophie 12:15-12:45pm Fusion Stretch (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 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 Qi Dance (B/I/A) (GX) Joele 11-12pm Arthritis Program (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly 3-4pm Advanced Aqua (B/I/A) (VP) Kathy | 9 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) 9:30-10:30am Wake-up and Move (B/I) (RV) Anna 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 (A)(GX) Prescy 12-1pm ZUMBA Line (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) Deanne | 10 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 Qi Dance (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 3-4pm Aqua Fit (B) (VP) Denise | 11 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 10:30-11:45am ZUMBA Power (B/I) (GX) Sophie 11:45-12:15pm Gentle ZUMBA (B/I) (GX) Sophie 12:15-12:45pm Fusion Stretch (B/I) (GX) Sophie | 12 11-12:15pm ZUMBA (B/I) (GX) Sophie/Prescy 12:15-12:45pm Pilates/Stretch (B/I) (GX) Sophie/Prescy |
| 14 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 -11:45am ZUMBA Power (B/I) (GX) Sophie 11:45-12:15pm Gentle ZUMBA (B/I) (GX) Sophie 12:15-12:45pm Fusion Stretch (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) Deann | 15 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 Qi Dance (B/I/A) (GX) Joele 11-12pm Arthritis Program (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly 3-4pm Advanced Aqua (B/I/A) (VP) Kathy | 16 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) 9:30-10:30am Wake-up and Move (B/I) (RV) Anna 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 (A)(GX) Prescy 12-1pm ZUMBA Line (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) Deanne | 17 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 Qi Dance (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 3-4pm Aqua Fit (B) (VP) Denise | 18 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 10:30-11:45am ZUMBA Power (B/I) (GX) Sophie 11:45-12:15pm Gentle ZUMBA (B/I) (GX) Sophie 12:15-12:45pm Fusion Stretch (B/I) (GX) Sophie | 19 11-12:15pm ZUMBA (B/I) (GX) Sophie/Prescy 12:15-12:45pm Pilates/Stretch (B/I) (GX) Sophie/Prescy |
| 21 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 -11:45am ZUMBA Power (B/I) (GX) Sophie 11:45-12:15pm Gentle ZUMBA (B/I) (GX) Sophie 12:15-12:45pm Fusion Stretch (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 | 22 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 Qi Dance (B/I/A) (GX) Joele 11-12pm Arthritis Program (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly 3-4pm Advanced Aqua (B/I/A) (VP) Kathy | 23 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) 9:30-10:30am Wake-up and Move (B/I) (RV) Anna 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 (A)(GX) Prescy 12-1pm ZUMBA Line (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) Deanne | 24 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 Qi Dance (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 3-4pm Aqua Fit (B) (VP) Denise | 25 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 10:30-11:45am ZUMBA Power (B/I) (GX) Sophie 11:45-12:15pm Gentle ZUMBA (B/I) (GX) Sophie 12:15-12:45pm Fusion Stretch (B/I) (GX) Sophie | 26 11-12:15pm ZUMBA (B/I) (GX) Sophie/Prescy 12:15-12:45pm Pilates/Stretch (B/I) (GX) Sophie/Prescy |
| 28 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) (DP) 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) (DP) Denise 10-11am Meditation Breathing (B) (DB) Deanna 10:30 -11:45am ZUMBA Power (B/I) (GX) Sophie 11:45-12:15pm Gentle ZUMBA (B/I) (GX) Sophie 12:15-1pm Fusion Stretch (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 | 29 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 Qi Dance (B/I/A) (GX) Joele 11-12pm Arthritis Program (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly 3-4pm Advanced Aqua (B/I/A) (VP) Kathy | 30 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) 9:30-10:30am Wake-up and Move (B/I) (RV) Anna 9:30-10am Intro to Dance Aerobics (B/I/A) (GX) Joele 9:30-10:30am Aqua Fit (B) (DP) Denise 10-11am Jazz Dance (B/I/A) (GX) Joele 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) Deanne | 31 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 Qi Dance (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 3-4pm Aqua Fit (B) (VP) Denise |  | |

TrilogyLiving

October 2013 Club and Activity Calendar

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|---|---|
| | | 1 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) 5pm Tai Chi & Yuan Chi Dance – Adv (V) 6:30pm World Religions Study Group (V) 7pm Drama Club Rehearsal (D) | 2 8am Social Tennis 8am TOPS (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) 11am Saddle Rock Arch Com (V) 12:30pm Fat Quarters Quilting (D) 1pm Village Riviera Arch Com (D) 1:30pm Jazz Band (V) 2pm Bergren Art (D) 2pm Card Making Class (D) 3pm Village Oakmont RC Social Com (V) 4:30pm Table Tennis (D) 5:30pm Delta Harmony Rehearsal (V) 6:30pm Soul Line Dancing (D) 7pm Billiards Club Member Mtg (V) 7pm Delta Breeze Chorus (V) | 3 8am Social Tennis 8:30am Golf – Women's 18-Hole 9:30am Ceramics (D) 11am Triage Team (D) 12:15pm Ponytail Canasta (V) 1pm Good Samaritans (D) 2pm Genealogy Club (V) 5pm Tai Chi & Yuan Chi Dance (V) 5pm Table Tennis (D) 6:30pm Pinochle (V) 6:30pm Photography Club (V) 7pm Drama Club Rehearsal (V) 7pm Ballroom Dance – Beginning (V) 8pm Ballroom Dance – Advanced (V) | 4 8am Social Tennis 9am Model Club (V) 9am Village 1 Arch Com Mtg (V) 9:30am Walk & Talk (V) 10:30am Country Line Dance (D) 12pm Bridge (V) 12pm Adv Watercolor Painting (D) 12pm Tennis Club Brentwood Luncheon (D) 5pm VORC Potluck Social (D) 6:30pm Joy Luck Mah-Jongg (V) | 5 9am – 3pm Community Garage Sale 8am Motorcycle Club (Off-site) 9am Table Tennis (D) 9:30am Hiking Club (V) 7pm Poker Open Tournament (D) |
| 6 10am – 3pm Farmer's Market (D) | 7 8am Social Tennis 8:30am Woodcarving (D) 9:30am Walk & Talk (V) 12pm Open Painting (D) 12:30pm Rip, Stitch & Bitch (V) 1pm Mah Jongg (V) 2pm TAG Mtg (D) 3pm Guitar Club (V) 6pm Soul Line Dancing (V) 7pm Poker (D) | 8 8am Social Tennis 8:30am Radio Club (Off-Site) 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) 3:30pm Table Tennis (D) 5pm Billiards Club Tournament (V) 5pm Tai Chi & Yuan Chi Dance – Adv (V) 7pm Drama Club Rehearsal (V) 7pm Master Association Board Mtg. (V) | 9 8am Social Tennis 8am TOPS (D) 9am Olympic Village Arch Com (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) 10am Kare Bears – Village Oakmont (D) 10am Piano Club (V) 12:30pm Fat Quarters Quilters (D) 1:30pm Jazz Band (V) 2pm Bergren Art (D) 2pm Card Making Class (D) 4:30pm Table Tennis (D) 5:30pm Delta Harmony Rehearsal (V) 6:30pm Nature Club Gen Mtg (V) 6:30pm Soul Line Dancing (D) 7pm Delta Breeze Chorus (V) 7:30pm VORC Mtg (D) | 10 8am Social Tennis 8:30am Golf – Women's 18-Hole 9am Blood Pressure Check (D) 9:30am Ceramics (D) 10am Council for the Arts (V) 10:30am – 2:30pm AED/CPR/1st Aid (V) 12:15pm Ponytail Canasta (V) 1pm Good Samaritans (D) 2:45pm Disaster Preparedness (V) 4pm Golf – Sr. Men's Board Mtg (D) 5pm Table Tennis (D) 5pm Tai Chi & Yuan Chi Dance (V) 6:30pm Pinochle (V) 7pm Writers' Club (V) 7pm Computer Club (V) 7pm Drama Club Rehearsal (D) 7pm Ballroom Dance – Beginning (V) 8pm Ballroom Dance – Advanced (V) | 11 Bass Festival – Downtown RV 8am Social Tennis 9:30am Walk & Talk (V) 10:30am Country Line Dance (D) 12pm Bridge (V) 12pm Adv. Watercolor Painting (D) 7pm Bunco (D) | 12 Bass Festival – Downtown RV 9am Table Tennis (D) 9:30am Hiking Club Mtg (V) 2pm – 6pm Saddle Rock Annual Block Party (End of Three Rivers Way/Ct) |
| 13 Bass Festival – Downtown RV 7pm Dance Club Dance With Solid Gold (V) | 14 8am Social Tennis 8:30am Woodcarving (D) 9:30am Walk & Talk (V) 10am Kare Bears – Village Riviera (D) 12pm Open Painting (D) 12:15pm Duplicate Bridge (V) 12:30pm Rip, Stitch & Bitch (V) 1pm Mah Jongg (V) 3:30pm Village Oakmont Arch Com (D) 6pm Soul Line Dancing (V) 7pm Poker (D) | 15 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 Beginning 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) 5pm Tai Chi & Yuan Chi Dance – Adv (V) 7pm Drama Club Rehearsal (V) | 16 8am Social Tennis 8am TOPS (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Computer Class: MS Word, Beg. (V) 10am Stained Glass (D) 11am Saddle Rock Arch Com (V) 12:30pm Fat Quarters Quilting (D) 1pm Village Riviera Arch Com (D) 1:30pm Jazz Band (V) 2pm Bergren Art (D) 2pm Card Making Class (D) 4:30pm Table Tennis (D) 5:30pm Delta Harmony Rehearsal (V) 6:30pm Saddle Rock Village Board Mtg (D) 7pm Saddle Rock Village RC Mtg (D) 7pm Olympic Village RC Mtg (V) 7pm Soul Line Dancing (D) 7pm Trilogy Pop Fest (V) | 17 8am Social Tennis 8:30am Golf – Women's 18-Hole 9:30am Ceramics (D) 10am Computer Class – MS Word, Beginning (V) 11am Triage Team (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 & Yuan Chi Dance (V) 6:30pm Pinochle (V) 7pm Village Riviera RC Mtg (V) 7pm Drama Club Rehearsal (V) 7pm Ballroom Dance – Beginning (V) 8pm Ballroom Dance – Advanced (V) | 18 8am Social Tennis 9am Village 1 Arch Com Mtg (V) 9:30am Walk & Talk (V) 10:30am Country Line Dance (D) 12pm Bridge (V) 12pm Adv Watercolor Painting (D) 6:30pm Joy Luck Mah-Jongg (V) 7pm Whist Club (D) 7pm Comedy Night – Grant Lyon (V) | 19 7:15am – 11am Walktober (V) 9:30am Hiking Club Mtg (V) 9am Table Tennis In-House Tournament (D) 11am – 2pm Pooch Party (Vista Patio) 6pm SLD – Midnight Band (V) 7pm Poker Club (D) |
| 20 10am – 3pm Farmers Market (D) | 21 8am Social Tennis 8:30am Woodcarving (D) 9:30am Walk & Talk (V) 10am Council of Village Presidents (D) 10am Combined Villages Arch Mtg (V) 12pm Open Painting (D) 12:30pm Rip, Stitch & Bitch (V) 1pm Mah Jongg (V) 3pm Guitar Club (V) 6pm Soul Line Dancing (D) 7pm Poker (D) 7pm Fishing Club (D) 7pm MOTN Auditions (V) | 22 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) 12:15pm Hand & Foot Canasta (V) 1:30pm Dog Club (D) 3:30pm Table Tennis (D) 5pm Billiards Club Tournament (V) 5pm Tai Chi & Yuan Chi Dance – Adv (V) 7pm Drama Club Rehearsal (V) | 23 8am Social Tennis 8am TOPS (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) 10am Olympic Village Arch Com (D) 12:30pm Fat Quarters Quilting (D) 1:30pm Jazz Band (V) 2pm Bergren Art (D) 2pm Card Making Class (D) 4:30pm Table Tennis (D) 5:30pm Delta Harmony Rehearsal (V) 6:30pm Soul Line Dancing (D) 7pm Delta Breeze Chorus (V) | 24 8am Social Tennis 8:30am Golf – Women's 18-Hole 9:30am Ceramics (D) 12:15pm Ponytail Canasta (V) 1pm Good Samaritans (D) 5pm Table Tennis (D) 5pm Tai Chi & Yuan Chi Dance (V) 6:30pm Pinochle (V) 7pm Drama Club Rehearsal (V) 7pm Theater Group (V) 7pm Ballroom Dance – Beginning (V) 8pm Ballroom Dance – Advanced (V) | 25 8am Social Tennis 9:30am Walk & Talk (V) 9:30am Tennis Club Mtg. (D) 10:30am Country Line Dance (D) 12pm Bridge (V) 12pm Adv Watercolor Painting (D) 7pm Bingo (D) | 26 9am – 5pm Shibori Shirt Class (D) 9:30am Hiking Club (V) 10am Bocce Club General Membership Mtg (D) 1:30pm – 9pm Table Tennis (D) 6pm Village Riviera Wine Event (V) |
| 27 9am – 5pm Shibori Shirt Class (D) 2 – 4pm Family Halloween Party (D) | 28 8am Social Tennis 8:30am Woodcarving (D) 9:30am Walk & Talk (V) 12pm – 5pm Shibori Shirt Class (D) 12pm Open Painting (D) 12:30pm Rip, Stitch & Bitch (V) 1pm Mah Jongg (V) 3:30pm Village Oakmont Arch Com (D) 6pm Soul Line Dancing (D) 7pm Poker (D) | 29 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 – 4pm AARP Drivers Safety Course (Part 1) (V) 12pm Beginning Watercolor Painting (D) 12:15pm Hand & Foot Canasta (V) 3:30pm Table Tennis (D) 5pm Billiards Club Tournament (V) 5pm Tai Chi & Yuan Chi Dance – Adv (V) 7pm Drama Club Membership Mtg (D) 7pm Drama Club Rehearsal (V) | 30 8am Social Tennis 8am TOPS (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) 12:30pm Fat Quarters Quilting (D) 1:30pm Jazz Band (V) 2pm Bergren Art (D) 2pm Card Making Class (D) 4:30pm Table Tennis (D) 5:30pm Delta Harmony Rehearsal (V) 6:30pm Soul Line Dancing (D) 7pm Delta Breeze Chorus (V) | 31 Happy Halloween! 8am Social Tennis 8:30am Golf – Women's 18-Hole 9:30am Ceramics (D) 12pm – 4pm AARP Drivers Safety Course (Part 2) (V) 12:15pm Ponytail Canasta (V) 1pm Adult Committee Mtg (D) 1pm Good Samaritans (D) 5pm Table Tennis (D) 5pm Tai Chi & Yuan Chi Dance (V) 6:30pm Pinochle (V) 7pm Drama Club Rehearsal (V) 7pm Ballroom Dance – Beginning (V) 8pm Ballroom Dance – Advanced (V) | | |


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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

Our next meeting is Dec. 10, 2013 at 1pm. at the Delta Club. Fundraising will be on the agenda. Come join us and bring your ideas. For more information, contact Mackie at (5837).

Village Oakmont

The Oakmont Kare Bears have been busily sorting, pricing, and organizing lots of goodies in preparation for their biggest fundraiser of the year, their Oct. 5 Garage Sale. The sale will run from 10 a.m. to 4 p.m. at 249 Cedar Ridge Road. Items for the sale may be dropped off at this address on Friday, Oct. 4, from 10 a.m. to 4 p.m. It would be really helpful if all items are priced before dropping them off. If you are unable to bring your items, you may contact Kathy Russo at (2969) or Marti Rogers at (6859), and they will have someone come and pick them up. Come by on Saturday and say hello, and you just may find that "special treasure."

Save The Date:

The Oakmont Kare Bears will sponsor an informational meeting on Thursday, Nov. 7, from 1 to 2 p.m, dealing with topics regarding senior health and safety. It will be held at the Delta Club in the Rio Vista Room. Kathy Russo will give a presentation on the Medic Alert system, and other topics will be announced at a later date. For more information, call Kathy Russo or Marti Rogers at the above numbers.

The next meeting of the Oakmont Kare Bears is Wednesday, Oct. 9, at 10:30 a.m. at the Delta Club. Come early and enjoy coffee, tea, and goodies and share your ideas.

Village Riviera

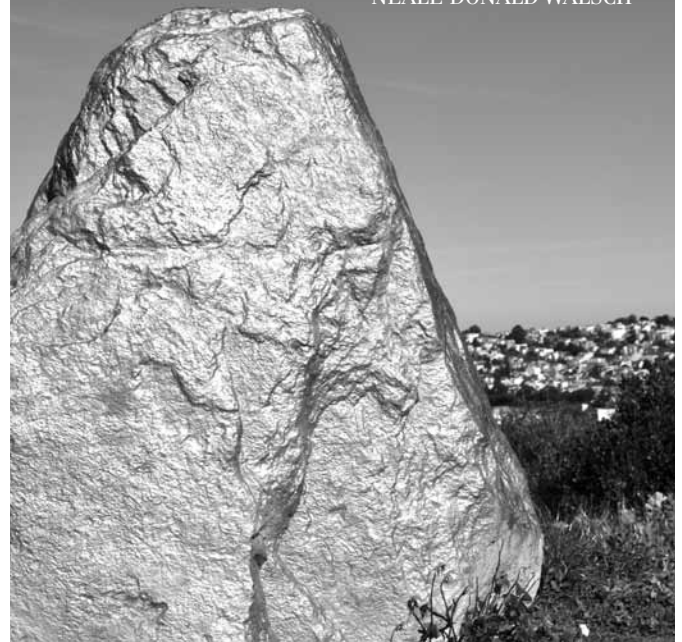
Keeping with an ancient tradition, we have traversed the summer equinox and been graced with the arrival of our fair weather friend autumn. Literally, fair weather due to the pleasant warm days and cool nights, but also because we know that autumn will leave us upon the arrival of winter. Unlike the emotional indifference displayed by the seasons, the Kare Bears will be there to care no matter the time of the year. Illness and misfortune are active during all seasons, and they rarely take vacations. Would you like a positive outlet for your caring concerns for friends and neighbors? Look no further, and take the opportunity to attend the next Riviera Kare Bear Gathering. This meeting will take place at 10 a.m. on Monday, Oct. 14 in the Delta Club. Early arrival will allow time for socializing and enjoying fine food. The agenda includes solicitation of nominations for officers. In order to further your Kare Bear knowledge, contact Myra at (3660) or Valerie at (6942)

*"Good things await you
on the other side of this ridge.*

This is a hill you can climb.

Just put one foot in front of the other."

— NEALE DONALD WALSCH





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Billiards Club

The next Billiards Club meeting is on Wednesday, Oct. 2, at 7 p.m. in the Monterey Room of the Vista Club. Tuesday Evening's tournament start times are at 5 p.m. The first and third Tuesdays the format is 8-ball round robin with no handicaps for B players. The second Tuesday of the month the format is handicap 9-ball with a round robin format. In order to get a win a player must beat his opponent in two out of three games. The club has again made a list of B players, and for that Tuesday evening the B players will receive a one-game handicap while playing an A player. The B player only needs one win in three games while competing against an A player.

The format for the fourth Tuesday is 8-Ball and the club will split the tournament into A & B players. There will be a first and second place winner in each group.

The fifth Tuesday is 9-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:

August 6, 8-Ball

- 1st Al Bergoust
- 2nd Bob Powell
- 3rd Oscar Grissom

August 20, 8-Ball

- 1st Mike Quihuiz
- 2nd Geno Toscano
- 3rd Al Bergoust

August 27, 8-Ball A & B

A Division

- 1st Al Bergoust
- 2nd Mike Quihuiz

August 13, Handicap 9-Ball

- 1st Diego Cassone
- 2nd Bob Powell
- 3rd Jack Clark

B Division

- 1st Chuck LaBue
- 2nd Diego Cassone

For more information regarding the Billiards Club, please contact Oscar Grissom at crpntrboy@aol.com.

Bingo Club

Fall into fun with the bingo club! Special games are brewing on the fourth Friday of the month, Oct. 25, 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. For more information, call Irene (6999).

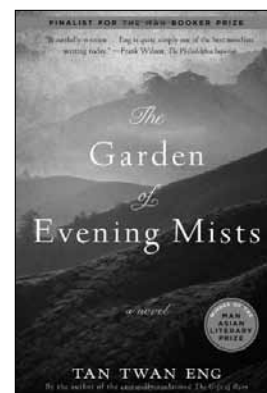
Bocce Club

The Night Bocce League (NBL) ended its league season with the top six teams (Paisanos, Chili Peppers, Bada Bings, Jack Rabbits, High Rollers and Run A-ways) playing in a three-round championship play-off. The Chili Peppers were crowned the NBL champions with a 2-1 winning match over the Paisanos. The Chili Peppers were recognized as the Champs at the club's end-of-season banquet, which was held at the Vista Club on Sept. 15.

Looking ahead to next year, mark your calendar for the Oct. 26 membership meeting at 10 a.m. in the Delta Club. We will review the 2013 season and start planning for the 2014 season. Come and give your input, suggestions and ideas. This is your club, make it work for you. The Winter Bocce Federation (WBF) began play on Tuesday, Sept. 24 and will end its season on Tuesday, Nov. 26 with a Bring-Your-Own-Team-Stuff (BYOTS) social at the Delta Club. Remember to roll often, throw straight and have fun, that's what it's all about. For more information, contact Joe Downes at Joe Downes (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 Oct. 8. The book selection is *The Garden of Evening Mists* by Tan Twan Eng. November's book selection is *Wild* by Cheryl Strayed. There is no requirement to have read the selected book. Everyone is welcome to join. For more information, contact Adrienne (5576).



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, Oct. 14, 2013. 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 (6136).



August's winners: 1st - Sue Vogtlin and Lois Brusen; 2nd - Run Wan and Betty Magnoli; 3rd - John Fashing and John Shick

Bridge - Friday

The Friday Bridge Club meets weekly in Vista's Sonoma Room. Play starts at 12:15 p.m. This Club is open to all bridge playing Trilogy residents. Newcomers welcome. Call Lynn (3310) for more info.

Computer Club

The next meeting of the Trilogy Computer Club is Thursday, Oct. 10 at 7 p.m. at the Learning Center. One of our favorite speakers, Art Combs of Internet Frontier, is our guest and he will talk about online privacy. You will be shocked to learn about the PRISM surveillance program, Smart Meter, and Fast Track. This is a current hot topic so don't miss this program.

If you wish to become a member of the club, visit www.tccrv.org to complete and print a copy of the application and give it to any of the directors with the annual dues of \$12. You may also sign up at any meeting. The website also offers the latest information on many computer related subjects, meetings, and other interesting items. We welcome all levels of expertise, from those thinking of getting a computer to those who have spent years working with computers and related software. For more information, contact Lynne Hansen (4060).

Dog Club

Our mission is to maintain a lost & found dog network, provide social opportunities for dog owners and their pets, and facilitate the building of an enclosed dog park within Trilogy Rio Vista.



The dog club has been very busy over the last couple of years creating plans and activities to live up to our mission statement. We are very proud of the fact that we have created and maintained a very successful lost and found dog network. Shea has announced that they will be building a dog park within Trilogy Rio Vista sometime within the next couple of years. Most of our focus, as of late, is on socialization of our dogs. We have purchased portable fencing in order to create our own temporary and occasional dog park setting. We have had several of these events over the spring and summer. More events will be announced to our members over the next several months. These events are reserved for members' dogs only.

Along with our doggie playtime events, we have had several fundraising events as well as informal parties for mem-

bers and their dogs. Our next big event is our annual Pooch Party, which will be held on Oct. 19 from 11 a.m. - 2 p.m. on the Vista patio. Please note that this date has changed from the originally published information. We also have a Santa Paws event scheduled for Christmastime.

If you have a dog, and have not yet joined our club, we would love to have you do so. You can visit our web site at www.trilogydoggclub.org for an application. You can also find more information about our club and upcoming events on this site. If you don't have internet access and would like to join our club, please call Karen Bereta (3505) or Rose Romano (3549). Our next membership meeting is Oct. 22 at 1:30 p.m. at the Delta Club. We'd love to have you join us.

Fishing Club

Our next meeting is Monday, Oct. 21 at 7 p.m. in the Marina Room at the Delta Club. We are planning for and signing up for our Holiday Brunch. We will show the video of our participation at the kids fish pond at the Rio Vista Bass Derby. Thanks to all of you for your help at the Delta Seminar last month. Thanks to all of you who have signed up to help at the kids fish pond and weigh station at the Rio Vista Bass Derby.

We have a lot to discuss and I hope you can attend the meeting. We will have our 50/50 drawing and refreshments. Everyone is welcome to join our fishing club. We have great events throughout the year. For more information, call Al Silva at (3791).

Genealogy Club

Family History Day at the California State Archives is here again. Have you ever wondered how to research your family tree? Wonder where to start? Well, mark your calendars for Saturday, Oct. 12. This is a day devoted to learning the basics of genealogical research from the experts. You'll find short classes (free) on a variety of subjects: beginning genealogy, what's available at local institutions, computer software and demonstrations, preservation techniques and lots more. The California State Archives are open and available for tours. The Sacramento Genealogy Society will be available for questions and their research library, "Root Cellar" will be open for your convenience. Representatives from various research groups, D.A.R., U.S. Gen Web, Roots Web and many others will be on site and ready to help. Parking is free behind the building. Location: 1020 "O" St., Sacramento.....See You There!

This month's tip: We have a great number of Irish descendants in our classes that have difficulties researching their ancestors Immigration Records. Most researchers will au-



tomatically think of Ellis Island when someone mentions their immigrant ancestors. The first Immigration location was Castle Garden in New York/New Jersey. Take a look at their site: Castlegarden.org.

The Genealogy Club and Workshop are open to all residents of Trilogy. The 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 Genealogy Workshop is held the third Thursday of each month at 2 p.m. in the Vista Club computer room. For more information, contact Carolyn Bridges at wncbridges@comcast.net.

Good Samaritans



"Love is kind"

We are now approaching the holiday months. What a wonderful time of the year! During the month of October, we are accepting

donations of turkey, canned goods, or any food item to bless the less fortunate with a Thanksgiving food bag in Rio Vista.

One of our greatest food giveaways for Thanksgiving took place on Main St. in downtown Rio Vista. The Good Samaritan volunteers organized a successful outreach ministry. The food bags were prepared with love for families to enjoy a grateful Thanksgiving meal. Our dream was to see families feasting at the dinner table on Thanksgiving Day, sharing love and Thanksgiving. Our message to the families was according to Psalm 107:8-9.

We are also preparing for the Christmas season. Our goal is to reach the local care homes in Rio Vista. The end of November, we plan to put up a Christmas tree for others to participate in the gift of giving. The past few years we were able to bless the Care Home residents with clothing items such as robes, pajamas, slippers, stuffed animals and blankets. If you are able and would like to participate, bring your unwrapped gift to our Thursday meeting at 1 pm. at the Delta Club/Marina Room.

The Good Samaritans believe from the Word of God in 1 Cor. 13:3. The group meets every Thursday at 1 pm. at the Delta Club/Marina Room.

Scripture of the Month: 1 Cor. 13

Hispanic Club



Hola con todos! By the time you read this, several decisions will have been made regarding the future of this club. As you may know, Ricky Martinez, president of the club, resigned his position and he and his wife Lily, moved to Sonora. So please, if you have not already "thrown your hat in

the ring" consider doing so by contacting any of the remaining board members listed at the bottom.

Please consider your commitment to participate and let us work together to have a vibrant, fun club. Also, check the MyTrilogyLife.com website, under "clubs" for updated information.

(President) VACANT

Ada Parrales Stack (vice-President) (3406)
email: Chana1447@frontier.com

Cecilia Reyes Spiritosanto, (Member At Large) (1484)
email: ceciliareyes77@gmail.com

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

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

Mah Jongg

We meet every Monday except the second Monday of the month at 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. Come join us. Call Molly Martinez (3417) for more information.

Men's Executive Nine

For two weeks in August, our club members played for Club Championship honors. The winner of the high handicap flight was a tie between Bob Brainerd and Alex Winkler, who both shot a net 71. Alex prevailed in the card-off and was declared Champion for that flight. The mid-handicap winner was Al Sbranti who posted a net 68. The low handicap flight winner was Harold Rowe, who shot a net 65. Congratulations to our winners who will be honored at our annual banquet. We also played a shamle tournament, which was won by the team of Roger Carriere, Bob Jeanmard, Bob Frable and Joe Lopez.

Upcoming October tournaments include a four-man two best ball shamle on Oct. 8 and a two man team switch tournament to be held on Oct. 12.



The Second Annual Installation and Awards banquet is Oct. 12 after the tournament. Please attend even if you are not playing the tournament. Starting time is 2 pm. The club officers for 2014 will be formally installed and various awards will be presented.

We held our annual election of officers in September. The following elected officers will serve in their positions for the calendar year 2014:

President: Ron Kott

Vice President: Al Shaver

Treasurer: John Phifer

Membership: Dick Talbot

Handicap: Metz

Secretary: Byron Lockhart

Tournament: Jim McDermott

We currently have 104 members and play every Tuesday. We are always seeking new members. Golf experience is not a prerequisite. If you are interested in becoming a new member, pick up an application form in the posting room or contact membership chairman Dick Talbot at (225-0077).

Motorcycle Club



The Trilogy Motorcycle Club riders meet the first Saturday of every month for an all-day ride. The Sept. 7 ride began with 11 bikes and 12 riders. We had a nice cool morn-

ing but expected 100+ degrees by mid afternoon; we weren't disappointed! We followed an often traveled route to Lake Berryessa and took a stretch break at Turtle Rock as well as snacked on their world famous egg rolls. From there, our destination was Clear Lake but with an added adventure on Berryessa Knoxville Road of twists, turns, pot holes, a single lane road, water overflow causeways, deer hunters, field dressing a nice buck, off camber turns, and the beat goes on! It was an interesting 20 miles of back country pavement and probably the gnarliest road we have ridden. It's probably the last of its kind!

Everyone was ready for tri-tip sandwiches in Calistoga and Busters gets a bit of free advertising in our photo opportunity. For those that like a splash of heat with their meat, a rich tasty hot sauce is the ticket; it's got a nice slow burn. We headed down Silverado Trail for the return

trip and noticed the afternoon sun getting substantially warmer. Upon reaching Napa, we detoured up into the hills again on Monticello Road and then Wooden Valley into Fairfield. A refreshing stop at Starbucks in Suisun with iced coffee drinks completed a nice riding day; we covered some 220 miles and enjoyed quite a range of scenery and riding challenges.

We invite the other motorcycle riders in Trilogy to join us on any of the monthly rides. The next ride meets at McDonald's in Rio Vista at 8 a.m. Oct. 5. The destination TBD based on weather. For more information, contact Bob Pastorino at (6556) or Larry Nelson (2967).

Movers & Shakers

This is a support group for 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 (7506)

Nature Club



Dragonfly

We have all seen these interesting insects flying high and low as we walk about our community. Is it a dragonfly or a damselfly? How can we tell the difference? Hints for a quick identification:

Size/Body: the dragonfly is usually much larger (one to four inches in length) and stockier in build than the more slender damselfly (one to two inches). Both have minute antennae.

Wings/Resting Position: at rest, dragonflies hold their wings outstretched horizontally while the damselfly's hinged wings are held closed and above the body. In addition, the two sets of the damselfly wings are usually about the same size whereas the two pair of wings of the dragonfly are of unequal size.

Eyes: cold weather curtails hunting activity in dragonflies whereas the less temperature sensitive damselfly can occasionally be seen hunting during cold spells. The broadly rounded dragonfly eyes lie mostly flat against the head and touch or almost touch one another. The damselfly eyes are separated, mostly spherical and protrude from the sides of the head.

Hunting Habits: both the damselfly and dragonfly capture their prey in their hind legs located on the thorax near the head. They have a set of prehensile "lips" located underneath their head. These can be extended forward much faster than most prey can react making their bite fatal. Favorite delicacies of both insects are mosqui-



toes, hoppers, flies, gnats and other small insects. Dragonflies also consume mayflies, bees, wasps, butterflies and smaller dragonflies. Some dragonflies are known to pluck spiders from their webs and eat them.



Damselfly

A dragonfly can consume its own weight in insects in approximately 30 minutes.

Damselflies tend to be much less sensitive to pollution than are dragonflies. Dragonflies with their stronger wing muscles can travel long distances and may migrate to other locations.

Some local names for dragonflies from around the country are hawkler, darter, chaser, and skimmer. Damselflies are also known as the Demoiselle.

Nature Club meets Wed, Oct. 9, 6:30 p.m. Monterey Room, Vista Club to discuss fall bird migration, future outings, and the Lodi Crane Festival.

Recipe Club

The theme for our Oct. 8 noon meeting is "soup." The chefs are Wendy Adair, Tess Felte, Kathy Nakashima, Sandy Price, and Peg Walker. Pat Voelker is the coffee hostess.

The Recipe Club welcomes all Trilogy residents. If you enjoy cooking and sharing recipes, please feel free to join us. We meet the second Tuesday of each month at the Delta Club. For more information, contact Patty LaFleur (3159).

To get a nice brown crust when searing meat, do the following:

Heat a heavy skillet or Dutch oven over low heat for a few minutes before adding fat. Meanwhile, pat the meat dry with paper towels, then season with salt and pepper. (Don't season too far ahead—salt draws out moisture.) Turn up the heat and add a thin coat of oil to the pan. Place the meat in the pan one piece at a time, leaving space around each piece. (If there's not enough room, sear in batches.) Resist the urge to turn the meat until it releases easily from the pan.



Religions of the World Club



We are a group of people 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 and Sikhism through overviews of those religions and about the history of religious practices in Russia, the USSR, Latvia, and Estonia. For the Oct. 1 meeting we present an overview of two religions that began in the 5th century BC in India: Buddhism and Jainism, a religion little-known in the West. This is not a forum for recruiting members to a belief system, and all Trilogy residents of any belief system are welcome. For more information, contact Don Cooper (510) 909-5049 or Barb Bellamy (303) 898-9279.

Rio Vista Roamers RV Club

Pioneer RV Park in Quincy was our trip for September. Sharon and Mel Schatz were our hosts and we thank them. This trip was for up to five nights because it is much farther away than normal and is the yearly outing we have with the Brentwood club. We will have more to share with you next month.

We are going to Sugar Barge October 14 - 17 with Wilma and Ken Powell (4034). They will need the first night deposit of \$33.50 by Oct. 1. It is usually so pleasant on the Delta in October and time to wind down with friends.

To end out our year Ken and Wilma (4034) are hosting a holiday potluck on November 13 at the Delta Club.

They will bring the turkey, dressing, and gravy. Everyone else will provide the rest of the fixins'. All present, past, and future (those who would like to check us out) are encouraged to attend. Dinner will be at 5:30 p.m. and clean up done by 9 p.m. They will need a headcount by Nov. 10 so it will be set up to accommodate all. Dec. 8 is a champagne holiday brunch at the Lone Tree Golf Course. Rich and Pat May (3649) are your hosts and will need your \$25 per person by Nov. 20. This is a fabulous brunch and all present, past and futures are again invited.





Would you like to join us? All of our outings welcome potential new members, retired members, and the rest of our club. We are a fun group and welcome all of Trilogy. Check out our website at [//home.comcast.net/~biskit3/rvroamers](http://home.comcast.net/~biskit3/rvroamers) for the latest trip information. Call the member hosting that outing, or call Sandra Santos (3538). All of us will be more than happy to answer any questions.

Senior Men's Golf Club

Roy McAvoy: "Keep shooting pars, a.....!"

Dave Simms: "I'll take 18 of 'em, all day long!"

Roy McAvoy: "Do it and I'll own you."

— "Tin Cup", Warner Bros., 1996.

July slowly bled into August and the annual Match Play Championships drew to a close. (See photo.) 'Mano-a-mano' always produces high drama and tension that tests the nerves of the contestants; four matches must be won to become a champion. This year's tournament action saw,



I to r, Gary Larski, Stan Lacey, John Maddox and Wayne Jones. Photo by Jim Nash.

among other amazing things: a gross eagle on an opening hole in the fourth flight (fourth flight? What the...?); a second flight dormie match won on the 19th hole with a birdie; and a very impressive first

flight run through a gantlet of the club's best players. All these winners are entitled to bragging rights for the next 12 months. This may be hard for a Dave Simms, but sometimes you just have to consume a bit of crow. "A touch of humility, a better person makes." (Anon.) Hmm. Sounds like Yoda, but I can't be certain. If he didn't say it, he should have.

Thirty-two of us made a late-month return to Mare Island, where we were greeted by perfect weather, smooth and slick greens that at times mystified us, and an NCGA qualifier on the clock right in front of us. No one achieved immortality by acing the formidable par three on the 8th, but there's always next time. If you haven't played this course, you should give it a try. Bring bottled water or a full wallet. (\$2.75). A reported hard-earned Nassau win didn't bring in that much.

September featured a hosting of Oakmont, Napa, and Moraga. Hopefully they saw a well-maintained course and enjoyed good food. We want to be recognized as a solid member of the regional club, worthy of Home & Home arrangements.

Our newest member is Lars Ortenblad. Seek him out and welcome him. Our regular membership meeting is on the

third Thursday at 4 p.m. at the Delta Club. For more information, contact our Membership Director Ray Ulmonen at (4070) or rayauu@gmail.com.

Stroke, Head & Brain Injury Club

We at Stroke Club support those who have had or are living with someone who has been affected by stroke or brain injury. We also assist those suffering from dementia. 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 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 in nearby communities so that we can have fun together. 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 Cheryl Bellrose (6619). We encourage caregivers and families to join.

We usually meet on the first Tuesday of each month from 2 - 4 p.m. at the Vista Club in the Monterey Room unless there is a holiday. Our next meeting is Tuesday, Oct. 1.

Supper Club

Supper Club meets every other month from February through October in each residents' 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 to 10). We are not limited to a formal dinner menu. We may also host 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 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.

October is the last month for meeting in 2013. If you are interested in participating in February 2014, contact Cheryl Bellrose (6619) after the New Year. Looking forward to hearing from you.



Table Tennis Club



Thanks to Ruth Barnes for filling the vacancy in the office of Vice-President. She will fill the post through the end of this year and hopefully vie for the position during the upcoming elections. Thanks, also to Abaan AbuShumays and Richard Las-

well for volunteering to form a nominating committee for other available offices.

The November issue of this magazine will offer some details regarding the September 14 Trilogy's activities and club event held at the Vista Club. Kim Russell prepared a video that will run continuously. The club is giving FREE memberships through the end of the year. So, all of you out there, who have not played this game since you were kids, come and play without commitment. Days and hours of play are on the website but also in the master calendar that comes in the *Trilogy Living* Magazine. The other item is the International Potluck that, at the writing of this article, was still on the calendar. The date for this event was Saturday, Sept. 28.

Get ready to participate in the following activities:

October

- Oct. 26 (note date change), fourth in-house tournament featuring Sadie Hawkins Doubles. Ladies start asking the "guys" to play, and avoid your spouses, at least for this event!
- Tournament with The Villages in San Jose, date and time to be determined.

November

- Thursday, Nov. 14, 4 p.m. General Meeting and Election of Officers for the 2014 year. Please plan to attend.

December

- Saturday Dec. 14 Holiday Dinner at the Delta Club 5 p.m. – 9 p.m.

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 in the MyTrilogyLife.com under clubs. Contacts: Larry Mork, President (3389); Ruth Barnes, Vice-President ((4395); Vicky Riddle, Treasurer (3684); Kim Russell, Secretary (2046); Tournament Director: Michael Mahrous (3216), Tom Barnes, At Large (4395).

Tennis Club

The tree leaves are starting to turn orange. That means fall and cooler weather will soon be upon us. The nice thing about fall is that the temperatures are cooler and the wind is normally not as active as it has been this summer. It's also a good time to start playing again if you have been away from the game for several years or are just going to try something new for the first time. Over the past few months, we have added 11 new members to our club. There is still plenty of room for you, so don't be left out.

Our Summer Evening Tennis and Eats has been a big success and we will be sure to start it earlier next year. What could be better than good tennis, good food, and great people to share it with? We only have one more evening match on Tuesday, Oct. 22.

Our last competitive tennis match will be against Brentwood at our courts on Friday, Oct. 4. If you missed the Tennis U.S. Open in September, you still have a chance to see some good tennis in the Brentwood vs. Trilogy Tournament right here in your own backyard.

Thanks to all of you who continue to recycle your plastic bottles at our recycle location on court #2. For more information about the Tennis Club, contact Wally Beckman at beckmanwally@hotmail.com.

Whist Club

Whist is a classic card game that was played widely in the 18th and 19th centuries and continues to be very popular today. There are many varieties of the game and numerous tournaments held throughout the world to challenge one's skill of the game.

The rules can be found in Hoyle's Rules for card games. We currently have varying degrees of skill levels and welcome everyone who is interested to join us on our scheduled nights.

The club gathers once a month, usually on the third Friday at 7 p.m. at the Delta Club. 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. Contact Madalene Turner (3361) or Jean Robertson (0086) for more information.

Women's 9-Holers

Fall has arrived, cooler days and less wind! What else could we ask for? Maybe a few pars for all of us? Our fall tee time is 8:30 am.

August 6 - Low putts Denise Sargent Natour--- with 16. Congratulations! Chip-in Jan Benner, and Marnie Doody.



Pars: Eileen Love #13 and #15.

August 13 - Pars: Gay Fortier, Fran Silva, Nancy Griffin on # 5. Charm Winner, Gay with a score of 65!

August 20 - Pars: Denise Sargent-Natour # 14, Diane Scholz #13, Fran Silva #16, Jan Benner #13 and Anna Bogucki #12.

August 27 - Pars: Elaine Love #5 and #9, Jan Benner #5, Ruth Almgren #9, Suzi Masterson #8, and Fran Silva #8.

Congratulations to all of our players! Special congratulations to our tournament of champions winners: Fran Silva is the Low Net Winner and Anna Bogucki is the winner for Low Gross and Club Champion!

For more information, call Rowena Jefferson, Membership Chairperson at (1482).

Women's 18-Holers

The Women's 18-Hole Golf Club welcomes two new members: Loretta Ortenblad and Elaine Love. Loretta has been playing golf for about 14 years and has also played with a couple of Bay Area clubs. Elaine also belongs to the 9-Hole Women's Club and has been playing golf for about two years. We now have 53 members. At the time of this article, we were gearing up for our Club Championship, which took place Sept. 26 and 27. There is one low gross and one low net in each flight and one overall low gross winner.

The August winners were:

August 1 - Low putt winners and the lowest net score winner gets a charm. Flight A: first Debby Carroll, second Linda Siatt, third Linda Barlesi. Flight B: first Doris Sundly, second Pat Kistler, third Diana Staley. Flight C: first Marilyn Rogers, second Pam Rameriz and Carol Petronzio tied. The Charm Winner was Marsha Berry.

August 8 - Low Net Tournament. Flight A: first Lucille Rhodes, second Marsha Berry, third Cindy Brown, Debby Carroll. Flight B: first Alma Renko, second Maureen Gingrass, third Pat Kistler. Flight C: Suzi Masterson, second Pam Ramirez and Joanne Smith.

August 15 - Only the holes starting with T and F counted using half of our handicap. Flight A: first Linda Siatt, second Lucille Rhodes and Ulla Ulmonen tied. Flight B: first Donna Nunes, Roni Teixeira, second Alma Renko, Maureen Gingrass. Flight C: first Pat Kistler, second Suzi Masterson, third Carol Petronzio.

August 22 - The Women's 18-Holers invited the Senior Men's Golf Club members for a day of golf and lunch. We played a scramble and everybody had a fun day.

August 29 - The Women's 18-Holers invited the 9-Hole Women's Club for a day of "Just Fun Golf." There were no winners or losers. Most players stayed for lunch and laughs.

If you are interested in joining our golf club, we meet at the Nines Restaurant every Thursday at 8 a.m. You may also call Marilyn Rogers at (5746).



Writers' Club

In many places, turning the calendar to October signals a change in the weather. Leaves turn from one glorious color to another before gently floating from the tree. At Trilogy, we find ourselves

in the autumn of our lives with many fond memories of our spring and summer years.

This month's optional topic is: what we intend to write as our legacy or our dream book. Some have already started to write this. Many intend to do it someday. Others aren't sure how to start. Come to our next meeting to share and/or glean inspiring ideas. We'll meet at 7 p.m. on Thursday, Oct. 10 in the Monterey Room of the Vista Club.

Some members have expressed an interest in receiving constructive feedback from their peers. A portion of our meeting will be devoted to formulating criteria for critiquing our writing. This will be voluntary, and hopefully, helpful and encouraging. Bring your questions and suggestions.

This is a safe, caring group of poets, essayists, lyricists, novelists, storytellers, and mystery and fantasy writers, who meet monthly to share and encourage others. Do you write, or do you want to write? You're invited to join us. For further information, contact Zoe (3676) or Suzi (925) 231-5213.

**"Sports do not build character.
They reveal it."**

— Heywood Broun

Changes to Olympic Village Rules and Regulations

At their September 12, 2013 meeting, the Trilogy at Rio Vista Olympic Village Association Board of Directors approved a 1st Reading of additions/changes/amendments to the Olympic Village Rules and Regulations. A 2nd Reading for final adoption will be on the November 14 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.

The amendments are intended to give the Board more flexibility to apply lesser fines or greater fines, depending on the case.

~~Strikeouts~~ indicate deletions. **Highlights** indicate additions.

Olympic Village

MONETARY PENALTY SCHEDULE

1. Fine amounts, not exceeding the schedule shown, shall be imposed as a Reimbursement Assessment based on the actual violation, effective not less than 5 days after the hearing.
2. Collection: Once a Reimbursable Assessment reaches \$500.00 the Board may take all available collection measures, including filing in a court of law, and collection costs will be charged to owner.

Per Infraction

~~\$100.00~~ **Up to \$500 as determined by the Board on a case-by-case basis**

Additional Fines ~~Per Month~~ for Continuing Violation

~~\$100.00 per month~~ **As determined by the Board, including progressive doubling of previous fines**

October Computer Workshop Opportunities!

| <u>Workshops</u> | <u>Date / Time</u> | <u>Instructor</u> |
|---|---|-----------------------|
| Introduction to Computers ~ Free | Tues. Oct 15, 22, 29 ~ 10am – 11am This introductory computer class is intended for beginners who want to understand the computer for use with e-mail, internet browsing, researching, collecting, cataloguing, and saving images or documents. <i>[No prerequisite class or workshop is required for this session]</i> | Michael Bouyer |
| Introduction to Working With Photos ~ \$3/session | Tues. Oct 15, 22, 29 ~ 11:30 am – 12:30 pm Class is 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. <i>[Prerequisite: Introduction to Computer or equivalent knowledge]</i> Students interested in more involved image editing are recommended to follow this class with Intermediate Digital Photo Editing workshops. | Michael Bouyer |
| Introduction to Working With Microsoft Word ~ Free | Thurs. Oct 17 ~ 10am – 12pm Class is intended for beginners who want to learn the advantages of using a word processing program for letter writing or other basic projects. <i>[Prerequisite Introduction to Computer or equivalent basic computing knowledge.]</i> | Judy Carter |
| Intermediate Digital Photo Editing ~ \$5/session | Tues. Oct 15, 22, 29 ~ 1:00 – 2:30 pm Students will correct or enhance their own digital images, and experiment with artistic editing. <i>[Prerequisite: Introduction to Working with Photos or equivalent knowledge.]</i> Serious students wishing to greatly expand their ability to edit images are encouraged to proceed to the Advanced-1 Digital Photo Editing Class. | Michael Bouyer |
| Intermediate Digital Storytelling ~ \$5/session | Tues. Oct 15, 22, 29 ~ 3:00 – 5:00 pm Students will work with images and music to learn the basics of digital stories (digital scrapbooking, mixing music and images). <i>[Prerequisite: Introduction to Working with Photos or equivalent knowledge.]</i> Serious students are encouraged to proceed to the Advanced Digital Storytelling. | Michael Bouyer |
| Advanced Digital Photo Editing ~ \$7/session | Tues. Oct 15, 22, 29, Nov 5 ~ 7:00 – 8:30 pm Students will work with GIMP and explore many of the fundamental tools and operations consistent with today's image editing requirements for fine art, commercial, and enhancement purposes. <i>[Prerequisite: Intermediate Digital Photo Editing or equivalent knowledge.]</i> | Michael Bouyer |
| Advanced Digital Storytelling ~ \$7/session | Tues. Oct 15, 22, 29, Nov 5 ~ 3:00 – 5:00 pm Using Windows Live Movie Maker, students work with images, music, text, and audio narration to create digital stores (like genealogy scrapbooks, memorial videos, birthday and anniversary videos, wedding videos, and even commercial videos for their business or organization. Videos can be transferred onto DVD or compressed for the Web and mobile devices. <i>[Prerequisite: Intermediate Digital Storytelling or equivalent knowledge.]</i> | Michael Bouyer |
| 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. | | |

New Thinking on Weight Management

With

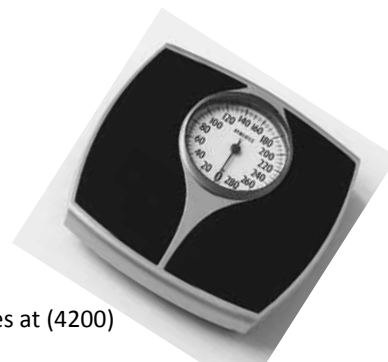
Dr. Paulina Caban

October 15 at 6 p.m.



There are several ideas floating around about weight loss and new research is constantly emerging. Learn about dietary recommendations and natural methods to balance hormones relating to weight management.

Understanding these core concepts can help you achieve the ultimate goal of better health!



For more information or to make reservations, call Member Services at (4200)

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)**

SOLD OUT: Oct. 10-12, Reno trip, Dec. 4, Victorian Christmas.

Nov. 7, Thunder Valley Casino \$30/pp

We'll stay and play for 5 hours and receive a \$15 bonus package.

Dec.19, SF Shopping Trip and a Christmas Lights Tour, \$82/pp.

We'll have free time for shopping in Union Square, a hosted holiday dinner and Craig Smith's fabulous "Christmas City Lights Tour," on

which we'll see glittering displays, awesome residential neighborhoods and The Bay Bridge all decked out for the holidays.

Jan. 27 – Feb. 1, Laughlin "Winter Get-Away," \$450/pp

A five-day tour, with three nights at the Aquarius Casino on the riverfront in Laughlin and one night at the Tachi Palace Hotel and Casino in Lemoore. Highlights Include: A day trip to Oakman, an authentic old western town where wild burros roam the streets and rummage through your pockets and purses. We'll travel along the historic Route 66 and visit The Route 66 Museum and have lunch at

the Cracker barrel Restaurant. Tour the Air Force Flight Test Center Museum at Edwards Air Force Base that features some of the most unusual, one-of-a-kind, aircraft in the world.

Feb. 22, Craig Smith's Chinatown Tour and Lunch, \$79/pp

Enjoy following Craig on a history and cultural tour through Chinatown, stopping for some personal shopping along the way. We'll enjoy a hosted gourmet luncheon at the Four Seas Restaurant, followed by an amusing and colorful bilingual performance at Buddha's Universal Church.

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



Trilogy at Rio Vista

HOME BASED BUSINESS DIRECTORY

Divas

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

Mary Kay

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

Rodan & Fields Skin Products

Want to Look Younger
 Without Surgery or Injections?
 Lupe Finch, Independent Consultant (2466)
LupeandMarcy@gmail.com

FOR RENT

Home for Rent

2br/2ba, 1100 sq. ft., W/D, covered patio. No smoking/no pets. HOA, garbage included. \$1150/mo. + deposit. Call (3025) or 330-4284.

FOR SALE

Golf Cart

48 Volt 2005 golf cart, like new, new batteries, custom light pkg, custom dash & seats. Top speed 19 mph. \$3495. Call (3338) or 707-208-9096.

Motor Chair

Pride Electric Motor Chair, \$450. Call Joe (2969).

RV

Montana 2004 5th Wheel: 29.5 feet, 2 slides, well maintained, \$20,000. Also Dodge 2004 2500 Diesel, 59,800 miles, two wheel drive, new tires, well maintained, \$19,900. Call 925-864-2928.

Vehicle

Selling 2005 Mustang \$11,000. Well taken care of, 2 door, 6 cylinder, all power, A/C, AM/FM, stereo. Blue Book value \$12,400. Cal Joseph (4626).

SERVICES

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).

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).

Cabinet Media Niches

Entertainment Center, garage cabinets, free estimates. Call Bob (4902), Trilogy Resident.

Cabinet Roll out Shelves

Make your life easier with roll out shelves. Save your knees and back. Call Bob (4902) Trilogy Resident.

Caregiver

Medical assistant and caregiver will help in all aspects of everyday needs. Includes medical & meals. Contact Maria 916-270-5583.

SERVICES

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 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).



SERVICES

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).

Crown Molding

Specializing in crown molding, mantels, interior trim. Trilogy Resident. Free estimate. Call Bob (4902).

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)

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).

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 to Sell Your Items

I can help you sell items through Craigslist and other channels, sheltering you from all screening, negotiating and dealing with the public. I can do it all or help you do your own ads and photos. By the hour or commission. Experienced and trustworthy. I may also buy your items outright. Christopher 415-710-2590, Trilogy Resident

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

SERVICES

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).

Income Tax Prep & Notary

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

Income Tax Services & Planning

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

In Home Care

Sensitive, caring, discreet and dependable Trilogy resident would like to help care for your loved one. Nine years experience. Call Nita 315-6670.

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.

Plantation Blinds

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

Moving and Organizing Services

Packing or unpacking, help with organizing and downsizing. Reasonable rates. Satisfaction guaranteed. Long time Trilogy resident. Call Nita 315-6670.



SERVICES

Notary

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

Notary Public

Certified Notary, fast, professional and reliable service. Lowest fees for Trilogy residents. Please call Jeffrey (7541). Thank you.

Notary to Go

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

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

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.

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).

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.)

Weed Pulling

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

Window Washing

Clean inside, outside, screens, tracks and sills. Quality work, Reasonable prices! 628-4235 or (5239). Dawn, "Jerry the Sprinkler Guy's" daughter.

Window Cleaning

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

Your Personal Travel Concierge

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 alloccasionstrvl@aol.com. Let's talk it over.

VACATION RENTALS

Tahoe Condo

Tahoe rental Incline Village: Fully equipped condo near Diamond Peak, sleeps 2-4 comfortably. Starting at \$125/night plus cleaning fee. Call Blaine (0717) or letsgotahoe@aol.com

WANTED

Garage Space

Need to rent a garage for one or two golf carts. Trilogy resident. Call me to discuss terms. Larry Reece (3338) or 707-208-9096.

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.

Attention Advertisers:

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

Attention Clubs!

Effective the November issue
of *Trilogy Living*,
article submissions
must be 275 words or less.

ADVERTISING INFORMATION

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

REGULAR SIZES AND RATES:

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

PREMIUM SIZES AND RATES:

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

DISCOUNTS:

- 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.

Veteran's Ball

Monday, November 11, 2013

6:00 p.m. – 10:30 p.m.

Diablo Ballroom, Vista Club

Doors Open & Reception at 6 p.m.

Catered Old Glory Buffet at 7 p.m.

Featuring

Tri-tip Beef and Chicken Normandy

Live Music and Dancing

Bring Your Own Adult Beverages

Military or Semi-Formal Dress ~ No Hats Please

Sign up at Member Services at the Vista Club \$35 pp

For more information, contact Ron Waite at (6714) or 925-216-7488.





**We're here to help you
make the right decision
about assisted living.**

EMERITUS SENIOR LIVING

There is no "right time" to seek another living environment. It is a decision usually based on the individual's needs and available outside support. If you are observing an alarming decline in the safety, social, or emotional needs of your parent or loved one, it's time to see how assisted living can help!

Choosing assisted living at an Emeritus Senior Living community will actually give your loved one greater independence. You will gain peace of mind knowing that they are nearby in a safe and comfortable senior living community.

Call us today to learn more about the benefits of assisted living for your loved one. We will be glad to arrange a private tour experience for you.

Our Family is Committed to Yours.®

Nestled in the rolling hills of Solano County's wine country Emeritus at Rancho Solano offers a little bit of everything. Located on the outskirts of Fairfield, California our country setting is only minutes from shopping, restaurants, hospitals, clinics and cultural centers. The ambiance in our Lake Tahoe-like lounge will appeal to anyone's taste. Our apartments range from spacious studios to two bedroom-two bathroom apartments with views of the hills, wildlife and breathtaking sunsets.



EMERITUS
— at Rancho Solano —

(888) 718-9317

Call Today to schedule a Visit

3350 Cherry Hills Court, Fairfield • www.Emeritus.com

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