

PUBLISHED BY THE TRILOGY AT RIO VISTA MASTER ASSOCIATION

September 2016

Trilogy Living

TRANQUILITY AT TRILOGY



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These last few weeks of summer invite you to unwind and hit the pause button on your hectic schedule. Check out the myriad ways to relax and reconnect as you flip through these pages. You never know how fall will shape up!

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From the Master Association

Melissa Coleman

President

Future Amenities: On 08/30/16, a Joint meeting of the Master Board and all the 6 Village Boards was held to review and distribute a legal opinion on future amenities. Legal counsel attended to respond to additional questions. The meeting was open to members.

Administration Office Renovation (Delta): After a thorough investigation of the proposal submitted by the Long Range Amenities Committee, it was determined that its vision could not be realized utilizing the proposed solution of renovating the existing space. The team submitted additional suggestions on how to move forward with providing a safe and pleasant work environment for staff.

Streetlight Lighting Audit: As the Board continues to consider changing the existing Street lighting from high-pressure sodium to a more energy efficient lighting, members met with Dr. Papmichael, Professor in the Department of Design and Co-Director of the California Lighting Technology Center, at the University of California, Davis. A report was given on benefits, recommendations and considerations. Currently, there are sample LED of various lumens on Vintage from Cypress to Colonial. If you have any questions, please contact General Manager, Ed Vitrano

Palisades Gate: On 08/06/16, someone ran through the exit gate. Expected to be fixed by the end of the month. Fortunately, the responsible party reported the accident and the Association will receive the reimbursement funds from the homeowner's insurance.

Unfinished Business:

- **Amenities Committee:** a new charter and appointments were approved. The Board wants to express a thank you to all of the members who submitted an application. We received 14 applications, and were only able to select seven. The following members were appointed: Barb Downs, Joe Downes, Rayno Niemi, Warren Oglove, Don Seyk, Gary Swieso and Lynn Traver.

New Business:

- **Operations Surplus:** The surplus from Operations 2015/16 of \$337,580 was allocated in the following manner: Rolled Over to 2016/17 for those capital improvements, which were budgeted, \$174,074.82 Reserve Funds and \$43,518.70 to future member assessments.
- **Dog Park:** Members presented concerns regarding the Shea proposed Dog Park. Those concerns consist of: location, maintenance and enforcement. The responsibility of maintenance will be the Association's after it has been constructed per the local/state mandated requirements. The Dog Club also spoke in support of the location, and requested the Board to ensure

(continued on p. 16)

TRILOGY AT RIO VISTA

D I R E C T O R Y

Master Association Board of Directors

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

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Village Riviera - Minnie Howell 510-866-8786
Olympic Village - Joel Auslen 707-374-5808
Saddle Rock Village - Roger Kohn 707-374-2737
Eagle Point Village - Mark Weiss 925-980-7249

Committee Chairs

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Administrative Policies - Arthur Fox 707-374-0068
Document Revision - Bob Sather 707-374-1384
Emergency Action - Barry Fraser 415-407-8529
Access - Art Darden 707-374-3455
Amenities - To Be Filled

Village Board Presidents

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Village Oakmont - Walt Manos 707-374-2827
Village Riviera - Donald Seyk 707-374-6407
Olympic Village - Richard Pettijohn 707-374-3065
Saddle Rock Village - Art Darden 707-374-3455
Eagle Point - Mark Weiss 925-980-7249

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Guest Registration - community.dwellinglive.com

Café Vista 707-374-4202

Sir Flair's 707-374-4400

Golf Course 707-374-2900

Shea Customer Service 1-866-535-9989

From the Editor



Andrea Stuart

I'm probably not alone in saying this has been a pretty wild summer. We came into the season after receiving some much needed rain and have been fortunate to experience vibrant colors throughout the season. After years of scarcity, California's landscape was once again lushly punctuated with wild mustard—a sign that our soil was adequately hydrated and equipped to carry us through the heat of summer.

This abundance is now ushering us into autumn as things begin to take a more leisurely pace this last quarter of summer. It beckons us to take care of ourselves. This means walking with measured steps, and allowing ourselves to take deep breaths. How we choose to spend our time can support us in our efforts to feel serene as autumn encroaches.

Taking it down a notch doesn't mean going into hibernation. It simply means tuning into the calmer vibration of the season. This is a time for rejuvenation. We might encourage our nerves to calm with a pumpkin peel facial or receive a massage. We might even develop a meditation practice.

September also marks the time for Club Awareness Day. On September 10, Trilogy residents will have the opportunity to check out the clubs available in our community. From sports clubs to hobby groups, there are over 100 active clubs to join.

Remember to check out the events calendar in this issue and on www.MyTrilogyLife.com to learn about the upcoming activities.



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

September's calendar offers as much varied opportunity for concert, dance, theater, health, fitness, games, travel, learning and challenge for the competitive spirits!

Regardless of your pleasure, seek and you'll find it in the Trilogy community! Club leaders can register now at the Vista Club Member Services desk for the club status renewal meeting September 27.

Be sure to catch the Club Awareness Day this month. It is a great chance to get acquainted with Trilogy's club and group activities! It's also a good opportunity to learn more about the Trilogy Village Kare Bears! These groups are an important part of the community assisting their Village residents in need. Residents, a couple Villages need your help! If you may have time to assist, please stop by their table to learn more.

Mark your calendar for these special upcoming events. Jennifer Lind's concert comes early in October, so sign up soon not to miss that!

- **September Computer Classes ~ (see pg 46)**

- **9/08 Blood Pressure Checks**

- **9/10 Trilogy Club Awareness Day**

- **9/11 & 9/25 Trilogy Produce Market**

- **9/11 Dance to Afterglow ~ Dance Club**

- **9/12 Blood Drive – Lend An Arm**

- **9/12 Seller Registration Begins For...**

Fall Gift, Craft, Art Faire & Jewelry Show

- **9/16 Open Mic Night**

- **9/18 Flu Shot Clinic**

- **9/22 – 9/25 All My Sons**

Production By the Theater Group

- **9/27 Club Status Renewal Meeting
for All Club Leaders**

Get Ready!

- **10/01 Trilogy Community Garage Sales**

- **10/02 Concert – Jennifer Lind**

'A Journey Through American Music'

Your comments and suggestions are always valued. Send an email anytime ddorn@actionlife.com. My mailbox is always open!

For non-delivery of *Trilogy Living*, contact Member Services at 707-374-4200.



Computer Classes ~ September

Learning Center, Vista Club

There are a variety of introductory or special interest classes to help you become more comfortable with common computing conveniences! See Page 46 for more information. Limited space available, sign up at Member Services.

Trilogy Produce Market

Sunday, September 11 & 25, 10 a.m. – 3 p.m. – Delta Club



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

Blood Pressure Check ~ Free

Thursday, September 8, 9 – 10 a.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!



Complimentary Hearing Screening & Assessment

Thursday, September 8, 1- 3p.m., Monterey Room, Vista Club ~ Free

A complimentary hearing screening and assessment is offered by Advanced Instrument Hearing Aid Centers at Trilogy generally the second Thursday of every third month. Also offered are cleanings for your aids, tube changing, adjustments, and repairs on a complimentary basis. Some repairs may have a fee depending on the severity of the repairs/parts needed to complete restoration. Contact them directly to make an appointment at 707-428-1313, although walk-ins are welcome.

Trilogy Club Awareness Day ~ Find Your Niche

Saturday, September 10, 10:30 a.m. - 1:30 p.m.

Diablo Ballroom, Vista Club ~ Free

Explore your opportunity! Discover your niche! Get connected and enjoy! Many of your community's clubs or special interest groups will be represented to share the benefits of their activities. Talk with the folks in a relaxed atmosphere. Last year there were more than 50 clubs/groups represented! And do plan for a break to enjoy the musical entertainment in the Grand Living Room. Club representatives, register at Member Services today for free table space on a first-come basis! Light refreshments will be served. For more information contact Debbie Dorn at 707-374-4204.



Concert:

~ Jennifer Lind ~
A Journey Through
American Music

Two Performances Sunday, October 2
Matinee 2 p.m., Evening 6:30 p.m.

Diablo Ballroom, Vista Club
\$15 per person

Jennifer's show provides a variety of genres and American classics: folk, western, country, blues, pop and even a little Motown. The show captures the ever-changing styles of music through the decades. Jennifer says, "Sometimes music speaks words we cannot express. Playing music is more than getting up on stage and performing. For a short period of time, the audience and I become one." Sharing that time together is a world within itself, with a language we can all understand. Sign up early at Member Services, Vista Club. Visit Jennifer's website at www.jenniferlind.net.



Blood Drive ~ Lend An Arm!

Monday, September 12, 9 a.m. - 1 p.m.

Rio Vista Room, Delta Club

It's time again to lend an arm and help save lives by donating blood at the upcoming Trilogy Blood Drive. Walk-ins are welcome; however, appointments have priority. To make an appointment, contact Darlene Wiskeman at 707-374-6211 or email her at wiskeman2@yahoo.com.

Fall Gift, Craft, Art Faire & Jewelry Show

Seller Registration begins Monday, September 12
10:30 a.m. – 12:00 p.m., Monterey Room, Vista Club

(This registration is for hand-made items and all jewelry sellers. All other sellers' registration sign up at the Vista Club Member Services desk beginning September 19)

- Seller application and \$30/table check required.
- The Faire is open to the public and advertised.
- Each seller table will donate a prize for the raffle.

Mark your calendars for the event, Saturday, November 21, 10 a.m. – 3 p.m., Vista Club

Jewelry sellers will be in the Sonoma and Monterey Rooms. Contact Debbie Dorn at ddorn@actionlife.com or 707-374-4204 with questions.

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

Friday, September 16, 7 – 8:30 p.m.

Diablo Room, Vista Club ~ Free

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

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

Flu Shot Clinic is coming to Trilogy

Sunday, September 18, 9 a.m. – 2 p.m., Delta Club



Free for Medicare Part B holders, \$30 for all others including those with HMO coverage such as Kaiser. Bring required Medicare card, Identification and completed Medicare form on September 18. Cash and checks will be accepted.

Proceeds benefit uninsured and underinsured home health and hospice patients. Sign up at Vista Club Member Services, and to pick up the Medicare form. For more information, call Sutter Health at 707-535-5690 or email at Flu@SutterHealth.org.

Trilogy Community Garage Sale ~ Open to the Public

Saturday, October 1, 9 a.m. – 3 p.m.

Everyone can participate! Seller-marked maps will be emailed to residents by September 30, and made available to visiting buyers at the Welcome Center the day of the sale. Copies will also be available at the Vista Club on sale day. You do not have to be included on the map to sell. There are three steps for sellers:

1. Obtain a garage sale permit for \$1 from Member Services at the Vista Club prior to October 1. Permits are a city requirement.
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, and advertised in the local papers. Outside buyers will not be allowed through the gates until 9 a.m., and residents are asked to postpone their shopping until 9 a.m. in consideration of sellers setting up for the sale. Questions, contact Member Services (707-374-4200) or email Debbie Dorn at ddorn@actionlife.com.



Travel Discovery ~ Beijing to Hong Kong

Monday, October 17, 6:30 – 8 p.m.

Diablo Ballroom, Vista Club ~ Free

Come on a 19 day journey through China. See the Forbidden City, Great Wall, Terracotta Warriors, and experience a luxury cruise down Yangtze River through the fantastic scenery on the three gorges. Find the ethereal limestone monoliths of Gulin. Visit a tea farm and enjoy a tea ceremony. Marvel at the sophistication of Shanghai and the rise of capitalism in a "communist" country. Finish in bustling Macao and Hong Kong on a not to be missed journey. Join them for a video, Q&A session. Light refreshments will be served or bring your own. Although there is no fee for this event, sign up at Member Services to reserve table seating.

Concert ~ Trilogy Pop Fest

Wednesday, October 19, 7 - 9 p.m.

Diablo Ballroom, Vista Club ~ \$5 per person

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 third annual Trilogy Pop Fest featuring musical selections from Delta Breeze Chorus; the Delta Divas (a group of talented lady singers in our community), the 18-piece Trilogy Jazz Band; and the popular 3JB Quartet. Also featured will be Delta Harmony, an entertaining group of 10 mixed voices; and Delta Tones, a vocal quartet. Bring munchies and beverages, relax and enjoy the show. Sign up at Member Services, limited seating.

Mark the Date:

FREE SHREDDING SERVICE

Saturday, October 22, 9 a.m. – 12 p.m. Or Until Truck Fills!

Mark your calendar, the Club Status Annual Renewal meeting is coming. All groups with club status are required to have authorized representation at the meeting. Others involved with organizing special events should also attend. RSVP with Member Services (707-374-4200).



Comedy Night Featuring Stephen B

Friday, October 21, 7 p.m.

Diablo Ballroom, Vista Club ~ \$15 per person



Absolutely hilarious! The best in professionally clean stand-up humor! Stephen B has performed for more than 30 years for clubs, casinos, corporate events, Christian venues and on Comedy Central. He also opens for headlining musical acts like Michael Bolton, Weird Al, Manhattan Transfer, Hiroshima and Al DiMeola. Bring your favorite

refreshments to enjoy during the performance. Sign up at Member Services.

Concert Dance to Tri Tip Trio with the Soul Line Dancers

Saturday October 29, 6:30 – 9:30 p.m.

Vista Club Diablo Ballroom ~ \$15

Bruce Gordon and Lloyd Meadows first combined their musical chemistry in 1991 forming Zydeco Flames. Their magic sounds come alive today as the Tri Tip Trio. Lloyd's mesmerizing washboard, harmonica & soulful vocals, with Bruce's funky, bluesy accordion, and Louie Rodriguez on drums will keep you dancing on your feet or in your seat! Bring family, friends, dance shoes, and favorite refreshments! Check in begins 6:00 p.m. Limited sales so sign up early at Member Services, Vista Club.

Family Halloween Party

Sunday, October 30, 2 – 4 p.m. Delta Club

\$10 per family plus \$1 for each child participant



Plan for a great party with the family! Kids can participate in a costume parade, and get plenty of laughs, good times, family pictures and a treat bag! Cost is \$10 per family plus \$1 per child. Sign up at Vista Club Member Services.

Mark Your Calendars Trilogy: Friday, November 11, Diablo Ballroom, Vista Club

Veterans Tribute Program 1–3 p.m.

No Registration Required



Veterans Ball 6–10 p.m.

Whether you enjoy a fine catered dinner, live music, dancing or just the camaraderie you had in the service, plan to attend the Veterans Ball. Registration begins soon for limited seating; watch for details in next month's *Trilogy Living*.

Attention All Club Status Groups!

Tuesday, September 27, 10:30 a.m. – 12 p.m.

Diablo Ballroom, Vista Club

Mark your calendar, the Club Status Annual Renewal meeting is coming. All groups with club status are required to have authorized representation at the meeting. Others involved with organizing special events should also attend. RSVP with Member Services (707-374-4200).



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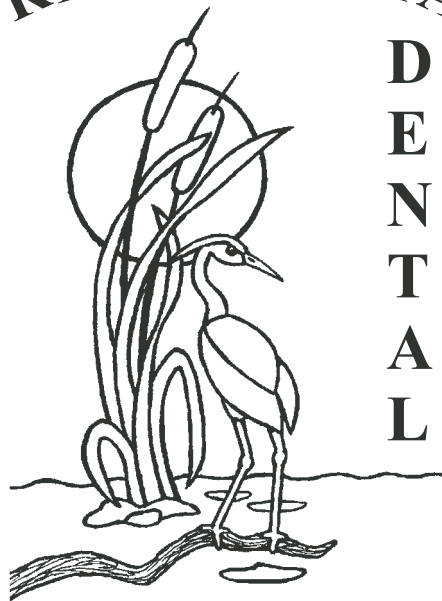
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FREE INSTALLATION

Assessment Notice

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

Assessments for the month:

Master Association \$125.60
Plus the appropriate Village Assessment below:

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

Administrative/HOA New Office Hours – For both phone calls and visits to the office, the hours are 9 a.m. - 4 p.m., Monday through Friday.

Association Minutes, Financials and Architectural Forms – Minutes of the Master Board Meetings, Village Board Meetings and Committee Meetings, as well as Financial Statements and Architectural Forms, are posted on www.MyTrilogyLife.com (MTL) Mytrilogylife.com and www.vivoportal.com (VIVO) for your review.

Club Hours – The Delta Club is open from 7 a.m. - 11 p.m. From 11 p.m. - 7 a.m., there is no entry. The Delta Club pool, spa and patio are open 24 hours daily. The Vista Club is open from 6 a.m. - 9 p.m.

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

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

Disclosure Opt-in – Required documents such as budgets and yearly financial statements can be delivered electronically by signing a form authorizing delivery by electronic methods, available at the Administrative Office.

Emergency Action Committee

Trilogy is an active community. We have people moving out and many new ones moving in every day. In order to keep our records up to date we need your help. This month we are once again focusing on our neighbors who have special needs, such as oxygen, or who are non-ambulatory and need special assistance in case of an emergency. Your Emergency Action Committee has dedicated this month to update Trilogy Records. If you or someone you know has special needs listed above and would like access to assistance in the case of an emergency, please notify Cheryl Lucas, Member Services Coordinator by email at clucas@actionlife.com. Include your name, address, phone number and your special needs. She will keep this very important information on file and should the need arise the Emergency Action Committee will be able to give assistance. Thank you for your information and for helping us at Trilogy help you. The Emergency Action Committee is an all-volunteer group committed to helping our neighbors be prepared in case of an emergency. We meet on the second and fourth Tuesdays of each month at 7 p.m. in the River Room at the Delta Club. We are always looking for new members for this fun and worthwhile group. Please direct any questions to our Chairperson, Barry Fraser at 415-407-8529.

Trilogy Access Committee

Each month the committee meets to investigate issues brought to it by residents. For years the committee has heard the concerns from residents regarding unknown people using resident entrances for access to the

community. The committee also heard the concerns regarding guest delays at the Welcome Center.

It is clear from a Town Hall meeting, electronic survey, concerns expressed at meetings, and on social media these problems are an ongoing concern. The committee membership has changed but throughout it all two things are clear; the concerns still exist, and access issues will continue until build-out of the community is complete. The committee has investigated solutions and made recommendations to address parts of the problem but action has been delayed.

The committee decided to take a holistic approach and consider the problems as part of a single system that will exist once the community build-out is complete. The major recommendations are the same as recommended in the past, Barrier Arm Gates, RFid tags, and QR readers; but now this hardware and software will work together as part of a system including policies and procedures. For the first time, the Master Board has recently sent a Request for Proposal (RFP) to vendors as the next step in answering the concerns. Stay tuned and stay involved.

Eagle Point Residents' Club

Eagle Point volunteers grilled and served 486 hot dogs to a Trilogy-wide crowd at this year's Independence Day celebration. Twenty-three folks had signed up to drive their golf carts on parade, but 51 cart-owners actually joined in the fun.

At its July 28 meeting, the Eagle Point Home Owners Association presented certificates to neighborhood residents who had participated in the planning and execution of the Fourth of July activities.

All women of Eagle Point are invited to attend the Eagle Point Ladies' Coffee, which is held every Wednesday at 10 a.m. on the patio of the Vista Club. It's a great way to make new friends, enjoy the fabulous view, and find out what's happening. Just come to the coffee or call founder and president, Mimi Hawawini, at 408-210-6303 if you would like more details.

Please be on the lookout for flyers about the Eagle Point Meet and Greet for Phase I and II, which will take place on Saturday, September 10. Bring your own refreshments and potluck dish for cocktail time at 6 p.m., with the potluck to follow beginning at 6:30 p.m.

Olympic Village Residents' Club

A new Olympic Village Potluck Get Together is scheduled for the end of September. Exact date, time and location to be announced as soon as they are confirmed. Olympic Vil-

lage will be providing beverages, including white and red wine. Just bring yourselves and a yummy dish to share with your neighbors.

The Olympic Village Residents' Soup and Salad Get Together indoor dinner event is scheduled for October 27, from 5:30 - 7:30 p.m. Food (soup/salad/bread) signup is posted at the Delta Club by the village boxes in the hall. Activities will include eating, meeting old and new friends, raffles, prizes, games, and many other fun events. Please get this important date on your calendar ASAP. A reminder flyer will be tubed as we get closer to the big event.

If you would like to participate in the planning of these events or if you need additional information, please contact Rich Pettijohn, OV President, at 707-374-3065 or Lee Ann Frable at 484-707-0935.

Olympic Village Kare Bears

The re-activated Olympic Village Kare Bears provided Area Agency on Aging serving Napa and Solano (AAOA) paratransit eligibility, and transportation information to some of our Olympians this month. Olympic Village Kare Bears are available to all of our residents. If you or a neighbor is in need of help with rides to appointments, home help, and/or meals due to medical reasons, please do not hesitate to call. If you would like to be an Olympic Village Kare Bear, or if you need help, please contact Rich Pettijohn at 707-374-3065.

Saddle Rock Village Board News

Saddle Rock Village is in the midst of our first ever village board elections. Since the first house was completed in late 2009, it has been governed by a board appointed by the Master Association. The appointed board and the appointed architectural committee have worked to help their neighbors follow the established rules and to modify the rules when appropriate. Those who volunteered their time to help our community grow deserve our thanks.

The governing documents require once we've reached a specific number of homes we become a mature village with our own elected board to govern our community. Again volunteers have stepped up to give of their time to guide our community.

You should have received a ballot in the mail if you are the owner of record prior to August 15, 2016. Please mark your ballot to choose your board members and return it to the Administrative office prior to 5 p.m. on election day, September 21. You may also bring your ballot to the election meeting at 6:30 p.m. that day. The ballots will be counted at the meeting and the new board will be introduced.



The top two vote-getters will serve an initial term of 28 months and the remaining three will serve a 16-month term. These initial terms will put the board on a normal schedule, having part of the board elected annually.

Saddle Rock Village Residents' Club



Congratulations to all of the residents in Saddle Rock Village! It is official; we are now a full-fledged village with the 350th home sold. It has taken six years to accomplish this goal. This means we will soon elect our own board and have our own budget.

We are currently anticipating our 5th Annual Block Party. We are changing it up a bit this year. It will be held indoors at the Delta Club in the Rio Vista Room. Our theme this year is Americana BBQ with catering by Dickey's BBQ. There will of course be games, prizes, raffles and so much more. The date is September 17, 4 - 8 p.m. We are hopeful that all residents will be able to attend.

This month the planning will begin for our Annual Snowflakes and Satin Christmas Party. This event is open to Saddle Rock Residents first, then opening up to all residents of Trilogy. The event will be held in the Diablo Ballroom in the Vista Club. The date to remember is Saturday, December 3. Mark your calendars now as you won't want to miss this evening of great food and entertainment.

Please plan to attend our next meeting on Wednesday, September 21. The meeting will be held at the Delta Club at 6:30 p.m. The Saddle Rock Village Executive Board meeting will last about an hour. Then the Residents' Club meeting will follow at 7:30 p.m. with a social hour with drinks and goodies at 8:30 p.m. For information, please contact Dana Hoover, President Saddle Rock Village Residents' Club, at 707-374-3455 or time4dana@mindspring.com.

Village Oakmont Residents' Club

We had our quarterly Residents Meeting on August 1 and we revised the by-laws. We will vote on approval at the

Association Meeting Calendar ~ September 2016

Master Association Board Executive Session

Monday, September 12, 2 p.m.
Monterey room, Vista Club

Board Meeting

Tuesday, September 13, 2 p.m.
Diablo ballroom, Vista Club

Eagle Point Village Association Board

Thursday, September 22, 6:30 p.m.
Rio Vista Room, Delta Club

Village Oakmont Association Board

Thursday September 15, 7 p.m.
Marina Room, Delta Club

Olympic Village Association Board

Thursday, September 8, 6:30 p.m.
Marina Room, Delta Club

Village One Association Board

Thursday, September 8, 4 p.m.
Marina Room, Delta Club

Village Riviera Association Board

Thursday, September 1, 6:30 p.m.
Marina Room, Delta Club

Saddle Rock Association Board

1st Annual Meeting and Elections
Wednesday, September 21, 6:30 p.m.
Rio Vista Room, Delta Club

Council of Village Presidents

Monday, September 19, 10 a.m.
River Room, Delta Club

Access Committee

Monday, September 26, 1 p.m.
River Room, Delta Club

Administrative Policy Review Committee

Is not meeting in September

Adult Committee

Thursday, September 29, 1 p.m.
Rio Vista Room, Delta Club

Amenities Committee

No Meetings in September

Emergency Action Committee

Tuesday, September 13 and 27, 7 p.m.
River Room, Delta Club

House Renovation Committee

Monday September 12, 3 p.m.,
River room, Delta Club
Monday, September 26, 3 p.m.,
Monterey room, Vista Club



next residents' club meeting and then publish them for all the Oakmont residents to see. The by-laws had not been revised since 2007 so there were quite a few changes. We need to decide soon on what activities we want to conduct for 2017 as they need to be submitted at the end of September. We will have a social meeting to discuss 2017 events on September 5, in the Monterey Room at the Vista Club at 3 p.m. The meeting was moved from September 12 as some members would otherwise be out of town. Some ideas that will be discussed at the meeting are: Letting another village put on a holiday/dinner dance, cancelling the August potluck, throwing an Oscar Party on February 26, organizing a painting contest for Trilogy fire hydrants, and a Christmas golf cart parade. If you cannot attend but want to make suggestions, please email linda.bingham@gmail.com or call 760-486-9178.

Upcoming events and meetings include Social Committee Meetings on October 3, November 7, and December 5, and the Residents' Club Quarterly Meeting on November 7. Our Dinner/Dance is on December 4 and we will discuss it at our social committee meeting on October 3. These meetings are at 3 p.m. on the first Monday of the month in the Monterey Room at the Vista Club. If there is a residents' club meeting, the social meeting immediately follows it.

Village Oakmont Kare Bears

Back this month after our summer hiatus, the Oakmont Kare Bears are jumping right back into action. Our September 14 meeting will feature a guest speaker from Country Home Care. Patti Jeffery is the patient care coordinator for Country Home, as well as a Trilogy resident. Some of the subjects she will be addressing are Home Health Care, how to work with your doctor, medical social services, sources available for rehabilitation care, nursing care, and much more. The September 14 meeting will be at 10:30 a.m. at the Delta Club.

Oakmont Kare Bears will also be represented and have a table with lots of information on what we're all about at the Trilogy Club Awareness Day on September 10, from 10:30 a.m. - 1:30 p.m. in the Diablo Ballroom at the Vista Club. Join us and learn more about our club.

We will also be represented at the Club Status Annual meeting on Tuesday, September 27, from 10:30 a.m. - 12 p.m. at the Vista Club.

Are you new to Trilogy and living in the Oakmont neighborhood? Come join us at our next meeting and meet new people and share ideas. Again, the meeting will be on Wednesday, September 14, at 10:30 a.m. in the Delta Club. Come early to enjoy coffee and goodies.

Village 1 Residents' Club Thirty-six people attended the potluck before the Quarterly Meeting on July 6, and brought a delectable array of dishes to share. Two blue potholders were left behind (call Tess Felte at 707-374-4778 to retrieve!). The potluck was so successful that the Board is thinking about doing it again before the next Quarterly Meeting on October 5. Watch for a flyer in your tube.

Speaking of the tube, Urusla and Arnold Joens and the faithful team of men and women who put the flyers in the nearly 500 tubes of Village One were honored at a luncheon in August. VORC extends a special thanks to each of you for making our communication hotline possible.

At the October 5 Quarterly Meeting we will put the finishing touches on the October 14 Cabaret Night and present the slate of officers for 2017. On a personal note, VORC President Tess Felte tells us she has thoroughly enjoyed being president this year and looks forward to continuing in an advisory position next year. She added that she felt the role is fun and mentally stimulating, serving on this lively committee. Anyone even vaguely interested, please speak to a member of the nominating committee: Joe Downes at 707-374-7520, Don Cooper at 510-909-5049 or Gene Kennedy at 510-821-1034. December will be here before you know it, so save the date, December 10, for the VORC Christmas Party.

Village Riviera Board News

This is the best time of the year because children are back in school and the weather is delightful. Now is the perfect time for you to sign up for Electronic communications which reduces costs to the Master and Village Associations. By signing up for e-Alerts at Member Service at the Vista Club, you will get information such as special announcements, monthly agendas, and most importantly, the weekly e-Newsletter, which updates you as to activities in Trilogy and the greater Rio Vista area. If you sign up for Disclosure Opt-in you will receive required documents such as budgets and yearly financial statements electronically, which is a huge expense to everyone if they have to mail the documentation. You can do this at the Administrative Offices at the Delta Club. If you have signed up, but haven't been receiving the documents go to the Administrative Office and they will help you to figure out why. I especially like www.mytrilogylife.com, where you can find most information pertinent to Trilogy. You are able to add to your profile and let others know what you are interested in. The other thing I would encourage you to do, is if you are expecting guests or a delivery, go into Dwelling Live and list their names and when you are expecting them. By doing this you are assured that your guest or vendor will not be denied access. The Village Riviera HOA meetings are on the first Thurs-

day of odd-numbered months at 6:30 p.m. in the Marina Room at the Delta Club. Our next meeting is September 1. The board would like to have you join us. If you have questions or concerns, call Don at 707 374-6407.

Village Riviera Residents' Club

Cooler weather is just around the corner. Hang in there. The Ladies' Luncheon, Breakfast at Tiffany's, coming up September 9, is again sold out. But, if you wanted to attend and did not sign up in time, call Susie Shockley at 707-374-3603 to see if there have been any cancellations. You never know unless you call. The Diablo Ballroom will be as lovely as we have ever seen it, and the food will be delicious. The participating vendors make it interesting for all. Thank you Patty Ramos and Susie Shockley for once again doing a beautiful job and creating a wonderful day for our ladies.

Now the Residents' Club members are busy planning for the Black and White Affair, our December holiday dinner, taking place on Saturday, December 10. Start putting your tables together so when the sign-ups are opened, you won't be in a panic to get in. We plan to make signing up easier this year. Sign-up details will be included in the October issue of *Trilogy Living*.

The Village Riviera Residents' Club meets the third Thursday of every month, 5 p.m. in the Monterey Room of the Vista Club. New members are welcome and encouraged to join in the planning and the outcome that make the events so special. For information please call Barb at 707-507-5026.

Village Riviera Kare Bears

Riviera residents, last month you should have received a Service Interest Form to fill out and return to box #4 at the Delta Club. So far we have had a very disappointing response. Please consider the service you may be able to provide and send the form to Valerie Krummer at 316 Willow Brook Way. We cannot meet our commitment to our residents if more don't step up to volunteer.

In keeping with the goal of offering our members up-to-the minute information about their health care, we had two guest speakers, Margo Donovan, wife of our resident Doctor (who makes house calls) and Patti Jeffery, coordinator of Country Home Care, a service to meet the needs of our residents. Both are Trilogy residents and offered several ideas to keep our residents in their own homes as long as possible.

Heads up for a street coordinators meeting in late October. Be prepared to bring and share ideas to enhance Kare Bear outreach. We will let you know an exact date as soon as possible. If you would like to become more involved in Kare Bears or would like to start a Kare Bear group in your village, come to our next meeting on October 10 at 10 a.m. at the Delta Club. Come early at 9:30 for refreshments. If you or a neighbor is in need of assistance because of illness or surgery, please contact your street coordinator or call Valerie at 707-374-6942 or Joanne at 707-374-4342.

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the Dog Park is visualized. The Board approved (4, 1 abstention) to support the Dog Park in the proposed location. I abstained from voting, as the property is currently not owned, operated or maintained by the Association. Until the property has been transferred to the Association as Common Area, the Board has no control of the proposed improvement.

- Bocce Complex Benches: The Bocce Club requested to purchase nine additional benches for the Summerset Bocce Complex. Approved \$9,000: The Association will purchase and be reimbursed by the Bocce Club.
- Tennis Court Rehabilitation: In determining the precise needs for maintenance of Courts 1 & 2, a contract was awarded to Associated Engineering Consulting to test existing construction of the courts and soil, review and prepare bid documents based on what is found and solicit bids.
- Stop Sign Installation on Westbound Silver Ridge Drive: Access Committee submitted a request to install a stop sign at this location due to resident concerns. Tabled: due to additional information needed, including a review by a traffic engineer.
- Delta Club Window Replacements: In the process of removing the blinds in preparation of installing new blinds, it was found that windows on the west

and south side of the Delta Club are damaged and need to be replaced. Approved \$6500 from Reserves, award contract to California Glass. The windows will be replaced, and the delay of the installation of blinds will be Oct/Nov.

- Document Distribution to Members | Opt-In Campaign: Members are encouraged to Opt-In (meaning: receive all Association official documents by email). In order to Opt-In, you must authorize the Administrative Staff in writing. Forms are available at all meetings. A campaign to notify and encourage members to select this method is happening as this is being written.
- Amenity Town Hall/Vision Meetings: Town Hall meetings are a method for the full Board to gather and discuss items that concern the community. It was approved meetings will be held, it is anticipated the Amenities Committee will be involved. Suggestion was made that the Amenities Committee to survey the community for ideas of future amenities, also those they currently use or participate.

Minutes of all meetings are posted on MyTrilogyLife.com. If you have any questions about this meeting or any meeting, please feel free to contact me directly.

The next meeting is September 13, 2016



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September Spa Specials

Reflexology

Foot Reflexology massage can be a deeply relaxing and therapeutic modality for those suffering from plantar fasciitis, ankle injuries or even everyday work and play.

25 minutes regularly \$30

NOW \$25



Head, Neck & Back

This massage focuses on the muscles of the back, neck and head to reduce tightness brought on by tension or stress..

25 minutes regularly \$30

NOW \$25



September New Member Fitness Orientations

As a new member it is required that you attend one of our FREE important monthly Fitness Orientations before using the Fitness Center. It is a chance for us to get to know you and answer your questions. We'll have you fill out a Health and Fitness History form at the orientation.

Next Orientation Dates:

Saturday, September 3 at 11 a.m.

Wednesday, September 14 at 6 p.m.

Saturday, September 24 at 11 a.m.

European Facial

Rejuvenating facial includes skin analysis, steam, exfoliation, extraction, masque and day cream. Relaxes muscles and tightens skin.

50 minutes regularly \$60

NOW \$50



*Good for purchase September 1 - 30, 2016.
May be redeemed anytime.*

The Doctors Will Be In

Sign up at Member Services for Both Naturopathy & Acupuncture appointments & services



Naturopathic Doctor Kimberly Gilmore, ND

Will be at Trilogy on Wednesday, Sept. 14 for anyone interested in vitamin B shots, consultations or appointments for initial visits or follow-up visits.

Acupuncture Doctor Charles Peri

Will be at Trilogy every Thursday from 9 a.m. – 6 p.m. for anyone interested in Acupuncture appointments.



Free Personal Trainer on Floor Duty for September Every Wednesday from 9:45-10:45 a.m. Personal Trainer Pat Puryear





Instructor Beverly Shilich

8 Steps to a Healthy Back

For those who want to increase abdominal strength, improve posture, and learn spine-lengthening exercises that make the spine more flexible, this is the class! Must have a minimum of 8 participants.

Instructor: Beverly Shilich

8-week Session: October 18 – December 13

Days: Tuesdays

Time: 2:30 – 3:30 p.m.

Cost: \$45 (Must prepay at Member Services)

Location: Group Ex Studio, Vista Club

* Must be able to get up & down from the floor *

Aqua Joint

No swimming ability required. Use the healing power of water to improve overall health, increase range of motion, strengthen muscles around joints, improve balance, decrease pain, and increase flexibility. Must have a minimum of 8 participants.

Instructor: Beverly Shilich

8-week Session: September 8 – October 27

Days: Thursdays

Time: 3 - 4 p.m.

Cost: \$45 (Must prepay at Member Services)

Location: Indoor Pool, Vista Club

National Dance Day at Trilogy Was a Success!

Saturday, July 30 was National Dance Day here at Trilogy in the Diablo Ballroom. Every half hour from 8:30 a.m. – 12:30 p.m., we offered eight different dance classes. Instructors were Pat Puryear, Joe Swift, Prescy Dela Cruz and Sharon Roberts. This day was created to encourage Americans of all ages to incorporate dance into their lives. Dance is liberating because it uses your body to communicate ideas and emotions, converting such into a creative sphere, whether or not you're trained in dance. Dance can enlighten the spirit and put attention outward into a more aesthetic existence. We are so happy Trilogy is a part of National Dance Day. This is celebrated around the world...the positive power of dance!



Eighth Annual Walktober

Mark Your Calendars for Saturday, October 15

The annual Walktober at Trilogy inspires everyone to make walking a priority in October and throughout the year. The goal is to inspire participants to get outside and experience Autumn. Last year, 295 participated in our seventh annual event. Walktober made them appreciate the beauty of their surroundings by getting them out the door and into a better frame of mind. This event is for everyone: young and old, fast or slow, on your own or with a group, for active travel, for exercise, leisure or pleasure. There are door prizes, refreshments, and fruit and bagels at the finish line. All participants receive a commemorative tee-shirt.

Volunteers Are Needed: We need help with registration, check points, first aid, refreshments, and food preparation.

Continuing the popularity of the Walktober Strobe Lights: Purchase a Walktober strobe pin for \$3. Volunteers and participants please sign up at Member Services at Vista Club. For more information, contact Kathy Erwin at 707-374-4205.



Balance 'n Motion Specialty Class

Instructor: Anna Chunn

This class was originally designed to help those individuals who have never exercised; are recovering from surgery; and/or in a cycle of pain due to back or health issues. This 50 minutes class starts with standing postures taking the body through its full range of motion to inspire balance. From the floor stretches to elongate the muscles to increase flexibility are gently explored. A guided visualization helps to clear the mind, relax the student, and help reflect on one's daily life. If you think this is the class for you please sign up at the Vista front desk for this 8 week Specialty class. Minimum 8 people.

Day/Time: Wednesdays 3:30 – 4:30pm

Location: Group Ex. Studio **Cost:** \$45 for 8 classes

Session: 8 weeks September 7 - October 26

One FREE Introductory Class Wednesday, August 31 @ 3:30pm



The Practice of Meditation

A six week class!

**September 19—
October 31**

**(No class
October 10)**

Relaxation is a skill like many others that you have had to learn. Anyone can learn to relax if they know how to listen to their body, know the symptoms of stress and anxiety. Learning to relax can improve your health, improve your relationships and give you peace of mind. This class meets on Mondays from 3:00 -4:30 pm. We meet in the Sonoma Room at the Vista. Cost is \$45 for six sessions. Sign up at the Vista Member Services desk.

**If you have questions regarding this class
please contact Anna Chunn at 374-3560.**

This class requires a minimum of 8 students to sign up.

Deanna's Yoga Continuation



**Memory Improvement – Better Breathing – Muscle
Tone - Mental Flexibility – Pain Prevention – Body
Awareness – Focus – Strength - Calmness**

INSTRUCTOR: DEANNA ARAYA

When: Saturdays 9:30-10:30am

Session Dates: September 10 – October 15, 2016

Where: Diablo Ballroom Vista or Group Ex Studio

Fee: \$35 (Must Pre-Register Member Services Desk)



September Aqua Schedule

Monday

Aqua Fit	9:30-10:30 a.m.	Delta Pool	Denise
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Tuesday

Aqua Fit	9:30-10:30 a.m.	Vista Pool	Denise
Advanced Aqua	3 - 4 p.m.	Delta Pool	Kathy

Wednesday

Aqua Fit	9:30 - 10:30 a.m.	Delta Pool	Denise
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Thursday

Advanced Aqua	9:30 - 10:30 a.m.	Delta Pool	Kathy
Aqua Fit	3 - 4 p.m.	Delta Pool	Denise

Friday

Advanced Aqua	9 - 10 a.m.	Delta Pool	Kathy
Aqua Fit	9:30 - 10:30 a.m.	Vista Pool	Denise

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Fitness Class Schedule for September 2016


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

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

Last Month’s Punch Card Raffle Winner: **Zeny DeKlavon**

September Fitness Orientations: Sat. Sept. 3 at 11 a.m., Wed. Sept. 14 at 6 p.m., Sat. Sept. 24 at 11 a.m.

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 8-9am Body Works (B/I/A) (GX) Kathy 9-10am Core/Stretch (B) (GX) Joele 9-10am Tai Chi (B/I) (GX) Lillian 9:30-10:30am Advanced Aqua (B/I/A) (DP) Kathy 10-11am Step Aerobics (B/I/A) (GX) Pat 11-12pm Feel Good Class (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly 2:30-3:30pm Yoga (B/I) (GX) Tammy 3-4pm Aqua Fit (B/I/A) (DP) Denise	2 7-8am Early Yoga (B) (DB) Tammy 8:30-9:30am WOW-TABATA-BOOM (B/I) (GX) Pat 9-10am Yoga/Pilates (B) (DB) Deanna 9-10am Advanced Aqua (B/I/A) (DP) Kathy 9:30-10:30am Aqua Fit (B) (VP) Denise 10-10:45am Core Balance and Standing Abs (B) (GX) Sophie/Prescy/Sharon 10-11am Balance Ball (DB) Deanna 10:45-11:30am ZUMBA Toning (B/I) (GX) Sophie/Prescy/Sharon 11:30-12:15pm ZUMBA Dance (B/I) (GX) Sophie/Prescy/Sharon	3 8:30-9:30am Step Aerobics (GX) Pat 11am-12:30pm ZUMBA Power (GX) Sophie/Prescy/Sharon
5 8:30-9:30am WOW-TABATA-TABATA (B/I) (GX) Pat 9-10am Yoga/Pilates (B) (DB) Deanna 9:30-10:30am Aqua Fit (B) (DP) Denise 9:45-10:45am Wake-up and Move (B/I) (RV) /Pat 10-10:45am Core Balance and Standing Abs (B) (GX) Sophie/Prescy/Sharon 10-11am Meditation Breathing (B) (DB) Deanna 10:45-11:30am ZUMBA Toning (B/I) (GX) Sophie/Prescy/Sharon 11:30-12:15pm ZUMBA Dance (B/I) (GX) Sophie/Prescy/Sharon 4-5pm Stretch and Flex (B/I) (GX) Tammy 6:30-7:30pm Yoga/Pilates (B/I) (GX or DB) Deanna	6 8-9am Body Works (B/I/A) (GX) Kathy 9-10am Myofascial Release Stretch (B) (GX) Joele 10-11am Beginning Pilates (GX) Joele 9:30-10:30am Aqua Fit (B) (VP) Denise 11-12pm Feel Good Class (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly 3-4pm Advanced Aqua (B/I/A) (DP) Kathy	7 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 Aqua Fit (B) (DP) Denise Dance Aerobics 9:30-10am Joele (GX) First Wednesday of each month 10-11:30am Hot ZUMBA (I/A) (GX) Prescy 6:30-7:30pm Balance Ball (GX) Deanna	8 8-9am Body Works (B/I/A) (GX) Kathy 9-10am Core/Stretch (B) (GX) Joele 9-10am Tai Chi (B/I) (GX) Lillian 9:30-10:30am Advanced Aqua (B/I/A) (DP) Kathy 10-11am Step Aerobics (B/I/A) (GX) Pat 11-12pm Feel Good Class (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly 2:30-3:30pm Yoga (B/I) (GX) Tammy 3-4pm Aqua Fit (B/I/A) (DP) Denise	9 7-8am Early Yoga (B) (DB) Tammy 8:30-9:30am WOW-TABATA-BOOM (B/I) (GX) Pat 9-10am Yoga/Pilates (B) (DB) Deanna 9-10am Advanced Aqua (B/I/A) (DP) Kathy 9:30-10:30am Aqua Fit (B) (VP) Denise 10-10:45am Core Balance and Standing Abs (B) (GX) Sophie/Prescy/Sharon 10-11am Balance Ball (DB) Deanna 10:45-11:30am ZUMBA Toning (B/I) (GX) Sophie/Prescy/Sharon 11:30-12:15pm ZUMBA Dance (B/I) (GX) Sophie/Prescy/Sharon	10 8:30-9:30am Step Aerobics (GX) Pat 11am-12:30pm ZUMBA Power (GX) Sophie/Prescy/Sharon
12 8:30-9:30am WOW-TABATA-TABATA (B/I) (GX) Pat 9-10am Yoga/Pilates (B) (DB) Deanna 9:30-10:30am Aqua Fit (B) (DP) Denise 9:45-10:45am Wake-up and Move (B/I) (RV) /Pat 10-10:45am Core Balance and Standing Abs (B) (GX) Sophie/Prescy/Sharon 10-11am Meditation Breathing (B) (DB) Deanna 10:45-11:30am ZUMBA Toning (B/I) (GX) Sophie/Prescy/Sharon 11:30-12:15pm ZUMBA Dance (B/I) (GX) Sophie/Prescy/Sharon 4-5pm Stretch and Flex (B/I) (GX) Tammy 6:30-7:30pm Yoga/Pilates (B/I) (GX or DB) Deanna	13 8-9am Body Works (B/I/A) (GX) Kathy 9-10am Myofascial Release Stretch (B) (GX) Joele 10-11am Beginning Pilates (GX) Joele 9:30-10:30am Aqua Fit (B) (VP) Denise 11-12pm Feel Good Class (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly 3-4pm Advanced Aqua (B/I/A) (DP) Kathy	14 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 Aqua Fit (B) (DP) Denise 10-11:30am Hot ZUMBA (I/A) (GX) Prescy 6:30-7:30pm Balance Ball (GX) Deanna	15 8-9am Body Works (B/I/A) (GX) Kathy 9-10am Core/Stretch (B) (GX) Joele 9-10am Tai Chi (B/I) (GX) Lillian 9:30-10:30am Advanced Aqua (B/I/A) (DP) Kathy 10-11am Step Aerobics (B/I/A) (GX) Pat 11-12pm Feel Good Class (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly 2:30-3:30pm Yoga (B/I) (GX) Tammy 3-4pm Aqua Fit (B/I/A) (DP) Denise	16 7-8am Early Yoga (B) (DB) Tammy 8:30-9:30am WOW-TABATA-BOOM (B/I) (GX) Pat 9-10am Yoga/Pilates (B) (DB) Deanna 9-10am Advanced Aqua (B/I/A) (DP) Kathy 9:30-10:30am Aqua Fit (B) (VP) Denise 10-10:45am Core Balance and Standing Abs (B) (GX) Sophie/Prescy/Sharon 10-11am Balance Ball (DB) Deanna 10:45-11:30am ZUMBA Toning (B/I) (GX) Sophie/Prescy/Sharon 11:30-12:15pm ZUMBA Dance (B/I) (GX) Sophie/Prescy/Sharon	17 8:30-9:30am Step Aerobics (GX) Pat 11am-12:30pm ZUMBA Power (GX) Sophie/Prescy/Sharon
19 8:30-9:30am WOW-TABATA-TABATA (B/I) (GX) Pat 9-10am Yoga/Pilates (B) (DB) Deanna 9:30-10:30am Aqua Fit (B) (DP) Denise 9:45-10:45am Wake-up and Move (B/I) (RV) /Pat 10-10:45am Core Balance and Standing Abs (B) (GX) Sophie/Prescy/Sharon 10-11am Meditation Breathing (B) (DB) Deanna 10:45-11:30am ZUMBA Toning (B/I) (GX) Sophie/Prescy/Sharon 11:30-12:15pm ZUMBA Dance (B/I) (GX) Sophie/Prescy/Sharon 4-5pm Stretch and Flex (B/I) (GX) Tammy 6:30-7:30pm Yoga/Pilates (B/I) (GX or DB) Deanna	20 8-9am Body Works (B/I/A) (GX) Kathy 9-10am Myofascial Release Stretch (B) (GX) Joele 10-11am Beginning Pilates (GX) Joele 9:30-10:30am Aqua Fit (B) (VP) Denise 11-12pm Feel Good Class (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly 3-4pm Advanced Aqua (B/I/A) (DP) Kathy	21 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 Aqua Fit (B) (DP) Denise 10-11:30am Hot ZUMBA (I/A) (GX) Prescy 6:30-7:30pm Balance Ball (GX) Deanna	22 8-9am Body Works (B/I/A) (GX) Kathy 9-10am Core/Stretch (B) (GX) Joele 9-10am Tai Chi (B/I) (GX) Lillian 9:30-10:30am Advanced Aqua (B/I/A) (DP) Kathy 10-11am Step Aerobics (B/I/A) (GX) Pat 11-12pm Feel Good Class (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly 2:30-3:30pm Yoga (B/I) (GX) Tammy 3-4pm Aqua Fit (B/I/A) (DP) Denise	23 7-8am Early Yoga (B) (DB) Tammy 8:30-9:30pm WOW-TABATA-BOOM (B/I) (GX) Pat 9-10am Yoga/Pilates (B) (DB) Deanna 9-10am Advanced Aqua (B/I/A) (DP) Kathy 9:30-10:30am Aqua Fit (B) (VP) Denise 10-10:45am Core Balance and Standing Abs (B) (GX) Sophie/Prescy/Sharon 10-11am Balance Ball (DB) Deanna 10:45-11:30am ZUMBA Toning (B/I) (GX) Sophie/Prescy/Sharon 11:30-12:15pm ZUMBA Dance (B/I) (GX) Sophie/Prescy/Sharon	24 8:30-9:30am Step Aerobics (GX) Pat 11am-12:30pm ZUMBA Power (GX) Sophie/Prescy/Sharon
26 8:30-9:30am WOW-TABATA-TABATA (B/I) (GX) Pat 9-10am Yoga/Pilates (B) (DB) Deanna 9:30-10:30am Aqua Fit (B) (DP) Denise 9:45-10:45am Wake-up and Move (B/I) (RV) /Pat 10-10:45am Core Balance and Standing Abs (B) (GX) Sophie/Prescy/Sharon 10-11am Meditation Breathing (B) (DB) Deanna 10:45-11:30am ZUMBA Toning (B/I) (GX) Sophie/Prescy/Sharon 11:30-12:15pm ZUMBA Dance (B/I) (GX) Sophie/Prescy/Sharon 4-5pm Stretch and Flex (B/I) (GX) Tammy 6:30-7:30pm Yoga/Pilates (B/I) (GX or DB) Deanna	27 8-9am Body Works (B/I/A) (GX) Kathy 9-10am Myofascial Release Stretch (B) (GX) Joele 10-11am Beginning Pilates (GX) Joele 9:30-10:30am Aqua Fit (B) (VP) Denise 11-12pm Feel Good Class (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly 3-4pm Advanced Aqua (B/I/A) (DP) Kathy	28 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 Aqua Fit (B) (DP) Denise 10-11:30am Hot ZUMBA (I/A) (GX) Prescy 6:30-7:30pm Balance Ball (GX) Deanna	29 8-9am Body Works (B/I/A) (GX) Kathy 9-10am Core/Stretch (B) (GX) Joele 9-10am Tai Chi (B/I) (GX) Lillian 9:30-10:30am Advanced Aqua (B/I/A) (DP) Kathy 10-11am Step Aerobics (B/I/A) (GX) Pat 11-12pm Feel Good Class (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly 2:30-3:30pm Yoga (B/I) (GX) Tammy 3-4pm Aqua Fit (B/I/A) (DP) Denise	30 7-8am Early Yoga (B) (DB) Tammy 8:30-9:30pm WOW-TABATA-BOOM (B/I) (GX) Pat 9-10am Yoga/Pilates (B) (DB) Deanna 9-10am Advanced Aqua (B/I/A) (DP) Kathy 9:30-10:30am Aqua Fit (B) (VP) Denise 10-10:45am Core Balance and Standing Abs (B) (GX) Sophie/Prescy/Sharon 10-11am Balance Ball (DB) Deanna 10:45-11:30am ZUMBA Toning (B/I) (GX) Sophie/Prescy/Sharon 11:30-12:15pm ZUMBA Dance (B/I) (GX) Sophie/Prescy/Sharon	

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

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

September 2016 Club and Activity Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 8am Social Tennis 8:30am Women's 18-Hole Golf 9am Eagle Point Village ARC (D) 9:30am Ceramics (D) 9:30am Women's Fellowship (V) 11am Pickleball (courts 1 & 2) 12:15pm Ponytail Canasta (V) 1pm Garden Club (V) 1pm Good Samaritans (D) 1pm Sailing Club (D) 2pm Genealogy Club (V) 5pm Table Tennis (D) 5pm Tai-chi for Beginners (V) 6pm Yuan-chi & Fan Dance (V) 6:15pm Village Riviera BOD (D) 6:30pm Village Riviera HOA (D) 6:30pm Pinochle (V) 7pm Photography Club (V) 7pm Theater Group Rehearsal (V) 7pm Ballroom Dance - Adv (V) 8pm Ballroom Dance - Beg (V)	2 7:50am Cycling Club (Delta Parking Lot) 8am Social Tennis 9am Model Club (V) 9:30am Walk & Talk (V) 9:30am Village1 ARC (V) 10am Rubber Stamp Card Making (D) 10:30am Country Line Dancing (D) 11am Book Club: 66 Bible Books (V) 11am Pickleball (courts 1 & 2) 12pm Adv Watercolor (D) 12:15pm Friday Bridge (V) 6pm Joy Luck Mah-Jongg (V) 7pm Theater Group Rehearsal (V)	3 8am Motorcycle Club (Off-site) 8:30am Hiking Club (V) 9am Model Club – Garden Railway (V) 9am Table Tennis (D) 6pm Texas Hold'em / Omaha Poker (D) 7pm Theater Group Rehearsal (V)
4 7pm Theater Group Rehearsal (V)	5 LABOR DAY HOA Admin Office closed today! 8am Social Tennis 9:30am Walk & Talk (V) 12:30pm Rip, Stitch & Bitch (V) 12:30pm Mah Jongg (V) 6pm Poker (D) 6:30pm Game Night (V) 7pm Theater Group Rehearsal (V)	6 8am Social Tennis 8:30am Radio Club (V) 9:30am Women's 9-Hole Golf 10:30am Country Line Dancing (V) 11am Saddle Rock Village ARC (V) 11am Pickleball (courts 1 & 2) 11:30am MBL End of Season Lunch Group 1 (V) 11:30am TRVMEN Golf 12:15pm Beg Watercolor (D) 12:15pm Hand & Foot Canasta (V) 12:30pm Dominoes (D) 4:15pm Table Tennis (D) 5pm Billiards Club Tournament (V) 5pm Tai-chi & Yuan-chi (V) 5:30pm Couples Canasta (V) 6:30pm Religions of the World (D) 7pm Theater Group Rehearsal (V)	7 8am TOPS (D) 8am Social Tennis 8:30am Sr. Men's Golf 9:30am Bridge Lessons (V) 9:30am Men's Fellowship (V) 9:30am Walk & Talk (V) 10am Horseshoe Pit Play (Brockton Park) 10am Stained Glass (D) 11am Ukulele Club (V) 11am Pickleball (courts 1 & 2) 11:30am MBL End of Season Lunch Group 2 (V) 12:30pm Fat Quarters Quilters (D) 1pm Village Riviera ARC (D) 2pm Bergren Oil & Acrylic Painting (D) 2pm Card Design Class (D) 2pm Saddle Rock RC Social Com (V) 4:30pm Table Tennis (D) 5:30pm Delta Harmony Rehearsal (V) 7pm Delta Breeze Chorus (V) 7pm Billiard Club Membership (V) 7pm Singles Club (V) 7pm Square Dance (D)	8 8am Social Tennis 8:30am Women's 18-Hole Golf 9am Blood Pressure Check (D) 9:30am Ceramics (D) 9:30am Women's Fellowship (V) 10am Council for the Arts (V) 11am Pickleball (courts 1 & 2) 12:15pm Ponytail Canasta (V) 1—3pm Advanced Hearing Aid Service (V) 3:45pm Village 1 BOD (D) 4pm Village 1 HOA (D) 4pm Sr. Men's Golf Board (D) 5pm Table Tennis (D) 5pm Tai-chi for Beginners (V) 6pm Yuan-chi & Fan Dance (V) 6:15pm Olympic Village BOD (D) 6:30pm Olympic Village HOA (D) 6:30pm Pinochle (V) 7pm Writers' Club (V) 7pm Ballroom Dance - Adv (V) 8pm Ballroom Dance - Beg (V)	9 7:50am Cycling Club (Delta Parking Lot) 8am Social Tennis 9:30am Walk & Talk (V) 10am Rubber Stamp Card Making (D) 10:30am Country Line Dancing (D) 11am Book Club: 66 Bible Books (V) 11am Pickleball (courts 1 & 2) 11am Village Riviera Ladies Luncheon (V) 12pm Adv Watercolor (D) 12:15pm Friday Bridge (V) 2pm Guitar Club Beg Workshop (D) 7pm Bunco (D) 7pm Theater Group Rehearsal (V)	10 8:30am Hiking Club (V) 9am Model Club – Garden Railway (V) 9am Table Tennis (D) 10:30am – 1:30pm Trilogy Club Awareness Day (V) 10:30am – 1:30pm TJB Jazz Combo (V) 6pm Eagle Point RC Event – Meet & Greet (D) 6pm Poker – Texas Hold'em /Omaha (D) 7pm Theater Group Rehearsal (V)
11 Patriot Day 10am – 3pm Trilogy Produce Market (D) 7pm Dance Club – Afterglow (V)	12 8am Social Tennis 8:30am Theater Gp Improvisation Workshop (D) 8:30am Woodcarving (D) 9am – 1pm Blood Drive (D) 9am Olympic Village ARC (V) 9:30am Walk & Talk (V) 10am Village Oakmont ARC (V) 10:30am – 12pm Gift, Craft, Art Faire & Jewelry Show (V) 11:30pm Rip, Stitch & Bitch (V) 12pm Open Painting (D) 12pm Duplicate Bridge (V) 1pm TAG Monthly (D) 2pm TRVMA Executive Session (V) 2:30pm Pickleball (courts 1 & 2) 3pm House Renovations Com (D) 5pm Whist Planning (V) 6pm Soul Line Dancing (D) 6pm Poker (D) 6:30pm Game Night (V) 7pm Model Club - RC Aircraft (D) 7pm Theater Group Rehearsal (V)	13 8am Social Tennis 8:30am Radio Club (Offsite) 9:30am Women's 9-Hole Golf 10am Computer Class MS Excel 1 (V) 10:30am Book Club (V) 10:30am Country Line Dancing (D) 11am Pickleball (courts 1 & 2) 11:30am TRVMEN Golf 12pm Cooking Club (D) 12:15pm Beg Watercolor (D) 12:15pm Hand & Foot Canasta (V) 12:30pm Computer Class MS Excel 2 (V) 2pm Master Association Board Mtg (V) 4:15pm Table Tennis (D) 5pm Billiards Club Tournament (V) 5pm Tai-chi & Yuan-chi (V) 7pm Theater Group Rehearsal (V) 7pm Emergency Action Com (D)	14 8am Social Tennis 8am TOPS (D) 8:30am Sr. Men's Golf 9:30am Bridge Lessons (V) 9:30am Men's Fellowship (V) 9:30am Walk & Talk (V) 10am Horseshoe Pit Play (Brockton Park) 10am Kare Bears – Village Oakmont (D) 10am Stained Glass (D) 11am Ukulele Club (V) 11am Pickelball (courts 1 & 2) 12:30pm Fat Quarters Quilting (D) 1:30pm Jazz Band (V) 2pm Open Oil & Acrylic Painting (D) 2pm Card Design Class (D) 4:30pm Table Tennis (D) 5:30pm Delta Harmony Rehearsal (V) 6:30pm Nature Club (V) 7pm Delta Breeze Chorus (V) 7pm Singles Club (V) 7pm Square Dance (D)	15 8am Social Tennis 8:30am Women's 18-Hole Golf 9am Eagle Point ARC (D) 9:30am Ceramics (D) 9:30am Women's Fellowship (V) 11am Pickleball (courts 1 & 2) 12:15pm Ponytail Canasta (V) 2pm Genealogy Workshop (V) 4pm Golf. Sr. Men's General (D) 5pm Table Tennis (D) 5pm Village Riviera RC (V) 5pm Tai-chi for Beginners (V) 6pm Yuan-chi & Fan Dance (V) 6:30pm Pinochle (V) 6:45pm Village Oakmont BOD (D) 7pm Village Oakmont HOA (D) 7pm Theater Group Rehearsal (V) 7pm Ballroom Dance - Adv (V) 8pm Ballroom Dance - Beg (V)	16 7:50am Cycling Club (Delta Parking Lot) 8am Social Tennis 9:30am Village 1 ARC (V) 9:30am Walk & Talk (V) 10am Rubber Stamp Card Making (D) 10:30am Country Line Dance (D) 11am Book Club: 66 Bible Books (V) 12pm Adv Watercolor (D) 12:15pm Friday Bridge (V) 6:30pm Joy Luck Mah-Jongg (V) 7pm Whist Club (D) 7pm Open Mic Night (V)	17 8:30am Hiking Club (V) 9am Model Club – Garden Railway (V) 10am Bocce Club General Membership & Elections (D) 4pm Saddle Rock Village 5th Annual Block Party (D) 6pm Texas Hold'em/ Omaha Poker (D) 7pm Theater Group Rehearsal (V)
18 9am–2pm Flu Shot Clinic (D) 6 – 9pm Singles Club BBQ (D) 7pm Theater Group Rehearsal (V)	19 8am Social Tennis 8:30am Theater Group Improv Workshop (D) 8:30am Woodcarving (D) 9:30am Walk & Talk (V) 10am Council of Village Presidents (V) 10:30am Saddle Rock Village ARC (V) 12pm Open Painting (D) 12:30pm Mah Jongg (V) 12:30pm Rip Stitch & Bitch (V) 2:30pm Pickleball (courts 1 & 2) 5pm Whist Planning (V) 5pm Theater Group Rehearsal (V) 6pm Soul Line Dancing (D) 6pm Poker (D) 6:30pm Game Night (V) 7pm Fishing Club (D) 7pm Hiking Club (V)	20 8am Social Tennis 8:30am Radio Club (V) 9am Garden Club Workshop (D) 9:30am Golf – Women's 9-Hole 10am Computer Class–MS Word 1 (V) 10:30am Country Line Dancing (D) 11:30am Golf – TRVMEN 9-Hole 12:15pm Beg Watercolor(D) 12:15pm Hand & Foot Canasta (V) 12:30pm Computer Class– MS Word 2 (V) 12:30pm Dominoes (D) 1:30pm Golf–Women's 9-Holer Mtg (D) 2pm – 3:30pm Saddle Rock RC Exe Com (D) 2:30pm Celtic & Zen Tangle Drawing (D) 4pm Autumn Equinox Labyrinth Walk (Vista Patio) 4:15pm Table Tennis (D) 5pm Billiards Club Tournament (V) 5pm Theater Group Dress Rehearsal (V) 5:30pm Tai-chi & Yuan-chi (V) 5:30pm Couples Canasta (V)	21 8am Social Tennis 8am TOPS (D) 8:30am Sr. Men's Golf 9:30am Bridge Lessons (V) 9:30am Men's Fellowship (V) 9:30am Walk & Talk (V) 10am Horseshoe Pit Play (Brockton Park) 10am Stained Glass (D) 11am Ukulele Club (V) 11am Pickleball (courts 1 & 2) 12:30pm Fat Quarters Quilting (D) 1pm Village Riviera ARC (D) 1:30pm Jazz Band (V) 2pm Bergren Oil & Acrylic Painting (D) 2pm Card Design Class (D) 4:30pm Table Tennis (D) 5pm Theater Group Dress Rehearsal (V) 5pm Whist Planning (V) 6:15pm Saddle Rock Village BOD (D) 6:30pm Saddle Rock Village HOA (D) 7pm Delta Breeze Chorus (V) 7pm Singles Club (V) 7pm Square Dance (D) 7:30pm Saddle Rock Village RC (D)	22 8am Social Tennis 8:30am Women's 18-Hole Golf 9:30am Ceramics (D) 9:30am Women's Fellowship (V) 11am Pickleball (courts 1 & 2) 12:15pm Ponytail Canasta (V) 2pm Community Connections (V) 5pm Admin Policies Com (V) 5pm Table Tennis (D) 5pm Tai-chi for Beginners (V) 6pm Yuan-chi & Fan Dance (V) 6:15pm Eagle Point Village BOD (D) 6:30pm Eagle Point Village HOA (D) 6:30pm Pinochle (V) 6:30pm Theatre Group Play “All My Sons” (V) 7pm Ballroom Dance - Adv (V) 8pm Ballroom Dance - Beg (V)	23 7:50am Cycling Club (D) 8am Social Tennis 9:30am Walk & Talk (V) 10am Rubber Stamp Card Making (D) 10:30am Country Line Dance (D) 11am Pickleball (courts 1 & 2) 11am Book Club: 66 Bible Books (V) 12pm Adv Watercolor (D) 12:15pm Friday Bridge (V) 2pm Guitar Club Beginners Workshop (V) 3:30 – 5:30pm Shibori Shirt Workshop Prep (D) 6:30pm Theatre Group Play “All My Sons” (V) 7pm Bingo (D)	24 8:30am Hiking Club (V) 8:30am – 4pm Shibori Shirt Workshop (D) 9am Model Club – Garden Railway (V) (weather permitting) 9am Table Tennis (D) 6pm Poker – Texas Hold'em /Omaha (D) 6:30pm Theatre Group Play “All My Sons” (V)
25 8:30am – 4pm Shibori Shirt Workshop (D) 10am – 3pm Trilogy Produce Market (D) 2pm Theatre Group Play “All My Sons” (V)	26 8am Social Tennis 8:30am Theater Gp Improvisation Workshop (D) 8:30am Woodcarving (D) 9am Olympic Village ARC (V) 9:30am Walk & Talk (V) 10am Village Oakmont ARC (V) 12pm Open Painting (D) 12:30pm Rip, Stitch & Bitch (V) 12:30pm Mah Jongg (V) 1pm Access Com (D) 2:30pm Pickleball (courts 1 & 2) 3pm House Renovations Com (V) 5pm Whist Planning (V) 6pm Poker (D) 6pm Soul Line Dancing (D) 6:30pm Game Night (V) 7pm Havurah Friends (V)	27 8am Social Tennis 8:30am Radio Club (V) 9:30am Women's 9-Hole Golf 10:30am Trilogy Clubs Status Renewal (V) 10:30am Country Line Dancing (D) 11am Pickleball (courts 1 & 2) 11:30am TRVMEN Golf 12:15pm Beg Watercolor (D) 12:15pm Hand & Foot Canasta (V) 12:30pm Dog Club (D) 2pm Saddle Rock RC Exe Com (D) 4:15pm Table Tennis (D) 5pm Billiards Club Tournament (V) 5pm Tai-chi & Yuan-chi (V) 7pm Drama Club Membership (D) 7pm Emergency Action Com (D)	28 8am Social Tennis 8am TOPS (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 9:30am Men's Fellowship (V) 10am Stained Glass (D) 11am Ukulele Club (V) 12:30pm Fat Quarters Quilting (D) 1:30pm Jazz Band (V) 2pm Open Oil & Acrylic Painting (D) 2pm Card Design Class (D) 4:30pm Table Tennis (D) 5:30pm Saddle Rock Village Social in the Park 5:30pm Delta Harmony Rehearsal (V) 7pm Delta Breeze Chorus (V) 7pm Singles Club (V) 7pm Square Dance (D)	29 8am Social Tennis 8:30am Women's 18-Hole Golf 9:30am Ceramics (D) 9:30am Women's Fellowship (V) 11am Pickleball (courts 1 & 2) 12:15pm Ponytail Canasta (V) 1pm Adult Com (D) 1pm Good Samaritans (D) 5pm Table Tennis (D) 5pm Tai-chi for Beginners (V) 6pm Yuan-chi & Fan Dance (V) 6:30pm Pinochle (V) 7pm Theater Group (D) 7pm Ballroom Dance - Adv (V) 8pm Ballroom Dance - Beg (V)	30 7:50am Cycling Club (D) 8am Social Tennis 9:30am Walk & Talk (V) 10am Tennis Club (D) 10am Rubber Stamp Card Making (D) 10:30am Country Line Dance (D) 11am Pickleball (courts 1 & 2) 11am Book Club: 66 Bible Books (V) 12pm Adv Watercolor (D) 12:15pm Friday Bridge (V)	

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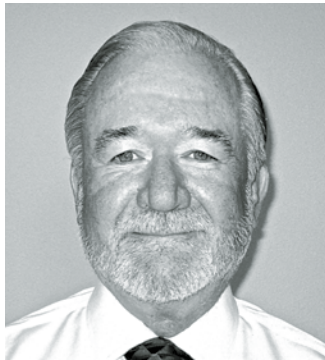
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Billiards

The next Billiards Club meeting is Wednesday, September 7 at 7 p.m. in the Monterey Room of the Vista Club. Tournaments are every Tuesday evening at 5 p.m. We play 8-ball or 9-ball depending on the week of the month. Officers: President Al Bergoust, Vice President Mike Quihuiz, Secretary Victoria Munoz, Membership Chairman Dave Stewart.

July 5, 8-Ball

1st Al Bergoust
2nd Billy Kemp
3rd Ken Guillory

July 12, 9-Ball

1st Al Bergoust
2nd Richard Gutierrez
3rd Ken Guillory

July 19, 8-Ball

1st Ken Guillory
2nd Dave Stewart
3rd Jack Clark

July 26, 8-Ball Partners

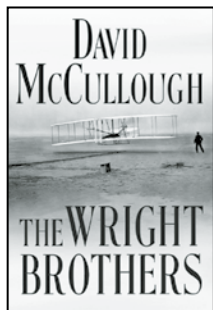
1st Al Bergoust/Billy Kemp
2nd Richard Gutierrez/Steve
3rd Mike Quihuiz/James Jenkins

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

Bocce

Morning and night league play has ended. More next month on the final results. September will be a busy month for the bocce community. The morning league will host its end-of-season socials and the night league will be having a social on October 2. The Autumn Bocce League (Winter Bocce Federation), will start play on September 13, continue into early December and end with a BYOS social. The annual club meeting and election of officers will be held on Saturday, September 17 at 10 a.m. at the Delta Club. Mark your calendar and plan to attend. This is your club, make it work for you. If you are new to the community or have questions about bocce, plan to visit the Bocce Club table at the Club Awareness Day event in the Vista Club Diablo Ballroom on Saturday, September 10 from 10:30 a.m. - 1:30 p.m. Remember to roll often, throw straight and have fun, that's what's it all about. Contact Joe Downes at 707-374-7520 for more information.

Book



The Book Club meets the second Tuesday of each month at 10:30 a.m. in the Sonoma Room at the Vista Club. The next meeting is September 13. The book selection is *The Wright Brothers* by David McCullough. October's book selection is *The Ice Cream Queen of Orchard Street* by Susan Jane Gilman. There is no requirement to have read the selected book. Everyone is welcome to join; feel free to stop by. For more information, contact Adrienne at 707-374-5576.

Book - 66 Bible Books

We will be wrapping up the book of Hebrews during September. We have not decided yet if we will go back to the Old Testament or remain in the New Testament for our next study. Either way it will be a thought-provoking and spiritually-rewarding experience. Please plan on attending and join us on the journey of discovery we are taking. Every passage of scripture has something to reveal to us.

We meet weekly in the Monterey Room of the Vista Club on Fridays from 11 a.m. - 12:30 p.m. For any additional information please contact either Gary or Deb Dunham at 707-374-5324 or email at gmdunham1@hotmail.com, debdunham@hotmail.com.

Bridge – Duplicate

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

July's winners were Regular game: 1st, Jack Krebs and Gary Bingham; 2nd, Nan Lowenstein and Bruce Morrison; 3rd, Lynn Fortner and John Fashing. Novice game: 1st, Peter and Bonnie Carisetti.

Bridge - Friday

Friday Bridge Club meets every Friday at 12:15 p.m. in the Vista Club, Sonoma Room. All levels of players are welcome. Please let us know you are coming by 12 p.m. on the Wednesday of that week. Sign-up book is in the Sonoma Room in the middle top drawer of credenza at the left side of the room. On the first Friday there will be duplicate bridge, all levels welcome; same sign-up book. For more information or any questions please call Larry Epner at 707-374-3511.

Bunco

The heat is past, but not the heat and excitement of Bunco. We meet at the Delta Club on the second Friday of the month at 7 p.m. We still sit at tables with a total of four contestants at each table, make introductions, and when the room is ready, we start. At the end of each round two persons move to another table and again we play. We will confirm the laughter, excitement and old-fashioned good will among neighbors are there at each round. The easy rules of play and the refreshments make it a fun evening. For further information, please call Shirley at 707-374-9984.

Ceramics



This spotted teapot is a dark grey with wine colored dots, spout, handle and top. Photo by Linda Robinette

Can you believe we are now two-thirds of the way through the year? It is back-to-school time. While our club meetings are not quite like classes, you will learn a lot either about ceramics or our community as we work and chat. We have new members moving

into the area as well as people who have lived here for many years, so the life experiences are varied. As a bonus, you will have a new ceramic piece you designed yourself that will be one-of-a-kind. We meet every Thursday from 9:30 a.m. - 12 p.m. in the Marina Room at the Delta Club. For more information, please contact Ann at 707-374-5122.

Community Connections

Community Connections hopes you will join us on our journey to explore the opportunities around us for day trips, helping with short-term service projects as needed, and having fun making this club what you want it to be. Whether you are a seasoned member or new to our group we hope you will attend our next meeting to discuss more adventures and share your experiences about local events.

Our next meeting will be September 22 in the Monterey Room at the Vista Club at 2 p.m. We will be discussing where our next outing will take us and helping with short-term service projects. You may bring a sweet or savory snack to share if you wish, but if not, just bring yourself. We would love to meet you! For more information, contact Robie at 650-454-4299 or robiejw@hotmail.com.

Cooking

Welcome to the Cooking Club. The Club gathers once a month to share cooking experiences, recipes and a tasting that goes along with the theme for the month. We like to cook to a theme for our meeting and in September the theme will focus on gluten-free dishes with Maren W. (our gluten-free expert), Sandi J. and Roger K. doing the cooking. Come join us.

The way this works is members bring a copy of their favorite theme-related recipe to share and discuss and to let us know what went well and what didn't. We usually have the opportunity to pick up a tip, or a new technique

or maybe learn about a new market, store or opportunity to expand our experience and our palates. Our August meeting took us to Larry's Produce in Suisun for an informative and "Produce"active outing.

All home cooks are welcome to join us, whether you are an experienced chef or a budding novice, we encourage you to come your experiences. If you have questions, please contact Gary Swieso at 707-374-5859. We meet the second Tuesday (September 13) of each month at 12 p.m. in the River Room of the Delta Club.

If you have a great tip to share, bring it along. Here's one from our last meeting: Serving shrimp on ice? Cover the ice on a platter with clear plastic wrap before adding the shrimp, the shrimp will stay cold and dry. All cooks and "wannabe" cooks are encouraged to join us. Everyone is welcome.

Council for the Arts

In October we will hold auditions for Music of the Night. The date and time will be announced in mid-September and also here in *Trilogy Living*. The theme is Las Vegas Nights, and the review will open on Wednesday, March 29 and close on Saturday, April 1. Rehearsals begin in January on Monday and Wednesday evenings. Musical talent is not the only thing needed to mount a production like this. Please consider becoming a part of our production team. It's a very rewarding experience.

The Council for the Arts advocates for and offers financial grants to organizations and clubs in Trilogy that are involved in the many aspects of the arts. Our primary source of the funds used to support the arts is the revenue raised by Music of the Night. Council for the Arts meets on the second Thursday of the month at 10 a.m. in the Monterey Room at the Vista Club. For information about Council for the Arts, call Judy Calpo at 707-374-2924.

Couples Canasta

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



Cycling



To beat the heat the cycling club continues to meet on Fridays at 7:50 a.m. in front of the Delta Club. If you can ride at least 12 mph, you will be comfortable on this ride because we have frequent regroupings. No rider is left behind. Strong riders use this day as a recovery ride or to ride more miles. Others may find it challenging. It all depends on how much riding we have done. Rides are 20-25 miles with more or less being an option. Helmets are required. Bring money for a possible coffee and snack stop. For more information, contact Marcia or Al Morrison at 707-374-5177 or marcialsj@netscape.net

Dog



Here are Sophie, a Chihuahua, and Frankie, a blue heeler. Sophie and Frankie were adopted nine years ago at age one by Felicia Gonzales. "Sophie is a character! She has the craziest personality and always keeps me entertained. She is always by my side and never lets me out of her sight. Frankie has the biggest heart, is very loving, and always gives me hugs, especially on rough days. Frankie is laid back, but always on guard. While out on our daily walks he just loves meeting people and making new critter friends. If you see us out and about, please say hello!" says Gonzales.

The guest speaker at our August meeting was Walt Stanish from Pets 4 All in Rio Vista who discussed the pros and cons of several dog foods and treats. In evaluating pet foods, he said that dogs need adult food after the age of one and are considered seniors at seven. He advised carefully reading the ingredients, especially the first five, noting that fillers like corn and wheat are hard for dogs to digest. In discussing dog treats, he noted that crunchies—like greenies with probiotics—are good for their teeth and cautioned that plastic-based bones are meant to be gnawed not chewed. Addressing general health issues, he cautioned against bathing our dogs too often and leaving them alone before they have finished eating a parting treat.

The next meeting of the dog club, which now represents 340 households, 401 dogs, and 2 cats, will be on Tuesday, September 27 at 12:30 p.m. at the Delta Club. The next play date is scheduled for Saturday, October 1 (large dogs from 9 – 10 am, small dogs, 10 -11 am). For more information, contact President Sharon Primeau at sl5prim@yahoo.com.

Dominoes

We are still having fun playing Mexican train. If you are not familiar with the rules of play, you will be patiently helped by the others. They are simple, and the play quick enough to keep everyone's interest. Don't miss out. For further information please call Shirley at 707-374-9984.

Drama

Congratulations to the cast and crew of "The Trouble With Tucker Downt." They presented a wonderful performance, and Trilogy residents appreciate all their hard work! All those involved worked incredibly hard over the last four months during the lengthy preparations and additional rehearsals striving to make all our performances the best they could possibly be. Thank You to our director Debby Dubrow; actors Chris Shockley, Murray Levitan, Judy Calpo, Rod Rumble, Mark Wilbur, Linda Mitchell, Sherrie Rasmussen, Cathy-Anne Yekel, Susan Teeple, Joanne Stangl, Nancy De Lucia, Barbara Bellamy, and John Fashing. Special thanks goes to the behind-the-scenes people: stage and scenery: Mike Dubrow, Doug Teeple, and Chris Rasmussen; prompters: Kay Johnston, Sharon Primeau, Charlene Oxoby.

It takes a village to produce and present a play for other's enjoyment. We welcome inspiring new members, especially a few good men, with or without any stage experience or behind the scenes. You will absolutely have the most fun with our cast of characters. All interested Trilogy residents are invited to come to our next membership meeting on September 27 at 7 p.m. at the Delta Club. Please contact Debby Dubrow for more information at 707-374-6706.

Fat Quarter Quilters

We are a group getting together to work on our own quilting and sewing projects. Join us and meet new friends and share the love of sewing and quilting. We meet every Wednesday from 12:30 - 3:30 p.m. at the Delta Club. There are no dues or fees. Call Esther Young at 707-374-2639 with any questions.

Garden

Our August meeting featured Debbie La Croix, Architectural Coordinator for the Trilogy Master Association. Debbie gave us the latest updates on what to plant and what needs architectural approval. Also, the Wowee Worm Lady, Jennifer Galarneau, returned with her exciting presentation on worm castings.



Corn Husk Wreath

Our September General Meeting will be about Succulents vs. Cactus, and will be presented by our own Ann Thomas and Kathleen Klessen!

Please note: The September meeting is being held on the first Thursday, September 1, in the Diablo Ballroom at the Vista Club at 1 p.m. We will return to the second Thursday of the month in October.

We're looking forward to our September 6 field trip to Santa Rosa for the National Heirloom Festival. The cost for the roundtrip bus ride is \$25 for members and \$30 for non-members. Contact Donna Moore at donnamoore15@gmail.com for information on last minute sign-ups.

We will be holding a fall wreath workshop on Tuesday, September 20 in the Marina Room of the Delta Club at 9 a.m. The cost is \$10 for members and \$15 for non-members. Please complete your registration form, located above Box #9 in the Delta Club, and include your payment to Trilogy Garden Club in Box #9.

The Garden Club has been growing, and we love having new members join us. The cost is only \$15 per household per year. Our regular meetings are held the second Thursday of each month. Contact us at trilogygardenclub@gmail.com if you have any questions.

Genealogy

It has been wonderful to see our club grow this year. Just recently we welcomed five new members and Dave D'arche gave a great presentation on autosomal DNA testing for the workshop group and was of great help in understanding results. We have started a library with reference material that can be checked out for home use. The twice-monthly club and workshop meetings are well attended and everyone contributes and exchanges infor-

mation. We are also looking into creating a genealogy site for our members for the purpose of exchanging information and to offer assistance to one another.

We want to share two new free sites rich with genealogy help. Ancestralfindings.com is a great site for historical information. The articles are twice monthly and are always of interest. They range from the War of 1812 to the dust bowl (with maps) as well as how to unclutter your research. The site also offers free lookups which change areas frequently and include the United States, Canada, and many European countries. The site also gives help on hard to find family names. This site is worth your time to sign up and take a look. The second site, amazingly enough, is Facebook: We have used this site frequently for those hard to find answers and brick walls. You can also use this site for international look-ups. We used it just recently for Norwegian family information and was very pleased with the timeliness and quality of the information returned from the Norwegian researchers. Ask us for details on how we used it; we've been very happy with the results of this worldwide resource.

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

Good Samaritans

Happy Anniversary! Congratulations Good Samaritans for the 11 years of faithful service in our community. In days like these it's a blessing to see Bible studies unite throughout the Trilogy community. Prayer can bless all situations. We have been able to continue Bible study lessons every Thursday at 1 p.m. at the Delta Club/Marina Room. Some of our goals we met this year were reaching out to the sick and shut-in, giving to the needy, Easter food bags, back-to-school backpacks, visiting seniors at care homes, Christmas gifts to seniors & children, Thanksgiving food bags and sharing love with words of encouragement.

One of the verses from the Bible that helped us through, is "Trust in the Lord with all your heart; do not depend on your own understanding." Prov. 3:5. The Good Samaritans will keep you posted about the events we have coming up for this year's Thanksgiving and Christmas outreach.

The Good Samaritans takes this opportunity as Americans to come together to remember those whose life was taken on September 11, 2001. In September 2006, The Good Samaritans held a first Annual National Day of Recognition and World Peace prayer event in honor of 9/11



victims. We are still praying for World Peace today. We thank all the participants for this memorial event in 2006. Special thanks to Brother Paul for sharing encouraging words from the word of God, also thank Pastor Dustin Butler (Windborn Church), Stanley Brenner, Colonel, USAF (Ret), Charlie Coleman, Steven Bissell, Mark Nelson (Rio Vista Fire Chief), Sally Brenner, Colonel, USA (Ret), Jim Larson, Chief Bryan Burns, CMS, USAF, 60th Operations Group Travis AFB and all guests who attended the first Annual National Day of Recognition to honor 9/11 victims. God Bless America! For more information, email 9fellowship@gmail.com.

Guitar

Our last Coffee House this summer was on Sunday, August 28 in the Diablo Ballroom. If you are perhaps reading the magazine prior to this date, consider stopping by and listening to your neighbors sing and play guitar/ukulele. We also sprinkle in a little poetry or prose. It's a relaxing evening of music and the spoken word. Coffee and snacks are free and there is no admission. The first song officially begins at 6:30 p.m.



We hope to see you there. Our next Coffee House will be in October. We are considering starting earlier at 6 p.m. Let us know how you feel about that.

Pictured is Rich Victor. He is a long-time resident of Trilogy and seems to know just about

everyone. He also has taken his love of music and become a pretty darn good DJ. And to top that off, for the last year you could find him downtown working on the planters that RioVision has been spearheading. The Guitar Club is lucky to have him, and so is everyone else.

Guitar Club will not be meeting in September. Our next regular meeting will be on October 17 in the Vista Club's Diablo Ballroom from 3 - 5 p.m. For those two hours we play, sing, talk and have a good time. Beginners and non-players are always welcome. Beginners workshops will not be held in September but will return on October 14 in the Diablo Ballroom from 2 - 4 p.m. If you have questions about the club or events, contact Roger Kohn at contact-kohn@gmail.com, or email Rich Victor at thatsrich@gmail.com or email us at guitarclubTRV@gmail.com.

Havurah Friends

Havurah Friends will meet on Monday, September 26 at 7 p.m. We meet in the Monterey Room at the Vista Club. It is important to note the change to the fourth Monday of each month. We are hoping this will work better for most people and their schedules. Please bring a small snack to share if you wish.

Havurah Friends is a social and educational club, open to all who are interested in exploring Jewish history and culture through discussion, books, special events and traditional holiday gatherings. The club is planning to have another Shabbat dinner on October 7, as well as a Chanukah Party on December 30! We will need committee members to help plan these events. In addition, we are always exploring new ideas for day trips, as well as interesting discussion topics, and future events. Please come and share more ideas to help make your club whatever you would like it to be! We look forward to welcoming new members as we expand our group of friends. For more information please call Pam at 707-374-3161 or email her at karatpah20@gmail.com.

Hiking

For September the Trilogy Hiking Club will have two special events in addition to its usual Saturday hikes. On September 15, many club members will be spending the day in San Francisco, out on the Bay on a 65' Catamaran chartered just for club members and their friends. Two (optional) hikes are scheduled, as well as dinner in China town. September 20-23, the club will be doing a 4-day/3-night excursion to Point Reyes National Seashore. There will be a number of hikes scheduled, length and difficulty will be decided by the participants. If you do not want to hike, and just hang out, that is fine too. Accommodations from Hostel to Hotel are available.

Our two Saturday hikes this month are:

September 10 - Lynch Canyon Open Space - Fairfield
September 17 - Los Vaqueros - Brentwood

Come see us at the Trilogy Club Awareness Day on September 10, in the Diablo Ball Room, Vista Club from 10:30 a.m. - 1:30 p.m. If you have questions, or would like to be put on the mailing list, please contact Vic Thiry at vic@thiry.us or 707-374-3749.

Men's Executive Nine Golf

The Rio Vista Men's Executive Nine Golf Club is comprised of members who enjoy playing nine holes of golf and then socializing after the game. We play each Tuesday mid-morning. The format varies each week, with individual "straight" golf play two Tuesdays of the month, and,

with a few exceptions, individual and team tournament events on the alternate Tuesdays. If you would like to join us, pick up an application form in the Pro Shop posting room or contact our Membership Chairman, Rolf Sabye, at 707-374-5053 or sabyegrp@frontiernet.net.

There were two Tuesday Tournaments in July. The winning foursome members for the July 12 tournament were Greg Szody, Bob Jeanmard, John Sloate, and Chick Cicchetti. The winning team members of the July 26 tournament were William Metzler, Dennis French, Larry Nakashima, and Frank San Nicolas.

There will be several club activities in September, including two Tuesday Tournaments and the Quarterly Club meeting on September 27. The first Tuesday Tournament will be a "Scramble" on September 13. The second Tuesday Tournament, on September 27 will utilize a "Low Net by Flight" format. This tournament will be followed by our Quarterly Club meeting at Sir Flair's Restaurant. We invite you to come out and join us for a good time with a great group of guys.

Men's Fellowship

If you are interested in studying the Bible, please plan on participating with men who meet weekly to study the Word. We presently have over forty men on our roster, men who have a passion for the Lord and the studying of scripture. We are currently reading, studying, and discussing Romans.

We meet weekly in the Monterey Room of the Vista Club on Wednesdays from 9:30 - 10:30 a.m. For any additional information please contact either Lloyd Whitford at 707-374-3266 or whitfordlloyd@gmail.com, or Ted Angus at 707-374-6593 or sandraangus@yahoo.com.

Model

The Model Club sponsored Steam UP was again a spectacular day. We were able to support the Diablo Valley Short Line, set up the Circus tent, invite Larry the Hot Dog Man and prepare your railroad for the opening by 10 a.m. It was a hot day, but you brought your grandkids, kids, friends and neighbors to the event. The hotdog sales again indicated record attendance. For all this we thank you. Special thanks for the Action Property Management team for the table and chairs set-up and clean-up at the end of the day. We are now planning our Fall schedule of field trips, so stay tuned. Any questions, please contact our Club Secretary Mr. Dean Lattman at 707-374-3967, as our president Mr. Ted Tome is now on a three-month motorcycle trip across country. Please join us at our monthly meeting the first Friday each month in the Vista Club's Monterey room at 9 a.m.

Motorcycle



L to R: Wil Bridges, Steve, Connie Creech, Jim Epstein, Bob Sparks, Larry Nelson, Randy Scott, Stacy Cade, Frank Cable, Bob Azbell

The Trilogy Motorcycle Club riders meet the first Saturday of every month for an all-day ride. The August 6 ride took us through the back roads of Fairfield, out to Pleasant Valley Road and up towards Winters where we had a close encounter with a Bambi, but it survived to live another day, dang forest rats! As we neared Lake Berryessa, smells of the cold fire grew stronger and we began to see entire mountain sides burned off and dotted with fire retardant. The fire crews and equipment were wrapping up their activities; their hard work is very much appreciated. After a stretch break in Napa, we headed out Mount Veeder Road to Trinity and into Santa Rosa. It took about five hours to get there, but we did get to experience some great slow-speed technical riding in tight curves. We saw fire fighters in action and the weather was wonderful. It did become clear that by this time the entire group "needed a Snickers." The little town of Occidental was only a short ride and it was stated there are several restaurants to satisfy our cravings . . . as long as the cravings are for Italian fare! We abandoned our journey to the coast at this point and headed down to Bodega Bay Road for some lazy cruising into Petaluma and back through Suisun to Rio Vista. We had ten riders and did about 240 miles to arrive back at Trilogy about 6 p.m. For those not desiring an all-day ride, it is perfectly acceptable to pick a turn-around perhaps half way into the ride and make a shorter day. It's all good!

We invite the other motorcycle riders in Trilogy to join us on any of the monthly rides. The next ride will meet at McDonald's in Rio Vista at 8 a.m. on September 3; the destination to be determined based on weather. For more information, contact Bob Pastorino at 707-374-6556 or Larry Nelson at 707-374-2967.



Nature

Nature Club is enjoying the beginnings of our annual Fall migration. Small and large numbers of migrant birds are now in our area. Thursday, September 15 we will visit the Big Break Regional Shoreline in Oakley on the San Joaquin River. The Visitor Center offers local information and a spot to rest. Meet in the parking lot of the Vista Club at 9 a.m. to carpool/caravan. You may bring snacks or water, or visit local restaurants after our walk. Comfortable stable shoes are recommended but this is an easy walk. This event takes about two hours, including our drive down Highway 160. Our monthly meeting on Wednesday, September 14, at 6:30 p.m. is to share and discuss possible outings from October through June. Please join us to make these decisions. For questions, call Gail at 707-374-2718.

Photography

All Trilogy residents, regardless of experience, skill level and/or photographic equipment used, are invited to drop in and find out more about our club. Come check it out



Photo courtesy of Harvey Steinhaus

on the first Thursday of each month at 7 p.m. in the Learning Center at the Vista Club. This month we meet on September 1. Remember to arrive early to upload your pictures if you plan to share during "show and tell."

Many members look forward to getting the next "homework assignment"; it motivates us to get out and take pictures.

This month's subjects (always optional): eyeglasses, places for worship, intersections; October subjects: carousels, escalators, vineyards. Suggestions for future meeting themes are always welcome! For more information, contact CeCelia at 707-374-4749 or at c.a.wavrick@gmail.com.

Radio

Again we met at the Rio Vista Fire Department. We operate the Solano County Office of Emergency Services (OES) equipment staged in our town. In the event of a local emergency, we will operate from there in support of the Fire Chief, and from our Trilogy Welcome office,

we will support our community with communications at a county and/or state level. The Radio Club meets most Tuesdays in the Vista Club Monterey Room at 8:30 a.m. for demonstrations and technical discussions. Please stop by. We also conduct a radio network using the Solano County ACS repeater most Monday evenings at 7 p.m. Questions? Call Club President, Dean Lattman for more information at 707-374-3967.

Religions of the World (ROW)



The September 6 meeting of the ROW club will be at 6:30 p.m. in the River Room of the Delta Club. This meeting will feature two different sections.

We will play an episode of the National Geographic Channel's "The Story of God with Morgan Freeman." This show aired May 1, 2016 and dovetails with ROW's exploration of why is there so much evil in the world. The title of the episode is "Why does evil exist?"

The second portion of our meeting will be an exploration of dreams as spiritual messages and their relationship to God. The renowned mystic Edgar Cayce once said "an unanalyzed dream is like an unopened letter from God." Why we have dreams, why certain people are in your dreams, spiritual guides, hypnosis and how to capture dreams will be discussed.

The Religions of the World (ROW) Club is a diverse group of Trilogy residents interested in learning more about the different religions of the world. We meet the first Tuesday of every month at 6:30 p.m. Over the last three years, we have reviewed the world's major religions, learning about their history, beliefs and practices, and some of their differences, but more importantly and surprisingly, their similarities. For the past several months we have focused on topics of interest to our members: What is Religion, Charity in Religion, Science and Religion, Comparative Religion, Buddhist Traditions, and why is there so much evil. This is not a forum for recruiting members to any belief system, and all Trilogy residents of any belief system are welcome. For more information, please contact Don Cooper at 510-909-5049 or Barb Bellamy 707-374-6670.

RV Roamers

Rio Vista Roamers were down in Gilroy for the famous Garlic Festival the last weekend in July. We stayed at Casa de Fruta and they provided a bus to the festival, the only way to go! The weather was perfect, the garlic ice cream was tasty and we all had a great time. It is time to renew your membership, the best deal around, \$12/year. You may send your check to Janice Larsen at 510 American



Falls Drive, Rio Vista. Email Richard at biskitral@yahoo.com with questions.

Senior Men's Golf

The RVSMGC's Annual Match Play Championship was in full swing (no pun intended) through the end of July and into August. Although final results were not available in time for this month's article, it can be said the play, and associated trash talk, was spirited again this year. Competitors in the final Championship matches that were due to be completed by mid-August included: Flight A (Joe Freeman vs. Noel Doyle); Flight B (Hans Slade vs. Harold Rowe); Flight C (Don Love vs. the winner of a semi-final match between Armond Roque and Tom Kim); and Flight D (Dave Warner vs. Murray Levitan). Congratulations to all the "still standing" competitors. And because everyone is a winner at the RVSMGC, all other non-winning players will be presented with very nice Participant ribbons.

In addition to the eclectic schedule of Wednesday tournaments on our home course, August saw a group of members travel to the nearby Chardonnay Golf Club in American Canyon to play among the vineyards as part of our monthly Away Tournament schedule. Prior to that, a team of players represented the RVSMGC at the Oakhurst Country Club in a Bay Area Senior Association (BASA) Home and Home tournament. BASA represents a group of about 20 private country clubs. We are the only public club participating in this group, and our participation provides ample opportunity to play some excellent private golf courses, to which we would normally not have access.

The RVSMGC welcomes all Rio Vista men 50 and older to join our club. If you are not playing with us currently, come be part of the fun. Membership forms can be found in the club room of the Pro Shop. For all other information concerning membership and activities, contact our Membership Director, Eric Bromell, at 925-685-7237 or ebmixer@yahoo.com.

Singles



As summer winds down, the Trilogy Singles Group is winding up for fun! Come join us at a meet-and-greet or one of our game nights to meet new friends or catch up with old ones. We get together for cards and games on Wednesdays at the Vista Club from 7 - 9 p.m. in the Sonoma Room. Don't forget to bring your favorite beverage to quench your thirst! If you'd like to bring a sweet or savory snack to share, you can, but it's not required. We look forward to meeting you at the next event!

Our Meet-and-Greet BBQ's are held the third Sunday of the month. Join us at 6 p.m. on September 18 in the Marina Room at the Delta Club. Bring something to grill, a side dish to share, something to drink and get ready to enjoy an evening of great conversation and laughs. Don't forget your swimsuit in case you want to take a dip in the pool or the hot tub.

Watch for more information regarding the Fall Equinox Meet-and-Greet to be held on September 22.

If you have any questions, or require additional information, contact Robie Williams at robiejw@hotmail.com or Doug Littrell at littrelldouglas66@gmail.com.

Square Dance

We had a strong turnout of beginners for our August classes and we are all "do-si-doing" like veterans. If you are an experienced square dancer, come join us on any Wednesday. Sessions start at 6:30 p.m. in the Delta Club, Rio Vista Room. You might also get a little exercise and add a few steps to your Fitbit. The club has engaged the services of Scot Byars, a nationally known professional caller and teacher, at a cost of \$5 per dancer per session. If you are interested but have no square dancing experience, new beginner classes will be offered again in the near future. Watch this space for details or drop in on a Wednesday session. Groups, couples and singles are welcome. Dress is casual. For further information on our sessions or information about the club, call Judy Lentz at 707-374-6506, or Ron Kott at 650-464-2071. Be there and be square.

Supper

Wondering what Supper Club is all about? Our members are a group of people who enjoy sharing a meal and conversation with new people and existing friends in a small group setting of typically 8-10 people where we can get to know each other. We come from all walks of life. Some of us are retired and others are still toiling away looking forward to that special day. We are made up of singles and couples and one thing we have in common is our own story and a desire to make new connections.

Supper Club has five small group home events per year. There is nothing gourmet about the club; simple fare is fine. The host makes the main dish and the guests bring a dish to compliment the meal at the request of the host. The event can be a brunch, lunch or dinner.

If you would like to join us or need more information, contact Susan Collier at 707-372-5489 or msnno mre@gmail.com or Pam Lewis at 707-372-1642 or flyprl@yahoo.com.



Table Tennis



Table Tennis is one of the most popular sports in the world today. What started in England in the 1880s as a genteel after-dinner parlor game for high society has become a fast, highly competitive technical sport for serious athletes. Table Tennis be-

came an official Olympic sport in 1988. The Olympics.org website estimates the number of athletes who participate in competitive Table Tennis events worldwide to be 40 million. Many more people play Table Tennis for sheer fun, exercise, recreation, and socializing. Worldwide players are estimated to exceed 300 million. A multi-billion-dollar industry provides equipment and services to satisfy a growing and discerning clientele.

Are you one of the 20 million people in the USA who play Table Tennis? If so, you may already be benefiting from membership in Trilogy's Table Tennis Club. Perhaps you played many years ago, then drifted away from the sport for various reasons. Our club offers all residents, including those who never played the game before, the opportunity to add the sport to their routine activities. Unique physical and mental stimulations provide special health and wellness benefits, especially to seniors. We practice at the Delta Club most Tuesdays, Wednesdays and Thursdays after 4 p.m., and Saturdays beginning at 9 a.m. Come join us.

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

Tennis

What do Trilogy Rio Vista and Trilogy Vineyards have in common? We both have four (lighted?) tennis courts. We both have a love of tennis and we both love to win. At the tournament in July prizes went to four players with the top scores: two from the Vineyards, Lynn Bodfish and Ramon Young; and two from Rio Vista, Jackie Evans and Ken Yoshi. Congratulations to all the players for some really good tennis.

Upcoming events: We have two tournaments coming up in October, both at Trilogy Rio Vista. October 1 will be with the Vineyards and October 29 will be with Summerset. Be sure to put these dates on your calendar. Also of note, Team Tennis Round Two, which started in August, still has room for more players. Contact Bill Kienzle at bk4849@comcast.net if you are interested in joining the play.

As always, daily social tennis is Monday - Friday from 8 - 10:30 a.m. and we welcome anyone, member of the club or not, to join us. Just be sure that your shoes are "court" shoes that do not leave marks on the court surfaces. Need a racket re-strung? Call either Cora Velasco



(707-374-3588) or Al Banga (707-374-2339). Members only, for help with the ball machine please call Chuck (707-374-6808) or George (707-863-1082). George is also available for lessons if you want to learn to play or merely pick up your game.

For more information about our club, our next club meeting is scheduled at 10 a.m. on Friday, September 30, at the Delta Club. Contact Claude Trottier at crtrottier92@gmail.com with questions, or visit our website www.frontiernet.net/~courtjesters.

TOPS

(Take Off Pounds Sensibly)

It has been a busy couple of months for TOPS members. In late July we had an installation luncheon for our newly elected/re-elected officers. Pat Burkhart is our new leader and Jim Hodges continues as our co-leader and all-around master of helping out wherever he is needed. Lynn Richards remains as our secretary with assistance from Fay Ford. Fiscally responsible Barbara Bellamy continues on as our treasurer with Sally Cicka pitching in. Barbara Stark and Anna Stevens serve as our weight recorders.

Our out-going leader, Ella Brice, has earned everyone's respect and appreciation for the outstanding job she has done these past years. Also taking a pause from service is our beloved Thelma Martin. She has been our dedicated and faithful weight recorder for many years. It was through her faithful service that many came to meet their goals through her consistent and compassionate encouragement. We thank both of them for their service and look forward to their on-going participation in our club.

We welcome anyone who would like to go to Red Hawk Casino with us on Wednesday, October 19 at 9 a.m. Help us fill the bus! For more information about the casino trip or TOPS, please call Pat Burkhart at 925-240-5119 or Jim Hodges at 925-368-5795.

We encourage you to come and see what makes our group a great place to be on Wednesday mornings. To join our festivities, we meet every Wednesday at the Delta Club. Weigh-in is from 8 -8:45 a.m., with the meeting beginning at 9 a.m.

Trilogy Art Guild (TAG)



Cardmaking with Shari students

We hope you attended and enjoyed our annual art show last month; our members had a wonderful time creating projects and displaying them for you. Now, to start our new projects for next year's show.

TAG meets the first Monday of the month at 1 p.m. For more information, you may contact Marie at 707-374-5151.

As always, you are welcome to attend classes taught by some of our talented TAG members. All Trilogy residents are invited to attend; no experience is required, beginners are welcome. Classes are held in the Marina Room in the Delta Club. This month we would like to introduce you to Cardmaking with Shari. Attendees use die cutting, dry embossing, powder embossing, punching, and stamping among other techniques to create darling cards. Come check us out on Friday mornings.

Beginning Watercolor

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

Oil and Acrylic Painting with Gary

First & Third Wednesdays at 2 - 4:30 p.m. Contact Alma at 707-374-3064.

Card Design with Wilda

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

Cardmaking with Shari

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

Advanced Watercolor

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

Celtic and Zen Tangle

Third Tuesdays at 2:30 p.m. with Anna at 707-374-3560.

Shibori Workshops

Contact Lori at 707-374-6196 or Amy at 707-374-4857.

The last workshops for this year are September 24-25, and October 15-16.

Trilogy Labyrinth Walkers

For thousands of years, human beings have created the spiral paths that fold back on themselves; labyrinths, for reasons ranging from decoration, to art and myth. As well, the labyrinth has long been used as a creative or spiritual tool; if you have a problem, you can use the labyrinth to help solve it. Some walk labyrinths to find balance, gain clarity, or for reflection and peace.

As a meditation tool consisting of a walkable single-line path with left and right turns, a labyrinth may be a source of solace and may quiet a distracted or overactive mind. When troubled by disturbing emotions or unfortunate events, walking a labyrinth's pattern to the center and back may help resolve inner discomfort and still the mind enough so that clarity may surface. As a spiritual tool, the calming and quieting effect and the metaphorical symbolism of the labyrinth may become a clarifying pathway which helps to ponder life's greater mysteries.



Welcoming the Autumnal Equinox

Please join us once again on our own Vista Patio on September 20, at 6:30 p.m. as we welcome fall with a celebratory contemplative candlelight Labyrinth walk. Please assemble at the Vista Club fireplace at 6:30 p.m., and let Elaine Wisz at 707-374-4310 know you will be joining us.

Trilogy Theater Group (TTG)

Tickets are now on sale for our upcoming production of *All My Sons*. This award-winning post WW-II drama by acclaimed author/playwright Arthur Miller (*The Crucible*, *Death of a Salesman*, *A View from The Bridge*) is presented by special arrangement with Dramatists Play Services, Inc.



Father/Son Cast Members for "All My Sons" in early in-home rehearsals.

and directed by Rusty De Lucia. Evening performances begin at 6:30 p.m. on September 22, 23 and 24 with a matinee at 2 p.m. on September 25. Doors open 30 minutes prior to show time.

Reservation flyers are available in this edition of *Trilogy Living* or on the show billboards in the Vista and Delta Club lobbies. Seating, at \$10 each, is limited to 90 persons per show for this intimate performance, so get your reservation forms in early. Note that veterans and Gold Star parents are offered \$1 off the ticket price for the Sunday matinee, and priority seating together for a group booking of eight or more.

All Trilogy residents are welcome to attend TTG membership meetings to become acquainted with our members and learn more about our projects and opportunities. You don't need to have a theater background, on or off stage, to participate. This month we meet on September 29 at 7 p.m. in the Delta Club River Room.

Look for our table at the September 10 Club Awareness Day. Watch *Trilogy Living* and Nextdoor for notification of our quarterly Read Aloud evenings by TTG members. For more information about our group, please contact TTG President Louise Mitchell at 707-374-3541 or sspm1939@gmail.com.

Ukulele

We meet in the Vista Club Diablo Ballroom each Wednesday. Beginners' class meets at 11 a.m. followed by the performance group at noon. All interested Trilogy residents are welcome to drop in, listen, play and sing along with us. Bring your ukulele if you have one. You don't need to know how to read music or have any prior experience with playing an instrument. Ukulele is a simple, four-stringed instrument and is so easy to learn; you'll be playing new songs in your first class! Contact Claire McKean at 510-301-0479 or Loren Iversen at 209-477-9753 for more information.

Whist

As our Summer comes to an end, and Fall/Autumn slips in, we look toward a cool and rainy Winter. The Trilogy Whist Club encourages you to enjoy the activities and resources available to you. There is seasonal fun for everyone. Most likely you moved to Trilogy to live a great life, so don't miss out. You are welcome to meet with us every third Friday of the month at 7 p.m. at the Delta Club. Bring a dish to share. The food is always good and plentiful. We play cards, Mexican Train, dominoes and any game that you bring and introduce to us. Some people sit, exchange information and give their views for a better country. Come, interact and share your thoughts with us on designated Mondays (see the Activity Calendar in *Trilogy Living*). We offer encouragement and support for each other. For additional information, call Hattie Walker, Chairperson at 707-374-3699 or Jean Robertson at 707-374-0086.

Women's 9-Holers



Nancy Griffin, Marilyn Rogers, Loretta Ortenblad, Maureen Gingrass

Summer weather is here; it is off and on hot, and then just right. Thanks Delta breeze, we need you! We started off with a low putt format for the first week of July; our winners were Lois Dutcher, Jeanie Renner and Barb

Downs. Fran Silva announced the winners of the Eclectic Tournament; 16 winners in all. First place in all handicaps are as follows: Lois Dutcher, Diane Scholz, Eila Ballard and Betty Bowley. Congratulations to all the ladies for a great time. The next week, the 9-Hole ladies hosted the 18-Hole ladies for nine holes. The first place team consisted of Maureen Gingrass, Loretta Ortenblad, Marilyn Rogers and Nancy Griffin; nice playing ladies. Our third week was a game of only odd holes counting. The big winner was Nancy Griffin, who received a cute little gift bag! The last week the format was a little different; called Blue Team vs Red Team. Blue came in first with a score of 471 combined. Winners include Linda Baptista, Jan Benner, Nancy Biles, Anna Bogucki, Betty Bowley, Monika Danielson, Patty Harrison, Carol Petronzio, Diane Scholz, Lynn Traver, and Nancy Weaver. Well done! Pars for July (27 total), #8 and #13, favorites. Par of the Month Club members: Lynn Traver(5), Pam Fashing(5), Cathy Warr(4), Debi Petteruti(3), Barb Bellamy(2), Lois Dutcher(2), Loretta Larsen(2), Doreen Lewis, Jan Benner, Nancy Biles, Jeanie Renner. Chip-ins: Doreen Lewis, Sharon David, Lois Dutcher. Way to go!

Golfer's Prayer: May my swing be straight and the ball fly far. May my round be blessed with no worse than a par! Come join us. Contact Debi Petteruti at 707-374-5797 or nsdme2012@gmail.com with questions.

Women's 18-Holers

The highlights of the month were the Ace of the Month Tournament and the conclusion of the 8-week Eclectic Tournament. The winner of Ace of the Month and the Overall Eclectic winner was Linda Van Niewberg. Congratulations Linda! Eclectic Winners by flight: Flight 1 1st Lynn Traver with a net 55, 2nd/3rd/4th tie Marsh Berry, Des Javier and Denise Sargent-Natour with a net 58. Flight 2 1st Diane Staley with a net 50, 2nd/3rd Loretta Ortenblad and Maureen Gingrass with a net 53, 4th Bessie Dunn with a net 55. Flight 3 1st Joan Rexford with a net 50, 2nd Trixie Rogue with a net 51, 3rd Lynn Grace with a net 53, 4th Pat Kistler and Suzie Materson with a net 54. Flight 4 1st Eila Ballard with a net 52, 2nd Joanie Littrell with a net 53, 3rd/4th Nancy Griffith and Jennie Renner with a net 54. Overall winner was Linda Van Nieuwburg, with a net 49. Birdies – Marsha Berry, Sue Clark, Connie Eremian, Elaine Love, Maureen Gingrass, Nancy Griffin (1st birdie with RVWGC), Des Javier, Terry Sutter. Chip-ins – Marsha Berry(2), Sharon David, KarenAnn Evans(3), Des Javier, Pat Kistler, Elaine Love, Nancy Griffin Loretta Ortenblad, Trixie Roque, Doris Sundly(3), Lynn Traver. Closest to Pin – Sharon David, Pam Fashing, Jan Benner, Joan Rexford. Broke 100 – Linda Barlesi(2), Marsha Berry(4), Pam Fashing(2), Des Javier(2), Maureen Gingrass, Ulla Ulmonen, Diane Staley, Lynn Traver.

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

Women's Fellowship

The month of August was a time of vacationing, enjoying the outdoors, enjoying family, grandchildren, cheering for all the USA athletes, and praying for their safety as they went abroad to represent our country in the Olympics. Well, August is over and September is beginning and that being said, we will begin a new study. Our new study is very biblically based, and an encouraging study on the gifts of the Spirit for which we are very excited. We will resume on Thursday, September 8 from 9:30 - 11:30 a.m. in the Sonoma Room, Vista Club, and every Thursday thereafter. Please come, as we always look forward to meeting new residents to join us in the study of the Bible. For information, please contact Dorothy Tate at 707-374-3892.

Writers



Constitution Day this year will be observed on September 16. This commemoration recognizes the adoption and signing of the Constitution of the United States on September 17, 1787 in Philadelphia. Since then, this document has been reviewed

and amended 27 times. It is the basis of our government, yet many of us haven't read it since our high school civics class. It is on display in the National Archives in Washington, D.C., but can be accessed for all to peruse or study on the internet. What do you have to say about this important document? This is our optional topic for the month. Because it is optional, you may write about any subject you choose. Just write! Then attend the Trilogy Writers' Club meeting on Thursday, September 8. Authors, poets and essayists will gather at 7 p.m. in the Monterey Room of the Vista Club to share and to encourage those who enjoy writing. For further information, contact Suzi (925-231-5213), Judy (707-374-3973), or Zoe (707-374-3676).

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Trilogy Resident Golf Tournament



We held two tournaments, one on July 17 and another on August 21.

The Resident Tournament is open to all golfers with a GHIN number and handicap. It is

recognized and supported by all the golf clubs here at Trilogy.

There is also a pairing party on the Friday before at 4 p.m. at Sir Flairs, to see with whom you are playing. Come, enjoy the festivities, and then stay for dinner.

The next tournament is scheduled for September 18, with a '50s theme. Be sure to sign up before September 11. Flyers are in the Posting Room in the Pro Shop. For more information, call Linda Rowe at 925-286-1555 or Harold Rowe at 925-818-1124.

Rio Vista Food Pantry

Rio Vista Food Pantry needs monthly food pickup volunteers who are available Tuesdays from 8:30-11:30 a.m. Must be able to lift 40-50 pound items on occasion. This month, we also ask for your support of the Rio Vista Men's Golf Club and Rio Vista Food Pantry Benefit Golf Tournament on September 21 and the "Catch of the Day" Rummage Sale on October 8 and 9. For more information about these events, contact Nora Crane at onetwin1960@gmail.com, 707-334-6191.

Tuesday Night Potluck BBQ

At Delta Pool, weather permitting. Open to all Trilogy residents.

Everyone is encouraged to meet at the Delta Pool Covered Picnic Tables each Tuesday during the summer about 5:30 PM, dinner starts about 6 p.m. The BBQ is available if you'd like to bring something to grill for yourself. Please bring a dish to share, your beverage of choice, and table service. NO GLASS CONTAINERS of any kind are permitted in the pool area. You'll meet old friends and make new ones. Everyone is welcome. Please put the table and chairs back. Let's leave the patio neat and clean for everyone to enjoy. Questions, call Claudette Gartner 707 439-6116.

Soroptimists of Rio Vista

Ladies, are you looking for a way to make a difference? Learn about Soroptimist, who we are and what we do.

Soroptimists of Rio Vista is a part of a global women's organization whose members work to improve the lives of women and girls through programs leading to social and economic empowerment. Soroptimists are women at their best, working to help other women to be their best.

As a Soroptimist, not only does your work strengthen the Rio Vista community and make a positive impact on the lives of women and girls around the world, you also make life-long friends, lead a happier, healthier life, and have a lot of fun!

Join us Thursday, September 29 at 6 p.m. at our Soroptimist Open House "Meet and Potatoes," where you can meet us (and stack your own baked potato). The location is 331 Desert Forest Ct (corner of Cypress).

RSVP to either Lupe at 707-374-2466 or Teri at 707-374-5168. Hope to see you there!

Alzheimer's/Dementias Caregivers' Support Meeting

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

Family Support Group



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

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



Join the Soul Line Dancers Dance Concert with TRI TIP TRIO



Bruce Gordon and Lloyd Meadows first combined their musical chemistry in 1991 forming Zydeco Flames. Their magic sounds come alive today as the Tri Tip Trio.

Lloyd's mesmerizing washboard, harmonica & soulful vocals, with Bruce's funky, bluesy accordion, and Louie Rodriguez on drums will keep you dancing on your feet or in your seat!

Tri Tip Trio is a fireball of hot dance hall music.

Bring family, friends, & your favorite refreshments!
Check in begins 6:00 p.m.

October 29, 2016

**Diablo Ballroom,
Vista Club**

6:30 - 9:30 p.m.

\$15 per person



Sign up at Vista Club Member Services (reservations limited)



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

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References available in www.cleaningcandc.com

ADVERTISING INFORMATION

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

REGULAR SIZES AND RATES:

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

PREMIUM SIZES AND RATES:

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

DISCOUNTS:

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

To place an ad, contact Joan Azlant at joanazlant@comcast.net or 707.374.2620. If you need ad design, contact Tania Fardella at indigodesign@att.net or 925.324.9988. Additional fees will apply for design, scanning, and edits.



Trilogy at Rio Vista HOME BASED BUSINESS DIRECTORY

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www.alloccasiontravel.net

Angel's Housekeeping

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Mirna 707-673-6608

Mary Kay

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

Mary Kay Products

Independent Beauty Consultant
Sharon McDougall 435-669-5137
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"Little Wrinkle Iron" Call for Demo:
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erasewrinkles@att.net or 925-324-1062

Rodan & Fields Skin Products

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

FOR RENT

Home for Rent

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

FOR SALE

Home Security System

Alliance Security (Monitronics): 5 rooms including Health Plan. Take over contract \$39.99 monthly. Will pay removal and install fees. Call 510-813-2372.

SERVICES

Bicycle Repair

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

SERVICES

Caregiver

Stu Cares: LVN will come to your home for nursing including wound care, injections, medications, teaching, vital signs, coordination with family and doctor. All care within scope of practice. Transportation on a case-by-case basis. Call Stu 707-761-0846.

Cleaning

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

Computer Aid

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

Computer A+ Assistance

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

SERVICES

Faux Finishing @ Its Best

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

Golf Cart Covers

Attention all golf cart owners. Now available in Trilogy: golf cart covers installed starting at \$200. Call Larry for details at 707-208-9096 or 707-374-3338.

Handyman

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

Handyman

A Trilogy resident to help with those handyman jobs you can't or don't want to do. Plumbing, electrical, window treatments, assembly, etc. Call Scott 707-374-6013.



SERVICES

Hauling

Ed & Bill's Hauling: Clean-ups, Dump runs, Move furniture, Load and unload trucks, Rain gutters cleaned, Trim bushes. References available. Free estimates. 707-330-0358.

Helping Hands

At your service: Helping you with your daily needs. Affordable prices, weekly, bi-weekly or monthly or occasional services. Call Karen 707-656-8639.

iPhone Tutoring

Everything you need to know to operate your iPhone. Simple to understand. Easy to use. Fun to learn. Private or group lessons. Call Dory 707-326-6628

Mailboxes Painted

Mailboxes only for \$20. Stand and/or numbers are extra. Appointments taken Wednesdays 10-6 from my home phone. Call Mister T. at 707-374-4036.

Moving?

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

Notary

My home or yours. Servicing Trilogy for the past 14 years. Please call Eileen Griffin at 707-374-2684. Thank you.

Notary Public

Certified Notary, fast, professional and reliable service. \$8 per signature. Please call Jeffrey 707-374-7541. Thank you.

SERVICES

Notary to Go

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

Notary Services

\$10 per signature per page/ discounts for multiple pages. Trilogy resident. Elaine Wisz 707-374-4310.

Painting & Drywall

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

Pest & Termite Services

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

Pet Care

Happy Home Pet Sitting Services: Free estimates. Dog walking available. Cathy Vickers 707-416-8394 or jsv.cav@gmail.com. Trilogy resident dog owner. Loves animals.

Pet Care

I will take care of your dog or cat while you are away. I will care for your pet four times a day at \$25 a day. Ken 707-374-3842 or email kenatkins7@aol.com.

SERVICES

Pet Care

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

Pet Care

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

Ron the Painter

Trilogy resident with 10 years' experience interior painting, fences, mailboxes. Good price, good work. Call Ron 707-430-3135.

Rain Gutters Cleaned

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

Sliding Door Repair

Sliding Door and Screen Door Repair: Stoop fighting your sliding door and screens. If it does not slide, I will make it glide. Repair screen rollers, patio door, patio screens, locks, handles, shower door enclosures and wardrobe doors. For a free estimate, please call Jonathan 707-374-2736.

Tax Consultant

Need help in resolving tax issues? Retired IRS Certified Enrolled Agent can help. New Trilogy resident. Call Chuck at 408-823-6964.

Want to Run a Classified Ad?

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

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



SERVICES

Transportation

Reserve your Ride. Trilogy resident will drive you: to or from airports, trains, BART, ferry and medical (will wait). 415-823-7575 Joanne

Transportation

Retired peace officer and Trilogy resident will provide safe transport to your plane, train, ship or BART. Defensive driver trained. Sandra 707-374-3500.

Transportation

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

SERVICES

Transportation

Dave's Transportation since 2009. I will take Trilogy residents to planes, boats and trains. Very dependable. Call 707-374-3192 or cell 949-418452.

Weed Pulling

Weed Pulling: Don't break your back; keep your yard tidy. Trimming, weeding, general cleanup, plant new plants. Laurie 707-374-6305 or 925-301-7389.

Window Cleaning

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

SERVICES

Window Cleaning

Inside and out. Includes screens and sills. Call now 707-673-6608.

WANTED

Golf Carts

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

Sporting Goods

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

Computer Class 90-Minute Opportunities

Sign Up At Vista Club Member Services - Pay by Check or Credit Card

SEPTEMBER 2016

ALL CLASSES ARE ON TUESDAYS

Microsoft Excel 1 \$7 ea.	September 13, Class 10:00 a.m. to 11:30 a.m. Navigate in Excel and learn to use math operations by creating a simple household budget.
Microsoft Excel 2 \$7 ea.	September 13, Class 12:30 p.m. to 2:00 p.m. Understand database basics. Work with a name and address database in Excel: sort and filter the information; format cells for different content types.
Microsoft Word 1 \$7 ea.	September 20, Class 10:00 p.m. to 11:30 p.m. Introduction to word processing, the most commonly used software program. Learn to work with basic text, including how to format text size, color and location on the page.
Microsoft Word 2 \$7 ea.	September 20, Class 12:30 p.m. to 2:00 p.m. Polish your documents. Learn to use page numbers-section breaks-page orientation-margins-styles-headers/footers-spell/grammar tools-text format and more.

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

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

Limited Class Size-sign up early. Repeating classes is recommended. Class subject suggestion list available!
Interested in training or helping others during class? Email Debbie Dorn at ddorn@actionlife.com.

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- As a Trilogy and Saddle Rock Village resident for almost 5 years, I am fully committed to our community.
- For every closed sale, I donate \$100.00 to the Rio Vista Food Pantry.



Kathie Bleier
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