

# TrilogyLiving



## REVVING UP TRILOGY STYLE

Trilogy's Motorcycle Club is always up to something whether it's taking day trips to nearby haunts or dividing up into smaller groups for longer exploits. Read the club's articles on page 31. In coming issues, find out about one rider's California-Oregon-Washington ride, and two other's member's rides to Pikes Peak, and Sturgis, South Dakota.

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# *From the Master Association*

## **Warren Oglove**

*President*

A Special Executive Session of the Board was held on June 26 to discuss a value for the golf course. The board made a unanimous decision and an offer has been made. If/when an acceptance is negotiated, we will let you know. Until then, the offering price is confidential.

At the Executive Session of the Board (July 9, 2013), the Waste Water Treatment Plant acquisition was discussed. A list of needed improvements was handed out and reviewed. This matter will be discussed further at our August meeting.

Don Love and Ron Chalmers were present to discuss further the golf course offerings. The Mayor of the City of Rio Vista has let us know that he intends to disband the Lighting and Landscape District (LLD.) He would like the HOA to take it over. This is a complicated issue that will take some time to sort out. We will keep you updated as we move forward.

### **At the Master Association Meeting (July 9, 2013), the following Agenda items were discussed:**

- The Diablo Room audio/visual equipment is showing wear. We had a representative of one of the interested bidders present, to give us an overview of what we can do to improve the audio/visual experience of the residents. The board directed the general manager to invite bids for the needed work.
- The General Manager presented a policy as to the administration of our Development Fund. Much discussion ensued and we came up with a final Development Fund Spending Policy.

**The next Master Board meeting is on August 13 at 2 p.m. in the Diablo Ballroom. Please join us.**

## **TRILOGY AT RIO VISTA**

### **D I R E C T O R Y**

#### **Master Association Board of Directors**

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

#### **District Delegates**

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

#### **Committee Chairs**

Adult – Helen Bergoust (2436)  
Disaster Preparedness – Alan Levine (718-7907)  
Access – Andy Pestana (5154)

#### **Village Board Presidents**

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

#### **Association Administration**

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

#### **Club Numbers**

**Vista:** Front Desk (4200) Fax (1436)  
**Delta:** Admin Office (4843) Fax (4891)

#### **Trilogy Living Editorial Board**

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

#### **Commercial Advertising Manager**

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

#### **Resident Classified Advertising**

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## *From the Editor*



### **Andrea Stuart**

#### **Editor's Note**

You may recognize the people on the cover of Trilogy Living this issue. They are members of the Motorcycle

Club here at Trilogy. Each month, they take to the pavement, engines roaring, leaving a trail of happy memories behind them. We thought it would be fun to feature them this month to showcase what kind of fun they're having during this good weather. Often taking day trips of a few hundred miles, the Motorcycle Club has built a reputation for exploring the world around them and sharing those experiences with you. Check out their article each month to find out where life has taken them (often through sleet, rain, and thunder storms). Live vicariously through them or, if you have a bike of your own, join them for a ride.

August is jam-packed with fun and informative events this month. Check out the community section to read about:

- Obtaining free medical supplies
- The Alzheimer's/Dementia Caregivers Group
- All Aboard for CARE fundraiser
- Delta Breeze Chorus
- Police Alerts
- Meals on Wheels Food and Wine Pairing
- Religions of the World Group
- Rio Vista Community Services
- TOPS
- Trilogy Jazz Band

Happy summer, everyone. Stay cool and peruse the following pages to find out what Activities Director Debbie Dorn and Fitness Director Kathy Erwin have in store for you this month.

**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**

As Trilogy celebrated Independence Day, the community gathered for a great day of patriotic reflection, fellowship & fun times! Special appreciation goes to our organizational

Focus Group, the military representatives, dignitaries, all volunteers, staff, and participants ~ well over 100 residents who helped to make this such an enjoyable event! Visit page 26 & 27 for an overview of the festivities and the winning entries from the fabulous parade!

The event would not have been complete without the contributions from resident entertainers Ed Davis, George Sasaki, Robert Frable, Zoe Marie Mrdeza, and Ron Covey! Special credit is given to event photographers Bob Burns, Lynn Traver, Karen Dozier, along with other volunteers Arthur Fox, Anna Chunn and several others for helping record the eventful day! Thank you all, job well done!

Last month, we requested your help gathering digital photos from the events earlier this year. Thank you for sharing. We are still short some events. If you snapped any photos from events, please drop off your CD or camera chip at Member Services. Include the event and your contact information for return of images.

Here is the lineup for upcoming special events:

- 8/03 & 8/04 Juried Art Show ~ Trilogy Art Guild
- 8/04 Farmer's Market
- 8/08 Blood Pressure Check
- 8/11 Solid Gold Dance ~ The Dance Club
- 8/15 – 8/18 VIP Drama Club's  
Annual Summer Production
- 8/22 AED/CPR First Aid Training
- 8/23 Karaoke Night
- 8/23 Bingo
- 8/24 Concert on the Patio with Solid Gold

#### **Get Ready . . .**

- 9/01 Farmer's Market

Peruse the additional events and activities presented by the clubs or groups offering something for everyone! A list of special interest clubs and groups is available with contact information from Member Services at the Vista Club. Your comments and suggestions are always valued. Send an email anytime [ddorn@actionlife.com](mailto:ddorn@actionlife.com). My mailbox is always open!

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





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

Sunday, Aug. 4 & Sept. 1, 10 a.m. – 3 p.m., Delta Club ~ Free



Stock up at the next Farmer's Market at Trilogy! Bring your neighbors and support your locally grown fresh fruits and vegetables from our own Trilogy Farmer's Market. Petrill's Produce Farmer's Market provides wonderful produce and other specialties. It's easy

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

## Grapevine Chat Will Return in October!

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

## Weekly Tuesday BBQ

Every Tuesday, 5:30 p.m. at the Delta Pool

This is the place to be during the summer! Bring a dish to share, meat to grill, beverages, and plastic utensils. Cooking begins at 5:30 p.m. For more information, contact Claudette at (707) 439-6116 or email [xbirdlady@myifp.com](mailto:xbirdlady@myifp.com).

## Blood Pressure Check ~ Free

Thursday, Aug. 8, 9 – 10 a.m., Library Delta Club

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

## Save a Life With CPR/AED & First Aid Instruction

Thursday, Aug. 22, 9 a.m. – 1 p.m., Diablo Ballroom ~ \$60

It is good to know how to help someone in trouble, whether it is your spouse or grandchild. The class provides a two-year certification in CPR/AED & First Aid at a great value. Space is limited. Sign up with Member Services at the Vista Club prior to August 16. If you have questions, please contact Anna Chunn (3560).



## John Covert & Crystal Image Returns by Overwhelming Request!

Saturday, Sept. 21, 7 – 9:30 p.m.

Diablo Ballroom ~ \$10 pp

John Covert (keyboards/vocal) has opened shows for War, Tower of Power, Sons of Champlin (Grammy winner Bill Champlin formerly of rock band, Chicago), Chad and Jeremy, The Chiffons, The Coasters, Simon & Garfunkel, Gary U.S. Bonds, Dobie Gray, Lady Bo (Bo Diddley's protege) and many others. He is a grand-prize winner in the Nashville Music City Song Festival and multi-finalist in the American song festival. Covert's songs have been featured on many TV shows, movies, magazines and Billboard charts. His co-written song "Smile if you love Jesus" charted #1 on the 1999 Country Gospel Music Guild charts. John's 1960s folk rock songs are also featured on a rare European collector's CD, "California Love-In" (also featured is legendary rock band, Steppenwolf). More of Covert's original vintage Crystal Image rock music can be found on the official website: [www.crystalimageband.weebly.com](http://www.crystalimageband.weebly.com). Gear up for an evening of entertainment, dance. Bring your favorite provisions! Sign up at Member Services.



## Karaoke Night ~ 4th Friday of August!

Friday, Aug. 23, 7- 8:30 p.m., Diablo Ballroom ~ Free

Specially designed for your fun and enjoyment! Featuring open dancing, song lyrics on the big screen for sing-a-long good times, story tellers, dancers, folk singers, and more. You could be one of them! Bring your favorite snacks, beverages, and enjoy a relaxing evening of spontaneous fun and entertainment. No signups required!

## Concert on the Patio: The Best of "Solid Gold"

Saturday, Aug. 24, 7 – 9:30 p.m., Vista Club Patio ~ \$10

Trilogy's Solid Gold will perform the music we grew up with from the '50s, '60s, '70s and '80s in their signature four-part vocal harmony! The group has entertained for a variety of functions from corporate and family to private events. Enjoy the entertainment, dancing, and celebration! Bring family, friends, outdoor attire, a comfortable patio chair, and favorite provisions for this fabulous The Best of Solid Gold performance! The patio is completely shaded by 6:30 p.m., and the delta breeze makes for a comfortable setting! Sales are limited. Sign up now at Member Services.

## Blood Drive

Monday, Sept. 9, 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 (6211) or email her at [wiskeman2@yahoo.com](mailto:wiskeman2@yahoo.com).

## Complimentary Hearing Screening and Assessment

Thursday, Sept. 12, 1 – 3 p.m., Diablo Ballroom ~ Free

Advanced Instrument Hearing Aid Centers are offering a complimentary hearing screening and assessment to all members. Cleanings for your aids, tube changing, adjustments, and repairs are also offered on a complimentary basis. Please keep in mind that some repairs may have a fee depending on the severity of the repairs/parts needed to bring the aid(s) back to complete restoration. They look forward to serving your needs on an ongoing basis. Depending on need, their services are offered quarterly the second Thursday of every third month beginning March 8. You will need to contact them directly to make an appointment at (707) 428-1313, although walk-ins are welcome.



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## Assessment Notice

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

### Assessments for the month:

**Master Association \$120.00**

**Master Association \$80.39**

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

**Village I \$4.50**

**Village Oakmont \$4.50**

**Olympic Village \$5.00**

**Village Riviera \$5.00**

**Saddle Rock Village \$0**

(None until dormancy ends)

## Employment Opportunities

Trilogy is currently hiring for Welcome Gate Attendant, Administrative Assistant, Aesthetician, Massage Therapist, and Group Ex Instructors. To apply for these or any other jobs that Trilogy may have available, visit [www.actionlife.com](http://www.actionlife.com) to fill out an application. Individuals who have completed an application in the past will need to re-submit an application online. Instructions for filling out the application are available at the Administrative Office.

## Adult Committee

The Adult Committee met on June 27, 2013. There were no items referred to the Master Board. Harish Chinai was appointed to the Adult Committee filling a vacancy. The House Decorating Committee has received approval to move forward with the first two items on the list of projects to complete. They are repair/replace six (6) stools in the Billiards Room and re-upholster twenty-four (24) chairs in the Sonoma Room.

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

The next meeting is July 25, 2013. For more information, contact Helen Bergoust at [alhelenb@aol.com](mailto:alhelenb@aol.com) or (2436).

## Riviera Board News

The Village Riviera Board met June 27 rather than the first Thursday of every odd month, which would have fallen on July 4. We hope you all had a safe and fun holiday. As our first order of business, the board unanimously elected Patty Ramos onto the board to replace Warren Oglove. We are back to five board members.

Delegate Dante Miles reported that we will need an Inspector of Elections for tallying ballots that will be submitted if the Master Board negotiates a favorable contract for the purchase of the golf course and Nines. Although there are some issues to resolve in addition to price, the board decided it would do no harm to be prepared in the event that the golf course purchase came up to a vote of the homeowners. Anyone interested in applying for this position should contact Don Seyk, our President, at (6407).

The board appointed Diane Bowman to the Architectural Review Committee (ARC), joining Larry Epner and Diane Bedsworth. Diane Bedsworth also explained the procedure for those wishing to change the colors on the exterior of their homes without an ARC approval, and when they just need to notify the HOA Office.

The issue of a Neighbor Acknowledgment Signature also came up for discussion regarding changes to the exterior of homes. No decision was made, as we would like your attendance and comments at the next meeting of the Board on September 5, 6:30 p.m., at the Delta Club. When exterior work is being proposed, plans should be presented to neighbors just to let them know. This is being done in Olympic with no issues. If the homeowner near you is an absentee landlord, the HOA Office will send out a letter advising of the pending work. You would not be asking permission of the neighbor, just advising of the proposed work.

We hope to see you on Sept. 5 at 6:30 p.m., at the Delta Club, with your questions and concerns.





## Saddle Rock Board News

The Saddle Rock Village board of directors met June 19. The following people were appointed to the Architectural Review Committee: Evelyn Jarland, Stephanie Lanning, and Estelle Piper. The committee held its first meeting June 24 and reviewed 15 applications. Regular meetings are held the first and third Wednesday of the month at 11 a.m. in the Vista Club Monterey Room. Residents are welcome to attend these meetings.

Our Delegate, Roger Kohn, reported that Saddle Rock resident, Harish Chinai, has been appointed to the Adult Committee. Congratulations to Harish! The city of Rio Vista is forming a committee to work on the lighting and landscape district. Two volunteers are needed to complete this committee of three.

Mr. Vitrano reported that training on the new Welcome Center software will be scheduled for residents who will be able to enter their information into the system directly. Our village report indicated there were no outstanding violations.

Carol Santens gave a presentation on the Neighborhood Watch Program. Residents indicated interest. Carol will follow up with additional information, which will be discussed in future meetings.

Residents asked if the village can modify the current parking regulations. Mr. Vitrano provided background information including the modifications made by other villages as well as California Vehicle Code regulations. It was suggested that a survey of residents be conducted.

Our next meeting is Aug. 21 at 6:30 p.m. in the Rio Vista Room of the Delta Club. For more information, contact Patty Kohn at (2737) or pfkohn@gmail.com.

## Meeting Calendar

### Master Board Meeting

Tuesday, August 13, 2 p.m.  
Diablo Room at the Vista Club

### Saddle Rock Village Board Meeting

Wednesday, August 21, 6:30 p.m.  
Rio Vista Room at the Delta Club

### Adult Committee

Thursday, August 29, 1 p.m.  
Rio Vista Room at the Delta Club

Happy 100th Birthday,  
*Arnold Brownell!*



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## Olympic Village

OVRC's Famous Pasta Dinner drew a record crowd on June 8. The room was decorated for an Italian picnic, including checked tablecloths, fresh flowers, and decorated cupcake tray centerpieces that created a festive atmosphere. Thanks to the hard work of Al and Rhoda Sbranti and their team of cooks, the food was delectable. Around the room, comments were heard, "I wonder if he would sell us some of this to take home?" Sorry folks, sold out....you'll just have to wait 'til next year.



A round of applause goes to everyone in OVRC, who banded together to make the evening a success: Al and Rhoda Sbranti, Dennis and JoAnn Banford, Doug Gramlow, John and Joneen Small, John and Carmen Bastone, Robert Mendes, Joe and Nancy Biles, Barbara Lee, Delores Mendonca, Donna Armanino, Bob and Dora Sonnenberg, Connie Boulware, Thelma Martin, Ron and Joyce Steiner, Faye Lamb, Joel Auslen, Don Webb and Carol Bourgerie, Christine Yurdakul, Joel Auslen and Linda Jensen. Wow! What a great group!

OVRC was in charge of this year's July 4th Golf Cart Parade! Thanks to the OVRC Parade Planning Committee (Faye Lamb, Skeets Williamson and Linda Jensen) and OVRC July 4th volunteers (Gerry Armanino, Gail and Mike Bedinger, Connie Boulware, Jerri Doran, Bob and Lee Ann Fable, Barbara Marshall, Joyce and Horace Reese) the parade went off without a hitch. Judging the decorated golf carts was a really tough job because this year's entries were incredibly creative. According to the final ballot counts, competition was really strong.

There was great participation this year from individuals and clubs. Over 100 people were in the parade. Driving the dignitaries were Mayor Norman Richardson and Vice Mayor Connie Boulware. Military honored guests were included: George and Linda Barlesi, who carried Grand Marshall Earl Smith in Sally Thomas' Yellow Caddy, Betty

Bowley, Julius Ramey, Travis Finch, John Faustini, Don Kelley, as well as Jim Nordin and John Lamb in a Corvette loaned to us by Abel Chevrolet. Our thanks go out to everyone here in Trilogy who made it such a great celebration.

Our next OVRC meeting is Aug. 21 from 7 – 9 p.m. in the Monterey Room at the Vista Club. We will plan for our next OVRC social event and the Mystery Dinner on November 2. Join us for fun and friendship. For more information or to volunteer, call Linda Jensen (5542). Have a great summer!

## Saddle Rock Village

Our recent event was the Ice Cream Social during the Fourth of July Trilogy Celebration. Yummy vanilla and chocolate ice cream was served in the Delta Club by our Social Committee and resident volunteers. The next social event is our Saddle Rock Block Party on Saturday, October 12. More details on the event to follow.

Our Social Committee chairperson, Barbara Pope, has resigned, and Patricia Hilaire has been appointed as the new chairperson. Thanks to Barbara for all of her hard work and dedication.

A survey was sent to residents to determine their interest in having a Saddle Rock Village outing. Please complete the survey and contact Patricia Hilaire at digarch@aol.com or (2664) with any questions.

We are into our third month of collecting bottles, cans and plastic with a CRV and turning them in for cash for the club. Your donations can be dropped off at 504 Three Rivers Way in the back of the white Ford pickup truck parked in the driveway.

Our Welcome Committee, chaired by Harish Chinai, is growing fast to keep up with the many new residents in Saddle Rock. Over 15 welcome bags were distributed to new resident homes for the months of April through June, and several in July. We have added a new member to the committee, Ann Thomas.

Great news! Kare Bears is starting up in Saddle Rock soon. More details to follow.

New officers were elected at our Saddle Rock Village Residents meeting on June 19. The new officers for the next year are: Kathi Bradley, President, Patricia Hilaire, Vice President, Shirley Sorbet, Treasurer and Gayle Sullivan, Secretary. Congratulations to all of the new officers. Our next meeting is Wednesday, Aug. 21 in the Rio Vista Room, Delta Club at 7 p.m., immediately following the Saddle Rock Village Board Meeting at 6:30 p.m. All Saddle Rock residents are welcome. You do not want to miss our social hour following the meetings. They are lots of fun. Hope to see you there. For more information, contact Kathi Bradley at (4424) or kathibradley@comcast.net.





## Village I

VORC is providing the beverage service for the Drama Club's annual presentation on Thursday and Friday, August 15 and 16, in the Delta Club. This is a fundraiser for both groups. We share the profit 50/50 after expenses. Looking ahead, we are formalizing two VORC events in the fourth quarter of this year. On Friday, Oct. 4 we're planning an old fashioned pot-luck dinner and on Saturday, Dec. 14, and we are planning to host our annual holiday party. Both events will be held in the Delta Club. More details coming in next month's newsletter, along with a report on the results of our board election, which was held on July 10. Remember, this is your club, get involved and make it work for you.

## Oakmont Village

Trilogy Residents did it again! Everyone enjoyed a wonderful Fourth of July at our Trilogy annual parade and BBQ. It all began with a parade around Summerset with a show of many families, children, and grandchildren showing their patriotism flying the American Flag. This was followed by our BBQ and ice cream sundaes at the Delta Club. The hot dogs and sundaes were a big hit and the entertainment inside and out by the pool was great. A big thank you goes to all the volunteers who worked so hard to make everything go smoothly to make everyone's day a happy experience.

Thank you to the following people: Linda Jensen and the Olympic Team for the great parade; Myra Samfeld and Valerie Krummer and their Kare Bear Team for delivering the hot dogs, sodas, and chips; Jim Eckhardt and Doug Schroeder, who did the BBQing in 100-degree temperatures; Gerry Armanino, Barbara Pope, and her Saddle Rock Team, who served up cool sundaes; Cyndy Schroeder and her Oakmont Team, who worked behind the scenes picking up forms, shopping, and doing the registration the day of the event; the Oakmont Team of volunteers including Cyndy and Doug Schroeder, Veronica and Travis Finch, Patty Evans, Paul Peterson, Ruth Joseph, Lynn Travers (Photographer), Andy Pestana, Betty Bowley, Julius Ramey, Jim and Sue McCracken, and Dick Lyon as Uncle Sam. A special thanks goes to the Trilogy team who advertised, decorated, and made sure everything went according to plan. We all did it again!

Oakmont Village Residents' Club will hold their next Social Committee meeting on Wednesday, August 7 at 3 p.m. in the Monterey Room at the Vista Club. Everyone is welcome. Hope to see you there and hear your ideas for future events. We are doing the Beverage Service on Saturday evening and the Sunday matinee of the Trilogy Drama Club's *Foibles And Folly* on August 17 and 18. For additional information, call Cyndy Schroeder at (2480) or Antoinette Pestana (5154). Enjoy your summer.

## Village Riviera

Our seventh annual Treasure Hunt was a hoot as usual. Yep, all who attended enjoyed good food, good times, and lots of laughter. Plus, those clues! It boggles the mind how they come up with these things year after year.

Now, here we go again. It is time for another Village Riviera event. This time it is Beans & Buncoroos. So, lasso in all your partners and come play Bunco after the grub and fixins on Saturday, Sept. 7 at 5 p.m. at the Delta Club. For those of you who do not know how to play, Bunco is a dice game that takes less than five minutes to learn. It is fast and it is loads of fun. Look for flyers to be out soon.

The Riviera Residents' Club has some other wonderful events to look forward to this year so be sure to mark your calendars for our Wine Event on Oct. 26 and our always popular Black and White Holiday Affair on Dec. 14.

Our committee is really growing with lots of new members bringing their creative expertise to the group. We are always looking for new ideas and we welcome new members who want to join the fun. We enjoy creating our events as much as you enjoy attending them. It is a great way to get involved and to make new friends. We meet on the third Thursday of the month in the Monterey Room at the Vista Club at 7 p.m. Contact Coralie Leder at coralie.leder@gmail.com for more information.

HISTORY OF RELIABILITY	
<b>QUALITY MOVING SERVICE</b> 4971 Allison Parkway Suite B • Vacaville 	<ul style="list-style-type: none"> <li>• Open 7 days a week</li> <li>• Located in Vacaville</li> <li>• Residential &amp; Commercial</li> <li>• Expert Packing &amp; Crating</li> <li>• Auto Transport</li> <li>• Wheaton – Official Mover for Steinway &amp; Sons</li> <li>• Local &amp; Wheaton Interstate/International Service</li> <li>• Records Management &amp; Storage</li> </ul>
	<div>1 Month Free Storage</div> <div>707.455.7186</div> <div>QUALITYMOVINGSERVICE.NET</div> <div>WHEATONWORLDWIDE.COM</div> <div>MC 87113 • US DOT 70719 • MTR 189753</div>

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By Kathy Erwin,  
Fitness & Spa Director

**Upcoming New Member  
Fitness Orientations:**

Saturday, Aug. 3, 11 a.m.

Wednesday, Aug. 7, 6 p.m.

Saturday, Aug. 17, 11 a.m.

Wednesday, Aug. 21, 6 p.m.

Saturday, Aug. 31, 11 a.m.

## 2013 Triathlon Participants

Congratulations to everyone who participated.

You are all winners in my book!!



**Congratulations to the  
Biggest Mover  
Contest Winners:**

1<sup>st</sup> place – Julie Overman

2<sup>nd</sup> place – Jan Glassco

3<sup>rd</sup> place – Sharon Conlan

4<sup>th</sup> place – Anna Trottier

5<sup>th</sup> place – Robert Frable

**August is the last month  
to take advantage of  
Summer Sensation Spa Packages!**

50-minute Deep Tissue **\$50**

80-minute Deep Tissue **\$80**

50-minute Swedish Massage  
& Foot massage/scrub **\$70**

Two 50-minute Trilogy  
Signature Facials **\$110**

*Trilogy Spa Image Products  
Summer Sensation Sale – Buy any product  
get one of equal or less value 25% off*





## Summer is Here!

There are several specialized  
fitness programs designed  
to get you fit!



*Stretch & Flex with Susan*



*Qi Dance with Joele*



*Arthritis Program  
Sit & Get Fit with Bev*



*Wake Up & Move with Anna*



# 2013 Trilogy Triathlon







# I Feel Good MEDICAL



**HOT AUGUST  
NIGHTS SALE!**



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Pictures used are for illustrative purposes only.



## Council for the Arts

The 2014 *Music of the Night* is being planned. Please come to the meeting if you have any ideas, suggestions, or comments to make the 2014 production special.

The Council for the Arts golf cart entry in the 4th of July parade was a salute to American music. Thank you, Judy.

Meetings are the second Thursday of the month at 10 a.m. in the Monterey Room of the Vista Club. The next meeting is Aug. 8. For more information, call Judy Calpo at (2924).

## Drama Club

The reservation forms are out there. Look for it in your July *Trilogy Living* magazine or pick one up at either club. Fill it out (please print) and deposit in Box 5 at the Delta Club. Seats fill up fast, so don't delay. We are looking forward to sharing a fun and funny performance with all our Trilogy family and friends. *Foibles and Folly* is right around the corner. Performances are Aug. 15, 16 and 17 at 7 p.m. and Aug. 18 at 2 p.m. matinee. There is no charge for the performance, but donations are happily accepted at the door.

The Drama Club meets at the Delta Club at 7 p.m. on the last Tuesday of the month. New members are always welcome. For additional information, call Debby Dubrow at (6706).

## Fat Quarter Quilters

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

## Trilogy Theater Group

The Trilogy Theater Group has been planning the next productions. Our next production consists of seven one-act plays. The plays range from humorous to poignant. We will perform on three consecutive nights: Sep. 27, 28 and 29. We have also been busy developing a website to make it easier to find out what we're doing. Stay tuned! Anyone who is interested in acting or learning and participating in other production-related activities such as scenery, lighting, etc., join us at our regular meetings on the fourth Thursday of the month at 7 p.m. in the Monterey Room at the Vista Club. Our next meeting is Aug. 22, 2013. Come if you want to learn more about us. The Group also offers acting classes. If you would like to learn more about these classes or about our group, contact Louise Mitchell at (3541) or Estelle Piper (408) 921-2606.

# Naturopathy



*Dr. Caban is now taking  
appointments at  
Trilogy Health &  
Wellness Center  
Vista Club*

*To make an appointment,  
call Member Services (4200)*



*Initial visit 50 minutes \$75*

*Initial visit 80 Minutes \$115*

*Follow up visit 25 Minutes \$40*

*Follow up visit 50 Minutes \$75*

### Vitamin B Injections

*One dose injection \$15*

*Double dose injection \$30*

*Dr. Paulina Caban has a Bachelor's Degree in Biological Sciences. She attended the National College of Naturopathic Medicine, completing her degree in 2005. Her treatment modalities include herbal medicine, nutrition, hydrotherapy, and lifestyle education.*

# *Trilogy Art Guild*



PRESENTS THEIR  
11TH ANNUAL JURIED

ART SHOW  
AND



WINE TASTING

**“MEET THE ARTISTS” RECEPTION:**

**SATURDAY, AUGUST 3, 5 PM - 8:30 PM**

RECEPTION FOR TRILOGY RESIDENTS ONLY AND INVITED GUESTS

**SHOW OPENS TO THE PUBLIC**

**SUNDAY, AUGUST 4, 10 AM - 3:00 PM**

REFRESHMENTS WILL BE SERVED

**DIABLO BALLROOM  
VISTA CLUBHOUSE  
TRILOGY AT RIO VISTA**

RAFFLE TICKETS AVAILABLE BOTH DAYS

RAFFLE DRAWINGS FOR ART AND BASKETS ON SUNDAY

All winners of the juried show will be on display in the Monterey Gallery for two weeks after the show.





## Alzheimer's/Dementia Caregivers Support Group

Alzheimer Services and the Greater Bay Area Alzheimer's Association sponsor the caregivers support group. The group offers 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 St. in Rio Vista. For more information, contact meeting facilitator Nat Marcoccio at [rvaizsg@yahoo.com](mailto:rvaizsg@yahoo.com).

## All Aboard For Care



*Ride the Rails at All Aboard For CARE*

Tickets are still available for All Aboard For Care, Rio Vista CARE's annual fundraiser at Western Railway Museum on August 10, 2013. The first train will leave the station promptly at 4 p.m. and the evening's events will include a delicious barbeque dinner featuring meats raised by local ranchers. Musical entertainment will include The Delta Divas, Limberjim Bartz, and Zoe and the Troubadors. Joe Gates, local auctioneer, will return again this year to entertain and encourage bidding at the Bell Ringer Auction. All proceeds benefit Rio Vista CARE. Tickets are \$50 each and are available now by calling the CARE office (5243).

CARE's Counseling Center, Family Resource Center, and programs for youth provide services for children, adults and families that include counseling, crisis intervention and home visitations. Rio Vista CARE is the only agency of its kind in the Delta. Your support is vital to ensure they can continue to serve the community.

## Delta Breeze

Hear the Breeze? We feel the Delta Breeze cool us down in the evening. We ride the Delta Breeze bus into town to do our errands. But, the most important Delta Breeze is the Delta Breeze Chorus, Trilogy's men and women's chorus. We start rehearsing on Wednesday, Sept. 4, at 7 p.m. in the Diablo Ballroom at the Vista Club, and will rehearse every Wednesday evening until Dec. 18. We are still formulating our plans, but we hope to perform for Veterans Day, the Vista Club Tree Lighting Ceremony, and in the Trilogy Holiday Show. No need to try out; just have a love of singing, and a dedication to joining our team to make music together.

For more information, call Cheryl (7567).

## Free Medical Supplies

The Rio Vista Lions Club has refurbished medical supplies available at no charge. Items include wheelchairs, walkers, canes, crutches, and more. Contact Lion Ron Jones (5875) or Lion Warren Oglove (3477).



## Help Create a Stronger Community

Rio Vista Police Department invites you to sign up for alerts now!

### Example Alert Topics:

- Crime Prevention; Crime Advisory
- Wanted
- Missing Person
- Crime Log
- Homeland Security
- Press Release
- Traffic Fires
- Weather and more

### You will receive an alert:

- When the public's assistance would be helpful to solve a crime.
- To warn citizens and businesses of potential threats or crime patterns.



- To communicate with citizens and businesses about upcoming community events, programs, or meetings.
- To let the public know when a case is solved and in particular when their participation leads to an arrest.

Sign up for free, secure, accurate information at <https://citizenobserver.com/registration.jsp>.

## Meals on Wheels of Solano County Food & Wine Pairing Event

Enjoy eight food and wine pairings, commemorative wine glass, patio seating, and live Jazz with the Bob Jacobs Trio. Free chance to win a case of Suisun Valley wines! Tickets are \$20 per person in advance. Contact Roger Wiskeman at (6211) or at [wiskeman2@yahoo.com](mailto:wiskeman2@yahoo.com).

### Details:

601 Texas Street – Solano County Events Center  
Saturday, Aug. 17, 2013  
3 - 6 p.m. (During Tomato Festival)

## Religions of the World Group

We are a group that is interested in learning about the different religions of the world: their history, beliefs, and practices. We meet the first Tuesday of every month at 6:30 p.m. in the Vista Club's Monterey Room. So far, we have learned about Zoroastrianism, Hinduism, and Judaism through overviews of those religions. Our participants chose to go in chronological order, but we have a special treat for the Aug. 6 meeting. Trilogy residents Nichhu and Jagjit Brar will present an overview of Sikhism, their own faith. Even though it is a fairly recent religion, it is an offshoot of a very old one, Hinduism. Please join us in learning. This is not a forum for recruiting members to any belief system. All Trilogy residents of any belief system are welcome. For more information, contact Don Cooper (510) 909-5049 or Barb Bellamy (707) 374-6670.



## Rio Vista Community Services Seeks Donations

There are many struggling families, who are appreciative of your generosity. Efforts to assist Rio Vista Community Services is an ongoing effort. Personal items continue to be delivered to Carol Benkie's home. Personal items

cannot be purchased with food stamps; therefore, these donations are important. When you make purchases, please remember adults, children, and infants. Feel free to drop off your items to 630 Edgewood Drive. There is a basket inside the atrium near the bench. Don't forget the unopened travel size items you receive at hotels/motels/B&Bs. You can also find some incredible buys at the dollar stores. If you have any questions, email [benkie@myifp.com](mailto:benkie@myifp.com) or call (3316).

## TOPS (Take Off Pounds Sensibly)

Chatter Leader and Queen Ella Brice looked elegant dressed in lovely a Hawaiian gown, wearing her crown as she rode in our nicely decorated TOPS-KOPS golf cart driven by KOPS Gloria Jackson in the Fourth of July Parade around Trilogy. Nice Show Ladies!

Our Casino Bus trip to Thunder Valley on August 14 is filling up fast, so sign up soon! We have had several Trilogians join our group recently. Welcome ladies and gents! We welcome anyone interested in receiving support to help lose those unwanted pounds. Come and check out our program. We meet every Wed. at 8 a.m. at Delta Club. For more information, call

Leader Ella Brice at (1400) or Co- Leader Pat Voelker at (5150). Have a great summer everyone!

## Trilogy Jazz Band

August is vacation month for the band. We have no rehearsals or performances during this summer break. Regular rehearsals begin again on Sept. 4, and we look forward to a notable fall season.

If you play a band instrument and are interested in being part of the Jazz Band, contact Music Director Jim Lucas (7567). Although the



band's size is limited, there are openings from time to time. There is currently an open spot in the trombone section, and we want to meet everyone who is interested in filling this or a future opening.

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



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



### FAMILY SUPPORT COMMITTEE

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

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

## Olympic Village

The Olympic Village Kare Bears had their June 4, 2013 meeting at the Delta Club. We are hoping to enlist new members in our village as well as plan a future fundraising event. Our next meeting is Sept. 10, location yet to be determined. It will be announced in the September issue of *Trilogy Living*. However, the time changed to 1 p.m. For more information, contact Mackie Webster at (5837).

## Village Oakmont

Have you spent time this spring busily cleaning your house, garage, etc. only to wonder what you should do with all your unwanted items? Have we got the perfect solution for you?!

The Oakmont Kare Bears are busily working and planning during their summer hiatus for their biggest (and best) fundraiser of the year. The annual Oakmont Kare Bears' garage sale is fast approaching. It will be held on Saturday, Oct. 5 from 10 a.m. to 4 p.m. at a location still to be determined. We will let you know in next month's *Trilogy Living* article. So, round up all your unwanted and unused items, and let us help you out. We will gladly pick up large, bulky, or other items if needed. For more information, call Marti Rogers at (6859) or Kathy Russo at (2969).

The next Oakmont Kare Bears meeting is Wednesday, Sept. 11 at 10:30 a.m. at the Delta Club. Come early for coffee and goodies and share your ideas.

## Village Riviera

How do you make a hot Fourth of July at Trilogy cool? Several events took place this year that qualified for the cool label. Firstly, Mother Nature supplied 100+ degree weather for the six days prior to the event, which made the 90+ degree

Fourth of July relatively (key word!) cool. Of course, the large number of patriotic people participating in and viewing the parade is always one of the coolest events at Trilogy Rio Vista. It gives us an opportunity to celebrate and reflect on the birth of our great nation. Many of the same folks came to the Delta Club to share in the delicious Fourth food fest. One of the traditional holiday foods always available are hot dogs, which were proudly and patriotically served by the Riviera Kare Bears. Everyone had a fun and filling time. Thank you to all of our customers for assisting us in raising funds. People helping people to help other people is a beautiful way to celebrate the Fourth of July, and how cool is that? Stay cool and warm your heart by being our guest at the next meeting on Monday, Aug. 12 at 10 a.m. in the Delta Club. For more information, contact Myra at (3660) or Valerie at (6942).

## Secure Your Smile

A **Prosthodontist** is a dentist recognized by the American Dental Association (ADA) as a specialist in restoring and replacing teeth.

*You see your prosthodontist because you demand that your dentures look natural and have a comfortable fit.*

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# TrilogyLiving

## Fitness Class Schedule for August 2013

**“New colors”** Trilogy Fitness Punch Card Choices. All classes require one of **3** card choices: a green 30-punch for \$95, a blue 20-punch for \$65, or a yellow 10-punch for \$35. Each class requires 1 punch. Get your cards at the Member Services Desk. Call Fitness & Spa Director Kathy Erwin at (4205) if you have questions. All classes are held in the Vista Group Exercise Studio unless otherwise noted. **Susan’s classes Circuit Training Combo Balance Class from 3 - 4 p.m. M & W and Stretch & Flex 4 -5 p.m. M & W will return in September.** Last Month’s Punch Card Raffle Winner **Birgit Vannier**

**August Fitness Orientations: Saturday, Aug. 3, 17 & 31 at 11 a.m., and Wednesday, Aug. 7 & 21 at 6 p.m.**

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>Class Locations:</b>  (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		<b>1</b>  7:30-8:30am Body Works (B/I/A) (GX) Kathy 9-10am Simply Stretch (B/I) (DB) Joele 9-10am Tai Chi (B/I) (GX) Lillian 9-10am Advanced Aqua (B/I/A) (DP) Kathy 10-11am Aqua Fit (B) (DP) Denise 10-11am Qi Dance (B/I/A) (GX) Joele 11-12pm Arthritis Program (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly <b>2:30-3:30pm Yoga (B/I) (DB) Tammy</b> 3-4pm Aqua Fit (B) (DP) Denise	<b>2</b>  7-8am Early Yoga (B) (DB) Tammy 7:30-8:30am Step Aerobics (B/I/A) Pat 8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat) 9-10am Yoga/Pilates (B) (DB) Deanna 9:30-10:30am Aqua Fit (B) (VP) Denise 9:45-10:30am Core Balance and Standing Abs (B) (GX) Sophie <b>10-11am Balance Ball (DB) Deanna</b> 10:30-11:45am ZUMBA Power (B/I) (GX) Sophie 11:45-12:15pm Intro to Gentle ZUMBA (B/I) (GX) Sophie 12:15-12:45 Fusion Stretch (B/I) (GX) Sophie	<b>3</b>  8:30am-9:30am Step Aerobics (GX) Pat 11-12:15pm ZUMBA (B/I) (GX) Sophie/Lisa 12:15-12:45pm Pilates/Stretch (B/I) (GX) Sophie/Lisa
<b>5</b>  8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat) 9-10am Yoga/Pilates (B) (DB) Deanna 9-10am Advanced Aqua (B/I/A) (DP) Kathy 9:30-10:30am Wake-up and Move (B/I) (RV) Anna 9:45-10:30am Core Balance and Standing Abs (B/I) (GX) Sophie 10-11am Aqua Fit (B) (DP) Denise 10-11am Meditation Breathing (B) (DB) Deanna 10:30 -11:45am ZUMBA Power (B/I) (GX) Sophie 11:45-12:15 Intro to Gentle ZUMBA (B/I) (GX) Sophie 6:30-8pm Yoga/Pilates (B/I) (GX) Deanna	<b>6</b>  8-9am Body Works (B/I/A) (GX) Kathy 9-10am Simply Stretch (B) (GX) Joele 9:30-10:30am Aqua Fit (B) (VP) Denise 10-11am Qi Dance (B/I/A) (GX) Joele 11-12pm Arthritis Program (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly 3-4pm Advanced Aqua (B/I/A) (DP) Kathy	<b>7</b>  7-8am Early Yoga (B) (DB) Tammy 8-9am Back To Basics Yoga (B/I) (DB) Tammy 8:30-9:30am WOW TABATA BOOM 9:30-10:30am Wake-up and Move (B/I) (RV) Anna 9:30-11am Qi Dance Plus (B/I/A) (GX) Joele 9:30-10:30am Aqua Fit (B) (DP) Denise <b>6:30-7:30pm Balance Ball (DB) Deanna</b>	<b>8</b>  7:30-8:30am Body Works (B/I/A) (GX) Kathy 9-10am Simply Stretch (B/I) (DB) Joele 9-10am Tai Chi (B/I) (GX) Lillian 9-10am Advanced Aqua (B/I/A) (DP) Kathy 10-11am Aqua Fit (B) (DP) Denise 10-11am Qi Dance (B/I/A) (GX) Joele 11-12pm Arthritis Program (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly <b>2:30-3:30pm Yoga (B/I) (DB) Tammy</b> 3-4pm Aqua Fit (B) (DP) Denise	<b>9</b>  7-8am Early Yoga (B) (DB) Tammy 7:30-8:30am Step Aerobics (B/I/A) Pat 8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat) 9-10am Yoga/Pilates (B) (DB) Deanna 9:30-10:30am Aqua Fit (B) (VP) Denise 9:45-10:30am Core Balance and Standing Abs (B) (GX) Sophie <b>10-11am Balance Ball (DB) Deanna</b> 10:30-11:45am ZUMBA Power (B/I) (GX) Sophie 11:45-12:15pm Intro to Gentle ZUMBA (B/I) (GX) Sophie 12:15-12:45 Fusion Stretch (B/I) (GX) Sophie	<b>10</b>  11-12:15pm ZUMBA (B/I) (GX) Sophie/Lisa 12:15-12:45pm Pilates/Stretch (B/I) (GX) Sophie/Lisa
<b>12</b>  8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat) 9-10am Yoga/Pilates (B) (DB) Deanna 9-10am Advanced Aqua (B/I/A) (DP) Kathy 9:30-10:30am Wake-up and Move (B/I) (RV) Anna 9:45-10:30am Core Balance and Standing Abs (B/I) (GX) Sophie 10-11am Aqua Fit (B) (DP) Denise 10-11am Meditation Breathing (B) (DB) Deanna 10:30 -11:45am ZUMBA Power (B/I) (GX) Sophie 11:45-12:15 Intro to Gentle ZUMBA (B/I) (GX) Sophie 6:30-8pm Yoga/Pilates (B/I) (GX) Deanna	<b>14</b>  8-9am Body Works (B/I/A) (GX) Kathy 9-10am Simply Stretch (B) (GX) Joele 9:30-10:30am Aqua Fit (B) (VP) Denise 10-11am Qi Dance (B/I/A) (GX) Joele 11-12pm Arthritis Program (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly 3-4pm Advanced Aqua (B/I/A) (DP) Kathy	<b>15</b>  7-8am Early Yoga (B) (DB) Tammy 8-9am Back To Basics Yoga (B/I) (DB) Tammy 8:30-9:30am WOW TABATA BOOM 9:30-10:30am Wake-up and Move (B/I) (RV) Anna 9:30-11am Qi Dance Plus (B/I/A) (GX) Joele 9:30-10:30am Aqua Fit (B) (DP) Denise <b>6:30-7:30pm Balance Ball (DB) Deanna</b>	<b>16</b>  7:30-8:30am Body Works (B/I/A) (GX) Kathy 9-10am Simply Stretch (B/I) (DB) Joele 9-10am Tai Chi (B/I) (GX) Lillian 9-10am Advanced Aqua (B/I/A) (DP) Kathy 10-11am Aqua Fit (B) (DP) Denise 10-11am Qi Dance (B/I/A) (GX) Joele 11-12pm Arthritis Program (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly <b>2:30-3:30pm Yoga (B/I) (DB) Tammy</b> 3-4pm Aqua Fit (B) (DP) Denise	<b>17</b>  7-8am Early Yoga (B) (DB) Tammy 7:30-8:30am Step Aerobics (B/I/A) Pat 8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat) 9-10am Yoga/Pilates (B) (DB) Deanna 9:30-10:30am Aqua Fit (B) (VP) Denise 9:45-10:30am Core Balance and Standing Abs (B) (GX) Sophie <b>10-11am Balance Ball (DB) Deanna</b> 10:30-11:45am ZUMBA Power (B/I) (GX) Sophie 11:45-12:15pm Intro to Gentle ZUMBA (B/I) (GX) Sophie 12:15-12:45 Fusion Stretch (B/I) (GX) Sophie	<b>18</b>  11-12:15pm ZUMBA (B/I) (GX) Sophie/Lisa 12:15-12:45pm Pilates/Stretch (B/I) (GX) Sophie/Lisa
<b>19</b>  8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat) 9-10am Yoga/Pilates (B) (DB) Deanna 9-10am Advanced Aqua (B/I/A) (DP) Kathy 9:30-10:30am Wake-up and Move (B/I) (RV) Anna 9:45-10:30am Core Balance and Standing Abs (B/I) (GX) Sophie 10-11am Aqua Fit (B) (DP) Denise 10-11am Meditation Breathing (B) (DB) Deanna 10:30 -11:45am ZUMBA Power (B/I) (GX) Sophie 11:45-12:15 Intro to Gentle ZUMBA (B/I) (GX) Sophie 6:30-8pm Yoga/Pilates (B/I) (GX) Deanna	<b>20</b>  8-9am Body Works (B/I/A) (GX) Kathy 9-10am Simply Stretch (B) (GX) Joele 9:30-10:30am Aqua Fit (B) (VP) Denise 10-11am Qi Dance (B/I/A) (GX) Joele 11-12pm Arthritis Program (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly 3-4pm Advanced Aqua (B/I/A) (DP) Kathy	<b>21</b>  7-8am Early Yoga (B) (DB) Tammy 8-9am Back To Basics Yoga (B/I) (DB) Tammy 8:30-9:30am WOW TABATA BOOM 9:30-10:30am Wake-up and Move (B/I) (RV) Anna 9:30-11am Qi Dance Plus (B/I/A) (GX) Joele 9:30-10:30am Aqua Fit (B) (DP) Denise <b>6:30-7:30pm Balance Ball (DB) Deanna</b>	<b>22</b>  7:30-8:30am Body Works (B/I/A) (GX) Kathy 9-10am Simply Stretch (B/I) (DB) Joele 9-10am Tai Chi (B/I) (GX) Lillian 9-10am Advanced Aqua (B/I/A) (DP) Kathy 10-11am Aqua Fit (B) (DP) Denise 10-11am Qi Dance (B/I/A) (GX) Joele 11-12pm Arthritis Program (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly <b>2:30-3:30pm Yoga (B/I) (DB) Tammy</b> 3-4pm Aqua Fit (B) (DP) Denise	<b>23</b>  7-8am Early Yoga (B) (DB) Tammy 7:30-8:30am Step Aerobics (B/I/A) Pat 8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat) 9-10am Yoga/Pilates (B) (DB) Deanna 9:30-10:30am Aqua Fit (B) (VP) Denise 9:45-10:30am Core Balance and Standing Abs (B) (GX) Sophie 10:30-11:45am ZUMBA Power (B/I) (GX) Sophie 11:45-12:15pm Intro to Gentle ZUMBA (B/I) (GX) Sophie 12:15-12:45 Fusion Stretch (B/I) (GX) Sophie	<b>24</b>  11-12:15pm ZUMBA (B/I) (GX) Sophie/Lisa 12:15-12:45pm Pilates/Stretch (B/I) (GX) Sophie/Lisa
<b>26</b>  8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat) 9-10am Yoga/Pilates (B) (DB) Deanna 9-10am Advanced Aqua (B/I/A) (DP) Kathy 9:30-10:30am Wake-up and Move (B/I) (RV) Anna 9:45-10:30am Core Balance and Standing Abs (B/I) (GX) Sophie 10-11am Aqua Fit (B) (DP) Denise 10-11am Meditation Breathing (B) (DB) Deanna 10:30 -11:45am ZUMBA Power (B/I) (GX) Sophie 11:45-12:15 Intro to Gentle ZUMBA (B/I) (GX) Sophie 6:30-8pm Yoga/Pilates (B/I) (GX) Deanna	<b>27</b>  8-9am Body Works (B/I/A) (GX) Kathy 9-10am Simply Stretch (B) (GX) Joele 9:30-10:30am Aqua Fit (B) (VP) Denise 10-11am Qi Dance (B/I/A) (GX) Joele 11-12pm Arthritis Program (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly 3-4pm Advanced Aqua (B/I/A) (DP) Kathy	<b>28</b>  7-8am Early Yoga (B) (DB) Tammy 8-9am Back To Basics Yoga (B/I) (DB) Tammy 8:30-9:30am WOW TABATA BOOM 9:30-10:30am Wake-up and Move (B/I) (RV) Anna 9:30-11am Qi Dance Plus (B/I/A) (GX) Joele 9:30-10:30am Aqua Fit (B) (DP) Denise <b>6:30-7:30pm Balance Ball (DB) Deanna</b>	<b>29</b>  7:30-8:30am Body Works (B/I/A) (GX) Kathy 9-10am Simply Stretch (B/I) (DB) Joele 9-10am Tai Chi (B/I) (GX) Lillian 9-10am Advanced Aqua (B/I/A) (DP) Kathy 10-11am Aqua Fit (B) (DP) Denise 10-11am Qi Dance (B/I/A) (GX) Joele 11-12pm Arthritis Program (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly <b>2:30-3:30pm Yoga (B/I) (DB) Tammy</b> 3-4pm Aqua Fit (B) (DP) Denise	<b>30</b>  7-8am Early Yoga (B) (DB) Tammy 7:30-8:30am Step Aerobics (B/I/A) Pat 8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat) 9-10am Yoga/Pilates (B) (DB) Deanna 9:30-10:30am Aqua Fit (B) (VP) Denise 9:45-10:30am Core Balance and Standing Abs (B) (GX) Sophie <b>10-11am Balance Ball (DB) Deanna</b> 10:30-11:45am ZUMBA Power (B/I) (GX) Sophie 11:45-12:15pm Intro to Gentle ZUMBA (B/I) (GX) Sophie 12:15-12:45 Fusion Stretch (B/I) (GX) Sophie	<b>31</b>  11-12:15pm ZUMBA (B/I) (GX) Sophie/Lisa 12:15-12:45pm Pilates/Stretch (B/I) (GX) Sophie/Lisa

# TrilogyLiving

## August 2013 Club and Activity Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				<b>1</b> 8am Social Tennis 8:30am Golf – Women’s 18-Hole 9:30am Ceramics (D) 11am Triage Team (D) 12:15pm Ponytail Canasta (V) 1pm Good Samaritans (D) 2pm Genealogy Club (V) 5pm Tai Chi & Yuan Chi Dance (V) 5pm Table Tennis (D) 6:30pm Pinochle (V) 7pm Drama Club Rehearsal (V) 7pm Photography Club (V) 7pm Ballroom Dance – Beginning (V) 8pm Ballroom Dance – Advanced (V)	<b>2</b> 8am Social Tennis 9am Model Club (V) 9am Village 1 Arch. Com. Mtg. (V) 9:30am Walk & Talk (V) 10:30am Country Line Dance (D) 12pm Bridge (V) 12pm Adv. Watercolor Painting (D) 6:30pm Joy Luck Mah-Jongg (V) 7pm Drama Club Rehearsal (V)	<b>3</b> 8am Motorcycle Club (Off-site) 8:30am Hiking Club (V) 9am Table Tennis (D) 6pm TAG Art Show – Meet the Artists Reception (V) 7pm Poker Open Tournament (D)
<b>4</b> 10am – 3pm Farmer’s Market (D) 10am – 3pm TAG Art Show (V)	<b>5</b> 8am Social Tennis 8:30am Woodcarving (D) 9:30am Walk & Talk (V) 12pm Open Painting (D) 12:30pm Rip, Stitch & Bitch (V) 1pm Mah Jongg (V) 2pm TAG Mtg. (D) 3pm Guitar Club (V) 3:30pm Village Oakmont Arch. Comm. (D) 6pm Soul Line Dancing (V) 7pm Poker (D) 7pm Drama Club Rehearsal (D)	<b>6</b> 8am Social Tennis 8:30am Radio Club (V) 9:30am Women’s 9-Hole Golf 10am Art Pastel Class (D) 10:30am Country Line Dancing (D) 11am Good Samaritans Planning Mtg. (V) 11:30am Golf – TRVMEN 9-Hole 12pm Beginning Watercolor Class (D) 12:15pm Hand & Foot Canasta (V) 12:30pm Dominoes (D) 2pm Stroke / Head Injury Support Group (V) 3pm Table Tennis (D) 5pm Billiards Club Tournament (V) 5pm Tai Chi & Yuan Chi Dance (V) 6:30pm World Religions Study Group (V) 7pm Drama Club Rehearsal (V)	<b>7</b> 8am Social Tennis 8am TOPS (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) 11am Saddle Rock Arch Com (V) 12:30pm Fat Quarters Quilting (D) 1pm Village Riviera Arch. Com. Mtg. (D) 2pm Bergren Art (D) 2pm Card Making Class (D) 3pm Village Oakmont Social Com. Mtg. (V) 4:30pm Table Tennis (D) 5:30pm Delta Harmony Rehearsal (V) 7pm Billiards Club Member Mtg. (V) 7pm Soul Line Dancing (V) 7pm Drama Club Rehearsal (D)	<b>8</b> 8am Social Tennis 8:30am Golf – Women’s 18-Hole 9am Blood Pressure Check (D) 9:30am Ceramics (D) 10am Council for the Arts (V) 12:15pm Ponytail Canasta (V) 1pm Good Samaritans (D) 2:45pm Disaster Preparedness (V) 4pm Golf – Sr. Men’s Board Mtg. (D) 4pm Table Tennis Membership Mtg. (D) 5pm Table Tennis (D) 5pm Tai Chi & Yuan Chi Dance (V) 6:30pm Pinochle (V) 7pm Writers’ Club (V) 7pm Drama Club Rehearsal (D) 7pm Ballroom Dance – Beginning (V) 8pm Ballroom Dance – Advanced (V)	<b>9</b> 8am Social Tennis 9:30am Walk & Talk (V) 10:30am Country Line Dance (D) 12pm Bridge (V) 12pm Adv. Watercolor Painting (D) 7pm Bunco (D) 7pm Drama Club Rehearsal (D)	<b>10</b> 8:30am Hiking Club Mtg. (V) 9am Table Tennis (D)
<b>11</b> 6:30pm Dance Club Dance With Solid Gold (V)	<b>12</b> 8am Social Tennis 9:30am Walk & Talk (V) 10am Kare Bears – Village Riviera (D) 12pm Open Painting (D) 12:15pm Duplicate Bridge (V) 12:30pm Rip, Stitch & Bitch (V) 1pm Mah Jongg (V) 6pm Soul Line Dancing (V) 7pm Poker (D) 7pm Drama Club Rehearsal (D)	<b>13</b> 8am Social Tennis 8:30am Radio Club (Off-Site) 9:30am Women’s 9-Hole Golf 10:30am Country Line Dancing (D) 10:30am Book Club (V) 11:30am Golf – TRVMEN 9-Hole 12pm Beginning Watercolor Class (D) 12pm Recipe Club – off site 12:15pm Hand & Foot Canasta (V) <b>2pm Master Association Board Mtg. (V)</b> 5pm Billiards Club Tournament (V) 5pm Tai Chi & Yuan Chi Dance (V) 7pm Drama Club Dress Rehearsal (D)	<b>14</b> 8am Social Tennis 8am TOPS (D) 9am Olympic Village Arch. Com. Mtg. (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) 11am Saddle Rock Arch Com (V) 2pm Bergren Art (D) 2pm Card Making Class (D) 2pm Play A Simple Melody Organizational Mtg. (V) 5pm Drama Club Rehearsal (D) 5:30pm Delta Harmony Rehearsal (V) 6:30pm Nature Club Gen. Mtg. (V) 7pm Soul Line Dancing (V)	<b>15</b> 8am Social Tennis 8:30am Golf – Women’s 18-Hole 9:30am Ceramics (D) 11am Triage Team (D) 12:15pm Ponytail Canasta (V) 1pm Good Samaritans (D) 2pm Genealogy Workshop (V) 4pm Golf – Sr. Men’s Mtg. (D) 5pm Tai Chi & Yuan Chi Dance (V) 6:30pm Pinochle (V) 7pm Village Riviera RC Mtg. (V) 7pm Drama Club Fall Play (D) 7pm Ballroom Dance – Beginning (V) 8pm Ballroom Dance – Advanced (V)	<b>16</b> 8am Social Tennis 9am Village 1 Arch. Com. Mtg. (V) 9:30am Walk & Talk (V) 10:30am Country Line Dance (D) 12pm Bridge (V) 12pm Adv. Watercolor Painting (D) 6:30pm Joy Luck Mah-Jongg (V) 7pm Drama Club Fall Play (D)	<b>17</b> 8:30am Hiking Club (V) 7pm Drama Club Fall Play (D)
<b>18</b> 2pm Drama Club Fall Play (D) 6pm Drama Club Cast Party (D)	<b>19</b> 8am Social Tennis 8:30am Woodcarving (D) 9:30am Walk & Talk (V) <b>10am Council of Village Presidents (D)</b> 12pm Open Painting (D) 12:30pm Rip, Stitch & Bitch (V) 1pm Mah Jongg (V) 3pm Guitar Club (V) 3pm Village Oakmont Arch. Com. Mtg. (D) 6pm Soul Line Dancing (D) 7pm Poker (D) 7pm Fishing Club (D)	<b>20</b> 8am Social Tennis 8:30am Radio Club (V) 9:30am Golf – Women’s 9-Hole 10 am Art Pastel Class (D) 10:30am Country Line Dancing (D) 11am Good Samaritans Planning Mtg. (V) 11:30am Golf – TRVMEN 9-Hole 12pm Beginning Watercolor Painting (D) 12:15pm Hand & Foot Canasta (V) 12:30pm Dominoes (V) 2pm Nature Club Workshop (V) 4:30pm Table Tennis (D) 5pm Billiards Club Tournament (V) 5pm Tai Chi & Yuan Chi Dance (V) 6:30pm Travel Discovery: Pure Michigan	<b>21</b> 8am Social Tennis 8am TOPS (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) 11am Saddle Rock Village Arch. Com. Mtg. (V) 12:30pm Fat Quarters Quilting (D) 1pm Village Riviera Arch. Com. Mtg. (D) 2pm Bergren Art (D) 2pm Card Making Class (D) 4:30pm Table Tennis (D) 5:30pm Delta Harmony Rehearsal (V) <b>6:30pm Saddle Rock Village Board Mtg. (D)</b> 7pm Saddle Rock Village Residents’ Club (D) 7pm Olympic Village RC Mtg. (V) 7pm Soul Line Dancing (V)	<b>22</b> 8am Social Tennis 8:30am Golf – Women’s 18-Hole <b>9am – 1pm AED/CPR/1<sup>st</sup> Aid Training (V)</b> 9:30am Ceramics (D) 12:15pm Ponytail Canasta (V) 1pm Good Samaritans (D) 5pm Table Tennis (D) 5pm Tai Chi & Yuan Chi Dance (V) 6:30pm Pinochle (V) 7pm Ballroom Dance – Beginning (V) 8pm Ballroom Dance – Advanced (V)	<b>23</b> 8am Social Tennis 9:30am Walk & Talk (V) 10:30am Country Line Dance (D) 11am Morning Bocce Year End Celebration (V) 12pm Bridge (V) 12pm Adv. Watercolor Painting (D) 7pm Bingo (D) <b>7pm Karaoke Night (V)</b>	<b>24</b> 8:30am Hiking Club (V) 10am – 3pm Table Tennis In-House Tournament (D) 11am Table Tennis (D) <b>7pm – 9:30pm Concert on the Patio – Solid Gold (V)</b>
<b>25</b>	<b>26</b> 8am Social Tennis 8:30am Woodcarving (D) 9:30am Walk & Talk (V) 12pm Open Painting (D) 12:30pm Rip, Stitch & Bitch (V) 1pm Mah Jongg (V) 6pm Soul Line Dancing (D) 7pm Poker (D)	<b>27</b> 8am Social Tennis 8:30am Radio Club (V) 9:30am Golf – Women’s 9-Hole 10am Art Pastel Class (D) 10:15am Mystery/Crime Book Club (V) 10:30am Country Line Dancing (D) 11am Good Samaritans Planning Mtg. (V) 11:30am Golf – TRVMEN 9-Hole 12pm Beginning Watercolor Painting (D) 12:15pm Hand & Foot Canasta (V) 1:30pm Dog Club (D) 3:30pm Table Tennis (D) 5pm Billiards Club Tournament (V) 5pm Tai Chi & Yuan Chi Dance (V) 7pm Drama Club Membership Mtg. (D)	<b>28</b> 8am Social Tennis 8am TOPS (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) 10am Olympic Village Arch. Com. Mtg. (D) 12:30pm Fat Quarters Quilting (D) 2pm Bergren Art (D) 2pm Card Making Class (D) 4:30pm Table Tennis (D) 5:30pm Delta Harmony Rehearsal (V) 7pm Soul Line Dancing (V)	<b>29</b> 8am Social Tennis 8:30am Golf – Women’s 18-Hole 9:30am Ceramics (D) 12:15pm Ponytail Canasta (V) <b>1pm Adult Committee Mtg. (D)</b> 1pm Good Samaritans (D) 5pm Table Tennis (D) 5pm Tai Chi & Yuan Chi Dance (V) 6:30pm Pinochle (V) 7pm Theater Group (V) 7pm Ballroom Dance – Beginning (V) 8pm Ballroom Dance – Advanced (V)	<b>30</b> 8am Social Tennis 9:30am Walk & Talk (V) 9:30am Tennis Club Mtg. (D) 10:30am Country Line Dance (D) 12pm Bridge (V) 12pm Adv. Watercolor Painting (D)	<b>31</b> 8:30am Hiking Club (V) 9am Table Tennis (D) 12pm Whist Club Luncheon (V)

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happenings

# Trilogy Celebrating





## THANK YOU COMMUNITY!

There have been so many to share a hand in shaping the Trilogy Independence Day festivities, which have evolved from Villages to focus groups coming together each year to develop such a grand community event!

The 2013 Focus Group led by Activities Director Debbie Dorn, and other team members are:

- Antoinette Pestana, Historical Advisor
- Cyndy Schroeder, Oakmont Village
- Myra Samfeld & Valerie Krummer, Riviera Kare Bears
- Linda Jensen, Olympic Village
- Barbara Pope, Saddle Rock Village

For you, your volunteer teams, individual volunteers, military, dignitaries, participants and all staff members:

**Thank you!**

Your contributions are the fabric for the success of this eventful day!



Grand Marshall, Earl Smith, US Navy Retired

Linda Jensen



Norman Richardson, Mayor  
City of Rio Vista



Constance Boulware, Vice Mayor  
City of Rio Vista & Linda Jensen



Ed Davis



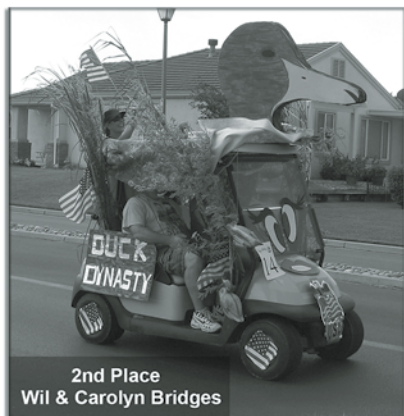
The Delta Troubadours  
Zoe Marie, George and Robert



Ron Covey, Poolside DJ



Sergeant Julianna M. Sandoval, US Marine Corps  
Petty Officer Craig A. Steele, US Navy  
Petty Officer Byung J. Jung, US Navy  
Jacob Casey, MASA-E2, US Navy  
Sergeant Timothy P. Twitty, US Army



2nd Place  
Wil & Carolyn Bridges



1st Place  
Table Tennis Club



4th Place  
RV Roamers



5th Place  
The Dog Club



3rd Place  
Bob & Joyce Bailey



New Category Award Other Than Just Golf Carts!  
Winner of the "WOW" Award  
The Fishing Club



6th Place  
The Bunco Club



## Billiards Club



The club hosted a tournament with Fairfield on June 15 at the Vista Club Billiard Room. Fairfield brought a team of 16 players. Trilogy matched them. The game was 8-ball with a foul on all balls.

There were a total of 69 games played and after four hours the Trilogy team had 45 wins, Fairfield 24. Trilogy dominated the tournament in the first three rounds and never looked back. The team supplied coffee and desserts during the tournament and then hosted lunch at Al Bergoust's house. The menu included sloppy Joes, green salad, potato salad, drinks, and dessert. The club would like to thank Al and Helen Bergoust for all their hard work to make this tournament and the dinner afterwards a success. The next Billiards Club meeting is on Wednesday August 7, at 7 p.m. in the Monterey Room of the Vista Club. Officers: President Al Bergoust, Vice President Richard Garcia, Treasurer Jack Clark, Secretary Dallas Salomon, and Membership Chairman Dave Stewart.

### Latest weekly tournament winners:

#### June 4, 8-Ball

1<sup>st</sup> Oscar Grissom  
2<sup>nd</sup> Al Bergoust  
3<sup>rd</sup> Neil Brodhead

#### June 11, Handicap 9-Ball

1<sup>st</sup> Jack Clark  
2<sup>nd</sup> Geno Toscano  
3<sup>rd</sup> Al Bergoust

#### June 18, 8-Ball

1<sup>st</sup> Marlin Horner  
2<sup>nd</sup> Jack Clark  
3<sup>rd</sup> Neil Brodhead

#### June 25, 8-Ball A & B

##### A Division

1<sup>st</sup> Bob Powell  
2<sup>nd</sup> Neil Brodhead  
3<sup>rd</sup> Larry Meers

##### B Division

1<sup>st</sup> Chuck LaBue  
2<sup>nd</sup> Diego Cassone

For more information regarding the Billiards Club, please contact Oscar Grissom at [crpntrboy@aol.com](mailto:crpntrboy@aol.com).

## Bingo Club

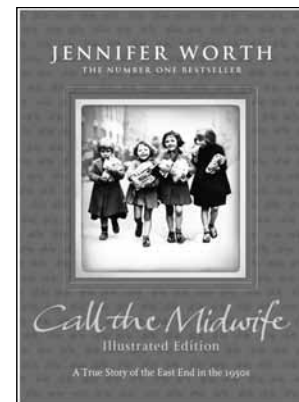
Come for summer fun! Mark your calendar for the fourth Friday of the month, August 23, for Bingo at the Delta Club. Games begin promptly at 7 p.m. Buy-in for each person is \$10 for 12 games. We have one early bird special: one card for \$1 and an extra blackout card for \$1. The prize money for each game is \$50 and the blackout prize is \$250. For more information, call Irene (6999).

## Bocce Club

The end-of-season socials have been finalized for both the morning and night leagues. Both events will be serviced by ABC Grill Catering from Elk Grove. ABC has catered a number of events here in Trilogy. Full details and sign-up protocols will be emailed to all captains and posted at the Summerset bulletin board. The cost for MBL members is \$10 and guests are \$20. The cost for NBL members is \$12.50 and guests are \$25. Both socials are BYOB & G events. The MBL date is Friday, Aug. 23 at 11:30 a.m. and the NBL date is Sunday, Sept. 15 at 5 p.m. Carolyn and Dorothy have promised a good time to everyone. The champs of each league will be recognized at the event. The MBL champions will be the team with the best overall record and the NBL champions will be decided among the top six finishers who will play in a single elimination tournament on Sept. 4, 5, and 7. Sign-up procedures for the Winter Bocce Federation (WBF) will be outlined in the September issue of *Trilogy Living* along with a report during the July 21 One-Day Self Funding bocce tournament. Remember to roll often, throw straight and have fun, that's what it's all about.

## Book Club

The Book Club meets the second Tuesday of each month at 10:30 a.m. in the Sonoma Room at the Vista Club. The next meeting is Aug. 13. The book selection is *Call the Midwife* by Jennifer Worth. September's book selection is *The Elephant Whisperer* by Lawrence Anthony. There is no requirement to have read the book. Everyone is welcome to join in. Feel free to stop by. For more information, contact Adrienne (5576).



## Bridge – Duplicate

Duplicate Bridge meets the second Monday of each month at 12:15 p.m. in the Sonoma Room at the Vista Club. Please mark your calendars for our game on Monday, August 12, 2013. All Trilogy residents who are interested in playing duplicate bridge are welcome. If you need a partner, we'll find one for you. Contact Sue (6136).





## Computer Club

The next meeting of the Computer Club is Thursday, Sept. 12, at 7 p.m. at the Vista Club. Note: this is a new day of the month for our meetings. All meetings will be on the second Thursday of the month starting in September. We are not meeting in August due to summer vacations.

If you wish to become a member of the club, visit the club website at [www.tccrv.org](http://www.tccrv.org), complete and print a copy of the application, and give it to any of the directors with the annual dues of \$12. You may also sign up at any meeting. The website is also a useful resource for the latest information on many computer-related subjects, meetings, and other interesting items.

We welcome all levels of expertise, from those thinking of getting a computer to those who have spent years working with computers and related software. For more information, contact Lynne Hansen (4060).

## Dance Club

Thank you, everyone, who attended our July Dance. It was our July 4th theme and everyone had a good time. Thanks to everyone who dressed in their Patriotic attire. We like to see people who give it their all.

We met some more new people who have moved into Trilogy. We like to hear that word is getting around about our dances. We attended a dance in Vallejo a few weeks ago, where we often go and met a new couple, and requested that they attend our dance. They seemed thrilled.

Don't forget to pick up a copy of our dance schedule for the remainder of the year at the front door. Also, if you have not yet given us your email addresses, please do so. We can inform you of future dance events and any other information you would like to know.

Our next dance is Sunday, Aug. 11. The theme for this event is Hot August Nights. For more information, contact Rich and Judi Marshall at (7595).



## Dog Club

We currently have 220 households registered with the Trilogy Dog Club. While we are excited about our increasing membership, this number represents a small percentage of the dog owners within our community. If you own a dog and have not yet joined our club, we encourage you to do so. There are many benefits to being a member for both you and your pet.



Members receive a 20% discount, excluding dog food, at Pets 4 All on Mondays. Pizza Factory offers our members a 20% discount off their entire bill, excluding alcohol, on Tuesdays. We also have events throughout the year for our dogs. In recent months, we have begun offering doggie playtime events. We intend to have these playtime events monthly throughout the year. These playtime events have been great fun for both our human and doggie friends.

Our annual Pooch Party is on Oct. 12 at the Vista Patio. We have some fun activities planned as well as a number of vendors who will attend. At Christmastime, we will have pictures with Santa for our beloved pets.

In addition to providing social events for both our members and their dogs, we are also concerned about our pets' safety. Our Lost & Found Dog Network has had a 100% success rate returning lost dogs to their owners. However, we could expedite that return by ensuring that all dogs have proper tags. A simple tag with the dogs' name and home phone number would ensure a quick return. These tags are available at our local pet store and the major pet store chains. We will be focusing on getting proper tags for our dogs at our monthly meetings and upcoming events.

If you'd like to join our club, call Karen Bereta (3505) or Rose Romano (3549). If you'd like to learn more about our club, feel free to join us at one of our monthly meetings. We meet on the fourth Tuesday of each month at 1:30 p.m. at the Delta Club.



## Fishing Club

Our next meeting is Monday, Aug. 19 at 7 p.m. in the Marina Room at the Delta Club. We will discuss the scheduling of another party boat trip to S.F. Bay where we will drift live bait for halibut and stripers. We will stay in the bay. Dates will be finalized for our cabins at Kennedy Meadows next August. We will also discuss our holiday brunch in November and show a short video.

We have a lot to discuss and I hope you can attend the meeting. We will have our 50/50 drawing and refreshments.

We hope most of you saw our cart and boat in the 4th of July parade. Anyone is welcome to join our fishing club. We have great events throughout the year. For more information, call Al Silva at (3791). Good luck fishing!

## Genealogy Club

It is summer time and a lot of our members are taking advantage of the beautiful weather and travel opportunities. Our attendance has grown for the regular meetings and the workshop continues to welcome those budding genealogists with their growing curiosity.

We recently had the opportunity to assist a young woman seeking information about her biological family. Her mother was separated from her siblings many years ago after the tragic death of her mother, the young woman's grandmother. Although it took some time and



a lot of digging, we came across her mother's brother in Colorado and began the process of reuniting this long lost family. It was such a great feeling to use our skills honed over many

years to help someone such as our friend to reconnect with her biological family. Our club is collectively made up of tenacious, resourceful individuals that can find almost anyone. As the old saying goes, "we know where the bones are buried."

Here are the websites we used to find this family: Heritage Quest, Find a Grave, Ancestry.com, Family Search.org.

The Genealogy club is open to all residents of Trilogy. Regular meetings take place the first Thursday of the month at 2 p.m. in the Vista Club Monterey Room. For more information, contact Rhoda (7542). The Genealogy Workshop is held the third Thursday of each month at 2 p.m. at the Vista Club Computer Room. For more information, contact Carolyn Bridges at [wncbridges@comcast.net](mailto:wncbridges@comcast.net).

## Good Samaritans



The Good Samaritans enjoyed a beautiful Father's Day Luncheon in June at one of the local restaurants. Afterwards, we enjoyed dessert and presented a gift of appreciation to all the fathers who attended. A special award was presented to Marlin Horner for Father of the Year, selected by The Good Samaritans. Marlin was selected for his strength, courage, and dedication to his wife, children, and grandchildren. He is well-liked in our community and respected by many. Marlin Horner also does his good deeds quietly with no thought of rewards.

In our Christian Bible study we teach about "Our Father who art in heaven." We've learned that the model prayer Our Father teaches us the love of God, and His commitment makes Him the Father of all.

The Good Samaritans Bible Study meets every Thursday at 1 pm. at the Delta Club Marina Room.

**Scripture of the Month: Hebrews 11:1-3**



## Hiking Club



*Group trip on June 24 to Hetch Hetchy Valley, the Yosemite sister valley 20 miles north of Yosemite Valley.*

The Hiking Club meets every Saturday morning at 8:30 a.m. near the fireplace in the Vista Club. We have hikes that range from very easy to challenging. Most of the hikes are in regional, state, and local parks, but on occasion, we travel to some of our National Parks like Lassen and Yosemite and stay overnight for a few days. Once a month, we have a potluck dinner together, where people can get to know each other better and have fun playing challenging games. If you are interested, call George at (707) 764-6104. He can put you on our email list to receive our monthly schedule.

## Men's Executive Nine

The June tournaments included the June 11 3-3-3 format, which was won by the team of Jim Nash, Jim Faribanks, Bob Fable, and Joe Lopez. The June 25 net score plus putts tournament winners were: high handicap flight winner Don Ballard, mid handicap flight winner John Waggoner, and low handicap flight Dennis Germano. Dennis shot a gross 35 en route to his win.

In August, our tournament schedule includes a three best ball shamble on Aug. 6. August will also feature our club championship tournament. This will be flighted and will be held over two consecutive Tuesdays, the 20th and 27th. The low net score for both Tuesdays in each flight will determine the club champion and be honored during our October awards and installation banquet.

As discussed at our last quarterly membership meeting, we are now seeking candidates for our board of directors to serve in 2014. We have a vacancy for the secretary position and would like to have candidates to run for other positions as well. If you are interested in serving, contact Ron Kott (650) 464-2071 or any other board member.

We currently have 102 members and play every Tuesday. We are always seeking new members. Golf experience

is not a perquisite. If you are interested in becoming a new member, pick up an application form in the posting room or contact membership chairman Dick Talbott at 225-0077.

## Motorcycle Club

The Trilogy Motorcycle Club riders meet the first Saturday of every month for an all-day ride. The Windy City Riders had a great time participating in the Trilogy July 4th parade. We made as much noise as possible revving engines, tooting horns, waving, and trying to keep the iron beasts upright while riding at almost a walking pace. We had great fun celebrating our nation's independence.

The July 6 ride had 10 riders and the destination was one of our favorites, Alice's Restaurant in Woodside. Departing down Hwy 160 to Oakley and across a blustery Vasco Road found us at a stretch break in Livermore where we recounted the Vasco experience. Needless to say, the windmills were having a great day! The ride across the San Mateo Bridge was about the same time as the SFO incident (we didn't learn about it until a few hours later) and soon arrived at Skyline Blvd to head south to Alice's. Skyline was partially shrouded with fog and presented a damp road surface that kept us alert. Fog raindrops falling from the tall Sequoias had a wonderfully damp and forest smell that you can only appreciate on two wheels.



Lunch was at the Alpine Cafe, a rustic old establishment with inside/outside seating and boasting tables that had years of initials carved into the tops. We wanted to ride the coast highway up to HMB, but encountered a closure on Alpine Road that made us decide that was the turnaround point for the ride. It was a nice lazy ride back to Livermore and a fuel stop and another not so windy trip up Vasco Road with a coffee stop in Brentwood to recap the day. About 260 miles traveled and nice weather made for a superb ride.

We invite the other motorcycle riders in Trilogy to join us





on any of the monthly rides. The next ride meets August 3 at McDonald's in Rio Vista at 8 a.m. The destination is TBD based on weather. For more information, contact Bob Pastorino at (6556) or Larry Nelson (2967).

## Movers & Shakers

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

## Recipe Club

The day for our annual outing to Larry's Produce in Suisun Valley is Tuesday, Aug. 13, for the freshest produce at bargain prices. We will leave promptly at 10:30 a.m. from the Delta Club and carpool to Fairfield, eat at Panera, then to Larry's. If you plan to attend and have not already signed up, please let me know by Saturday, Aug. 10. Larry's accepts CASH only. Contact Patty LaFleur (3159)

Monthly tip: Do the sideways glances of fellow shoppers make you shy about pulling down the corn husks to check the kernels? The produce experts claim the only way to pick out a good-looking piece of corn is to pull back the husk. Look for plump, tightly spaced kernels, and if you don't like what you see, be a polite peeker and pull the husk back up to help keep the corn from drying out.

## Rio Vista Roamers RV Club

We hope everyone had a great Independence Day! We had a golf cart in the parade and took fourth place out of a field of 21. This year may have had the best carts on parade. It was lots of fun for everyone. My thanks go to Nancy and Noel for assisting with hand decorating the cart.

There will be no more trips until September when we will join the Brentwood RV club on September 23 - 27 at the Pioneer RV Park in Quincy, CA. Mel and Sharon Schatz (6316) will be our hosts. A rig registration fee of \$10 is needed by Sept. 1. Reservations have been made for up to five nights because we will be going farther away than usual. The cost for three nights is \$101.50, four nights is \$132, and five nights is \$162.50. This will be the second annual outing in Quincy with the Brentwood group. This information will be on our website and in your emails.

On Oct. 14 - 17 we are going to Sugar Barge with the Frederick's, Nov. 13 will be our potluck at the Delta with the Powells, and a holiday brunch will be at the Lone Tree Golf Course on Dec. 8 with the Mays.

Would you like to see or learn more about our club? We now have our own website! Richard Larsen created the site. Access club information any time you wish. See what

we are up to at <http://home.comcast.net/~biskit3/rv-roamers/>. Check us out and perhaps join us for an outing.

Our outings and dinners are a great way for past members and future members to see what we are about. We would love your company. Call the members who are hosting that month's outing for information. For more information, contact Sandra Santos (3538).

## Senior Men's Golf Club



Eddie Davis (Photo by Jim Nash)

*Dorothy: [to Toto] "That's funny. Wasn't he pointing the other way?"*

*Scarecrow: [points both ways] "Of course, some people do go both ways." (Id.)*

A big 'Good Job!' goes to Eddie Davis and his Prostate Cancer Tournament team. \$15,800 was raised for the American Cancer Society through a combination of tournament participation, raffle ticket sales, silent auction, hole

sponsorship, Terminator team contribution and chipping contest. Trilogy golfers make a difference.

Congratulations go to the teams of Chris Shockley/Rich Couser and George Barlesi/Ken Higaki for winning the NCGA 4-Ball Qualifier. Good luck in the next round, guys.

After a smidgen of late-in-the-month rain, and just before a weeklong blast of triple digit heat, 46 of us travelled to Napa Valley CC, the largest turnout in recent memory. The Jameson Canyon widening project is impressive, and a marine layer in the valley hinted at a cool day. Not to be. When the fog lifted, the sun blazed and temps rose into the '90s. As expected, the folks at NVCC were excellent hosts, offering cheesy scrambled eggs for breakfast and their signature ice cream sundaes for luncheon dessert. Alas, once again we demonstrated a need to get out of Kansas more often. Two of us (half of a team) were scheduled to tee off on Hole #16½. (That's neither a typo nor a prank played by our hosts.) Our intrepid outbackers never found either the tee or their playing companions. Not wanting to waste a drive to Napa, our lost souls played on as a twosome, even if they weren't always certain they were playing the holes in the correct order. But can you believe it? These victims of the scarecrow ploy won third place. There's no accounting for things that happen on the golf course.



We kicked off July with a Member Appreciation Day, and the schedule included visits to Round Hill, Oakmont, and Deer Ridge, along with the usual array of inventive club events. Come join us.

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

## Stroke, Head & Brain Injury Club

Stroke Club supports those who have had or are living with someone who has been affected by stroke or a brain injury. We also assist those suffering from dementia, regardless of the cause.

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

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

We meet on the first Tuesday of each month from 2 - 4 p.m. at the Vista Club in the Monterey Room. Our next meeting will be held Tuesday on Aug. 6. Please join us.

## Supper Club



Supper Club meets every other month from February through October in members' homes for tasteful (and tasty) dining, fun, and conversation. On these occasions, you can meet

your neighbors and get to know them in a small group setting (usually six to 10). We are not limited to a formal

dinner menu. We may also have an afternoon barbeque, a brunch, or a luncheon.

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

Since summer is here and the weather is getting nicer, this would be the perfect time to join and enjoy the company of new friends and good food. If you would like to take part, contact Cheryl Bellrose (6619) so we can provide you with our guidelines for membership. Looking forward to hearing from you.

## Tennis Club

The weather has heated up and so has the play on our tennis courts. In spite of the recent run of 100-degree days, the courts have been full in the morning as everyone wants to get in some exercise before getting back into the cool confines of their home for the remainder of the day.

Starting in July, we will have evening tennis once per month from 5 to 7 p.m. The evening tennis will be followed by an appetizer social, which will last until we run out of food and beverages. Play dates are on Tuesdays, July 23, Aug. 20, Sept. 17, and Oct. 22.

There have been several improvements at the courts recently. Courts have had cracks repaired and the surfaces have been repainted. Sunglasses may be required for players with sensitive eyes. In addition to the court improvements, we now have a ball mower to quickly pick up the balls when using the ball machine. The ball mower was the bright idea of two of our newer members, Jerry and Carol Santens.

Shouts of "Four more years!" echoed through the halls of the Delta Club at our June meeting as we re-elected our current board. Officers are Len Latorre, gavel banger, Sandy Price, back up gavel banger, Claudia Solis, coin collector, and Kathy Barker, scribe. We have a great board and want to thank them for their service. In addition to the elected board, also serving are Joe Downes, social director, Dave Hinders, webmaster, George Sablan, instructor, Cora Velasco/Carmen Wong, historians, Wally Beckman, tournament director.

For more information about our club, contact Wally Beckman at beckmanwally@hotmail.com.



## Whist Club



Save The Date: Aug. 31 for our Luncheon and Fashion Show. Miss Carolyn Jones is bringing some of her models.

The club gathers once a month, usually on the third Friday at 7 p.m. at the Delta Club. Check the monthly

*Trilogy Living* for any dates/time changes. Other games are available for those not interested in playing cards, including dominoes, backgammon, and checkers. Contact Madalene Turner (3361) or Jean Robertson (0086) for more information.

## Women's 9-Holers

The Eclectic Game is still going on. It has been a big hit with all involved! Don't forget the Men's Executive 9-Hole Club is hosting us July 19. There is lots of activity focused on our 2013 Rio Vista Women's 9 Holer's Invitational. The event is scheduled for Tuesday, Sept. 17. Cut off date for sign up is July 17. The theme is Swinging into the '50s. This will be fun for all involved! Sign up and don't forget to invite your friends.

**June 4 Pars:** Fran Silva #9!

**June 11 Pars:** Judy Rumble #13, Karen Adams #12, Linda Rowe #16, Lynn Traver #13. Chipin: Karen Adams #12, Nancy Griffin #14.

**June 18 Pars:** Marg Niemi # 5. Sharon David, Gay Fortier, Kathy Moore and Fran Silva on #8.

**June 24 Pars:** Diane Scholz #14

Due to the weather and other events only 2 teams played on this day. If you would like to have more information regarding the Women's 9-Hole group contact Suzi Masterson at (6149) or Betty Bowley at (5613). More news coming next month. Stay cool and keep swinging!

## Women's 18-Holers

The 18-Hole women are trying to beat the summer heat by teeing off a little earlier this time of year. We have had approximately 30 ladies participating in our game each Thursday, hoping to finish before the heat finishes us. We would like to welcome our newest member, Pam Ramirez, to our club. She also plays with a Bay Area Club that plays on Saturdays.

**The winners for the month of June were:**

**June 6:** Low net in each flight, eclectic tournament. A Flight: first Angie Jones, second Linda Barlesi, third Ulla Ulmonen. B Flight: first Linda VanNieuwburg, second Anna Bogucki, third Paula Davis. C Flight: first Suzi Masterson, second Diane Scholz, Carol Petronzio.



*Rio Vista Women's 18-Holers Captain's Cup, Vicky Riddle  
(Photo by Lynn Grace)*

**June 13:** Low net in each flight, eclectic tournament. A Flight: first Debby Carroll, second Linda Barlesi, third Alma Renko. B Flight: first Doris Sundly, second Linda VanNieuwburg, Sue Clark and Terry Sutter tied. C Flight: first Terri Anisko, second Fran Silva, third Toni Maddox.

**June 20:** Low net in each flight and still playing the eclectic tournament. A Flight: first Lucille Rhodes and Marsha Berry tied, second Cindy Brown. B Flight: first Doris Sundly, second Paula Davis, third Lynn Grace. C Flight: first Suzi Masterson, second Darl McCarthy and Fran Silva tied.

**June 27:** Low net of each flight and eclectic tournament. A Flight: first Lucille Rhodes, second Angie Jones, third tie Linda Barlesi and Linda Siatt. B Flight: first Debby Carroll, second Doris Sundly, third Cindy Brown. C Flight: first Charlotte Godsey, second Linda VanNieuwburg, third Terri Anisko. D Flight: first Carol Petronzio, second Fran Silva, third Diane Scholz. Our Eclectic Tournament ends July 11 with a luncheon after play when the awards will be given to the winners. Anyone wishing to join our Women's 18-Hole Golf Club, please join us on Thursdays at 8 a.m. at the Nine's Restaurant, we play at 8:30 a.m. You can also call Marilyn Rogers at 5746.

## Writers' Club

Do you listen to commercials on TV and the radio? Have you ever thought of a product or service the world hasn't yet discovered it needs? Do you imagine that you could write a ditty that would be entertaining, informative or memorable? That's our optional subject for this month: Create a product or service and write a jingle to advertise it. You won't be required to sing it - unless you'd like to. Of course, you are free to choose any topic. Just write!

Each month, we write, share and encourage each other. We'll be in the Monterey Room of the Vista Club on Thursday, August 8, at 7 p.m. We're eager to have you join us to experience the fun of supporting those with a desire to write. For more information, contact Beth (2186).



# **Hearing Screening & Assessment FREE**

**Thursday, September 12**

**1:00 — 3:00 p.m.**

**Diablo Ballroom**

***Sign up at Member Services at the Vista***

**Advanced Instrument Hearing Aid Centers is offering complimentary hearing screenings and assessments. They will also offer cleanings for aids, tube changing & adjustments and repairs.**

**Please contact them  
directly to make an  
appointment at**

**707-428-1313**



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*Vista Club  
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*August 24  
7- 9:30 pm*

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*Four-part Vocal Harmony*

*50s, 60s, & 70s Hits*

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Cheryl Wood  
Broker/Owner  
707-374-3456  
DRE# 01002783

With her 45 years in the Rio Vista / Delta area and her dedicated years of experience as a local realtor, we are very excited to welcome Trilogy resident Chris Boothe to Wood Real Estate!

Give her a call today at:  
**916-798-7674 or email  
pigboothe@yahoo.com**

For Trilogy maps, listings, and more visit:  
**www.WoodListings.com**



**Chris Boothe - DRE#01419822**

## ADVERTISING INFORMATION

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

### REGULAR SIZES AND RATES:

• <b>NEW:</b> 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:

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

### DISCOUNTS:

- 10% off pre-paid ads for 3 months or more
- 10% off for businesses owned by residents of Trilogy at Rio Vista

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



## Trilogy at Rio Vista HOME BASED BUSINESS DIRECTORY

### All Occasion Travel

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

### Boutique Jewelry Shopping

At Your Fingertips  
Daily Flash Sales!  
Bedazzledjewels.kitsylane.com  
Rowena Jefferson (1482)

### Divas

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

### GLOBALINX

Unlimited US & Canada  
Residential Plans \$14.95 monthly  
Unlimited Calling around the world \$24.95/mo.  
Melzetta Gary 925-754-2147

### Mary Kay

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

### Rodan & Fields Skin Products

Want to Look Younger?  
I Can Help  
Lupe Finch, Independent Consultant (2466)  
LupeandMarcy@gmail.com

## ANNOUNCEMENTS

### Free Zydeco Dance

Zydeco featuring Grammy award nominee Andre Thierry & Zydeco Magic in honor of August birthdays. August 10, 2013 at 1-4 p.m. at The Nines Restaurant. Come on out and get your Zydeco on! 925-858-4682

## FOR RENT

### Home for Rent

2 br, den, patio, refrigerator, washer, dryer, HOA, garbage included \$1150. Call 246-3936.

## FOR SALE

### Adult Trikes

Adult trikes: single speed, dual brakes and basket. Now available with electric motor. Increase your range and zip. For downtown errands. 26" regular bicycles included. Save gas! (5348).

### Golf Cart

Green Yamaha golf cart, G-Max '03. New motor, windshield, batteries, lights, and enclosure installed June '07. Charger included. \$2500. (5388)

## FOR SALE

### Golf Cart

Powder blue golf cart with new batteries, brakes and tires \$3150; Pro Hand Held Massager \$60. Cal King Memory Foam Mattress & Cover \$125; 2 Victorian Chairs (4921).

### Golf Cart

Club Cab, custom enclosure (2012), new US batteries (2011), head & tail lights, folding windshield, good tires, \$2900 OBO. Jim (3489).

### Jams & Pickles

Fresh homemade jams, pickles and more. Recently picked fruit and vegetables by Chris. It's time for cherries and apricots! (4955) or 863-1112.

### Lawnmower

20" Scotts push reel mower. Excellent condition, \$50 OBO. 422-7954. Please leave message.

### Sleeping Bag etc.

Sleeping Bag \$15, AM/FM Radio with speakers \$50, New CD player \$45, Desk Chair on rollers, like new \$40, 19" Portable TV \$45, Golf Cart \$3150. (4921)

## SERVICES

### Acting Classes

Ever watched a show and thought "I could do that," Just wondered how a play develops, what happens behind the scenes, or what could I contribute to a production? Join us for an acting class and learn so much more. Classes begin mid-September. Contact Louise Mitchell (3541) or Estelle Piper 408-921-2606 for more information.

### Airport Transportation

I'll get you to any airport or SF port on time and pick you up on return. TRV residents only. One way fares: SFO \$105, OAK \$85, SMF \$65, PORT \$90/ Call Ralph Hatch (3941).

### Appliance Repair

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

### Audio/Video

Music on records and cassettes upgraded to CD's. Video on VHS and Video 8 cassettes upgraded to DVD's. Copies of music CD's made. Contact Jose at (5248).



## SERVICES

### Audio/Visual

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

### Cabinet Media Niches

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

### Cabinet Roll out Shelves

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

### Caregiver

CNA Caregiver, Certified Nurse's Assistant to help with all daily activities, meals, cleaning etc. Esmeralda 510-246-4213.

### Carpet & Upholstery Cleaning

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

### Cleaning

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

### Clock Repair

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

### Clutter

Clutter? Not! Let me help you tackle your nagging problems. An overflowing closet? Moving boxes still unpacked? Car won't fit in the garage? Call or email me for free consultation. Trilogy resident Carol Kern 925-286-2398 or [www.clutternot.com](http://www.clutternot.com)

## SERVICES

### Computer Assistance

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

### Computer Doctor

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

### Computer Help

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

### Computer/Wireless

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

### Crown Molding

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

### Electrical

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

### Errands

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

## SERVICES

### Enhanced Improvements & Repairs

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

### Gardening & Yard Maintenance

Bowers Gardening Service: Horticulturist, Full Yard Maintenance, Reasonable rates. Servicing Trilogy on Tuesdays. Call Scott Bowers 916-683-1406.

### Handyman

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

### Handyman

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

### Household Assistance

Clean house, wash car, cook meals, drive far. Be friends, frown fix, organize clutter, pet sit. Paint walls, small repairs, pack house, relieve cares. Jody 386-7896

### Impeccable Improvements & Repairs

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





## SERVICES

### **Income Tax Preparation & Bookkeeping Service**

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

### **Income Tax Prep & Notary**

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

### **Income Tax Services & Planning**

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

### **In Home Care**

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

### **Landscaping**

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

### **Lawnmower Repair**

Service & repair on lawnmowers, weed eaters, blowers, rototillers, etc. Sharpen garden tools. Rates moderate. Call Stan (3163).

### **Moving and Organizing Services**

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

## SERVICES

### **Mural Painting**

Mural Trompe L'Oeil beautifully painted. Murals or a trompe l'oeil created for your home directly to your walls or on canvas. Free estimate. Lucia (5958).

### **Notary**

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

### **Notary Public**

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

### **Notary Services**

\$10 per signature per page with discounts for multiple pages. Offering LegalShield™ /Identity Theft Protection Services. Elaine Wisz (4310).

### **Notary to Go**

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

### **Online Sales Help**

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

### **Painting & Drywall**

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

### **Pet Care**

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

## SERVICES

### **Pet Care**

Kitty care and small dog (no walking) services while you are away. Includes play, feed, meds, clean litter, trash out/in, newspapers, mail, and water plants. Call Mimi (4343) or cell 707-567-5910. Since 2007.

### **Pressure Washing**

Patio Covers, driveways and outside of house washed. Trilogy resident Danny 209-570-0302.

### **Sliding Door & Screen Repair**

Stop Fighting Your Sliding Door and Screen!...If it does not Slide, I will make it Glide... Replacement or Repair of Rollers, Handles and Locks on all Patio, Screen, Shower Enclosure and Wardrobe Doors. For a free estimate, call Jonathan (2736).

### **Streaming Video**

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

### **Transportation**

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

### **Weed Pulling**

Get rid of those ugly weeds. Don't break your back. We'll keep your yard tidy. Cheap. Call Laurie (6305) or cell 925-301-7389.

### **Window Washing**

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

### **Window Cleaning**

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



## **VACATION RENTAL**

### **Hawaii Condo**

Trilogy resident has beautiful ocean view condo for rent. Short or long term available. 45 minutes to Honolulu, 10 minutes to Ko'Olina. 925-285-9162

### **Tahoe Condo**

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

## **WANTED**

### **Golf Carts**

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

### **Motor Home**

Class C self-contained motor home not over 30 feet. Must be clean and low mileage. Will consider a class A. (1349)

## **Want to Run a Classified Ad?**

Pick up an ad application form

at Member Services.

Turn in your completed form

by the fifth of the month preceding

the month you wish the ad to run.

Cost is \$5 for 25 words.

Additional words are \$.25 per word.

Checks only.

Late ads will run in the next issue.

## **Attention All Advertisers:**

**All ads and checks are due**

**by the fifth of the month**

**prior to the month of publication.**

*“Life is a series of natural and spontaneous changes.*

*Don't resist them; that only creates sorrow.*

*Let reality be reality.*

*Let things flow naturally forward*

*in whatever way they like.”*

— LAO TZU







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

## EMERITUS SENIOR LIVING

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

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

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

*Our Family is Committed to Yours.®*

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



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