



TrilogyLiving

Fit & Fabulous For The New Year

The Trilogy fitness department has gone into high gear with its newest class Wow-Tabata-Boom. Offered three days per week, this class will rev your engine with aerobic drumming. Check it out for some fat-burning fun. Read more on page 17.

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From the Master Association



Carol Benkie

President

Happy New Year! May your new year be filled with happiness and good health!

The Trilogy Rio Vista Master Association Board of Directors meeting was held with a great

turn-out in the Diablo Room of the Vista Club on Tuesday, Dec. 11, 2012. We appreciate you taking the time during this busy time of the year to join us.

The following Actions taken resulted from the Executive Committee Sessions:

- Executive Session Minutes for Nov. 13, 2012 were unanimously approved without correction.
- Collection Report for In-House Payments and Trustee Service-Foreclosures were discussed. Lien Review Authorizations of Small Claims, Enforcement of Personal Judgment, Publication and Sale were put on hold until the January, 2013 Executive Session and attendance of Trustee Service is requested.
- Chairman Don Love gave a report from the Golf Course Purchase Feasibility Committee.
- Unanimous Board approval was given for an amount not to exceed \$1,000 to obtain legal opinion on voting requirements regarding material actions.

Actions taken by the Board at the December Regular Meeting included:

- There was unanimous acceptance of the CFO Budget/Financial Report for November 2012.
- Consent Calendar Items:
 - Regular Board Meeting Minutes of Nov. 13, 2012 were unanimously approved.
 - Lien Filing Account #515-40907 was discussed
 - Master Association Annual Meeting information
 - o Meeting Date – Feb. 12, 2013
 - o Developer Date of Record – Jan. 25, 2013
 - o Candidate Declaration Deadline – Jan. 25, 2013
 - o Inspector of Election – TRVMA President appointed: James Larsen
 - Operations/Reserve Transfer – Prior Year's Surplus (2011) \$135,000 to Reserves

Unfinished Business:

- None

New Business:

- Golf Course Purchase Feasibility Committee – Each Master Board Member gave a statement regarding Trilogy owners having a vote when the Golf Course Purchase Feasibility Committee gives a final recommendation.

Our next Master Meeting will be on Tuesday, Jan. 8, 2013 at 2 p.m. in the Vista Club. Please plan on attending. We look forward to seeing you.

TRILOGY AT RIO VISTA

D I R E C T O R Y

Master Association Board of Directors

Carol Benkie, President (3316)
Warren Oglove, Vice President (3477)
Tom Moore, CFO (5772)
Bernie Dehn, Secretary (4764)
Lorna Bewick, Director (2093)

District Delegates

Village I – Carol Benkie (3316)
Village Oakmont – Tom Moore (5772)
Village Riviera – Lorna Bewick (2093)
Olympic Village – Joel Auslen (5808)
Saddle Rock Village – Mary Ann Butts (3099)

Committees

Adult – Helen Bergoust, Chair (2436)
Access – Dave Bewick, Chair (2093)
Disaster Preparedness – Jim Larsen (4382)

Village Board Presidents

Village 1 – Bernie Dehn (4764)
Village Oakmont – Walt Manos (2827)
Village Riviera – Don Seyk (6407)
Olympic Village – Robert Sonnenburg (925) 550-3832

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 (1099)
Delta: Admin Office (4843) Fax (4891)

Trilogy Living Editorial Board

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

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trvwelcomecenter@gmail.com

Café Vista (4202) Nines (4400) Golf Course (2900)

Shea Customer Service 1-866-535-9989

From the Editor




Andrea Stuart

Whether or not you're one to make New Year's resolutions, the New Year represents a time of rebirth. We awaken January 1 with the opportunity to begin again, putting our realizations into action and putting to rest the previous year. Our eyes cleansed, we can look forward to opportunity and seize each day with a new perspective. Resolutions merely aid us in taking action on things for which we have a passion or desire.

This year, Trilogy residents will enjoy a revamped fitness center as well as new programs and activities designed to keep things fresh. Activities Director Debbie Dorn has been working to ensure Trilogy residents never get bored. Meanwhile, Fitness & Spa Director Kathy Erwin has designed a fitness calendar sure to keep the heart and mind healthy. This is your fabulous community. Make your resolution to take advantage of the programs offered right here in your neighborhood.

Sponsored by the Olympic Village K9 Bears and the Rio Vista Police Department

**Don't Throw Expired or Unused Drugs
In the Garbage or Down the Drain...**




**TRILOGY RESIDENTS
PRESCRIPTION DRUG &
OVER THE COUNTER MEDICATION
TAKE-BACK PROGRAM**

Sorry, we cannot accept sharps (needles)!

Participants Please...
Remove pills from container place them in a plastic bag
Seal all liquids and creams
Remove all personal information

**DATE: February 11, 2013
TIME: 10:00 am to 2:00 pm
LOCATION: Marina Room
at the Delta Club House**



**SAFELY DISPOSE OF UNWANTED, OUT-OF-DATE AND UNUSED MEDICATION
HELP US PROTECT OUR COMMUNITY**

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.

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

From the Activities Director



Debbie Dorn

The festive spirit of family and fellowship shared during the holiday season tends to position folks for meeting the New Year with anticipation. I am passing along continuously expressed great appreciation received from residents to everyone who has contributed their time and talents for the many joyful events and activities throughout the holidays! What a difference you make in the lives around you, Thank you!

Trilogy has lined up some exceptionally entertaining events during the New Year. We encourage everyone to mark their calendars monthly. Here's the lineup to ensure you don't miss one of these upcoming occasions.

- 1/01 Polar Bear Plunge
- 01/06 Farmers' Market ~
Experience Trilogy's Market Place!
- 01/11 Open Mic Night
- 01/18 Comedy Night: Philip and Henry
Magic & Comedy Show
- 01/20 Ravin' Ray Pearce ~ Elvis Tribute Artist
- 01/21 Dr. Martin Luther King Jr. Tribute ~
Hosted By Whist Club
- 01/28 AARP Drivers Safety Refresher Course
- 01/29 Save A Life With CPR/AED
& First Aid Instruction
- 02/07 Enrichment Series: A Fight To Live

Clubs and groups offer a variety of activities to complement any lifestyle. Drama Club's Christmas play was a joyful hit. Peruse their articles regularly to feed your special interests. A list of clubs and groups is available with contact information from Member Services at the Vista Club. I appreciate hearing from you. Give me a call (4204) or send an email to ddorn@actionlife.com. My mailbox is always open. Happy New Year, Trilogy!

ANNOUNCEMENT:

Open Mic Night has been rescheduled
from December to Jan. 11 due to
holiday activities. Comedy Night will
follow on Friday, Jan. 18.



Polar Bear Plunge

Sunday, Jan. 1, 10 a.m., Delta Pool ~ Free

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

Grapevine Chat!

Tuesday, Jan. 8, 6 p.m. and Jan. 22, 5 p.m. ~ Free

Grand Living Room, Vista Club

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

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

Sunday, Jan. 6, 10 a.m. – 3 p.m., Delta Club ~ Free

Mark your calendar to stock up for winter during 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 and vegetables on hand without leaving Trilogy. And, you'll receive a free apple with purchase for visiting the market!

Blood Pressure Check ~ Free

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

Did you know you can have your blood pressure checked on the second Thursday of every month at the Delta Club Library between 9 – 10 a.m.? Share your appreciation for this free service when you see Ruth. She has been volunteering this service to Trilogy residents for many years.

Important!

If you need to borrow chairs and tables for your personal event, please submit a reservation form to Member Services at the Vista Club. The Set-Up Coordinator will call you to confirm your request. These chairs and tables are used for all community events, programs, classes, clubs and village meetings so it is important to plan ahead. Please clean all equipment before you return it. Thank you for helping us to serve you better!



Ravin' Ray Pearce ~ Elvis Tribute Artist

Sunday, Jan. 20, 3 p.m.

Diablo Ballroom, Vista Club ~ \$7

In our hearts the music lives on and in our memories the King lives on! Ray Pearce's tribute will intensify our memories of the King from the amazing '50s '60s and '70s. Ravin' Ray has performed in many countries including Japan and Germany. He recently returned from Wales and was a finalist in the Ultimate World Elvis contest in June. Bring your favorite drink and refreshments to enjoy during the show. Sign up at Member Services.



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

Friday, Jan. 11, 6:30 p.m. – 8 p.m.

Diablo Room, Vista Club ~ Free

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

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

Comedy Night: Philip and Henry Magic & Comedy Show

Friday, Jan. 18, 6:30 p.m., Diablo Ballroom, Vista Club ~ \$10

Philip & Henry have been magically entertaining audiences for over 20 years across the country. Their professional shows have a reputation for producing laughter-filled, high-energy entertainment with lots of audience participation and interaction! Bring your favorite food and beverage to enjoy during the performance. Sign up at Member Services.

Dr. Martin Luther King Jr. Tribute

Monday, Jan. 21, 2 – 4 p.m. Diablo Room, Vista Club



The Whist Club and Trilogy invite you to join the celebration of Dr. Martin Luther King Jr. Guest speaker, entertainment, and refreshments will follow. For more information, contact Madalene Turner (3361) or Michael Dunn (2547).

AARP Drivers Safety Refresher Course

Monday, Jan. 28, 4:30 – 9 p.m., Sonoma Room, Vista Club

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

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

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

Trilogy resident Glen King is offering this course. You must have completed the eight-hour course within the last four years. To register, contact Glen (3342) or grk59@frontiernet.net.

Save a Life With CPR/AED & First Aid

Tuesday, Jan. 29, 9 a.m. – 1 p.m.

Diablo Ballroom Vista Club ~ \$60

It is good to know how to help someone in trouble, whether it is your spouse or grandchild. This class provides a two-year certification in CPR/AED & First Aid at a great value. Limited space. Sign up at Member Services by January 25, at the Vista Club. If you have questions, contact Anna Chunn (3560).

Enrichment Series ~ A Fight to Live!

Thursday, Feb. 7, 6:30 p.m. – 8 p.m.

Diablo Ballroom Vista Club ~ Free

Linda Nigma is the author of *A Fight To Live: My Amazing Journey*. Let her take you on an incredible journey sharing the inspirational story about survival over a life threatening illness. During her story, you'll discover how kidney disease diagnosis is on the rise and the importance of being a donor. Light refreshments will be served. Sign up at Member Services for this inspiring event!



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FREE LIVING TRUST SEMINAR

Wednesday February 20th

10:00AM to 12:00PM

The Golf Club at Rio Vista "The Nines"

1000 Summerset Drive

Rio Vista, CA 94571

Family and Friends Welcome

Find Out: *WHY does a Will require probate?

*WHO can sign for you if you are incapacitated?

*WHAT will happen if you can't make medical decisions?

*HOW does the IRS calculate the death tax?

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Assessment Notice

Please note: as of January 1, 2013, Village 1 dues will be \$4.50.

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

Assessments for the month:

Master Association \$118.29

Master Association \$80.39

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

Village I \$4.50

Village Oakmont \$4.00

Olympic Village \$4.20

Village Riviera \$4.50

Saddle Rock Village \$0

(None until dormancy ends)

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

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

Recycling (Commercial) – Several residents have been concerned, as have we, that the Association is not recycling. Until recently, the city did not offer commercial recycling. The containers they now offer for commercial recycling do not accommodate the Delta and Vista Clubs' needs. We have been told that all garbage is sorted for recyclables even if not placed in the recycling can.

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

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

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

Thanks for considering both options.

Have you signed up for e-Alerts and Disclosure Opt-in but are not receiving them?

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

Where Do I Go If I Want To...

- Reserve Tables and/or Chairs – Member Services, Vista Club (4200)
- Have Copies Made, Send a Fax and/ or Receive a Fax – Member Services – Vista Club (4200)
- Pick up a Residents' Directory – Member Services, Vista Club
- Residential Ads to be Submitted In the Trilogy Living - Kathy Nilsson, Member Services, Vista Club (4200)

Indoor Plants – Please refrain from using the potted plants as garbage receptacles or watering them. Staff takes care of the plants and when well meaning members decide to help, it often makes matters worse. The plants are expensive to replace and all members pay for replacements.



Violations – Complaints to the Administrative Office/HOA must include the correct address of the person in violation. Example of what not to report: two houses down from the corner of a particular street. Note: If you receive a violation notice, contact the HOA office.

Your Pets: Your Responsibility – The Association appreciates everyone who is considerate of their neighbors and shows pride in the community by carrying bags when walking pets or by using the bags provided in waste dispensers throughout the community. Thank you for picking up after your pets and keeping pets on a leash at all times.

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

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

Parking in front of mailboxes – Thank you for not parking in front of mailboxes and for asking your service providers to park elsewhere. This makes it easier for our mail carrier to deliver your mail, for our staff to deliver flyers, and gives your neighbors easy access to their mailboxes.

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

Welcome Center Notification – The Welcome Center Attendants are grateful to those members who call the Welcome Center or email them when expecting guests and especially when having a party and expecting several guests. They don't want to deny access to anyone you are expecting but have no choice if they haven't been notified and they can't reach you to get your authorization upon your guest's arrival. Please come to the Administrative Office and update your Frequent Guest Form including all service providers.

Anonymous Notes to the Administrative Office/HOA – Please sign all Administrative communication forms. The Association only takes action on signed forms.

Suspicious Behavior – Trilogy is a private community but not a secured one. Please keep your doors and windows locked when away from home and lock your car. If you observe unusual behavior that warrants a call to the police, please do so.

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

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

Pets in the Clubs – Pets are not permitted in the Delta or Vista Clubs with the exception of service dogs. Service dogs are allowed only if they have been registered with the Administrative Office and have a TRVMA identification card. They must have their vest and TRVMA card on them at all times when they are in the clubs and they must be accompanied by the person for whom they are providing a service. If you do not comply with a request from a staff member to show them the TRVMA card, you will be required to leave the club until you present it. Therapy dogs are not allowed in the clubs at any time. They are not service dogs and are not protected under the ADA.

Animals – Please avoid feeding animals outdoors whether domestic or wild. The wild animal situation can only be controlled with the help of all members.

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

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



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

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

Delta and Vista Pool – Family Swim Times: Children under the age of 18 are allowed in the pools during the hours of 11 a.m. and 3 p.m. and must be out of the pool area by 3:15 p.m. All guests to the pools regardless of their age are to be accompanied by a member.

RV/Boat Passes – You must enter through the front gate with your recreational vehicle and obtain a pass. Reminder: you may not have these vehicles in the community longer than 48 hours and they cannot be occupied while in the community. They are to be parked at your home, not in any common or undeveloped areas of the community.

Golf Carts – Remember golf carts must:

- A. Yield to overtaking vehicular traffic
- B. Be operated by a person who is at least 18 years old
- C. Be covered under sufficient liability insurance coverage

Golf carts must obey all traffic signs that other vehicles must adhere to, including following the directions of the arrows on asphalt in parking lots.

Bicycles must also obey all traffic signs.

For Your Safety – If you are walking in the street, please yield to vehicles. Please wear light colors and carry a flashlight when walking or biking at night or early mornings.

Street Lights – Report all street lights that are out to Customer Care at Action Property Management at 1-800-400-2284 or by email at lld@actionlife.com.

Visitors to the Vista Club

If you have guests, please remember the following rules apply to your guests using the Vista Club:

Signing In: The Master Association Board of Directors requires all residents and invitees to sign in. This is for the safety of members and employees, and for the protection of our assets. This may be accomplished by using your ID card or by signing in. Members who are accompanied by guests must sign in instead of using their ID card. Guests who come without their sponsoring homeowner must sign the homeowners name on the sign-in sheet and are limited to using of the Café Vista and Grand Living

Room. Please help us keep your club private and safe by observing this policy.

Welcome Center

Call (4306) or email trvwelcomecenter@gmail.com when you are expecting guests, a delivery, or a service provider. The Welcome Center must know as far ahead of time as possible so that they can expedite their entry. The best time to call, if possible, is between 9 a.m. - noon when there are two staff members on duty.

Please go to the Administrative Office in the Delta Club to update your visitor list. Having to call members slows down the line at the gate.

Power Outage Procedure

For the safety of our members, In the event of a power outage:

- No one will be admitted to the Vista Club.
- If the power is still out after 15 minutes, the Vista Club will be cleared and closed.
- If the power comes on before 6 p.m., staff will reopen the Vista Club
- If the power comes on after 6 p.m., the Vista Club will remain closed until the next morning.
- Members are encouraged not to enter the Delta Club during a power outage.

Billiard Room: a resident must be with their guests when they use the Billiard room. All guests must be at least 18 years of age.

Café Vista: all guests may use the Café Vista.

Café Vista computers: available for residents and their guests over the age of 10. Guests between the ages of 10 and 18 must be accompanied by a member. There are no parental controls on these computers.

Fitness Room, Group Exercise Studio, walking track, and the Learning Center: are available for residents only.

Pool: all guests must be accompanied by a resident. Guests under the age of 18 may swim during family swim time, 11 a.m. – 3 p.m. daily.



Adult Committee

The Adult Committee met on Dec. 13, 2012. We hope that you all had a wonderful Christmas and a safe New Year's Eve. We are looking forward to this New Year and hope to see many of you throughout the year at our meetings. It is important that we have input from all of you to help our community operate without any major problems and that there are many activities to enjoy.

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/or questions can be given to any committee member, left at the HOA office, or voiced during the residents input segment of each meeting. Applications to fill unexpected vacancies are accepted at any time.

The next meeting is Jan. 24. For more information, contact Helen Bergoust at alhelenb@aol.com or (2436).

Village Riviera Board News

Ballots will be tallied at our combined Annual Village Meeting and our regular Village Board Meeting on Thursday, Jan. 3 at 6:30 p.m. Make sure you have voted and turned your ballot in to the HOA Office, slipped it into the HOA box in the hall of the Delta Club, or that you bring it to the meeting at 6:30 p.m. sharp on Jan. 3 at the Delta Club. The number of ballots we collect determine the number of votes our village carries to the election of officers for the Master Board. It is important that we get your ballot.

There are two positions on the Village Riviera Board in addition to the Delegate and the Alternate Delegate positions. Ballots will be tallied by Nancy Burns, Inspector of Elections, and her crew, during the Annual Meeting. Board positions are for a two year term, while Delegate and Alternate Delegate are each one-year terms. Folks wishing to run submitted their candidate statements, which you received with your ballot in early December.

There will also be a vote for officers of the Residents' Club at our January meeting. Regarding this particular vote, only the folks present at the meeting will vote for officers of the Residents' Club. Ballots will be handed out to those present. If you wish to run for an office or join the Residents' Club committee, contact Coralie Leder at coralie.leder@gmail.com. Terms are for one year, with the stipulation that no individual can hold the same office for two consecutive years.

For more information about the ballot or the amendment to combine the architectural committees of all villages into one, or anything related to our village, contact President Don Seyk at (6407).

Meeting Calendar

Master Association Board Meeting

Tuesday, Jan. 8, 2 p.m.
Diablo Ballroom, Vista Club

Master Association Vision Meeting

Thursday, Jan. 17, 2 p.m.
Rio Vista Room, Delta Club

Master Association Budget Workshop – Member Input

Monday, Jan. 21, 7 p.m.
Diablo Room, Vista Club

Master Association Budget Workshop – Member Input

Monday, Jan. 28, 2 p.m.
Diablo Room, Vista Club

Village Riviera Annual Meeting

Thursday, Jan. 3, 6:30 p.m.
Rio Vista Room, Delta Club

Village 1 Annual Meeting

Thursday, Jan. 10, 6:30 p.m.
Marina Room, Delta Club

Olympic Village Annual Meeting

Monday, Jan. 14, 6:30 p.m.
Rio Vista Room, Delta Club

Village Oakmont Annual Meeting

Thursday, Jan. 17, 7 p.m.
Rio Vista Room, Delta Club

Saddle Rock Village Annual Delegate Meeting

Thursday, Jan. 24, 6:30 p.m.
Rio Vista Room, Delta Club

Adult Committee Meeting

Thursday, Jan. 31, 1 p.m.
Rio Vista Room, Delta Club

Saddle Rock Delegates Report

Alas and alack! The noise, the construction traffic, the nails in the roads but it is raining and there will be no dust. Saddle Rock Village is growing, growing, growing. Sixty owner occupied homes at last count. A local TV News Show reported home sale prices up 6.3% which is the greatest hike in the last six years. Voila! But there are "growing pains" as well here in Saddle Rock Village. We are preparing for the future thanks to the effort of many of our residents, established and new, and for the experiences of the other villages as we learn how they operate.



Last July, our Residents' Club was formed and now they have branched out to form a Welcome Committee and a Social Committee. (See our Residents' Club article in this issue for more details.) At our Dec. 17 Delegate's Meeting we addressed from the agenda our short history, the upcoming January election of our delegate and alternate delegate, our newly created website, the recently instituted enforcement of the CVC (California Vehicle Code) in Trilogy, the Golf Feasibility Study Committee, parking, and potential wildlife problems, which the other villages now experience. Whew. Talk about "growing pains." Everyone left this delicate delegate meeting with, hopefully, a smile on their faces and a glow in their hearts.

Save the dates! The Annual Delegate Meeting is Thur. Jan. 24 at 6:30 p.m. at the Delta Club. Our other meetings are calendared for the third Thursday of every month at 7 p.m. at the Delta Club (notifications will be sent out if there are date changes). The future delegate meetings will be held in April, July, and Oct. The Residents' Club will meet in the other months of 2013. Our delegate's meeting on Jan. 24 is especially important because we'll elect our new delegate and alternate delegate. If you cannot attend, send in your ballot. We need a quorum. For more information, contact your delegate, Mary Ann Butts, at (3099) or email mitzibutts@gmail.com.

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Olympic Village

On Jan. 14, 2013, residents are urged to attend the Annual Meeting of Olympic Village Homeowners Association at 6:30 p.m. in the Rio Vista Room at the Delta Club. It is important that you vote in the 2013 Olympic Village HOA Election. If you are unable to attend the meeting, please return your ballot to the TRVMA office before Jan. 14 to ensure your vote is counted.

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

Olympic Village Residents' Club will not meet in January. Our next meeting is Feb. 20 at which time we will begin planning our 2013 social events. Getting to know all of you and working together to make our neighborhood a friendly and welcoming place is the best part of participating in the OVRC. Join us. Your ideas and energy are important and it is so much fun when we work together! Call Linda Jensen, OVRC President (5542) with questions and suggestions.

Saddle Rock Village

Are you just flipping through and not ready to read this entire article? Here is a summary. We are not a village (yet) but we have a Residents' Club with officers and bylaws, a Welcome Committee, and a Social Committee. We also have our very own website. Saddle Rock rocks! Hope you've decided to read the details.

At our meeting Nov. 15, we elected the following officers: Noel O'Brien, Vice President; Kathi Bradley, Secretary; and Shirley Sorbet, Treasurer. Congratulations to them and special thanks for helping to get our "almost village" off to a good start. The residents in attendance (about 28) approved the bylaws as revised at the meeting.

The Welcome Committee began distribution of the welcome packets to our newest residents on Dec. 10. We have added several new members to the committee: Dana Hoover, Harish Chinai, Kathi Bradley and Kathie Bleier. They join current members Marlene Percivalle and Richard Larsen. We have selected a Saddle Rock Village logo created by Richard Larsen and Dana Hoover.

A Social Committee was formed and met Dec. 6. While details are not yet available, there will be a St. Patrick's Day celebration. Barbara Pope is the chairperson and members are Tom Malone, Dave Pettet, Kathi Bradley, Noel O'Brien and Dana Hoover.

Richard Larsen created the Saddle Rock Village website. With links to meetings, events, Rio Vista services, Trilogy FAQs and more, the site has seen substantial traffic already. You are welcome to visit it at <http://home.comcast.net/~biskit3/Saddlerock>.

The next Residents' Club meeting is scheduled for Feb. 21 at the Delta Club. For more information, contact Patty Kohn (2737).

Village I

The annual Village I (VORC) holiday party was a sellout and, in fact, a wait list was utilized. Special thanks to the committee and volunteers for all their hard work in organizing and managing the event. Special thanks go to members Nancy Vickers, Norma and Bob Donaldson, Lynne Galletta, Sandy Dehn, Judy and Rod Rumble, Marcia Lodge, and George Barlesi for his second year as Santa.

As previously announced, our 2013 charity event will be a crab feed on Friday, Feb. 15 in the Delta Club. Sign-up details will be tubed. Don't delay in signing up as this promises to sell out and seating will be limited. The Rio Vista Senior Center's Meals on Wheels program and the Center of Movement youth program will share in the proceeds. Whatever we earn in Rio Vista will stay in Rio Vista.

The next quarterly VORC membership meeting is scheduled for Wednesday, Jan. 9 at 7:30 p.m. in the Delta Club. The agenda will include a discussion on nominations for the next board of directors. The existing board asks that you consider getting involved and self nominate or nominate someone else for a seat on the board, all the board seats are available. If you have questions, ask any member of the existing board. Remember this is your club, make it work for you. For more information, contact Joe Downes (7520).

Village Riviera

The holidays are over, the weather turned a lot cooler, and soup's on! We are jumping right in with the Soup Potluck on Saturday, Jan. 19, 6 p.m. at the Delta Club. If you have not already received your flyer, you will within the next few days. It will tell you whether you get to bring a soup, a salad, or a dessert. Your admission fee is the tasty and creative item you bring to share with neighbors and friends. The food is endless, and oh so good. It is a comfortable, informal evening to just enjoy yourself and relax. And yes, there will be a 50-25-25 raffle, so bring a little cash. You are all winners regardless of the outcome of the raffle, but winning is not bad either.



Our election of officers for the Residents' Club will be held at the Jan. 3 combined Village Riviera Annual Meeting and Village Riviera Board Meeting, so please come and support your Village Board and Residents' Club. Only those present at the meeting will be able to vote for the officers of the Residents' Club. The results of that election, along with the Board election, will be announced at that meeting.

Remember the amazing April in Paris ladies' luncheon? Well, we are not going to Paris in 2013, but will have another city featured at a ladies' luncheon on Thursday, April 18. Our destination is a secret for the time being. Save the date and start thinking about gathering friends to form a table. We will also have a Sock Hop, a Bunco Night, the Treasure Hunt, a wine tasting event, and our formal holiday dinner.

That's all for now! More about all our events as the time draws closer. Stay warm and safe, and if you want to join in the fun of planning and executing these amazing events, contact Coralie Leder at coralie.leder@gmail.com.



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Massage

Why do you need a massage? A massage therapist's trained touch can have profound effects on your physical, mental, and emotional states. Massages relax the body and calm the nervous system, lower blood pressure and reduce heart rate, slow respiration and promote effective breathing, loosen and relieve tight and aching muscles, stretch connective tissues and improve flexibility, improve skin tone, strengthen the immune system, stimulate the release of endorphins, improve muscle tone and decrease deterioration, relieve cramps and muscle spasms, reduce tension headaches, reduce mental stress, enhance self-image, and promote better sleep. To schedule an appointment, contact Member Services (4200).

**Massage Therapists: Angela Grinnell-Hall, Joele Swift,
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**Appointments available 7 days a week
Monday – Sunday 9 a.m. – 9 p.m.**



New to the Group Ex Schedule WOW – TABATA – BOOM

**Monday, Wednesday & Friday
8:30 - 9:30 a.m.**

This class is an aerobic training to lose fat quickly, along with weight training and fun aerobic drumming. We use dumbbells, and after warming up with drumming, we do:

TABATA

1. As many reps as possible in 20 seconds
2. Rest for 10 seconds
3. Repeat seven more times

Join Pat on Jan. 2 for a free class!



Instructor Pat Puryear

EXERCISE FUN FACT

Strong body, strong mind. In a recent study, the Archives of Internal Medicine researchers analyzed 77 older women with self-reported memory problems and low scores on an objective assessment of cognitive function. They were assigned to one of three exercise regimens: lifting weights twice a week for an hour, walking outside or, as a control doing balance and stretching exercises.

New Additions to the Vista Club Fitness Center

- **TechnoGym Vario 700 Elliptical & Visioweb:** this piece of cardio equipment meets the needs of users who want to lose weight, want full-body training, and want to prevent or ease joint problems. Works upper and lower body at the same time. Users determine the movement, stride length, and shape from a vertical step to a walk/jog motion.
- **Star Trac Recumbent Bikes:** the perfect solution for exercisers of any age or ability with comfort driven features.
- **Star Trac Treadmills:** sturdy hourglass handrail's unique shape improves form and function. Centered dual-adjustable personal fans create a more rewarding workout. Soft Trac® triple cell cushioning system provides maximum shock absorption.
- **Star Trac Instinct Dual Adjustable Pulley:** features dual pulleys that can be moved with one hand using the trigger-style adjustment. The large instructional placards detail 12 basic exercises. Countless variations of the basic exercises are possible using the included accessories (Ez-curl bar, thigh/ankle strap, and cushioned press bar). Also, attached are cushioned, multi-position pull-up bars.
- **Every Cardio Machine in the Fitness Center will house an additional TV with NETPULSE.** This allows members to design their workout entertainment experience: choose from hundreds of programs including TV shows, classic TV, movie trailers, music videos, Virtual Active, and much more!

Testimonial

I developed atrial fibrillation. After talking to my cardiologist, I tried yoga. I learned to bring my heart rate down and relieve the stress that aggravated my problems. I haven't had to increase my medicine in almost two years. I was able to get rid of foot and hand problems caused by arthritis. My posture has improved and I feel wonderful. I can again ride on the back of my husband's motorcycle without pain. I also could not believe the mental benefits yoga has given me, including sharper memory and better concentration. There is a beginning yoga class taught by Tammy Trujillo on Wednesday mornings. She personalizes each move to your medical and physical needs so no one hurts themselves. The first class is free, so there is no excuse not to come out and give it a try. It's also a great way to meet new people and make friends.

– Dodi Leyden

Fit & Fabulous Fitness Staff



Kathy Erwin



Lillian Garlick



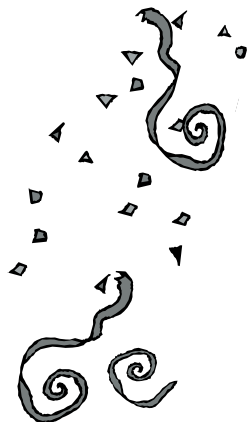
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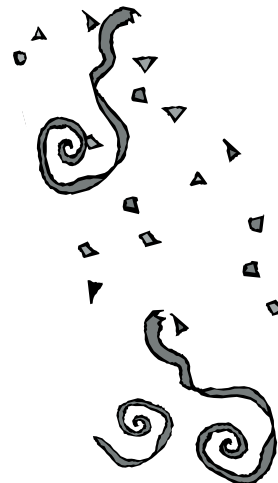
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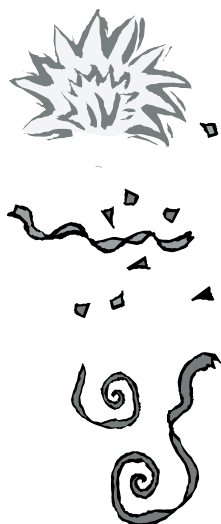
Susan Prince



Denise Rubiaco



Bev Shilich



Joele Swift



Terry Kelly



Tammy Trujillo



Pat Puryear



Sophie Imbuelten





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.



Kare Bears Olympic Village

Happy New Year! The Olympic Village Kare Bears and Residents' Club are continuing to focus on healthy and happy living. In addition to providing services to our residents, we are continuing to bring programs that help us live a healthy and happy life. Olympic Village Kare Bears' first program in 2013 will be an opportunity for the Trilogy community to safely dispose of unwanted, out-of-date and unused medication by bringing them to the Prescription Drug and Over the Counter Medication Take-Back Program on Feb. 11 at the Marina Room at the Delta Club from 10 a.m. – 2 p.m. This event is sponsored by Olympic Village Kare Bears and the Rio Vista Police Department.

Kare Bear members are always available to assist you. If you need assistance, contact Mackie Webster (5837) or Marian Maksimowicz (5020).

Kare Bears Village Oakmont

Welcome to 2013! We look forward to helping and supporting our neighbors again this year. Any request that you may have will be considered. Our first meeting of the year is Wed., Jan 9 at 10:30 a.m. at the Delta Club. Come early for coffee and a treat. We will introduce a new slate of officers and a vote will commence. Anyone interested in running for office, contact Virginia. The new officers will begin their year in February. We look forward to seeing you soon. For more information, contact Virginia (6823).

Kare Bears Village Riviera

January indicates that we have the good fortune to start another trip around old sol. We are not privy to the nature or outcome of this New Year, but a healthy dose of optimism will certainly help smooth out any unwanted bumps along the way. It is inevitable that a few of us will be required to navigate around more serious road blocks than the majority. Although being an optimist is always a plus, dealing with some issues of health or tragedy can require assistance from family, friends, and yes, the Kare Bears. In a perfect world, there would be no need for Kare Bears. The reality is that needs arise. If you, or someone you know, has a problem that you feel the Kare Bears could assist in resolving, please call and investigate our services. If good fortune has been a persistent partner for you, and you would like to share it with others, attend one of our bi-monthly meetings. The next available event takes place on Feb. 11 at 10 a.m. in the Vista Club. For friendly in depth information, call Myra at (3660) or Valerie at (6942).

FAMILY SUPPORT COMMITTEE

The Family Support Committee organizes memorial services for family members who incur the loss of a Trilogy member. For more information, please call Chairperson Claudette Gartner (707) 439-6116, xbirdlady@myifp.com, Coordinator Barbara Sherison (6845) or Betty Bowley (5613).

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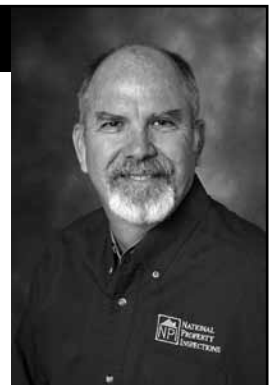
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Trilogy Living

Fitness Class Schedule for January 2013


All classes require either a Trilogy Fitness Punch Card at \$60 for 20 punches or \$30 for 10 punches. Each class requires one punch. Get your cards at Member Services. Call Fitness & Spa Director Kathy Erwin at (4205) if you have questions. All classes are held in the Vista Group Exercise Studio unless otherwise noted. Last Month's Punch Card Raffle Winner: **Regina Quemere**
December Fitness Orientations: Saturday, January 5, 11:00am
Wednesday, January 16, 6:00pm
Saturday, January 19, 11:00am

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Class Locations (GX) Group Exercise Studio (DB) Diablo Ballroom (VP) Vista Pool (DP) Delta Pool (RV) Rio Vista Room–Delta (SR) Sonoma Room-Vista (FC) Fitness Center	1 NO CLASSES  HAPPY NEW YEAR!	2 7-8am Early Yoga (B) (DB) Tammy 7:30-8:30am Beginning Step (B/I/A) (GX) Pat 8-9am Back To Basics Yoga (B/I) (DB) Tammy 8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat) 9:30-10:30am Wake-up and Move (B/I) (RV) Anna 9:30-11am Qi Dance Plus (B/I/A) (GX) Joele 9:30-10:30am Aqua Fit (B) (VP) Denise 1100-12pm ZUMBA (B/I) (GX) Lisa 1:30-2:30pm Adaptive Yoga Workout (B) (GX) Deanna 3-4pm Circuit Training / Combo Balance (B/I) (GX) Susan 4-5pm Stretch and Flex (B/I) (GX) Susan	3 7:30-8:30am Body Works (B/I/A) (GX) Kathy 9-10am Simply Stretch (B/I) (DB) Joele 9-10am Tai Chi (B/I) (GX) Lillian 9-10am Advanced Aqua (B/I/A) (VP) Kathy 10-11am Aqua Fit (B) (VP) Denise 10-11am Qi Dance (B/I/A) (GX) Joele 11-12pm Arthritis Program (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly 2:30-3:30pm Yoga (B/I) (DB) Tammy	4 7-8am Early Yoga (B) (DB) Tammy 7:30-8:30am Step Aerobics (B/I/A) Pat 8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat) 9-10am Yoga/Pilates (B) (DB) Deanna 9:30-10:30am Aqua Fit (B) (VP) Denise 9:45-10:30am Core Balance and Standing Abs (B) (GX) Sophie 10:30-11:45am ZUMBA Power (B/I) (GX) Sophie 11:45-12:45pm ZUMBA Gold Beginners (B/I) (GX) Sophie	5 8:30-9:30am Step Aerobics (B/I) (GX) Pat 11-12:15pm ZUMBA (B/I) (GX) Sophie/Lisa 12:15-12:45pm Pilates/Stretch (B/I) (GX) Sophie/Lisa
7 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 9-10am Advanced Aqua (B/I/A) (VP) Kathy 9:30-10:30am Wake-up and Move (B/I) (RV) Anna 9:45-10:30am Core Balance and Standing Abs (B/I) (GX) Sophie 10-11am Aqua Fit (B) (VP) Denise 10-11am Meditation Breathing (B) (DB) Deanna 10:30-11:45am ZUMBA Power (B/I) (GX) Sophie 11:45-12:45pm ZUMBA Gold Beginners (B/I) (GX) Sophie 3-4pm Circuit Training / Combo Balance (B/I) (GX) Susan 4-5pm Stretch and Flex (B/I) (GX) Susan 6:30-7:30pm Yoga/Pilates (B/I) (DB) Deanna	8 8-9am Body Works (B/I/A) (GX) Kathy 9-10am Simply Stretch (B) (GX) Joele 9:30-10:30am Aqua Fit (B) (VP) Denise 10-11am Qi Dance (B/I/A) (GX) Joele 11-12pm Arthritis Program (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly 3-4pm Advanced Aqua (B/I/A) (VP) Kathy	9 7-8am Early Yoga (B) (DB) Tammy 7:30-8:30am Beginning Step (B/I/A) (GX) Pat 8-9am Back To Basics Yoga (B/I) (DB) Tammy 8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat) 9:30-10:30am Wake-up and Move (B/I) (RV) Anna 9:30-11am Qi Dance Plus (B/I/A) (GX) Joele 9:30-10:30am Aqua Fit (B) (VP) Denise 1100-12pm ZUMBA (B/I) (GX) Lisa 1200-1pm ZUMBA Gold (B/I) (GX) Lisa 1:30-2:30pm Adaptive Yoga Workout (B) (GX) Deanna 3-4pm Circuit Training / Combo Balance (B/I) (GX) Susan 4-5pm Stretch and Flex (B/I) (GX) Susan	10 7:30-8:30am Body Works (B/I/A) (GX) Kathy 9-10am Simply Stretch (B/I) (DB) Joele 9-10am Tai Chi (B/I) (GX) Lillian 9-10am Advanced Aqua (B/I/A) (VP) Kathy 10-11am Aqua Fit (B) (VP) Denise 10-11am Qi Dance (B/I/A) (GX) Joele 11-12pm Arthritis Program (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly 2:30-3:30pm Yoga (B/I) (DB) Tammy	11 7-8am Early Yoga (B) (DB) Tammy 7:30-8:30am Step Aerobics (B/I/A) Pat 8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat) 9-10am Yoga/Pilates (B) (DB) Deanna 9:30-10:30am Aqua Fit (B) (VP) Denise 9:45-10:30am Core Balance and Standing Abs (B) (GX) Sophie 10:30-11:45am ZUMBA Power (B/I) (GX) Sophie 11:45-12:45pm ZUMBA Gold Beginners (B/I) (GX) Sophie	12 8:30-9:30am Step Aerobics (B/I) (GX) Pat 11-12:15pm ZUMBA (B/I) (GX) Sophie/Lisa 12:15-12:45pm Pilates/Stretch (B/I) (GX) Sophie/Lisa
14 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 9-10am Advanced Aqua (B/I/A) (VP) Kathy 9:30-10:30am Wake-up and Move (B/I) (RV) Anna 9:45-10:30am Core Balance and Standing Abs (B/I) (GX) Sophie 10-11am Aqua Fit (B) (VP) Denise 10-11am Meditation Breathing (B) (DB) Deanna 10:30-11:45am ZUMBA Power (B/I) (GX) Sophie 11:45-12:45pm ZUMBA Gold Beginners (B/I) (GX) Sophie 3-4pm Circuit Training / Combo Balance (B/I) (GX) Susan 4-5pm Stretch and Flex (B/I) (GX) Susan 6:30-7:30pm Yoga/Pilates (B/I) (DB) Deanna	15 8-9am Body Works (B/I/A) (GX) Kathy 9-10am Simply Stretch (B) (GX) Joele 9:30-10:30am Aqua Fit (B) (VP) Denise 10-11am Qi Dance (B/I/A) (GX) Joele 11-12pm Arthritis Program (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly 3-4pm Advanced Aqua (B/I/A) (VP) Kathy	16 7-8am Early Yoga (B) (DB) Tammy 7:30-8:30am Beginning Step (B/I/A) (GX) Pat 8-9am Back To Basics Yoga (B/I) (DB) Tammy 8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat) 9:30-10:30am Wake-up and Move (B/I) (RV) Anna 9:30-11am Qi Dance Plus (B/I/A) (GX) Joele 9:30-10:30am Aqua Fit (B) (VP) Denise 1100-12pm ZUMBA (B/I) (GX) Lisa 1:30-2:30pm Adaptive Yoga Workout (B) (GX) Deanna 3-4pm Circuit Training / Combo Balance (B/I) (GX) Susan 4-5pm Stretch and Flex (B/I) (GX) Susan	17 7:30-8:30am Body Works (B/I/A) (GX) Kathy 9-10am Simply Stretch (B/I) (DB) Joele 9-10am Tai Chi (B/I) (GX) Lillian 9-10am Advanced Aqua (B/I/A) (VP) Kathy 10-11am Aqua Fit (B) (VP) Denise 10-11am Qi Dance (B/I/A) (GX) Joele 11-12pm Arthritis Program (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly 2:30-3:30pm Yoga (B/I) (DB) Tammy	18 7-8am Early Yoga (B) (DB) Tammy 7:30-8:30am Step Aerobics (B/I/A) Pat 8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat) 9-10am Yoga/Pilates (B) (DB) Deanna 9:30-10:30am Aqua Fit (B) (VP) Denise 9:45-10:30am Core Balance and Standing Abs (B) (GX) Sophie 10:30-11:45am ZUMBA Power (B/I) (GX) Sophie 11:45-12:45pm ZUMBA Gold Beginners (B/I) (GX) Sophie	19 8:30-9:30am Step Aerobics (B/I) (GX) Pat 11-12:15pm ZUMBA (B/I) (GX) Sophie/Lisa 12:15-12:45pm Pilates/Stretch (B/I) (GX) Sophie/Lisa
21 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 9-10am Advanced Aqua (B/I/A) (VP) Kathy 9:30-10:30am Wake-up and Move (B/I) (RV) Anna 9:45-10:30am Core Balance and Standing Abs (B/I) (GX) Sophie 10-11am Aqua Fit (B) (VP) Denise 10-11am Meditation Breathing (B) (DB) Deanna 10:30-11:45am ZUMBA Power (B/I) (GX) Sophie 11:45-12:45pm ZUMBA Gold Beginners (B/I) (GX) Sophie 3-4pm Circuit Training / Combo Balance (B/I) (GX) Susan 4-5pm Stretch and Flex (B/I) (GX) Susan 6:30-7:30pm Yoga/Pilates (B/I) (DB) Deanna	22 8-9am Body Works (B/I/A) (GX) Kathy 9-10am Simply Stretch (B) (GX) Joele 9:30-10:30am Aqua Fit (B) (VP) Denise 10-11am Qi Dance (B/I/A) (GX) Joele 11-12pm Arthritis Program (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly 3-4pm Advanced Aqua (B/I/A) (VP) Kathy	23 7-8am Early Yoga (B) (DB) Tammy 7:30-8:30am Beginning Step (B/I/A) (GX) Pat 8-9am Back To Basics Yoga (B/I) (DB) Tammy 8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat) 9:30-10:30am Wake-up and Move (B/I) (RV) Anna 9:30-11am Qi Dance Plus (B/I/A) (GX) Joele 9:30-10:30am Aqua Fit (B) (VP) Denise 11-12pm ZUMBA (B/I) (GX) Lisa 1:30-2:30pm Adaptive Yoga Workout (B) (GX) Deanna 3-4pm Circuit Training / Combo Balance (B/I) (GX) Susan 4-5pm Stretch and Flex (B/I) (GX) Susan	24 7:30-8:30am Body Works (B/I/A) (GX) Kathy 9-10am Simply Stretch (B/I) (DB) Joele 9-10am Tai Chi (B/I) (GX) Lillian 9-10am Advanced Aqua (B/I/A) (VP) Kathy 10-11am Aqua Fit (B) (VP) Denise 10-11am Qi Dance (B/I/A) (GX) Joele 11-12pm Arthritis Program (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly 2:30-3:30pm Yoga (B/I) (DB) Tammy	25 7-8am Early Yoga (B) (DB) Tammy 7:30-8:30am Step Aerobics (B/I/A) Pat 8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat) 9-10am Yoga/Pilates (B) (DB) Deanna 9:30-10:30am Aqua Fit (B) (VP) Denise 9:45-10:30am Core Balance and Standing Abs (B) (GX) Sophie 10:30-11:45am ZUMBA Power (B/I) (GX) Sophie 11:45-12:45pm ZUMBA Gold Beginners (B/I) (GX) Sophie	26 8:30-9:30am Step Aerobics (B/I) (GX) Pat 11-12:15pm ZUMBA (B/I) (GX) Sophie/Lisa 12:15-12:45pm Pilates/Stretch (B/I) (GX) Sophie/Lisa
28 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 9-10am Advanced Aqua (B/I/A) (VP) Kathy 9:30-10:30am Wake-up and Move (B/I) (RV) Anna 9:45-10:30am Core Balance and Standing Abs (B/I) (GX) Sophie 10-11am Aqua Fit (B) (VP) Denise 10-11am Meditation Breathing (B) (DB) Deanna 10:30-11:45am ZUMBA Power (B/I) (GX) Sophie 11:45-12:45pm ZUMBA Gold Beginners (B/I) (GX) Sophie 3-4pm Circuit Training / Combo Balance (B/I) (GX) Susan 4-5pm Stretch and Flex (B/I) (GX) Susan 6:30-7:30pm Yoga/Pilates (B/I) (DB) Deanna	29 8-9am Body Works (B/I/A) (GX) Kathy 9-10am Simply Stretch (B) (GX) Joele 9:30-10:30am Aqua Fit (B) (VP) Denise 10-11am Qi Dance (B/I/A) (GX) Joele 11-12pm Arthritis Program (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly 3-4pm Advanced Aqua (B/I/A) (VP) Kathy	30 7-8am Early Yoga (B) (DB) Tammy 7:30-8:30am Beginning Step (B/I/A) (GX) Pat 8-9am Back To Basics Yoga (B/I) (DB) Tammy 8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat) 9:30-10:30am Wake-up and Move (B/I) (RV) Anna 9:30-11am Qi Dance Plus (B/I/A) (GX) Joele 9:30-10:30am Aqua Fit (B) (VP) Denise 11-12pm ZUMBA (B/I) (GX) Lisa 1:30-2:30pm Adaptive Yoga Workout (B) (GX) Deanna 3-4pm Circuit Training / Combo Balance (B/I) (GX) Susan 4-5pm Stretch and Flex (B/I) (GX) Susan	31 7:30-8:30am Body Works (B/I/A) (GX) Kathy 9-10am Simply Stretch (B/I) (DB) Joele 9-10am Tai Chi (B/I) (GX) Lillian 9-10am Advanced Aqua (B/I/A) (VP) Kathy 10-11am Aqua Fit (B) (VP) Denise 10-11am Qi Dance (B/I/A) (GX) Joele 11-12pm Arthritis Program (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly 2:30-3:30pm Yoga (B/I) (DB) Tammy		

TrilogyLiving

January 2013 Club and Activity Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<div>1</div> <div>HAPPY NEW YEAR!</div> <div></div> <div>10am Polar Bear Plunge (Delta Pool)</div> <div>8am Social Tennis</div> <div>5pm Table Tennis (D)</div> <div>5pm Tai Chi & Yuan Chi Dance (V)</div>	<div>2</div> <div>8am Social Tennis</div> <div>8am TOPS (D)</div> <div>9:30am Bridge Lessons (V)</div> <div>9:30am Walk & Talk (V)</div> <div>12:30pm Fat Quarters Quilting (D)</div> <div>12:30pm Jazz Band (V)</div> <div>1pm Village Riviera Arch. Com. Mtg. (D)</div> <div>2pm Bergren Art (D)</div> <div>2pm Card Making Class (D)</div> <div>3pm Village Oakmont Social Com. Mtg. (V)</div> <div>4:30pm Table Tennis (D)</div> <div>5pm Billiards Club Tournament (D)</div> <div>6pm Soul Line Dancing (D)</div> <div>7pm Billiards Club Member Mtg. (V)</div> <div>7pm MOTN Rehearsal (V)</div>	<div>3</div> <div>8am Social Tennis</div> <div>8:30am Golf – Women's 18-Hole</div> <div>9:30am Ceramics (D)</div> <div>11am Triage Team (D)</div> <div>12:15pm Ponytail Canasta (V)</div> <div>1pm Good Samaritans (D)</div> <div>2pm Genealogy Club (V)</div> <div>5pm Cycling Club (V)</div> <div>5pm Table Tennis (D)</div> <div>5pm Tai Chi & Yuan Chi Dance (V)</div> <div>6pm Pinochle (V)</div> <div>6:30 Village Riviera HOA Annual Mtg. (D)</div> <div>7pm Photography Club (V)</div> <div>7pm Saddle Rock Meet the Candidates (D)</div>	<div>4</div> <div>8am Social Tennis</div> <div>9am Model Club (V0)</div> <div>9am Interval Art Class (D)</div> <div>9am Village 1 Arch. Com. Mtg. (V)</div> <div>9:30am Walk & Talk (V)</div> <div>10:30am Country Line Dancing (D)</div> <div>12pm Bridge (V)</div> <div>12:30pm Watercolor Painting (D)</div> <div>1pm Kare Bears – Riviera Planning Com. (V)</div> <div>6pm Joy Luck Club Mah Jongg (V)</div>	<div>5</div> <div>8am Motorcycle Club (Off-site)</div> <div>9:30am Hiking Club (V)</div> <div>11am Table Tennis (D)</div> <div>2pm Chinese Brush Painting (D)</div>
<div>6</div> <div>10am – 3pm Farmers' Market (D)</div>	<div>7</div> <div>8am Social Tennis</div> <div>9am Watercolor Painting (D)</div> <div>9:30am Walk & Talk (V)</div> <div>12:15pm Duplicate Bridge (V)</div> <div>1pm Mah Jongg (V)</div> <div>1pm Rip, Stitch & Bitch (V)</div> <div>2pm TAG Mtg. (D)</div> <div>3pm Village Oakmont Arch. Com. (D)</div> <div>3pm Village Oakmont Social Com. Mtg. (V)</div> <div>3pm Guitar Club (V)</div> <div>6pm Soul Line Dancing (D)</div> <div>7pm Poker (D)</div> <div>7pm MOTN Rehearsal (V)</div>	<div>8</div> <div>8am Social Tennis</div> <div>8:30am Radio Club (V)</div> <div>9:30am Women's 9-Hole Golf</div> <div>10:30am Country Line Dancing (D)</div> <div>10:30am Book Club (V)</div> <div>11:30am Golf – TRVMEN 9-Hole</div> <div>12pm Recipe Club (D)</div> <div>12pm Watercolor Class (D)</div> <div>12:15pm Hand & Foot Canasta (V)</div> <div>2pm Master Association Board Mtg. (V)</div> <div>2pm Stroke, Head & Brain Injury Support Group (V)</div> <div>5pm Table Tennis (D)</div> <div>5pm Billiards Club Tournament (V)</div> <div>5pm Tai Chi & Yuan Chi Dance (V)</div> <div>6pm Grapevine Chat (V)</div>	<div>9</div> <div>8am Social Tennis</div> <div>8am TOPS (D)</div> <div>9am Olympic Village Arch. Com. Mtg. (D)</div> <div>9:30am Bridge Lessons (D)</div> <div>9:30am Walk & Talk (V)</div> <div>10am Stained Glass (D)</div> <div>10am Kare Bears – Village Oakmont (D)</div> <div>12:30pm Fat Quarters Quilting (D)</div> <div>12:30pm Jazz Band (V)</div> <div>2pm Bergren Art (D)</div> <div>2pm Card Making Class (D)</div> <div>4:30pm Table Tennis (D)</div> <div>6:30pm Nature Club Gen. Mtg. (V)</div> <div>7:30pm VORC Mtg. (D)</div> <div>7pm MOTN Rehearsal (V)</div>	<div>10</div> <div>8am Social Tennis</div> <div>8:30am Golf – Women's 18-Hole</div> <div>9am Blood Pressure Check (D)</div> <div>10am Scrapbooking (D)</div> <div>10am Council for the Arts (V)</div> <div>12:15pm Ponytail Canasta (V)</div> <div>1pm Good Samaritans (D)</div> <div>4pm Golf – Sr. Men's Board Mtg. (D)</div> <div>5pm Table Tennis (D)</div> <div>5pm Tai Chi & Yuan Chi Dance (V)</div> <div>6pm Pinochle (V)</div> <div>6:30pm Village 1 HOA Annual Mtg. (D)</div>	<div>11</div> <div>8am Social Tennis</div> <div>9am Interval Art (D)</div> <div>9:30am Walk & Talk (V)</div> <div>10:30am Country Line Dance (D)</div> <div>12pm Bridge (V)</div> <div>12:30pm Watercolor Painting (D)</div> <div>4pm Ballroom Dance Lessons – Beginner (V)</div> <div>5pm Ballroom Dance Lessons – Advanced (V)</div> <div>7pm Bunco (D)</div> <div>7pm Open Mic Night (V)</div>	<div>12</div> <div>9am Shibori T-Shirt Workshop (D) Sat & Sun</div> <div>9:30am Hiking Club Mtg. (V)</div> <div>11am Table Tennis (D)</div>
<div>13</div> <div>9am – 5pm Shibori T-Shirt Workshop (D)</div> <div>7pm Trilogy Dance Club (V)</div>	<div>14</div> <div>8am Social Tennis</div> <div>9am Watercolor Painting (D)</div> <div>9:30am Walk & Talk (V)</div> <div>12:15pm Duplicate Bridge (V)</div> <div>1pm Rip, Stitch & Bitch (V)</div> <div>6pm Soul Line Dancing (D)</div> <div>6:30pm Olympic Village HOA Mtg. (D)</div> <div>7pm Poker (D)</div> <div>7pm MOTN Rehearsal (V)</div>	<div>15</div> <div>8am Social Tennis</div> <div>8:30am Radio Club (V)</div> <div>9:30am Golf – Women's 9-Hole</div> <div>10:30am Country Line Dancing (D)</div> <div>11:30am Golf – TRVMEN 9-Hole</div> <div>12pm Watercolor Painting (D)</div> <div>12:15pm Hand & Foot Canasta (V)</div> <div>12:30pm Dominoes (V)</div> <div>5pm Billiards Club Tournament (V)</div> <div>5pm Table Tennis (D)</div> <div>5pm Tai Chi & Yuan Chi Dance (V)</div> <div>7pm Computer Club (V)</div>	<div>16</div> <div>8am TOPS</div> <div>8am Social Tennis</div> <div>8:30am Radio Club (V)</div> <div>9:30am Bridge Lessons (V)</div> <div>9:30am Walk & Talk (V)</div> <div>10am Stained Glass (D)</div> <div>12:30pm Fat Quarters Quilting (D)</div> <div>12:30pm Jazz Band (V)</div> <div>1pm Village Riviera Arch. Com. Mtg. (D)</div> <div>2pm Bergren Art (D)</div> <div>2pm Card Making Class (D)</div> <div>4:30pm Table Tennis (D)</div> <div>7pm MOTN Rehearsal (V)</div>	<div>17</div> <div>8am Social Tennis</div> <div>8:30am Golf – Women's 18-Hole</div> <div>9:30am Ceramics (D)</div> <div>11am Dog Club (D)</div> <div>11am Triage Team (D)</div> <div>12:15pm Ponytail Canasta (V)</div> <div>1pm Good Samaritans (D)</div> <div>2pm Genealogy Workshop (V)</div> <div>2pm Vision Mtg. (D)</div> <div>4pm Golf – Sr. Men's Mtg. (D)</div> <div>5pm Table Tennis (D)</div> <div>5pm Tai Chi & Yuan Chi Dance (V)</div> <div>6pm Pinochle (V)</div> <div>6pm Village Oakmont RC Mtg.</div> <div>7pm Village Oakmont HOA Annual Mtg. (D)</div> <div>7pm Village Riviera RC Mtg. (V)</div> <div>7pm Writers' Club (D)</div>	<div>18</div> <div>8am Social Tennis</div> <div>9am Village 1 Arch. Com. Mtg. (D)</div> <div>9am Interval Art (D)</div> <div>9:30am Walk & Talk (V)</div> <div>10:30am Country Line Dance (D)</div> <div>12pm Bridge (V)</div> <div>12:30pm Watercolor Painting (D)</div> <div>4pm Ballroom Dance Lessons – Beginner (V)</div> <div>5pm Ballroom Dance Lessons – Advanced (V)</div> <div>6:30pm Joy Luck Mah Jongg (V)</div> <div>6:30pm Comedy Night – Philip & Henry Magic (V)</div> <div>7pm Whist Club (D)</div>	<div>19</div> <div>9:30am Hiking Club (V)</div> <div>10am Garden Railroad Bake Sale (V)</div> <div>11am Table Tennis (D)</div> <div>2pm Chinese Brush Painting (D)</div> <div>6pm Village Riviera RC Soup Potluck (D)</div>
<div>20</div> <div>3pm Concert – Elvis Tribute (V)</div>	<div>21</div> <div>8am Social Tennis</div> <div>9am Watercolor Painting (D)</div> <div>9:30am Walk & Talk (V)</div> <div>10am Council of Village Presidents (D)</div> <div>1pm Rip, Stitch & Bitch (V)</div> <div>1pm Mah Jongg (V)</div> <div>2pm MLK Tribute (V)</div> <div>3pm Village Oakmont Arch. Com. Mtg. (D)</div> <div>6pm Guitar Club (V)</div> <div>6pm Soul Line Dancing (D)</div> <div>7pm Budget Workshop – Member Input (V)</div> <div>7pm Poker (D)</div> <div>7pm MOTN Rehearsal (V)</div>	<div>22</div> <div>8am Social Tennis</div> <div>8:30am Radio Club (V)</div> <div>9:30am Golf – Women's 9-Hole</div> <div>10:30am Country Line Dancing (D)</div> <div>11:30am Golf – TRVMEN 9-Hole</div> <div>12pm Watercolor Painting (D)</div> <div>12:15pm Hand & Foot Canasta (V)</div> <div>1:30pm Dog Club (D)</div> <div>5pm Billiards Club Tournament (V)</div> <div>5pm Table Tennis (D)</div> <div>5pm Tai Chi & Yuan Chi Dance (V)</div> <div>5pm Grapevine Chat (V)</div>	<div>23</div> <div>8am Social Tennis</div> <div>8am TOPS (D)</div> <div>9:30am Bridge Lessons (V)</div> <div>9:30am Walk & Talk (V)</div> <div>10am Stained Glass (D)</div> <div>10am Olympic Village Arch. Com. Mtg. (D)</div> <div>12:30pm Fat Quarters Quilting (D)</div> <div>12:30pm Jazz Band (V)</div> <div>2pm Bergren Art (D)</div> <div>2pm Card Making Class (D)</div> <div>4:30pm Table Tennis (D)</div> <div>7pm MOTN Rehearsal (V)</div>	<div>24</div> <div>8am Social Tennis</div> <div>8:30am Golf – Women's 18-Hole</div> <div>9:30am Ceramics (D)</div> <div>12:15pm Ponytail Canasta (V)</div> <div>1pm Good Samaritans (D)</div> <div>5pm Table Tennis (D)</div> <div>5pm Tai Chi & Yuan Chi Dance (V)</div> <div>6pm Pinochle (V)</div> <div>6:30pm Saddle Rock District Mtg. (D)</div> <div>7pm Theatre Group (V)</div>	<div>25</div> <div>8am Social Tennis</div> <div>9am Interval Art (D)</div> <div>9:30am Tennis Club Mtg. (D)</div> <div>9:30am Walk & Talk (V)</div> <div>10:30am Country Line Dance (D)</div> <div>12pm Bridge (V)</div> <div>12:30pm Watercolor Painting (D)</div> <div>4pm Ballroom Dance Lessons – Beginner (V)</div> <div>5pm Ballroom Dance Lessons – Advanced (V)</div> <div>7pm Bingo (D)</div>	<div>26</div> <div>9:30am Hiking Club (V)</div> <div>11am Table Tennis (D)</div>
<div>27</div>	<div>28</div> <div>8am Social Tennis</div> <div>9am Watercolor Painting (D)</div> <div>9:30am Walk & Talk (V)</div> <div>1pm Access Committee (D)</div> <div>1pm Rip, Stitch & Bitch (V)</div> <div>1pm Mah Jongg (V)</div> <div>2pm Budget Workshop – Member Input (V)</div> <div>3pm Village Oakmont Arch. Com. Mtg. (D)</div> <div>4:30pm AARP Driver Refresher Course (V)</div> <div>6pm Soul Line Dancing (D)</div>	<div>29</div> <div>8am Social Tennis</div> <div>8:30am Radio Club (V)</div> <div>9am – 1pm CPR/AED Training (V)</div> <div>9:30am Golf – Women's 9-Hole</div> <div>10:30am Country Line Dancing (D)</div> <div>11:30am Golf – TRVMEN 9-Hole</div> <div>12pm Watercolor Painting (D)</div> <div>12:15pm Hand & Foot Canasta (V)</div> <div>5pm Billiards Club Tournament (V)</div> <div>5pm Table Tennis (D)</div> <div>5pm Tai Chi & Yuan Chi Dance (V)</div> <div>7pm Drama Club Membership Mtg. (D)</div>	<div>30</div> <div>8am Social Tennis</div> <div>8am TOPS (D)</div> <div>9:30am Bridge Lessons (V)</div> <div>9:30am Walk & Talk (V)</div> <div>10am Stained Glass (D)</div> <div>12:30pm Fat Quarters Quilting (D)</div> <div>12:30pm Jazz Band (V)</div> <div>2pm Bergren Art (D)</div> <div>2pm Card Making Class (D)</div> <div>4:30pm Table Tennis (D)</div> <div>7pm MOTN Rehearsal (V)</div>	<div>31</div> <div>8am Social Tennis</div> <div>8:30am Golf – Women's 18-Hole</div> <div>9:30am Ceramics (D)</div> <div>12:15pm Ponytail Canasta (V)</div> <div>1pm Adult Committee Mtg. (D)</div> <div>1pm Good Samaritans (D)</div> <div>5pm Table Tennis (D)</div> <div>5pm Tai Chi & Yuan Chi Dance (V)</div> <div>6pm Pinochle (V)</div>		



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Bake Sale

All aboard! It's time for another bake sale (given by the Model Club at Trilogy Rio Vista) in support of the Garden Railroad and other Model Club necessities. This bake sale is comin' down the tracks on Saturday, Jan. 19 in the Diablo Ballroom at the Vista Club from 10 a.m. - 2 p.m. In addition to fresh baked goods, we are also serving coffee with cookies and cake. And, back by popular demand, the model trains will be running inside the Diablo Ballroom. Hope to see you there!



Beginning Bridge Class

Starting Wednesday, Feb 6, 2013! Would you like to learn how to play bridge? Perhaps you are interested in refreshing your knowledge about bridge. Sign up to reserve your place for this class. Class will be held weekly on Wednesday mornings in the Vista Club Sonoma Room from 9:30 - 11:30 a.m. The class will run for at least six months and is designed to allow for an occasional missed session. Each student will need to purchase a book for the class, which should cost less than \$15. For more information, or to sign up, contact Sue Vogtlin (6136).

Trilogy Residents Prescription Drug & Over the Counter Medication Take-Back Program

Sorry, we cannot accept sharps (needles).

Participants Please:

- Remove pills from container and place them in a plastic bag
- Seal all liquids and creams
- Remove all personal information

Date: Feb. 11, 2013

Time: 10 a.m. to 2 p.m.

Location: Marina Room, Delta Club

A "Thank You" from Meals on Wheels

"Thank You" to all of the residents of Trilogy for buying the raffle tickets at the Trilogy Craft Faire in support of Meals on Wheels. It is needed and greatly appreciated so that "No Senior Goes Hungry in Solano County."

*Roger Wiskeman, President - Board of Directors
Meals on Wheels of Solano County*

Thank you

Dear Trilogy Friends and Neighbors,

Thank you for all your calls, visits, flowers, and beautiful condolence cards. My husband Bill Albertson was very happy living here in Trilogy for the past nine years. He had been very ill for several years and our family loved him and will miss him very much.

Our community is so fortunate to have wonderful emergency services from Rio Vista. The Fire Dept. responded so quickly and was always so very caring on their many trips to help Bill. I sincerely send my appreciation to everyone.

Virginia Albertson

TOPS

The Trilogy Chapter of Taking Off Pounds Sensibly (TOPS) held our Annual Christmas Luncheon at the Delta Club on Dec. 5. It was a catered buffet luncheon in our meeting room. Tables set up with white tablecloths and Christmas decorations completed the mood. There were 31 in attendance to enjoy the delicious lunch and the carols led by Paul Starks.

We hope you all had a wonderful holiday season and wish you all a great New Year! We are all gearing up for the New Year to reach our weight loss goals, and to Take off Pounds Sensibly. If you would like to join us, to help get rid of those extra holiday pounds, come to check us out (not diets). We meet every Wednesday at the Delta Club at 8 a.m. For more information, call Leader-Minnie Howell at (5786) or Co-Leader Peggy Smith at (1366).

Trilogy Blood Drive

It's time again to lend an arm to help save lives by donating at the upcoming Trilogy Blood Drive on Monday, Feb. 11, 2013 from 9 a.m. - 1 p.m. at the Delta Club. We welcome walk-ins but appointments have priority. To make an appointment, contact Carol Benkie at (3316) or email her at carolbenkie@gmail.com. See you there!

Trilogy Jazz Band



Happy New Year! As we begin our twelfth year of playing music for our community, we look forward to being a part of many events in the year ahead. In January, our rehearsals will focus on preparation for

the annual Music of the Night show on March 7, 8, and 9.



If you play a band instrument and are interested in being part of the Jazz Band, contact our Music Director Jim Lucas (7567). The band currently has an opening for a guitar, and we are always interested to know of people who could fill future openings in the brass, woodwind, and rhythm sections.

Full-band rehearsals are held in the Vista Club Diablo Ballroom most Wednesday afternoons from 2:30 – 5 p.m. following vocal and combo practice at 1:30 p.m. Observers are welcome. For more information, contact Jim Lucas (7567) or Marti Rogers (6859).

Vietnam Veterans Get Together



All Trilogy Vietnam Veterans are invited to an informal gathering in the back room of the Nine's Restaurant on Thursday, Jan. 10 at 3 p.m. For more information, contact William Metzler (1377) or ub685@frontiernet.net.

Free Medical Supply Rental



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

educational opportunities through computer classes

No computer classes this month.

We are always looking for volunteer computer instructors. If you are interested in teaching a computer class, call Debbie Dorn at (4204), or e-mail Judy Harrison at jharrison@actionlife.com. Sign up for classes at the Member Services desk in the Vista Club.

ETHEL'S TRIPS AND TOURS

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

Yes, we're back doing Trips and Tours again, and the 2013 outings promise to be even better than our previous trips!

Feb. 17, "Sunday's a Drag," \$117/pp

This rollicking show features live entertainment with a twist. High above in the plush Starlight room atop the Sir Francis Drake Hotel, you'll be taken back to the days when San Francisco was famous for having standing room only crowds at the "Men in Drag" shows. Well, they're back, along with some of their younger counterparts, performing again for delighted audiences. We'll have a delicious hosted luncheon before the Cabaret Review, then back onboard the motor coach with our favorite San Francisco tour guide, Mr. Craig Smith, for another of

his exciting tours around the city. What could be more San Francisco than drag queens and Craig Smith!

March. 14, Gamblers' Special, \$30/pp

Five hours of "Stay and Play" at the newly renovated Jackson Rancheria Casino. We haven't been there in a few years, so it's time to go back and check out the new surroundings! Bonus package: \$10.00 cash.

March 31-April 10, 11-Day Mexican Riviera Cruise

A round trip out of San Francisco on The Grand Princess, visiting Catalina Island, Puerto Vallarta, Cabo San Lucas and San Diego. All-inclusive prices begin at \$1,395 for Interior Staterooms and go up to \$2,295 for Mini-Suites. Prices include transporta-

tion to and from Trilogy, baggage handling and an Orientation Luncheon! A 4-page brochure is available.

April 17, "Jersey Boys," \$119/pp

Yes, they're "Working Their Way Back To You" after a 5-year absence from San Francisco. This Tony Award winning show was such a huge success that it is coming around again, by request! "Jersey Boys" is working its way back to the Curran Theatre for a 2-month stay in March and April. You don't want to miss this supercharged, knockout of a toe-tapping musical! Orchestra seating and Hosted Luncheon are included in this package. For further information and/or sign-ups call Ethel, (7548).



Ceramics Club



Photo (L-R): Ann Rice, Norma Wommack, Nancy Brooks, Linda Robinette, Rita Kim, Vera Thygesen, Sue Carlson, Fran Silva, Bonnie King, and Shari Alkema.

Happy New Year! 2013 brings more days of fun for the ladies of the Ceramics Club. In the picture, you can see what a myriad of ceramic pieces we are working on. Why don't you come and join us for some happy mornings? We meet every Thursday from 9:30 a.m. - 12 p.m. in the Marina Room at the Delta Club. For more information, contact Ann at (5122).

Drama Club

The Drama Club has just wrapped up this year with its third annual holiday play. We have yet again received rave reviews. Thanks to all of you for bringing donations of non-perishable food items to each performance so that we could give the less fortunate a better holiday season. All donations went to the Community Services of Rio Vista.

The New Year is here and the Drama Club has a great year planned. We look forward to entertaining our community with productions that will tickle the funny bone. Everyone in the club looks forward to the New Year and upcoming endeavors. Our first major event is the annual Pasta Feed. It's always a crowd pleaser. The event will take place on April 6, 2013. Keep an eye out for all the exciting things we have on this year's agenda. More information will be available in future *Trilogy Living* issues.

The Drama Club wants to thank everyone for their support throughout the year; we could not put on these productions without the help of the maintenance staff, the activities department, Member Services, and the support of our patrons.

We totally encourage new members. Come meet the great people in our Drama Club and join the fun. For more information, contact Debby Dubrow at (6706). We wish you all a happy healthy new year!

Fat Quarter Quilters

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

Trilogy Art Guild for Artists

Congratulations to Pat Puryear and Alma Renko who have chosen to lead our Art activities for this New Year. Linda Robinette and Lori Azzolino will co-chair as vice-presidents, Ellen LaVaccare and Marge Reynolds will remain as secretaries, Kathleen Moeller is treasurer, Dodi Phifer is membership, and Joan Brantome is the contact for free style painting. Free style painting is what we do on Mondays and sometimes Fridays. We get together at the Delta Club in the Marina Room between 11 a.m. - 4 p.m. and work on whatever we are painting. This often inspires us to try something new and sometimes we watch a painting video and paint along with a teaching video. Thank you Anna Chunn and Marie Aquino for your leadership this past year and for bringing pot luck luncheons to our meetings.

Annual membership dues is \$15 and is due this month. We will keep you posted with classes, workshops, field trips, and discounts for our events. Keep Creating! For more information, contact, Alma (3064) Pat (3510).

Trilogy Theater Group

The next presentation of the Trilogy Theater Group is *Dearly Departed* by David Bottrell and Jessie Jones. Rehearsals are underway for this Readers' Theater Production, which will be performed in March. If you liked the last play, you'll love this one. Interested in learning more about our group and the opportunities for involvement? Join us on Thursday, Jan. 24 at 7 p.m. in the Monterey Room of the Vista Club. For more information, contact Louise Mitchell (3541).

Ravin Ray Pearce Elvis Tribute Artist



January 20, 2013 ~ 3:00 PM
Diablo Ballroom, Vista Club
Sign Up At Member Services \$7



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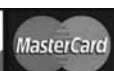
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Billiards Club

The next Billiards Club meeting is on Thursday, Jan. 3 at 7 p.m. in the Monterey Room of the Vista Club. Tuesday Evening's tournament start times are at 5 p.m.

The first and third Tuesdays the format is 8-ball round robin with no handicaps for B players. The second Tuesday of the month the format is handicap 9-ball with a round robin format. In order to get a win a player must beat his opponent two out of three games. The club has again made a list of B players. For that Tuesday evening, the B players will get a one-game handicap while playing an A player. The B player only needs one win in three games while competing against an A player. The format for the fourth Tuesday is 8-Ball and the club will split the tournament into A& B players. There will be a first and second place winner in each group. The fifth Tuesday is 9-ball with no handicap for B players. Officers: President Al Bergoust, Vice President Richard Garcia, Treasurer Jack Clark, Secretary Dallas Salomon, and Membership Chairman Dave Stewart.

Latest weekly tournament winners:

Nov. 6, 8-Ball

1st Al Bergoust
2nd Dave Stewart
3rd Oscar Grissom

Nov. 13, Handicap 9-Ball

1st Oscar Grissom
2nd Chuck Lebue
3rd Richard Garcia

Nov. 20, 8-Ball

1st Oscar Grissom
2nd Lee Durham
3rd Chuck Lebue

Nov. 26, 8-Ball A & B

A Division

1st Oscar Grissom
2nd Dave Stewart

B Division

1st Richard Garcia
2nd Geno Toscano

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

Bingo Club

We are back for the first game of the New Year. Mark your calendar for the fourth Friday of the month (Jan. 25) for Bingo at the Delta Club. Games begin promptly at 7 p.m. Buy-in for each person is \$10 for 12 games. We have one early bird special: one card for \$1 and an extra blackout card for \$1. The prize money for each game is \$50 and the blackout prize is \$250. Bring a friend and enjoy the company. For more information, call Irene (6999).

Bocce Club

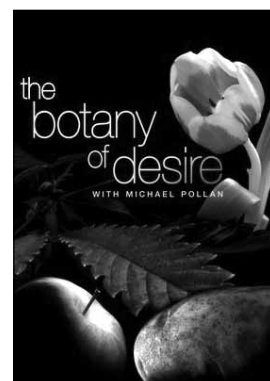
Approximately 156 of the 180 Winter Bocce Federation (WBF) players signed up for the End of Season Social on Nov. 27. They represented 17 of the 19 official teams. Everyone enjoyed a good season despite the rained-out matches. Remember to mark your calendar for the 2013 sign-ups, which are on Saturday, March 2 in the Delta Club. The Morning League sign-ups starts at 9 a.m. and the Night League sign-ups commence at 11 a.m. We will hold a general membership meeting at 10 a.m. New members and new teams are welcome to participate. You may sign-up as an individual member or as a team. There is more to come next month.

Our long time treasurer of the Night Bocce League, Julia Mattos, along with her husband Joe, are planning to relocate back to Tennessee and she has submitted her resignation. We want to applaud Julia for all her past work on behalf of the bocce community. Her energy and commitment will be missed. The existing treasurer of the Morning League, Judy Carter, has graciously offered to take on the role of the Night League treasurer, in addition to the morning league duties, along with her role as league scheduler and night score keeper. Thank you, Judy. We have also been approached by two existing club members who have offered to take on the roles of co-secretaries for the club, as outlined in our by-laws. We are grateful to Carolyn Azbell and Dorothy Busuttil for their offer, which we graciously accept. The board and bocce community offers a big thank you. We now have a full five-member board.

The next time you see Carolyn or Dorothy, please welcome them and thank them for stepping "onto the court" as board members. When you see Judy, thank her for taking on the added responsibilities. Remember to roll often, throw straight, and have fun. That's what it's all about. For more information, contact Joe Downes (7520).

Book Club

The Book Club meets the second Tuesday of each month at 10:30 a.m. in the Sonoma Room of the Vista Club. The next meeting is Jan. 8. The book selection is *Botany of Desire* by Michael Pollan. February's book selection is *In the Garden of Beasts* by Erik Larson. There is no requirement to have read the selected book. Everyone is welcome! Please feel free to stop by. For more information, contact Adrienne (5576). Happy New Year!





Bridge – Duplicate

Duplicate Bridge meets the second Monday of each month at 12:15 p.m. in the Sonoma Room at the Vista Club. Mark your calendars for our game on Monday, Feb. 1. 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).

November's winners: 1st - Wilma Powell and Peg Walker; 2nd - John Shick and Orlie Curtis; tie for 3rd and 4th - Choeta Heid & Lynn Fortner and Sue Vogtlin & Lois Brusen.

Bridge – Friday

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

Computer Club

The next meeting of The Trilogy Computer Club is Jan. 15 at 7 p.m. in the Diablo Ballroom at the Vista Club. Our guest speaker for the evening is Steve Hansen, a senior technical account manager for Microsoft. His topics will include a description of his job at Microsoft and several interesting insights into the company. This will be followed by a question and answer session. This is a "don't miss" meeting since we all use the Microsoft operating system.

To obtain information on computer-related topics, meetings, and other items of interest, visit the club website at www.tccrv.org. To become a member of the club, complete and print a copy of the application from the website and give it to any of the directors with the annual dues of \$12. You may also sign up at any meeting.

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

Dog Club

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

The number one priority for our club is to secure a location within Trilogy for a dog park. We will continue to work with the MA in pursuit of that goal. According to the recent Amenities Committee survey, 42.7% of respondents tell us that they would like to have a dog park. This is great news for our members and dog owners within the community. We have recently focused on raising funds to help with dog



park development costs. Our total membership is now at 161 households. We just completed our first raffle/membership drive. First prize was a \$100 gift certificate for Peter's Steakhouse. Second

prize was a \$25 gift certificate for Pets 4 All. Winners will be announced in the February article. Our first bake sale was a tremendous success. Special thanks to all of our members who baked hundreds of beautiful items and to all of you who purchased our baked goods. We are now looking forward to our very first Valentine's Brunch on Feb. 10. Look for our flyer in this issue. We hope you will join us. We are also planning a number of other events throughout the year. Further information will be provided in a future issue of *Trilogy Living*.

Our club is now in the process of sending out statements to our members for 2013 dues. The dues is \$10 per year. New this year is a free emergency window sticker to all paid members. The sticker is intended to provide contact information for a friend or neighbor who would be willing to take your pet in case of a medical emergency. If you would like to join our club, or register your dog with our lost and found dog database, contact Karen Bereta at (3505).

Fishing Club

Happy New Year! Our next meeting is Monday, Jan. 21 in the Marina Room at the Delta Club. We will discuss a lot of new programs for 2013 including the details of a proposed trip to Alaska for king and silver salmon, halibut, and lingcod. We will also prep for our club activity videos on the big screen in the Diablo Ballroom at the Vista Club. Please make an effort to attend the meeting. Everyone 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

The Genealogy Club and Workshop had a great 2012 with the addition of new members, new information packets for beginners and field trips. We're having a wonderful time and look forward to 2013.

We recently made a research trip to the Family History Center in Oakland. Another member recently visited the Archives in Sacramento. The Root Cellar, another research library, will be on our field trip list for 2013.

Researcher Darrell Groves, who works with Find-A-Grave,



just recently shared a great way to read those very old head stones: spray with shave cream and lightly wipe off. When the cream starts to rise in the crevices, reading the stone becomes easier.

Rhoda has given us another great web site, Strictly by Name. They provide public domain records. If the records are hard to read, they transcribe and provide both the transcription and original. Another member is working on her dad's military records for WW II. His personnel records were destroyed in a fire in 1973 and the transport troop ship documents were destroyed in 1951 by the federal government. This limits her options, but she does have one last hope after learning that returning veterans were required to check in with the county where they were living and show their discharge papers.

Another member continues to search for her grandfather who seems to have disappeared around 1941 at the beginning of WW II. Seems grandpa wasn't a naturalized citizen and living in the U.S. at a time when he could have been considered as part of the "enemy alien" round-up. Her next move may include searching the Italian American Internment camps in California 1941 - 1944.

The Genealogy Club is open to all residents of Trilogy. There is no membership fee. The club meets the first Thursday of the month at 2 p.m. in the Vista Club Monterey Room. For more information, contact Rhoda at (754)2. The Genealogy Workshop, held on the third Thursday of each month, welcomes beginners. Meet us in the Vista Club Computer Room at 2 p.m. For more information, contact Carolyn Bridges at wncbridges@comcast.net.

Good Samaritans

Have a Blessed New Year!



Let's begin this year on a positive note by thanking our community for sharing the Christmas spirit. On Dec. 1, the Trilogy community began with the Christmas

tree decorating and invited Friendship Baptist Church Choir from Vallejo to bless us with beautiful Christmas and gospel music. Next year, the Good Samaritans would like to provide light refreshments for the visiting choir. On Sunday, Dec. 2, we also enjoyed the tree lighting ceremony and Christmas music by the Delta Breeze,

Delta Harmony, and Trilogy Jazz Band. On Dec. 14, the Good Samaritans participated in their second annual outreach ministry by bringing Christmas joy to the local care homes in Rio Vista. We provided Christmas joy with prayers, songs, gifts and fellowship. On Dec. 20, the Good Samaritans family taught about the meaning of Christmas before their annual Christmas luncheon.

The Good Samaritans New Year's Bible study schedule will remain the same this year, taking place Thursdays at 1 p.m. at the Delta Club Marina Room.

The Good Samaritans main goals are:

1. Teaching the word of God from the Holy Bible.
2. Fellowship with one another.
3. Uplifting one another through hard times and good times.
4. Visiting the sick and shut-in.
5. Welcoming guest speakers to discuss topics from the Bible.
6. Giving away emergency food.
7. Reaching out to those in need in our community.
8. Continuing outreach ministry.
9. Planning special events.
10. Living by the word of God.
11. Praying for one another.

The Good Samaritans base their Bible study according to the word of God. We bring your attention to Luke 2:6-14.

Scripture of the month: James 2:8-10

Hispanic Club

Feliz Año Nuevo, Salud, Paz y Prosperidad to all of you members and non-members of our newly formed Hispanic Club. Note: the name may change soon because of limitations with the IRS allocated identification number for our club. Those records will indicate that the Spanish Club of Trilogy at Rio Vista is a social club and thus not subject to tax consequences...God willing! We have that number now and we have opened an account with the Bank of Rio Vista.

Our first annual holiday gathering was held on December 12 and 20 people participated. For a club as young as ours, that's an awesome number. Details of our gathering will be shared in the next issue of Trilogy Living.

A reminder: dues is payable now. We respectfully suggest that you pay them as soon as possible and definitely before Jan. 31. Annual dues is \$12 for singles and \$20 per couple. Remember, too, that you do not need to speak



Spanish to belong, only to like the incredible and varied Spanish culture around us. Please make your check out to SCTRV and hand it to any of the board members or mail it to Treasurer Mirna Meza, Spanish Club Trilogy at Rio Vista, 579 Aurora Way. You may call her at 624-6264.

The board is working on setting up a calendar and is taking into consideration the wishes of the members who responded to the survey. It seems that the best day is a Friday afternoon. We will email the calendar to all members as soon as it is finished. The board is also requesting volunteers to chair the following sub-committees: Social/Cultural and Membership/Publicity. If you are interested in any of these activities, or have any questions, contact any board member:

Ricky Martinez (President) 209-552-9131,
email: ricky5529131@yahoo.com

Ada Parrales Stack (Vice-President) (3406),
email: chana1447@comcast.net

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

Mirna Meza (Treasurer), 707-624 6264,
email: mirna_meza@live.com

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

In the meantime, we hope you had a Merry Christmas and stay healthy, happy and stress-free.

Motorcycle Club

The Trilogy Motorcycle Club riders meet the first Saturday of every month for an all-day ride. The Dec. 1 ride was somewhat under-attended due to the threat of rain. We had a small turn-out of coffee drinkers and only two determined riders ready to brave the elements. John Oakley and Wil Bridges donned Frog Togs rain gear and headed down Hwy 160 through Brentwood to Vasco Road and Livermore. The destination was Half Moon Bay with thoughts of a Peet's coffee break and scoring some feisty Dungeness crabs in the marina. There were several boats selling the critters in the 2 1/2 pound range and at only \$5 dollars a pound. The return trip took us north on Hwy 1 to Pacifica with a stop at the pier for a bowl of savory hot clam chowder. John got several good photos of the waves breaking under the pier and touching the bottom side; pretty hefty surf! Continuing north on Hwy 1 took us through San Francisco on 19th Ave. and across the Golden Gate Bridge. The weather was overcast



throughout the ride but the views at the bridge were still quite spectacular. The run up Hwy 101 to Hwy 37 and over to Interstate 80 was a nice lazy cruise and ended with a stretch break and coffee stop in Suisun. All in all, it was a nice day with only a couple minutes of misting rain, but with all the sights and smells of winter season riding.

The club Christmas Party was on Dec. 7 at the Delta Club with about 26 riders and spouses. We had a nice selection of entrees, hors d'oeuvre, desserts, wine and other spirits. John Oakley did a great job of making a full year slide show with accompanying music for the group's enjoyment as well as providing everyone a copy.

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

Nature Club

The Nature Club's trip to Staten Island to see the cranes, swans, geese and ducks fly in at dusk was enjoyable to everyone. We are planning more outings to this awesome winter migration that has been going on for millions of years here in the Central Valley. Every time we go to the "fly in" we have a different experience. The future dates will be determined based on weather conditions. Interested residents should send in their email address so we can send out an email announcement as we identify dates. We are looking forward to more great birding and nature outings. For more information, or to be added to the e-blasts, email ghbedinger@yahoo.com. Our Nature Club meeting is Wednesday, Jan. 9, 6:30 p.m. in the Monterey Room, Vista Club. Hope to see you there!



Photography Club



Photo by Jerome Larson

Trilogy residents, whether hobbyists or professional photographers, are welcome to attend the Photography Club meetings and join the club. Meetings are on the first Thursday of the month in the Monterey Room at the Vista Club. Meetings start at 7 p.m. and run approximately until 8:30 p.m. There are no member-

ship fees required; merely enjoy the opportunity to gain new information that will lead to enhancement of your images. For information, contact Richard Freeman at RJ-FREEM@frontiernet.net. Wishing all residents a happy, healthy, and successful New Year!

Recipe Club



Recipe Club at Domaine Carneros.

We send kudos to Ann Ausich for hosting the appetizer party in November and Irene Piskura for hosting the cookie exchange in December. Thank you both for your generous hospitality; we all had a wonderful time.

Here we are at the beginning of a new year where we are featuring healthy eating for the Tuesday, Jan. 8 meeting at noon. Our chefs for the month are Tess Felte, Patty Kohn, Sandy Price, and Carol Yoon.

The Recipe Club is open to all residents. If you enjoy cooking and sharing recipes, feel free to join us. We meet at noon the second Tuesday of each month in the Delta Club. If you have questions, contact Patty LaFleur (3159).

Monthly tip: When recipes call for "dry" red or white wine, what does that mean? In wine terminology, dry is the opposite of sweet. Dry wines such as pinot noir, merlot and chardonnay are best for cooking; sweet kinds such as white zinfandel, sweet Riesling and moscato are too sugary for most savory recipes, but sweet wines can be used for desserts. When buying wine for cooking, choose a bottle that's not too expensive but that you'd be happy to drink. You'll probably use only a few splashes in your dish and end up drinking the rest. Avoid supermarket cooking wine—it's full of salt and preservatives. If you prefer not to cook with wine but your recipe calls for a small amount (in a sauce, for example), use a touch of wine vinegar diluted with water instead.

Rio Vista Roamers RV Club

We celebrated a Thanksgiving turkey dinner with all the fixin's on Nov. 10. Jan and Gene Vick were our hosts and we thank them. New prospective members attended and two couples joined our group. Welcome! Our holiday dinner was at the Nines on Dec. 6. Pat and Leonard Roberts were our hosts. The evening started with a no host bar at 5 p.m. followed by dinner for 38. We will fill in the details next month.

Our New Year starts each year on Jan. 15 with Chinese food at Tao San Jin. Katie and Bob Emler (6312) are our hosts and need your money, \$17.60 per person, by January 10.

Peters in Isleton is on the agenda for Feb. 12. Nancy and Tom Shirley (5229) are our hosts. The price will be \$17 per person, due by Jan. 17, and will include tax and tip. The menu is salad, soft drink, and your choice of prime rib sandwich, chicken sandwich, or fish and chips.

On a sad note, we lost Sterling LaRue and Vivian Pasterno. However, our potlucks and dinners are a great way for past members and future members to join us and we would love your company. We are a fun loving group and the first outing is a chance to see if you would like to join our club. For more information, contact Sandra Santos (3538) or Doyle Ellington (5276).

Men's Executive Nine

We hope that all our members had a wonderful holiday season and are anticipating an excellent golf year ahead.

Our tournament director has developed our tournament schedule for this New Year. Based on member feedback, many of the formats will be returning. Some have been modified and new formats have been added. Once again, our club will have home and away tournaments with the Brentwood Rough Riders. Our club holds a general membership meeting once a quarter, normally after one of our shotgun tournaments. These meeting dates are included



on the tournament calendar. Pick up your copy of the full tournament schedule and plan your playing dates accordingly. For easy reference, a copy of the schedule is always posted on our club bulletin board.

The tournament results for November included the Nov. 13 average net score, which was won by the team of Bud Brock, Jack Phifer, Jim McDermott, and Greg Szody. The Nov. 27 Eliminator Tournament was won by the team of Harold Rowe, Larry Stover, George Aquino and Don Ballard. Congratulations to the winners and thanks to everyone who participated.

Hopefully everyone has renewed their membership by now. However, it's not too late to join. If you are interested in joining our 9-hole golf club, pick up an application form in the posting room or contact membership chairman Dick Talbott at 225-0077.

Senior Men's Golf Club



Ron Chalmers, President

"When the rain came, I thought you'd leave, 'cause I knew how much you loved the sun, but you chose to stay, stay and keep me warm, through the darkest nights I've ever known..."

The rain came in November and washed away our event on Nov. 28. We hope we salvaged December, especially the scheduled Dec. 13 outing at Mare Island organized by Ken Higaki. Thanks, Ken, for your hard work in 2012!

The New Year means renewal, and nothing says renewal better than new members. Welcome to new members John Askin, Thomas Barnes, Hugh Denton, Dale Moore, Bill Pierce, and Larry Stover. We look forward to meeting and playing with you. Be sure to join old members for a Member Appreciation Day gathering following a non-competitive straight golf outing on Wednesday, Jan. 9. The social event will feature complimentary refreshments and an update on the activities of the golf course purchase Feasibility Committee by its vice-chairman and our club president, Ron Chalmers. We will also have an opportunity for open discussion about the Club's 2013 activities.

The four other January events include a 2-Man Scramble on Jan. 2, a 4-Man Texas Bramble on January 16, a 6-6-6 Best two balls on Jan. 23, and a 3 Little Pigs ABCD 4-Man

team on Jan. 30. These are fine examples of the fascinating events from the cookbook of our Tournament Director, Joe Devilbiss. (Four more years!) Ad Hoc for 2013 begins on Wednesday, Feb. 6.

Membership is always open season; contact our Membership Director, Ray Ulmonen at (4070) or rayauu@gmail.com. The general membership meeting is held on the third Thursday of each month (Jan. 17) at 4 p.m. in the main meeting room of the Delta Club. A report by both the Board of Directors and the golf course precede a monthly raffle. Attend and support your club.

Note: the first reader to identify the name of the song at the beginning of this story, as well as the singer, the year of production and the two song writers, without using the Internet (honor system) gets recognition on Jan. 9. For more information, contact jimnash@fastmail.fm.

Stroke, Head & Brain Injury Club

Happy New Year!! Our first year was very successful and we have a wonderful group of members. Nevertheless, we are always hoping to increase our membership.

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 person's situation. Since individuals who experience these conditions can suffer from feeling alone, helpless, and/or impaired by physical and/or emotional limitations, the support that we 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 as well. If you or someone in your family has had a stroke, any kind of brain malfunction, and/or dementia, and would like to join, contact Dr. Cheryl Bellrose (6619). We also 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. However, due to the New Year's holiday, our next meeting is the following Tuesday on January 8. Please join us.



Supper Club

Happy New Year everyone! We hope this year will be just as entertaining as 2012. Last year, our members enjoyed a variety of cuisines and had the opportunity to meet our newest participants.

If you are interested in joining, Supper Club meets every other month from February through October in each other's homes for exquisite 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.

Note: 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 the friendship provided by our members.

If you are interested in becoming a member, contact either Maureen Gingrass (3803) or Cheryl Bellrose (6619). Contact us early this month if you want to join so we can schedule you for the February dinners. We'd love to have you join.

Table Tennis Club

Happy New Year everyone! Our new board was elected at the general meeting on Nov. 15. Results of the election were posted on the website, but we have posted them below for those of you who are not able to see them via computer:

President, Larry Mork
Vice President, Ricky Martinez
Secretary, Kim Russell
Treasurer, Vicky Riddle
Tournament Director, Michael Mahrous.

We are all so grateful for the job that the outgoing board did during this past year. There were many accomplishments due to their efforts including a new table, tournaments with outside clubs, increased membership, and great social gatherings thanks to Social Chair Ruth Barnes assisted by Sandy Mariant. The outgoing board was recognized during our holiday dinner held on Dec. 15. We had about forty people attend for a buffet dinner consisting of chicken Marsala and salmon, veggies, potatoes, and dessert. We hope to post some of the pictures on our website. You may also want to check out the website for weekly updates of play times at the Delta Club as well as calendar revisions and upcoming events. Check us out at <http://trvtt.wordpress.com>. If you would rather use

MyTrilogyLife.com, click "clubs," then click the hyperlink to our website. Some of the website's content is password protected and only available to members, so that is your opportunity to become one! Join us for fun and exercise. We will continue to update the MyTrilogyLife/Clubs section thanks to the cooperation of Celine Todd.

For more information, contact Larry Mork President (3389); Ricky Martinez, Vice-President (209 552 9131); Vicky Riddle, Treasurer (Publicity) (3684), Kim Russell, Secretary (2046); Michael Mahrous (3216).

Tennis Club

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

For those of you who have played in the past or those of you who have never played, now is the time to come out and make a commitment to start playing in 2013. We will help you to reach the level that you want to get to. Just make the decision to play on a regular basis. If you want to join the tennis club, that is great, but it is not a requirement. We want to encourage our Trilogy Members to be more involved in playing tennis. It is great exercise, it can be as competitive as you want it to be, and it opens up new friendships with some really nice people.

We hope that you will join us in 2013 for a great year of tennis. For more information about our club, contact Wally Beckman at beckmanwally@hotmail.com.

Whist Club

Happy New Year, everyone! Our Martin Luther King Celebration is on Jan. 21 at 2 p.m. Everyone is invited. Our guest speaker is Dr. Terence Elliott. If anyone is interested in helping with our planning, please join us. Call Jean Robertson and she will give you our dates.

The club gathers once each month, usually on the third Friday at 7 p.m. at the Delta Club. Check the monthly *Trilogy Living* for date/time changes.

Other games are available for those not interested in



playing cards, including dominoes, backgammon, and checkers. Those who have other board or table game preferences may also share (e.g. Scrabble and Monopoly are encouraged). We also welcome those who just want to socialize.

The Trilogy Whist Club is the vehicle through which other cultural activities have been organized, to which the entire Trilogy community and their families are invited. The next event is Black History Month. This event is Feb. 9 from 2 p.m. – 6 p.m. All events are intended to be educational, informative, and fun. For more information, contact Madalene Turner (3361) or Jean Robertson (0086).

Women's 9-Holers

We meet at The Nines every Tuesday at 9 a.m. for a 9:30 a.m. tee time. Sign-up sheet is picked up on Sunday at noon. If you need to cancel call Ruth Almgren 507-5244 Tournament Chairman, or Karen Adams at (4610) or the Pro Shop (2900).

Tuesday Play Day Results:

Nov. 6, 2012: Chip-ins: Nancy G., #12, Barb D., #15, Pars: Billie R., # 17 and Nancy W., #13. What a day. Whew!

Nov. 13, 2012: Low Putts Winner - Georgette R., with 14 Putts. Wow. Second Place with 16 Putts: Judy R. Third Place with 17 Putts: Fran S. and Barb Downs. Pars #5 were Georgette R., and Maureen. Great job.

Nov. 20, 2012: Hosted The Ladies 18 Holes. First Place: Marilyn Rogers, Ulla Ulmonen, Jeanie Renner. Second Place: Anna Bogucki, Judy Zelmar, Judy Rumble. Third Place: Gaye Fortier, Linda Barlesi, Blaine Folz, Barbara Downs. A big congratulations to all our ladies.

Nov. 27, 2012: Chip-ins: Jeanie R., #10 Eila B., #15 Congratulations Ladies. Pars: Karen N., #17 Ingrid C., #15. Well done. Birdie: Nancy W., #13. Wow and wow.

Great golfing.

If you would like to join the Women's 9-Holer's, please call Georgette Rodriguez, Membership Chairman at 2683.

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ANNOUNCEMENTS

Gambling Trip

Feather Falls Casino Friday March 1, 2013, 11:30 a.m. to 3:30 p.m.
Depart Trilogy 9 a.m. for 4 hour stay.
Cost \$28. Bonus play \$12, Food \$3.
Contact Carmen Martinez (3259).

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energy model Nexxt ELX. (2643)

Water Filtration

Brand new reverse osmosis water
filtration under the sink system plus
one year replacement filter pack
with active carbon absorption treat
3 kinds of contaminants (2643).

SERVICES

Airport Transportation

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

Alterations & Custom Sewing

Clothing, Home Decorating, Private
Sewing Lessons and/or Coaching
for your problem projects.
Experienced! References. Bonnie
Bowen 322-5875 or 812-7874.



SERVICES

Appliance Repair

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

Assistance w/ Heavy Lifting

When you need an extra pair of strong arms for projects such as rotating mattresses, hanging holiday lights, we can help. We are experienced, reliable, motivated and properly equipped. No job too small. For hire with or without truck. Call 707-410-7070.

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).

Auto/Home Detailing

Star Shine Mobile Detailing is now providing auto, motorcycle, boat, RV and upholstery detailing. Also offering home driveway pressure washing services to Trilogy residents 410-7070.

Carpet and Upholstery Cleaning

B&B Carpet and Upholstery Cleaning. Trilogy resident will clean carpets and upholstery in your home, mobile home, RV, boat, or car. Home carpets: \$30 per room, \$15 per hall. For the best service, call Bill (6125) or cell (707) 718-4994.

Carwash

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

Cleaning

By Fluff & Buff. Reliable, trustworthy house cleaning. Several years in Rio Vista. Excellent references. Bonded, Licensed. Flexible: move-ins/outs; weekly, bi-weekly, monthly, etc. Kali 925-451-9655 anytime.

SERVICES

Cleaning

House cleaning with an expert eye to details. We offer one-time cleaning, budget cleaning and full service cleaning. Moving in & out cleaning & special projects also available. All work satisfaction guaranteed. Twelve year resident. Call Nita 315-6670.

Clock Repair

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

Computer Assistance

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

Computer Doctor

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

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, all interior trim, front door installation. Trilogy Resident. Free estimate. Call Bob (4902).

SERVICES

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).

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! 7 year resident/ references. Dominic 322-9476

Errands/ Transportation

Your car: \$15 per hour, one hour minimum in town and two hour minimum out of town. Call Brenda (5455) or cell 707-816-0964 tmbweed5000@aol.com

Faux Finishing @ Its Best

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

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.



SERVICES

Guitar Lessons

Beginning guitar, baritone ukulele lessons starting September 5. All ages. Call Zoe (3676).

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).

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).

Housecleaning

Sit back & relax. Leave the cleaning to me. (4902).

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! 7 year resident/ references. Dominic 322-9476

Income Tax Preparation

Notary Public Services; Individual and Corporate Income Tax Preparation. Reasonable prices. Trilogy resident Jim Castress (3590). CTEC Registered #A141120.

SERVICES

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

For male or female. We are sensitive, caring, discreet and dependable! We are Trilogy residents with 8 years combined experience and would like to assist you too. 12 year resident. Call Nita 315-6670.

Landscape & Design

Happy Holidays to all. Please know that your landscape needs are available year round. Many thanks to: Gwen, Maggi, Irene (Pam) and Collette for allowing me to serve you. Jim 925-260-5780 www.GotGilly.com

Mobile Notary Services

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

Moving Help

Moving? Need help? Call us. Reliable, experienced, affordable. In Trilogy/Rio Vista or anywhere in Northern California. Brandon 707-410-7070.

Notary Public

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

Notary

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

Notary to Go

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

SERVICES

Knife Sharpening

O So Sharp—A Knife & Scissor & Gardening Tool Sharpening service has come to Trilogy. I can do European/American blades, Asian blades and serrated blades, Kitchen & Sewing Scissors. Call (3663) & ask for Rich G. 556 Birch Ridge Dr.

Personal Organization

Haven't seen the top of your desk lately? Can't close the closet door anymore? Let ClutterNOT help you make the "hard decisions" of what to keep and what to donate or discard. Experienced, confidential and sensitive de-cluttering. References available. Trilogy resident, Carol Kern, 925-286-2398 or www.clutternot.com for free consultation.

Pet Care

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

Pet Care

Loving care for your pet while you are away. Includes walking, feeding, mail brought in, garbage out, etc. Call Trilogy resident Andrea 831-278-1173.

Pet Care

Kitty care services while you are away. Includes feline's play, feed, meds, clean litter, trash out/in, newspapers, mail, and water plants. Call Mimi (4343) or cell 707-567-5910. Since 2007.

Pet Care

Pet Sitting for Trilogy residents since 2007. Lovingly care for your pet and tend to basic home care when you're away. Not taking new dogs at this time. References. Kathleen Montemayor (4750). Email: kamont1953@yahoo.com



SERVICES

Rain Gutters Cleaned

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

Roll out Shelves

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

Sliding Door and 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).

SERVICES

Spiritual Direction

Do you want to discover and nurture your own spiritual path? With a post-graduate education in Counseling Psychology, a Masters Degree in Theology, and certification as a Spiritual Director, I can guide you on that path. I offer Spiritual Direction from an interfaith perspective. There are many more ways of experiencing the Sacred than can ever be disclosed within any one religion. It's not about correct doctrine or orthodox belief; it's about nourishing that relationship with the Sacred that's already within you. Call Doug (5993)

Streaming Video

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

SERVICES

Transportation

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

Window Cleaning

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

VACATION RENTAL

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

ADVERTISING INFORMATION

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

REGULAR SIZES AND RATES:

• NEW: 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:

• NEW: 1/4 page ad Inside Front or Back Cover	\$185/month	
• NEW: 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. Additional fees will apply for design, scanning, and edits.



“Time you enjoy wasting is not wasted time”

— JOHN LENNON



Safely Somewhere

Emeritus Senior Living's commitment is to ensure all seniors are safely somewhere.

EMERITUS SENIOR LIVING

We understand that each senior's circumstances can be unique. Whether it's assisted living, independent living, homecare or adult day care, we promise to find the best solution for each individual, even if an Emeritus community is not the best fit.

As part of our commitment, Emeritus partners with other local senior providers and organizations to find the safest place to call home.

Call us today to learn more about our Safely Somewhere commitment and to help us ensure that all seniors are safely somewhere.

Our Family is Committed to Yours.®



EMERITUS
— at Rancho Solano —

(877) 404-0319

**Join our Alzheimer's Support Group every
3rd Tuesday of the month at 6:00pm. Next
meeting is Tuesday, January 15th.**

• *Voted 2012 #1 Senior Living
Community in Solano County* •

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

Lic. #486801162

