

# Trilogy Living



Photo of Dick Lyon as "Uncle Sam"  
by Richard Draper & Robert Burns

## 4th of July

Ice cream, hot dogs, parades, oh my! Come out for the fun from 10:30 a.m. – 2:30 p.m. as people show off their creative sides in the parade and enjoy music wafting through the air at the pool.

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## *From the Master Association*

### **Thomas Moore**

*Vice President*

#### **The following actions were taken resulting from the Executive Board Meeting held prior to the regular Board meeting on Tuesday, June 11, 2013:**

- Following the recommendation of the Adult Committee, the Board is pleased to appoint Harish Chinai to the Adult Committee.
- The City of Rio Vista is forming a committee to work on the future of the Lighting and Landscape District (LLD) that supports the grounds just outside the boundaries of Trilogy. The City has requested that Trilogy appoint three representatives to that committee and applications were solicited.

To that end, the Board is pleased to announce the appointment of Melissa Coleman as the first Trilogy representative to the LLD Committee. There are still two more committee openings available. The Board encourages members to apply at the HOA office to be Trilogy representatives and join Melissa on this important committee.

#### **The Master Association Board of Directors meeting was held in the Diablo Ballroom of the Vista Club on Tuesday, June 11, 2013.**

- President Oglove was not present and Thomas Moore, Vice President, chaired the meeting.
- Because of the particularly light agenda for June's Master Association Meeting, the only action taken by the Board were the announcement of the appointments of Harish Chinai and Melissa Coleman to committee positions.

#### **The next Master Meeting is July 9, 2013 at 2 p.m. at the Vista Club.**

## **TRILOGY AT RIO VISTA**

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

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

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

#### **District Delegates**

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

#### **Committee Chairs**

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

#### **Village Board Presidents**

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

#### **Association Administration**

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

#### **Club Numbers**

**Vista:** Front Desk (4200) Fax (4210)  
**Delta:** Admin Office (4843) Fax (4891)

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

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

#### **Commercial Advertising Manager**

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## From the Editor



### Andrea Stuart

If you've been thinking about joining a group in Trilogy, summer is the perfect time. Whether you're seeking physical activity, brain activity, arts and crafts, connections with animals, spiritual

enlightenment, aural stimulation, or support for yourself or someone you know, Trilogy has over 100 groups and clubs to satisfy any social hunger. Flip the pages to read about what each group is planning for the coming months and find one that fits you. Turn to the community section of *Trilogy Living* to learn about newly forming groups and community activities.

Right now, Trilogy is gearing up for its annual Fourth of July celebration. Complete with a parade, food, and various entertainers, the event is fun for the whole family. Invite your children and grandchildren for the fun!

#### Attention Shutterbugs!

There's so much taking place in Trilogy we simply can't cover it all. Help us out by sharing your photos with us!

Trilogy Living enjoys highlighting all the different people, groups, and activities taking place on the premises. If you attend any events, whether they are private club events or Trilogy activities, email your high resolution photos (300 dpi+) to [stuarttrv@gmail.com](mailto:stuarttrv@gmail.com) for consideration to appear in the publication or on the cover. Include your name for photo credit.

Now, get out there, Trilogy! There's fun to capture!



**From the Board of Directors:** The publisher retains the right to edit articles and advertising to conform to content and space requirements. The Trilogy Board of Directors is not responsible for expressed opinions or for the authenticity of all presented facts in articles and advertisements. Viewpoints contained in this newsletter are not necessarily the opinions of the Trilogy at Rio Vista Master Association, the Board of Directors, its officers, or management.

## From the Activities Director



### Debbie Dorn

Here's a *Call To Action* for you, Trilogy. We are seeking help from photo collectors! We do not have photos of Trilogy or Club events during March through May for the

Rotunda slideshows. If you have snapped any photos from events during that period, please drop those off on CD or camera chip for the activities department. Leave them with Member Services at the Vista Club. Include the event and your contact information and I will see that pictures are returned.

Come celebrate the Fourth of July with us! Make note of other upcoming events on your calendars as well!

- 7/04 *Holiday: Independence Day*
- 7/04 Trilogy Celebrating Fourth of July
- 7/07 Farmer's Market
- 7/11 Blood Pressure Check
- 7/14 Trilogy Jazz Band ~ The Dance Club
- 7/26 Comedy Night "The Feeling Good Show"
- 7/26 Bingo
- 7/27 Garden Railroad Steam Up ~ Model Club
- 7/27 Concert on the Patio ~ Soul Line Dancers & Zydeco
- 7/29 Driver Safety Refresher Course ~ Glen King

#### Get Ready . . .

- 8/03 & 8/04 Juried Art Show ~ TAG
- 8/04 Farmer's Market

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

#### Member Services Number Change

Please update your phone lists and programmed fax machines to the new Vista Club fax number:  
(707) 374-4210

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





## Trilogy Celebrates 4th of July ~ Free Admission

*Presented by Trilogy and Villages Oakmont, Olympic, Saddle Rock and Riviera Kare Bears*

Gather friends and family for a grand celebration of America's birthday! We celebrate the Fourth of July because that is our Independence Day. It marks the date when our founding fathers signed the Declaration of Independence and announced their secession from Britain. It is a shining day in our history that deserves to be remembered. Join us at the Delta Club for the party.

- Parade Around Summerset Drive
- Hot Dogs & Ice Cream Social
- Entertainment Variety

Sign-up forms for parade entries and for the Hot Dogs and Ice Cream Social were inserted with June's *Trilogy Living*. Additional forms are available at the Vista Club or Box 8 at the Delta Club. Mark the form if you would like to lend a hand with this special occasion. It's fun! Deliver your entry/order form before July 1st with attached check to Box 8 found in the hall at the Delta Club. Call Member Services (4200) or Debbie (4204) with questions.

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

Sunday, July 7, 10 a.m. – 3 p.m. – Delta Club ~ Free



Stock up at the next Farmer's Market at Trilogy! Bring your neighbors and support locally grown fresh fruits and vegetables from our own Trilogy Farmer's Market. Petrill's Produce Farmer's Market provides wonderful produce and other specialties. It's easy to keep a fresh supply of fruits, vegetables and specialties on hand without leaving Trilogy.

## Grapevine Chat!

Tuesday, July 9, 6 p.m. and July 23, 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? 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.

## Blood Pressure Check ~ Free

Thursday, July 11, 9 – 10 a.m., Library Delta Club

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

## Computer Class: Photo Processing ~ Advanced

Tuesday, July 23, & 10 a.m. - 12:30 p.m. & 12:30 – 2 p.m.  
Learning Center Vista Club ~ \$7

Michael Bouyer has led a unique series of classes working with photos from beginning to advanced level. Instruction was provided on how to download, resize, crop, and transfer, as well as more advanced editing developments for making scrapbooks or other projects. Sign up at Member Services for this Advanced Class. \*Prerequisite: Beginning & Intermediate Class Completion.

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

Friday, July 26, 9 a.m. – 1 p.m.  
Diablo Ballroom Vista Club ~ \$60

It is good to know how to help someone in trouble, whether it is your spouse or grandchild. The class provides a two-year certification in CPR/AED & First Aid at a great value. Space is limited. Sign up with Member Services at the Vista Club prior to July 19. If you have questions, please contact Anna Chunn (3560).

## Comedy, Storytelling, Music & Broadway Fun!

Friday, July 26, 7 p.m., Diablo Ballroom, Vista Club ~ \$10

During the show, you will get to meet Joe's relatives like: Hilder Builden, Pastor Peterson, Elsie Nelson, Tillie Tol-



lufson and little Jimmy Jorgenson. Joe has professionally entertained audiences with musical-review groups and his own night club act of Broadway show tunes and character comedy for over 25 years. Joe has had a career in broadcasting, including experience as an announcer, newscaster, program director and radio entertainer. This background, together with his growing up in a Norwegian community in the Midwest, makes him an exceptional Scandinavian storyteller. So get ready to sing along, laugh along, clap along, dance along, or just sit back and enjoy as Joseph Hanson Jr. presents "The Feeling Good Show!" Bring your favorite food and beverage to enjoy during the performance. Sign up at Member Services.

## Concert on the Patio ~ Andre Thierry & Zydeco Magic

Saturday, July 27, 5:30 – 8:30 p.m., Vista Patio ~ \$10



Trilogy's Soul Line Dancers are proud to bring back Andre Thierry and Zydeco Magic! Join us for an evening of ZYDECO excitement as the magical sounds from these musicians keep us on the dance floor.

These entertainers will grab your attention and serve up a supreme musical experience that will captivate your soul. Bring your friends, snacks, and favorite beverage. Don't forget your lawn chair and wear your dancing shoes! Sign up at Member Services and for more information contact Jean Robertson (0086).

## AARP Drivers Safety Refresher Course

Monday, July 29, 4 – 8:30 p.m., Sonoma Room, Vista Club  
\$12 for AARP members, \$14 for non-members

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

- Tune up your driving skills and update your knowledge of the rules of the road.
- Learn about normal age-related physical changes, and how to adjust your driving to allow for these changes.

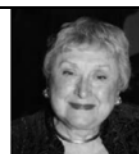
- Reduce your traffic violations, crashes and chances for injuries.
- Qualify for a possible auto insurance premium reduction or discount. Policies vary, so please consult your insurance agent.

Trilogy resident Glen King is offering this course. Prerequisite: You must have taken the 8-hour course within the last four years. To register, contact Glen (3342) or grk59@frontiernet.net.

## Concert on the Patio ~ The Best of Solid Gold

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

Great entertainment, dancing, and celebration! Trilogy's own Solid Gold will perform the music we grew up with from the '50s, '60s, '70s and '80's in their signature four-part vocal harmony! The group has entertained for a variety of functions and is available for corporate, family, and private events. Bring family, friends, outdoor attire, a comfortable chair and favorite provisions for this performance! Sales are limited. Sign up now at Member Services, Vista Club.



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Joe has also had a career in broadcasting, including experience as an announcer, newscaster, program director and radio entertainer. This background, together with his growing up in a Norwegian community in the Midwest, makes him an exceptional Scandinavian story teller. During the show, you will get to meet Joe's relatives like: Hilder Builden, Pastor Peterson, Elsie Nelson, Tillie Tollufson and little Jimmy Jorgenson. Joe has professionally entertained audiences with musical review groups and his own night club act of Broadway show tunes and character comedy for over 25 years. So get ready to sing along, laugh along, clap along, dance along, or just sit back and enjoy as Joseph Hanson Jr. presents "The Feeling Good Show!"

***Friday, July 26 At 7 p.m.***

***Diablo Ballroom \$10***

**Bring your favorite beverage and snacks for an enjoyably entertaining show!**



## Assessment Notice

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

### Assessments for the month:

**Master Association \$120.00**

**Master Association \$80.39**

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

**Village I \$4.50**

**Village Oakmont \$4.50**

**Olympic Village \*\$5.00**

**Village Riviera \$5.00**

**Saddle Rock Village \$0**

(None until dormancy ends)

**\* Changes in assessments  
effective July 1st.**

**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.

**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.

**Electronic Communication** – 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 allow you to receive 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 deliver by electronic methods.

## Riviera Board News

We received a wonderful response to our request for homeowners who are interested in serving on the Village Riviera Board or the Riviera Architectural Review Committee ("ARC") as appointees to fill vacant positions. The board is in the process of interviewing those folks. The new board member and member of the ARC will be announced in the August issue of *Trilogy Living*.

Please join us at that meeting to hear the latest issues in Riviera, as well as to get a preview of what the Master Board will discuss the following week. The August meeting is Thursday, August 1, at 6:30 p.m. in the Delta Club. Meet our new board member. Meanwhile, if you have any questions, call Don Seyk (6407).

## Saddle Rock Board News

The Saddle Rock Village Board of Directors met May 15. The possible acquisition of the golf course was addressed by the delegate, Roger Kohn, and Ed Vitrano, General Manager. In addition to golf course discussion, residents expressed concern about cracks in the streets. We were informed that the cracks would be filled and the street seal coated by Shea prior to turning the street over to the Homeowners Association.

The management report highlighted the actions taken at the most recent Master Board Association meeting. There were no new violations reported and the six violations reported last month have been closed. Patty Kohn, President, reported that two applications had been received for the Architectural Committee. Subsequently, additional applications were received and interviews were held. The three people selected were appointed to the committee at the June meeting. Our next meeting will be July 17 at 6:30 p.m. in the Rio Vista Room of the Delta Club. The Residents' Club meeting will immediately follow. For more information, contact Patty Kohn (2737) or [pfkohn@gmail.com](mailto:pfkohn@gmail.com).





## Olympic Village

Preparations are still underway as this article is being written for OVRC's Famous Pasta Dinner on June 8. The evening is sure to be a great time thanks to the hard work of the cooks, Al and Rhoda Sabranti plus everyone who pitched in to decorate, serve and clean up. Watch for next month's *Trilogy Living* pictures for details and more thank yous to everyone who made it such a lovely evening.

Preparations are also underway for Trilogy's annual Fourth of July parade and we're still looking for more decorated golf cart contestants. The theme this year, "Trilogy Celebrating 4th of July," is a salute to everyone who makes this country great—our military heroes, police and fire first responders, teachers, medical workers, community leaders, volunteers, moms and dads, great neighbors. Look in the mirror; you are the ones who make this country great! Although not judged, individuals are encouraged to join in the parade fun walking, biking, skating, scooters or by another creative means! Come out and join the fun. Put your entry form in Box #8 at the Delta Club. Extra flyers are available at the Vista and Delta Clubs.

Our next OVRC meeting is July 17 from 7 – 9 p.m. in the Monterey Room at the Vista Club. Questions? Want to volunteer? Call Linda Jensen (5542). Have a great summer!

## Oakmont Village

We thank the Oakmont Village residents who brought their international foods to our June 9 Potluck. There were over 50 attendees on Sunday morning. We had food from France, Mexico, Italy, Scandinavia, Poland, Japan, and South America! It is such fun to try things we do not ordinarily cook or taste how others spice up dishes with which we are familiar. As you know already, we have great cooks residing in Trilogy. If you missed this event, treat your palates to some new taste sensations and put the International Potluck on your calendars for next year on June 8!

We are talking with Saddle Rock's Residents' Club representatives about joining together for a Halloween event around the end of October. More details will be available in the August *Trilogy Living*.

### Dates to remember:

**July 4** - Trilogy Fourth of July Parade and Celebration

**Aug. 7** - Social Committee Meeting at 3 p.m.

**Sept. 4** - Resident's Club Meeting followed by our Social Committee Meeting at 3p.m.

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**Friday August 23rd**  
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1000 Summerset Drive  
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Family and Friends Welcome





## Saddle Rock Village

Saddle Rock Village Residents' Club has a new mission: recycling! We are collecting bottles, cans and plastic with a CRV designation and turning them in for cash for the club. Your donations, in a bag or box, can be dropped off at 504 Three Rivers Way in the back of the white Ford pickup truck parked in the driveway. The recycling program will be ongoing, so stop by often. You don't need to live in Saddle Rock Village to take advantage of this program.

Don't miss the Ice Cream Social, sponsored by our Social Committee, at the Fourth of July Celebration. Ice cream and toppings will be served by our volunteers under the direction of the committee chairperson, Barbara Pope.

At our May meeting we discussed having a village outing. Suggestions included a ball game, Napa, San Francisco, Cache Creek, Delta Queen, Old Town Sacramento and others. We decided to survey residents to determine their interests. Respondents can send the completed survey to Patricia Hilaire at digarch@aol.com or drop it in Box #6 at the Delta Club.

The Welcome Committee, chaired by Harish Chinai, welcomed two new members: Reggie Sorbet and Rayno Niemi. They were immediately put to work dropping off our

welcome bags. Thanks to Shea for helping us identify our many new neighbors.

New officers were elected at our June meeting. Details to follow next month.

Our next meeting is July 17 in the Rio Vista Room at the Delta Club at 7 p.m., immediately following the Saddle Rock Village Board Meeting. All Saddle Rockers are welcome. Hope to see you there. For more information, contact Patty Kohn (2737) or (pfkohn@gmail.com).

## Village I

Please check your paper and/or electronic calendar to make sure that you marked it to remind yourself to attend the VORC quarterly membership meeting on Wednesday, July 10 at 7:30 p.m. in the River room at the Delta Club. If you haven't done so, do it right now! This is an important meeting to attend because we will be accepting nominations for candidates to fill all the board seats. This is a great time to get involved in the management and activities of VORC. Remember, this is your resident community social club, get involved and make it work for you. For more information, contact Joe Downes at (7520) or email josephdownes@citlink.net.

## Village Riviera

Summer 2013 is in full swing. The first half of the year was fun-filled with some great Village Riviera events. Everyone who attended the Soup Potluck, I Love New York Ladies Luncheon and the sixth annual Sock Hop had a great time. Now, it is time for the seventh annual Riviera Treasure Hunt on Saturday, July 13. This year, we are going western. The event is always full of surprises. Teams of three to five, some donned in costumes, gather for an afternoon of laughter, driving in golf carts or cars around Trilogy solving clues that will have you shaking your head in amazement. A delicious dinner catered by Chef George Burghardt follows the "Hunt."

In typical Riviera fashion, we have some other wonderful events coming up. Mark your calendars for our Bunco and Beans night on Sept. 7. It is always a lot of fun and full of excitement. After that we will have a Wine Event on Oct. 26. Then, there is the beautiful Black and White Holiday Affair on Dec. 14.

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

### Meeting Calendar

#### Master Board Meeting

Tuesday, July 9, at 2 p.m.  
Diablo Room at the Vista Club

#### Village 1 Board Meeting

Thursday, July 11, at 4 p.m.  
Marina Room at the Delta Club

#### Olympic Village Board Meeting

Thursday, July 11, at 6:30 p.m.  
Marina Room at the Delta Club

#### Saddle Rock Village Board Meeting

Wednesday, July 17, at 6:30 p.m.  
Rio Vista Room at the Delta Club

#### Village Oakmont Board Meeting

Thursday, July 18, at 7 p.m..  
Marina Room at the Delta Club

#### Access Committee Meeting

Monday, July 22, at 1 p.m.  
River Room at the Delta Club

#### Adult Committee

Thursday, July 25, at 1 p.m.  
Rio Vista Room at the Delta Club



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35612



By Kathy Erwin,  
Fitness & Spa Director

### Upcoming New Member Fitness Orientations:

Wednesday, July 3  
6 p.m.

Saturday, July 13  
11 a.m.

Saturday, July 27  
11 a.m.

## The Benefits of Water Aerobics



There is a misconception that water aerobics is only suitable for pregnant women and the elderly. But water aerobics is quite powerful, providing significant cardiovascular and strength-training benefits. This is a workout

that is appropriate for all ages and fitness levels, even for professional athletes who are cross-training. This summer, add to your land-based aerobics class with one in the water for a cool, intense workout! Indoor or outdoor classes are available. There are nine classes a week: seven mornings and two afternoons.

**Instructors: Kathy Erwin & Denise Rubiaco**

**Indoor or Outdoor Swimming Lessons available at Trilogy**



Personal Trainer Susan Prince  
with Client Cathy Carlin

## The Role of a Trilogy Personal Trainer

- Trilogy Personal trainers are responsible for applying fundamental exercise science and fitness program design principles for the achievement of health and fitness goals of clients and fitness enthusiasts in a one-on-one setting.
  - Personal trainers motivate and educate their clients, and other fitness enthusiasts, in an effort to improve levels of fitness and maintain enhanced health and well-being.
  - There are many reasons to hire a personal trainer. If you have a passion for healthy living and you want to reach fitness goals, then working one-on-one with one of our trainers just might be the perfect fit. In addition to teaching you about something that will impact your life, there are an incredible number of tangible and intangible physical & mental rewards a personal trainer can give you.
  - Our Personal Trainers work with the very fittest to post-rehab clients.
- Trilogy Personal Trainers are Susan Prince, Beverly Shilich and newcomer Joele Swift.**





## 8 reasons to book swimming lessons and learn to swim today!

*Instructor: Terry Kelly*



- 1) Swimming lessons, and ultimately being able to swim, bring many benefits such as feeling safe near water, enjoying being by the swimming pool and feeling confident enough to try other water activities and sports.
- 2) Many swimming pools like our Vista & Delta Clubs offer swimming lessons to grandchildren and adults of all ages. You will enjoy learning to swim and will experience a great sense of achievement as you progress from the first moments away from the side of the pool.
- 3) If you didn't have swimming lessons as a child, you may think that you have missed out on being able to swim, but this isn't the case. Swimming lessons aren't just for children. If you haven't swum for many years and you don't feel confident, consider organizing your own swimming lessons. Trilogy resident Fely Zapanta is enjoying learning to swim for the first time in her 80s. Fely retired as a Consular Assistant for the Philippine Consulate General in San Francisco. She enjoys playing the piano, taking care of her Bishon Frisé dog, going to the spa, and swimming with Terry Kelly at the Vista Club. See picture of Terry Kelly Trilogy Swim Instructor giving lessons to first timer Fely Zapanta!
- 4) Swimming sessions are available for adults and grandchildren so that you can get used to the water and build up confidence before embarking on swimming lessons. Water skills are invaluable, and can be learned any time. Having fun in the pool is the most important aspect of learning to swim.
- 5) Swimming provides a good low impact cardiovascular workout. Swimming is often recommended for people who are recovering from injury or an operation, as well as those who are unable to undertake other forms of exercise. Swimming can be used as part of a rehabilitation routine, or as a total fitness program.
- 6) A water workout is an exercise regime that is carried out in the pool with or without a swimming instructor. Swimming lessons show exercises and use required equipment so that the swimmer can work through the exercises at their own pace.
- 7) If you are a confident swimmer, consider swimming lessons to improve your technique. Expert swimming instructors can iron out any posture or stroke issues to help you swim better. These lessons are longer, and it will be expected that the swimmer is already able to swim.
- 8) When choosing swimming lessons, it is important that you and/or your grandchild feel comfortable with the environment and the swimming instructor. Some people prefer private swimming lessons. Having the instructor's full attention can lead to quick progress allowing any problem areas to be addressed immediately.

Swimming lessons can provide you and/or your grandchild with confidence and skills that could save a life, and will last for lifetime. In addition to being a fantastic form of exercise, swimming is great fun and a rewarding hobby. Why not find out more about swimming lessons today?

**Contact the Vista Club Member Services (4200) for more information on Terry's Swim Lessons. You can also pick up swim lesson brochures at both the Delta and Vista Clubs. Adult swim lessons are offered Tues., Thurs., and Sat., at 8 a.m. Children's swim lessons are offered daily at 11 a.m.**



Personal Training, Special Needs

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There are several specialized fitness programs designed to get you fit, some will even keep you cool!



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



### FAMILY SUPPORT COMMITTEE

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

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

## Olympic Village

The Olympic Village Kare Bears had their June 4, 2013 meeting at the Delta Club. We are looking to enlist new members in our village as well as plan a future fundraising event. Our next meeting is Sept. 10, location yet to be determined. Time changed to 1 p.m. For more information, contact Mackie Webster at (5837).

## Village Oakmont

The Oakmont Kare Bears are busy gearing up and getting ready for their big fundraiser of the year, their annual fall garage sale. This fundraiser is our major money-maker, and the proceeds afford us the means to be able to help and care for the needs of our Trilogy neighbors. This year's sale will be held on Saturday, October 5, and will run from 10 - 4 p.m. The location of the sale is undetermined. We're hoping to find a kind Trilogy resident to help us out with this problem. The former location is unavailable this year, and we're looking for someone with a three-car or large two-car garage that we can use. We need it for the day before the sale on October 4 and on the day of the sale, October 5 from approximately 10 a.m. - 4 p.m. both days. If you can help us out with this, call Marti Rogers at (6859) or Kathy Russo at (2969).

A wonderful luncheon was enjoyed by the Summerset and Trilogy Kare Bears on May 16. We send a big thank you to the Riviera Kare Bears for all their time and work.

There are no meetings for the Oakmont Kare Bears in July and August. We will resume meetings and planning on Wednesday, September 11, at 10:30 a.m. in the Delta Club. All Oakmont residents are welcome and encouraged to come and share your thoughts and ideas. Arrive early and enjoy coffee, goodies, and chatter.

## Village Riviera

Recipe for Summer: start with a fresh morning, stir in a hot afternoon, add a dash of warm evening, and finish with a clear cool night; repeat! Add spice to these long days by attending the many functions that this stellar season allows. While there are flavors for all tastes, we recommend the Fourth of July festivities, where parades, patriotism, and parties have universal appeal. One of the benefits we Trilogyites have is that all of these Fourth fun times are taking place right here, no travel necessary. After the parade, please join us for a traditional Fourth of July feast at the Delta Club. While enjoying the food and friendship please be aware that the Riviera Kare Bears will be serving the hot dogs, replete with your favorite condiments. We do this for two reasons: pleasure and profit. The profits are funneled into the Kare Bears treasury so that we may continue to assist those in need. Add additional pleasure to your summer days by dropping by our next meeting at the Delta Club on Monday, August 12 at 10 a.m. Further facts may be garnered by calling Myra at (3660) or Valerie at (6942).

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## TRIPS AND TOURS

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



**Ethel Ott  
(Cupcake)  
and  
Eileen Griffin  
(Twinkie)**

### **July 3, A's Baseball Game & Fireworks, \$72/pp**

We'll have great seating between home plate and first base. Everyone will get a \$10 food coupon to use in the Plaza Court at your choice of restaurants. We'll enjoy awesome fireworks after game.

### **July 25, Black Oak Casino, \$30/pp**

Enjoy our usual 4-5 hours of "Stay & Play." Movies will be shown

en-route and you'll receive a \$15 bonus package when we arrive.

### **Aug. 23, A San Francisco Day with Craig Smith, SOLD OUT!**

### **Oct. 10-12, 3-day/two-night stay in Reno, \$273/pp**

We will be staying at the Silver Legacy. This trip features Reno's Great Italian Festival and Street Faire, reserved orchestra seating at the Broadway musical, Grease, an optional Carson Valley historic tour and BBQ, and finishes up with a fall foliage tour and BBQ lunch at Apple Hill. Fun! Fun! Fun!

### **Mark Your Calendars for:**

Nov. 7, Gamblers Special at Thunder Valley

Nov. 27, Victorian Christmas in Nevada City

Dec. 19, SF shopping spree and Craig Smith's Christmas tour

May 13-20, 2014: Enjoy an 8-day land and sea odyssey, cruising out of San Francisco to the Pacific Northwest, visiting Vancouver, Astoria, Nanaimo, Victoria B.C, the San Juan Islands and Friday Harbor. A Four-page trip brochure is available!

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



## Alzheimer's/Dementia Caregivers' Support Meeting

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

## All Aboard for CARE



*Event chairs Margaret Anderson and Lee Ann Frable invite you to ride the rails at All Aboard for CARE.*

All Aboard for CARE is the theme for Rio Vista CARE's annual fundraiser in beautiful Laflin Park Picnic Area of the Western Railway Museum on August 10, 2013. You're encouraged to arrive a bit early as the first train will leave the station promptly at 4 p.m.! The evening's events will include a delicious barbeque dinner featuring meats raised by local ranchers, plus musical entertainment by The Delta Divas, Limberjim Bartz, and Zoe and the Troubadors. The silent and live auctions will include lots of great items to tempt you. Joe Gates, our local auctioneer, will return again this year to entertain and encourage bidding. All proceeds will benefit Rio Vista CARE. Tickets are \$50 each and are available now by calling the CARE office: (5243).

CARE's Counseling Center, Family Resource Center and programs for youth provide services for children, adults and families that include counseling, crisis intervention

and home visitations. As Rio Vista CARE is the only agency of its kind in the Delta, your support is vital to ensure they can continue to serve the community.

## Glaucoma Support & Resource Group

Have you been tested? Do you know what tests to ask for? Did you know there is more than one type of glaucoma and each is treated differently? It is important to understand the ins and outs of living with glaucoma. If you want to become more informed about saving your eyesight, join our group. If you, or someone you know has been diagnosed with this disease, contact Kathy Qualls at kathyqualls@frontier.com or (5859).

## New Connections

The July 2013 New Connections meeting will be held on Wednesday, July 17 at 1 p.m. The location is 709 Michelbrook.

If you are new to the community, or are an "old timer" who would like to meet more of your neighbors in an easy, casual setting, you are welcome to join us. We often discuss local events, the newest restaurants, where to go and what to see. We want to meet you. Please join us. Bring a snack to share, if you like. And, if you're really into planning ahead, give Susan Cassone, our July host, a call at (925) 231-5213 to RSVP.



## Play a Simple Melody Piano Club

Play a Simple Melody Piano Club is forming to support and help one another, not to pass judgment, but to give encouragement. We are looking for beginners and people that have stopped playing their lovely pianos and want to start again. Professional musicians will be welcome to participate and offer encouragement to others.

Please let us know if you're interested in participating in this newly forming club by contacting simplemelody13@yahoo.com. First meeting is scheduled for Wednesday, August 14, in the Diablo Ballroom at the Vista Club at 2 p.m. Looking forward to seeing you there!





## Rio Vista Community Services Call for Donations

Thank you for your continued generosity by donating personal items (toothpaste, soap, shampoo, etc.) for families in need. Personal items such as these cannot be purchased with food stamps. The many struggling families are so appreciative. Assisting Rio Vista Community Services is an on-going effort. Please remember adults as well as children and infants in your purchases. Drop off your items to 630 Edgewood Drive. There is a basket inside the atrium near the bench. Don't forget the unopened travel size items you receive at hotels/motels/B&Bs; and, you can find some incredible buys at the dollar stores. If you have any questions, please email [benkie@myifp.com](mailto:benkie@myifp.com) or call Carol Benkie at (3316).

## TOPS (Take Off Pounds Sensibly)

Our local Chapter Queen, Ella Brice was among many State Royalty who graduated in Awards Ceremony at the State Area Recognition Day at Santa Clara Marriott Hotel on June 1. They received their Royalty crowns. Ella was accompanied by husband George and local Kops, Horace and Joyce Reese for the three-day festivities. Joyce received her Five Year State Recognition as a Kops member. Everyone reported a very good weekend and we are very proud of our local Queen Ella. Congratulations to you and to Joyce for your special Awards. The Thunder Valley Casino Bus trip is scheduled for Aug.14, and we are looking forward to our entire group from our Cache Creek trip in June to join in the fun again! Several members will be decorating the golf cart for the Fourth of July Parade. Thanks to Peggy Walker for loaning us her golf cart again this year! We invite any of you who would like support in taking off those extra unwanted pounds. Come check us out any Wed. at 8 a.m. at the Delta Club. For more information, call leader Ella Brice at (1499) or co-leader Pat Voelker at (5150).



We are pleased to be the music group for this month's event, and we encourage everyone who enjoys dance music to come and join the fun. Check the Dance Club's posters for more details.

## Trilogy Jazz Band

The band will play for the Dance Club's July dance on Sunday, July 14, 7 - 9 p.m. in the Vista Club Diablo Ballroom.

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

Full-band rehearsals are held in the Vista Club Diablo Ballroom most Wednesday afternoons, 2:30 – 5:00 p.m., following vocal and combo practice beginning at 1:30 p.m. Observers are welcome. For more information, contact Jim Lucas (7567) or Marti Rogers (6859).



## Weekly BBQ

The Weekly BBQ takes place every Tuesday at the Delta Pool throughout the summer, weather permitting. Please bring a dish to share, plus meat if you would like to grill, beverage and your utensils. Use plastic as we are not allowed to use glass at the pool. Cooking will

begin approximately at 5:30 p.m. Tell your neighbors! This is open to all Trilogy residents. For more information, contact Claudette at (707) 439-6116 or [xbirdlady@myifp.com](mailto:xbirdlady@myifp.com).

## Woodcarving Group

"Small Project" Woodcarving Group seeks others interested to gather weekly at the Delta Club.

- Anyone Beginner to Expert Levels Welcome
- Work on Your Own Small Projects
- Guidance provided
- Share and Learn from Each Other
- Camaraderie, tips, ideas, patterns

Your own small hand tools and couple other items are required. This is an easy and inexpensive start-up hobby! Sample projects are available for newcomers to generate ideas! Call John (5730) if you may be interested.

## World Religions Group

Come learn with us about the religions of the world. We meet the first Tuesday of every month at 6:30 p.m. in the Vista Club's Monterey Room. For the July 2 meeting, Judaism will be the main topic. Judaism is one of the world's oldest active religions. The group's participants chose to go in chronological order. Everyone has a say! This is not a forum for recruiting members to any belief system. For more information, contact Don Cooper (510) 909-5049 or Barb Bellamy (303) 898-9279.

## Ceramic Club



Where is this year going? Is it July already? Well, it's time to start thinking of the fall and winter holidays. If you start a project now, it can be ready to give as a gift or decorate your home. Come to the ceramics club and see what everyone is doing. Sometimes we surprise ourselves with what we create. If you come, mention the color Pongee. It is an inside joke and you can join us when we laugh at that word. We meet on Thursday mornings from 9:30 a.m. - 12 p.m. in the Marina room at the Delta Club. For more information, call Ann at (5122).

## Council for the Arts

The Music of the Night production is sponsored by the Council for the Arts. Often, residents ask what else the group does. The purpose of the Council for the Arts is to assist and promote current organizations devoted to the arts as well as encourage new art organizations. The organization also helps coordinate the various art programs to maximize the arts exposure to, and for, Trilogy residents.

The next meeting is July 11 at 10 a.m. in the Monterey Room of the Vista Club. For more information, call Judy Calpo at (2924).

## Drama Club

It's almost here. *Foibles and Folly* is right around the corner. Performances are at 7 p.m. August 15, 16 and 17. On August 18 there will be a 2 p.m. matinee. There is no charge for the performance, but donations are happily accepted at the door. Seats go quickly, so find your reservation form in this month's *Trilogy Living* and turn it in to save your seat(s). We look forward to seeing all our friends and family at the Delta for a fun and funny evening of laughs. The Drama Club meets at the Delta at 7 p.m. on the last Tuesday of the month. New members are always welcome. For additional information, call Debby Dubrow at (6706).

## Fat Quarter Quilters

Join our group to work on your own quilting project in a group setting. 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

All Artists are welcome to display their work in our annual art show Aug. 3 and 4.

There will be wine and hors d'oeuvres on Saturday evening while you meet the artists. On Sunday, there will be refreshments while you enjoy the show. Flyers will be posted at the Vista and at the Delta Clubs along with entry forms with a box at the delta for you to deposit your entry and check as of July 1. Connie English gave a very interesting demonstration on Encaustic and Mosaic at our last meeting. Tag tries to get guest artists from time to time to create some interest in different mediums and schedule future workshops. Everyone is invited to attend our meetings on the first Monday at 2 p.m. at the Delta Club. For more information, contact Alma (3064) or Pat (3510).

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# TrilogyLiving


## Fitness Class Schedule for July 2013

**New colors!** Trilogy Fitness Punch Card Choices: All classes require one of 3 card choices including a green 30-Punch for \$95, a blue 20-punch for \$65, or a yellow 10-punch for \$35. Each class requires 1 punch. Get your cards at the Member Services Desk. Call Fitness & Spa Director Kathy Erwin at (4205) if you have questions. All classes are held in the Vista Group Exercise Studio (GX) unless otherwise noted. Last Month’s Punch Card Raffle Winner **LaDonna Kerton**

**July Fitness Orientations: Wed., July 3, 6:00 p.m.,Sat., July 13, 11:00 a.m., and Sat., July 27, 11 a.m.**

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b> 8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat) 9-10am Yoga/Pilates (B) (DB) Deanna 9-10am Advanced Aqua (B/I/A) (DP) Kathy 9:30-10:30am Wake-up and Move (B/I) (RV) Anna 9:45-10:30am Core Balance and Standing Abs (B/I) (GX) Sophie 10-11am Aqua Fit (B) (DP) Denise 10-11am Meditation Breathing (B) (DB) Deanna 10:30 -11:45am ZUMBA Power (B/I) (GX) Sophie 11:45-12:45pm Intro to ZUMBA (B/I) (GX) Sophie 6:30-7:30pm Yoga/Pilates (B/I) (DB) Deanna	<b>2</b> 8-9am Body Works (B/I/A) (GX) Kathy 9-10am Simply Stretch (B) (GX) Joele 9:30-10:30am Aqua Fit (B) (VP) Denise 10-11am Qi Dance (B/I/A) (GX) Joele 11-12pm Arthritis Program (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly 3-4pm Advanced Aqua (B/I/A) (DP) Kathy	<b>3</b> 7-8am Early Yoga (B) (DB) Tammy 8-9am Back To Basics Yoga (B/I) (DB) Tammy 8:30-9:30am WOW – TABATA – BOOM (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) (DP) Denise 1100-12pm ZUMBA (B/I) (GX) Lisa 1-2pm Adaptive Fitness Workout (B) (GX) Deanna	<b>4</b> <div>HAPPY 4TH OF JULY! NO CLASSES</div> 	<b>5</b> 7-8am Early Yoga (B) (DB) Tammy 7:30-8:30am Step Aerobics (B/I/A) Pat 8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat) 9-10am Yoga/Pilates (B) (DB) Deanna 9:30-10:30am Aqua Fit (B) (VP) Denise 9:45-10:30am Core Balance and Standing Abs (B) (GX) Sophie 10:30-11:45am ZUMBA Power (B/I) (GX) Sophie 11:45-12:45pm Intro to ZUMBA (B/I) (GX) Sophie	<b>6</b> 8:30am-9:30am Step Aerobics (GX) Pat (Class only July6) 11-12:15pm ZUMBA (B/I) (GX) Sophie/Lisa 12:15-12:45pm Pilates/Stretch (B/I) (GX) Sophie/Lisa
<b>8</b> 8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat) 9-10am Yoga/Pilates (B) (DB) Deanna 9-10am Advanced Aqua (B/I/A) (DP) Kathy 9:30-10:30am Wake-up and Move (B/I) (RV) Anna 9:45-10:30am Core Balance and Standing Abs (B/I) (GX) Sophie 10-11am Aqua Fit (B) (DP) Denise 10-11am Meditation Breathing (B) (DB) Deanna 10:30 -11:45am ZUMBA Power (B/I) (GX) Sophie 11:45-12:45pm Intro to ZUMBA (B/I) (GX) Sophie 6:30-7:30pm Yoga/Pilates (B/I) (DB) Deanna	<b>9</b> 8-9am Body Works (B/I/A) (GX) Kathy 9-10am Simply Stretch (B) (GX) Joele 9:30-10:30am Aqua Fit (B) (VP) Denise 10-11am Qi Dance (B/I/A) (GX) Joele 11-12pm Arthritis Program (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly 3-4pm Advanced Aqua (B/I/A) (DP) Kathy	<b>10</b> 7-8am Early Yoga (B) (DB) Tammy 8-9am Back To Basics Yoga (B/I) (DB) Tammy 8:30-9:30am WOW – TABATA – BOOM (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) (DP) Denise 1100-12pm ZUMBA (B/I) (GX) Lisa 1-2pm Adaptive Fitness Workout (B) (GX) Deanna	<b>11</b> 7:30-8:30am Body Works (B/I/A) (GX) Kathy 9-10am Simply Stretch (B/I) (DB) Joele 9-10am Tai Chi (B/I) (GX) Lillian 9-10am Advanced Aqua (B/I/A) (DP) Kathy 10-11am Aqua Fit (B) (DP) Denise 10-11am Qi Dance (B/I/A) (GX) Joele 11-12pm Arthritis Program (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly 3-4pm Aqua Fit (B) (DP) Denise	<b>12</b> 7-8am Early Yoga (B) (DB) Tammy 7:30-8:30am Step Aerobics (B/I/A) Pat 8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat) 9-10am Yoga/Pilates (B) (DB) Deanna 9:30-10:30am Aqua Fit (B) (VP) Denise 9:45-10:30am Core Balance and Standing Abs (B) (GX) Sophie 10:30-11:45am ZUMBA Power (B/I) (GX) Sophie 11:45-12:45pm Intro to ZUMBA (B/I) (GX) Sophie	<b>13</b> 11-12:15pm ZUMBA (B/I) (GX) Sophie/Lisa 12:15-12:45pm Pilates/Stretch (B/I) (GX) Sophie/Lisa
<b>15</b> 8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat) 9-10am Yoga/Pilates (B) (DB) Deanna 9-10am Advanced Aqua (B/I/A) (DP) Kathy 9:30-10:30am Wake-up and Move (B/I) (RV) Anna 9:45-10:30am Core Balance and Standing Abs (B/I) (GX) Sophie 10-11am Aqua Fit (B) (DP) Denise 10-11am Meditation Breathing (B) (DB) Deanna 10:30 -11:45am ZUMBA Power (B/I) (GX) Sophie 11:45-12:45pm Intro to ZUMBA (B/I) (GX) Sophie 6:30-7:30pm Yoga/Pilates (B/I) (DB) Deanna	<b>16</b> 8-9am Body Works (B/I/A) (GX) Kathy 9-10am Simply Stretch (B) (GX) Joele 9:30-10:30am Aqua Fit (B) (VP) Denise 10-11am Qi Dance (B/I/A) (GX) Joele 11-12pm Arthritis Program (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly 3-4pm Advanced Aqua (B/I/A) (DP) Kathy	<b>17</b> 7-8am Early Yoga (B) (DB) Tammy 8-9am Back To Basics Yoga (B/I) (DB) Tammy 8:30-9:30am WOW – TABATA – BOOM (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) (DP) Denise 1100-12pm ZUMBA (B/I) (GX) Lisa 1-2pm Adaptive Fitness Workout (B) (GX) Deanna	<b>18</b> 7:30-8:30am Body Works (B/I/A) (GX) Kathy 9-10am Simply Stretch (B/I) (DB) Joele 9-10am Tai Chi (B/I) (GX) Lillian 9-10am Advanced Aqua (B/I/A) (DP) Kathy 10-11am Aqua Fit (B) (DP) Denise 10-11am Qi Dance (B/I/A) (GX) Joele 11-12pm Arthritis Program (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly 3-4pm Aqua Fit (B) (DP) Denise	<b>19</b> 7-8am Early Yoga (B) (DB) Tammy 7:30-8:30am Step Aerobics (B/I/A) Pat 8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat) 9-10am Yoga/Pilates (B) (DB) Deanna 9:30-10:30am Aqua Fit (B) (VP) Denise 9:45-10:30am Core Balance and Standing Abs (B) (GX) Sophie 10:30-11:45am ZUMBA Power (B/I) (GX) Sophie 11:45-12:45pm Intro to ZUMBA (B/I) (GX) Sophie	<b>20</b> 11-12:15pm ZUMBA (B/I) (GX) Sophie/Lisa 12:15-12:45pm Pilates/Stretch (B/I) (GX) Sophie/Lisa
<b>22</b> 8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat) 9-10am Yoga/Pilates (B) (DB) Deanna 9-10am Advanced Aqua (B/I/A) (DP) Kathy 9:30-10:30am Wake-up and Move (B/I) (RV) Anna 9:45-10:30am Core Balance and Standing Abs (B/I) (GX) Sophie 10-11am Aqua Fit (B) (DP) Denise 10-11am Meditation Breathing (B) (DB) Deanna 10:30 -11:45am ZUMBA Power (B/I) (GX) Sophie 11:45-12:45pm Intro to ZUMBA (B/I) (GX) Sophie 6:30-7:30pm Yoga/Pilates (B/I) (DB) Deanna	<b>23</b> 8-9am Body Works (B/I/A) (GX) Kathy 9-10am Simply Stretch (B) (GX) Joele 9:30-10:30am Aqua Fit (B) (VP) Denise 10-11am Qi Dance (B/I/A) (GX) Joele 11-12pm Arthritis Program (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly 3-4pm Advanced Aqua (B/I/A) (DP) Kathy	<b>24</b> 7-8am Early Yoga (B) (DB) Tammy 8-9am Back To Basics Yoga (B/I) (DB) Tammy 8:30-9:30am WOW – TABATA – BOOM (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) (DP) Denise 1100-12pm ZUMBA (B/I) (GX) Lisa 1-2pm Adaptive Fitness Workout (B) (GX) Deanna	<b>25</b> 7:30-8:30am Body Works (B/I/A) (GX) Kathy 9-10am Simply Stretch (B/I) (DB) Joele 9-10am Tai Chi (B/I) (GX) Lillian 9-10am Advanced Aqua (B/I/A) (DP) Kathy 10-11am Aqua Fit (B) (DP) Denise 10-11am Qi Dance (B/I/A) (GX) Joele 11-12pm Arthritis Program (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly 3-4pm Aqua Fit (B) (DP) Denise	<b>26</b> 7-8am Early Yoga (B) (DB) Tammy 7:30-8:30am Step Aerobics (B/I/A) Pat 8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat) 9-10am Yoga/Pilates (B) (DB) Deanna 9:30-10:30am Aqua Fit (B) (VP) Denise 9:45-10:30am Core Balance and Standing Abs (B) (GX) Sophie 10:30-11:45am ZUMBA Power (B/I) (GX) Sophie 11:45-12:45pm Intro to ZUMBA (B/I) (GX) Sophie	<b>27</b> 11-12:15pm ZUMBA (B/I) (GX) Sophie/Lisa 12:15-12:45pm Pilates/Stretch (B/I) (GX) Sophie/Lisa
<b>29</b> 8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat) 9-10am Yoga/Pilates (B) (DB) Deanna 9-10am Advanced Aqua (B/I/A) (DP) Kathy 9:30-10:30am Wake-up and Move (B/I) (RV) Anna 9:45-10:30am Core Balance and Standing Abs (B/I) (GX) Sophie 10-11am Aqua Fit (B) (DP) Denise 10-11am Meditation Breathing (B) (DB) Deanna 10:30 -11:45am ZUMBA Power (B/I) (GX) Sophie 11:45-12:45pm Intro to ZUMBA (B/I) (GX) Sophie 6:30-7:30pm Yoga/Pilates (B/I) (DB) Deanna	<b>30</b> 8-9am Body Works (B/I/A) (GX) Kathy 9-10am Simply Stretch (B) (GX) Joele 9:30-10:30am Aqua Fit (B) (VP) Denise 10-11am Qi Dance (B/I/A) (GX) Joele 11-12pm Arthritis Program (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly 3-4pm Advanced Aqua (B/I/A) (DP) Kathy	<b>31</b> 7-8am Early Yoga (B) (DB) Tammy 8-9am Back To Basics Yoga (B/I) (DB) Tammy 8:30-9:30am WOW – TABATA – BOOM (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) (DP) Denise 1100-12pm ZUMBA (B/I) (GX) Lisa 1-2pm Adaptive Fitness Workout (B) (GX) Deanna		<b>Class Locations:</b>  (GX) Group Exercise Studio (DB) Diablo Ballroom (VP) Vista Pool (DP) Delta Pool (RV) Rio Vista Room–Delta (SR) Sonoma Room–Vista (FC) Fitness Center	



TrilogyLiving

July 2013 Club and Activity Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1</b> 8am Social Tennis 8:30am Woodcarving (D) 9:30am Walk & Talk (V) 12pm Open Painting (D) 12:30pm Rip, Stitch & Bitch (V) 1pm Mah Jongg (V) 2pm TAG Mtg. (D) 3pm Guitar Club (V) 6pm Soul Line Dancing (D) 7pm Poker (D)	<b>2</b> 8am Social Tennis 8:30am Radio Club (V) 9:30am Women's 9-Hole Golf 10:30am Country Line Dancing (D) 11:30am Golf – TRVMEN 9-Hole 12pm Beginning Watercolor Class (D) 12:15pm Hand & Foot Canasta (V) 12:30pm Dominoes (D) 2pm Stroke / Head Injury Support Group (V) 4:30pm Table Tennis (D) 5pm Billiards Club Tournament (V) 5pm Tai Chi & Yuan Chi Dance (V) 7pm Drama Club Rehearsal (V)	<b>3</b> 8am Social Tennis 8am TOPS (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) 12:30pm Fat Quarters Quilting (D) 12:30 Jazz Band (V) 1pm Village Riviera Arch. Com. Mtg. (D) 1pm Good Samaritans (V) 2pm Bergren Art (D) 2pm Card Making Class (D) 5:30pm Delta Harmony Rehearsal (V) 7pm Billiards Club Member Mtg. (V) 7pm Soul Line Dancing (V)	<b>4</b>  <b>Independence Day</b>  <b>HOA Office Closed</b> <b>Delta Club Celebration Events</b> <b>10:30am Summerset Parade</b> <b>11:30am – 1pm Hot Dogs &amp; Ice Cream Social (D)</b> <b>DJ Music at the Pool</b> <b>1pm Decorated Golf Cart Award Presentation (D)</b>	<b>5</b> 8am Social Tennis 9am Model Club (V) 9am Village 1 Arch. Com. Mtg. (V) 9:30am Walk & Talk (V) 10:30am Country Line Dance (D) 12pm Bridge (V) 12pm Adv. Watercolor Painting (D) 6:30pm Joy Luck Mah-Jongg (V)	<b>6</b> 8am Motorcycle Club (Off-site) 8:30am Hiking Club (V) 9am Table Tennis (D) 9am Table Tennis (D) 7pm Poker Open Tournament (D)
<b>7</b> <b>10am – 3pm Farmer's Market (D)</b>	<b>8</b> 8am Social Tennis 8:30am Woodcarving (D) 9:30am Walk & Talk (V) 12pm Open Painting (D) 12:15pm Duplicate Bridge (V) 12:30pm Rip, Stitch & Bitch (V) 1pm Mah Jongg (V) 3pm Village Oakmont Arch. Com. Mtg. (D) 6pm Soul Line Dancing (D) 7pm Poker (D)	<b>9</b> 8am Social Tennis 8:30am Radio Club (Off-Site) 9:30am Women's 9-Hole Golf 10:30am Country Line Dancing (D) 10:30am Book Club (V) 11:30am Golf – TRVMEN 9-Hole 12pm Recipe Club (D) 12pm Beginning Watercolor Class (D) 12:15pm Hand & Foot Canasta (V) <b>2pm Master Association Board Mtg. (V)</b> 2:30pm Table Tennis (D) 5pm Billiards Club Tournament (V) 5pm Tai Chi & Yuan Chi Dance (V) <b>6pm Grapevine Chat (V)</b> 7pm Drama Club Rehearsal (D)	<b>10</b> 8am Social Tennis 8am TOPS (D) 9am Olympic Village Arch. Com. Mtg. (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) 10am Kare Bears – Village Oakmont (D) 12:30pm Fat Quarters Quilting (D) 12:30pm Jazz Band (V) 2pm Bergren Art (D) 2pm Card Making Class (D) 4:30pm Table Tennis (D) 5:30pm Delta Harmony Rehearsal (V) 6:30pm Nature Club Gen. Mtg. (V) 7pm Soul Line Dancing (V) 7:30pm Village I RC Mtg. (D)	<b>11</b> 8am Social Tennis 8:30am Golf – Women's 18-Hole 9am Blood Pressure Check (D) 9:30am Ceramics (D) 10am Council for the Arts (V) 12:15pm Ponytail Canasta (V) 1pm Good Samaritans (D) 1pm Table Tennis (D) 4pm Golf – Sr. Men's Board Mtg. (D) <b>4pm Village I HOA Mtg. (D)</b> 5pm Tai Chi & Yuan Chi Dance (V) 6:30pm Pinochle (V) <b>6:30pm Olympic Village HOA Mtg. (D)</b> 7pm Drama Club Rehearsal (V) 7pm Writers' Club (V) 7pm Ballroom Dance Lessons – Beg (V) 8pm Ballroom Dance Lessons – Adv (V)	<b>12</b> 8am Social Tennis 9:30am Walk & Talk (V) 10:30am Country Line Dance (D) 12pm Bridge (V) 12pm Adv. Watercolor Painting (D) 7pm Bunco (D)	<b>13</b> 8:30am Hiking Club Mtg. (V) 9am Table Tennis (D) 3pm Village Riviera RC Treasure Hunt (D)
<b>14</b> 7pm Dance Club Event (V)	<b>15</b> 8am Social Tennis 8:30am Woodcarving (D) 9:30am Walk & Talk (V) <b>10am Council of Village Presidents (D)</b> 12pm Open Painting (D) 12:30pm Rip, Stitch & Bitch (V) 1pm Mah Jongg (V) 3pm Guitar Club (V) 6pm Soul Line Dancing (D) 7pm Poker (D) 7pm Fishing Club (D)	<b>16</b> 8am Social Tennis 8:30am Radio Club (V) 9:30am Golf – Women's 9-Hole 10:30am Country Line Dancing (D) 11:30am Golf – TRVMEN 9-Hole 12pm Beginning Watercolor Painting (D) 12:15pm Hand & Foot Canasta (V) 12:30pm Dominoes (V) 2pm Nature Club Workshop (V) 4:30pm Table Tennis (D) 5pm Billiards Club Tournament (V) 5pm Tai Chi & Yuan Chi Dance (V) 7pm Drama Club Rehearsal (D)	<b>17</b> 8am Social Tennis 8am TOPS (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) 12:30pm Fat Quarters Quilting (D) 12:30pm Jazz Band (V) 1pm Village Riviera Arch. Com. Mtg. (D) 2pm Bergren Art (D) 2pm Card Making Class (D) 4:30pm Table Tennis (D) 5:30pm Delta Harmony Rehearsal (V) <b>6:30pm Saddle Rock Village Board (D)</b> 7pm Saddle Rock Village Residents' Club (D) 7pm Olympic Village RC Mtg. (V) 7pm Soul Line Dancing (V)	<b>18</b> 8am Social Tennis 8:30am Golf – Women's 18-Hole 9:30am Ceramics (D) 11am Triage Team (D) 12:15pm Ponytail Canasta (V) 1pm Good Samaritans (D) 2pm Genealogy Workshop (V) 4pm Golf – Sr. Men's Mtg. (D) 5pm Table Tennis (D) 5pm Tai Chi & Yuan Chi Dance (V) 6:30pm Pinochle (V) <b>7pm Village Oakmont HOA Mtg. (D)</b> 7pm Village Riviera RC Mtg. (V) 7pm Drama Club Rehearsal (D) 7pm Ballroom Dance Lessons – Beg (V) 8pm Ballroom Dance Lessons – Adv (V)	<b>19</b> 8am Social Tennis 9am Village 1 Arch. Com. Mtg. (D) 9:30am Walk & Talk (V) 10:30am Country Line Dance (D) 12pm Bridge (V) 12pm Adv. Watercolor Painting (D) 6:30pm Joy Luck Mah-Jongg (V) 7pm Whist Club (D)	<b>20</b> 8:30am Hiking Club (V) 7pm Poker Club (D)
<b>21</b>	<b>22</b> 8am Social Tennis 8:30am Woodcarving (D) 9:30am Walk & Talk (V) 12pm Open Painting (D) 12:30pm Rip, Stitch & Bitch (V) <b>1pm Access Committee Mtg. (D)</b> 1pm Mah Jongg (V) 3pm Guitar Club (V) 3:30pm Village Oakmont Arch. Com. (D) 6pm Soul Line Dancing (D) 7pm Poker (D)	<b>23</b> 8am Social Tennis 8:30am Radio Club (V) 9:30am Golf – Women's 9-Hole <b>10am Computer Series – Photo Processing Advanced (V)</b> 10:15am Mystery/Crime Book Club (V) 10:30am Country Line Dancing (D) 11:30am Golf – TRVMEN 9-Hole 12pm Beginning Watercolor Painting (D) 12:15pm Hand & Foot Canasta (V) <b>12:30pm Computer Series – Photo Processing Advanced (V)</b> 1:30pm Dog Club (D) 3:30pm Table Tennis (D) 5pm Billiards Club Tournament (V) 5pm Tai Chi & Yuan Chi Dance (V) <b>5pm Grapevine Chat (V)</b> 6:30pm Geneology Event (V) 7pm Drama Club Rehearsal (D)	<b>24</b> 8am Social Tennis 8am TOPS (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) 10am Olympic Village Arch. Com. Mtg. (D) 12:30pm Fat Quarters Quilting (D) 12:30pm Jazz Band (V) 2pm Bergren Art (D) 2pm Card Making Class (D) 4:30pm Table Tennis (D) 5:30pm Delta Harmony Rehearsal (V) 7pm Soul Line Dancing (V)	<b>25</b> 8am Social Tennis 8:30am Golf – Women's 18-Hole 9:30am Ceramics (D) 12:15pm Ponytail Canasta (V) <b>1pm Adult Committee Mtg. (D)</b> 1pm Good Samaritans (D) 3:30pm Table Tennis (D) 5pm Tai Chi & Yuan Chi Dance (V) 6:30pm Pinochle (V) 7pm Drama Club Rehearsal (D) 7pm Theater Group (V) 7pm Ballroom Dance Lessons – Beg (V) 8pm Ballroom Dance Lessons – Adv (V)	<b>26</b> 8am Social Tennis <b>9am – 1pm AED/CPR/1st Aid Training (V)</b> 9:30am Walk & Talk (V) 9:30am Tennis Club Mtg. (D) 10:30am Country Line Dance (D) 12pm Bridge (V) 12pm Adv. Watercolor Painting (D) 7pm Bingo (D) <b>7pm Comedy, Storytelling, Music &amp; Broadway Fun (V)</b>	<b>27</b> 8:30am Hiking Club (V) <b>10am Model Club Special Event (Vista Parking Lot)</b> 11am Table Tennis (D) <b>5:30pm – 9pm Concert on the Patio</b> <b>Andre Thierry &amp; Zydeco Magic (V)</b>
<b>28</b>	<b>29</b> 8am Social Tennis 8:30am Woodcarving (D) 9:30am Walk & Talk (V) 12pm Open Painting (D) 12:30pm Rip, Stitch & Bitch (V) 1pm Mah Jongg (V) <b>4pm – 8:30pm AARP Driver Refresher Course (V)</b> 6pm Soul Line Dancing (D) 7pm Poker (D)	<b>30</b> 8am Social Tennis 8:30am Radio Club (V) 9:30am Golf – Women's 9-Hole 10:30am Country Line Dancing (D) 11:30am Golf – TRVMEN 9-Hole 12pm Beginning Watercolor Painting (D) 12:15pm Hand & Foot Canasta (V) 3:30pm Table Tennis (D) 5pm Billiards Club Tournament (V) 5pm Tai Chi & Yuan Chi Dance (V) 7pm Drama Club Membership Mtg. & Rehearsal (D)	<b>31</b> 8am Social Tennis 8am TOPS (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) 12:30pm Fat Quarters Quilting (D) 12:30pm Jazz Band (V) 2pm Bergren Art (D) 2pm Card Making Class (D) 4:30pm Table Tennis (D) 5:30pm Delta Harmony Rehearsal (V) 7pm Soul Line Dancing (V)			

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**Sign up at Member Services \$10**



## Learn to Save a Life with CPR!



It is good to know how to help someone in trouble, whether it is your spouse or grandchild. The class provides a two-year certification in CPR/AED & First Aid a great value. Limited space sign up with Member Services Vista Club by July 19! For more information, please contact Anna Chunn (3560).

**Thursday, July 26, 2013**  
**9 a.m. ~ 1 p.m.**



## AARP Drivers Safety Refresher Course

**Must Have Had the 8 Hour Course  
within the Last 4 Years**

**July 29, 2013**

**4:00 pm to 8:30 pm**  
**Sonoma Room, Vista Club**

**AARP Members \$12.00**  
**Non-AARP Members \$14.00**

**Contact: Glen King, Instructor**  
**Phone: 374-3342,**  
**E-mail: grk59@frontiernet.net**

**ANOTHER ZYDECO EXPERIENCE**  
**IS COMING**

**Trilogy's Soul Line Dancers**  
**PRESENTS**  
**Andre Thiery & ZYDECO Magic**

**Come out to the Vista Club House Patio for Enjoyable Entertainment on**  
**Saturday, July 27, 2013 at 5:30 – 8:30 P.M.**

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

**Cost: \$10.00**

**Bring your friends, your snacks, and your favorite beverage.**

**Don't forget your lawn chair.**

**For more information contact Jean Robertson (0086)**

**<<<<<<WEAR YOUR DANCING SHOES >>>>>>**

**P. Jackson**



## Billiards Club

The Club sponsored the annual tournament of champions on May 4. The competition was stiff with 10 players in attendance. The game was 8-ball with a round robin format. Each player competed against all participants in two games. The player who won the most games was crowned the champion for 2012. After six hours of play, Dave Stewart and Al Bergoust were tied with the most wins.



*Dave Stewart, 2012 Tournament of Champions winner*

After a playoff game, Dave Stewart stood alone as the champion, Congratulations Dave on a spectacular effort to achieve the title. Dave also won last year. Second place - Al Bergoust, Third place - Ben Bautista and fourth place - by Mike Quihuiz. A placard will

be displayed on the table inside the billiards room with the winners' names until March, 2014. A brass plate will be engraved with Dave Stewart's name as the 2012 winner and added to the Tournament of Champions Trophy, which is on display in the cabinet area. The club would like to congratulate the winners and all participants for making this event a success.

The club went on a road trip for a tournament with Fairfield on April 27. A total of 50 games were played over a period of four hours. The final score was Trilogy - 37 wins, Fairfield - 13 wins. This was the best performance by the Trilogy team in several years. Congratulations to all the players who were a part of this win. Now let's take this team on the road and win some tournaments.

### Latest weekly tournament winners:

#### May 7, 8-Ball

- 1<sup>st</sup> Randy Freese
- 2<sup>nd</sup> Bob Powell
- 3<sup>rd</sup> Neil Brodhead

#### May 14, Handicap 9-Ball

- 1<sup>st</sup> Al Bergoust
- 2<sup>nd</sup> Jack Clark
- 3<sup>rd</sup> Dave W.

#### May 28, 8-Ball A & B

##### A Division

- 1<sup>st</sup> Robert Sheppard
- 2<sup>nd</sup> Randy Freese
- 3<sup>rd</sup> Oscar Grissom

#### May 4, Tournament of Champions

- 1<sup>st</sup> Dave Stewart
- 2<sup>nd</sup> Al Bergoust
- 3<sup>rd</sup> Ben Bautista
- 4<sup>th</sup> Mike Quihuiz

#### May 21, 8-Ball

- 1<sup>st</sup> Bob Powell
- 2<sup>nd</sup> Neil Brodhead
- 3<sup>rd</sup> Oscar Grissom

##### B Division

- 1<sup>st</sup> Chuck LaBue
- 2<sup>nd</sup> Geno Toscano
- 3<sup>rd</sup> Jack Clark

## Bingo Club

July special: Free dobber give away! Mark your calendar for the fourth Friday of the month, July 26, for Bingo at the Delta Club. Games begin promptly at 7 p.m. Buy-in for each person is \$10 for 12 games. We have one early bird special: one card for \$1 and an extra blackout card for \$1. The prize money for each game is \$50 and the blackout prize is \$250. For more information, call Irene (6999).

## Bocce Club

We have crossed the half-way point of the 2013 season and the best is yet to come. The second half is always full of surprises as team members get to know each other and skill levels improve from playing. Plus, new players and new teams come together. The end-of-season socials for both leagues are being organized. Details will be posted at the Summerset bulletin board and e-mailed to all captains when finalized. Carolyn Azbell and Dorothy Busutli are doing a great job of organizing our socials. Collette Harrison has volunteered to organize and manage our next One-Day Self-Funding bocce tournament. We are still working on the actual date, which we will post when formalized. The basic format employed last year will be utilized again this year. We can accommodate 16 four-person teams (64 people) with a double loss elimination format. The entrance fee will be \$10 per person. Half of the money will be used for food and the other half for cash prizes. A BBQ lunch for the participants will be hosted at the courts when the tournament concludes. Full details regarding sign-ups, the tournament, and the lunch will be posted on the Summerset bulletin board and e-mailed to all captains when completed. Get your team organized and sign up early, as this will fill up fast.

Remember to roll often, throw straight and have fun. That's what it's all about.

## Book Club

The Book Club meets the second Tuesday of each month at 10:30 a.m. in the Vista Club Sonoma Room. The next meeting is July 9. The book selection is *Gone Girl* by Gillian Flynn. August's book selection is *Call the Midwife* by Jennifer Worth. There is no requirement to have read the selected book. Everyone is welcome to join in. Feel free to stop by. For more information, contact Adrienne (5576). Happy Fourth of July!





## Book Club - Mystery/Crime

If you enjoy the mystery/crime genre or would like to add another facet to your reading interests please check out the new Mystery/Crime Book Club. We're a spin-off of the regular Trilogy Book Club. Our meetings are held on the fourth Tuesday of the month between 10:15 a.m. - 11:45 a.m. in the Sonoma Room at the Vista Club. Our next meeting is on July 23 and the book we're discussing is *The Eye of The Needle* by Ken Follett.

It's not necessary to have read the book to attend the meetings. There are no dues and everyone is welcome! Our August 23 meeting selection is Tony Hillerman's *The Blessing Way*. For more information please contact Joanne (4080).

## Bunco

Come and join us for a fun evening of Bunco and refreshments at the Delta Club. We meet the second Friday of every month at 7 p.m. For more information, please call Shirley (9984).

## Computer Club

The next meeting of the Computer Club will be on Thursday, Sept. 12, at 7 p.m. at the Vista Club. Please note: this is a new day of the month for our meetings. All meetings will be on the second Thursday of the month starting in September.

Since many of you take summer vacations, we too will not meet in July and August.

If you wish to become a member of the club, visit [www.tccrv.org](http://www.tccrv.org) to complete and print a copy of the application and give it to any of the directors with the annual dues of \$12. You may also sign up at any meeting. 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. The website also provides the latest information on many computer related subjects, meetings and other interesting items. For more information, contact Lynne Hansen (4060).

## Dance Club

Thanks to everyone who attended our June Dance, which included a Summer Theme. It was fun to see the dancers come and enjoy a summer fling. Our CD music was a hit and included a good dance mix with Waltzes, Fox Trots, Rumba and lots of swing with regular dancing for all. We always have our monthly schedule of dances at the door. We are requesting for future reference, as you sign in,

that you also give us your e-mail address so that we can inform you of our next dance.

Our next dance will be held on Sunday July 14, and we will be celebrating the July 4 Holiday. We will also celebrate our fifth anniversary of the Dance Club and the Trilogy Jazz Band will play at this event. For more information, contact Rich and Judi Marshall at (7595).

## Dog Club

The Trilogy Dog Club currently has 222 households registered with our club. There are many benefits associated with being a club member. Pets 4 All offers our members a 20% discount, excluding dog food, on Mondays. On Tuesdays, members receive a 20% discount off their entire bill, excluding alcohol, at Pizza Factory. Perhaps the best part of joining our club is the opportunity to socialize with all our wonderful members. We also offer various social events for our dogs throughout the year.

One other benefit of joining our club is having your dog registered with our Lost & Found Dog Network. If your dog is missing, we will enlist the help of our 200 + members in locating and returning your pet. We are currently



Photo of Teddy

looking at ways to improve our existing Lost & Found Dog Network. While we have been very successful in reuniting lost dogs with their owners, we are concerned about the number of dogs who don't have proper identification. More often than not, a dog will have a dog license and rabies tag but no tag with the home phone number. Since the County offices are not open on weekends and holidays, it could take many days to locate the owner. If the

owner is not located in a reasonable amount of time, the dog could end up at Animal Control. A simple tag with the dog's name and home phone number could almost always ensure a quick return. These tags are minimal in cost and are available through your local pet store or most of the major chains.

We do hope that if you have a dog and have not joined our club that you will do so. If you do not wish to join, we encourage you to purchase an ID tag with name and phone number for your pet. If you'd like to join our club, call Karen Bereta at (3505).

If you'd like to learn more about our club feel free to join us at one of our monthly meetings. We meet on the fourth Tuesday of each month at 1:30 p.m. at the Delta Club.





## Fishing Club

Our next meeting will be Monday, July 15 at 7 p.m. in the Marina Room at the Delta Club. We will discuss our July 4 participation of the Trilogy parade when we will be towing a boat behind the golf cart. We will also finalize the details of our picnic/BBQ at the Marina on Saturday, July 27 and will show a video.

On Tuesday, June 4 we had 24 fishermen aboard the California Dawn party boat on SF Bay fishing for halibut and striped bass. Unfortunately, no one caught any halibut but one 12-pound striped bass was caught. We went outside the gate and up the coast and all of us brought home limits of 10 Rock Fish each. There were also four ling-cod caught. We'll go back again in July when more halibut and stripers are in the bay.

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

## Genealogy Club

Every Month we discover another great site and let you know in order to help facilitate your research. This month the favorite is Family Search.org. Begin by signing up to broaden the availability of information. Family Search is a product of the Mormon Church and uses the soundex system.

Genealogists are often perceived as people who dig around in their family's history and uncover the "bones" of a family tree. In actuality, it's so much more. Genealogists are historians and have a love of historical events and time lines. We study the geographical movement of our pioneers and try to understand the trials and difficulties of the assorted ethnic groups. Some of us get involved in the international events that led to the influx of large numbers of colonists. All of these things just happen to include our family's histories.

In that vein, the Genealogy Workshop announces that we are sponsoring Travel Talk. The destination is our very own Rio Vista, California. We welcome Phil Pezzaglia, local historian and author. Phil has written many books on the subject of historical Rio Vista, the Delta, and surrounding areas. He's affiliated with the Rio Vista Museum and all proceeds from the sale of his books go to the Museum. Books will be available for sale the night of the event. He will tell us about the Safeway store that was on Main Street, the fire that wiped out main street, Hop-a-long Cassidy, the movies made here, the Presidents that came here, the old Japanese Cemetery and the many beauti-

ful old homes. Hear the story of the Rio Vista Bridge, the Delta waterways, and more. Bring a snack and a drink and enjoy! Check the flyer for details.

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

## Good Samaritans



*Susie Kim selected Mother of the Year on Mother's Day.*

### God Bless America

Thomas Jefferson was the principal author of the Declaration of Independence, the document that declares our independence from Great Britain. The Fourth of July celebrates this freedom. John Adams, the second president, signed the Declaration of Independence and wrote many letters to his wife Abigail. John Adams wrote, "I am apt to believe that it will be celebrated by succeeding generations,

as the Great Anniversary Festival. It ought to be commemorated as the Day of Deliverance by solemn Acts of Devotion to God Almighty."

Approximately 187 years later, Dr. Martin Luther King, Jr. wrote about Freedom in his "I Have a Dream" speech. He stated, "When the architects of our great republic wrote the magnificent words of the Constitution and Declaration of Independence, they were signing a promissory note to which every American was to fall heir. This note was a promise that all men, yes, black men as well as white men, would be guaranteed to the inalienable rights of life, liberty and the pursuit of happiness."

For more than 200 years, the American flag has been the symbol of our nation's strength and unity. It's been a source of pride and inspiration for millions of citizens. This year, Susie Kim was selected the Mother of the year for Mother's Day. Mrs. Kim is an inspiration to The Good Samaritans. Mrs. Kim's ministry is reaching out to those in need especially with her prayers and knowledge of the word of God.



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

**Scripture of the Month: John 8:31-32**

## Hispanic Club

Feliz Aniversario America! Hola con todos: What a feast we had on May 31! Too bad some of you were not able to make it. We had food from Chile (Arroz con Pollo), from Mexico (Nopalitos Verdes), from El Salvador (Papusas), from Peru (Pisco Sours, Papas a la Huancaína, Ceviche, Torta de Merengue) and other dishes. We also had a general meeting where we discussed several things pertaining to the club. One of them was participation in the Fourth of July parade, which was postponed to next year since members present had other commitments for that date.

We started planning our August pool-side parrillada... no, not a BBQ but a parrillada where many cuts of meat are prepared with delicious sauces such as aji, chilis, and cilantro. We are planning music. Members are asked to bring the meat cut of their choice and a salad to share. An email will be sent out to members with the date and time. We will try to follow up on the information via phone.

Information on summer activities around the bay will also be distributed via email. If any of you know of such activities, please send the information to me or anyone on the board. We will make sure to distribute it. If you are interested in any of those activities, you are encouraged to contact other members and set up your own car pools.

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

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

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

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

## Mah Jongg

We meet every Monday except the second Monday of the month at the Sonoma (card) Room at 1 - 3 p.m. We play the Hong Kong version. If you know a different version

or have never played the game, we have several good players who will help you learn this version of the game. We do not play for money. Come join us. For more information, call Molly Martinez (3417).

## Men's Executive Nine

Our club hosted the Brentwood "Rough Riders" for a windy mixed team cha-cha-cha tournament on May 21. Participation was good with 25 Rough Riders and 30 of our club members playing. The first flight winners were Ron Kott, Al Shaver, Bert Bartolero and Art Hogan. The second flight winners were Chris Diaz, Mike Carmichael, Dick Mello and Andy Barber. The May 28 shamble tournament resulted in a first place tie between the team of Ron Kott, Byron Lockhart, Bill Poate, and Mike Buckley and the team of John Aleck, John Waggoner, Andy Barber and Blind Draw. Congratulations to the winners and thanks to all that participated and supported our club.

Our July tournament schedule will bring back two favorite formats. On July 9, we will play a team scramble from the green tees. On July 23, we will play the ever popular yellow ball tournament. Watch for the sign-up sheets and don't miss these fun events.

It is time to start thinking about our annual meeting and the election of our board of directors for 2014. If you are interested in any of the board positions or wish to know a bit more about position responsibilities, contact Ron Kott or any of the present board members.

We currently have 102 members and play every Tuesday. If you are interested in becoming a new member, pick up an application form in the posting room or contact membership chairman Dick Talbott at 225-0077.

## Model Club

Yes, the theme of this month's article is model railroad-ing. This is because we cordially invite each of you, your children and especially grandchildren to our July 27 annual extravagant layout on the Vista lawn starting at 10 a.m. We have a special event planned, in that we have invited the Live Steam railroaders back and we will set up again near the Vista flagpoles. Last year, we had lines formed up to operate trains and to enjoy the food, drink and music, so bring your dancing shoes. Train viewing and operations will be available to all. We are expecting the ever popular Larry the New York Hot Dog Guy, and a day of operating railroads. In addition, we will have tables set up with Model Projects that our members are proud to show off. As a special event, we will give away prizes to the public for the most authentic railroad attire. Four prizes will be awarded, one man, one woman, one boy child, and a girl child. This should provide interesting



photo opportunities. Mr. John Harder, our Club President, will judge the competition at noon and announce the awards.

The Garden Railroad operates most Saturdays starting at 10 a.m. Stop by our Model Club meeting held on the first Friday of each month in the Vista Monterey Room. We will present ideas and talk about other anticipated field trips this season. For more information, contact John Harder (3646).

## Motorcycle Club



The Trilogy Motorcycle Club riders meet the first Saturday of every month for an all-day ride. The June 1 ride was attended by nine bikes and after a bit of discussion and voting, the destination was determined to be east to the foothills and continue a ride we started a couple of months ago. Due to time constraints, we shortened that ride but welcomed the opportunity to complete it this time. Our route took us up to Walnut Grove, out Thornton Road to New Hope and to Galt. From there, it was an easy ride to Lone and Martell for a coffee stop at Starbucks. We couldn't ask for a more pleasant day as we headed up into the altitude, eventually climbing to over 8,000 feet and even seeing a few snow patches.

We picked up lunch to go in Pleasant Valley and continued out Sly Park Road to Jenkenson Lake and found a pullout to eat, enjoy the scenery, and take a photo-op. A dog lover had also stopped to let his dogs take a break and the one named Harley (were you ready for that?), got lost. Turned out OK though, a Honda rider found the pet and all was well.

Continuing along Mormon Emigrant Trail Road to Hwy 88 took us to another scenic photo-op at Silver Lake. This was the turnaround point to head west on Hwy 88. As we steadily dropped in altitude, the temperature changed from the very enjoyable cool mountain air to about 92

degrees by the time we reached Jackson for a stretch break. The ride from Jackson on Stoney Road and Camanche Parkway is always a nice ride. A coffee break in Lodi to rehash the ride and enjoy coffee frappuccino's is a great way to cool off and bring an end to a nice 250-mile ride.

We invite the other motorcycle riders in Trilogy to join us on any of the monthly rides. The next ride will meet at McDonald's in Rio Vista at 8 a.m. July 6.

The destination is TBD based on weather. For more information, contact Bob Pastorino at (6556) or Larry Nelson (2967).

## Movers & Shakers

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

## Radio Club

During the month of May, we supported Auxiliary Communication Services (ACS) functions, which included the annual May Fair in Dixon, and formal training at the Solano County Office of Emergency Services. This was in addition to our weekly radio drill and training on specific equipments that would be placed into service by our members if requested by competent authority. We have found time and again that the only way to be prepared is to practice. These efforts are augmented with experiments with various antenna designs and individual studying for improved licenses opportunities. If you would like information on becoming a trained volunteer, or an amateur radio operator, additional information can be obtained by attending the weekly Radio Club meeting, which is held each Tuesday in the Vista Club Monterey Room at 9 a.m. for informal discussions over a cup of coffee. The formal meeting starts at 10 a.m. Please stop by. Dean Lattman is available at (3967) if you have any questions.

## Recipe Club



Our May meeting was a special treat at Jenan Afaneh's home, where she prepared 11 different recipes for our sampling. Thanks Jenan for a very special afternoon!

The topic for our July 9 noon meeting is picnic food. Our chefs are Pam Lewis, Terry Miller, Irene Piskura, and Molly Woodworth. Tess Felte is the coffee hostess.





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, please call Patty LaFleur (3159).

### Recipe Club Monthly Q&A:

*My cast-iron grill pan produces a lot of smoke. How can I prevent this?*

Some smoke is inevitable. You need a screaming-hot pan to get nice grill marks, and hot cast iron tends to smoke. To keep smoking in check, be sure to use the right fat. Vegetable and canola oil can withstand high heat, whereas extra-virgin olive oil, butter, and margarine start smoking at lower temperatures. Also, consider rubbing the food with oil instead of adding oil to the pan. Remember to trim excess fat off your meat and let marinades drip off the food before grilling it. Finally, make sure the pan is clean. Scrub it with coarse salt and a damp soft sponge, then rinse off the salt and dry well.

## Rio Vista Roamers RV Club

I hope everyone made it to the annual meeting on June 27. The date change was unfortunate but there would have been no officers in attendance! For those who missed it, please look on our website to see what occurred.

In May, Jan and Gene Vicks did a wonderful job hosting the club at the 49ers Park in Plymouth. We had our first blind wine tasting with cheese crackers before our hearty appetizers on Monday. I think my Beringers Zinfandel won the white wine category. See, expensive is not always the best. They fixed us a yummy breakfast on Tuesday morning and we had our regular great potluck that night. The lower Sierras have so many little gold rush towns and places to visit. Everyone had a great time!

There will be no more trips until September when we will join the Brentwood RV club on September 23 - 27 at the Pioneer RV Park in Quincy, CA. Reservations have been made for up to five nights because we will be going farther away than usual. This will be our second annual in Quincy with the Brentwood group. Look for all the information in your e-mails and the *Trilogy Living* in August.

Would you like to see or learn more about our club? We now have our own website! Richard Larsen created the site and now you can access club information any time you wish. See what we are up to at <http://home.comcast.net/~biskit3/rvroamers/>. Check us out and perhaps join us for an outing. Our outings and dinners are a great way for past members and future members to see what we are about and we would love your company. Call the members who are hosting that month's outing for information. Sandra Santos (3538) can answer any questions. Have a great summer!

## Senior Men's Golf Club

### "The day dawned cold in Ripley, West Virginia."

*From The Last Public Hanging in West Virginia: lyrics by Tom T. Hall; performed by Lester Flatt and published by Newkeys Music, 1965.*

Awaken the Dawn: Large sign at the exit from the Dry Creek GC parking lot.

May 1 (Ad Hoc) dawned cold, wet and windy; everyone grumbled. By the time the festivities ended at 2 p.m., it was warm, dry and calm. The rest of the month continued the warm and dry part. By the end of this busy month we were catching our breath, anticipating June's Prostate



Bob Junge, Treasurer. Photo by Jim Nash

Cancer benefit. The 4th annual Armed Forces benefit for destitute and homeless veterans was next. We raised over \$7,000 for Community Action North Bay. This check was presented at a tribute breakfast, at which RVSMGC was honored as Service Club of the Year, and Jim Malone as Veteran Volunteer of the Year.

We hosted Brentwood for the first installment of the Millennium Cup. Although we lost, the margin was small, hopefully to be overcome in September.

We had back-to-back trips to Mira Vista CC and Dry Creek GC. Mira Vista sports a classic clubhouse high in the El Cerrito hills, dates to the 1920s, and presents panoramic views of the North Bay, Mount Tam, the GGB, the City, the Bay Bridge, and Oakland. Driving into the rising sun was harrowing, but once we got there the views were first-rate (even if the camera's battery turned up dead).

Thirty-eight of us drove to Dry Creek in Galt, a walkable and fun muni layout dating to the '60s; too bad it's not closer. Hwy 99 divides the course, and going under the overpass messes with your GPS. The "dry" creek that fronts the 18th hole certainly isn't dry, as some of us newbies discovered. As for the exit sign, well, Google it.

New member is Rayno Niemi. Welcome, Rayno! We look forward to meeting you.

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



## Stroke, Head & Brain Injury Club

Stroke Club supports those who have had or are living with someone who has been affected by stroke or a brain injury. We also assist those suffering from dementia, regardless of the cause. Our group provides help, useful tips, and current information on how to cope with the various short and long term physical as well as emotional side effects that are unique to each individual's situation. Since those who experience these conditions can suffer from feeling alone, helpless, and/or impaired by some physical and/or emotional limitation, the support that we can provide each other can be very important to adapting and living. Each month, we discuss a new topic and try to learn more about subjects that are of interest to members. We also conduct various extracurricular activities for the group both within Trilogy and in nearby communities so that we can have fun together 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, please contact Dr. Cheryl Bellrose (6619). We encourage caregivers and families to join as you need support as well. We meet on the first Tuesday of each month from 2 - 4 p.m. at the Vista Club in the Monterey Room. Our next meeting will be held Tuesday on July 2. Please join us.

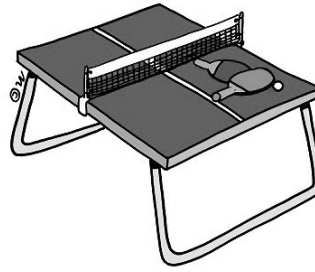
## Supper Club

Supper Club meets every other month from February through October in members' homes for tasteful (and tasty) dining, fun, and conversation. On these occasions, you can meet your neighbors and get to know them in a small group setting (usually six to 10). We are not limited to a formal dinner menu. We may also have an afternoon barbeque, a brunch or a luncheon.

Our club is not just for married or committed couples. Everyone is welcome to join Supper Club. If you want to make new friends, give Supper Club a try. Take the opportunity to experience our absolutely delectable menus and friendship provided by our members.

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

## Table Tennis



Our Bocce event scheduled for June 8 had to be cancelled and postponed to a future date, which will be announced on the website. Decision came about due to imminent hot weather forecast for the weekend. Get ready to

participate in the following activities:

### July:

- **4th of July parade.** Volunteers are needed to set up for the parade. Please call or contact Tom Surh (5282) for details.
- **July 27 - Rossmoor tournament at Rossmoor.** Contact Michael Mahrous (3216) for details. Rossmoor has a new million-plus dollar (we are told) facility exclusively dedicated to Table Tennis! Worth checking and we can keep on dreaming.

### August:

- **Aug. 8 - attend our general meeting in the Delta Club.** The meeting starts promptly at 4 p.m. and is followed by free play. Our president, Larry Mork, is punctual, concise and does not like meetings that last more than one hour. If you are late you are likely to miss out on valuable information.
- **August 17 - we have plans for the third in-house tournament of the year.** These are fun, exciting and usually have plenty of food! The tournament usually runs from 9:30 a.m. to 3 p.m. More details will be posted as the date nears.

### September:

- **Sept. 28 - International Potluck** between 1 p.m. and 5 p.m. More details will be posted on the website.

### October:

- **Oct. 19 - fourth in-house tournament** featuring Sadie Hawkins Doubles
- **Tournament with The Villages in San Jose**, date and time to be determined.

Be alert to the news on our website. For this you need to subscribe by providing your email once you click on <http://trvtt.wordpress.com>. There's also a hyperlink to this site in the MyTrilogyLife.com under clubs.



Contacts: Larry Mork, President (3389); Ricky Martinez, Vice-President (209-552-9131); Vicky Riddle, Treasurer (3684); Kim Russell, Secretary (2046); Tournament Director: Michael Mahrous (3216), Tom Barnes, At Large (4395).

## Tennis Club

Summer is finally here and we can tell that by the number of tournaments we have held. We beat Rossmoor in May. Don Stinson dethroned Orlando Devera in Team Tennis, only to have Orlando sneak back and win our Memorial Day Tournament by one game. A surprise winner for the ladies was Sandy Price, who stormed in to win the Ladies side of the tournament. It appears that George Sablan's tutoring of the ladies is turning that group into hard hitting, overhead smashing, drop-shot wizards. George is helping them to improve their games.

However, tennis is not all about winning. Without our members, we would not have a team in the first place. Luckily, we have a great group of friendly members and we want to increase that group. If you are interested in playing, come out in the morning for social tennis between 8 – 10 a.m. If you are new to tennis contact Wally Beckman at the email address listed below. We are always looking for new members, no matter what your playing level. For more information about our club, contact Wally Beckman at [beckmanwally@hotmail.com](mailto:beckmanwally@hotmail.com).

## Whist Club

We had a wonderful time at our 11th Juneteenth Celebration, we would like to thank everyone for attending and their participation. The food was delicious, catered by Chef Arvell Howell, thank you. What can we say about our entertainment, the band was great, and Miss Carolyn Jones sings like an angel, what a voice. Save the date: August 31 for our luncheon and fashion show. If you missed Miss Carolyn Jones, she will be singing with us again.

The club gathers once a month, usually on the third Friday at 7 p.m. at the Delta Club. Please check the monthly *Trilogy Living* for any dates/time changes. Other games are available for those not interested in playing cards, including dominoes, backgammon, and checkers. You may contact Madalene Turner (3361) or Jean Robertson (0086) for more information.

## Women's 9-Holers

Summer is here! Hooray! We have experienced a few days complete with the Delta Breeze. Can't keep golfers from doing their thing in spite of the wind. The Eclectic Tournament has been enjoyable for all involved. If you have any questions regarding the Women's 9-Hole Golf Club, call Suzi Masterson at (6149) or Betty Bowley at (5613).

**May 7 - Pars:** Jan Benner #1, Karen Nash #3 and #6. Lois Dutcher #1 and #5.

**May 14 - Pars:** Judy Rumble #12, Diane Scholz #12, Karen Adams #13, Jeanie Renner #15, Marg Niemi #12, and Nancy Griffin #15. Judy Rumble had a chip in on #12 - congratulations on winning the pot!

**May 21 - Pars:** Maureen Lamborn #1, Fran Silva, Karen Nash, Gay Fortier, and Jeanie Renner on #8, Suzi Masterson #5.

**May 28 - Pars:** Elaine Love (our newest member) # 10, Ruth Almgren #15, Suzi Masterson #12. Gay Fortier had a chip in.

## Women's 18-Holers

The Women's 18-Hole Golf Club welcomes in the lazy, hazy, crazy days of summer. We are in the middle of our eclectic tournament. The object is to improve your score on each hole for a seven-week period. The winner is the person in each flight, who has the lowest net score after totaling up their lowest scores. We are also sending a team of four to try to qualify for the Pacific Women's Northern California Championship. If we qualify, we will play in a two-day competition at Greenhorn Creek in Angels Camp. Members of the team are Marsha Berry, Lucille Rhodes, Doris Sundly and Vicky Riddle.

**The play day winners for the month of May were:**

**May 9: Choose the best nine net score and deduct fifty percent of handicap.** Flight A: first Vicky Riddle 33, second Linda Siatt 35.5, third Marsha Berry 36. Flight B: first Debby Carroll 34.5, second tie Angie Jones and Alma Renko 37.5. Flight C: first Terry Sutter 33.5, second Maureen Gingrass 36, third tie Karen Nash and Diana Staley 37.5. Flight D: first Helen Swarbrick 36.5, second tie Bev Dunn and Suzi Masterson 38.

**May 16: The weather won that day. It was a rain-out.**

**May 23: Low net in each flight.** Flight A: first Vicky Riddle 64, second Angie Jones 65, third Marsha Berry 72. Flight B: first Lynn Grace 73, second Linda VanNieuwburg 76, third Maureen Gingrass 77. Flight C: first Suzi Masterson 71, second Helen Swarbrick 73, third Joanne Smith 75.

**May 30: Low net in each flight.** Flight A: first Marsha Berry 72, second Lucille Rhodes 73, third tie Angie Jones and Trixie Roque 74. Flight B: first Diana Staley 70, second Maureen Gingrass 72, third Debby Carroll and Linda VanNieuwburg 74. Flight C: first Joanne Smith 76, second Diane Scholz 77, third Darl McCarthy 78.

If you are interested in joining our Women's Golf Club, join us at the Nines Restaurant at 8 a.m. on Thursday mornings, or call Marilyn Rogers at (5746) for membership information.





## Writers' Club



© Mystic Arts, LLC

Have you ever written a letter to a child? Have you explained to a child how to do something? Then you're ready for this month's Writers' Club topic. Your letter can be serious, humorous, instructive, cautionary, long, short, poignant, and about anything a child may need or want to know. You may also write about anything you'd like. Our monthly topic is optional; just a suggestion to get you started writing. We meet the

second Thursday of each month (this time it's on the 11th), in the Monterey Room of the Vista Club at 7 p.m. Come to listen, share, and/or offer suggestions. We encourage and support each writer's endeavors. All Trilogy residents who are interested in writing memoirs, essays, poetry, mysteries, stories, science fiction, lyrics, fables, novels for children and/or adults or any other form of writing are welcome. Just write and join us! For further information, please contact Beth (2186).



# Trilogy Celebrating



**Thursday, July 4th, 2013**

**10:30am—2:30pm Presented by:**

**Village Oakmont, Olympic, Saddle Rock & Riviera KB**



**10:30 SUMMERSET PARADE**  
(Starts At Delta Club)

**11:30 HOT DOG, CHIPS & BEVERAGE**  
**ICE CREAM SOCIAL**

(ALL SERVED 11:30—1:30 Delta Club)

**DJ MUSIC AT THE POOL**

**1:00 DECORATED GOLF CART AWARD PRESENTATION**

Contact Member Services (4200) or Debbie (4204) with questions.



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## FREE MEDICAL SUPPLIES

The Rio Vista Lions Club has new  
and used medical equipment available  
at no charge. Items include walkers,  
wheel chairs, canes, crutches, and more.

Contact Ron Jones @ 374-5875 or

Warren Oglove @ 374-3477.

## ADVERTISING INFORMATION

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

### REGULAR SIZES AND RATES:

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

### PREMIUM SIZES AND RATES:

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

### DISCOUNTS:

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

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





## Trilogy at Rio Vista HOME BASED BUSINESS DIRECTORY

### All Occasion Travel

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

### Boutique Jewelry Shopping

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

### Divas

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

### GLOBALINX

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

### Mary Kay

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

### Rodan & Fields Skin Products

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

## FOR RENT

### Room for Rent

\$500 a month. No smoking.  
Call Jan 688-9338.

## FOR SALE

### Adult Trikes

Adult tricycles are fun & good exercise. Single speed, dual brakes and basket. 4 colors and 2 sizes: 26" and 24". EZ to ride. Jose (5248).

### Daybed

Antique French Daybed, paid \$900, sell for \$350. Converts to single bed. Call (1374). Photo available at email: isatak@aol.com.

### Jams & Pickles

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

### Lawnmower

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

## FOR SALE

### Travel Trailer

2013 travel trailer, used 7 times. Queen bed, Bed microwave, shower, head and tools. Asking \$9500. Call (5039).

### Vehicle

BMW 530i, 2001 for \$5900. Excellent condition inside and outside. Only 122,000 miles. Silver with black interior. Fully loaded. Non-smoker. Call Bernard (4355).

## 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).

### Appliance Repair

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

## SERVICES

### 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/Video

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

### 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.



## SERVICES

### Cabinet Media Niches

Entertainment Centers: free estimates. Call Bob (4902), Trilogy Resident.

### Cabinet Roll out Shelves

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

### Caregiver

Experienced caregiver. Call Janice 688-9338.

### Caregiver

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

### Carpet & Upholstery Cleaning

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

### 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.

### Clutter

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

### 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).

## SERVICES

### 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).

### Electrical

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

### Errands

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

### Enhanced Improvements & Repairs

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

## SERVICES

### Faux Finishing @ Its Best

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

### Gardening & Yard Maintenance

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

### Hairstyling

Haircuts & styling done in the comfort of your home. Over 35 years experience. Call for appt. Myrna home: (3725) cell: 408-309-0083. Men also. Trilogy resident.

### Handyman

Minor plumbing and electrical installations and repairs; furniture and closet shelf assembly and repair; blind, drapery rod and wall décor installation. Call Ron (2227).

### Handyman

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

### Handyman

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

### Household Assistance

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



## SERVICES

### Impeccable Improvements & Repairs

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

### Income Tax Preparation & Bookkeeping Service

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

### Income Tax Services & Planning

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

### In Home Care

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

### Landscaping

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

### Lawnmower Repair

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

### Mobile Notary Services

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

## SERVICES

### Moving and Organizing Services

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

### Moving Help

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

### Mural Painting

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

### Notary 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).

### Painting & Drywall

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

### Pet Care

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

## SERVICES

### Pet Care

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

### Pressure Washing

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

### Shower Door Cleaning

An amazing process removes hard water stains from shower doors. Works on clear glass only. For a free evaluation and estimate call Gary (3488).

### Sliding Door & Screen Repair

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

### Streaming Video

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

### Transportation

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

### Your Personal Travel Concierge

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





## SERVICES

### Weed Pulling

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

### Window Cleaning

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

## VACATION RENTAL

### Cancun Resort on the Las Vegas strip

Dec. 23-27, 2013 and Dec. 29-Jan. 2, 2014 respectively. 1 bedroom, sleeps 4. Gym/pool/sauna, etc. \$300/bedroom. All 4-night. Email: mxdgolfer@comcast.net, or sen\_gallevo@comcast.net. Call 510-517-8010 for details.

## VACATION RENTAL

### Hawaii Condo

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

### Tahoe Condo

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

## WANTED

### Motor Home

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

## Want to Run a Classified Ad?

Pick up an ad application form at Member Services. Turn in your completed form by the fifth of the month preceding the month you wish the ad to run. Cost is \$5 for 25 words. Additional words are \$.25 per word. Checks only. Late ads will run in the next issue.

## Attention All Advertisers:

All ads and checks are due

by the fifth of the month

prior to the month of publication.

*“I wanted a perfect ending.  
Now I’ve learned, the hard way, that some poems don’t rhyme,  
and some stories don’t have a clear beginning, middle, and end.*

*Life is about not knowing, having to change,  
taking the moment and making the best of it,  
without knowing what’s going to happen next.*

*Delicious Ambiguity.”*

— GILDA RADNER



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**Join us for a festive BBQ and enjoy live entertainment**

**July 3, 2013 | 11:30AM.**

**Please RSVP to Denise at 707-425-3588**

Call to Schedule a visit today

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**Fairfield, CA 94534**



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