

# TrilogyLiving



## DIGGING UP ROOTS

Genealogy Club has a wealth of knowledge for anyone interested in tracing their ancestry. Featuring monthly genealogy workshops and meetings, the club meets curiosity with an arsenal of tools perfect for finding from where the family branches have grown. Read more on page 31.

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## Warren Oglove

President

### **An Executive Session of the Board of Directors was held Monday, Jan. 20. The following action took place:**

- Discussed the offer from the City pertaining to the transfer of the Waste Water Treatment Plant to the Association at no cost, if the Association agrees to take possession of and operation of the Lighting and Landscape District. The Board will meet with Trilogy's attorney at February's Executive Board Meeting for direction. The attorney will negotiate a transfer agreement directly with the City's Attorney.

### **A Special Board Meeting was held on Monday, February 6, regarding the 2014–2015 budget.**

### **An Executive Session Meeting was held on Tuesday, February 11. The following actions took place:**

- Marion Aaron, a Partner at Berding & Weil, discussed issues surrounding the WWTP/LLD. A preliminary preparation of an offer to transfer the properties is in its beginning stages.
- The Board agreed on a format for the oath all board members will be required to take when being seated at the first board meeting of the New Year, or when replacing a board member mid-term.

### **A Regular Board Meeting was held on Tuesday, February 11. The following actions took place:**

- The 2014 – 2015 Budget was approved, with a slight decrease in the monthly assessment.
- Annual Passes were eliminated.
- The Board approved an expenditure of \$11,200 to remove palm trees from in front of the Delta and place them in locations where the palms are dead on Summerset Road near the Welcome Center and Clubhouse Drive. The LLD will pay for the replacements on Summerset Road.

### **The Annual Meeting of the Delegates was held on Tuesday, February 11. The following actions took place:**

- Election of the Board for the two open positions on the Master Board was held. Don Love won one seat and Noel O'Brien was re-elected to the other seat.
- The Board elected Don Love President for the coming term. Warren Oglove wishes Don all the best in the coming year.

**The next Board meeting is March 11 at 2 p.m. in the Diablo Ballroom.**

## TRILOGY AT RIO VISTA

D I R E C T O R Y

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

Don Love, President (6882)  
Noel O'Brien, Vice President (925) 348-4097  
Melissa Coleman, CFO (6874)  
Joel Auslen, Secretary (5808)  
Warren Oglove, Director at Large (3477)

### **District Delegates**

Village 1 - Tom Surh (5282)  
Village Oakmont - Leland Puryear (3510)  
Village Riviera - Barb Downs (501-5026)  
Olympic Village - Joel Auslen (5808)  
Saddle Rock Village - Roger Kohn (2737)

### **Committee Chairs**

Adult – Helen Bergoust (2436)  
Emergency Action Committee – Alan Levine (718-7907)  
Access - Andy Pestana (5154)

### **Village Board Presidents**

Village 1 - Larry Mork (3389)  
Village Oakmont - Walter Manos (2827)  
Village Riviera - Donald Seyk (6407)  
Village Olympic - Robert Sonnenburg (1460)  
Village Saddle Rock - Patricia Kohn (2737)

### **Association Administration**

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

### **Club Numbers**

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

### **Trilogy Living Editorial Board**

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

### **Commercial Advertising Manager**

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

### **Resident Classified Advertising**

Kathy Nilsson, knilsson@actionlife.com (4200)

### **Welcome Center/Front Gate** (4306)

trvwelcomecenter@gmail.com

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

### **Shea Customer Service** 1-866-535-9989

## From the Editor



### Andrea Stuart

This time of year there is a shift in energy as it relates to the weather, the tilt of the earth on its axis, temperature, and to lifestyle. Personal energy awakens; a fire begins to build within our cores, symbolic of the growing fire in the sky as day and night becomes balanced. The synergy between personal energy levels and the earth's activity is no accident. NASA has created a unique visual aid to show the earth's inhalation and exhalation, which occur once each year. As we move into spring, the earth begins to inhale. She does so by absorbing large quantities of carbon dioxide from the atmosphere and releasing oxygen in its place. Thus, all life becomes more energized. As we move into winter, the earth begins a process of exhaling. Vegetation releases carbon dioxide into the atmosphere, become less animated. Much like the cycles of our own breaths, the earth is energized during inhalation and relaxes upon exhalation. To see an animation of what earth's breathing cycle looks like, Google "John Nelson Breathing Earth."

Since we're awake, let's get out and have some fun. The Wine, Jazz and Visual Art Festival is just around the corner. Plus, you can look forward to seasonal goodies at the Trilogy Farmer's Market. And, speaking of waking up, help out someone in need by lending an arm during the blood drive. Plus, don't wait until April 15 to file your taxes. The community section features free tax aid through AARP.

Happy Spring!



**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

February was filled with event variety including football, dance, a tribute concert to the Carpenters, karaoke night, The Whist Club's Black History Celebration, Bingo and so much more. New slideshows are showing at the Vista Club's Rotunda, The Polar Bear Plunge participants are sporting their well-deserved t-shirts and events are selling out sooner than later. Trilogy life is good and entertaining!

Mark your calendars for these upcoming events:

- **March Computer Classes** (see page 20)
- **3/01 Wine, Jazz and Visual Art Festival**
- **3/02 & 3/16 Farmers Market**
- **3/08 The Good Life Festival Simulcast:**  
**Huey Lewis & The News**
- **3/09 Daylight Saving Time Begins**
- **3/09 Monthly Dance ~ The Dance Club**
- **3/14 & 28 Gourd Carving 2-Day Workshop**
- **3/18 Movie Night with Phil Pezzaglia ~**  
**co-sponsored with Genealogy Workshop**
- **3/21 Open Mic Night**
- **3/22 Concert/Dance Featuring**  
**John Covert & Crystal Image**
- **3/24 Blood Drive** (pg. 28)
- **3/25 CPR/AED & First Aid Training**

Get Ready:

- **4/05 The Good Life Festival Simulcast:**  
**Doobie Brothers with Special Guest**  
**The Guess Who**
- **4/12 Gift, Craft & Art Faire**

Learn what's happening in the club section of this issue for more activities. There is something for everyone within your community. Your comments and suggestions are always valued. Send an email anytime to [ddorn@actionlife.com](mailto:ddorn@actionlife.com). My mailbox is always open!

### ANNOUNCEMENTS:

Requisitions are open for two part-time staff positions in the Activities Department, Day Porter and Facility Monitor. Applicants should be service minded and able to lift and/or move approximately 50 pounds. Contact Debbie Dorn [ddorn@actionlife.com](mailto:ddorn@actionlife.com) and (4204).

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



## Wine, Jazz, and Visual Art Festival

Saturday March 1, 1–5 p.m., Diablo Ballroom Vista Club ~ Free

(Charge for wine tasting ~ Six wine tastings \$5 payable to Van Ruiten Winery)

Enjoy an afternoon of wine, music, and art. Trilogy Art Guild (TAG) and the Photography Club will display their art, the 3JB Jazz Quartet will play delightful music, and there will be wine tasting. Set your palate for an artful fun time and come on over for a delightful afternoon. Sign up at Member Services, Vista Club.

Van Ruiten Winery has been a top quality wine grape grower for over five decades. Three generations of the Van Ruiten family now work together tending the vineyards, managing the winery and bringing the fine wines to market. Coupled with their new facility and the talents and experience of winemaker Matt Ridge, the Van Ruiten Family has strengthened their distinction as a leader for super premium wines from Lodi.

## Computer Workshops ~ Several Available in March!

Learning Center Vista Club

There are a variety of special interest workshops along with a series of introductory workshops to help you become more comfortable with common computing conveniences such as email. See pg. 20 for more information. Limited space available. Sign up at Member Services.

## Farmer's Market ~ Have You Experienced Trilogy's Market Place?

Sunday, March 2 & 16, April 6 & 20, 10 a.m. – 3 p.m., Delta Club



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

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

## Spring Gift, Craft, & Art Faire

Saturday, April 12, 10am - 3pm, Diablo Ballroom, Vista Club ~ Free

Don't miss out on this convenient and unique spring shopping experience at Trilogy! 3JB Jazz Quartet will entertain from 11:00am - 2:00pm and Café Vista will be open until 3pm. Raffle sales and drawings are held throughout the event. Each merchant table will donate a prize for the raffle to benefit Meals on Wheels. If you want to rent a table, sign up at Member Services (4200) to be sent registration details in time for our fall Faire.



Photo Courtesy of Martha Hoff

## John Covert & Crystal Image

Returns By Overwhelming Request!

Saturday March 22, 7 – 9:30 p.m.

Diablo Ballroom Vista Club ~ \$10 pp

John Covert (keyboards/vocal) has opened shows for War, Tower of Power, Sons of Champlin (Grammy winner Bill Champlin formerly of rock band, Chicago), Chad and Jeremy, The Chiffons, The Coasters, Simon & Garfunkel, Gary U.S. Bonds, Dobie Gray, Lady Bo (Bo Diddley's protege) and many others. He is a grand-prize winner in the Nashville Music City Song Festival and multi-finalist in the American song festival. Covert's songs have been featured on many TV shows, movies, in magazines and on Billboard charts. His co-written song "Smile if you love Jesus" charted #1 on the 1999 Country Gospel Music Guild charts.

John's 1960's folk rock songs are also featured on a rare European collector's CD, "California Lovin" (also featured is legendary rock band, Steppenwolf). More of Covert's original vintage Crystal Image rock music can be found on the official website: [www.crystalimageband.weebly.com](http://www.crystalimageband.weebly.com). Gear up for an evening of entertainment and dance. You are welcome to bring your favorite provisions! Sign up at member services.



## Blood Pressure Check ~ Free

Thursday, March 13, 9 – 10 a.m., Library Delta Club

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

## Complimentary Hearing Screening and Assessment

Thursday March 13, 1 - 3 p.m.,  
Diablo Ballroom Vista Club ~ Free

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

## Movie Night with Phil Pezzaglia ~ The McCullochs

Tuesday, March 18, 6 – 9 p.m., Diablo Room, Vista Club ~ \$3 pp

All Proceeds Benefit Rio Vista Museum

Together, with the Genealogy Workshop group, we bring Phil Pezzaglia once again with his captivating historical storytelling! Phil will present the 1975 movie which was filmed in Rio Vista and area using many local movie extras including the high school band and parish priest. Pezzaglia is Curator & President of the Rio Vista Museum, RV Chamber of Commerce Past President, and Sacramento River Delta Historical Society member. Phil's books and others of interest will be available for purchase. Table seating invites you to bring your nibbles of choice, while light refreshments will be provided. Sign up soon at Member Services. Seating will be limited.

*The McCullochs* . . . Max Baer made his directorial debut with this powerful, sweeping saga, a sprawling, brawling epic of a proud family set against the majestic canvas of 1949 Texas. Forrest Tucker stars as J.J. "Mac" McCulloch a self-made millionaire whose pride is as tough as his fists. As his teenage children begin to rebel against their father's iron will, Mac and his wife Hannah (Julie Adams) fight to keep their family together in a world torn by war, changed by love and tested by tragedy.

## Huey Lewis and The News with Special Guest Berlin Simulcast Live from Trilogy at Encanterra, Arizona

Saturday, March 8, 5:30 p.m. - 9 p.m.,  
Diablo Ballroom, Vista Club ~ \$5

Join Trilogy members across the country as The Good Life Festival presents Huey Lewis and the News commemorating their "Sports" 30th Anniversary World Tour, which will include a stop at The Good Life Festival. Fans will hear the band perform the songs from "Sports," plus many other hits and surprises. "Sports" has struck a chord with audiences of all ages and persuasions. Joining Huey Lewis and The News will be Berlin, touring in support of their new album, "Animal." While Animal is Berlin's seventh album, a combination of 10 compilation albums, EPs and live albums round out an impressive discography that so far has yielded twelve gold and platinum album awards. Light refreshments will be served and you are welcome to bring your own to enjoy during the evening. Sign up at Member Services.







## SHOWCASE YOUR CLUB!

Portions of the Vista Club display case will be available for clubs to showcase the club's activity, projects, and promote participation to join your group! Let others know what your group's purpose is about, display items that will tell the story and invite others to join the fun! Include a sign with the club name and contact information on display for those inquiring minds. The lesser-developed clubs and groups will be given priority, we will rotate those interested with a comfortable time span to share your story with Trilogy! Those interested in showcasing their club or group can have the authorized representative sign up at Vista Club Member Services desk. For more information, contact Debbie Dorn at email address [ddorn@actionlife.com](mailto:ddorn@actionlife.com).

## Open Mic Night: Music, Dance, Comedy, Poets/Spoken Word

Friday, March 21, 7 p.m. – 8:30 p.m.,  
Diablo Room, Vista Club ~ Free

The venue welcomes Trilogy to take the stage and share their artistic expressions in a setting as intimate as your living room. Family and community will cheer you to the next level! If you're a spectator, you're in for a treat. The supportive setting is about artists having a safe place to perform for the first time –veteran artists having a place to experiment and try out new pieces and providing a place that inspires new work. Bring your favorite provisions and come check it out. Performers sign in at Member Services.

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

## Gourd Carving Workshop

March 14 & 28, 10 a.m. – 12 p.m., Marina Room, Delta Club

*Fees apply for project resources.*



Remember when your mother told you not to play with your vegetables? Well, there is one made for play...the gourd. No, not pumpkins and squash. We're talking about what ancient man has used throughout history as a vessel for food and water, as well as for decorations. Come join local artist and resident Barbara Marshall in a fun-filled and informative workshop all about working with gourds. They are the original Tupperware! She has been working with gourds as an art form for over 15 years, making everything from bowls to masks to musical instruments. She is a member of the American Gourd Society, California Gourd Society, Florida Gourd Society, Sutter Buttes Gourd Artists, Mt Lassen Gourd Artists, and Folsom Gourd Artists. Her art is in private collections all over the world and currently on display at Lawler House Gallery in Susan City. For more information and registration, contact Barbara Marshall at (3940). But be warned: gourds can be very addictive.

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

Tuesday March 25, 9 a.m. – 1 p.m.

Thursday April 3, 10:30 a.m. – 2:30 p.m.

Diablo Ballroom Vista Club ~ \$60

It is good to know how to help someone in trouble, whether it is your spouse or grandchild. The class provides a two-year certification in CPR/AED & First Aid at a great value. Limited space. Sign up with Member Services (4200) by March 21, at the Vista Club.



## Doobie Brothers with Special Guests The Guess Who

Simulcast Live from Trilogy at Encanterra, Arizona

Saturday, April 5, 5:30 – 9 p.m., Diablo Ballroom, Vista Club ~ \$5

Join Trilogy members across the country as The Good Life Festival welcomes The Doobie Brothers and special guests The Guess Who. In one night to remember, from the beautiful Trilogy at Encanterra in Arizona, two legendary bands will rock the stage with their best hits throughout the decades. Light refreshments will be served and you are welcome to bring your own to enjoy during the evening. Sign up at Vista Club Member Services.

## Comedy Night Featuring Jeff Applebaum

Friday, April 18, 7 p.m., Diablo Ballroom Vista Club ~ \$10 pp

Join Jeff for a night of good, clean fun! After 20+ years in California, this New York City native is finally learning to speak English. Jeff's clean comedy examines his particular life experiences, which include being the only white kid on his Little League team in Queens, having a Chinese wife who orders from take-out menus in fluent Mandarin, and raising a teenage son who calls himself "Jewnese," because he says it sounds better than "Chine-ish." As a veteran stand-up recently performing on the "Late Late Show with Craig Ferguson," Jeff is credited with numerous other television, radio, film, theater and corporate performances. Table seating invites you to bring your favorite snacks to enjoy during the show. Sign up at Member Services.



## Enrichment Series ~ Life Coaching Session II

Tuesday, April 22, 6:30 – 8 p.m., Diablo Room, Vista Club ~ Free



Life Coaching Session II features a presentation by John Lamb, who will share his broad experience to further open doors for opportunities which help to maintain healthy, active minds. The interactive platform will avoid advocating for any particular activity, program, or set of beliefs or values. Come along on a journey to discover essentials to improving lives. Light refreshments will be served. Sign up at Member Services.

## Concert: Those Were the Days: William Florian

Saturday April 26, 7 – 9:30 p.m.,  
Diablo Ballroom Vista Club ~ \$10 pp



The Spirit and Songs of the '60s starring the former lead singer of the famous '60s group The New Christy Minstrels! It is an upbeat musical journey of America's greatest folk and pop songs of the '60s, including hit songs performed with The New Christy Minstrels. Plus the music of Peter, Paul & Mary, Pete Seeger, The Mamas & The Papas plus a special tribute to John Denver! Gear up for an evening of Uplifting

originals and amusing stories in a wonderfully intimate show. And you are welcome to bring your favorite provisions. Sign up at Member Services.



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## Assessment Notice

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

### Assessments for the month:

**Master Association \$120.00**

**Master Association \$80.39**

(Only for original residents (<200)  
in a developer subsidy agreement)

**Village I \$5.00**

**Village Oakmont \$4.50**

**Olympic Village \$5.00**

**Village Riviera \$5.00**

**Saddle Rock Village \$0**

(None until dormancy ends)

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

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

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

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

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

Thanks for considering both options.

**You have signed up for e-Alerts and Disclosure Opt-in but are not receiving them** – Some of you may notice from time to time that you stop receiving the MTL e-Newsletters and/or the TRVMA e-Alerts. If this happens, please contact Jacquie and she will work with the email team to make sure that you're on the 'active' list in the email system. Emails can be removed from the 'active' list in several ways: a user may click the 'unsubscribe' link on an email, a user may un-check the newsletter subscription box on his/her profile on MTL, or, more often, a user's email service (i.e. Hotmail, MSN, and Gmail) may confuse the e-newsletters for junk and automatically reject all ongoing mail. This last scenario results in our email address being automatically moved off of the 'active' list in our systems. If you contact Jacquie at [jroche@actionlife.com](mailto:jroche@actionlife.com), she will have the email team move you back to 'active,' but we also suggest that you add the e-newsletter email address – [noreply@actionlife.com](mailto:noreply@actionlife.com) - to your "safe senders" or "friends" list in your email settings to reduce the odds of problems.

### Where Do I Go If I Want To.....?

**Reserve Tables and/or Chairs** – Member Services – Vista Club (4200)

**Have Copies Made, Send a Fax and/ or Receive a Fax** – Member Services – Vista Club (4200)

**Pick up a Residents' Directory** – Member Services – Vista Club

**Submit Residential Ads for the Trilogy Living** – Kathy Nilsson – Member Services – Vista Club (4200)

**Indoor Plants** – Please do not use the potted plants as garbage receptacles and do not water plants. Staff takes care of the plants and when well-meaning members decide to help, it often makes matters worse. The plants are expensive to replace and all Members pay for replacements.

**Anonymous Notes to the Administrative Office/HOA** – Please sign all Administrative Communication Forms as we only take action on signed forms.



HOA	
Delta Key	\$15
Transponder	\$35
Member Services	
Copies	10¢/copy
Faxes (outgoing)	\$1 int'l surcharge
Faxes (incoming)	15¢/copy
Printing B/W	15¢/copy
Printing Color	40¢/copy
ID Cards (replace)	\$15
Holders	\$1
Lanyards	\$1
Laminating BC size	\$1
Laminating Page	\$2
Activities	
Farmers Market	\$100
Craft Faire	\$30/Mbr; \$40/Non-Mbr
Member Private Use	
Vista Club	
Diablo (180 ppl)	\$500; \$75/Hr > 4 Hrs
Monterey (25 ppl)	\$100; \$15/Hr > 4 Hrs
Sonoma (24 ppl)	\$100; \$15/Hr > 4 Hrs
Patio	\$100; \$15/Hr > 4 Hrs
Delta Club	
Rio Vista	\$200; \$20/Hr > 4 Hrs
River	\$75; \$10/Hr > 4 Hrs
Kitchen	\$50; \$5/Hr > 4 Hrs
Additional Fees	
Set Up/Breakdown	\$2/person - \$50 Minimum
AV Set up	\$25
Portable Bar	\$25
AV Assistance	\$25/Hr
Linen/Tablecloths	\$3 each
Linen/Skirts	\$5 each
Piano - Diablo	\$50
Piano - Delta	\$25
Security	\$50/Hr Alcohol; after 10 pm; 100 pp - Security Required

Public Agency Events	
Room Rates/Use Fees Doubled	
Fitness/Group Ex	
Traditional	\$3.50/class; 1 hr. - 9 min. (Fee may vary depending on Promotion)
Specialty	\$5.75/class; 9 min.
Personal Training	
Range of Motion	\$20
1 Hour Intro	\$50
1 Hour	\$65
5 - 1 Hour	\$60/session
10 - 1 Hour	\$55/session
5 - 1/2 Hour	\$40/session
Spa	
Massage	\$30 - \$110/30 -120 min (Fee may vary depending on Promotion)
Esthetician	\$60 - \$75/60 -75 min
Naturopathic	By Contract
Staff Discount	10%

**Violations** – Please do not register complaints to the Administrative Office/HOA without making sure you have the correct address of the person in violation. Example of what not to report – two houses down from the corner of a particular street.

If you receive a violation notice, please contact the HOA office.

**Your Pets – Your Responsibility** – Please show pride in your community by carrying bags with you when you walk your pets or by using the bags provided in dispenser throughout the community. Also, thank you for keeping your pets on a leash at all times.

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

**Late Charges on Assessments** – If you are paying your assessments through your bank, it is recommended that you move the date of payment to the 1st of the month when the assessments are due. Many banks are batching payments before sending them out, so even though your





account may show a payment on a particular date, the payments are not being mailed on that date. If you schedule payments through your bank or mail your check after the 1st, you run the risk of being charged a late payment.

**Parking in front of mailboxes** – Thank you for helping our mail carrier deliver your mail, our staff deliver fliers and for giving your neighbors easy access to their mailboxes by not parking in front of mailboxes and asking your service providers to park elsewhere also.

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

**Welcome Center/Dwelling Live** – Please make sure that your guests and vendors give your full name and/or address to give the Welcome Center attendants; otherwise they will not be given access. The Welcome Center attendants are grateful to those members who enter guests on Dwelling Live, call the Welcome Center or email them when you are expecting guests and especially when you are having a party and expecting several guests. They don't want to deny access to anyone you are expecting but have no choice if they haven't been notified and they can't reach you to get your authorization upon your guests' arrival. Instructions for using Dwelling Live are available at the Vista and Delta Clubs.

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

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

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

**Pets in the Clubs** – No pets are allowed in either the Delta or Vista Clubs with the exception of service dogs. Service dogs are allowed only if they have been registered with the Administrative Office and have a TRVMA identification card. They must have their vest and TRVMA card on them at all times when they are in the clubs and they must be accompanied by the person for whom they are providing a service. If you do not comply with a request from a staff member to show them the TRVMA card, you will be required to leave the club until you present it.

Therapy dogs are not allowed in the clubs at any time. They are not service dogs and are not protected under the ADA.

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

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

## **Riviera Board News**

Congratulations to our new Riviera Delegate Barbara Downs. Although 290 votes were cast at the run-off election, Riviera will only have 220 to cast towards the candidates running for the Master Board. Only the official ballots at the January 2 annual village meeting are allowed. Next year help us get more of the 526 Riviera households voting.

Unless there is a special assessment, there are only two times each year that assessment can change, once at the beginning of the Master Association's fiscal year, which is April 1, the other is at the beginning of the Village Association's fiscal year, which is June 1, for Riviera. Near the end of March those who have not signed up for ACH (Automatic withdrawal) will receive a coupon book with two coupons, one for April and one for May. Then, near the end of May, they will receive a 10-coupon book for June 2014 through March 2015. If your payment is automatically pulled by Action, you will not receive any coupons.

Please read the notes from the administrative office usually found prior to the HOA and villages section. Some items you should look at are: updating your information at the Administrative Office if anything has changed, filling out Dwelling Live so your visitors will be allowed in, and setting up electronic communications with E-Alerts and Disclosure Opt-in to save our assessment dollars.

Our next Riviera HOA meeting is March 6, at 6:30 p.m. in the Marina Room at the Delta Club. Please come and support our village. Any questions or concerns, call Don at (6407).

## **Saddle Rock Village Board News**

At our annual meeting, January 15, we elected Roger Kohn, Delegate and Art Darden, Alternate. Also, on the ballot was an advisory vote on revised parking regulations that passed with 58 in favor and 22 against. At the February 19 meeting, the board voted on this issue.



We held a special meeting of the board on February 5 to review the roles, responsibilities, processes, and guidelines of the Architecture Committee. Residents were encouraged to share their concerns and offer improvements. We anticipate the first reading of revised guidelines at our February 19 meeting with the second reading in April. Our next meeting is March 19 at 6:30 p.m. in the Rio Vista Room of the Delta Club. For more information, contact Patty Kohn (2737) or (pfkohn@gmail.com).

## Olympic Village

Meet Jo Ann, your new OVRC president. She has lived in Trilogy for one year. She will do her best and with your help Olympic Village will have a great year. Her vision for OVRC is to increase participation by the members and have more events.

On Wednesday evening, March 19, 2014 OVRC we will hold our third annual Wine-D Up, a no charge Midweek Social Hour from 6 - 8 p.m. in the Delta Club Rio Vista Room. Enjoy wine, hors d'oeuvres, and desserts. Please bring one of your choosing. Non-alcoholic beverages will be served. Please come and meet your neighbors. We will be forming a Wine-D Up committee at the next meeting.

In January, the OVRC Board held its formation meeting to appoint the officers for 2014. They are as follows: President - Jo Ann Banford, Constance Boulware - Board Member at Large, C. Robert Coons - Assistant Secretary, Lee Ann Frable - Secretary, Wayne Jardine - Treasurer, Linda Jensen - Vice President, Faye Lamb - Board Member at large, Don Webb - Treasurer. Please welcome your new board.

Our regular meetings are held at 7 p.m. on the third Wednesday of each month in the Monterey Room at the Vista Club. This club plans the activities for Olympic Village for the year. We are looking for volunteers to help with the Annual Pasta Dinner in June. Al and Rhoda Sbranti have done the cooking every year. Yeah for them, and thank you. We still need a committee to help with the rest of the planning. If you would like more information on these events, attend our next meeting on Wed., Feb. 19 in the Monterey Room at the Vista Club. All ideas and offers are welcome. For information, call Jo Ann Banford at (770) 380-9720.

## Saddle Rock Village



Spring is just around the corner and we hope you have all planted those bulbs and seeds in time for lots of color and vegetables in your yards this year.

Saddle Rock Village is growing in leaps and bounds, with over 200 homes built already. The small park on the cor-

ner of Saddle Rock Lane and Silver Ridge Drive should be ready for use soon. This will be a great addition to our neighborhood.

Our Welcome Committee has been busy delivering welcome bags to many new SRV residents. If you have not received your welcome bag after moving in, please contact Rayno at raynoniemi@yahoo.com.

Our Caring Committee in Saddle Rock Village is available to help our residents. If you know of any caring needs in your SRV neighborhood, please contact Marj at marjniemi@yahoo.com.

We have a website our residents can reference at <http://home.comcast.net/~biskit3/saddlerock/>.

This is the personal website of one of our SRV residents. Richard Larsen developed and maintains the site. SRV residents can find helpful information for our village, Trilogy and the town of Rio Vista.

### Dates to Remember:

**Wed. March 19, 7 p.m.** - SRV Residents' Club monthly meeting, directly following our SRV Board meeting, Rio Vista Room, Delta Club. Social hour follows each meeting with wine, snacks, and fun! All SRV residents are welcome. For more information, please contact Kathi Bradley (4424) or [kathibradley@comcast.net](mailto:kathibradley@comcast.net).

**Sat. May 3** - SRV Fundraiser Garage Sale. Please save all of your items you would like to donate to our garage sale. The proceeds will go to our SRV Resident's Club fund to support events for 2014.

We are also seeking volunteers to help. If you have any questions, please contact Patricia Hilaire (2664) or [digarch@aol.com](mailto:digarch@aol.com).

## Village I

The Village One Residents' Club (VORC) is in full swing planning the 2014 activity schedule. First on tap was a successful new resident's welcome gathering on Feb. 26, 2014 with personal invitations to all 51 homeowners that have purchased a home in Village One since January, 2012. It was a pleasure to meet all the new residents in attendance, answer questions, and provide information as well as receive their input.

The committee is also planning a Cinco De Mayo Fiesta on May 4, 2014 at the Marina Room in the Delta Club. The committee will work with the Drama Club in August serving beverages as part of our annual fundraising. In the planning stages, we have an October Fest event with German fare. We will close the year with our annual Christmas party, which had over 100 residents in attendance last year.



VORC is always looking for more members that would like to get involved with any level of participation in these events. We can also use help developing new ideas to bring our community closer and provide a better social life style here at Trilogy. For more information on Village One Residents' Club, call Jim Wichmann (4870).

## Oakmont Village

March is a busy month for the Oakmont Village Resident's Club. We have two events this month. Some of you have already volunteered to tend bar or conduct the check-in for the *Music of the Night* March 13, 14, and 15. If you have never gone to this event, you have missed one of Trilogy's best musical events. Then, on Sunday March 23, come have a pancake breakfast with your friends and neighbors from all over Trilogy. Our menu includes pancakes, sausages, strawberry topping, maple syrup, coffee, tea, orange juice, and complimentary champagne. Attendees last year really enjoyed the pancakes with the sausages cooked on the BBQ grill by the pool. The breakfast is at the Delta Club. Sign-up deadline is March 17. You should have received a tubed flyer for the pancake breakfast. Extra flyers will be at the Delta and Vista Clubs.

Our Social Committee meets every first Wednesday of the month at 3 p.m. in the Monterey Room at the Vista Club. Also, this month we will start the meeting with our quarterly Resident Club's items. All Oakmont residents are welcome to attend and participate in the planning and execution of our events. If you have any questions or comments, please call Cyndy Schroeder (2480).

## Village Riviera

Happy March everyone. Hope it has been a warm and cozy winter for you. Riviera Village Residents' Club has had a quiet couple of months, but before you know it our third annual Ladies Luncheon will be here. This year we are having an Old English Tea Party on May 1. The luncheon will include pre-lunch shopping with Champagne being served as we shop. Hors d'oeuvres will be served at the tables during the shopping hour. After shopping, there will be a catered Tea Luncheon. The tables will be beautifully appointed with lace tablecloths, bone china, porcelain, vintage cut glass and antique silverware. Kind of like visiting Downtown Abbey for a day! Of course, we will have our beautiful dessert buffet with lots of yummy goodies. Prizes will be awarded for the top three Best Tea Party Hats. Queen of the Tea Party will be chosen by Best Tea Party Outfit. So be creative! Look for flyers later this month. Tickets will go on sale mid April.

We have several other events coming up this year: Treasure Hunt on July 19, Sock Hop on August 23, and Holiday Dinner December 13. Each event will be a little different and, if pos-

sible, even better than in years past. Look for information on these events in future issue of Trilogy Living.

If you would like to join our committee, have fun helping us plan our events, meet your neighbors and make some new friends, please join us. We meet on the third Thursday of the month in the Monterey Room at the Vista Club, 7 p.m. Contact Patty Ramos at pscramos@yahoo.com for more information.

## Meeting Calendar

### Master Association Board Meeting

Tuesday, March 11, 2:00 p.m.

Diablo Ballroom, Vista Club

### Village Riviera Board Meeting

Thursday, March 6, 6:30 p.m.

Marina Room, Delta Club

### Village I Board Meeting

Thursday, March 13, 4:00 p.m.

Marina Room, Delta Club

### Olympic Village Board Meeting

Thursday, March 13, 6:30 p.m.

Marina Room, Delta Club

### Saddle Rock Village

Wednesday, March 19, 6:30 p.m.

Rio Vista, Delta Club

### Village Oakmont Board Meeting

Thursday, March 20, 6:30 p.m.

Marina Room, Delta Club

### Council of Village Presidents

Monday, March 17, 10:00 a.m.

River Room, Delta Club

### Access Committee Meeting

Monday, March 24, 1:00 p.m.

River Room, Delta Club

### Adult Committee Meeting

Thursday, March 27, 1:00 p.m.

Rio Vista Room, Delta Club



# Spring Gift, Craft & Art Faire

**Saturday, April 12, 2014**

**Vista Club 10 a.m. — 3 p.m.**

**No Entry Fee & Public Welcome**



**Raffled Prizes**



**3JB Jazz Quartet 11-2 p.m.**



**Café Vista open till 3 p.m.**

A unique shopping experience! Vendor-donated raffle prizes benefit Meals on Wheels. Vendor tables \$30 ~ to receive registration details in time for the fall Faire in November, sign up at Member Services (4200).

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By Kathy Erwin,  
Fitness & Spa Director

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*Schedule your appointments today @ Member Services Vista Club (4200).*

### Upcoming New Member Fitness Orientations:

Saturday, March 8, 11 a.m.

Saturday, March 15, 11 a.m.

Wednesday, March 19, 6 p.m.

Saturday, March 29, 11 a.m.

## Trilogy Health & Wellness Center Spa Specials for March



### Lucky 4 Leaf Clover Super Saver

Massage Package

Three, 50 minute Swedish Massages

**Only \$150**



### Luck of the IRISH Facial Package

Three, 50 minute European Facials

**Only \$165**

*Good for purchase March 1 – 31, 2014. May be redeemed anytime.*



## Arthritis Program

**Tuesday & Thursday, 11 a.m. – 12 p.m.**



Do you have arthritis? It may be part of aging but this class will offer a way to deal with it positively. Have fun and receive encouragement, emotional support, and make new friends. Instructor Beverly Shilich will guide all classes, which are formatted for mixed participant levels:

- Health Education
- Range of Motion/ mobility and decrease pain and stiffness
- Strengthening exercises for upper and lower body using resistance bands and free weights & ankle weights
- Cardio Endurance routines which are varied and fun to improve level of fitness
- Balance & Relaxation
- More advanced exercises & routines using therabands & hand weights

## Coming Soon!

12 weeks of the Biggest Mover  
Let's Move Contest.

For all fitness enthusiasts in our  
Group Ex classes, land & water!

**April 1 – June 21, 2014**

Start your fitness program with a personalized ROM (Range of Motion) appointment with one of our personal trainers Susan, Beverly, Joele or Frank to make sure you are properly set up for an effective and safe workout. A Range of Motion is a one-time \$20 fee; you'll have one-on-one with your trainer. Once you are set up, the strength training machines will remember your settings and track your workouts.

See fitness calendar on page 21 for orientation dates.

**See new fitness punch card prices on pg. 43.**





## Ceramics Club



Here come the March winds and we hope they blow you right into our ceramics meeting. We have all been working on our own projects and you are welcome

to come and see what those are. You can also paint a piece that we have been saving just for you. We meet every Thursday morning from 9:30 a.m. – 12 p.m. in the Marina Room at the Delta Club. For more information, please call Ann at (5122).

## Council for the Arts

Hopefully you have your seats for the annual production of Music of the Night. The Council for the Arts is here to support the arts and this is our means to do it. Enjoy your favorite music from past shows plus a few new favorites when your neighbors in our community present, "The Best of Music of the Night." The performances begin promptly at 7 p.m. on March 13, 14 and 15 in the Diablo Ballroom of the Vista Club. Wine, sodas, and water will be sold at the no host bar, which opens at 6 p.m. Questions about reservations should be directed to Myra Samfeld (3660).

## Drama Club

The Pasta Feed is right around the corner on Saturday, April 5, 2014. So, hold the date. Look for the reservation flyer in *Trilogy Living's* March issue. This is our only fundraiser for the year, so the support of family and friends is much appreciated. The play and cast for the August production has been chosen. We look forward to entertaining our community every year. And, it's never too late to join the club and be a part of the fun. Rehearsals begin in April. The Drama Club meets at the Delta the last Tuesday of the month at 7 p.m. New members are always welcome. For more information, please call Debby Dubrow at (6706).

## Fat Quarter Quilters

We are a group that gets together to work on our own quilting and sewing projects. Join us and meet new friends and share the love of sewing. 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).

## Photography Club

The February meeting was a time to learn about our cameras. We learned how to take better pictures with our smart phones. For many of us, we are finally able to experiment with taking our cameras off the "auto" setting. This can be a challenge, and we will all work on trying other settings on our cameras. At most meetings, we also talk about pictures that can be problematic, such as the moon or lights, and how to successfully take a good picture. As we progress we will learn more sophisticated techniques.

The March program is to be determined. Our meeting is the first Thursday of the month in the Monterey Room at the Vista at 6:30 p.m. Everyone with any kind of camera and experience is welcome. Contact Jan Vick; seawing-jan@gmail.com or (5025).

## Trilogy Art Guild for Artists

Our meetings are becoming more creative each month. During our February meeting, we made some Valentine Cards. Shari Alkema, who teaches a card designing class here, demonstrated some interesting ways to make designs for cards using paper cutting and embossing tools. Each month, we will have some sort of program planned with either a guest artist, a learning video, or doing something constructive.

Remember, on Monday afternoons the Marina Room at the Delta is open for those who would like to paint and work on art. No charge, just working on your art with others. Our meetings are the first Monday of every month at 1 pm. in the Marina Room. Stay Creative.

## Trilogy Theater Group



We are presenting our production of "Hallelujah Girls" on the evenings of March 28 and 29 and a matinee

performance on Sunday, March 30. The cast and crew are working very hard to ensure a great experience for our audience.

This is a very funny play that you should not miss. The story is simple. Sugar Lee, going through "another" midlife crisis, decides to purchase an old church and turn it into a day spa. With the help of her friends, the Spa opens and the renovations begin. Enter the old flame,

Bobby Dwayne Dillahunt, who agrees to help the ladies make some much needed repairs. Well, of course, one thing leads to another. Misunderstanding builds upon misunderstanding, and the hilarity ensues.

If you are a regular attendee of our productions, you will see several familiar faces in the above cast picture. To purchase tickets, please refer to the flier that came with your *Trilogy Living Magazine*.

For anyone interested in Theater, whether in front or behind the curtain, please join us at our regularly scheduled meetings on the fourth Thursday of each month. This month's meeting is March 27.



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# March Computer Workshop Opportunities!

## Sign Up At Vista Club Member Services (#4200)


(payments by check only please)

<u>Workshops</u>	<u>Date / Time of Classes</u>	<u>Instructor</u>
<b>First-Time Computer User</b> \$3 ea.	<b>Wed. Mar 5, 12, 19, 26 ~ 10:00 to 11:30am</b> Intended for new computer users. Learn how the computer does what you need it to do. <i>[No prerequisite class]</i> <b>Take one or all classes.</b>	<b>Michael Bouyer</b>
<b>Using Computers</b> \$3 ea.	<b>*Tues. Mar 4, 11, 18, 25 ~ 10:00 to 11:30am</b> Learn many helpful uses for the computer. <b>Take one or all classes.</b> <i>[Prerequisite: First-Time Computer User class or equivalent knowledge]</i>	<b>Michael Bouyer</b>
<b>Working With Photos ~ \$5 ea.</b>	<b>*Tues. Mar 4, 11, 18, 25 ~ 12:00 to 1:30 pm</b> <i>Introduction to a free photo editing program that is fun and surprisingly capable of fixing or enhancing your digital photos. Learn how to get your photos on and off the computer. [Prerequisite: Using Computers Class or equivalent knowledge]</i> <b>Must take all classes.</b>	<b>Michael Bouyer</b>
<b>Using the Internet</b> \$3 ea.	<b>*Wed. Mar 5 &amp; 12 ~ 12:00 to 1:30pm</b> <i>Learn to understand how to use Browsers to maneuver through the Internet. [Prerequisite: First-Time computer Users class or equivalent knowledge.]</i> <b>Take one or all classes.</b>	<b>Michael Bouyer</b>
<b>Setting Up &amp; Using e-Mail</b> \$5 ea.	<b>*Wed. Mar 19 &amp; 26 ~ 12:00 to 1:30pm</b> <i>Learn to set-up and use free e-mail accounts. [Prerequisite: First-Time computer Users class or equivalent knowledge.]</i> <b>Take one or all classes.</b>	<b>Michael Bouyer</b>

**\* If you are new to computers, attend the "First-Time Computer User" class BEFORE attending other classes.**

To determine if your equivalent knowledge is adequate for the intermediate or advanced workshops, contact the instructor Michael Bouyer by e-mail at Michael@bouyerproductions.com or cell 707-318-3209.

For interest with future Learning Center programs offered, contact Activities Director, Debbie Dorn at email address ddorn@actionlife.com



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kcgalleriabras@yahoo.com



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# Trilogy Living

## Fitness Class Schedule for March 2014



Trilogy Fitness Punch Cards: All classes require one of 2 card choices either a blue 20 punch for \$75.00 or a yellow 10 punch for \$40.00. Each class requires 1 punch. Get your cards at the Member Services Desk. Please call Fitness & Spa Director Kathy Erwin at (4205) if you have questions. All classes are held in the Vista Group Exercise Studio unless otherwise noted.

Last Month’s Punch Card Raffle Winner: **Marlene Percivalle**

**March Fitness Orientations: Sat. Mar. 8, 11 a.m., Sat. Mar. 15, 11 a.m., Wed. Mar. 19, 6 p.m., Sat. Mar. 29, 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>  <b>8:30-9:30am Step Aerobics (B/I) (GX) Pat (March 1 only)</b> 11-12:30pm ZUMBA POWER 90 (B/I) (GX) Sophie/Prescy/Sharon
<b>3</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) (VP) Kathy 9:45-10:45am Wake-up and Move (B/I) (RV) Anna 9:45-10:30am Core Balance and Standing Abs (B/I) (GX) Sophie 10-11am Aqua Fit (B) (VP) Denise 10-11am Meditation Breathing (B) (DB) Deanna 10:30 -11:30am ZUMBA Dance (B/I) (GX) Sophie 11:30 - 12:15pm ZUMBA Toning (B/I) (GX) Sophie 3-4pm Circuit Training / Combo Balance (B/I) (GX) Susan 4-5pm Stretch and Flex (B/I) (GX) Susan 6:30-7:30 Yoga/Pilates (B/I) (GX) Deanna	<b>4</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 Jazz Aerobics (B/I/A) (GX) Joele 11-12pm Arthritis Program (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly	<b>5</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) 9:30-10am Intro to Dance Aerobics (B/I/A) (GX) Joele 9:30-10:30am Aqua Fit (B) (VP) Denise 10:00-11:00am Boot Camp (B/I/A) (GX) Joele 11am-12pm Hot ZUMBA (I/A) (GX) Prescy 12-1pm ZUMBA Line Dancing (B/I/A) (GX) Prescy 3-4pm Circuit Training / Combo Balance (B/I) (GX) Susan 4-5pm Stretch and Flex (B/I) (GX) Susan 6:30-7:30pm Balance Ball (GX) Deanna	<b>6</b>  <b>7:45-8:45am Body Works (B/I/A) (GX) Kathy</b> 9-10am Core Stretch (B/I) (DB) Joele 9-10am Tai Chi (B/I) (GX) Lillian 9-10am Advanced Aqua (B/I/A) (VP) Kathy 10-11am Aqua Fit (B) (VP) Denise 10-11am Jazz Aerobics (B/I/A) (GX) Joele 11-12pm Arthritis Program (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly 2:30-3:30pm Yoga (B/I) (DB) Tammy	<b>7</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 10-11am Balance Ball (DB) Deanna 10:30 -11:30am ZUMBA Dance (B/I) (GX) Sophie 11:30-12:15pm ZUMBA Toning (B/I) (GX) Sophie	<b>8</b>  11-12:30pm ZUMBA POWER 90 (B/I) (GX) Sophie/Prescy/Sharon
<b>10</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) (VP) Kathy 9:45-10:45am Wake-up and Move (B/I) (RV) Anna 9:45-10:30am Core Balance and Standing Abs (B/I) (GX) Sophie 10-11am Aqua Fit (B) (VP) Denise 10-11am Meditation Breathing (B) (DB) Deanna 10:30 -11:30am ZUMBA Dance (B/I) (GX) Sophie 11:30 - 12:15pm ZUMBA Toning (B/I) (GX) Sophie 3-4pm Circuit Training / Combo Balance (B/I) (GX) Susan 4-5pm Stretch and Flex (B/I) (GX) Susan 6:30-7:30 Yoga/Pilates (B/I) (GX) Deanna	<b>11</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 Jazz Aerobics (B/I/A) (GX) Joele 11-12pm Arthritis Program (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly	<b>12</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) 9:30-10am Intro to Dance Aerobics (B/I/A) (GX) Joele 9:30-10:30am Aqua Fit (B) (VP) Denise 10:00-11:00am Boot Camp (B/I/A) (GX) Joele 11am-12pm Hot ZUMBA (I/A) (GX) Prescy 12-1pm ZUMBA Line Dancing (B/I/A) (GX) Prescy 3-4pm Circuit Training / Combo Balance (B/I) (GX) Susan 4-5pm Stretch and Flex (B/I) (GX) Susan 6:30-7:30pm Balance Ball (GX) Deanna	<b>13</b>  <b>7:45-8:45am Body Works (B/I/A) (GX) Kathy</b> 9-10am Core Stretch (B/I) (DB) Joele 9-10am Tai Chi (B/I) (GX) Lillian 9-10am Advanced Aqua (B/I/A) (VP) Kathy 10-11am Aqua Fit (B) (VP) Denise 10-11am Jazz Aerobics (B/I/A) (GX) Joele 11-12pm Arthritis Program (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly 2:30-3:30pm Yoga (B/I) (DB) Tammy	<b>14</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 10-11am Balance Ball (DB) Deanna 10:30 -11:30am ZUMBA Dance (B/I) (GX) Sophie 11:30-12:15pm ZUMBA Toning (B/I) (GX) Sophie	<b>15</b>  11-12:30pm ZUMBA POWER 90 (B/I) (GX) Sophie/Prescy/Sharon
<b>17</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) (VP) Kathy 9:45-10:45am Wake-up and Move (B/I) (RV) Anna 9:45-10:30am Core Balance and Standing Abs (B/I) (GX) Sophie 10-11am Aqua Fit (B) (VP) Denise 10-11am Meditation Breathing (B) (DB) Deanna 10:30 -11:30am ZUMBA Dance (B/I) (GX) Sophie 11:30 - 12:15pm ZUMBA Toning (B/I) (GX) Sophie 3-4pm Circuit Training / Combo Balance (B/I) (GX) Susan 4-5pm Stretch and Flex (B/I) (GX) Susan 6:30-7:30 Yoga/Pilates (B/I) (GX) Deanna	<b>18</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 Jazz Aerobics (B/I/A) (GX) Joele 11-12pm Arthritis Program (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly	<b>19</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) 9:30-10am Intro to Dance Aerobics (B/I/A) (GX) Joele 9:30-10:30am Aqua Fit (B) (VP) Denise 10:00-11:00am Boot Camp (B/I/A) (GX) Joele 11am-12pm Hot ZUMBA (I/A) (GX) Prescy 12-1pm ZUMBA Line Dancing (B/I/A) (GX) Prescy 3-4pm Circuit Training / Combo Balance (B/I) (GX) Susan 4-5pm Stretch and Flex (B/I) (GX) Susan 6:30-7:30pm Balance Ball (GX) Deanna	<b>20</b>  <b>7:45-8:45am Body Works (B/I/A) (GX) Kathy</b> 9-10am Core Stretch (B/I) (DB) Joele 9-10am Tai Chi (B/I) (GX) Lillian 9-10am Advanced Aqua (B/I/A) (VP) Kathy 10-11am Aqua Fit (B) (VP) Denise 10-11am Jazz Aerobics (B/I/A) (GX) Joele 11-12pm Arthritis Program (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly 2:30-3:30pm Yoga (B/I) (DB) Tammy	<b>21</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 10-11am Balance Ball (DB) Deanna 10:30 -11:30am ZUMBA Dance (B/I) (GX) Sophie 11:30-12:15pm ZUMBA Toning (B/I) (GX) Sophie	<b>22</b>  11-12:30pm ZUMBA POWER 90 (B/I) (GX) Sophie/Prescy/Sharon
<b>24</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) (VP) Kathy 9:45-10:45am Wake-up and Move (B/I) (RV) Anna 9:45-10:30am Core Balance and Standing Abs (B/I) (GX) Sophie 10-11am Aqua Fit (B) (VP) Denise 10-11am Meditation Breathing (B) (DB) Deanna 10:30 -11:30am ZUMBA Dance (B/I) (GX) Sophie 11:30 - 12:15pm ZUMBA Toning (B/I) (GX) Sophie 3-4pm Circuit Training / Combo Balance (B/I) (GX) Susan 4-5pm Stretch and Flex (B/I) (GX) Susan 6:30-7:30 Yoga/Pilates (B/I) (GX) Deanna	<b>25</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 Jazz Aerobics (B/I/A) (GX) Joele 11-12pm Arthritis Program (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly	<b>26</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) 9:30-10am Intro to Dance Aerobics (B/I/A) (GX) Joele 9:30-10:30am Aqua Fit (B) (VP) Denise 10-11am Boot Camp (B/I/A) (GX) Joele 11am-12pm Hot ZUMBA (I/A) (GX) Prescy 12-1pm ZUMBA Line Dancing (B/I/A) (GX) Prescy 3-4pm Circuit Training / Combo Balance (B/I) (GX) Susan 4-5pm Stretch and Flex (B/I) (GX) Susan 6:30-7:30pm Balance Ball (GX) Deanna	<b>27</b>  <b>7:45-8:45am Body Works (B/I/A) (GX) Kathy</b> 9-10am Core Stretch (B/I) (DB) Joele 9-10am Tai Chi (B/I) (GX) Lillian 9-10am Advanced Aqua (B/I/A) (VP) Kathy 10-11am Aqua Fit (B) (VP) Denise 10-11am Jazz Aerobics (B/I/A) (GX) Joele 11-12pm Arthritis Program (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly 2:30-3:30pm Yoga (B/I) (DB) Tammy	<b>28</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 10-11am Balance Ball (DB) Deanna 10:30 -11:30am ZUMBA Dance (B/I) (GX) Sophie 11:30-12:15pm ZUMBA Toning (B/I) (GX) Sophie	<b>29</b>  11-12:30pm ZUMBA POWER 90 (B/I) (GX) Sophie/Prescy/Sharon
<b>31</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) (VP) Kathy 9:45-10:45am Wake-up and Move (B/I) (RV) Anna 9:45-10:30am Core Balance and Standing Abs (B/I) (GX) Sophie 10-11am Aqua Fit (B) (VP) Denise 10-11am Meditation Breathing (B) (DB) Deanna 10:30 -11:30am ZUMBA Dance (B/I) (GX) Sophie 11:30 - 12:15pm ZUMBA Toning (B/I) (GX) Sophie 3-4pm Circuit Training / Combo Balance (B/I) (GX) Susan 4-5pm Stretch and Flex (B/I) (GX) Susan 6:30-7:30 Yoga/Pilates (B/I) (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	

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>30</b> 8:30am – 4pm Shibori Shirt Workshop (D) 2pm Theatre Group Production (V)	<b>31</b> 7am Social Tennis 8:30am Woodcarving (D) 9:30am Walk & Talk (V) 10am Village Oakmont ARC (V) 12pm Open Painting (D) 12:30pm Rip, Stitch & Bitch (V) 1pm Mah Jongg (V) 6pm Soul Line Dancing (D) 6pm Poker (D)					<b>1</b> 8am Motorcycle Club (Off-site) 8am – 3pm Dog Club Event (Palisades Park) 8am – 5pm Table Tennis Rossmoor Tournament (D) 8:30am – 2pm Billiard Club Tournament with Fairfield (V) 9:30am Hiking Club (V) <b>1pm – 5pm Wine, Jazz &amp; Art Show (V)</b> 7pm Poker Club Tournament (D)
<b>2</b> <b>10am – 3pm Farmers Market (D)</b>	<b>3</b> 8am Social Tennis 8:30am Woodcarving (D) 9:30am Walk & Talk (V) 10am Village Oakmont ARC (V) 11am Saddle Rock Village ARC (V) 12pm Open Painting (D) 12:30pm Rip, Stitch & Bitch (V) 1pm Mah Jongg (V) 1pm TAG Mtg (D) 3pm Guitar Club (V) 6pm Soul Line Dancing (V) 6pm Poker (D) 7pm MOTN Rehearsal (V)	<b>4</b> 8am Social Tennis 8:30am Radio Club (V) 9:30am Women's 9-Hole Golf 10am Pastel Art Class (D) <b>10am Computer Class – Using Computers (V)</b> 10:30am Country Line Dancing (D) 11:30am Golf – TRVMEN 9-Hole <b>12pm Computer Class – Photos (V)</b> 12pm Beginning Watercolor Class (D) 12:15pm Hand & Foot Canasta (V) 12:30pm Dominoes (D) 1pm Kare Bears – Olympic Village (V) 2pm Stroke/Head Injury Support Group (V) 3:30pm Table Tennis (D) 5pm Billiards Club Tournament (V) 5:30pm Tai-chi & Yuan-chi (V) 6:30pm World Religions Study Group (V) 7pm MOTN Rehearsal (V)	<b>5</b> 8am Social Tennis 8am TOPS (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) <b>10am Computer Class – 1st Time Users (V)</b> 12pm Ukulele Club (V) <b>12pm Computer Class – Internet (V)</b> 12:30pm Fat Quarters Quilters (D) 1pm Village Riviera ARC (D) 1:30pm Jazz Band (V) 2pm Bergren Art (D) 2pm Card Design Class (D) 3pm Oakmont Village RC Social Com (V) 4:30pm Table Tennis (D) 5pm Backgammon/ Chess (V) 5:30pm Delta Harmony Rehearsal (V) 6:30pm Soul Line Dancing (D) 7pm Billiard Club Membership Mtg (V) 7pm MOTN Rehearsal (V)	<b>6</b> 8am Social Tennis 8:30am Golf – Women's 18-Hole 9:30am Ceramics (D) 10am Olympic Village ARC (D) 12:15pm Ponytail Canasta (V) 1pm Good Samaritans (D) 2pm Genealogy Club (V) 5pm Table Tennis (D) 5pm Tai-chi for Beginners (V) 6pm Yuan-chi & Fan Dance (V) <b>6:30pm Village Riviera HOA Mtg. (D)</b> 6:30pm Pinochle (V) 6:30pm Photography Club (V) 7pm MOTN Rehearsal (V) 7pm Ballroom Dance-Beg (V) 8pm Ballroom Dance-Adv (V)	<b>7</b> 8am Social Tennis 9am Model Club (V) 9:30am Village 1 ARC (V) 9:30am Walk & Talk (V) 10am Rubber Stamp Cards & Things (D) 10:30am Country Line Dance (D) 12pm Bridge (V) 12pm Adv Watercolor Painting (D) 5pm Ballroom Dance Class-Beg (V) 6pm Ballroom Dance Class-Adv (V) 6:30pm Joy Luck Mah-Jongg (V) 7pm Computer Club (V)	<b>8</b> 9:30am Hiking Club Mtg (V) <b>5pm Simulcast Huey Lewis &amp; the News (V)</b> 5pm Village Riviera RC Bunco & Beans (D) 7pm Poker Club Tournament (D)
<b>9</b> <b>Spring Forward – Daylight Savings Begins</b> 6pm Tennis Club Tournasocial (D) 7pm Dance Club (V)	<b>10</b> 7am Social Tennis 8:30am Woodcarving (D) 9:30am Walk & Talk (V) 12pm Open Painting / Drawing Class (D) 12:15pm Duplicate Bridge (V) 12:30pm Rip, Stitch & Bitch (V) 6pm Soul Line Dancing (D) 6pm Poker (D) 7pm MOTN Rehearsal (V)	<b>11</b> 7am Social Tennis 8:30am Radio Club (V) 9:30am Women's 9-Hole Golf <b>10am Computer Class – Using Computers (V)</b> 10am Pastel Art Class (D) 10:30am Country Line Dancing (D) 10:30am Book Club (V) 11:30am Golf – TRVMEN 9-Hole <b>12pm Computer Class – Photos (V)</b> 12pm Beginning Watercolor Class (D) 12pm Recipe Club (D) 12:15pm Hand & Foot Canasta (V) <b>2pm Master Association Board Mtg (V)</b> 3:30 pm Table Tennis (D) 5pm Billiards Club Tournament (V) 5:30pm Tai-chi & Yuan-chi (V) <b>6pm Grapevine Chat (V)</b> 7pm Emergency Action Committee (D) 7pm MOTN Dress Rehearsal (V)	<b>12</b> 7am Social Tennis 8am TOPS (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) <b>10am Computer Class – 1st Time Users (V)</b> 10am Stained Glass (D) 10am Kare Bears – Village Oakmont (D) <b>12pm Computer Class – Internet (V)</b> 12pm Ukulele Club (V) 12:30pm Fat Quarters Quilters (D) 1:30pm Jazz Band (V) 2pm Bergren Art (D) 2pm Card Design Class (D) 4:30pm Table Tennis (D) 5:30pm Delta Harmony Rehearsal (V) 6:30pm Nature Club Mtg (V) 6:30pm Soul Line Dancing (D) 7pm MOTN Rehearsal (V)	<b>13</b> 7am 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) <b>1 – 3pm Advanced Hearing Aid Service (V)</b> 4pm Golf – Sr. Men's Board Mtg (D) <b>4pm Village 1 HOA Mtg (D)</b> 5pm Table Tennis (D) 5pm Tai-chi for Beginners (V) 6pm Yuan-chi & Fan Dance (V) 6:30pm Pinochle (V) <b>7pm Olympic Village HOA Mtg (D)</b> 7pm Writers' Club (V) 7pm Computer Club (V) 7pm MOTN Performance (V) 7pm Ballroom Dance-Beg (V) 8pm Ballroom Dance -Adv (V)	<b>14</b> 7am Social Tennis 9:30am Walk & Talk (V) 10am Gourd Carving Workshop (D) 10:30am Country Line Dance (D) 12pm Bridge (V) 12pm Adv Watercolor Painting (D) 5pm Ballroom Dance Class-Beg (V) 6pm Ballroom Dance Class-Adv (V) 7pm Bunco (D) 7pm MOTN Performance	<b>15</b> 9am Table Tennis (D) 9:30am Hiking Club Mtg (V) 7pm Poker Club Tournament (D) 7pm MOTN Performance (V)
<b>16</b> <b>10am – 3pm Farmers Market (D)</b>	<b>17</b> <b>St. Patrick's Day</b> 7am Social Tennis 8:30am Woodcarving (D) 9:30am Walk & Talk (V) 10am Village Oakmont ARC (V) <b>10am Council of Village Presidents (D)</b> 11am Saddle Rock Village ARC (V) 12pm Open Painting / Drawing Class (D) 12:30pm Rip, Stitch & Bitch (V) 1pm Mah Jongg (V) 3pm Guitar Club (V) 6pm Soul Line Dancing (D) 6pm Poker (D) 7pm Fishing Club (D)	<b>18</b> 7am Social Tennis 8:30am Radio Club (V) 9:30am Golf – Women's 9-Hole <b>10am Computer Class – Using Computers (V)</b> 10am Pastel Art Class (D) 10:30am Country Line Dancing (D) 11:30am Golf – TRVMEN 9-Hole 12pm Beg Watercolor Painting (D) <b>12pm Computer Class – Photos (V)</b> 12:15pm Hand & Foot Canasta (V) 12:30pm Dominoes (V) 3:30pm Table Tennis (D) 5pm Billiards Club Tournament (V) 5:30pm Tai-chi & Yuan-chi (V) <b>6pm Movie Night with Phil Pizzaglia (V)</b>	<b>19</b> 7am Social Tennis 8am TOPS (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) <b>10am Computer Class – 1st Time Users (V)</b> 10am Stained Glass (D) 12pm Ukulele Club (V) <b>12pm Computer Class – E-mail (V)</b> 12:30pm Fat Quarters Quilting (D) 1pm Village Riviera ARC (D) 1:30pm Jazz Band (V) 2pm Bergren Art (D) 2pm Card Design Class (D) 4:30pm Table Tennis (D) 5pm Backgammon/ Chess (V) 5:30pm Delta Harmony Rehearsal (V) 6pm Olympic Village RC Event (D) 6:30pm Soul Line Dancing (D) <b>6:30pm Saddle Rock Village Board Mtg (D)</b> 7pm Saddle Rock Village RC Mtg (D) 7pm Olympic Village RC Mtg (V)	<b>20</b> 7am Social Tennis 8:30am Golf – Women's 18-Hole 9:30am Ceramics (D) 10am Olympic Village ARC (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 for Beginners (V) 6pm Yuan-chi & Fan Dance (V) 6:30pm Pinochle (V) <b>6:30pm Village Oakmont HOA Mtg (D)</b> 7pm Village Riviera RC Mtg (V) 7pm Ballroom Dance-Beg (V) 8pm Ballroom Dance-Adv (V)	<b>21</b> 7am Social Tennis 9:30am Village 1 ARC (V) 9:30am Walk & Talk (V) 10am Rubber Stamp Cards & Things (D) 10:30am Country Line Dance (D) 12pm Bridge (V) 12pm Adv Watercolor Painting (D) 5pm Ballroom Dance Class-Beg (V) 6pm Ballroom Dance Class-Adv (V) 6:30pm Joy Luck Mah-Jongg (V) 7pm Whist Club (D) <b>7pm Open Mic Night (V)</b>	<b>22</b> 9am Table Tennis (D) 9:30am Hiking Club (V) 7pm Poker Club Tournament (D) <b>7pm Concert – John Covert &amp; Crystal Image (V)</b>
<b>23</b> 8am – 11am Village Oakmont RC Breakfast Fundraiser (D)	<b>24</b> 7am Social Tennis 8:30am Woodcarving (D) <b>9am – 1pm Blood Drive (D)</b> 9:30am Walk & Talk (V) 12pm Open Painting / Drawing Class (D) 12:30pm Rip, Stitch & Bitch (V) <b>1pm Access Committee Mtg (D)</b> 1pm Mah Jongg (V) 5:30pm Theatre Group (V) 6pm Soul Line Dancing (D) 6pm Poker (D)	<b>25</b> 7am Social Tennis 8:30am Radio Club (V) <b>9am – 1pm CPR/ AED/ 1st Aid Training (V)</b> 9:30am Golf – Women's 9-Hole <b>10am Computer Class – Using Computers (V)</b> 10am Pastel Art Class (D) 10:15am Mystery/Crime Book Club (V) 10:30am Country Line Dancing (D) 11:30am Golf – TRVMEN 9-Hole <b>12pm Computer Class – Photos (V)</b> 12pm Beginning Watercolor Painting (D) 12:15pm Hand & Foot Canasta (V) 12:30pm Dog Club (D) 3:30pm Table Tennis (D) 5pm Billiards Club Tournament (V) <b>5pm Grapevine Chat (V)</b> 5:30pm Theater Group (V) 5:30pm Tai-chi & Yuan-chi (V) 7pm Emergency Action Committee (D) 7pm Drama Club Membership Mtg (D)	<b>26</b> 7am Social Tennis 8am TOPS (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) 10am Piano Club (V) <b>10am Computer Class –1st Time Users (V)</b> <b>12pm Computer Class – Email (V)</b> 12:30pm Fat Quarters Quilting (D) 1:30pm Jazz Band (V) 2pm Bergren Art (D) 2pm Card Design Class (D) 4:30pm Table Tennis (D) 5:30pm Delta Harmony Rehearsal (V) 5:30pm Theatre Group Rehearsal (V) 6:30pm Soul Line Dancing (D)	<b>27</b> 7am Social Tennis 8:30am Golf – Women's 18-Hole 9:30am Ceramics (D) 10am – 2pm Soul Line Dancing w/ Guests (V) 12:15pm Ponytail Canasta (V) <b>1pm Adult Committee (D)</b> 1pm Good Samaritans (D) 5pm Table Tennis (D) 5pm Tai-chi for Beginners (V) 5:30pm Theatre Group Dress Rehearsal (V) 6pm Yuan-chi & Fan Dance (V) 6:30pm Pinochle (V) 7pm Theatre Group Mtg (V) 7pm Ballroom Dance–Beg (V) 8pm Ballroom Dance–Adv (V)	<b>28</b> 7am Social Tennis 9:30am Tennis Club Mtg (D) 9:30am Walk & Talk (V) 10am Gourd Carving Workshop (D) 10:30am Country Line Dance (D) 12pm Bridge (V) 12pm Adv Watercolor Painting (D) 3:30pm Shibori Workshop Prep (D) 5pm Ballroom Dance Class-Beg (V) 6pm Ballroom Dance Class-Adv (V) 6pm Theatre Group Production (V) 7pm Bingo (D)	<b>29</b> 8:30am – 4pm Shibori Shirt Workshop (D) 9am Table Tennis (D) 9:30am Hiking Club Mtg (V) 6pm Theatre Group Production (V) 7pm Poker Club Tournament (D)





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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

OV Kare Bears are participating in the Phone Buddy Program. We are hoping to get all villages involved. It provides daily phone contact for those living alone. A buddy is assigned to each participant, who will phone every day to ensure the well being of their buddy. Kare Bears from all villages are encouraged to support this program. There are residents throughout Trilogy who would benefit from this program.

Elections will be held in March. Please contact Mackie Webster if you would like to run for a position. Also, our next meeting is March 4, 2014. We are having St. Patrick's theme with corned beef sandwiches and sides. There will be a tubed announcement going out to RSVP for the lunch. All villages are welcome to attend. Quarterly meetings in 2014 will continue on the first Tuesday of the month at 1 p.m. at the Delta Club. For more information, contact Mackie Webster at (5837).

## Oakmont Village

With some new and some previous officer's in place, the Oakmont Kare Bears are busily planning events and activities for the New Year. This year's officers are Co-Chairpersons Janet McKimmy, Kathy Russo; Co-Treasurers Patty Peterson, Sue Carlson; Co-Secretaries Jackie Jenkins, Judy Carter.

Our biggest event and fundraiser is the annual garage sale held the first Saturday of October. This year, it's on October 4. Everyone is reminded to start saving any unwanted treasures and goodies you'd like to donate for this sale. We are also working on the Phone Buddy Project, so

keep a look-out for more information on this in the form of a flyer to be put in your tubes soon.

Our next meeting is Wednesday, March 12 at 10:30 a.m. at the Delta Club. Come early and enjoy coffee, tea, and goodies. For more information, call Kathy Russo at (2969) or Janet McKimmy at (5415).

## Village Riviera

*Once upon a time a young bear named Ted  
Awoke from hibernation and leapt from bed  
Peeked out to discover a wonderful spring day  
Immediately he raced out to play  
Hoping his friend Rachel Robin had taken wing  
She was always there come early spring  
He spotted her in the sun sitting on the ground  
Hello! he called taking an enthusiastic bound  
I am so happy to see you my friend she replied  
Tired when landing I sprained my foot and cried  
Pain limits my hopping making it difficult to feed  
Bugs crawl away and wind blows the seed  
Fly to my shoulder and I will take you to my den  
Just over the hill past the farmer's garden  
We have berries and bugs that you will like  
After a few days you will be ready to hike  
Ted she said you are consistently kind to all  
I will call you Ted the Kare Bear through to fall  
So it is as unique as you I will spell it with a K  
I know that you are a special Bear everyday  
The name became a synonym for good deeds  
Today's Kare Bears still strive to help fill needs  
Enlightened to the origins of the Kare Bear  
Follow the tradition to treat all well and share*

Please join us at our next meeting on Monday, April 14 at 10 a.m. at the Delta club. For more information, call Myra at (3660) or Valerie at (6942).

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## Trilogy Blood Drive

Blood Source is coming to Trilogy at Rio Vista for the first Blood Drive of 2014 on Monday, March 24, 2014. Walk-ins are welcome. To make an appointment, contact Carol Benkie at carolbenkie@gmail.com or (3316). Please make every attempt to join us in giving this gift of life. For further information, visit Blood Source at <http://www.youtube.com/bloodsourceca#p/u/2/lxFTIs2Tos>

## Free Tax Service Through AARP Foundation Tax-Aide

Free tax help is available not only for those ages 60 or older, for those in financial need, and free tax preparation assistance is open for people of different ages with moderate incomes. This tax assistance service will be available February 3 through April 15, 2014.

Tax-Aide is a program of the AARP Foundation offered in conjunction with the Internal Revenue Service (IRS) and the California Franchise Tax Board. The program provides free, nationwide tax counseling services with the mission to provide high quality income tax assistance and tax form preparation. AARP Foundation Tax-Aide volunteers are trained in cooperation with the IRS to offer help with personal income tax returns and to electronically file their federal and state tax returns.

At a face-to-face discussion, Tax-Aide volunteers assist the taxpayers in completing an Interview/Intake Sheet. Working with that information, last year's tax returns and current tax year information, they complete and submit both federal and California tax returns.

There are tax preparation sites in Benicia, Dixon, Fairfield, Rio Vista, Suisun, Vacaville and Vallejo. All sites offer appointments, while walk-ins will be available if there are open time slots.

Call 1-888-AARPNOW (1-888-227-7669) or visit [www.aarp.org/taxaide](http://www.aarp.org/taxaide) during this tax season to locate a Tax-Aide site near you, and the days and times of operation.

## Rio Vista Police Department



Safe, secure, timely information - FREE

The Rio Vista Alert Network through Citizen Observer Tip411 is an interactive way to keep the community connected and informed through opt-in email, text messaging, and web published safety alerts. It also allows the public to anonymously report suspicious activities easily through the Tip411 text messaging code. Receive information regarding a host of public safety topics to include: traffic, extreme weather, criminal activity in Rio Vista and in your neighborhood,

safety tips, hazardous and electronic waste collection events, neighborhood watch messages and much more. Sign up at [www.citizenobserver.com](http://www.citizenobserver.com).

## Community Connections

Community Connections says, "Let's Do Lunch" with our neighbors! We will meet at The Nines on Wednesday, March 19, 2014, at 1 p.m. We must make a reservation, so please RSVP to Donna Armanino at (2461) by March 14. Bring a friend! Since we are going "out" please bring at least 1 (or more) item of non-perishable food that will be taken to Rio Vista Community Services. In this way, we continue outreach to our city and help fill a need. Please think about "healthy" donations, such as pasta, peanut butter, soup, tuna, beans etc., avoiding those items with empty calories. We will share about our February trip to Linde Lane Tea Room and discuss further ideas for day trips, as well as share our group efforts to support Rio Vision. Come and join the fun. New ideas always welcome!

## Emergency Action Committee

The Emergency Action Committee changed its meeting, training time, and location to the second and fourth Tuesday of every month at the Marina Room, Delta Club, from 7 - 9 p.m. Trilogy residents are welcome to join us at our meetings and trainings and new members are always welcome. Should you have questions, contact Alan Levine at (707) 718-7907, Dean Lattman at (707) 310-4617, or Gillisa Miller at (916) 508-2758.

Did you know: Alkaline batteries may explode when metallic objects such as keys or coins come into frequent violent contact with them. These instances stem from the batteries being packed into a tight space, such as a carry-on bag, pocket, or purse, where they have enough room to move around, but not enough room to remain away from each other.

### ACKNOWLEDGEMENT

Over the past Christmas season my wife Christine was diagnosed with lung Cancer and was in hospice care during that time.

Sadly on Jan. 2nd Christine passed away quietly and peacefully and we celebrated her wonderful life on Jan. 18th.

The many wonderful friends and neighbors of Trilogy rallied round and sent messages of love and prayers and gifts and I wish to thank you all for providing support during this sad time. - PETER ARENDT.





## TOPS (Take Off Pounds Sensibly)

There was great participation in the Weight Super Bowl Contest, Losing the most weight in an eight-week period was our aim. Congrats to Elaine Braly and Ella Brice, who were winners of the first and second half! Let's keep up the good work and make February a banner month for all of our members with good weight losses. Remember gents and ladies that small portions of food on your plate is the key! Hope everyone has a great Valentine's Day and enjoys the extra holidays. Come and look us over, those people who would like to shed a few unwanted pounds, with a good support group to back you up! Our meetings are every Wednesday at 8 a.m. at the Delta Club. For more information, call Leader Ella Brice at (1499) or co-leader Pat Voelker at (5150).



## Trilogy Jazz Band

The Dance Club's February Valentine's Dance was a most delightful event! We were pleased to be the music makers for this occasion. Our March rehearsals

will be devoted to adding selections to our repertoire, in preparation for future performances.

Full-band rehearsals are held most Wednesday afternoons, 2:30 – 5 p.m., following vocal and combo rehearsal beginning at 1:30 p.m., in the Vista Club Diablo Ballroom. Observers are welcome. If you play a band instrument and are interested in being part of the Jazz Band, even if you're "rusty," please contact Music Director Jim Lucas (7567). There is currently an open spot in the trombone section, and all sections offer opportunities for future players. Our goal is to provide music for our community, and we have fun. For more information, contact Jim Lucas (7567) or Marti Rogers (6859).

## Wildlife Management Sub Committee

Swallows are returning to California, some from as far away as Argentina. Many of us love to see the graceful and iconic birds swooping and diving in flight as they catch mosquitoes, beetles, and flies. Here in the delta, we have the swallow essentials: (1) open space (2) vertical walls with overhangs (3) mud of the appropriate type, and (4) fresh water nearby.

Nesting period is February 15 - September 1. Swallows are protected migratory birds. During the nesting period, completed nests or partial nests with eggs cannot



be touched. Nests under construction, however, may be washed away with water or knocked down. Exclusion by mesh netting  $\frac{1}{2}$  to  $\frac{3}{4}$  inch may also be used but only be-

fore the swallows return, not after they are already here. For many reasons, some of us may not want swallows to build their nests on our houses. If you do not want them to nest, at the first sight of mud pellets (nest building), quickly and persistently (everyday) remove the beginnings of the nest. Please enjoy the swallows from late winter to early fall knowing that you may use the simple and cost effective methods described above to keep the swallows away from your home if you choose not to allow them to nest.

*Integrated Pest Management information provided by [ipm.ucdavis.edu](http://ipm.ucdavis.edu).*

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## Billiards Club

The next Billiards Club meeting is on Wednesday March 5, at 7 p.m. in the Monterey Room of the Vista Club. Tuesday Evening's tournament start times are at 5 p.m. The first and third Tuesdays the format will be 8-ball round robin with no handicaps for B players. The second Tuesday of the month the format will be handicap 9-ball with a round robin format. In order to get a win a player must beat his opponent two out of three games. The club has again made a list of B players and for that Tuesday evening the B players will get a one game handicap while playing an A player, so the B player only needs one win in three games while competing against an A player. The format for the fourth Tuesday will be 8-Ball and the club will split the tournament into A&B players. There will be a first and second place winner in each group. The fifth Tuesday will be 9-ball with no handicap for B players. Officers: President Al Bergoust, Treasurer Jack Clark, Secretary Dallas Salomon, and Membership Chairman Dave Stewart.

### Latest weekly tournament winners:

#### Jan. 7, 8-Ball

1<sup>st</sup> Dave Stewart  
2<sup>nd</sup> Neil Brodhead  
3<sup>rd</sup> Oscar Grissom

#### Jan. 14, Handicap 9-Ball

1<sup>st</sup> Chuck LaBue  
2<sup>nd</sup> Geno Toscano  
3<sup>rd</sup> Lee Durham

#### Jan. 21, 8-Ball

1<sup>st</sup> Dante Miles  
2<sup>nd</sup> Chuck LaBue  
3<sup>rd</sup> Dave Stewart

#### Jan. 28, 8-Ball

##### A

1<sup>st</sup> Bob Powell  
2<sup>nd</sup> Al Bergoust

##### B

1<sup>st</sup> George Doner  
2<sup>nd</sup> Geno Toscano

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

## Bingo

Join the fun for March madness—a free stand-up bingo game. Mark your calendar for the fourth Friday of the month, March 28, 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 at (6999).

## Bocce Club

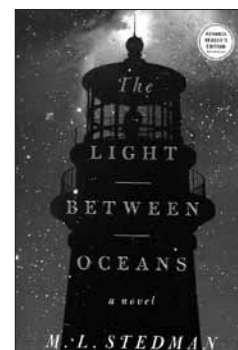
Spring and bocce are in the air. Plus, the HOA Master Association has endorsed our request for \$30,000 in shared funding to build two additional courts at the Summerset bocce complex. Shea will also fund \$30,000 and the club will fund \$15,000. A lot was discussed at the February 22 meeting and will be reported later. Rosters and schedules will be distributed and posted by March 21.

There is still time to sign up for the 2014 season by filling out and returning an application, which is included as an insert, in this issue of the *Trilogy Living*. The final sign-up deadline for 2014 is Monday, March 10 at noon. See the insert for details.

We are planning a training session for new players on Saturday, March 22 at the Summerset courts from 9 a.m. – 12 p.m. This is a FREE event open to everyone. Questions? Call any member of the board listed below. Remember to roll often, throw straight and have fun, that's what it's all about. Contacts: Dorothy Busuttill (3246), Judy Carter (0016), Joe Downes (7520), Walt Manos (2827) or Carolyn Azbell 507-9353.

## Book Club

The Book Club meets the second Tuesday of each month at 10:30 a.m. at the Vista Club in the Sonoma Room. The next meeting is March 11. The book selection is *The Light Between Oceans* by M.L. Stedman. April's book selection is *Blue Latitudes* by Tony Horwitz. There is no requirement to have read the selected book. Everyone is welcome. Feel free to stop by. For more information, contact Adrienne (5576). Happy St. Patrick's Day!



## Bridge – Duplicate

Duplicate Bridge normally meets the second Monday of each month at 12:15 p.m. in the Sonoma Room at the Vista Club. There will be no game in March because Sue will be out of state. Please join the game the second Monday of April.

January's winners: Regular game - 1st: Betty Magnoli and Run Wan., 2nd: Wilma Powell and Peggy Walker, 3rd: Sharon McDougall and Bob Wiskotzil. Novice game: tie 1st through 3rd - Anna Ulrich, Judy Carter and Karen Nash.



## Bunco

Come and join us for a fun evening of Bunco and refreshments at the Delta Club. We meet the 2nd Friday of the month at 7 p.m. For further information, call Shirley at (9984).

## Computer Club

The next meeting of the computer club is Friday, March 7 in the Vista at 7 p.m. This date is a one-time only change due to a previously scheduled event at the Vista on our scheduled date of March 13. The program will address managing Internet Explorer issues and managing add-ons. We will also discuss printer problems with Internet Explorer. We can also talk about other computer-related issues. Bring your questions.

If you wish to become a member of the club, visit [www.tccrv.org](http://www.tccrv.org) where you can complete a copy of the application. You may also give it to any of the directors with the annual dues of \$12 or sign up at a meeting.

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

## Dog Club

The Trilogy Dog Club (TDC) mission is to maintain a lost and found dog network, provide social opportunities for dog owners and their pets, and facilitate the building of an enclosed dog park within Trilogy Rio Vista.

### ANIMAL CONTROL REGULATIONS FROM TRILOGY CCR'S

1. Owners of any pet within the Community are required to control their pet in a manner which prevents the pet from creating a nuisance or making excessive noise and from assaulting other residents or other pets.
2. Owners of pets shall keep their animals under strict control at all times. When off the owner's premises, pets shall be kept on a leash.
3. Pet owners shall immediately remove any waste created by their pet on their own property or other resident's property or on the Common Area (including streets).
4. Pet owners shall keep their animals off the property of other residents.
5. The owner of any pet creating a nuisance for other residents is subject to action by the Board of Directors, which may include, but is not limited to monetary penalties. In an appropriate circumstance, the

Board of Directors may require the pet be removed from the development.

6. Excessive barking, howling, or other pet noise will be considered a nuisance and is not permitted.
7. Pets are to be licensed and immunized as required by City and County ordinances.
8. An owner may keep no more than two dogs, cats, or other customarily un-caged household pets within his/her Separate Interest.

Our meeting this month is March 25 at the Delta Club at 12:30 p.m. Visit our web page at [www.trilogydoggclub.org](http://www.trilogydoggclub.org) for more information

## Fishing Club

Our next meeting is Monday, March 17 at 7 p.m. in the Marina Room at the Delta Club. We will have a spiral sliced ham to raffle. We will also have a guest speaker from the Department of Fish & Wildlife. You do not want to miss this presentation. Last month's meeting at the Diablo Ballroom went very well. We enjoyed our guest speaker, Ron Forbes, from Restore the Delta Group. We have a lot of future activities to discuss. We will soon schedule the Delta and trout lake club fishing trips. Everyone is welcome to join our fishing club. We have great events throughout the year. For more information, call Al Silva at (3791). Good luck fishing!

## Genealogy Club

February was such a great month for our club not only with new members but with another presentation by Phil Pezzaglia. The Genealogy Workshop is proud to sponsor Phil's talks in support of the Rio Vista Museum. We maxed out the Vista Ballroom for the second time. The picture presentation put together by Donna Armanino, Nelson, and Diane Gomes captured the 'then and now' of downtown. The refreshments for the evening were provided by the Recipe Club and the Community Connections. Many thanks go to Sandy Price, Kathy Nakashima, Pat Voelker, Shirley Rogers, Jan Hunter, Barbara Hill, Nori Gosse, Marilyn Arbelloa, Annette Lea, Penny Adbolhossen, Joanne Stangl and Kathleen Klessen. We especially thank Debbie Dorn for her assistance.

New researchers always have such interesting questions and bring such treasures. One such visitor brought some very old hand written letters from her family dating back to the mid 1800s. The letters were fading and the edges were beginning to wear. These are the opportunities that should remind us all to do our best to transcribe, preserve, and store them properly. After transcribing such old treasures, preserve with acid free paper, store in a dry,





dark location or you can donate them to the State Library, special collections division.

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

## Good Samaritans

In February, the Good Samaritans studied the book of Ephesians. As Apostle Paul was writing to the church in Ephesus, his writings were also teaching for today. The author gives encouragement and strength for everyday living. The teaching from Ephesians has taught us the following:

1. Ephesians 2:8
2. Ephesians 3:7
3. We are adopted as God's children. Ephesians 1:5-6
4. We learn how our actions should reflect our faith. Ephesians 5
5. Ephesians 1:3
6. We are holy, blameless, and covered with God's love. Ephesians 1:4
7. We are taught how to live lives worthy of the calling we received. Ephesians 4:1-2
8. We learn how to recognize our special gifts. Ephesians 4:11-13
9. We read on how our sins are taken away, and we are forgiven. Ephesians 1:7-8
10. We received encouragement on how to overcome our struggles in life. Ephesians 6:10-20

The people who participate in Good Samaritans are a blessing and amazing. The people attending use their Christian knowledge to encourage one another. We are praying for our community, local churches, all Bible Study groups and the sick & shut in.

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

**Scripture of the Month: Psalm 23**

## Guitar Club



Guitar Club held its first String Change Seminar on the first Monday in February. This may become an annual event. Later this year, we will offer a workshop on the use of ChordPro. ChordPro is a simple text format for the notation of lyrics and chords. It is primarily intended for guitarists, but can be used for all kinds of musical

purposes. We will form a program committee to suggest other meeting activities. Plans are underway to create a phone and email list for the purpose of facilitating ad hoc "play dates" for member get-togethers. Everyone is invited to attend our meetings. Stop by to learn, listen, and make new friends. We meet on the first and third Monday of the month in the Diablo Ballroom at 3 p.m. For more information, contact Roger (2737) or email us at [GuitarclubTRV@gmail.com](mailto:GuitarclubTRV@gmail.com).

## Hispanic Club

From now on, this spot on the magazine will be short. For information about the activities and projects for this club, please refer to [MyTrilogyLife.com](http://MyTrilogyLife.com) website, under clubs. We will try to update the news on a current basis. De ahora en adelante, este espacio en la revista será corto. Para mas información sobre las actividades y proyectos de este club, favor de referirse al sitio en la red: [MyTrilogyLife.com](http://MyTrilogyLife.com), bajo la etiqueta de "Clubs." Allí trataremos de mantener la información al día. For more information, contact Cecilia Reyes Spiritosanto, (1484) email, [ceciliareyes77@gmail.com](mailto:ceciliareyes77@gmail.com); Teresa Hamner 646-1610 email, [thamner@aol.com](mailto:thamner@aol.com); Vicky Riddle (3684), email, [viriddle98@yahoo.com](mailto:viriddle98@yahoo.com); Ada Parrales Stack (3406).

## Men's Executive Nine Golf Club

The Men's Executive Nine Golf Club is comprised of members, who enjoy playing nine holes of golf and then socializing at the "Nine's" after the game. We play each Tuesday mid-morning. The format varies each week, from individual "straight" golf play on the first and third Tuesdays, and individual and team golf tournament events



on the second and fourth Tuesdays of the month. We always welcome new members, and golf experience is not a prerequisite. If you would like to join us, pick up an application form in the Pro Shop posting room or contact our Membership Chairman, Dick Talbott, at 225-0077.

There were two club tournaments in January. The following were the winning teams, by flights, for the "Green tee-Low net" event on January 14: (A) George Barlesi, Dennis French, Joe Devilbiss, Dennis Germano (B) Robt Jeanmard, Dale Moore, Jim Copley, Harold Roe (C) Rolf Sabye, Al Shaver, Michael Rose, John Waggoner (D) Fred Jepsen, Tim Kuble, Alex Winkler, and Mike Buckley. The winning team members for the "Scramble" on January 28 were: Greg Szody, Bill Price, Larry Nakashima, and Dave Hampton.

We have two tournament events scheduled for March. On March 11, we will play a "Two Man Team/Alternate Shot" format, and on March 25 we will have "Four Club-Individual Low net by Flight" tournament. We invite you to come out and join us for a good time with a great group of guys.

## Model Club

The Model Club members thank you, the residents of Trilogy Rio Vista, for your enthusiastic support of our Garden Railroad. Your financial donations and the support of baked goods have made our annual Bake Sale successes.

Of course, without the hard work of certain individuals it would not be possible. Jerry and Donna Armanino, who organized and led the effort, earn special recognition. Honorable mention is given to Fred Sorg for the railroad demonstration, Rod Skillen for the wonderful train video, Rod and Jerry Nolan for their train exhibits, and Jose LaTorre for the music. Thanks to Bob Brainerd for keeping our accounts straight, thank you for all for your efforts. Special thanks go out to Patty Sorg, Cynthia Oglave, Joyce Lattman and Dee Schmidt, who help decorate and conduct sales. We deeply appreciate the donations from members of the Recipe Club and Community Action Club Joanne Stangl, Sandy Jardine, Kathleen Klessen, Pam Lewis, plus the many other members of these clubs that donated treats.

Stop by our Model Club meeting held on the first Friday of each month in the Vista Club Monterey Room. We will present ideas and talk about other field trips we are anticipating this spring. Any questions, please contact the club president, Mr. John Harder (3646). Please join us at our monthly meeting.

## Motorcycle Club



The Trilogy Motorcycle Club riders meet the first Saturday of every month for an all-day ride. The February 1 ride destination was inspired by cravings for a tri-tip BBQ sandwich in Calistoga. Seems as though this motorcycle gang will ride to the four corners to appease an appetite! Fourteen bikes and 17 riders headed west on Hwy 12, up through Vacaville, to Winters on Pleasant Valley Road. A quick, chilly stop at Berryessa Dam to check out the doughnut hole spillway revealed a low lake level.

Next stop was at Turtle Rock for coffee and group photo. The ride up Pope Valley Road and over to Angwin is a nice ride year 'round. The five miles leading down into Angwin is a challenging stretch of narrow, twisty 10-15 mph curves, overgrown with huge trees. Lunch was at our favorite watering hole in Calistoga. They have a hot sauce that will chap one's lips!

A leisurely ride down Silverado Trail to Napa and out Monticello Road to Wooden Valley Road and into Suisun at Starbucks rounded out the ride where we saw a little red pick-up that spun out of control for no apparent reason a couple hundred yards ahead of us. It raised a dust cloud and ended up in a field of grape vines. At 185 miles, it was a relatively short day, but the clear, crisp winter day made for enjoyment.

All Trilogy motorcycle riders are welcome to ride. We meet March 1 at 8 a.m. at McDonald's in Rio Vista. Destination TBD based on weather. For more information, contact Bob Pastorino at (6556) or Larry Nelson (2967).

## Nature Club

Members enjoyed some very successful outings, sighting many winter migrants and even an otter or two in and around Trilogy. Nature Club meets to discuss dates for spring bird outings and view pictures of birds to identify. Join us on March 12, at 6:30 p.m. in the Vista Club Monterey Room. For more information, contact Gail (2718).



## Radio Club

On Tuesday afternoon, after a hearty welcome, a member of our club was invited to listen in on the discussion of communication equipment and procedures within Trilogy Rio Vista. We expected a highly technical discussion, but were pleased to find the conversation down to earth. Yes, most members are Amateur Radio Operators or HAMS, but it is just a great group of neighbors sharing a mutual interest with expert guidance. If you have ever had an interest in how communication takes place within the community, including emergency services, public service, and just good old-fashioned cracker-barrel type talk, this is the place.

Club President Dean Lattman is available at (3967) if you have any questions. The Radio Club meets each Tuesday in the Vista Club Monterey Room at 9 a.m. for informal discussions over coffee. The formal meeting starts at 10 a.m.

## Recipe Club

Our guest speaker, Stan Stevenson, will share “produce” information with us at the March 11 noon meeting. The food theme for this month is “Anything Green.” Our chefs are Docia Geri, Kathy Nakashima, Anne Nardi, and Marge Reynolds. Carol Yoon is the coffee hostess.

We meet the second Tuesday of each month in the Delta Club at noon. We have a fun group, and everyone is welcome. If you enjoy cooking and like to try new recipes, please feel free to join us. Men are welcome too. If you have any questions, contact Patty LaFleur at (3159).

Monthly Tip: Sometimes a recipe calls for brown sugar but doesn’t specify light or dark or if it should be packed or loose. What’s safe to assume? The shade of brown sugar you use—light or dark—is a matter of preference. Dark brown sugar simply has more molasses and a slightly stronger flavor. The two are interchangeable, so just use what you have on hand. You should always pack brown sugar into your measuring cup to remove air pockets to get an accurate measurement.

## Religions of the World Club



The Religions of the World (ROW) Club is a diverse group of Trilogy residents interested in learning more about the different religions of the world: their history, be-

liefs and practices. We meet the first Tuesday of every month at 6:30 p.m. in the Vista Club’s Monterey Room.

So far, we have learned about Zoroastrianism, Hinduism, Judaism, Sikhism, Buddhism, Jainism, Taoism, Confucianism, Shintoism, religion in the USSR, and Christianity.

During our past two meetings we have discussed the early history of the Christian church, the Reformation as well as the major Protestant denominations after the Reformation. In our March 4 meeting, we will discuss Christian denominations that are generally considered Protestant and non-denominational Christian churches.

This is not a forum for recruiting members to any belief system, and all Trilogy residents of any belief system are welcome. For more information, contact Don Cooper (510) 909-5049 or Barb Bellamy (303) 898-9279.

## Rio Vista Roamers RV Club

Our January outing at Tao-San-Jin restaurant did not disappoint! The food was delicious and we thank Bob and Katie Emler for hosting this dinner. A Valentine day lunch was at Peters Steak House. Tom and Nancy Shirley were our hosts. More on that next month.

“On the road again.” It is that time of year and we are going to Durango RV Park in Red Bluff March 17 – 20. This park is lovely because it is so well laid out that even our members, who no longer get around easily, can traverse this park with no problems. We can play a little bocce ball, take a drive to Shasta, play cards, and eat well. The cost is \$43 per night unless we have 12 rigs going and it will go down to \$38.70. Sandra and Manny Santos (3538) will need a first night deposit of \$43 by March 3. As usual, we will celebrate St. Paddys Day on that Monday, the seventeenth of March! April 21-24 will be at Vineyard RV Park in Vacaville. Wilma and Ken Powell (4034) will host and cost will be \$35/night.

We have a new link to our website! It is <http://rvroamers.tk>. Log in for the next outing information. Log on to sign yourself up or call the member hosting that outing. Call Sandra Santos (3538) or any of us and we will be more than happy to answer any questions.

## Senior Men’s Golf Club

“I hear a rooster crowin’, it’s a frosty mornin’...”

— Ozark Mountain Jubilee, written by Anders and Murrah, sung by the Oak Ridge Boys, from the album Deliver.

December brought frosty mornin’s and delayed starting times but warm and sunny afternoons. The year got off to a running start with 12 new faces in the club: John Aleck, Gary Bingham, Gunner Danielson, Joey Dias, Rocky Dillon, Marc Dubau, Randy Freese, Dennis Germano, Charles Hoffman, Dennis Jones, William Smith and Greg Szody. If I missed anyone, please contact me. The board has several





new faces, including Tournament Director Harold Rowe. Thanks to Harold for taking on this task, and to Joe Devilbiss for his service the past two years.

New Year's also brings resolutions:

1. I will support my club. (Many opportunities present themselves.)
2. I won't lollygag on the course.
3. I'll be quiet and still while others play.
4. I'll watch my ball and the other guys' too.
5. I won't talk about my game. (Only a mother is interested, maybe...)
6. I'll return found clubs. (Keeping them really isn't an option.)
7. I won't leave putts short, especially for birdies. (Tough one.)
8. I'll fix pitch marks and divots. (You carry sand and a divot tool, don't you?)
9. I'll put trash, especially non-biodegradables such as cigarette butts and orange peels, in a trash can.



Our regular membership meeting is on the third Thursday at 4 p.m. at the Delta Club. For more information, contact Membership Director Chris

Shockley at (3603) or [tshoc@cs.com](mailto:tshoc@cs.com). Locate the sign in Trilogy for a chance to see your name in print.

## Stroke, Head & Brain Injury Club

We are a support group 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 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 nearby communities so that we can have fun together as well. We have recently added a monthly "Game Day," where we meet at a member's home and play a variety of games to increase memory and brain function. If you or someone in your family has had a stroke, any kind of brain malfunction and/or dementia, and would like to join or have any questions, contact Cheryl Bellrose (6619). We encourage caregivers and families to join as you need support as well.

We usually meet on the first Tuesday of each month from 2-4 p.m. at the Vista Club in the Monterey Room unless there is a holiday. Our next meeting is Tuesday, March 4. 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. You might also want to have an afternoon barbeque, a brunch or a luncheon. Our membership consists of those whom have participated for several years as well as our many newer members.

We also have an annual New Year's brunch where all members can participate at one location. They are able to meet some of the people they may have not been able to participate with during the rest of the year. It is a festive affair which our members truly enjoy.

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

Our next club dinner will be held in April. For further information, please contact Cheryl Bellrose (6619).

## Table Tennis Club

Results of the February 2 in-house tournament are posted in the website as will all ongoing activities, schedules, tournaments and calendar changes. If you want to keep informed, please subscribe to it and check it regularly. For this you need to visit <http://trvtt.wordpress.com> and provide your email. You may opt out at any time. There's also a hyperlink to this site in the MyTrilogyLife.com under clubs.

### 2014 Tentative Calendar

**March:** Saturday 3/1 Rossmoor Tournament at Trilogy.  
**April:** Saturday 4/26 in-house tournament. **May:** Thurs-



day, 5/ 8 Club general meeting, 4 p.m. Delta Club. Saturday, 5/24 Rossmoor Tournament at Rossmoor. **June:** Saturday 6/21 Bocce Get-together (time tba). **July:** Friday, 7/5 Parade and Ice Cream Social. **August:** Thursday, 8/7 Club general meeting, 4 p.m. Delta Club. **September:** Saturday 9/27 3rd Annual International Potluck and Bocce Event (afternoon, time tba). **October:** Saturday 10/25 in-House Sadie Hawkins Tournament. **November:** Thursday, 11/13 Club Annual Meeting, election of officers and board, 4 p.m. Delta Club. **December:** Saturday, 12/13 Holiday Evening Banquet (time/place tba).

For more information, please contact any of the following persons: Larry Mork, President (3389); Richard Laswell, Vice-President (2479); Vicky Riddle, Treasurer (3684); Tom Surh, Secretary (5282); Michael Mahrous, Tournament Director (3216), Tom Barnes, At Large (4395); Ruth Barnes (4395) Social Activities.

## Tennis Club

There is no reason to fear the Ides of March this month. We are starting off the spring with our annual Daylight Savings Tournasocial on Sunday, March 9. Men play at 9 a.m. and ladies at 1 p.m. All the great tennis to be followed by a soup, salad, and sweets extravaganza that evening. Sign-ups are at our Feb. Tennis Club Meeting on Friday, Feb. 28.

We have a great tennis season lined up with internal club tournaments, competitive tournaments with other clubs, Tuesday Night Tennis and Eats, Team Tennis, and of course our daily Social Tennis M-F from 8 – 10 a.m.

George Sablan, our guru of tennis instruction from before the time of metal tennis rackets, will be doing his final round of tennis instruction this year. If you are a moderate to advanced player and are serious about moving up to the next level, you'll want to be a part of this eight part series. All aspects of the game will be covered. Training sessions will be held on the weekend to accommodate players who are here only on the weekend. Sessions will be held twice per month starting May or June when the weather is warmer. See additional information next month.

We are noticing black scuff marks on the tennis courts. Only white soled tennis shoes or non-scuff shoes should be worn when playing on the tennis courts. This applies to club members, Trilogy Residents, and their guests. Please help us to keep the courts in excellent condition by following these rules for shoes on court. For information about our club, contact Wally Beckman at beckmanwally@hotmail.com

## Whist Club

We would like to thank everyone for coming to our Black History Program. Miss Carolyn Jones and her band were wonderful as usual. Thank you so much.

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. We also welcome those who just want to socialize. We also have a potluck at that time. Contact Madalene Turner (3361) or Jean Robertson (0086) for more information.

## Women's 9-Holers



*Fran Silva, Kathy Moore ready to play!*

Jan. 7-25-Golfers, #5 was Hot, Pars-Suzi Masterson, Diane Scholz, Marj Niemi, Nancy Whitney. Jeanie Renner, #9. No chip-ins. Jan. 14-25-Ladies. Slow start, frost delays, shot gun, everyone finished together. Pars; Jan Benner, Fran Silva, #13. Anna Bogucki, #12. Sally Thomas won chip-in,

#13. Net Play Day, huge success. Flight A; First, Jan Benner, Second, Anna Bogucki, Third, Suzi Masterson, Fourth, Kathy Moore. Flight B; First, Sharon David, Second, Jeanie Renner, Third, Judy Rumble, Fourth, Tie, Nancy Griffin, Maureen Lamborn. After golf, first quarterly meeting/luncheon for year. Thanks, Suzi, Nines Staff, lunch was great. The board shared great ideas for New Year.

Jan. 21-21-Golfers, Played Low Putts. Kathy Moore took First (16), Second/Third, Tie, Anna Bogucki, Nancy Griffin (17). Plus, three or more putts on a hole cost \$.25, proceeds going to fund, End of Year Party (looks like a great start, HaHa). Pars; Betty Bowley, #8, Anna Bogucki, #1, #2, Doreen Lewis, #4, Jan Benner, #8, Arla Gustafson, Barb Downs, #5. Jan. 28-Another beautiful day. 26-Ladies played, only holes that counted, started with T or F. Winners, First Flight; Anna Bogucki. Second Flight; Marilyn Rogers. Congratulations! Pars; Sharon Ford, #12, Jan Benner, Linda Rowe, Karen Nash, #13, Doreen Lewis, #14, Billie Reece, #17, Elaine Love, #15, Anna Bogucki, #14, #16. Marilyn Rogers, won two week chip-in. We have lots of fun on/off the course. In March we will be hosting the Men's 9-Holers Club. Let's showup the men! Contact Fran



Silva (3791) or email alfran70@comcast.net, about club.

### Answer to February trivia:

Annika Sorenstam, March 2001.

### New Trivia:

Who is said to have introduced Golf to France?

## Women's 18-Holers

The 18-Hole Women's Club members are hoping that the cold weather and frost delays are over. We wouldn't mind some rain-outs though. We would like to welcome our newest member, Denise Sargent-Natour, who moved here recently from Pleasanton.

Congratulations to Jan Benner, one of our newer members, for her first "Birdie" ever on January 16 on hole #12. Congratulations to Doris Sundly who was the Ace of Aces winner for the month of January with the lowest net of the field on January 2. She received a sleeve of balls and qualified for the Ace of Aces Tournament at the end of the year.

Other January winners were: January 2. Low Net, Low Putts. 1st place winners: Linda Siatt, Chris Sabye, Diane Scholz and Joanne Smith. January 9. Best 9, Half Handicap. 1st place winners: Lucille Rhodes and Angie Jones, Karenann Evans, Bev Dunn. January 16. Blind Partners. (blind draw after play. Scores added together) 1st place winners: Ulla Ulmonen and Angie Jones, Maureen Gin-grass and Jan Benner. January 23. Three Blind Mice. Throw out three predetermined holes after round is over. 1st place winners: Linda Barlesi, Anna Bogucki, Pat Kistler. January 30. Only the odd numbered holes counted. Half Handicap. 1st place winners: Angie Jones, Suzi Masterson.

Thanks to Diane Staley for bringing cookies to celebrate the January/February birthdays.

We meet at the Nines Restaurant at 8:30 a.m. every Thursday mornings before play. If you are interested in joining our club, please contact Linda Siatt at (5364) for information.

## Writer's Club

Usually this is the season when we're chanting, "Rain, rain, go away." But not this year! We'd love to be "Singin' In The Rain" as "Raindrops Keep Falling On My Head." Whatever your senti-



ments about that elusive wet substance, all of us have had experiences in the rain. This month, we'll write about them. Quite often, we might wrestle with our optional topic for weeks before putting pen to paper. Perhaps not so this month. The suggestion had hardly left the lips of the person who proposed this subject, when images sprang to mind of favorite times spent in the rain. If this idea inspires you, write about it. Your offering could be metaphoric, biographic, humorous, poetic, musical, or even a fantasy. If you'd rather write about something else, great! Just write and join other writers as we exchange thoughts on Thursday, March 13. We'll meet in the Monterey Room of the Vista Club at 7 p.m. Come to listen, share, explore, inspire, encourage and enjoy. For further information, contact Zoe (3676) or Suzi (925) 231-5213.

## Announcements

### Rio Vista Community Service Food Bank Needs Donations

Commit your Tuesdays (8:30 - 11:30 a.m.) once per month OR any combination that works for you. Must be able to lift 40-50 pound items on



occasion. Help a team pick up the weekly donated food items with a provided van. Contact (2358).

### Alzheimer's and Dementia Caregivers' Support Meeting



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



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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)**

### **March 8, Ironstone Winery, SOLD OUT**

March 27, Cache Creek Casino, \$30  
 We will enjoy four hours of "Stay and Play." This casino claims to have the most generous slots in California. Everyone will receive a \$15 bonus package.

### **April 9, "Sister Act" & Dinner, \$119/pp**

We will arrive in Old Town Sacramento in the early afternoon, with time to explore and shop and maybe take in a local museum. We'll

enjoy hosted gourmet dinner then reserved orchestra seating at the Sacramento Community Theatre for the award winning musical, "Sister Act."

### **May 13-20, 8-days Pacific Northwest**

We'll spend four days cruising from San Francisco to Vancouver and then transfer to Friday Harbor and cruise the San Juan Islands for the next three days. We'll fly home from Seattle on the final day. This land, sea and air package is all-inclusive beginning at \$1,998/ pp (Brochure available).

### **June 10, Gambler's Special at Feather Falls, \$30/pp**

We'll have four hours of "Stay and Play" at this newly remodeled casino. We will receive \$12 in cash, and a \$3 food bonus package.

### **July 3, A's Baseball Game & Fireworks, \$79/pp**

We will spend a delightful evening at the ballpark with great seating in the Plaza Deck between Home Plate and First Base. There will be spectacular fireworks after the game and we'll each get a \$10 food coupon in this package.

### **July 21-25, Pageant of the Masters - Laguna Beach**

This trip also includes the Endeavor Space Museum, the Reagan Museum, Universal Studios, and the Hearst Castle. We will see a stage production of "Forever Plaid." There will be more details in the April issue of Trilogy Living.

**For further information or sign-ups, please call Ethel (374-7548)**



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(707) 374-6491

[www.richards-realestate.com](http://www.richards-realestate.com)

## ADVERTISING INFORMATION

**DEADLINE:** All final ads and checks are due by the fifth of the month prior to the month of publication. For example: April 2014 ads and checks are due by March 5, 2014. All late submissions will run in the May 2014 issue of *Trilogy Living*.

### REGULAR SIZES AND RATES:

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

### PREMIUM SIZES AND RATES:

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

### DISCOUNTS:

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

*To place an ad, contact Joan Azlant at [joanazlant@comcast.net](mailto:joanazlant@comcast.net) or 707.374.2620. If you need ad design, contact Tania Fardella at [indigodesign@att.net](mailto: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

### Amway

Products & Services  
10% discount for residents  
Tom Spivey 209-986-5758  
LtSpivey@hotmail.com

### Bonnie Bowen, Broker

Real Estate Services, LLC. 000924244  
(Fees Negotiable, Ask Me!)  
707-322-5875  
bonniebowen@comcast.net

### Divas

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

### Isagenix Products

Weight Loss—HealthyAging  
Bars, Shakes, Soup  
Don Seyk (6407)  
seyk@aol.com

### Mary Kay

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

### Mirna's Professional Hair & Nails

Style, Cut, Color, Manicure, Pedicure  
Men and women. 30 years' experience  
Mirna 673-6608  
dwstreak@yahoo.com

### Rodan & Fields Skin Products

Call for a free mini-facial.  
Reverse signs of aging  
Lupe Finch, Independent Consultant (2466)  
LupeandMarcy@gmail.com

## ANNOUNCEMENTS

### Bargello Supplies

Free: A few Bargello craft supplies: yarn, needles, canvas, instructions. Marti (6859).

### Gambling Trip

Feather Falls Casino Sunday April 6, boarding 7:45 a.m., leaving 8 a.m. from Delta Clubhouse tennis courts. FF Casino 10 a.m. to 4 p.m., 6 hour stay \$30/per person plus \$15 bonus. Host: Carmen Martinez (3259).

## FOR SALE

### Rocker/Recliner

Dark brown microfiber rocker/recliner love seat \$200 OBO, also 4 saddle style dark wood counter stools with detachable cushions \$120. OBO. 422-7954 (non-smokers)

### Tamales

Mirna's Gourmet Tamales and Mexican Food. Five kinds. Pick up or delivery. Complete meals available. Ask about our other items. Call 673-6608

## SERVICES

### Caregiver

The wonderful couple who lovingly cared for my father is looking for a live-in caregiving position. They are honest and reliable and kept my father happy and his house clean for the four years they were with him. If interested, contact Sandy Freeze 408-832-5395.

### Caregiver

Trilogy resident, retired registered nurse specializing in medical post-operative care. Clean background, dependable, responsible. First Aid, CPR, AED certified wound care, medication, therapy treatment plan. Call Kathy (7587). References.

### Clock Repair

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

### Computer Assistance

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

## FOR SALE

### Golf Cart

1996 Golf Cart: new batteries, front & rear lights, complete surround cover. Body in great condition. \$1595/OBO Call (3338) or 208-9096.

### Exterior Door

Former front door, 3' x 80", 6-panel, painted and in excellent condition. \$25/OBO. No hardware. Call Joyce or Bob at (3391) in Trilogy. We will deliver anywhere in Rio Vista.

## SERVICES

### Airport Transportation

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

### Beauty Services

Mirna's Professional Beauty Services. Women and men. Haircuts, styling, tinting, pedicures, manicures. 32 years' experience. Your home or mine. Call for appt. 673-6608.





## 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).

### Driver

Shopping, medical appointments, day trips, multi stops, whatever you can think of, give me a call, we'll work out the details. Jan/Trilogy 707- 787-8104.

### 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

### Errands

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

### Event Planning

Extensive event planning experience with large or small events, weddings, memorials or fundraisers. Call Veronica 415-710-2595. Trilogy resident

### Attention Advertisers:

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

## 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)

### Final Expense Insurance

Looking for final expense insurance? Retired registered nurse offering individuals and Trilogy organization information on final expense and life insurance as well as Medicare Supplement. Phone quotes also available. Call Dennis 866-789-4197.

### For Sale By Owner!

Homeowners, if you have a buyer with agreed to price and terms, I will write the sales contract (only) for \$500. I am a local, licensed, independent broker at your service! Full services only 1.5% of sale price. Call Bonnie Bowen 322-5875.

### Gal Friday

Multi-tasker with variety of service skills, personal/administrative assistant with office and home organizing, clerical, and computer skills. No project too large or small. Organizing, packing and help with move, staging, housekeeping. Some cooking and baking. Call Veronica 415-710-2595. Trilogy resident.

### Gun Repair

Gun repair and gun cleaning, scope mounting, stock and pistol grips inspection and estimates, parts and installation. Call Bob (7587).

### Hairstyling

Need a glamorous do? Call Dee for a fabulous you. She will give you the do you want. Hairdo—Let Dee do! You are in a beauty contest every day of your life. Let Dee handle your style and bring out the fabulous you—makeup upon request too! Call Dee (Delia) 925-726-5996.

## SERVICES

### 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).

### Helping Hands

Personal assistant providing light housekeeping, cooking, transportation to appointments or shopping. Moving assistance with packing/unpacking and organizing. Contact Kim 209-914-5458.

### Helping to Sell Your Items

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

### Housecleaning

Complete housecleaning: Quality cleaning at an affordable price. Rental cleans 628-4235 of (5239) Dawn, "Jerry the Sprinkler Guy's" daughter.

### Household Assistance

Organize, arrange, put in place, Enjoy home with happy face! Build stained glass windows, etch shower doors too, I can make or will teach you! Many repairs, walls I'll paint, Professionally pack, Flexibility's great! Yard work and cleaning A to Z, Dogs I love, Laughs are free! Jody 386-7896



## 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)

### Income Tax Prep & Notary

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

### 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](http://www.gotgilly.com). Lic. 752296. Call 925-260-5780.

## Want to Run a Classified Ad?

Pick up an ad application form at Member Services. Turn in your completed form by the fifth of the month preceding the month you wish the ad to run.

Cost is \$10 for 25 words. Additional words are \$.25 per word. Checks only.

Late ads will run in the next issue.

Prices change effective April 1.

## SERVICES

### Notary

My home or yours. Servicing Trilogy for the past 12 years. Please call Eileen Griffin at (2684). Thank you.

### Notary Public

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

### Notary to Go

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

### Notary Services

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

### O So Sharp

Time to get those knives sharpened. A dull knife is a dangerous knife. I can sharpen most anything inside or outside the house. Call Rich G. (3663) at 556 Birch Ridge Dr. Pickup and delivery available.

### 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: [HYPERLINKmailto:thedeetails@yahoo.com](mailto:HYPERLINKmailto:thedeetails@yahoo.com)

### Pet Care

Kitty care and small dogs (no walking) services. Includes play, feed, meds, trash out/in, newspapers, mail, and house plants. Call Mimi (4343). . .Trilogy resident. Accepting holiday reservations.

## SERVICES

### Plantation Shutters

Measured & installed by Jim Gilly. Check prices from Costco & others, then call me. You'll be happy you did. Allow 6-8 weeks from order date. Jim Gilly 925-260-5780

### Pressure Washing & Cleaning

Diligent and conscientious. Exterior walls, patios, driveways. Great rates. Other services also available. References. Trilogy resident. Christopher 415-710-2590.

### Rain Gutters Cleaned

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

### Sliding Door & Screen Repair

Stop Fighting Your Sliding Door and Screen!...If it does not Slide, I will make it Glide. . .Replacement or Repair of all Patio Door and Screen Rollers, Patio Door and Window Screens, Locks, Handles, Shower Door Enclosures and Wardrobe Doors. For a Free Estimate, please call Jonathan (2736).

### Solar System Installation

Existing Home Solar System Installation: Add solar to reduce your electric bill and receive the 2014 federal tax credit. Cal Rich for free consultation (3065).

### Spiritual Director

Do you want to discover your own spiritual path? As a certified Spiritual Director, I can accompany you on that journey. There is much more to the nature of the Holy that can ever be disclosed within any one religion. Nourish that relationship with the Sacred that's already within you. Doug Monroe (5993).

### Sprinkler Repair

Tune-up and repair of sprinkler and drip irrigation systems. Trilogy resident specializing in water conservation. Free analysis of your system. Dennis (5816).



## SERVICES

### Stamping

Host a Stampin' Up party or club. Enjoy quality time with friends, create fun cards and paper projects, and earn FREE stuff. Call Shari 363-9752.

### 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.)

## SERVICES

### Water Filter

Drink purest, cleanest, tastiest water from your tap. Install reverse osmosis filter under sink system. Save bottled water costs of \$250+ per year. Trilogy resident discounted \$150 plus installation (2643).

### Weed Pulling

Get rid of those ugly weeds. Don't break your back. Clean up weeds, dead leaves, plants, prune, trim. Keep your yard tidy. 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).

## SERVICES

### Your Personal Travel Agent

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](mailto:alloccasionstrvl@aol.com). Let's talk it over.

## WANTED

### Garage Space

Space needed in Trilogy to store a classic car. Will pay \$50 per month. Dennis (4890).

### Golf Carts

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

# Monthly Fitness Punch Cards

## NEW PRICES!



10-Punch Card **\$35**

20-Punch Card **\$70**

Monthly Unlimited **\$85**

*Effective April 1, 2014*

**10 & 20 punch cards are good for one year out from date of purchase**  
**Monthly Unlimited Pass is good for one month from date of purchase**



# HunterDouglas ENERGY SMART STYLE

FEBRUARY 1 – MARCH 31, 2014

**\$25 REBATE** PER UNIT\*

on Duette® Architella® Honeycomb Shades

**\$50 REBATE** PER UNIT\*

on Silhouette® Window Shadings  
and Vignette® Modern Roman Shades



Silhouette® Window Shadings



Fills a room with beautiful light.  
*Brilliant idea.*

Hunter Douglas Silhouette® Window Shadings diffuse the sun's rays, filling your home with soft, comfortable light. Using natural light more efficiently means you can rely less on electric lighting. Pretty smart. Ask for details.



**Window  
Fashions of  
Northern  
California, Inc.**

## Solano Window Fashions

125 Grobic Ct.

Fairfield CA 94534

M-F: 10 - 5 / Sat: 10 - 3

707-429-5156

[www.windowfashionsnorcal.net](http://www.windowfashionsnorcal.net)

WE'VE MOVED - SEE US AT OUR NEW LOCATION



**HunterDouglas** Gallery

Follow Us At Facebook

\* Manufacturer's mail-in rebate offer valid for purchases made 2/1/14 - 3/31/14 from participating dealers in the U.S. only. Offer excludes Nanucke™ Window Shadings, a collection of Silhouette® Window Shadings. Rebate will be issued in the form of a prepaid reward card and mailed within 6 weeks of rebate claim receipt. Funds do not expire. Subject to applicable law, a \$2.00 monthly fee will be assessed against card balance 7 months after card issuance and each month thereafter. Additional limitations apply. Ask participating dealer for details and rebate form. © 2014 Hunter Douglas. All rights reserved. All trademarks used herein are the property of Hunter Douglas.