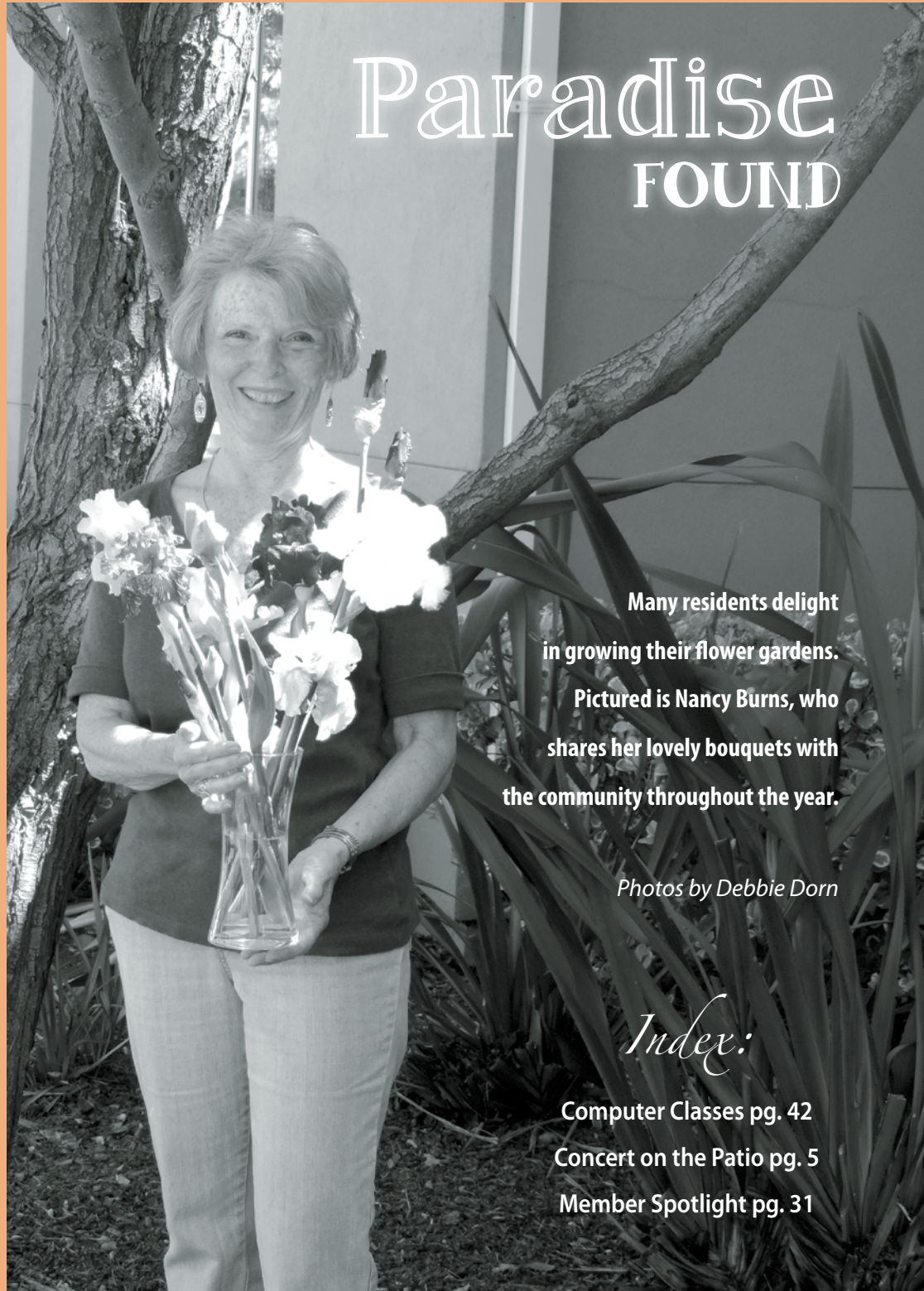


PUBLISHED BY THE TRILOGY AT RIO VISTA MASTER ASSOCIATION

May 2015

TrilogyLiving



Paradise FOUND

Many residents delight
in growing their flower gardens.

Pictured is Nancy Burns, who
shares her lovely bouquets with
the community throughout the year.

Photos by Debbie Dorn

Index:

Computer Classes pg. 42

Concert on the Patio pg. 5

Member Spotlight pg. 31

Dr. M. Hadi Soltani and his staff are pleased to combine
the art of caring with the science of dentistry
in our fully digital office for adults and children



General Dentistry
Full Mouth Rehabilitation
Implants and Cosmetic
Wisdom Teeth Removal
Root Canals
Dentures and Partial

Emergency Visits Welcome

707.374.6863

139 Bruning Avenue, Suite A
Rio Vista, CA 94571
dentistryofthedelta@yahoo.com

riovistadentist.com

Buying, Selling or Relocating?

Whatever your real estate needs, I am always
at your service. I have a track record of success
and a long list of satisfied customers. I'd be
honored to add you to that list.

Give me a call today for a **FREE** consultation.

Ralene Nelson - 707.334.0699

Visit my website to search for homes online

www.RioVistaHomePro.com



RALENE NELSON
REALTOR®, CDPE, GRI
CalBRE# 01503588
Direct: 707-334-0699
Rnelson@c21mm.com
www.RioVistaHomePro.com
2013 & 2014 Centurion Award



PATIO COVERS PRIVACY WALLS, AWNINGS, LATTICE COVERS



Designing and Building Backyard Living Spaces for 13 Years

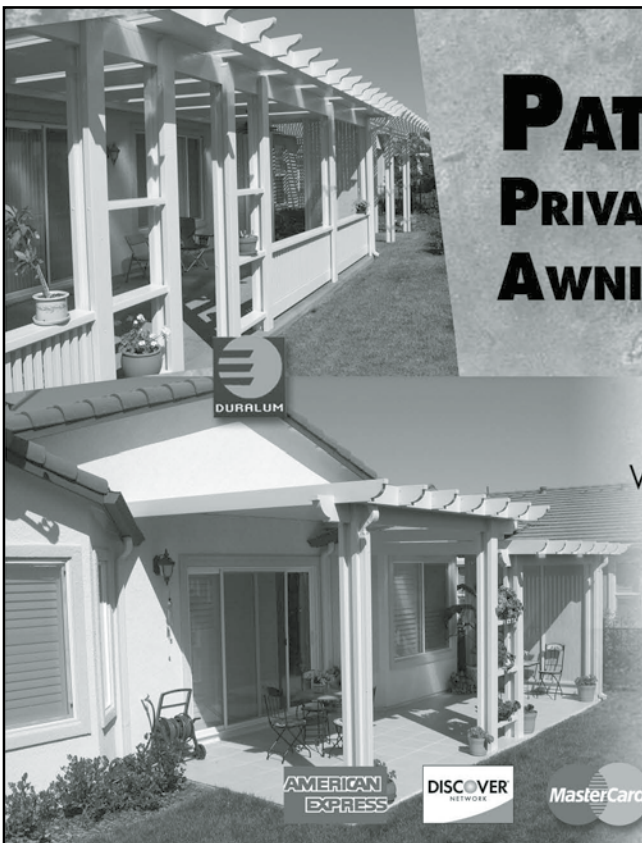
Privacy Screen with Lattice Tubes • Concrete Work
We Take Care of All Your Trilogy Paperwork for Your
Association and to Obtain Rio Vista Permits
Many Local References • Bonded and Insured

QUALITY SERVICE • FREE ESTIMATES

Call: 707.447.7475

www.wickensconstructionandmhs.com

Senior Discounts • Unbeatable Prices • CA #845399



From the Master Association

Don Love

President

Executive Session:

The Board reviewed applicants for nomination to the Access, Adult, and Trilogy Amenities Committees. Dean Lattman and Sam Levin were nominated to the Access Committee. Carolyn Azbell, Ted Bush, Mike DuBrow, Walt Manos and George Robiette were selected for the Adult committee. The new Trilogy Amenities Committee selections were Rano Niemi, Walt Manos, Donna Martella, Dennis Mitchell, Ron Auger, Mike Dubrow and Marjorie Reynolds.

Master Board Meeting:

In open forum, two members spoke about a home being purchased and being set up as an adult care center. The Association is aware of this action. There is a very specific State Law that allows for this to happen for up to a total of six people as long as the proper licensing is obtained from the State and the City. We have been briefed by our attorneys and we have no say in the matter as long as they follow the state law.

The Computer Learning Center reorganization was tabled for six months to be reconsidered again in October. Still to be determined is what type of computers and what type of furniture layout will be implemented if any.

The replacement of the Diablo Chairs this year was canceled and the useful life of the present chairs was stretched out to a 15-year life span from the present proposal of 12 years. Essentially, the project has been put off for three years.

License Plate Recognition Software for the front gate was canceled due to operational costs at this time. The Access Committee will continue to research entrance software.

A new updated massage table was approved for \$3,036 funded by \$1,020 from budgeted reserves and the balance from Board and General Manager contingency funds.

A new maintenance vehicle was authorized for a budgeted cost of \$33,000 with \$20,400 coming from budgeted reserves and the balance from Board and General Manager contingency funds.

A sum of \$20,000 was approved for patio furniture under the Shade Cover at the Vista club patio with the amount to come out of reserves.

TRILOGY AT RIO VISTA

D I R E C T O R Y

Master Association Board of Directors

Don Love, President (707) 374-6882
Noel O'Brien, Vice President (925) 348-4097
Melissa Coleman, CFO (707) 374-6874
Joel Auslen, Secretary (707) 374-5808
Patty Kohn, Director at Large (707) 374-2737

District Delegates

Village 1 - Melissa Coleman, (707) 374-6874
Village Oakmont - Walt Manos (707) 374-2827
Village Riviera - Ron Waite (707) 374-6714
Olympic Village - Joel Auslen (707) 374-5808
Saddle Rock Village - Roger Kohn (707) 374-2737
Eagle Point Village - Teresa Fraser (415) 407-8563

Committee Chairs

Adult - Helen Bergoust (707) 374-2436
Administrative Policies - Melissa Coleman (707) 374-6874
Document Revision - Bob Sather (707) 374-1384
Emergency Action - Alan Levine (707) 718-7907
Access - Art Darden (707) 374-3455

Village Board Presidents

Village 1 - Larry Mork (707) 374-3389
Village Oakmont - Walt Manos (707) 374-2827
Village Riviera - Donald Seyk (707) 374-6407
Village Olympic - Joel Auslen (707) 374-5808
Village Saddle Rock - Patricia Kohn (707) 374-2737

Association Administration /HOA (707) 374-4843

General Manager: Ed Vitrano (707) 374-4869
evitrano@actionlife.com
Assistant General Manager: Catherine Patrick
cpatrick@actionlife.com (707) 374-4843
Activities Director: Debbie Dorn (707) 374-4204
ddorn@actionlife.com
Fitness & Spa Director: Kathy Erwin (707) 374-4205
kerwin@actionlife.com
Maintenance Director: Mike Oestreich (707) 374-4895
moestreich@actionlife.com
Member Services Coordinator: Cheryl Lucas (707) 374-4203
clucas@actionlife.com
Communications Coordinator: Andrea Stuart
stuarttrv@gmail.com

Club Numbers

Vista: Front Desk (707) 374-4200 Fax (707) 374-2422
Delta: Admin Office (707) 374-4843 Fax (707) 374-4891

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 (707) 374-4200

Welcome Center/Front Gate (707) 374-4306

Guest Registration - www.DwellingLive.com

Café Vista (707) 374-4202 Sir Flair's (707) 374-4400

Golf Course (707) 374-2900

Shea Customer Service 1-866-535-9989

From the Editor



Andrea Stuart

Welcome to National Recommitment Month! There are all kinds of holidays affiliated with the twelve months of the year. As for the holiday I'm referring to, this is an opportunity to consciously

walk into existing commitments with renewed perspective on them. Whether married, single, working, retired, navigating health issues, or considering new opportunities, May, with its abundance of new life, invites us to re-establish the role we want to play in our lives.

When you start to feel "itchy feet," that's when it's time to explore new opportunities. Take a gander at the activities, spa and fitness, and clubs pages to find out what's happening this month.

My Trilogy Life

Have you been using My Trilogy Life? My Trilogy Life (MTL) (www.mytrilogylife.com) is Trilogy's private online forum where Trilogy residents can connect and learn about everything Trilogy. Simply log in using your assigned username and password (if you can't locate this information, please call Member Services), and click around. As you explore, you'll find clubs, upcoming events, bulletins, HOA related documents, PDFs of *Trilogy Living*, activities, fitness and spa updates and news, as well as contact information for related personnel. If you have any questions regarding MTL, contact Andrea Stuart at stuarttrv@gmail.com

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

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

From the Activities Director



Debbie Dorn

Wow! Trilogy, can you believe the variety of activities available to you? Let's have a glance at just a few of the club activities: Council for the Arts' Music of the Night had us

singing around the world; we experienced Southwest Indian Rock from the Hiking Club; then we didn't eat for a week after Drama Club's Pasta Feed. Oh, yes, we even had a fly-casting workshop from the Fishing Club; Kare Bears presented an excellent seminar; and Soul Line Dancers celebrated their 10-year anniversary with the community.

As for other events, much gratitude goes out to the sellers of the Gift, Craft and Art Faire and Jewelry Show. Once again, your donations allowed the raffle fundraiser to provide for so many people through our local Meals on Wheels organization. It was an event-filled weekend with the Small Business Expo on Sunday. 3JB Jazz Quartet and DJ Ron Covey's performances filled the club with music for everyone!

Mark your calendars for these upcoming events and keep watch on the club activities for more selections!

- May Computer Classes (see page 42)
- 5/02 Community Garage Sale
- 5/03 & 5/31 Trilogy Produce Market – 10% discount on \$10 or more!
- 5/08, 5/09, 5/10 Theater Group's Production "Sylvia"
- 5/10 Holiday: Mother's Day
- 5/10 AMGEN TOUR of California ~ Vista Club Live Telecast Begins 10:30 a.m.
- 5/12 & 5/13 AARP Smart Drivers Course (Parts 1 & 2)
- 5/15 Karaoke ~ An Evening of Spontaneous Fun!
- 5/17 Dance to Trilogy Jazz Band ~ Dance Club
- 5/22 Bingo
- 5/25 Holiday: Memorial Day
- 5/30 Concert on the Patio Featuring Matt Applin And The Midnite Band

Get Ready . . .

- 6/01 Blood Drive – Lend An Arm!

Your comments and suggestions are always valued. Send an email anytime to ddorn@actionlife.com.

2015 AMGEN TOUR of California 10th Anniversary Edition Cycling Race: May 10, Stage 1 will be telecast live in the Vista Club Diablo Ballroom beginning 10:30 a.m. Follow the race routed through Rio Vista around 1pm along Trilogy's east side to end back at Sacramento. Find route & other details at <http://www.amgentourofcalifornia.com/stages/stage-1>.



Computer Classes

Learning Center Vista Club

There are a variety of introductory or special interest classes to help you become more comfortable with common computing conveniences! See page 42 for more information. Limited space available, sign up at Member Services.

Trilogy Produce Market

Sunday, May 3 & 31, 10 a.m. – 3 p.m., Delta Club

10% discount on purchases over \$10



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

Blood Pressure Check ~ Free

Thursday, May 14, 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!

Seeking Volunteers

Do you have medical background and would like to volunteer your service to support the Blood Pressure Check program for the Trilogy community?

Contact Activities Director Debbie Dorn
(707) 374-4204 or email ddorn@actionlife.com.



Trilogy Community Garage Sale

Saturday, May 2, 9 a.m. – 3 p.m.

Everyone can participate! Community sale locations will be mapped and emailed to residents May 1. Maps will be made available to visiting buyers at the Welcome Center the day of the sale. Copies will also be available at the Vista Club Saturday only. There are three points sellers must abide by:

- Garage sale \$1 city-required permits can be purchased at Vista Club Member Services through Friday May 1. Your block was mapped if you purchased here prior to April 24.
- Tie an inflated balloon from your mailbox or tree.
- Open your garage door.

(continued on p. 6)



Concert on the Patio Featuring Afterglow

Saturday June 27,
7 – 9:30 p.m., Vista Club Patio ~ \$15

Dance to the Delta's premier music group enjoying all genres of music! You may know them by their previous name Sterling Silver, before they returned to their original name, Afterglow. They will keep you singing and dancing all evening! Bring family, friends, outdoor attire, dance shoes, your comfortable lawn chair for the patio and favorite provisions. The patio is completely shaded by 6:30 p.m., and the Delta's breeze makes for a comfortable setting. Sign up early at Member Services, Vista Club.



When you finish selling, remove the balloon and close your garage door. The sale is open to the public, advertised in the local papers. If you have questions, contact Member Services (4200) or email Debbie Dorn ddorn@actionlife.com.

Tables and metal chairs are reserved on a first-come basis. Supplies are currently out for May 1 - 3. Your help to make sure they are clean when returned is appreciated. Thank you.

AARP Smart Drivers Course ~

4 – 8:30 pm, Sonoma Room, Vista Club

Part 1: May 12, Tuesday

Part 2: May 13, Wednesday

\$15 for AARP members and \$20 for non-members

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

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

Trilogy resident Glen King is offering this eight-hour course in two, four-hour sessions. To register, contact Glen (3342) or grk59@frontiernet.net.

Karaoke ~ An Evening of Spontaneous Fun!

Friday May 15, 7- 8:30 p.m., Diablo Ballroom Vista Club ~ Free

Specially designed for your fun and enjoyment. Enjoy open dancing and following lyrics on the big screen for some sing-a-long good times! There will be a variety of entertainers, including storytellers, special dancers, folk singers and more. One might be you! Bring your favorite snacks and beverages. Come over for a relaxed evening of spontaneous fun and entertainment. No signups required!

Concert On The Patio: Matt Applin and the Midnite Band

Saturday, May 30, 7 – 9:30 p.m.,
Vista Club Patio, Vista Club ~ \$15



Matt is a charismatic singer and entertainer with interactive audience appeal. The Midnite Band provides the beautiful music that allows Matt's vocals to shine. These amazing musicians of R&B, Motown, and Standards have the chemistry that comes only from years of performing together. Sign up at Vista Club Member Services \$15 pp.

Blood Drive ~ Lend An Arm!

Monday, June 1, 9 a.m. - 1 p.m., Rio Vista Room Delta Club

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

Complimentary Hearing Screening and Assessment

Thursday June 11, 1 – 3 p.m., Diablo Ballroom Vista Club

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



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

Friday, June 19, 7 – 8:30 p.m.

Diablo Room, Vista Club ~ Free

The venue creates an intimate, welcoming atmosphere for Trilogy to take the stage and share their artistic expressions. If you're a spectator, you're in for a treat. The supportive setting is about artists having a safe place to perform for the first time. It's about veteran artists having a place to experiment and try out new pieces. It's about having a place that inspires new work. It's about a lot of things. Bring your favorite provisions and come check it out. Performers sign in at Member Services.

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



Showcase Your Club!

Currently the Fishing, Model, Radio and Soul Line Dancers Clubs are featured!

Vista Club display cases are available for clubs to showcase all clubs' activities, 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. An authorized club leader can sign up for display space at Vista Club Member Services desk. Contact Debbie Dorn with questions at email address ddorn@actionlife.com.

Plan Ahead . . . Trilogy's 4th of July Celebration

Presented by Trilogy and Villages One, Oakmont, Olympic, Saddle Rock, Eagle Point & Riviera Kare Bears

Gather friends and family for a grand celebration of America's birthday! Plan to join us at the Delta Club for the party. Clubs, groups, families, and individuals are invited to join the parade around Summerset Drive. Decorated golf carts will be judged for prizes. Plus we have prizes for two other entries that wow the judges. Awards program, DJ music by the pool, variety of entertainment inside the club, grilled hot dogs, and ice cream social beckon you to join the fun! Details and entry forms to follow with June's *Trilogy Living*. Contact Debbie Dorn (707) 374-4204 for general information.

Activities Dept. Job Opening

We are seeking to fill one part-time staff position in the Activities Department performing the primary duties of Day Porter and secondary duties of Facility Monitor. The person will need to be service-minded, work independently, comfortable with irregular hours, and able to lift and/or move approximately 50 pounds. Apply at www.actionlife.com, click on "contact us" "careers""About Action" "Careers" page down to find "Part Time Day Porter – Trilogy at Rio Vista" "Apply Now." Your application must be completed on line. Otherwise, email questions to Debbie Dorn ddorn@actionlife.com or call (707) 374-4204.

Any Window Screen Rescreened \$20

Your Complete Mobile Door & Window
Screen Service – We Come to YOU!

Window & Door Screens • Retractable Screens
Re-Screening • Repairs

Solar Screens

Add Privacy • Reduce Glare
Block 80% of UV Rays • Stop Fading
Reduce Heating & Cooling Costs!

Clear View
RETRACTABLE SCREENS

(800) 361-2512

or

(707) 374-6994

TOP OF THE TOWN

SCREEN COMPANY

Locally Owned & Operated Since 1994

M&E Metal

Ornamental Iron

Gates and Fences



Providing a quality product for 30 years

Free Estimates

(707) 428-4925

4895 Creed Rd. • Suisun, CA 94585
California License # 423581

Shafer Real Estate

Your Trilogy Resale and Rental Experts...
Nobody Knows Trilogy Homes Better!

(707) 374-5222



Diane Shafer
Owner / Broker
707-328-5277

Debbie Werter
Realtor/ Associate
707-673-7667

Drew Haisley
Realtor/ Associate
925-482-4556

121 Montezuma St. Rio Vista, CA 94571

View listings, search for properties, get Trilogy maps, & more at:

www.ShaferRealEstate.net

First Place Dentistry

"Caring & Creating Beautiful Smiles"

**1-on-1 Personalized Dental
Care With A Gentle Touch**

New Patients & Emergencies Welcome
General Dentistry
For Adults
& Children

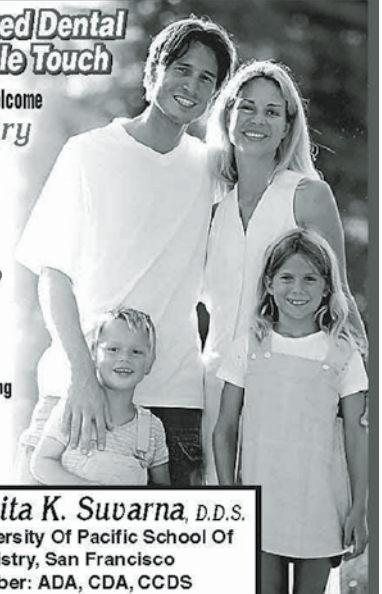
- Mercury Free Fillings
- Teeth Whitening Zoom®
- Invisible Braces Invisalign®
- Dental Implants/Dentures

Delta Dental Provider
& Major PPO Plans

Ask For: Interest Free Financing
& Cash/Senior Discount



Amita K. Suvarna, D.D.S.
University Of Pacific School Of
Dentistry, San Francisco
Member: ADA, CDA, CCDS



5201 Deer Valley Rd. #3D
Antioch, CA 94531
Just blocks away from
Kaiser Hospital.

925-757-6117

WOOD Real Estate

Specializing in Trilogy Resale Homes Since 2001

Anything... and EVERYTHING... Trilogy.
We don't just work here... WE LIVE HERE too!



Call us with all your real estate needs. Anytime.
WoodListings.com 707-374-3456



Cheryl Wood
Owner/ Broker
Trilogy Expert
Trilogy Resident
510-220-1514
woodrealestate@gmail.com
BRE# 01002783



Chris Boothe
Realtor Associate
Trilogy Resident
916-798-7674
pigboothe@yahoo.com
BRE# 01419822



Al Morton
Realtor Associate
Trilogy Resident
925-786-3745
altonmorton@yahoo.com
BRE# 01960018

HunterDouglas

**ENERGY
SMART
STYLE**

FEBRUARY 1 – APRIL 25, 2015



Silhouette® Window Shadings

A brilliant way to
use natural light.

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

SAVE \$100*

OR MORE WITH REBATES
on qualifying purchases of
Hunter Douglas window fashions

California Window Coverings
707-386-9992

Vern and Patty Oliva, Trilogy Residents, Over 40 Years Experience

Free Estimates for Trilogy Residents!

*Manufacturer's mail-in rebate offer valid for qualifying purchases made 2/1/15 – 4/25/15 from participating dealers in the U.S. only. Offer excludes Nantucket™ 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 may apply. Ask participating dealer for details and rebate form. ©2015 Hunter Douglas. All rights reserved. All trademarks used herein are the property of Hunter Douglas. WN15MB3

43002



Assessment Notice

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

Assessments for the month:

Master Association \$126.51

Master Association \$80.39

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

Village I \$5.25

Village Oakmont \$5.20

Olympic Village \$5.10

Village Riviera \$5.25

Saddle Rock Village \$0

(None until dormancy ends)

Eagle Point \$0

(None until dormancy ends)

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 Delta Club pool, spa and patio are open 24 hours daily. The Vista Club is open from 6 a.m. to 9 p.m.

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

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

Street Lights – This is a change! As of April, the maintenance of the LLD became the responsibility of the Association. Please report all street lights that are out to the Administrative Office/HOA. Please have the light pole number, the street and the nearest cross street when reporting lights that are out or not working properly. It is quite expensive to hire the boom truck. Therefore, until there are 10 lights needing work, we do not hire the truck. This could mean several weeks between the time you report the light and the actual repair.

RV/Boat Passes – You do not need to bring your RV to the Welcome Center each time you need a pass. If you have registered your RV on Dwelling Live, you can simply go to the gate and pick up the pass. Reminder: you may not have these vehicles in the community longer than 48 hours and they cannot be occupied while in the community. They are to be parked at your home, not in any common or undeveloped areas of the community.

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 delivery by electronic methods.

Thank you 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, she will have the email team move you back to 'active,' but we also suggest that you add the e-newsletter email address – noreply@actionlife.com – to your "safe senders" or "friends" list in your email settings to reduce the odds of problems.

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

Reserve Tables and/or Chairs – Member Services – Vista Club (707) 374-4200

Have Copies Made, Send a Fax and/ or Receive a Fax – Member Services – Vista Club (707) 374-4200

Pick up a Residents' Directory – Member Services – Vista Club (707) 374-4200

Submit Residential Classified Ads for *Trilogy Living Magazine* – Kathy Nilsson – Member Services – Vista Club (707) 374-4200

Indoor Plants – Please do not use the potted plants as garbage receptacles and do not water plants. A contractor 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.

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 accept our appreciation for everyone who is being considerate of your neighbors and showing pride in your community by carrying bags with you when you walk your pets or by using the bags provided in dispensers throughout the community to pick up after your pets. Thank you also for keeping your pets on a leash at all times.

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.

FREE Shredding Service

It is that time again. The shredding truck will be in the Delta parking lot near the tennis courts on **Saturday, May 30 ~ 9 a.m. - 12 p.m.**



There is a limit of five boxes per member. This service is provided compliments of Rio Vista Sanitation.

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

Welcome Center/Dwelling Live – Please make sure that your guests and vendors have 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 they are expecting guests and especially when having a party and expecting several guests. They don't want to deny access to anyone you are expecting but have no choice if they haven't been notified and they can't reach you to get your authorization upon your guests' arrival. Instructions for using Dwelling Live are available at the Vista and Delta Clubs.

Irrigation – Please adjust your sprinkler system to reflect weather conditions and the Governors Executive Order to water only twice per week.

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

Dumping Trash – Thank you for using your own receptacles for 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.

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

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

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

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

Delta and Vista Pools – All guests must be accompanied by a resident. Children under the age of 18 are allowed in the pools during the hours of 11 a.m. - 3 p.m. and must be out of the pool area by 3:15 p.m.

Golf Carts – Remember golf carts must:

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

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

Bicycle riders must also obey all traffic signs.

Meeting Calendar

Master Association Board

Tuesday, May 12, 2 p.m.
Diablo Ballroom, Vista Club

Eagle Point Village Board

Thursday, May 28, 6:30 p.m.
Rio Vista Room, Delta Club

Village Oakmont Annual Board

Thursday, May 21, 7 p.m.
Marina Room, Delta Club

Olympic Village Board

Thursday, May 14, 6:30 p.m.
Marina Room, Delta Club

Village One Board

Thursday, May 14, 4 p.m.
Marina Room, Delta Club

Village Riviera Board

Thursday, May 7, 6:30 p.m.
Marina Room, Delta Club

Saddle Rock Village Board

Wednesday, May 20, 6:30 p.m.
Rio Vista Room, Delta Club

Council of Village Presidents

Monday, May 18, 10 a.m.
River Room, Delta Club

Access Committee

Monday, May 18, 1 p.m.
River Room, Delta Club

Administrative Policy Review Committee

Thursday, May 14 and 28, 5 p.m.
Monterey Room, Vista Club

Adult Committee

Thursday, May 28, 1 p.m.
Rio Vista Room, Delta Club

Document Revision Committee

Tuesday, May 12, 12 p.m.
Tuesday, May 26, 1 p.m.
Monterey Room, Vista Club

Emergency Action Committee

Tuesday, May 12 and 26, 7 p.m.
River Room, Delta Club

House Renovation Committee

Monday, May 11 and 25, 3 p.m.
Monterey Room, Vista Club



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

For non-delivery of newsletter – Please contact Debbie Dorn at (707) 374-4204.

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

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

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

Café Vista: all guests may use the Café Vista.

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

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

Power Outage Procedure – For the safety of our members - In the event of a power outage:

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

Adult Committee

The Committee sent recommendations to the Master Board to add two additional horseshoe pits at the Cypress location and to refurbish the two existing pits. The Adult Committee forwarded a recommendation by the

House Renovation Sub-Committee to the Master Board to purchase specified furniture for the Vista Club Patio. The Committee approved a request by the Dog Club to hold Dog Play Dates on third Saturdays in April and May from 9 a.m. - 12 p.m. at the Vista Club property behind the Water Fall. The Committee approved the request by the Golf Club to use the P.A. System for three charity events at Sir Flairs, with the understanding that HOA maintenance people would handle moving the equipment.

The Adult Committee meets on the last Thursday of every month in the Delta Club at 1 p.m. All residents are encouraged to participate in these meetings. Your suggestions, comments, and/or questions can be given to any committee member, left at the HOA office or voiced during the resident's input segment of each meeting. The next meetings are April 30 and May 28. For further information, you may contact Helen Bergoust at alhelenb@aol.com or (707) 374-2436.

Emergency Action Committee

What would you do if you were alone while having a heart attack? According to Tadeusz K. Petelenz, MD, a Polish cardiologist, even if you are alone, you can survive a heart attack by performing a version of Cough-Cardio Pulmonary Resuscitation (CPR) on yourself. Many people are alone when a heart attack comes about and only have about ten seconds before losing consciousness. For example, you are alone and start having symptoms of sudden cardiac arrest which include shortness of breath, sudden nausea, dizziness, inappropriate sweating, blurred vision, sudden weakness and trembling hands. These symptoms can occur singly or in any combination. To perform this version of self-CPR, start coughing repeatedly and very-very vigorously! Take a very deep breath before each cough which must be deep and prolonged and must produce sputum/phlegm from deep inside the chest. The cough and breath must be repeated about every two seconds without let-up until help arrives, or until the heart is beating normally again. Deep breaths get oxygen into the lungs and the coughing squeezes the heart, keeping the blood circulating. Additionally, the squeezing pressure on the heart helps it regain normal rhythm. As soon as you are able to get to a telephone, call 911 to alert emergency personnel you need help.

The Emergency Action Committee meets monthly on the second and fourth Tuesday from 7 – 9 p.m. in the Marina room, Delta Club. We welcome visitors and new members to the meetings. For more information, please contact Alan Levine at (707) 718-7907, Art Darden at (707) 374-3455, or Gillsa Miller at (916) 508-2758.



Saddle Rock Village Residents' Club



Elections for Residents' Club Executive Board Officer positions will be held June 1 at 6:30 p.m. at the Delta Club, Rio Vista Room. SRV residents need to

be present for your vote to count. If you are interested in one of the open positions of President, Vice President, Treasurer or Secretary, please contact one of our current Executive Board Officers for more information.

Our Recycling Team is collecting bottles, cans and plastic with a CRV label only. Please do not include milk cartons, vegetable cans or other trash items without a CRV label listed on each item. You can drop recycling at 513 Timber Creek Drive in the back of the truck in the driveway. Please contact Keith Swarts at (707) 344-6829 if you have any questions.

The Social Committee is planning our next trip to the Cache Creek Casino on June 14. Seats are limited; please contact Richard Larsen at (707) 580-8122 if you are interested.

Our Saddle Rock Park Social is the last Wednesday of the month from 5:30 - 9 p.m. in the park on the corner of Saddle Rock Lane and Silver Ridge Drive.

SRV Caring Connection is available to residents. If you have a need, please contact Marj at marjniemi@yahoo.com. The Welcome Committee delivers welcome bags to our new residents. Please contact Rayno at raynoniemi@yahoo.com if you have not received one. Richard Larsen has a website for our residents which can be found at <http://saddlerock.tk>. Information is available for SRV, Trilogy, Rio Vista and sign-up lists to volunteer for committees.

Dates to Remember:

Wednesday, May 20, 7:30 p.m. SRV Residents' Club meeting, directly following our SRV Board meeting, Rio Vista Room, Delta Club. Social hour follows each meeting with wine, soft drinks, snacks and fun! For information, please contact Kathi, at kathibradley@comcast.net. **Monday, June 1, 6:30 p.m.** SRV Elections for Residents' Club Executive Board Officer positions, Rio Vista Room, Delta Club. Residents must be present for your vote to count. **Sunday, June 14, 7:30 a.m. to 4:30 p.m.** Cache Creek Casino, Brooks, CA. Call Richard Larsen at (707) 580-8122 for more information.

Village Oakmont Residents' Club

Pull out your favorite Chili recipe or a favorite recipe that your family and friends always ask you to make. Our next

event will be a Potluck with Chili Cook-off on Sunday, May 17. Our next two Social Committee meetings will be May 4 and June 1 at 3 p.m. in the Monterey Room at the Vista Club. The June 1 meeting will be preceded by our quarterly Residents' Club Meeting. Debbie Dorn, Trilogy's Social Director, will begin meetings in May to plan the 4th of July Parade. If you have questions, contact Cyndy Schroeder at (707) 374-2480.

Village Oakmont Kare Bears

The Kare Bears' Spring Seminar, "Enhancing Your Life Care and More" was held on April 23 and enjoyed by all. More information and details on this event will follow in the June *Trilogy Living Magazine*.

The Rio Vista Fire and Police Departments would like to remind all Trilogy residents to place the "Vial of Life" information form on your refrigerators, and, the "Vial of Life" stickers on your front windows. This vital information is a great help to them in the case of any emergency. You should have gotten these from your Kare Bear neighborhood coordinator. If you haven't gotten them or have misplaced them, you can call Ruth Joseph at (707) 374-0777, and she will have your coordinator deliver them to you.

Some members of the Oakmont Kare Bears are going to visit former Trilogy residents and Kare Bears, Marti and Jack Rogers at their new home at Westmont in Brentwood on Wednesday, May 13. Luncheon and a tour of Westmont are on tap. Anyone interested in more information can call Annelie Voit at (707) 374-4968.

The next Oakmont Kare Bears' meeting will be on Wednesday, May 13, at 10:30 a.m., in the Delta Club. Come early and enjoy coffee and goodies and visit and share your ideas.

Village One Residents' Club

Hello friends, or Hola amigos, as our neighbors to the south would say. I hope you are one of the lucky few reading this article before May 1 that still have not confirmed their reservation for the Cinco de Mayo fund-raising dinner put on May 2 by Village One Residents Club (VORC). There are just a few spots available so you must contact us today at the number below. Tickets are \$15.

This year's event will be our annual fund raiser so the proceeds of the dinner and raffle, as well as any contributions our residents would like to make, will go to our very own Rio Vista Fire Department towards purchasing a second Lucas 2 device or other medical items needed to keep the level of service they provide to Rio Vista and the residents of Trilogy.

We will be having a celebration of Mexican heritage and music just a few days early this year at our 2nd Annual



Cinco de Mayo Festival. There will be a catered dinner by Tortilla Flats that will include tortilla chips and salsa followed by a green salad, rice, beans, an enchilada, and your choice of a chicken or steak taco. If that does not sound like it will fill you up we will also have dessert and coffee to wrap things up. There will be Mexican beer (Corona), soda and water available for purchase.

We will have a 50/50 raffle as well as drawings for other interesting door prizes including gift certificates and Mexican Artisan's handmade items.

If you made it this far through the article and it's still before May 1 and you haven't contacted us for your reservations, what are you waiting for? Call Jim Wichmann at (707) 374-4870. If it is after May 2 and you missed out on this year's event, well "Lo siento mucho" (I'm very sorry), better luck next year!

Village Riviera Board News

We would like to review the Village Riviera rules and regulations regarding parking. We did not have a meeting in April but the parking issue was discussed on the Nextdoor Trilogy website. Prior to the rule change, parking on the driveway for any reason required a verification inspection of the garage. The change softened that requirement. The Association recognized that there were various reasons residents needed to park in their driveways. In order to enforce the governing documents while allowing reasonable driveway parking in appropriate circumstances, the Village Board adopted the following Driveway Parking Permit System at the January 2015 meeting. "Those residents in good standing and in compliance with other parking regulations, who find it necessary to typically park an "allowed vehicle" on the driveway must obtain a permit to do so. Residents may obtain a permit for each vehicle owned; however, only one of the vehicles may be parked in the driveway overnight."

If you would like to discuss the current parking regulations or have any other concerns, our next meeting is May 7 at 6:30 p.m. in the Marina Room at the Delta Club. We would like to hear from you. If you have any questions call Don at (707) 374-6407.

Village Riviera Residents' Club

Congratulations to everyone who worked so diligently to make our Annual Ladies' Luncheon on May 1 so successful! We would like to thank everyone who attended this event.

Our Ninth Annual Treasure Hunt will have a Tiki theme and will be held at the Delta Club on Saturday, July 18.

We will begin promptly at 3 p.m. Teams of three to five people can sign up and each team will be given a clue to get started and will have to find more clues in Trilogy in order to complete the hunt. Remember, this is not a race. All teams will need a Designated Driver and the cost will be \$17 per person. This year we will have only 20 teams. Watch for more sign-up information in the next article and on posters at the Vista and the Delta Clubs in early June, and get your reservations in.


Following the Treasure Hunt, there will be prizes, a mystery game, and a dinner of Pulled Pork Sandwiches, Cole Slaw, Bean Salad, a Fruit Skewer and Dessert. Hunters, please bring your own glasses and beverages to enjoy. All Villages are welcome! Adults only, please.

Our committee meets on the third Thursday of the month at 5 p.m. in the Monterey Room at the Vista Club. It is a great way to meet friends and neighbors and have fun planning our events. Contact Patty Ramos at pscramos@yahoo.com or (707) 377-4410 for more information.

Village Riviera Kare Bears

Village Riviera Kare Bears would like to thank everyone who contributed to its annual bake sale fundraiser by baking and/or working on April 11 at the Spring Craft Fair. This is our biggest fundraiser and allows us to continue caring for our neighbors. This is an annual event and there are always many interesting and beautiful pieces of art at the show to admire and purchase.

If you are aware of a neighbor who needs our services and lives in Village Riviera please contact Valerie at jon-nvalk@gmail.com or (707) 374-6942. Village Riviera Kare Bears meet the second Monday of the even months. Our next meeting will be on June 8 at 10 a.m. at the Delta Club. Refreshments are served during social time starting at 9:30 a.m. Come meet your neighbors and enjoy a cup of tea or coffee. Hope to see you there. Any questions call Gerry Swan at (510) 507-4080.



Hours:
Wed – Sat: 10 a.m. - 4 p.m.
Tuesday: by appointment only
Closed Sunday & Monday

Karen Bryant Rogers
707.374.4780
26 N. 2nd St.
Rio Vista, CA 94571
kcgalleriabras@yahoo.com



1113 Texas St FF
(707) 426-2211



- ✓ **Open EVERY Day!**
- ✓ **We Deliver!**
- ✓ **Repairs & Rentals!**

10% DISCOUNT

On Any Item of \$100 or More. With Coupon.

Discounts off retail pricing.

Expires 5/31/15

We Are Here For You!

Ask Us About Our Internet Pricing!



Sales of All Medical Products!



LIFT CHAIRS

POWER CHAIRS



SCOOTERS



We Bill Medicare For You!

I Feel Good Medical | 1113 Texas St., Fairfield | 707-426-2211 Pictures are for illustrative purposes only.



**THE
TRILOGY
SPECIALISTS!**

**PERFORMANCE, STYLE,
VALUE. WE'VE GOT YOU
COVERED!**

707-374-3902

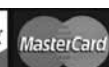
WWW.SUNBUSTERSINC.COM

LIC#936642



**Basic To Custom Applications
Contractor Installed
(No Sub-Contractors)**

**Over 25 Years Experience
Lifetime Product Warranty
New Designs For Any Budget**



Trilogy at Rio Vista

Saturday, May 2, 2015

9:00 a.m. to 3:00 p.m.

Locally Advertised

General Public Allowed After 9 a.m.

**Questions or to add
your sale to the
shopper's map by 4/24/15**

Phone 707-374-4200



1. Obtain a garage sale permit for \$1 from City Hall prior to Friday May 1 or at Vista Club Member Services.
2. Tie a balloon to your mailbox or tree.
3. Open your garage door



Kathy Erwin
Fitness & Spa Director

NEW CLASSES

"Strength Balance and Flexibility Training"

Wednesdays, 10 - 11 a.m.. This class includes 20 minutes of strength and balance training, 20 minutes of balance and posture, and 15 minutes of flexibility training on the mat, performed at a slow to medium tempo.

"Targeted Tubing"

Tuesdays, 10-10:30 a.m. Rock out with the band! Resistance bands are a great addition to any strength training routine or rehabilitation program. Targeted tubing is ideal for people of all shapes, sizes, and fitness levels.

Half hour class using a resistance tube standing, sitting and on the floor! Just like free weights, exercise bands come in a range of resistance levels, from highly stretchable to heavy-duty strength.

Still not involved in the Biggest Mover contest?

What is the delay? It is a great incentive to get free gifts while you exercise! Sign up at the Vista Club and receive your 12 cards and start MOVING in the Biggest Mover contest!

SPECIALTY CLASS

"Fitness Friends"

April 28 – May 21, Tuesdays and Thursdays ,
12 - 1 p.m. for four weeks (eight sessions).

The class includes an aerobic segment, strength training segment, and flexibility segment.

There are a few spaces available.

SAVE THE DATES!

5th Annual Trilogy Tri-Athlon 3-2-1

Saturday, June 20, 2015

FREE EVENT TO ALL TRILOGY RESIDENTS

T-shirts & goody bags to all participants

Sign up individually or as a 2 or 3 person team

Call Kathy Erwin 4205 for more info

Biggest Mover Potluck

Thursday, June 25

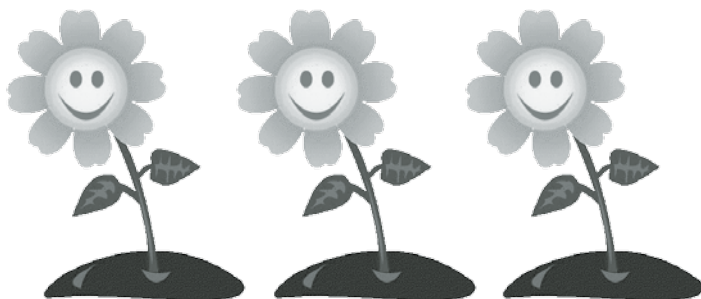
Vista Patio, 12 noon

Open to all fitness class participants,
Group Ex Instructors

Bring a guest

Limited space

SPRING





Intro to Yoga Class



INSTRUCTOR: DEANNA ARAYA

**6 Classes: Saturdays from 9:30-10:30am in Group Ex Studio
May 9 – June 13, 2015**

Cost : \$35 (MUST Pre-Register @ Member Services desk)

Physical Benefits

Flexibility
Strength
Muscle tone
Pain Prevention
Better Breathing

Mental Benefits

Mental Calmness
Body Awareness



Summer is around the corner.
Aqua classes begin
outside at the Delta Club Pool
beginning May 4.

Fitness Punch Card Prices

"Unlimited Monthly"

take as many classes you wish in one month = \$85

20 punch card = \$70

10 punch card = \$35

Payment by check only. Make out to TRVMA.
No refunds or replacements.

Available at Member Services

Aqua Joint Returns

Wednesdays beginning in June
from 3 - 4 p.m. Vista Pool

Instructor Bev Shilich

Sign up interest list at
Member Service desk at Vista Club

**For more information
contact Bev at 707-374-2285**



May Fitness Orientations

Saturday, May 2, 11 a.m.

Saturday, May 16, 11 a.m.

Tuesday, May 19, 6 p.m.

Due to popular demand...

Kimberly Gilmore ND will be here
twice in May for naturopathy appointments!

Wednesday, May 6, 11am - 5pm

Wednesday, May 20, 11am - 5pm



AQUA CLASS SCHEDULE FOR MAY

Beginning Monday, May 4, 2015

CLASSES WILL BE AS FOLLOWS:

Monday

Aqua Fit	9:30–10:30am	Delta Pool	Denise
----------	--------------	------------	--------

Tuesday

Aqua Fit	9:30–10:30am	Vista Pool	Denise
----------	--------------	------------	--------

Advanced Aqua	3–4pm	Delta Pool	Kathy
---------------	-------	------------	-------

Wednesday

Aqua Fit	9:30–10:30am	Delta Pool	Denise
----------	--------------	------------	--------

Thursday

Advanced Aqua	9:30–10:30am	Delta Pool	Kathy
---------------	--------------	------------	-------

Aqua Fit	3–4pm	Delta Pool	Denise
----------	-------	------------	--------

Friday

Advanced Aqua	9–10am	Delta Pool	Kathy
---------------	--------	------------	-------

Aqua Fit	10:00–11:00am	Delta Pool	Denise
----------	---------------	------------	--------

**TRILOGY @ RIO VISTA 374-4200*****May Spa Specials***

Mother's Day May Spa Specials



May SPA Package & Gift

Good for purchase May 1 - 31, 2015

This relaxing blend will fill the senses and soothe the spirit. Choose to pamper her with 80-minutes of pure delight.

What a great way to show her you love and appreciate all she does.

Your Choice:

- 80 min - Aromatic Massage with a gift.
- ~ or ~
- 80 min - Aromatic Massage and Facial package with a gift.

Purchase all SPA services at the Member Services Desk.
Gifts available at time of purchase while supplies last!

Each Package with Gift: \$79

Get ready for fun times at the Delta Club Pool & BBQ!

Delta pool Facility Monitors begin partial May staffing to assist during Family Swim Time and May 4 Aqua Classes begin!

DELTA & VISTA SWIMMING POOL & SPA RULES

The Vista and Delta Clubs' swimming pool and spa are reserved for the exclusive use of Residents and their invited guests within Trilogy at Rio Vista. Please observe these rules.



Facility Monitors

Jim Wichmann, Karolyn Kropacek, Linda Avery, (Activities Director) Debbie Dorn, Hazel Weathersby, Laura Larski, Ron Kott

1. All visitors **must be accompanied by a Resident** at all times while at the pool.
2. Pool hours will be posted at the pool. Sign in upon arrival at the Delta Club pool during family swim time which is 11:00 a.m. to 3:00 p.m. (for guests under the age of 18).
3. **There is NO LIFEGUARD on duty.** Residents and guests use the facility at their own risk.
4. Please Shower before entering the pool or spa.
5. No diving or jumping from the edge of the pool is allowed.
6. Please keep gates and doors to the Delta pool and facilities locked at all times.
7. Swim suits are required. No cut-offs or other street clothing is allowed in the pools or spas.
8. Diapers are not allowed in the pools or spas. Any person who is incontinent is not allowed in the pools and spas.
9. Persons with skin infections, open wounds or a communicable disease may not enter the pool or spa. No adhesive bandages are allowed in the pool or spa.
10. Long hair must be gathered in a ponytail or worn under a bathing cap.
11. Children who are unable to swim must be supervised by an adult who will remain within arm's reach at all times the child is in or near the water.
12. Due to safety and health reasons, children under the age of 14 are not allowed in the spa.
13. For your safety and the safety of others, **NO GLASS CONTAINERS** of any kind are permitted in the pool area.
14. Cooking is permitted in the Delta Club's barbecue area only.
15. Boisterous, rowdy, or inappropriate behavior is not allowed in the pool area.
16. NO PETS are allowed in the pool or pool area at any time, with the exception of a certified "service" dog.
17. Protect poolside furniture from suntan oils and body lotions by covering with a towel before sitting down.
18. Flotation devices and other items may only be used in such a way that they do not interfere with other pool users.
19. Smoking is prohibited in the pool areas.

In order to preserve the safety of all those who enjoy the pool facilities, the Master Association of Trilogy reserves the right to refuse access to any person creating a nuisance or who pose a danger to themselves or others. Please be responsible in all pool activities.

Key

Bold = New/Change

(B)eginning

(I)ntermediate

(A)dvanced

Trilogy

Living

Fitness Class Schedule for May 2015

CLASS LOCATIONS

(GX) Group Exercise Studio

(DB) Diablo Ballroom

(VP) Vista Pool

(DP) Delta Pool

(RV) Rio Vista Room–Delta

(SR) Sonoma Room-Vista

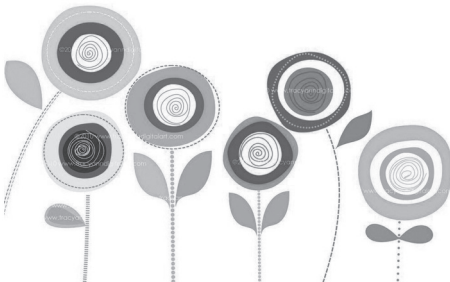
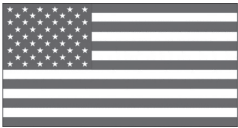
(FC) Fitness Center

Classes require a punch card. There are three card types: 1) blue 20-punch, \$70 2) yellow 10-punch, \$35 3) Unlimited Monthly Punch Card, \$85. Cards are good for one month. Get your cards at Member Services. Please call Fitness & Spa Director Kathy Erwin at (707) 374-4205 if you have questions. All classes are held in the Vista Group Exercise Studio unless otherwise noted.

Last Month’s Punch Card Raffle Winner: **Walda Cyrus**

May Fitness Orientations: Sat., May 2 at 11 a.m., Sat., May 16 at 11 a.m., Tues. May 19 at 6 p.m.

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div><div>Specialty Classes are not on the Fitness Calendar. Please look for their Flyers at both Clubhouses:</div><div>Fitness & Friends with Joele Swift</div><div>8 Steps to a Healthy Back with Beverly Shilich</div><div>Intro to Yoga with Deanna Araya</div><div>The Practice of Relaxing Class with Anna Chunn</div></div> <div></div>				<div>1</div> <div>7-8am Early Yoga (B) (DB) Tammy 8-9am Low Impact (B/I/A) Pat 9-9:30am Body Pump (B/I/A) Pat 9-10am Yoga/Pilates (B) (RV) Deanna 9-10am Advanced Aqua (B/I/A) (DP) Kathy 10-11am Aqua Fit (B) (DP) Denise 9:45-10:30am Core Balance and Standing Abs (B) (GX) Sophie 10:30 -11:15am ZUMBA Toning (B/I) (GX) Sophie 11:15-12pm ZUMBA Dance (B/I) (GX) Sophie</div>	<div>2</div> <div>8:30-9:30am Step Aerobics (GX) Pat 11am-12:30pm ZUMBA Power 90 (GX) Sophie</div>
<div>4</div> <div>8:30-9am Step Aerobics (GX) Pat 9-9:30am TABATA (B/I) (GX) (Pat) 9-10am Yoga/Pilates (B) (DB) Deanna 9:45-10:45am Wake-up and Move (B/I) (RV) /Pat 9:45-10:30am Core Balance and Standing Abs 9:30-10:30am Aqua Fit (B) (DP) Denise 10-11am Meditation Breathing (B) (DB) Deanna 10:30 -11:15am ZUMBA Toning (B/I) (GX) Sophie 11:15-12pm ZUMBA Dance (B/I) (GX) Sophie 4-5pm Stretch and Flex (B/I) (GX) Tammy 6:30-7:30 Yoga/Pilates (B/I) (GX or DB) Deanna</div>	<div>5</div> <div>8-9am Body Works (B/I/A) (GX) Kathy 9-10am Myofascial Release Stretch (B) (GX) Joele 9:30-10:30am Aqua Fit (B) (VP) Denise 10-10:30am Targeted Tubing (GX) (Kathy) 11-12pm Feel Good Class (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly 3-4pm Advanced Aqua (B/I/A) (DP) Kathy</div>	<div>6</div> <div>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) (DP) Denise 9:45-10:45am Wake-up and Move (B/I) (RV) /Pat 10-11AM Srength Balance Flexibility Training(GX) Joele 11am-12pm Hot ZUMBA (I/A) (GX) Prescy 6:30-7:30pm Balance Ball (GX) Deanna</div>	<div>7</div> <div>8-9am Body Works (B/I/A) (GX) Kathy 9-10am Core/Stretch (B) (GX) Joele 9-10am Tai Chi (B/I) (GX) Lillian 9:30-10:30am Advanced Aqua (B/I/A) (DP) Kathy 10-11am Jazz Aerobics (B/I/A) (GX) Joele 11-12pm Feel Good Class (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly 2:30-3:30pm Yoga (B/I) (GX) Tammy 3-4pm Aqua fit (B/I/A) (DP) Denise</div>	<div>8</div> <div>7-8am Early Yoga (B) (DB) Tammy 8-9am Low Impact (B/I/A) Pat 9-9:30am Body Pump (B/I/A) Pat 9-10am Yoga/Pilates (B) (DB) Deanna 9-10am Advanced Aqua (B/I/A) (DP) Kathy 10-11am Aqua Fit (B) (DP) Denise 9:45-10:30am Core Balance and Standing Abs (B) (GX) Sophie 10-11am Balance Ball (DB) Deanna 10:30 -11:15am ZUMBA Toning (B/I) (GX) Sophie 11:15-12pm ZUMBA Dance (B/I) (GX) Sophie</div>	<div>9</div>
<div>11</div> <div>8:30-9am Step Aerobics (GX) Pat 9-9:30am TABATA (B/I) (GX) (Pat) 9-10am Yoga/Pilates (B) (DB) Deanna 9:45-10:45am Wake-up and Move (B/I) (RV) /Pat 9:45-10:30am Core Balance and Standing Abs 9:30-10:30am Aqua Fit (B) (DP) Denise 10-11am Meditation Breathing (B) (DB) Deanna 10:30 -11:15am ZUMBA Toning (B/I) (GX) Sophie 11:15-12pm ZUMBA Dance (B/I) (GX) Sophie 4-5pm Stretch and Flex (B/I) (GX) Tammy 6:30-7:30 Yoga/Pilates (B/I) (GX or DB) Deanna</div>	<div>12</div> <div>8-9am Body Works (B/I/A) (GX) Kathy 9-10am Myofascial Release Stretch (B) (GX) Joele 9:30-10:30am Aqua Fit (B) (VP) Denise 10-10:30am Targeted Tubing (GX) (Kathy) 11-12pm Feel Good Class (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly 3-4pm Advanced Aqua (B/I/A) (DP) Kathy</div>	<div>13</div> <div>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) (DP) Denise 9:45-10:45am Wake-up and Move (B/I) (RV) /Pat 10-11AM Srength Balance Flexibility Training(GX) Joele 11am-12pm Hot ZUMBA (I/A) (GX) Prescy 6:30-7:30pm Balance Ball (GX) Deanna</div>	<div>14</div> <div>8-9am Body Works (B/I/A) (GX) Kathy 9-10am Core/Stretch (B) (GX) Joele 9-10am Tai Chi (B/I) (GX) Lillian 9:30-10:30am Advanced Aqua (B/I/A) (DP) Kathy 10-11am Jazz Aerobics (B/I/A) (GX) Joele 11-12pm Feel Good Class (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly 2:30-3:30pm Yoga (B/I) (GX) Tammy 3-4pm Aqua fit (B/I/A) (DP) Denise</div>	<div>15</div> <div>7-8am Early Yoga (B) (DB) Tammy 8-9am Low Impact (B/I/A) Pat 9-9:30am Body Pump (B/I/A) Pat 9-10am Advanced Aqua (B/I/A) (DP) Kathy 10-11am Aqua Fit (B) (DP) Denise 9:45-10:30am Core Balance and Standing Abs (B) (GX) Sophie 10:30 -11:15am ZUMBA Toning (B/I) (GX) Sophie 11:15-12pm ZUMBA Dance (B/I) (GX) Sophie</div>	<div>16</div> <div>8:30-9:30am Step Aerobics (GX) Pat 11am-12:30pm ZUMBA Power 90 (GX) Sophie</div>
<div>18</div> <div>8:30-9am Step Aerobics (GX) Pat 9-9:30am TABATA (B/I) (GX) (Pat) 9-10am Yoga/Pilates (B) (DB) Deanna 9:45-10:45am Wake-up and Move (B/I) (RV) /Pat 9:45-10:30am Core Balance and Standing Abs 9:30-10:30am Aqua Fit (B) (DP) Denise 10-11am Meditation Breathing (B) (DB) Deanna 10:30 -11:15am ZUMBA Toning (B/I) (GX) Sophie 11:15-12pm ZUMBA Dance (B/I) (GX) Sophie 4-5pm Stretch and Flex (B/I) (GX) Tammy 6:30-7:30 Yoga/Pilates (B/I) (GX or DB) Deanna</div>	<div>19</div> <div>8-9am Body Works (B/I/A) (GX) Kathy 9-10am Myofascial Release Stretch (B) (GX) Joele 9:30-10:30am Aqua Fit (B) (VP) Denise 10-10:30am Targeted Tubing (GX) (Kathy) 11-12pm Feel Good Class (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly 3-4pm Advanced Aqua (B/I/A) (DP) Kathy</div>	<div>20</div> <div>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) (DP) Denise 9:45-10:45am Wake-up and Move (B/I) (RV) /Pat 10-11AM Srength Balance Flexibility Training(GX) Joele 11am-12pm Hot ZUMBA (I/A) (GX) Prescy 6:30-7:30pm Balance Ball (GX) Deanna</div>	<div>21</div> <div>9-10am Core/Stretch (B) (GX) Joele 9-10am Tai Chi (B/I) (GX) Lillian 10-11am Jazz Aerobics (B/I/A) (GX) Joele 11-12pm Feel Good Class (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly 2:30-3:30pm Yoga (B/I) (GX) Tammy 3-4pm Aqua fit (B/I/A) (DP) Denise</div>	<div>22</div> <div>7-8am Early Yoga (B) (DB) Tammy 8-9am Low Impact (B/I/A) Pat 9-9:30am Body Pump (B/I/A) Pat 9-10am Yoga/Pilates (B) (DB) Deanna 10-11am Aqua Fit (B) (DP) Denise 9:45-10:30am Core Balance and Standing Abs (B) (GX) Sophie 10-11am Balance Ball (DB) Deanna 10:30 -11:15am ZUMBA Toning (B/I) (GX) Sophie 11:15-12pm ZUMBA Dance (B/I) (GX) Sophie</div>	<div>23</div> <div>11am-12:30pm ZUMBA Power 90 (GX) Sophie</div>
<div>25</div> <div><div>Memorial Day No Classes</div><div></div></div>	<div>26</div> <div>9-10am Myofascial Release Stretch (B) (GX) Joele 9:30-10:30am Aqua Fit (B) (VP) Denise 11-12pm Feel Good Class (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly</div>	<div>27</div> <div>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) (DP) Denise 9:45-10:45am Wake-up and Move (B/I) (RV) /Pat 10-11AM Srength Balance Flexibility Training(GX) Joele 11am-12pm Hot ZUMBA (I/A) (GX) Prescy 6:30-7:30pm Balance Ball (GX) Deanna</div>	<div>28</div> <div>8-9am Body Works (B/I/A) (GX) Kathy 9-10am Core/Stretch (B) (GX) Joele 9-10am Tai Chi (B/I) (GX) Lillian 9:30-10:30am Advanced Aqua (B/I/A) (DP) Kathy 10-11am Jazz Aerobics (B/I/A) (GX) Joele 11-12pm Feel Good Class (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly 2:30-3:30pm Yoga (B/I) (GX) Tammy 3-4pm Aqua fit (B/I/A) (DP) Denise</div>	<div>29</div> <div>7-8am Early Yoga (B) (DB) Tammy 8-9am Low Impact (B/I/A) Pat 9-9:30am Body Pump (B/I/A) Pat 9-10am Yoga/Pilates (B) (DB) Deanna 9-10am Advanced Aqua (B/I/A) (DP) Kathy 10-11am Aqua Fit (B) (DP) Denise 9:45-10:30am Core Balance and Standing Abs (B) (GX) Sophie 10-11am Balance Ball (DB) Deanna 10:30 -11:15am ZUMBA Toning (B/I) (GX) Sophie 11:15-12pm ZUMBA Dance (B/I) (GX) Sophie</div>	<div>30</div> <div>11am-12:30pm ZUMBA Power 90 (GX) Sophie</div>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 8am Social Tennis 9am Model Club (V) 9:30am Village 1 ARC (V) 9:30am Walk & Talk (V) 10am Rubber Stamp Card Making (D) 10:30am Country Line Dance (D) 12pm – 3pm Riviera Ladies Luncheon (V) 12pm Adv Watercolor Painting (D) 12:15pm Bridge – Friday (V) 6:30pm Joy Luck Mah-Jongg (V) 6:30pm Theater Group Rehearsal (V)	2 8am Motorcycle Club (Off-site) 8:30am Hiking Club (V) 9am Table Tennis (D) 9am – 3pm Community Garage Sale 6pm VORC Cinco de Mayo (D) 6pm Poker – Texas Hold'em / Omaha (D)
3 10am – 3pm Trilogy Produce Market (D)	4 8am Social Tennis 8:30am Woodcarving (D) 9:30am Walk & Talk (V) 11am Saddle Rock Village ARC (V) 12pm Open Painting (D) 12:30pm Rip, Stitch & Bitch (V) 12:30pm Mah Jongg (V) 1pm TAG Mtg (D) 3pm Guitar Club (V) 3pm Oakmont Village RC Social Com Mtg (V) 5pm Whist Planning (V) 6pm Soul Line Dancing (D) 6pm Poker (D) 6:30pm Game Night (V) 6:30pm Theater Group Rehearsal (V)	5 8am Social Tennis 8:30am Radio Club (V) 9:30am Women's 9-Hole Golf 10am Pastel Art Class (D) 10am Class: Computer Basics (V) 10:30am Country Line Dancing (D) 11:30am Golf – TRVMEN 9-Hole 12:15pm Beg Watercolor Class (D) 12:15pm Canasta – Hand & Foot (V) 12:30pm Class: Computer Basics (V) 12:30pm Dominoes (D) 2pm Stroke/Head Injury Support Group (V) 4:15pm Table Tennis (D) 5pm Billiards Club Tournament (V) 5:30pm Canasta – Couples (D) 5:30pm Tai-chi & Yuan-chi (V) 6:30pm Religions of the World (D) 7pm Drama Play Rehearsal (V)	6 8am Social Tennis 8am TOPS (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) 11am Ukulele Club (V) 12:30pm Bridge – Wednesday (V) 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 Saddle Rock Village RC Social Com (V) 4:30pm Table Tennis (D) 5:30pm Delta Harmony Rehearsal (V) 6:30pm Soul Line Dancing (D) 6:30pm Theater Group Rehearsal (V) 7pm Billiard Club Membership Mtg (V)	7 8am Social Tennis 8:30am Golf – Women's 18-Hole 9:30am Ceramics (D) 11am Olympic Village ARC (V) 12:15pm Canasta – Ponytail (V) 1pm Good Samaritans (D) 1pm Sailing Club (D) 2pm Genealogy Club (V) 5pm Table Tennis (D) 5pm Tai-chi for Beginners (V) 6pm Yuan-chi & Fan Dance (V) 6:30pm Village Riviera HOA Mtg. (V) 6:30pm Pinochle (V) 6:30pm Photography Club (V) 7pm Drama Play Rehearsal (D) 7pm Ballroom Dance - Adv (V) 8pm Ballroom Dance - Beg (V)	8 8am Social Tennis 9:30am Walk & Talk (V) 10am Rubber Stamp Card Making (D) 10:30am Country Line Dance (D) 12pm Adv Watercolor Painting (D) 12:15pm Bridge – Friday (V) 2pm Guitar Club Beginners Workshop (V) 6pm Theater Production “Sylvia” (V) 7pm Bunco (D)	9 8:30am Hiking Club (V) 6pm Poker – Texas Hold'em / Omaha (D) 6pm Theater Production “Sylvia” (V)
10 Mother's Day 6pm Theater Production “Sylvia” (V)	11 8am Social Tennis 8:30am Woodcarving (D) 9:30am Walk & Talk (V) 10am Village Oakmont ARC (V) 12pm Open Painting (D) 12:15pm Bridge – Duplicate (V) 12:30pm Rip, Stitch & Bitch (V) 3pm House Renovations Com (V) 5pm Whist Planning (V) 6pm Soul Line Dancing (D) 6pm Poker (D) 6:30pm Game Night (V) 7pm Model Club – Special Interest Aircraft (V)	12 8am Social Tennis 8:30am Radio Club (V) 9:30am Women's 9-Hole Golf 10am Pastel Art Class (D) 10am Class: Working w/Computer Files (V) 10:15am Book Club (V) 10:30am Country Line Dancing (D) 10:30am TRVMA Executive Session (V) 11:30am Golf – TRVMEN 9-Hole 12pm Recipe Club (D) 12pm Document Revision Com (V) 12:15pm Beg Watercolor Class (D) 12:15pm Canasta – Hand & Foot (V) 12:30pm Class: Working w/Computer Files (V) 2pm Master Association Board Mtg (V) 4 – 8:30pm AARP Smart Drivers Course – Part 1 (V) 4:15 pm Table Tennis (D) 5pm Billiards Club Tournament (V) 5:30pm Tai-chi & Yuan-chi (V) 7pm Drama Play Rehearsal (D) 7pm Emergency Action Com (D)	13 8am Social Tennis 8am TOPS (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) 10am Kare Bears – Village Oakmont (D) 11am Ukulele Club (V) 12:30pm Bridge – Wednesday (V) 12:30pm Fat Quarters Quilters (D) 1:30pm Jazz Band (V) 2pm Bergren Art (D) 2pm Card Design Class (D) 4 – 8:30pm AARP Smart Drivers Course – Part 2 (V) 4:30pm Table Tennis (D) 5:30pm Delta Harmony Rehearsal (V) 6:30pm Nature Club Mtg (V) 6:30pm Soul Line Dancing (D)	14 8am Social Tennis 8:30am Golf – Women's 18-Hole 9am Blood Pressure Check (D) 9:30am Ceramics (D) 10am Council for the Arts (V) 12:15pm Canasta – Ponytail (V) 1pm Good Samaritans (D) 4pm Sr Men's Golf Board (D) 4pm Village 1 HOA Mtg (D) 5pm HOA Admin Policies Com (V) 5pm Tai-chi for Beginners (V) 6pm Yuan-chi & Fan Dance (V) 6:30pm Olympic Village HOA Mtg (D) 6:30pm Pinochle (V) 7pm Writers Club (V) 7pm Drama Play Rehearsal (D) 7pm Ballroom Dance - Adv (V) 8pm Ballroom Dance - Beg (V)	15 8am Social Tennis 9:30am Village 1 ARC (V) 9:30am Walk & Talk (V) 10am Rubber Stamp Card Making (D) 10:30am Country Line Dance (D) 12pm Adv Watercolor Painting (D) 12:15pm Bridge – Friday (V) 3:30pm July 4 th Focus Group (V) 3:30 – 6:30pm Shibori Workshop Prep (D) 6:30pm Joy Luck Mah-Jongg (V) 7pm Whist Club (D) 7pm Karaoke Night – Redesigned (V)	16 8:30am Hiking Club (V) 8:30am – 4pm Shibori Shirt Workshop (D) 9am Table Tennis (D) 6pm Poker – Texas Hold'em / Omaha (D)
17 8:30am – 2:30pm Shibori Shirt Workshop (D) 5pm Oakmont RC Chili Cook-off (D) 7pm Dance Club w/ Trilogy Jazz Band (V)	18 8am Social Tennis 8:30am Woodcarving (D) 9:30am Walk & Talk (V) 10am Council of Village Presidents (D) 11am Saddle Rock Village ARC (V) 12pm Open Painting (D) 12:30pm Rip, Stitch & Bitch (V) 12:30pm Mah Jongg (V) 1pm Access Com Mtg (D) 3pm Guitar Club (V) 5pm Whist Planning (V) 6pm Soul Line Dancing (D) 6pm Poker (D) 6:30pm Game Night (V) 7pm Fishing Club (D)	19 8am Social Tennis 8:30am Radio Club (V) 9:30am Golf – Women's 9-Hole 10am Class: Discovering the Internet (V) 10am Pastel Art Class (D) 10:30am Country Line Dancing (D) 11:30am Golf – TRVMEN 9-Hole 12:15pm Beg Watercolor Painting (D) 12:15pm Canasta – Hand & Foot (V) 12:30pm Class: Discovering the Internet (V) 12:30pm Dominoes (D) 3:30pm JULY 4TH FOCUS GROUP (V) 4:15pm Table Tennis (D) 5pm Billiards Club Tournament (V) 5:30pm Canasta – Couples (D) 5:30pm Tai-chi & Yuan-chi (V) 6pm Movie Club (V) 7pm Drama Play Rehearsal (D) 7pmKaraoke Night (V)	20 8am Social Tennis 8am TOPS (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) 11am Ukulele Club (V) 12:30 pm Bridge – Wednesday (V) 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) 5:30pm Delta Harmony Rehearsal (D) 6:30pm Soul Line Dancing (D) 6:30pm Saddle Rock Village Board Mtg (D) 7pm Olympic Village RC Mtg (V) 7:30pm Saddle Rock Village RC Mtg (D)	21 8am Social Tennis 8:30am Golf – Women's 18-Hole 9:30am Ceramics (D) 11am Olympic Village ARC (D) 12:15pm Canasta – Ponytail (V) 1pm Good Samaritans (D) 2pm Genealogy Workshop (V) 4pm Golf – Sr. Men's Mtg (D) 5pm Village Riviera RC Mtg (V) 5pm Table Tennis (D) 5pm Tai-chi for Beginners (V) 6pm Yuan-chi & Fan Dance (V) 6:30pm Pinochle (V) 7pm Village Oakmont HOA Mtg (D) 7pm Drama Play Rehearsal (D) 7pm Ballroom Dance - Adv (V) 8pm Ballroom Dance - Beg (V)	22 8am Social Tennis 9:30am Walk & Talk (V) 10am Rubber Stamp Card Making (D) 10:30am Country Line Dance (D) 12pm Adv Watercolor Painting (D) 12:15pm Bridge – Friday (V) 2pm Guitar Club Beginners Workshop (V) 7pm Bingo (D)	23 8:30am Hiking Club (V) 9am Table Tennis (D) 6pm Poker – Texas Hold'em / Omaha (D)
24	25 Memorial Day 8am Social Tennis 9:30am Walk & Talk (V) 12pm Open Painting (D) 12:30pm Rip, Stitch & Bitch (V) 12:30pm Mah Jongg (V) 6pm Poker (D) 6:30pm Game Night (V)	26 8am Social Tennis 8:30am Radio Club (V) 9:30am Golf – Women's 9-Hole 10am Class: Working w/Digital Pictures (V) 10am Pastel Art Class (D) 10:30am Country Line Dancing (D) 11:30am Golf – TRVMEN 9-Hole 12:15pm Beg Watercolor Painting (D) 12:15pm Canasta – Hand & Foot (V) 12:30pm Class: Working w/Digital Pictures (V) 12:30pm Dog Club (D) 1pm Document Revision Com (V) 4:15pm Table Tennis (D) 5pm Billiards Club Tournament (V) 5:30pm Tai-chi & Yuan-chi (V) 7pm Emergency Action Com (D) 7pm Drama Club Membership Mtg (V) 7pm Drama Play Rehearsal (D)	27 8am Social Tennis 8am TOPS (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) 11am Ukulele Club (V) 12:30pm Bridge – Wednesday (V) 12:30pm Fat Quarters Quilting (D) 1:30pm Jazz Band (V) 2pm Bergren Art (D) 2pm Card Design Class (D) 4pm Sr Men's Golf Tournament (V) 4:30pm Table Tennis (D) 5:30pm Delta Harmony Rehearsal (V) 6:30pm Soul Line Dancing (D)	28 8am Social Tennis 8:30am Golf – Women's 18-Hole 9:30am Ceramics (D) 10am Computer Class: Microsoft Word (V) 12:15pm Canasta – Ponytail (V) 12:30pm Computer Class: Excel (V) 1pm Adult Com Mtg (D) 1pm Good Samaritans (D) 2pm Community Connections (V) 5pm HOA Admin Policies Com (V) 5pm Tai-chi for Beginners (V) 6pm Yuan-chi & Fan Dance (V) 6:30pm Pinochle (V) 6:30pm Eagle Point Village Board Mtg (D) 7pm Drama Play Rehearsal (D) 7pm Theater Group (D) 7pm Ballroom Dance - Adv (V) 8pm Ballroom Dance - Beg (V)	29 8am Social Tennis 9:30am Walk & Talk (V) 10am Rubber Stamp Card Making (D) 10am Tennis Club Mtg (D) 10:30am Country Line Dance (D) 12pm Adv Watercolor Painting (D) 12:15pm Bridge – Friday (V)	30 8:30am Hiking Club (V) 9am Table Tennis (D) 9am-12pm Shredding Service, Delta Parking Lot 6pm Poker – Texas Hold'em /Omaha (D) 7pm Concert on the Patio – Matt Applin & the Midnite Band (V)
31 10am – 3pm Trilogy Produce Market (D) 1 – 3pm Saddle Rock RC Volunteer Appreciation Day (V)						

FREE LIVING TRUST SEMINAR

**DON'T LET THE GOVERNMENT
GET YOUR ASSETS!
TAKE CONTROL OF YOUR AFFAIRS NOW!**

**We can do a new Trust or restate
your old Trust for \$699
AND NEVER PAY ANOTHER DIME
FOR THE REST OF YOUR LIFE!**

Wednesday May 20th

2:00PM to 4:00PM

The Golf Club at Rio Vista - Sir Flair's Bar and Grill
1000 Summerset Drive
Rio Vista, CA 94571
Family and Friends Welcome

Protecting American Families For 25 Years!
Married couples are encouraged to attend together.

**CALL NOW TO RESERVE YOUR SEAT!
TOLL FREE (800) 941-4171**

the Law Offices of CR Abrams, P.C.
www.crabrams.com

951 Mariners Island Center, #300 • San Mateo, CA 94404
27281 Las Ramblas, #150 • Mission Viejo, CA 92691



Come discover for
yourself all the unique
items we carry ~ we'll
bet you never knew we
were here!

Spring is coming! Be
sure to come down &
enjoy the beautiful
marina surroundings
and do a little
shopping.

100 Marina Dr.
Rio Vista, CA
707-374-2315

deltamarina.com



Rio Vista's
best kept

SECRET

*is a cute little gift
shop tucked away
at DELTA MARINA.*



*Open 7 days
a week*

*.... that little store you drive
past just before The Point restaurant!*

RIO VISTA wear

Beautiful waterfront RV sites



Basic boating & RV accessories

250 boat slips

Concert on the Patio

Matt Applin & The Midnite Band



www.mattapplin.com

Matt is a charismatic singer and entertainer. The Midnite Band provides the beautiful music that allows Matt's vocals to shine! These amazing musicians of R&B, Motown, and Standards have the chemistry that comes only from years of performing together. They never miss a beat!

May 30, 2015 ~ Vista Club Patio ~ 7:00 to 9:30 p.m.

Bring your favorite refreshments, LAWN CHAIR & jacket!

Sign up at Vista Club Member Services ~ \$15 pp



STEVE WENDLING CONSTRUCTION

Remodel & Repairs
Hands on, Reliable, Efficient
From Small Repairs to
Complete Interior Remodels
Trilogy Resident

707.374.6693
License #914545 • Bonded and Insured

Rio Vista / Trilogy 707.374.6747
Don't Stress Call Chess!

916.777.7847
Delta Area
916.776.4404
Elk Grove / Sacramento
209.334.0140
Lodi / Galt

CHESSAIR
INCORPORATED
SOLAR PV • HEATING • AIR CONDITIONING
SALES SERVICE INSTALLATION

PO Box 545 • Rio Vista, CA 94571
Lic. # 810690 • Family Owned & Operated

RAMIREZ
CUSTOM OVERHEAD DOORS

615 Merchant St.
Vacaville, CA 95688
(707) 451-2700
ramirezdoors.com
ramirezrd@sbcglobal.net

RUDY RAMIREZ
owner

Low Cost Legal Document Preparation (Trilogy Resident & Notary)

Preparation of legal documents for self-represented individuals.

- Wills and Trusts
- Power of Attorney
- Healthcare Directive
- Deeds
- Small Claims
- Divorce
- Probate
- Restraining Orders

Not an attorney - I can only provide services at your direction.

Christine Quinn, LDA -- (707) 507-5265
Solano County LDA Reg. #140001 - Registration Exp. date: 04/23/2016

HISTORY OF RELIABILITY

QUALITY MOVING SERVICE

4971 Allison Parkway
Suite B • Vacaville

Wheaton
WORLD WIDE MOVING
We move your life!

- Open 7 days a week
- Located in Vacaville
- Residential & Commercial
- Expert Packing & Crating
- Auto Transport
- Wheaton — Official Mover for Steinway & Sons
- Local & Wheaton Interstate/International Service
- Records Management & Storage

1 Month Free Storage

707.455.7186
QUALITYMOVINGSERVICE.NET
WHEATONWORLDWIDE.COM
MC 87113 • US DOT 70719 • MTR 189753

 Richards Real Estate (707) 374-6491

Serving Rio Vista

— & —

The River Delta



Sam Richards GRI
Broker
(707) 374-6491
#01305588



Peg Richards GRI
Broker Assoc
(707) 374-6491
#01706310



Tatyana Pool Realtor
(707) 373-5983
#01883675



Naomi Walker Realtor
(707) 372-5074
01883675



Mike Prout Realtor
(707) 208-4903
#01736051



Crystal Taylor Realtor
(415) 465-0514
#01757564

We look forward to
working with you.
Drop by our office at
25 South 3rd Street
or visit our website
www.richards-realestate.com

 **3D Plumbing**
CA Lic. #994107

Mike Dart
Custom Residential Plumbing
Remodels & Repairs

4darts@citilink.net
751 Laurel Way
Rio Vista, CA 94571
(707)628-9947 cell



Rio Vista Alzheimer's Caregivers' Support Group

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

Lemonade for Meals



Golfers recently quenched their thirsts with lemonade when Trilogy residents Doug and Martha Monroe's grandchildren hosted a lemonade stand during spring break to benefit a

local charity. Despite cold and windy conditions, golfers partook of the service and helped the children raise \$46.50 for Meals on Wheels. The Monroe family thank the golfers for their kindness and generosity.

Free Shredding Service

It is that time again. The shredding truck will be in the parking lot near the tennis courts on Saturday, May 30 ~ 9 a.m. - 12 p.m. There is a limit of five boxes per member. This service is provided compliments of Rio Vista Sanitation.

Trilogy Labyrinth Walkers

Peace-Filled Solo Walk

Noticing our surroundings: A solo walk at Trilogy's Labyrinth

In February the Trilogy Labyrinth Walkers walked two unique labyrinths in Davis. In March we experienced an early morning group walk at Trilogy's own labyrinth. In April we traveled to Walnut Creek. Each location was inspiring.

As a change of pace, we will use merry May for a peace-filled solo walk here at home. Either early morning, as the sun rises, or early evening as the sun sets are stunning times at Trilogy's Labyrinth. The patio setting provides vistas of nature's colors, sounds, and aromas. These attributes can be a more fully noticed and integrated

experience when walking solo. Walking after dark with a battery-lit candle can be another quiet, heart-expanding, experience. In May, choose a day, choose a time, for a solo Trilogy labyrinth walk.

Future plans: on June 21, we will be greeting the summer solstice with a group walk at Trilogy's Labyrinth; in September we will be repeating last years' San Francisco journey to Grace Cathedral's Labyrinth. Details will be in a future *Trilogy Living Magazine*. Call Elaine Wisz at (707) 374-4310 or Gerry Swan at (510) 507-4080 with questions about the labyrinth.

Rio Vista Community Service Food Bank Needs Your Help!

Commit your Tuesdays (8:30 - 11:30 a.m.) one 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 (707) 374-2358. Thank you.

Share Your Computing Know-How with Others

Do you have experience using some of the common computing programs like internet browsing, word processing, spreadsheets, email? Consider sharing your knowledge with others in an informal setting at the Vista Club's Learning Center. Guru status is not necessary! Please contact Debbie Dorn if you may be interested at (707) 374-4204 or explain your thoughts or questions by email: ddorn@actionlife.com.

The Point Restaurant Fundraiser in the Fight Against Prostate Cancer

The Rio Vista Senior Men's Golf Club is proud to team with The Point Restaurant in a new Dinner Fundraiser in the fight against Prostate Cancer. We invite all residents of Trilogy and of Rio Vista to help us make this campaign a success by purchasing dinner tickets for \$20 each. You will get a choice of three entrees and \$8 of each ticket will be donated to the American Cancer Society.

We call this "Anytime Dining" because you can dine-in 7 days a week (except holidays) for lunch or dinner, or even take-out if you wish. That is how simple it is and there is not a time limit. Call Antoinette at (707) 374-5154 to purchase your tickets or for more information. Please help us make a difference!



MEMBER SPOTLIGHT

Salute to Trilogy Veteran Bob Azbell

by Fellow Vets, Sally and Stan Brenner

As a career sailor, Bob Azbell never saw sea duty, but logged 11,000 hours aloft as flight engineer on the Navy's four-engine sub-hunting Orion aircraft.

In October 1963, at 18, Bob realized a childhood ambition, by enlisting in the Navy in his hometown of Lancaster, Ohio, then going to Columbus and then to a frigid Great Lakes boot camp. He thawed out at his first duty station, Barbers Point, Oahu. He liked the Navy and made chief in 15 years.

Trained as a flight engineer, he rotated between Hawaii and San Diego, then to Vietnam, where his plane was shot at (no hits) while checking out naval gunfire.

Almost 40 years ago, he married Carolyn in the chapel at Moffett Field, where Bob managed Navy-wide Orion flight engineer training. He used VA GI Bill entitlement to earn a bachelor's degree while on active duty, and later earned a master's. VA Loan Guaranty helped him acquire real estate. Military service is a family tradition. An uncle and Bob Jr. saw Navy duty and his father-in-law flew a B-25.

Retiring with more than 20 years of service, Bob joined United Airlines at its huge San Francisco maintenance base in engineering capacities. A second retirement followed.

The Azbells moved from Discovery Bay to Lodi, where Bob joined The American Legion. Relocating to Trilogy in 2010, he quickly became involved in Model, Remote Control Model, Genealogy, Computer, and the Motorcycle Clubs. Bob joined Knights of Columbus, was appointed airport commissioner, and was elected Commander of Rio Vista's American Legion Post 178, which he revitalized and more than doubled the membership in two years.



Trilogy Resident Golf Tournament



Once a month from April to October, golfers get together for a fun tournament. Open to all golfers with a ghin number. It is recognized and supported by all the Golf Clubs here at Trilogy. This is a meet and greet designed for

new residents to meet existing golf residents and is followed by a great dinner at Sir Flairs.

There will also be a pairing party on the Friday before, at 4 p.m., to see who you are playing with. Bring your significant other, enjoy the festivities, then stay for dinner at Sir Flairs.

Our first tournament for this year was held on April 19, with a Las Vegas theme. The next tournament is scheduled for May 17, with a Cinco De Mayo/Mother's Day theme. Be sure to sign up before May 10. It's always a lot of fun. For more information, please look for flyers in the posting room at the pro shop or call Linda Rowe at (925) 286-1555 or Harold Rowe at (925) 818-1124.

Movie Club

We like sharing a movie with friends. Beginning May 19, Movie Club is hosting an interest-seeking trial period on the third Tuesday of each month from 6 - 8 p.m. The premier event features *The King's Speech*, an Oscar winner for best picture. There will be no charge. Bring your favorite snacks and settle in to watch a good flick.

Movie selections will be based on suggestions submitted.

Call Gerry Swan 510-507-4080 with questions, or suggestions.



Billiards Club

The next Billiards Club meeting is on Wednesday, May 6 at 7 p.m. in the Monterey Room of the Vista Club. Tournaments are every Tuesday evening and start at 5 p.m. The first and third Tuesdays the format will be 8-ball round robin. The second Tuesday of the month the format will be 9-ball with a round robin format. The format for the fourth Tuesday will be 8-ball partners. Any fifth Tuesday will be 9-ball. There will be a first, second and third place winner in each group. Officers: President Al Bergoust, Vice President Dennis Pool, Treasurer Jack Clark, Secretary Dallas Salomon, and Membership Chairman Dave Stewart.

Latest weekly tournament winners:

Mar. 3, 8-Ball

1st Al Bergoust
2nd Ken Guillory
3rd Tony Wong

Mar. 10, 9-Ball

1st Al Bergoust
2nd Bob Powell
3rd Oscar Grissom

Mar. 17, 8-Ball

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

Mar. 24, 8-Ball Partners

1st Mike Quihuiz &
Dennis Pool
2nd Bob Rice &
John Lestor
3rd Dave Stewart and
Nkrumba Al-Omar

Mar. 31st, Nine Ball

1st Mike Quihuiz
2nd Dennis Pool
3rd Jack Clark

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

Bingo

Summer is almost here! Bring a friend and have some fun at bingo. Mark your calendar for the fourth Friday of the month, May 22 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 (707) 374-6999.

Bocce Club

The 2015 bocce league is set to start next week - the NBL on Monday, May 4 and the MBL on Tuesday, May 5. We have formalized only the first round of play since construction of the new courts has been delayed and we want to minimize any disruption and confusion. We plan to manage the first round by shifting weeks rather than

rescheduling individual matches. Stay tuned. Funding for the new courts is secured. The construction delay is related to formal drawings, city approval and building permits.

We extend a warm welcome to about 40 new bocce club members. They are spread almost evenly between the morning and night leagues. We now have 479 dues-paying members in total, who make up 46 teams, 24 in the MBL and 22 in the NBL. The first-round June social events will be held as originally scheduled since dates and times are driven by facility availability. More to follow. Remember to roll often, throw straight and have fun, that's what it's all about. Contact Joe Downes at (707) 374-7520 for more information.

Book Club



The Book Club meets the second Tuesday of each month at 10:30 a.m. in the Sonoma Room at the Vista Club. The next meeting is May 12. The book selection is *One More Time* by Carol Burnett. June book selection is *House of Sand and Fog* by Andre Dubus III. There is no requirement to have read the selected book. Everyone is welcome to join, please feel free to stop by.

For more information contact Adrienne at (707) 374-5576.

Bridge – Duplicate

Duplicate Bridge meets the second Monday of each month at 12:15 p.m. in the Sonoma Room at the Vista Club. Please mark your calendars for our game on Monday, May 11. All Trilogy residents who are interested in playing duplicate bridge are welcome. If you need a partner, we'll find one for you. Please contact Sue at (707) 374-6136 for more information.

March's winners: Regular game: tie for 1st and 2nd: Bruce Morrison and Nan Lowenstein, and Sue Vogtlin and Lois Brusen; 3rd: John Shick and Lynn Fortner. Novice game: 1st: Gary and Linda Bingham; 2nd: Mary Brody and Tammy Woodworth; 3rd: Jim and Karen Nash

Bunco

We would like to invite some of the new residents (and older residents also!) to join us for a fun evening of Bunco and refreshments at the Delta Club. We meet the second Friday of the month at 7 p.m. For further information please call Shirley at (707) 374-9984.



Ceramics Club



*Amanda has glazed her dish.
(Photo taken by Linda Robinette)*

Maybe you have been looking for a new hobby. Maybe you have been thinking of joining us at ceramics. Maybe you think May is the time to come to one of our weekly meetings to see what may be happening. Our members all have busy schedules with vacations and other commitments, so you never know who may be there. Why not come and find out? You may be surprised. We

meet every Thursday from 9:30 a.m. - 12 p.m. in the Marina Room at the Delta Club. For more information, please contact Ann at (707) 374-5122.

Community Connections

Join us for the May meeting of Community Connections. We will be meeting on Thursday, May 28 at 2 p.m. in the Monterey Room at the Vista Club. All Trilogy residents, both newcomers and those who have lived here for several years, are welcome. We are really growing and are so happy to share information about Trilogy happenings, as well as news of our Rio Vista community. There is so much going on and you certainly can never say you are bored living here!

It has been decided by the group that we collect food donations for Rio Vista Community Services. Canned foods are needed most and are greatly appreciated. Please, no pasta as they get plenty of that from the Food Bank. Pet food is also needed. Please bring your canned food donations to our monthly meetings.

On May 19, we will go on a day trip to the Dutra Museum of Dredging, housed in a Rio Vista century-old craftsman-style mansion. More than a dredging museum, it is said to depict life in the Sacramento Delta, when it was once a vibrant transportation corridor in California. Let us know if you want to join us for this trip. It's always fun to meet your neighbors and this is a great way to do it. Please bring a sweet or savory snack to share if you are so inclined...or just bring yourself! We look forward to getting to know you. If you have any questions call Donna at (707) 374-2461 or Pam at (707) 374-3161.

Couples Canasta

If you want to meet, socialize and have a fun evening with other Rio Vista Trilogy couples, this is the club for you. We meet at 5:30 p.m. on the first and third Tuesday of each month at the Delta Club's Marina Room. We play the gals against the guys! Canasta is a fun card game. It's easy to learn and no experience is necessary. Beginners are always welcome! Because of the size of the room, we are limited to twelve couples playing each night. All players are on the roster and so we will be using the first come, first served method, meaning that the first twelve couples indicating they are coming, will play on that night. Additional couples are added to the alternate list and contacted when there aren't enough players. We collect \$5 in club dues per couple when you play, to cover the cost of supplies. Please call or email Patt Holobowicz at (707) 225-0796 or (312) 420-7726 if you are interested. Email is patthalo@sbcglobal.net. We hope you will join the fun!

Cycling Club

Trilogy Cycling Club: Let's ride and roll out every Friday at 9 a.m. starting from the front of the Delta Club. Plan on a ride of 20-25 miles at a speed of 12-16 mph depending on terrain and wind. Helmets are required. If there is enough interest in May and June we can continue as an approved club. For more information, contact Marcia Morrison at (707) 374-5177 or marcialsj@netscape.net.

Dog Club

"My name is Gazpacho. I am a nine-year old black standard poodle who lives on Birch Ridge Drive with my owner Elaine Wysz. I love long walks in the morning and evening, and squeaky toys, especially snakes. Evenings are best when napping on the floor with my favorite toy and chew bone".



Featured dog, Gazpacho with owner Elaine Wysz

Dog Club members wanting to feature their pet in Trilogy Living should send their story and pictures to Sharon McDougall at shargoode@gmail.com. Attend the next meeting where a winner will be selected from those submitted. If not a winner, your name remains in the doggie bowl until the following month when the process is repeated.



Newly elected officers for 2015 - 2016: President Mona Elliot, Vice President Vicky Scott, Secretary Sharon Primeau, Media Assistant Sharon McDougall, Treasurer Linda

Soloman, Assistant Treasurer Jean Galbraith. Thank you Mike Hirogoyen and Karen Katzman for your services as President and Vice President last year.

Our next meeting is Tuesday, May 26 at 12:30 p.m. at the Delta Club. Membership does not obligate you to own a dog. Our yearly dues are \$10, or \$50 for a life membership.

For more information call Sharon Primeau at (707) 374-6033. Don't forget Doggie Play Date, Saturday, May 21 at the Vista Club by the waterfall. Large dogs play at 9 a.m., small dogs at 10:30 a.m.



Keyboard with ears a-flyin', Sasha, and Shadow. Karen Cavallo and Irene Knight.

Drama Club

Our Pasta Feed in April was a huge success thanks to the hard work of the Drama Club and the support of so many of our Trilogy friends, neighbors and our family members. Great food, wonderful raffle and grand company. Thanks to all. Now it's on to *Dogsbreath Devereaux: The Dastardly Doctor or...Nurses! Foiled Again*. That is, of course, the title of our August production and we are hard at work readying for this delightful play. There will be four performances: August 13, 14, 15 at 7 p.m. and Sunday, August 16 at 2 p.m. So be sure to save the date and watch for the flyer and posters at the clubs. We always welcome new members and encourage all with an interest in theater to join us. Meetings are the last Tuesday of the month at 7 p.m. at the Delta Club. For more information contact Debby at (707) 374-6706.

Fat Quarter Quilters

We are a group getting together to work on our own quilting and sewing projects. Join us, 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. Contact Esther Young at (707) 374-2639 for more information.

Fishing Club

Our next meeting will be on Monday, May 18 at 7 p.m. in the Marina Room at the Delta Club. As all of you know, Al Silva has retired, as of May 1, as Director of the Fishing Club. The May meeting will be directed by Noel O'Brien.

Our classes/seminars on sturgeon, black bass, fly-casting, striper and trout fishing were completed in April. The classes were well attended and everyone enjoyed every class very much. We had a great presentation by the Department of Fish and Wildlife Warden at our April meeting. Our San Francisco Bay party boat trip scheduled for April 28 was cancelled. We will inform everyone of the new date, as soon as it is rescheduled.

This meeting is one that you should attend so you can get involved with the directorship changeover. If anyone is interested in joining the fishing club, we suggest you attend the meeting. For more information, contact Al at alfran70@comcast.net. Good luck fishing!

Genealogy Club

The Genealogy Club and Workshop have welcomed a considerable number of new people eager to get started on their family research. Many wonder where to begin. First, obtain a pedigree chart, available online at Ancestry.com or FamilySearch.org. Enter your name (maiden name if you're female) at the beginning. Then your chart will divide into two segments, the top one is for your father and his side of the family and the lower one for your mother and her side. Always enter females with maiden names, no married names please. Continue by adding dates and places of births and deaths, this includes your birth as the home person. If you are unclear of any of the information on your parents, make your best guess. Once entered into Ancestry.com or FamilySearch.org the correct info should display, or use census reports (up to 1940) for further research. The pedigree chart is designed as a family road-map and will keep you focused on the task at hand. Continue the names and places as far out as you can. It's that easy to get started, happy hunting. The Genealogy Club and Workshop members are here to help if you have a question.

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



Good Samaritans

Our Bible study message was presented with the 7 Last Words of Jesus on the cross and the Resurrection of Jesus Christ.

We want to thank all sponsors that helped families who are less fortunate with a ham and complete food bag to enjoy an Easter/Resurrection Dinner. It was a blessing to see how grateful the families were as they received their food bags.

On May 7, our group will be joining the nation for the 64th Annual National Day of Prayer. This year's theme is, "Lord, Hear Our Cry," emphasizing the need for individuals, corporately and individually, to place their faith in the unfailing character of their creator. We will also pray for all mothers for Mother's Day.

On May 21, we will recognize Memorial Day by commemorating those who gave their lives in service for our country. Memorial Day is a great reminder of the rich history of America and the great sacrifices that have been made to get this country to where it is today. It also reminds us that we should pray and love one another.

The Good Samaritans will continue to show love throughout the year. All Trilogy residents are invited to participate in the Bible study every Thursday at 1 p.m. in the Delta Club, Marina Room. All residents are able to submit prayer requests by e-mail to: 9fellowship@gmail.com. If you would like to know more about our Bible study or in-home visits you can also e-mail your request.

Scripture of the Month: 1 Kings 8:28

Hiking Club

The hiking club meets on Saturdays at the Vista Club to carpool to the staging area for hikes that range from easy to difficult. A schedule of hikes with descriptions of each hike for the month is published and sent to members in advance so they can pick and choose the hikes that appeal to them. Every now and then the club takes an extended trip to places like Yosemite, Lassen or Point Reyes. And now and then a "hike" becomes a "bike" instead. Some of our upcoming events include a trip to hike Angel Island, and a special trip to Old Sacramento to walk the underground tunnels with a docent. Adventure awaits. Come on out and enjoy the great outdoors right here in our region. If you would like to get on the mailing list for the monthly schedule, contact our fearless leader and intrepid hiker, George at geo_sasaki@yahoo.com. Happy trails!

Men's Executive Nine Golf Club

The Rio Vista Men's Executive Nine Golf Club is comprised of members who enjoy playing nine holes of golf and then socializing after the game. We play each Tuesday mid-morning. The format varies each week, from individual "straight" golf play on the first and third Tuesdays, and, with a few exceptions, individual and team golf tournament events on the second and fourth Tuesdays of the month. Our club currently has grown to 105 members. We would like to welcome the following new members to our club: Jeff Culshaw, Gerard Eremian, John Sloate, and Michael Warr. If you would like to join us, pick up an application form in the Pro Shop posting room or contact our Membership Chairman, Rolf Sabye, at (707) 374-5053.

There were two Tuesday Tournaments held in March. The winning team members of the March 10 Two Man/Alternate Shot Tournament, by flights, were: (A) Rayno Niemi and Mike Buckley, and (B) Jim Swing and Chick Cicchetti. The winning foursome members of the Four Club/Low Net Tournament on March 31, by flights, were: (A) Dennis Germano, (B) Robert Azbell, and (C) Jack Phifer.

There are two Tuesday Tournaments scheduled for May. A traditional Scramble Tournament will be held on May 12. On May 27 we will host the Brentwood Executive Nine Club for a 1,2,3 Cha Cha Cha Scramble 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 was formed in 1998 at the urging of Trilogy resident, John Bastone. The first meeting had about a half dozen people. Under the friendship and leadership of John, the club grew. John introduced us to model planning and building. He was a craftsman modeler and had many ships and boats in his home that he built over the years, all with great detail and quality. An excellent example of his work is displayed in the Delta Library, the Mississippi River Paddle Wheeler, the Creole Queen.

May the road rise to meet you
May the wind be always at your back
May the sun shine warm upon your face
The rains fall soft upon your fields
And until we meet again
May God hold you in the palm of his hand

— *An Irish Blessing*

Our Model Club meeting is held on the first Friday of each month in the Vista Club, Monterey Room.



We will be presenting ideas and talking about upcoming field trips. Any questions, please contact our president, Mr. Ted Tome at (925) 691-4676. 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 April 4 ride started out pretty typical of a spring day, cool, clear and as bikers, we just needed a destination. Mount Vaca, a Bay Area weather radar station location, was discussed and even though no one had ever been there, we set off in pursuit of adventure. A quick run to Fairfield, then east on I80 to



Pleasant Valley Road brought us to the purported turnoff to Mount Vaca, Gates Valley Road. Ignoring the signs of 'locked gate ahead' and 'dead end road', we set off on a picturesque one-lane asphalt road meandering through horse and sheep ranches as well as grape vineyards. For several miles, the road was a delight to ride, shrouded with an overhead tree canopy and fairly smooth. Suddenly, it degraded to gravel and the group got the infamous rotating finger signal from the lead rider signaling enough is enough and let's head back.

Recovering from that adventure, we headed on up to Lake Berryessa with a stop for world-famous egg rolls at Turtle Rock. From there, it was easy cruising up to Anquin for a gas stop and on up to Calistoga for tri-tip/pulled pork sandwiches.... and a discussion of u-turn techniques on narrow roads! We have traveled the Silverado Trail and Monticello Road route back to Suisun many times, but they still offer some great cruising and curves to round out a day's ride. We had 12 riders including three new folks. Even though the ride was only about 185 miles, it was still a good day.

We invite the other motorcycle riders in Trilogy to join us on any of the monthly rides. The next ride will meet at McDonald's in Rio Vista at 8 a.m., May 2, the destination to be determined based on weather. For more information, contact Bob Pastorino at (707) 374-6556 or Larry Nelson (707) 374-2967.

Nature club

Our May birding trip is to the Delta Loop, Twitchel Road and Brannan Island State Park on Thursday, May 14, where we will look for nesting colonies of egrets and herons. These birds were among hundreds of migratory species that received protection a hundred years ago under the International Migratory Bird Treaty which is celebrated annually on May 9, International Migratory Bird Day. Prior to the treaty, millions of birds were hunted for their feathers and eggs, driving some species almost to the point of extinction. Meet at 9 a.m., at the Vista Club's parking lot to carpool. This is an easy outing with minimal walking, taking about 3 hours. Our monthly Nature Club meeting is scheduled for Wednesday, May 13, at 6:30 p.m. at the Vista Club, Monterey Room to discuss our to-be-determined June outing. Please come with ideas. Contact Gail (707) 374-2718 for more information.

Photography Club

We meet on the first Thursday of each month at 7 p.m. in the Monterey Room at the Vista Club. The next regular membership meeting is on May 7. All interested Trilogy residents are welcome to attend (whether you shoot with cutting-edge equipment or your smart phone, it's all about the image, not the tools).



Photo courtesy of club member Doris Noriega

Many of our members appreciate having a specific topic, or "homework assignment" that motivates them to get out and take pictures. This month's "show and tell" focus



is on water - photos that capture it in its many states, moods and functions. Topics for upcoming "show and tell" segments are:

June: doors and windows, July: summertime, August: baskets, boats and/or branches.

Our Spring field trip on April 16 took us to Mankas Corner in Fairfield to capture a variety of shapes, texture and light among the intriguing objects to be found at the Susan Valley Antiques and Collectibles. Our Summer field trip will be held on June 18 - destination and details to be announced at the next meeting.

If you plan to share your photos during the "show and tell" please arrive a few minutes early so they can be uploaded on the computer. For more details call Cecelia at (707) 374-4749 or send email to c.a.wavrick@gmail.com.

Pinochle Club

The Pinochle Club meets every Thursday at 6:30 p.m. in the Sonoma Room of the Vista Club. Depending on attendance, we play single-deck or double-deck pinochle. Bring your skills, or your desire to learn Pinochle, and join us. Contact Anne Marie Bruun at salquist@frontiernet.net, (707) 374-6807 or Shirley Grijalva at shirleygrij@frontier.com, (707) 374-6752.

Radio Club

At the request of our Activities Department, we were asked to prepare a display which represented our interest and dedication to radio communications. Our club was formed in order to provide a means of communication locally in the event of an emergency in the immediate area of Trilogy, our town of Rio Vista and finally within our County of Solano in any situation that disrupts our AC power and or cell and/or landline phones. In situations which could range from flood, earthquake, weather-related, major vehicle accident on Highway 12, aircraft accident, individual resident medical emergency and fire, we could, and have in the past, lose our means of communications in the community and the ability to summon help and information from State and/or Federal organized emergency services. We are also organized to provide emergency communications to our Emergency Action Committee group. Our display ranges from a Heathkit transmitter/receiver from the 1950s on the left, with earphones and a practice telegraph key to modern hand-held voice radios with which we can relay messages to mountain-top repeaters over great distances. The HAM radio book represents the formal training we must complete to obtain a Federal Communication Commission

license to legally operate most of the equipment. We meet and practice weekly to maintain the skill edge and equipment readiness to provide this vital service to you, the residents of our community.

If you would like to learn more, the Radio Club meets most Tuesdays in the Vista Club's Monterey Room at 9 a.m. for informal discussions. Please stop by. Call Club President, Jerry Armanino for more information at (707) 374-2461 .

Recipe Club

We are welcoming all Senors and Senioritas to the Recipe Club's Latino recipe month. If you have a great Latino recipe that you know well and have cooked (at least once) please bring it to share. Recipe Club is held the second Tuesday of each month. We will next meet on May 12 at 12 p.m. in the Delta Club in the River Room. We are calling all cooks, foodies and want-to-be cooks to join us for a memorable fiesta. Our chefs for May are Wendy Manfredonia, Kathy Nakashima, Veronica Finch, Donna Armanino and Rose Johnson. Any questions, please call Kathy at (707) 374-3345. Adios amigos!

Monthly Tip: When you cook dried beans, try adding 2 tablespoons of white vinegar to the pot. This will tenderize the beans and will reduce the gas problem in susceptible individuals.



Religions of the World Club

Our May meeting is Tuesday, May 5 at 6:30 p.m. in the River Room at the Delta Club. At

this meeting, we will continue our discussion of science and religion, but having attended the last two sessions is not a requirement to understand and enjoy the topics for this session. In May, we will look at spirituality, mysticism, and intuition, focusing on what religion and science have to say about them. We'll also discuss certainty and uncertainty in religion and science, as well as what science and the different religions have to say about topics such as equality and living a good life. This will be our last session on Science and Religion. We welcome any ideas for future meetings.

The Religions of the World (ROW) Club is a diverse group of Trilogy residents interested in learning more about the different religions of the world. We meet the first Tuesday of every month at 6:30 p.m. Over the last year and a half, we have reviewed the world's major religions, learning



about their histories, beliefs and practices, and some of their differences, but more importantly and surprisingly, their similarities. For the past five months, we have focused on topics of interest to our members: The definition of religion, charity in religion, goddess religions, among others.

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 (707) 374-6670.

Rio Vista Roamers RV Club

River Point Marina in Stockton was our destination in April. Richard and Janice Larsen were our hosts at site. Sharon and Gary Frederick organized this outing but were unable to attend. Such a great place so close to home! We are going back to Bodega Bay May 18-20 with Tom and Nancy Shirley (707) 374-5229 and Rich and Pat May. The reservations were made April 17 but call them if you would like to join us. It should be absolutely lovely on



the coast. Did you know that there is a great campground on the river at the Point? John and Anne (707-374-6129) are hosting this outing June 1-3. This site will also be our yearly meeting on

Wednesday, June 3 at 4:30 p.m. at the picnic area behind the marina store. It will be potluck night and everyone current, past, or future members is encouraged to join us. Contact Sandra Santos at (707) 374-3538 or (408) 529-9642 if you will be coming. July 20-23 will be at Casa de Fruta in Gilroy. This one will be hosted by Wilma and Ken Powell (707) 374-4034. It has been many years since we have been there. We'll have more information on that next month. Sign on to <http://rvroamers.tk> and it will give you the next outing information. Log on to sign yourself up or call the member hosting that outing. Call Sandra Santos (707-374-3538) or Wilma Powell (707) 374-4034 with any questions.

Senior Men's Golf Club

And then there were two ... two winners, that is. In the first of the Northern California Golf Association tournament qualifiers to be held by the RVSMGC in 2015, the NCGA Senior Low Net Championship, Doug "Root Vegetable" Pooree (1st place) and Harold "The Sniper" Rowe (2nd place) prevailed over a field of more than 80 of Rio Vista's finest senior golfers. The fine showings qualify both Doug and Harold to represent our Club in the second round of qualifying in May, which leads ultimately to the 52nd Annual NCGA Senior Net Championship in June. Congratulations Doug and Harold!

In the immortal words from the movie *Caddyshack*, "... let things happen...and be...the ball." (In other words, best of luck.)



Doug Pooree, Harold Rowe
(Photo by Ken Ausich)

In April Club activities, 40 golfers traveled as a group to the Napa Valley and Silverado Country Club, one of the premier golf destinations in Northern California. This outing was part of the away tournament schedule that RVSMGC golfers enjoy

at nearby quality golf courses about once every six weeks. May activities will see the first of two home and home Tournaments scheduled with other members of the Bay Area Seniors Association Golf Clubs. Oakhurst CC will be visiting Rio Vista for this event.

The RVSMGC welcomes all Rio Vista men 55 and older to join our club. If you are not playing with us currently, come and be part of the fun. For information concerning membership and activities in the RVSMGC, contact our Membership Director, Chris Shockley at (707) 374-3603 or tshoc@cs.com.

Stroke, Head & Brain Injury Club

We are a support group of people who have had or are living with someone who has been affected by stroke or brain injury. We also assist those suffering from dementia. 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 Game Day where we meet at a member's home and play a variety of games to increase memory and brain function. This program has been a great success. 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, please contact Dr. Cheryl Bellrose at (707) 374-6619. 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 or schedule change. Our next meeting will be held Tuesday May 5. Please join us.

Supper Club

Save the date - We have reserved the back patio of the Delta Club on July 19 for an afternoon barbecue for all Supper Club members. This will be BYOB and BYO-meat, and please bring a side dish, salad or dessert to share. Blenders will be available. Wear your swim suit if you want; the pool is right next door. More specifics will be announced soon.

Not a member but want to see who is and if this club might be a fit for you? Do you like sharing a meal and conversation with six or seven other people you may or may not know? Are you willing to reciprocate and have a group of six or seven at your house once a year? If so, you may want to join the Supper Club. Our members are a group of people who enjoy sharing a meal and conversation with new people, and existing friends, in a small group setting where we can get to know each other. We come from all walks of life. Some of us are retired and others are still toiling away looking forward to that day. We are made up of singles and couples. And one thing we all have in common is our own interesting story and a desire to make new connections. What's your story?

Let us know if you want to try the club out and we can sign you up for one of the small gatherings or the barbecue. Just contact Susan Collier at msnno mre@gmail.com, (707) 374-5489, Pam Lewis at flyprl@yahoo.com, (707) 3741642 or Donna Armanino at nanda47@gmail.com, (707) 374-2461.

Table Tennis Club

Two bedrock families of our community, Vicky and Bob Riddle and Gudrun and Bassam Kat, decided to leave Trilogy to be closer to their offspring. The Riddles are heading to Texas and the Kats will make Washington State their new home. A joyful party of reminiscing and bocce games was held on March 14 at the Cypress Park to celebrate their friendship and contributions to Trilogy and to the Table Tennis Club, and to bid them farewell. Vicky is one of the founders and prime movers of our club. Over the years she served in various capacities as a member of the Board of Directors. Also, Vicky has been consistently the top lady player and a great role model in terms of her skills, intellect and charm. For several years, Gudrun and



Bassam were active in our club not only as fellow players of the sport, but they also provided significant support to our social functions and wise advice and guidance on living a happy and fulfilling life. We wish both families well as they embark on a new phase of their life. They will surely be missed.

To learn more about our club please visit <http://trvtt.wordpress.com> or contact: Ruth Barnes, President (707-812-7112); Len Latorre, Vice President (707-374-3983); Rod Armas, Treasurer (707-374-5989); Tom Surh, Secretary (707-374-5282); Kim Russell, Tournament Director (707-374-2046), Larry Mork, Member-at-large (707-374-3389); Brenda Hom, Social Director (925-915-2828).

Tennis Club

Fun tennis fact for May (courtesy of Wimbledon Facts, Figures and Fun by Cameron Brown): Originally the game of tennis was played with the bare hand, later with a glove. The term "racquet" or "racket" is thought to derive from the Arabic word "rahat" which means "the palm of the hand." It is good to have rackets!

And this month offers many opportunities to use our rackets. May 16 is our first tournament with Rossmoor for 2015 which will be held at their beautiful facility in Walnut Creek. Then set aside May 22 as our inaugural Friday Tennis and Eats. Tennis will start at 5 p.m. with a potluck afterwards at the bocce picnic tables. (For the food theme contact Wally Beckman - email below).

Results for the March Daylight Tournasocial are as follows: 1st place in Men's, Claude, 2nd, Len and 3rd a split between Wally and Al. 1st place in Women's, Carmen, 2nd, Claudia and 3rd, Yopayong. Congratulations to all these players. The next Daylight Tournasocial is scheduled for Sunday, November 1.

As always, daily Social Tennis is Monday - Friday from 8 - 10 a.m. and we welcome anyone, member of the club or not, to join us. Just be sure that your shoes are "court" shoes that don't leave marks on the court surfaces. Note for members only: first time on the ball machine, call



George (707-863-1082) for some brief instruction on its proper use. This will keep our venerable machine in good working order for all our members.

For more information about our club, our next meeting is scheduled for Friday, May 29 at the Delta Club. Contact Wally Beckman at beckmanwally@hotmail.com for more information.

TOPS (Take Off Pounds Sensibly)

Spring has sprung and it's time to get out and smell the roses, as you walk around Summerset to take off those unwanted pounds! Come join us for added support as we learn new ways to control our weight loss. No diets! We meet at the Delta Club every Wednesday. Weigh-in is from 8 - 8:45 a.m. and the meeting from 9 - 9:30 a.m. It was nice to see all of you neighbors at the Craft Fair on April 11 at the Vista Club. For more information call Leader Eloise Brice at (707) 374-1499 or Co-leader Barbara Bellamy at (707) 374-6670. Happy trails on your vacations everyone!

Trilogy Art Guild

Spring and Craft Shows seem to go together at this time of the year. As artists and photographers, we try to capture nature as it develops around us. Many of us enter the surrounding fairs in the different counties, and the different art shows in other towns. This is part of being an artist and photographer if you enjoy sharing your skills with others. It also is a great way to feel good about what you do with your talents. Trilogy Art Guild likes to encourage different mediums and share the skills of talented artists from other areas when we have our monthly meetings. We meet on the first Monday of the month at 1 p.m. in the Marina Room at the Delta Club. Membership is \$15 for the year. For more information, contact Alma at (707) 374-3064.

Trilogy Jazz Band

A few of our members are recovering from the rigorous schedule of rehearsals for *Music of the Night*. What a smashing success that was, and we are proud that Director, Claire McKean, is a part of our organization. Way to go, Claire! As for the rest of us, our next gig will be playing for our Dance Club on May 17. We are still looking for a few trumpet players out there! What's in your closet?

Whist Club

There was a large attendance for our Black History Program, where Akoma Arts provided the entertainment. Madalene Turner and Walter Edmonson conducted a

question and answer period regarding well-known and not-so-well-known African American history. We look forward to our Red Hawk Casino bus tour on April 29, 2015. Please contact any Whist Club member for more information and also see flyers in the Vista and Delta Clubs. We will have one bus. Sign up early. The first 54 prepaid Trilogy members and friends will be guaranteed spots. You are welcome to meet with us each third Friday at 7 p.m. at the Delta Club. Bring a dish to share. We play down- home games and reflect on life stories. Listen to Motown music of by-gone days. Come interact and share your thoughts with us on designated Mondays (see the Activities Calendar). Bring new ideas for fun and informational events. We offer encouragement and support for each other. Contact Madalene Turner, chairperson at (707) 374-3361.

Women's 9-Holers



Castle Oaks Play Date
Winner Marj Niemi and
her team

Spring has hit and March brought us beautiful weather. **March 3**, 23 ladies. Fun Net Play. Winners: Flight 1, 1st-Lynn Traver, 2nd-Nancy Biles, 3rd-Marj Niemi. Flight 2, 1st-Doreen Lewis, 2nd-Jan Benner, 3rd-(tie) Kathy Moore, Diane Scholz. Flight 3, 1st-Barb Downs, 2nd-Barb Bellamy, 3rd-Jeanie Renner.

March 10, Bring your worst hole to par. Low Net Winners: Norma Donaldson, Jeanie Renner. March 17, St. Patricks Day, hosted Men's Executive Nine. Mulligans/ Magic Putts. With a Shotgun Shamble, followed by corned beef, cabbage, and green beer. We had a great time. We had many winners, and look forward to doing it again. **March 24**, Low Putt Day, Winners: Flight 1-Lois Dutcher (17), Flight 2-Connie Eremian (17), Flight 3-Gay Fortier (16). **March 26**, Some went to the Castle Oaks Play Date and the rest stayed home and played a Charity Tournament. Everyone had a great time at both. At the Castle Oaks Tournament our own Marj Niemi won. **March 31**, Straight Golf Day. Lots of fun and some birdies. Chip-in winners this month: Debi Petteruti and Diane Olvera.

Birdies: Pam Fashing, Lynn Traver and Connie Eremian. Pars for March, 41 in total, #5, #8, were favorites this month. Par of the Month Club Members: Pam Fashing (5), Lynn Traver (4), Anna Bogucki (4), Linda Rowe (4), Eila Ballard (3), Debi Petteruti (3), Linda Bingham (3), Jeanie Renner (2), Lois Dutcher (2), Barb Bellamy (2), Connie Eremian (2), Nancy Biles, Doreen Lewis, Suzi Masterson, Cathy Warr, Maureen Lamborn, Marilyn Rogers, Gay Fortier. Wow - Hot month! For information on joining, contact Pam Carlson at (707) 374-2983, pam331@gmail.com.



Trivia: If you swing at your ball, and miss it, it counts as a stroke, thus a "whiff."

Women's 18-Holers



March 5 was blue sky and a great turnout. Marsha Berry was our Ace of The Month with a 68 net. Yea for her.

Chip-Ins (Can you believe 10?) -Debby Carroll, Judy Royle, Roni Teixeira, Lynn

Traver, Diana Staley, Darl McCarthy, Marilyn Rogers, Joanne Smith and Denise Sargent (she had two).

Birdies – Linda Barlesi, Marsha Berry, Vicky Riddle, Lynn Traver, and Joanne Smith. Closest to the Pin was Denise Sargent 2'11 ¾. Broke 80 was Linda Barlesi.

Broke 90 was Marsha Berry. Broke 100 was Linda Siatt, Sandi Holst, Frankie Freeze, Vicky Riddle and Ladell Manion.

Flight A: 1st place tie – Linda Barlesi and Sandi Holst. Third place tie-Marsha Berry and Vicky Riddle. Flight B: 1st place was Chris Sabye, 2nd place -Judy Royle. 3rd Place- Roni Teixeira, 4th place-Donna Nunes. Flight C: 1st Place -Denise Sargent, 2nd place Diana Staley, 3rd Place Elaine Love, 4th place –Maureen Gingrass. Flight D: 1st place- Marilyn Rogers, 2nd place- Darl McCarthy, 3rd Place Linda VanNieuwburg, 4th place- Joanne Smith.

March 12: We had 34 golfers. After golf, we wished our good friend Vicky Riddle goodbye as she is moving to Texas. We will miss her. Chip-Ins – Frankie Freeze and Elaine Love. Broke 90- Linda Barlesi, Broke 100- Linda Siatt, Marsha Berry and Debby Carroll. Closest to the Pin- Vicky Riddle 8 inches.

Flight A: 1st place Linda Barlessi, 2nd place (tie) Marsha Berry and Debby Carroll. 4th place-Vicky Riddle. Flight B: 1st place Donna Nunes, 2nd place- Doris Sundly, 3rd place Anna Bogucki, 4th place- Lynn Traver. Flight C: 1st place-Alma Renko, 2nd place-Trixie Roque, 3rd place- Lynn Grace, 4th place (tie) Diana Staley and Denise Sargent. Flight D: 1st place Linda VanNieuwburg, 2nd place-Diana Scholtz, 3rd place-Joanne Smith, 4th place Jan Benner.

March 19: Chip-ins- Denise Sargent, Pat Kistler, Ulla Ulmonen, and KarenAnn. Birdies- Pat Kistler (on number 6) Broke 90-Linda Barlesi, Broke 100 – Debby Carroll, Ulla Ulmonen and Sandy Holst.. Closest to the Hole was Doris Sundly 2'3 1'4".

Flight A: 1st place (tie) Marsha Berry, Loretta Ortenblad,& Ulla Ulmonen. 4th Place (tie) Sandi Holst and Debby Carroll.

Flight B: 1st place-Doris Sundly, 2nd place-(tie) Bessie Dunn and Trixie Roque. 4th place-Anna Bogucki. Flight C: 1st place- Linda VanNieuwburg, 2nd place-Jan Benner, 3rd Place-Lynn Grace and 4th place- Suzi Masterson.

March 29: We had our annual charity fundraiser with the RV Senior Center as our beneficiary. All four of our clubs participated. We presented Judy Taylor of the Senior Center with a check for \$1000.

We meet each Thursday at 8 a.m. at Sir Flairs Restaurant. If interested in joining our club please call Linda Siatt at (707) 374-5364.

Writers' Club

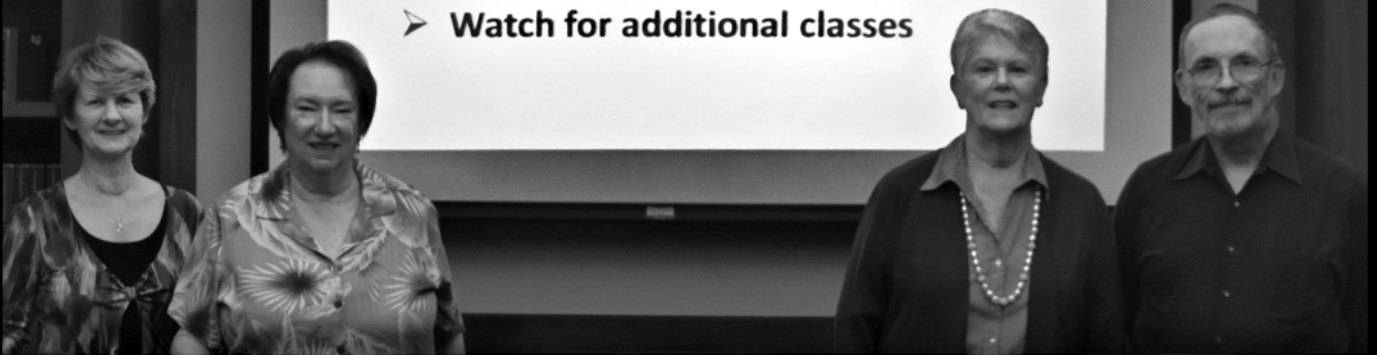
While following a recipe for the first time, one usually does exactly as the instructions suggest. Then, while eating the finished product, one savors every morsel, tasting each ingredient to determine what to include or delete the next time it is prepared. Life can be like cooking a new recipe. Do you recall learning from past observations? You may have had rewarding experiences and would like to encourage others. Maybe you've gained valuable knowledge demonstrating what not to do in certain circumstances. Our optional topic this month is "A Recipe for Success (Or Disaster)." You may choose to compose a lyric, article, Haiku, or letter extolling your prescription. Or you may decide to write about something entirely different. Just write! Then join other authors, poets, biographers and playwrights to share, appreciate and encourage their literary efforts. We'll meet at 7 p.m. on Thursday, May 14, in the Monterey Room of the Vista Club. This is a safe place to explore and enjoy the pleasures of writing. For further information, contact Zoe (707-374-3676), Judy (707-374-3973), or Suzi (925-231-5213).

2015 Prostate Cancer Scramble Golf Tournament

On June 17, the Rio Vista Senior Men's Golf Club and will be holding its 5th bi-annual Prostate Cancer Benefit Golf Tournament. There will be a continental breakfast and lunch at Sir Flairs, door prizes, gift bags, raffle tickets, live and silent auctions, a hole-in-one contest, and a 300-yard drive hole. All proceeds go to the American Cancer Society to battle prostate cancer. Sign-up sheets are available at the pro shop. The price per player is \$60 plus green fees. For sponsorship and information or to donate, contact Antoinette Pestana at 707-374-5154.

Computer Class Development Focus Group

- Meet the new trainers & class aides
- Join the Group
 - ✓ guru-status not necessary
- Watch for additional classes



Debbie Dorn Kathryn Query (Linda Mack, not pictured) Katie Spencer Harold Crean
Activities Director

Trainers, class aides, developers make it happen ~ we welcome you!

Computer Class Opportunities

Sign Up At Vista Club Member Services (374-4200)

(save your place today and pay by check the day of your class)

Computer Basics \$3 ea.	May 5, Two Classes Offered 10:00 a.m. or 12:30 p.m. Introduction for new computer users to learn their way around the computer. <i>This is mandatory or equivalent knowledge for all other classes.</i>
Creating, Finding & Working with Your Files ~ \$5 ea.	May 12, Two Classes Offered 10:00 a.m. or 12:30 p.m. Where to save your work, how to retrieve your files, and how to transfer your files to a USB memory stick for portability moving to another computer.
Discovering the Internet ~ \$5 ea.	May 19, Two Classes Offered 10:00 a.m. or 12:30 p.m. Explore how to navigate the internet, the giant library where you can research, shop, read news, learn, follow hobbies, bank, use social media and more.
Working with Digital Pictures \$7 ea.	May 26, Two Classes Offered 10:00 a.m. or 12:30 p.m. Getting pictures from your camera into your computer; working with pictures; organizing/finding your pictures; introduction to a free photo editing program.
Microsoft Word \$5 ea.	May 28, One Class 10:00 a.m. Word processing programs use a computer to create, edit, and print documents. Of all programs, word processing is the most common.
Microsoft Excel \$5 ea.	May 28, One Class 12:30 p.m. Why? Three common uses for spreadsheets are sorting data, producing graphs/charts, & budgeting since it will auto-tabulate mathematical equations.

Limited Class Size ~ Repeating classes is recommended. Class subject suggestion list available!

Learning Center programs interest? Contact Debbie Dorn at email address ddorn@actionlife.com.



Trilogy at Rio Vista HOME BASED BUSINESS DIRECTORY

At Your Service

Enjoy your retirement --
Leave cleaning to our qualified staff
Excellent References
Carmen Martinez (707) 398-8345

Bonnie Bowen, Independent Broker

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

Mary Kay

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

Morinda

"Live Younger Longer"
What's Your TruAge!
www.truage.com/1884033
Melzetta Gary 925-754-2147

Rodan & Fields Skin Products

Anti-Aging, Wrinkle, Brown Spots,
Sensitive Skin & Acne Products
Lupe Finch, Executive Consultant
707-374-2466 or LupeandMarcy@gmail.com

ANNOUNCEMENTS

Cat Network

The Delta Cat Network is fundraising. We neuter/spay the ferals. Please donate your unwanted household items to our spring estate sale. 707-330-0808

FOR RENT

Home for Rent

2 bd/2ba/den home near Vista Club. \$1250/mo. Tenant pays water, utilities, gardener. Call Harry 650-588-1801. No pets.

FOR SALE

Club Car

2006 Golf Club Car, winterized, ball washer. Turn signal, horn. Attached luxury tray with lockable box. Extra storage space. Tires like new. Replaced batteries. Excellent condition, \$3100. Call 707-374-6642

Day Bed

Day bed with extra mattress and frame with 2 sets of bedspread, skirt and pillow case. Call 707-374-6642.

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 \$115, OAK \$90, SMF \$65, PORT \$100/ Call Ralph Hatch 707-374-3941.

All Real Estate Services

Friendly, Caring, Responsive. Independent Broker, Certified Senior Specialist, Bonnie Bowen, Broker/Neighbor 707- 322-5875 (License #00926244)

Audio/Video/Computer

Old records/tapes to CD, website work, photo galleries, updates, backups, upgrades, installs, music backgrounds, home theater, TV! Msg. 707-364-7499.

Caregiver

Experienced male caregiver: Drive your car to appointments, grocery, etc. Trilogy resident. Flexible hours and days. Prepare meals. References upon request. Call Sam 707-750-1195.

SERVICES

Cleaning

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

Clock Repair

Thirty years collecting and repairing clocks. No cost if I can't fix; low cost if I can. Call 707-374-6782. Ask for Rod.

Computer Aid

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

Computer A+ Assistance

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



SERVICES

Computer Doctor

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

Faux Finishing @ Its Best

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

Gardening/Landscape Maintenance

Complete care of your yard by expert horticulturist. Servicing Trilogy residents on Tuesdays. Reasonable rates. Satisfaction guaranteed. Scott Bowers 916-683-1406.

Handyman

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

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 707-374-6013.

Handyman

No job too small: electrical, install curtain rods, mirrors, décor items, move electrical TV outlets, hot water recirculate systems by watt. Save. Bob Coons 707-628-0889.

House Maids

We clean beautiful homes for nice people. Excellent references, 5 star service, highly trained personnel. Guarantee satisfaction. For free estimates, please call Carmen Martinez 707-398-8345.

SERVICES

Hypnotherapy

You can get in shape for swimsuit weather by wanting fewer calories. Also reduce stress and gain satisfaction in your life in one pleasant session. Call Karen Lamberto at 707-374-2938 \$75.

Impeccable Improvements & Repair

Established retired general contractor. .Tile, wood floors, water leaks, drywall damage, kitchen & bath remodels/repairs, privacy walls, iron fences/French doors, storm doors, fireplace mantels, Jacuzzi tubs.10 year resident. Big or Small—I Do Them All! References. Dominic, 707-322-9476

Income Tax Services & Planning

Serving Trilogy since 1999; individual, trusts, business. Consultation in your home or my Trilogy office. Ron Auger, CPA 707-374-3068.

Mobile Sharpening

We come to you! Knife and scissor sharpening 512-948-5177. Call John for an appointment.

Moving?

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

Notary Public

Trilogy resident –Your home or my home office. Lowest rates. Please call Christine Quinn 707-507-5265.

Notary

My home or yours. Servicing Trilogy for the past 13 years. Please call Eileen Griffin at 707-374-2684. Thank you.

Notary Public

Certified Notary, fast, professional and reliable service. Lowest fees for Trilogy residents. Please call Jeffrey 707-374-7541. Thank you.

SERVICES

Notary to Go

Only \$8 per notarization at Trilogy. Discounts for numerous documents. Since 1984. Call Warren at 707-374-3477.

Notary Services

\$10 per signature per page/ discounts for multiple pages. Offering LegalShield™ /Identity Theft Protection Services. Trilogy Resident. Elaine Wysz 707-374-4310.

Painting

Ron the Painter, a Trilogy resident and painter for 10 years is back. Interior painter, fences, mail boxes. Good price, good work. Call Ron 707-430-3135

Painting & Drywall

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

Personal Historian

Let me help you record personal/ family history before memories fade. Easy process in your home at Trilogy. www.lifestoryrecollections.com Judith 518-683-9232.

Want to Run a Classified Ad?

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



SERVICES

Pet Care

Kitty care and small dogs (no walking) services. Includes play, feed, meds, trash out/in, newspapers, mail, and house plants. Call Mimi 707-374-4343. . .Trilogy resident.

Rain Gutters Cleaned

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

Retirement Planning

Tom Husnick 925-209-6514 of the Griessel Tiffany Group and Trilogy resident offers: Tax Advantaged Family Wealth Planning; Retirement Planning; Guaranteed Lifetime Income Strategies and IRA/401(k) Rollover Options.

RO Water Filter

Water Filter System only \$150. Best, cleanest, healthiest drinking water. Save on bottled water. Installation extra. Call for water test 707-374-2643.

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 707-374-2736.

SERVICES

Small Engine Repair

Service and repair on lawnmowers, weed eaters, blowers, rototillers etc. Sharpen garden tools. Call Stan at 707-374-3163.

Sprinkler Repair

Tune up and repair of sprinkler and drip irrigation systems. Trilogy resident specializing in water conservation. Free analysis of your system. Dennis 707-374-5816

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. I transport Trilogy residents only to trains, boats, planes. No medical services, shopping or casinos. Reliable. Call 707-374-3192. Thanks

Two Guys Golf

Golf club regripping, reshafting, loft and lie adjustment, custom built. Two Guys Golf: Jim 372-2782, Ken 410-6124, members Golf Club Makers Association.

Weed Pulling

Don't break your back; keep your yard tidy. Trimming, weeding, general clean up, plant new plants. Laurie 707-374-6305 or cell 925-301-7389.

SERVICES

Window Cleaning

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

Your Personal Travel Concierge

Put yourself in our hands and let us arrange your travel from door to door, cruise, train, resort, hotel, villa, rental cars, drivers, activities, sightseeing, excursions, fine dining, shows. Call Joan Greene, All Occasion Travel 707-374-2440 or email alloccasiontrvla@aol.com. Let's talk it over.

WANTED

Golf Carts

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

Sporting Goods

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

Computer Club Needs Your Help!

As of February, the Computer Club is inactive. It needs a few interested residents to take over the leadership role. Unable to continue, the current leaders will assist the transition. Trilogy has many residents interested with this growing technology. The club is a platform for sharing information and activities with those who have common interests.

Contact Debbie Dorn for more information about this opportunity ddorn@actionlife.com.

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

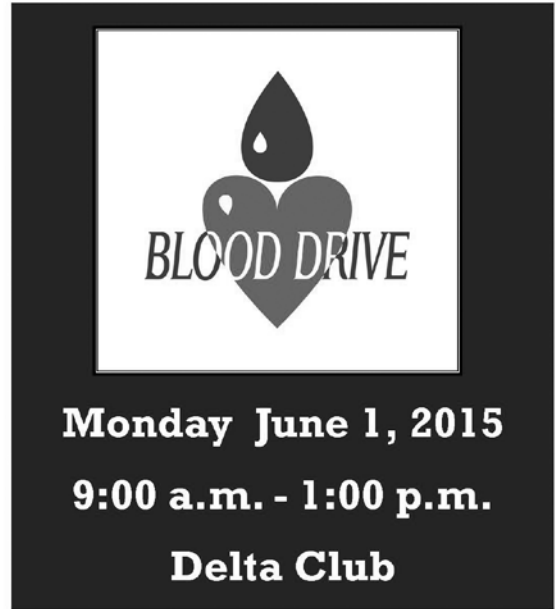


SIMPLY SPONTANEOUS FUN

The place where Trilogy
singers, storytellers, poets,
dancers and friends
come together for a
fun and silly night at the mic!



Friday, May 15
7:00 PM ~ FREE
Vista Club
Diablo Ballroom



Monday June 1, 2015
9:00 a.m. - 1:00 p.m.
Delta Club



ADVERTISING INFORMATION

DEADLINE: All final ads and checks are due by the fifth of the month prior to the month of publication. For example: June 2015 ads and checks are due by May 5, 2015. All late submissions will run in the July 2015 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 indigodesign@att.net.</i>		
• 1/4 page ad	3.6" wide X 4.5" tall	\$140/month
• 1/2 page ad	7.5" wide X 4.5" tall	\$220/month
• Full page ad	7.5" wide X 9.25" tall	\$345/month

PREMIUM SIZES AND RATES:

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

DISCOUNTS:

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

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



CA License # 970534

Call Today For FREE In-Home Estimate!



- Media Centers
- Bookcases
- Kitchens
- Home Office
- Very Professional

Call us Today!!

209-668-8400

reedcab.com

Before and After from Trilogy at Rio Vista



Special Financing Offers!



HunterDouglas *Hunter Douglas lets you control light. Beautifully.*

**** Special Financing: 18 Months Same As Cash Financing Available (OAC) ****

Save Time. Save Money. Stop in at our Hunter Douglas Gallery®, and take advantage of our current promotions, money-saving rebates, and special offers. Visit us today, and let our highly trained professionals find the right look for your home at a great price!

We also offer:

Custom Draperies, Bedding, Pillows, and Upholstery --
Large Selection of Drapery and Upholstery Fabrics,
Currently 10% off Selected Fabrics



Window Fashions of Northern California, Inc.

DBA: Solano Window Fashions
125 Grobrie Ct., Ste A; Fairfield, CA

Mon - Tue: 10 AM - 5 PM
Wed - Fri: 10 AM - 6 PM
Sat: 10 AM - 3 PM; Closed Sundays

707-429-5156
www.WFNC.com
CL # 982292



HunterDouglas *Gallery*

©2008 Hunter Douglas Inc. ® and TM are trademark of Hunter Douglas Inc.