

TrilogyLiving



Saddle Rock ROCKS

Saddle Rock Village residents gather for a monthly social event at their neighborhood park. Read more from the editor on page 4.

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From the Master Association

Melissa Coleman

President

President's Report June 14, 2016

Executive Session: Approved minutes for the May 10th meeting.

Legal/Litigation: Our legal counsel attended to provide an update on the projects they are working on our behalf; pertaining to the Association's property ownership, the final draft of the CCR's and preparing for negotiations with Shea Homes for future amenities.

General Session:

Future Amenities: Legal Counsel will be working with the Board to provide input and direction for negotiating with Shea Homes. The Board will be working on a cost analysis for completing the Design Center and the 4th Clubhouse and projecting monthly expenses. Next month the Board will be reviewing proposed facility use and layouts for the Design Center.

Unfinished Business:

- House Renovation Committee: the revised charter was approved. The Board will be accepting applications until July 5. If you are interested in participating on the committee contact the Administrative Office for an application.
- Reserve Expenditures: after reviewing the bids for replacing the Delta Club Window coverings and the Vista Club carpets for the Monterey, Sonoma and Learning Center – the windows coverings bid was tabled and staff was directed to provide warranty information for all bids. The carpet replacement was awarded to Gillespie's Carpet \$11,693.
- Bocce Complex Completion & Acceptance: management performed a walk-through to accept the improvements at the Bocce Complex. Improvements totally \$127,886.00 was funded by: Reserves \$28,558.40, Operating funds budgeted 2015/16 \$29,000, Bocce Club \$15,000, Shea \$55,328.

New Business:

- 1st Reading of the Amended Governing Documents: the following Association documents will be distributed to members in the next two weeks: Amended and Restated Articles of Incorporation of Trilogy at Rio Vista Master Association, Amended and Restated Bylaws of Trilogy at Rio Vista Master Association and Second Amended and Restated Declaration of Covenants, Conditions and Restrictions of Trilogy at Rio Vista Master Association. Town Halls have been scheduled on July 19 and 27 at 3:00 and 6:30. Legal Counsel will present the documents and review the significant changes and answer questions. The documents will be voted on by Delegates. Be sure attend a meeting, contact your Delegate or submit your questions/concerns to the Board. These are draft documents (1st Reading) changes can still be made. The current Delegates are: Village 1 – Melissa Coleman, Oakmont – Don Love, Riviera – Minnie Howell, Olympic – Joel Auslen, Saddle Rock – Roger Kohn, Eagle Point – Mark Weiss. I hope you will

(continued on p. 7)

TRILOGY AT RIO VISTA

D I R E C T O R Y

Master Association Board of Directors

Melissa Coleman, President (707) 374-6874
Patty Kohn, Vice President (707) 374-2737
Teresa Fraser, CFO (415) 407-8563
Joel Auslen, Secretary (707) 374-5808
Don Love, Director at Large (707) 374-6882

District Delegates

Village 1 - Melissa Coleman (707) 374-6874
Village Oakmont - Don Love (707) 374-6882
Village Riviera - Minnie Howell (510) 866-8786
Olympic Village - Joel Auslen (707) 374-5808
Saddle Rock Village - Roger Kohn (707) 374-2737
Eagle Point Village - Mark Weiss (925) 980-7249

Committee Chairs

Adult - William de Manincor (707) 374-6404
Administrative Policies - Melissa Coleman (707) 374-6874
Document Revision - Bob Sather (707) 374-1384
Emergency Action - Barry Fraser (415) 407-8529
Access - Art Darden (707) 374-3455
Amenities - To Be Filled

Village Board Presidents

Village 1 - Larry Mork (707) 374-3389
Village Oakmont - Walt Manos (707) 374-2827
Village Riviera - Donald Seyk (707) 374-6407
Olympic Village - Richard Pettijohn (707) 374-3065
Saddle Rock Village - Art Darden (707) 374-3455
Eagle Point - Mark Weiss (925) 980-7240

Association Administration /HOA (707) 374-4843

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evitrano@actionlife.com
Assistant General Manager: Catherine Patrick
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Activities Director: Debbie Dorn (707) 374-4204
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Fitness & Spa Director: Kathy Erwin (707) 374-4205
kerwin@actionlife.com
Maintenance Director: Michael Oestreich (707) 374-4895
moestreich@actionlife.com
Member Services Coordinator: Cheryl Lucas (707) 374-4203
lucas@actionlife.com
Communications Coordinator: Andrea Stuart
stuarttrv@gmail.com
Architectural Coordinator: Debbie La Croix (707) 374-4843
dlacroix@actionlife.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

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 - community.dwellingleive.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

When I think about Trilogy Rio Vista the first thing that comes to mind is camaraderie. Residents in Trilogy are some of the most creative, active, and social people I've come to know. Each neighborhood is made up of sub-communities within this larger family, and within its walls there is vitality. There are so many activities and amenities available in Trilogy that I wonder if Trilogans sleep.

Since Saddle Rock Village made it onto the Trilogy map, residents in this neighborhood have been coming together to celebrate friendship and each other with a monthly social gathering in their park. What started out as an informal gathering has grown into a regular soiree where members bring food and drinks and casually catch up on all the happenings. Residents have come to cherish these monthly get-togethers, making it very clear that parks like this are a treasure in this community. Resident Richard Larsen, organizer of the Saddle Rock Village monthly gathering, hopes that the trend will catch on throughout Trilogy and that it may even inspire more shading and windbreaks as the community grows.

Summer is here! So, get out those sunglasses, hats, and picnic baskets because the Trilogy parks and recreation areas are waiting for you!



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

From the Activities Director



Debbie Dorn

Our second Concert on the Patio of the season with Gary Bohannon and his band brought another enjoyable evening to Trilogy. And isn't that Vista Patio venue wonderful? There are two more patio concerts this season to follow. It is quite the buzz around Trilogy. Sign up early since there are a limited number of ticket sales available for each.

Heads up Trilogy fun-time enthusiasts! July 4th is a grand time for all ages. There is something for everyone! Don't miss the deadline to get your food ordered by July 1. Left-overs will be served, if available, but you don't want to count on that. Parade entries should be registered in advance. Last minute participants can register that morning. See page 5 for details. Above all, we don't want you to miss the fun!

While planning this month's activity schedule, take notice there are newly added activities in the club section. Read on and save those dates.

- **July – No Computer Classes**
- **7/04 – Independence Day Celebration (see pg. 5)**
- **7/10 & 7/24 – Trilogy Produce Market**
- **7/10 – Boogie Aces Band ~ The Dance Club**
- **7/15 – Comedy Night with Cary Long**
- **7/16 – 10th Annual Treasure Hunt ~
Village Riviera Residents Club**
- **7/17 – This 'n That Coffee House ~ Guitar Club**
- **7/19 – Dwelling Live (Gate Access) & Vivo Class**
- **7/21 – Travel Discovery: Baja Whale Experience**
- **7/22 – Bingo**
- **7/23 – Garden Railroad Extravaganza
"Steam Up" ~ Model Club**
- **7/24 – Sunday Afternoon Tea Dance with
Trilogy Jazz Band**
- **7/26 – AARP Smart Drivers Refresher Course**
- **7/30 – Concert on the Patio with
Buck Ford and the Pure Country Band**

Your comments and suggestions are always valued. Send an email anytime ddorn@actionlife.com. My mailbox is always open!

For non-delivery of *Trilogy Living*, contact Member Services at 707-374-4200.



Learning Center Vista Club: Dwelling Live (Gate Access) & Vivo Class

Tuesday July 19, 1 - 2 p.m. ~ No Fee

Join GM Ed Vitrano for a special session demonstrating the benefits of using web sites Dwelling Live (Gate Access) & Vivo! Sign up at Member Services for a limited number of seats. If you'd like bring your own computer, you must be able to connect to the Vista Club's wireless network. No other computer classes are scheduled during July.

Trilogy's 4th of July Celebration ~ Free Admission

Monday July 4, 10:30 a.m. – 2:30 p.m. Delta Club

Presented by Trilogy and all six Villages!

Gather friends and family for a grand celebration of America's birthday! We celebrate the 4th of July because that is our Independence Day! It marks the date when our founding fathers signed the Declaration of Independence and announced their secession from Britain. It is a shining day in our history that deserves to be remembered. Enjoy the parade, then join us at the Delta Club for the party!

- Parade Around Summerset Drive
 - o Entries register at Delta Club Box "6"
 - o Escort convertibles and drivers needed
 - o Contact Parade Chair SRVRC Rich Larsen: 707-580-8122
- Hot Dogs and Ice Cream Social
 - o Pre-Order with check at Delta Club Registration Box "B"
 - o General Questions, call Member Services: 707-374-4200
- Delta Club DJ entertainment inside and poolside

Additional forms are available at the Vista Club or Box "B" and Box "6" at the Delta Club. Be sure to mark the form if you would like to lend a hand to volunteer with this special occasion. It's fun!

JULY 4TH PARADE SETUP: The parade will be staged at and begin from the Vista parking lot. Participants will leave traveling clockwise around Summerset to return to the Vista parking lot. All residents are encouraged to participate, whether entering the judged contests or just wanting to join in the fun with your family and friends! The traditional contest judges decorated golf carts without consideration of any object pulled behind the golf cart. Two other prizes will also be awarded for decorated entries other than golf carts! All entries are judged on theme, originality, and creativity.

Trilogy Produce Market

Sunday July 10 and 24, 10 a.m. – 3 p.m., Delta Club



Experience Trilogy's marketplace! 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.



Travel Discovery: Baja Grey Whale Experience!

Thursday July 21, 6:30 - 8 p.m., Diablo Ballroom, Vista Club ~ Free

The picture shows a mother Grey Whale taking a peek at the boat in a move called spy-hopping. In February, residents Linda Heune-Solomon and Linda Mitchell took a trip to Magdalena Bay in Southern Baja Mexico to see the breeding ground and birthing area of the Grey whales. They encountered many whales and other wildlife on this fantastic journey and would like to share their experiences with you. Join them for a video and Q&A session. Bring your favorite snacks and beverage or enjoy light refreshments served. Contact Member Services at 707-374-4200 to sign up. Your registration for this event will be appreciated to ensure adequate seating!



Blood Pressure Check ~ Free

Thursday July 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!

Comedy, Clean and Funny Cary Long

Friday July 15, 7 – 8 p.m., Diablo Ballroom, Vista Club ~ \$15

Just off the cruise ship and on his way to Vegas, Cary has been on the Tonight Show with Jay Leno and was a finalist on Star Search. Catch him at Trilogy, this is one you'll not want to miss! Sign up at Member Services and plan to bring your favorite to enjoy during the show!.

Sunday Afternoon Tea Dance With the Trilogy Jazz Band

Sunday July 24, 2 – 3:30 p.m.

Vista Club, Diablo Ballroom ~ Donations

Join the Trilogy Jazz Band for an afternoon of familiar tunes on the dance floor. Light refreshments will be available or bring your own tea and favorite snacks. There will be no fee for this delightful gathering, although donations will be appreciated. Doors open an hour prior to event. For more information, contact Debbie Dorn at 707-374-4203. Sign up at Member Services, Vista Club for adequate seating.

AARP Smart Drivers Refresher Course

Tuesday July 26, 12:30 - 5 p.m., Monterey Room, Vista Club

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

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

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

- Qualify for a possible auto insurance premium reduction or discount. Policies vary, so please consult your insurance agent.

Trilogy resident Glen King will offer this course. Note that you must have had the 8-hour course within the last four years. To register, contact Glen at 707-374-3342 or grk59@frontiernet.net.

Concert on the Patio with Buck Ford and the Pure Country Band

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

Nashville recording artist Buck Ford is a young, pure country singing sensation that focuses on keeping the traditional country sound and rhythm flowing. Buck's influences include George Strait, Merle Haggard, George Jones and Keith Whitley, just to name a few. Find more at www.BuckFord.com. Gather your friends, your favorite refreshments, outdoor clothing, a comfortable lawn chair and come ready for a great evening with Buck and the Band! Sign up early at Member Services, Vista Club.

CPR/AED & First Aid

Tuesday August 16, 9 a.m. - 1 p.m.

Diablo Ballroom, Vista Club ~ \$60

The class provides a two-year certification in CPR/AED & First Aid at a great value. Limited space available. Sign up with Member Services by TBD, at the Vista Club.

Concert on the Patio ~ Solid Gold's 5th Anniversary Party

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

Great entertainment, dancing, and celebration! Trilogy's own "Solid Gold" will perform the music we grew up with from the 50's through the 80's, and into the 90's in their signature four-part vocal harmony! Rally your family, friends, outdoor attire, dance shoes, your comfortable lawn chair for the patio, and favorite provisions for this fabulous "Solid Gold" performance! Check-in begins an hour before show time. The patio is completely shaded by 6:30, and the Delta's breeze makes for a comfortable setting! Sales are limited. Sign up early at Member Services, Vista Club.



(Notes from the Master Association, cont. from p. 3)

be able to attend one of the meetings to hear and have your questions answered. For those that have already chosen 'opt-in' you will receive them electronically.

- 1st Reading of the Amenities Committee Charter: a new committee, 'Master Amenities Committee' will be replacing the two existing amenities committees. (Amenities Committee aka: Shea Committee, and the Long-Range Amenities Committee). Once the new charter is approved the existing committees will be formally disbanded. The Board will be accepting applications, if you are interested in participating on the committee contact the Administrative Office for an application. If you have previously submitted an application it will still be considered as the Board did not appointment to either of the existing committees in March.
- 2016 Road Work: the Board awarded the contract for this year's roadwork to AMSI in the amount of \$293,113. The work is comprised of three parts: streets identified and scheduled per the Pavement Plan and Reserves, the intersection of Summerset Drive/Road to the Welcome Center (this is on the interior of the gates toward the golf course) and crackfill

on St. Andrews from Cypress to Summerset Drive north. Work is anticipated to be performed in August or September.

Minutes of all meetings are posted on VivoPortal.com and MyTrilogyLife.com. If you have any questions about this meeting or any meeting please feel free to contact me directly.

The next meeting is July 12, 2016

Melissa Coleman, TRVMA President



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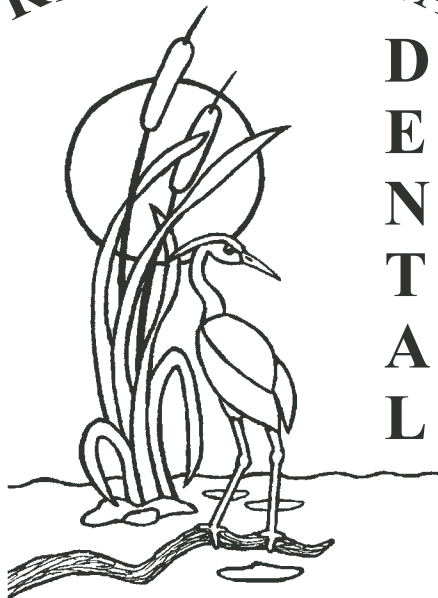
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Assessment Notice

Association Assessments are published monthly on this page of *Trilogy Living*. This is an additional vehicle for checking your current assessment. Coupons will reflect the monthly assessment for those receiving them. Those on automatic withdrawal (ACH) may check their bank statements after the 5th of the month to see the amount taken out and all members may register at www.actionlife.com to monitor their accounts 24/7. If you have questions or need help registering online, please call the Administrative Office 707-374-4843.

Assessments for the month:

Master Association \$125.60
Plus the appropriate Village Assessment below:

| | |
|----------------------------|--|
| 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) |

Association Minutes and Financial Statements – Minutes of the Master Board Meetings, Village Board Meetings, Committee Meetings, and Financial Statements, are posted on www.MyTrilogyLife.com (MTL) and www.vivoportal.com (VIVO) for your review.

Credit cards – Credit cards are accepted at the Café, and Member Services for events, fitness cards, personal training, spa services, etc. They are accepted at the Administrative Office/HOA for payment of transponders, keys and payment plans. They cannot be used to pay monthly assessments at the Administrative Office but you can pay monthly assessments on VIVO with credit cards.

Club hours – The Delta Club is open from 7 a.m. - 11 p.m. From 11 p.m. - 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. - 9 p.m.

Mail theft – Members are encouraged to put outgoing mail in the mail box in front of the Delta Club. Putting it in your mail box and raising the flag makes it very easy for thieves to know which mailboxes to target. When away for a couple of days or longer, be sure to put a stop on mail delivery with the post office. If you see unusual activity near mailboxes, call the Rio Vista Police Department immediately. If a vehicle is involved, try to get a license plate number. Once the individual(s) leave, there isn't much that can be done. Check with the post office regarding locking inserts that can be put inside your current mailbox. Try to be at home when having parcels delivered to your front door.

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

Street lights – Report all street lights that are out to the Administrative Office/HOA. Please have the light pole number, street name and the nearest cross street. Due to the high expense of hiring the boom truck, service is called once there are 10 lights needing repair. This could mean several weeks between the time you report the light and the actual repair.

RV/Boat Passes – Taking an RV to the Welcome Center each time you need a pass is unnecessary. If an RV has been registered on Dwelling Live, a resident can simply go to the gate and pick up the pass. You can now get a 24- or 48-hour pass for RVs/Boats. Be sure to let the Welcome Center attendant know which pass you need. 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 other 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. Thank you for considering both of the following options.

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



Disclosure Opt-in – Required documents such as budgets and yearly financial statements can be delivered electronically by signing a form authorizing delivery by electronic methods, available at the Administrative Office.

Have you signed up for e-Alerts and Disclosure Opt-in but are not receiving them? – If you stop receiving the MTL e-Newsletters and/or the TRVMA e-Alerts, please contact Jacquie at jroche@actionlife.com or stop by the Member Services Desk. We'll then work with the email team to make sure that you're on the 'active' list in the email system. It is also suggested 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 ads for *Trilogy Living* – 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 communication – Only signed Communication Forms will be accepted and can be submitted to the Administrative Office.

Violations – Please do not register complaints to the Administrative Office/HOA without making sure you have the correct address of the alleged violator. 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 – We appreciate everyone who is considerate of your neighbors and shows 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 for keeping your pets on a leash at all times.

Pets in the clubs – Pets are prohibited in both the Delta and 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.

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

Late charges on assessments – Assessments are due on the first of each month. Many members treat the 15th as the due date and then request a waiver of the late fee when payment is not received by the 15th. If paying assessments through a bank or mailing a check, it is recommended that date of payment be moved to the 23rd of the month so that the payment is actually received by the first when the assessments are due. Many banks are batching payments before sending them out, so even though your account may show a payment on a particular date, the payments are not being mailed on that date. In addition, the post office has closed facilities and laid off employees. This is resulting in longer times for mail to reach its destination. If payments are scheduled through a bank or mail without adequate time allowed for delivery, there is a risk of being charged a late payment.

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 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 Governor's Executive Order/ City Ordinance to water only twice per week.

Suspicious behavior – Trilogy is a private community, but not a secured one. Please keep doors and windows locked when away from home, and lock your vehicles. If unusual behavior is observed, call the police.



Dumping trash – Thank you for using private 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. By city ordinance, all properties are required to have garbage service.

Service provider resource at the Delta Club – Service providers' business cards are displayed on the hall wall at the Delta Club. TRVMA does not endorse any of these vendors; this is simply a resource for members.

It's your money – Help to cut down on avoidable expenses.

- 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 ensure 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.
- Please report any theft to the Administrative Office/HOA. Remember that when something is stolen, all members pay for the replacement. The Association needs help from all residents in cutting down on theft.

Gardeners – Please remind 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 or others' yards.

Architectural applications – Applications must be submitted for work and improvements done to the exterior of your home and yard. If you do not submit an application, a \$500 late application fee can be charged.

Delta and Vista Pools – Guests must be accompanied by a resident. Children under the age of 18 are allowed in the pools from 11 a.m. - 3 p.m. and must exit the pool area by 3:15 p.m.

Golf carts/bicycles – Must be operated under the California Vehicle Code. Golf carts may not be driven by anyone under 18 years of age.

Olympic Village Residents' Club

The "Olympic Village Meet and Greet" potluck dinner / snack event was held at the Delta Marina Room on June 1 from 5 to 7 p.m. The food was terrific and we all had a

great time getting to know our neighbors better.

The "Olympic Village Residents' Soup and Salad Get Together" indoor dinner event is scheduled for October 27 from 5:30 to 7:30 p.m. Food (soup/salad/bread) signups will be posted at the Delta Club. Activities will include eating, meeting old and new friends, raffles, prizes, games, and many other fun events. Please get this important date on your calendar ASAP. A reminder flyer will be tubed as we get closer to the big event. If you would like to participate in the planning of this event or if you need additional information, please contact Rich Pettijohn, OV President, at 707-374-3065 or Lee Ann Frable at 1-484-707-0935.

Olympic Village Kare Bears

The re-activated Olympic Village Kare Bears is now led by a new group of "Karing" Olympians. Olympic Village Kare Bears is available to all of our residents. If you or a neighbor is in need of help with rides to appointments, home help, and/or meals due to medical reasons please do not hesitate to call. If you would like to be an Olympic Village Kare Bear or if you need help, please contact Rich Pettijohn at 707-374-3065.

Saddle Rock Village Residents' Club



Our new slate of officers will be taking over this month at our July 20, 2016 meeting. This meeting takes place in the Delta Club River Room directly following the Saddle Rock Village Executive Board meeting at 6:30.

Introducing our new officers: President Dana Hoover, Vice-President Rayno Niemi, Secretary Marlene Percivalle, Alternate Secretary Donna Benedict, Treasurer Anna Marsh, Alternate Treasurer Bruce Morrison. They will be serving for one year, July 2016 through June 2017.

The Saddle Rock Village Residents' Club Executive Board honored our yearly teams and volunteers. A catered appreciation luncheon was held in the Diablo ballroom in the Vista Club on June 5, 2016. This is our way of giving back to those who so willingly give of their time to make our village a success.

We are excited and looking forward to the upcoming Fourth of July Parade as we are the lead village for this event. Our own Richard Larsen has done a wonderful job putting together this event with his fellow "peeps." Our village was glad to give up the ice cream serving and air-conditioning and move outside to the black top... just kidding, folks. We all try and do our best in any endeavor



Association Meeting Calendar July 2016

Master Association Board Meeting

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

Eagle Point Village Association Board Meeting

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

Village Oakmont Association Board Meeting

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

Olympic Village Association Board Meeting

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

Village I Association Board Meeting

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

Village Riviera Association Board Meeting

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

Saddle Rock Association Board Meeting

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

Master Association Town Hall

Tuesday, July 19, 3 & 6:30 p.m.
Wednesday, July 27, 3 & 6:30 p.m.
Diablo Room, Vista Club

Council of Village Presidents

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

Access Committee

Monday, July 25, 1 p.m.
TBD

Administrative Policy Review Committee

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

Adult Committee

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

Amenities Committee

Tuesday, July 5, 1 p.m.
River Room, Delta Club

Emergency Action Committee

Tuesday, July 12 and 26, 7 p.m.
Marina Room, Delta Club

House Renovation Committee

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

in our special Trilogy community.

We have many more events for our residents before the year is over. So hang on to your hats, it's going to be a wild ride. For information, please contact Dana Hoover, President at 707-374-3455 or time4dana@mindspring.com.

Village Oakmont Residents' Club

July 4 should be a fun day in Trilogy. Be sure and watch the parade! Hopefully many Oakmont residents participate. We will be handing out the food and drink tickets at the Delta and hope to see you there.

Our International Potluck will be Sunday, August 21, 2016, from 5 p.m. - 8 p.m. We welcome all Trilogy residents to participate. Sign up slips are available above the Oakmont box at the Delta Club. Please bring your favorite international

dish and share. If you want to decorate a table that would great. If you have any questions, please contact 760-486-9178 or email linda.bingham@gmail.com.

Our next social meeting will be August 1, 2016. There will be no meeting in July because the meeting date is July 4 and we will be enjoying the holiday with family and friends.

Village Oakmont Kare Bears

After a short business meeting on June 8, the Oakmont Kare Bears hosted a wonderful luncheon for all the Kare Bear neighborhood coordinators to honor and thank them for all their hard work. A great lunch was catered by Maria from the Café Vista and enjoyed by all. If you haven't by now eaten at the Café Vista, you should try it out. It's open for breakfast and lunch from 6 a.m. to 3 p.m. Great food! Thanks, Maria.



A raffle was also held at the luncheon with some wonderful donated prizes: a Michael Kors Women's watch, a beautiful handmade scarf, a lovely bracelet, a Smokey Joe barbecue grill, and more. More on this and the lucky winners in next month's article.

We are on our usual summer hiatus, and will not be meeting in the months of July and August. Our next Oakmont Kare Bear meeting will be on Wednesday, September 14, at 10:30 in the Delta Clubhouse. Are you new to the Oakmont neighborhood? Come join us, and meet new neighbors and enjoy coffee and goodies. Have a GREAT summer, everyone!

Village 1 Residents' Club

We wish you a happy and safe Fourth of July. Village One has the delectable duty of serving ice cream sundaes for Trilogy's Fourth of July celebration. In order to spread the load, we need a number of volunteers to help. To get you in the mood, we have some ice cream riddles: Why did the newspaper talk to the ice cream? He was looking for a scoop! Or how about: How did Reese eat her ice cream? Witherspoon! Or maybe: Where might you learn to make fancy ice cream concoctions? At sundae school! Okay, I'll stop if you will call Tess Felte at 707-374-4778 and volunteer to take a mere 45-minute shift!

Wednesday, July 6 is Village 1 Residents Club's regular Quarterly Meeting. To make it more fun and get more people involved, we are planning to have a potluck prior to the meeting. Sound inviting? Join us. Bring your own items to barbecue, your drink and table service and a dish to share to the Marina Room at the Delta at 6 p.m. The Quarterly Meeting to follow. We will be discussing plans for the Cabaret Night on October 14 and Christmas Party on December 10.

For more information, contact Tess Felte at 707-374-4778 or email us at VillageOneRV@gmail.com.

Village Riviera Board News

Thanks to everyone who attended our May 5 meeting. The good news is that Master Association, at their May 10 meeting, committed to a new club house which will start the building design process and cost analysis done by Shea.

The second reading of California Civil Code 4750.10 that allows clotheslines in all of California was read and passed at our May meeting.

Clotheslines must be:

1. Manufactured specifically for that use;
2. Removable and no taller than 6' (six feet);
3. Single-line that is retractable, and can be attached to patio cover supports;

4. Neutral in color;
5. Independent of any fence, tree, or any other part of a structure other than a patio cover support (i.e. gazebo, sheds, etc.)
6. Limited to backyards and may not extend beyond the sides of the house;
7. Abide by established 5' (five foot) setback from back property line;
8. Used only during daylight hours and removed from view after use;
9. Removed permanently if the apparatus falls into disrepair.

The Village Riviera HOA meetings are on the first Thursday of odd-numbered months at 6:30 p.m. in the Marina Room at the Delta Club. Please join us at our next meeting on July 7, 2016, where we will further discuss Trilogy's amenities. If you have questions or concerns, call Don at 707-374-6407. Article by Carolyn Azbell, secretary.

Village Riviera Residents' Club

If you have been enjoying the weather in the high 90's and low 100's, but would like to think of a cooler time, just sign up for the Treasure Hunt. This year's theme is Christmas in July. This will be the grand finale for this event, as it is the 10th and last Treasure Hunt. Think festive and jolly, colorful and decorative, and think cool and comfortable while solving unique puzzles of every kind, laughing with your friends, and then enjoying a delicious dinner after the initial brain work is completed.

Afterwards you get to laugh some more and cheer during some physical challenges (easy...don't worry), at least that is how it has been in the past. The Robinettes and Griffins keep the details close to the vest so it is always a surprise, and always fun. There will be numerous prizes given to winners of contests that occur after the Treasure Hunt is over. But like the lottery, where you first have to buy a ticket for the possibility of winning, here you have to sign up with a team of 3 to 5 people to be part of the fun. Pick up a flyer at the Vista or Delta Club. Get your team together and enjoy the evening for only \$20 per person.

Next up on September 9 is the Ladies' Luncheon. Get a table together or sign up solo—it does not matter. You will love it.

Village Riviera Residents Club meets the third Thursday of every month, 5 p.m. in the Monterey Room of the Vista Club. For questions, please call Barb at 507-5026.

Village Riviera Kare Bears

At the June meeting Riviera Kare Bears welcomed Olympic Kare Bears. They are re-activating their group. Kristina Holden of Solano Transportation Authority/Delta Breeze

Shuttle provided information and tips on how seniors can use public transportation services. There may come a day when we are no longer able to drive; some public services are available. More information will be provided in August *Trilogy Living*. Mama Bear, Valerie, reported on her meeting with Margo Donovan in regard to using the services of Trilogy resident Dr. Raymond Donovan.

It has come to our attention that Nextdoor website conversations report confusion as to the best emergency number to use to contact the fire department. The following information is from the Rio Vista Fire Department Web Site: ***When you are in Trilogy or Core Rio Vista you may call 707-374-2300 for emergency or non-emergency situations.***

The other number listed on the Fire Department web site, 707-374-2233 Monday-Friday 10 a.m. – 4 p.m., is for business questions.

If you would like to become more involved in Kare Bears or would like to start a Kare Bear Group in your village, come to our next meeting on August 8 at 10 a.m. at the Delta Club. Come early (9:30 a.m.) for refreshments. Remember, every resident of Riviera Village is a member of Riviera Kare Bears, so if you or a neighbor is in need of assistance because of illness or surgery, please contact your street coordinator or call Valerie at 707-374-6942 or Joanne at 707-374-4342.



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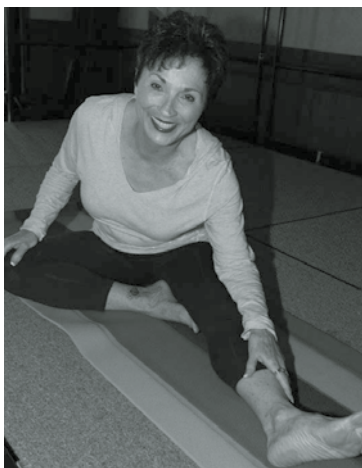
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When: Saturdays 9:30-10:30am/July 23 – August 27, 2016

Where: Diablo Ballroom Vista or Group Ex Studio

Fee: \$35 (Must Pre-Register Member Services Desk)

Sunday Afternoon TEA DANCE

Familiar tunes by . . . **Trilogy Jazz Band**

Enjoy refreshments
Or bring your own
Dance



FREE!

July 24, 2016

2-3:30 p.m.

Vista Club

Diablo Ballroom
Donations Accepted

For more information, contact Member Services at 707-374-4200



Kathy Erwin
Fitness & Spa Director

Spa Specials for July & August

Good for purchase July 1 – August 31, 2016. May be redeemed anytime.

Summer Sensation

Includes 50-minute Swedish massage, with a revitalizing foot treatment that includes: foot scrub, hot towels, foot massage and hydrating moisturizer.

Special Price: \$70

Summer Sizzling

Swedish Spa Package

Swedish massage is the most popular type of massage in the United States. It involves the use of hands, forearms or elbows to manipulate the superficial layers of the muscles to improve mental and physical health. The benefits of Swedish massage include increased blood circulation, mental and physical relaxation, decreased stress and muscle tension, and improved range of motion..

50 minutes was \$55

NOW \$50

80 minutes was \$82.50

NOW \$72.50

Two Custom Organic Facials



Trilogy's
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Hall, uses *ilike*
organic skin care

products, to customize a facial for your skin's exact needs!

Two 50-minute facials were \$130

NOW \$110



Summer is HERE!

July Aqua Schedule

| | | | |
|--|---------------|-----------------|-------------------|
| Majority of Aqua Classes are held at the Delta outside Pool. | | | |
| Monday | Aqua Fit | 9:30-10:30 a.m. | Delta Pool Denise |
| Tuesday | Aqua Fit | 9:30-10:30 a.m. | Vista Pool Denise |
| | Advanced Aqua | 3-4 p.m. | Delta Pool Kathy |
| Wednesday | Aqua Fit | 9:30-10:30 a.m. | Delta Pool Denise |
| Thursday | Advanced Aqua | 9:30-10:30 a.m. | Delta Pool Kathy |
| | Aqua Fit | 3-4 p.m. | Delta Pool Denise |
| Friday | Advanced Aqua | 9-10 a.m. | Delta Pool Kathy |
| | Aqua Fit | 9:30-10:30 a.m. | Vista Pool Denise |



PERSONAL TRAINER ON FLOOR

Every Monday in July, 9:30-10:30 a.m.
Meet Personal Trainer Joele Swift



Do you have a question about how to work out or use the fitness equipment at the Vista Club Fitness Center? Ask our "Personal Trainer on Duty" and get tips from a trained professional—at no extra cost to you! You can find our

Personal Trainer on Duty in the Fitness Center at certain peak times. Each month utilizes a different trainer and schedule.

You have a goal: get your body in better shape, or go to the next level of fitness. Where to start? The Vista Club Fitness Center has certified personal trainers who know how to help you get the best results out of your workout. They can lead you on your quest to gain energy, increase endurance and strength, lose weight or sculpt your body, and just feel better about yourself. Did you suffer an injury? Our certified personal trainers can help you recover. You can get help no matter your age or current condition.

Personal trainers work with you to set appointments that fit your schedule. Package rates are also available.

**To schedule an appointment,
call 707-374-4200
or email kerwin@actionlife.com**

Fitness Punch Card Prices:

"Unlimited Monthly" – take as many classes as you wish in one month: \$85

20 punch card: \$70

10 punch card: \$35

Payment by check or credit card.

No refunds or replacements.

Available at Member Services

Over 160 classes a month to choose from, including classes that offer Aerobic, Aqua, ZUMBA, Dance, Balance, Stretching, Yoga, Flexibility, Mind and Body, and more!

Acupuncture

Dr. Charles Peri, Doctor of Oriental Medicine



Initial visit: \$120

Acupuncture follow-up: \$90

6 acupuncture treatments (\$80 each): \$480

12 acupuncture treatments (\$70 each): \$840

Initial visits – up to 60 minutes

Follow-up visits – up to 45 minutes

**Packages must be paid in full
No initial visit fee if package is purchased
(\$40 to \$50 savings)**

Naturopathy



Dr. Kimberly Gilmore, Naturopathic Doctor, will be at the Vista Spa Wednesday, July 20 offering individual health consultations and vitamin B injections. Please contact the front desk to make an appointment. Schedule will vary depending on the demand.

Initial visit (75 min): \$175

Follow-up visit (50 min): \$125

Brief visit (25 min): \$65

Vitamin B injection: \$30

New! Package Specials

5 Follow-up visits: \$550

10 Follow-up visits: \$1050

5 Vitamin B injections: \$125

July New Member Fitness Orientations

Saturday, July 2 at 11 a.m.

Wednesday, July 13 at 6 p.m.

Saturday, July 30 at 11 a.m.



NATIONAL DANCE DAY

Saturday, July 30, 2016

| | |
|---------------|--|
| 8:30-9:00am | U Jam with Sharon |
| 9:00-9:30am | Wow-Tabata-Boom with Pat |
| 9:30-10:00am | Step Aerobics with Pat |
| 10:00-10:30am | Dancercise with Pat & Joele |
| 10:30-11:00am | <i>So You Think You Can Dance</i> with Joele & Pat |
| 11:00-11:30am | ZUMBA with Prescy |
| 11:30-12:00pm | Hip Hop with Prescy |
| 12:00-12:30pm | U Jam with Prescy |

National Dance Day is observed each year on the last Saturday in July. Created as a day to raise awareness about and encourage Americans to embrace dance as a fun and positive way to maintain good health and combat obesity.

If you wish to partake in this **FREE** Dance Event ... please pre-register at Member Services for the classes you wish to do! Class size will be limited to room capacity.

Refreshments, Bagels & Fruit will be provided!

Location: Diablo Ballroom Vista Club & Group Exercise Studio.

Contact Kathy Erwin 374-4205 for more information.



Pat



Sharon



Joele



Prescy



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*At time of consultation

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



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

**July 2, Oakland A's Game/Fire-
works, \$79/pp**

We'll enjoy Premium Plaza Court
seats near home plate, a \$10 food
coupon and fantastic fireworks after
the game! It's a fun evening. Go A's!

**Aug. 2-4, Hot August Nights/Reno,
\$243/pp. double**

Two nights/3 days stay at Silver Legacy
Hotel Casino in downtown Reno.

Hundreds of vintage 30's, 40's and 50's
cars, on-going street faire and live enter-
tainers to enjoy throughout your stay.
Dress up in your old vintage clothes
and hats! An optional dinner show
is available. A FUN GET-AWAY!

**Sept. 8-18, A 10-day Alaska
Cruise, (brochure available)**

**Oct. 8, Fleet Week/Blue Angels/
Hornblower cruise, \$148/pp**

A hosted champagne luncheon
onboard Hornblower, watching the-
exciting Blue Angels team perform
over-head. A fun day on The Bay!

**Oct. 18-20, Two nights and three
days at Yosemite and Chuk-
chansi, \$425/pp. double**

Two nights at the newly re-opened
Chukchansi Casino Resort. A
Sugar Pine RR excursion along
with guided tours and lunches in
Yosemite Valley and at Bass Lake.

Dec.1, Gamblers' Special,
TBA, \$30/pp

**Dec. 22, A Craig Smith MOMA tour
and Xmas Shopping in San Fran-
cisco, \$89/pp**

We'll tour the newly re-modeled
Museum of Modern Art with
Craig and enjoy a hosted luncheon,
before browsing and shopping at
Union Square in San Francisco.

For further information call Ethel (7548) or Eileen (2684).

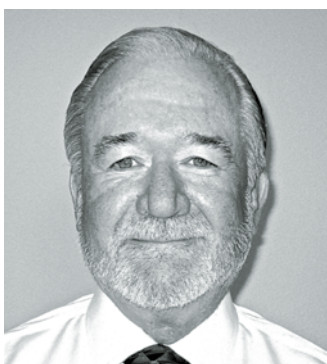
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- **Current health issue**
- **Vital signs**
- **Medications**
- **Imaging and lab test results**
- **Nutritional status**

Dr. Donovan will provide referral for in-home medical services when needed, as well as physician-to-physician and family communication.

Country Home Care

916-691-4100

Patti Jeffery, Patient Care Coordinator and Trilogy resident, brings the healing home by providing home health care services to meet your needs and schedule, under the supervision of your physician.

Country Home Care has provided quality patient care for over 20 years.

Our compassionate and competent staff provides:

- **Nursing Care**
 - Pain Management
 - IV therapy
 - Blood draw
 - Other skilled services ordered by your physician
- **Rehabilitation Care**
 - Physical therapy
 - Occupational therapy
 - Speech therapy
- **Medical Social Services**
 - Financial/community support
 - Emotional patient/family support
- **Home Health Aide Services**



COUNTRY HOME CARE

Country Home Care offers 100% coverage.

Medicare pays 100% of allowable charges for qualified beneficiaries.

Dr. Raymond Donovan's physician fees vary according to services requested.

Key

Bold = New/Change

(B)eginning

(I)ntermediate

(A)dvanced



TrilogyLiving

Fitness Class Schedule for July 2016






- 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

All classes require one of 3 card choices: a blue 20-punch for \$70, a yellow 10-punch for \$35 or an Unlimited Monthly Punch Card for \$85 so you can attend as many classes as you want! Get your cards at the Member Services Desk. Please call Fitness & Spa Director Kathy Erwin at 704-374-4205 if you have questions. All classes are held in the Vista Group Exercise Studio unless otherwise noted.

Last Month’s Punch Card Raffle Winner: **Doris Gilmore & Sally Feldman**

July Fitness Orientations: Sat., July 2 at 11 a.m., Wed., July 13 at 11 a.m., Sat., July 30 at 11 a.m.

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

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|---|--|--|---|
|  |  |  |  | <div>1</div> <div>7:00-8:00am Early Yoga (B) (DB) Tammy 8:30-9:30pm WOW-TABATA-BOOM (B/I) (GX) Pat 9:00-10:00am Yoga/Pilates (B) (DB) Deanna 9:00-10:00am Advanced Aqua (B/I/A) (DP) Kathy 9:30-10:30am Aqua Fit (B) (DP) Denise 10:00-10:45am Core Balance and Standing Abs (B) (GX) Sophie 10:00-11:00am Balance Ball (DB) Deanna 10:45-11:30am ZUMBA Toning (B/I) (GX) Sophie 11:30-12:15pm ZUMBA Dance (B/I) (GX) Sophie</div> | <div>2</div> <div>8:30-9:30am Step Aerobics (GX) Pat 11:00am-12:30pm ZUMBA Power (GX) Prescy</div> |
| <div>4</div> <div>No Classes</div> <div></div> | <div>5</div> <div>8:00-9:00am Body Works (B/I/A) (GX) Kathy 9:00-10:00am Myofascial Release Stretch (B) (GX) Joele 10:00-11:00am Beginning Pilates (GX) Joele 9:30-10:30am Aqua Fit (B) (VP) Denise 11:00-12:00pm Feel Good Class (B) (GX) Beverly 1:00-2:00pm Sit and Get Fit (B) (GX) Beverly 3:00-4:00pm Advanced Aqua (B/I/A) (DP) Kathy</div> | <div>6</div> <div>7:00-8:00am Early Yoga (B) (DB) Tammy 8:00-9:00am Back To Basics Yoga (B/I) (DB) Tammy 8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat) 9:30-10:30am Aqua Fit (B) (DP) Denise 10:00-11:00am Balance/Stretch (GX) Joele 11:00-12:30pm Hot ZUMBA (I/A) (GX) Prescy 6:30-7:30pm Balance Ball (GX) Deanna</div> | <div>7</div> <div>8:00-9:00am Body Works (B/I/A) (GX) Kathy 9:00-10:00am Core/Stretch (B) (GX) Joele 9:00-10:00am Tai Chi (B/I) (GX) Lillian 9:30-10:30am Advanced Aqua (B/I/A) (DP) Kathy 10:00-11:00am Step Aerobics (B/I/A) (GX) Pat 11:00-12:00pm Feel Good Class (B) (GX) Beverly 1:00-2:00pm Sit and Get Fit (B) (GX) Beverly 2:30-3:30pm Yoga (B/I) (GX) Tammy 3:00-4:00pm Aqua Fit (B/I/A) (DP) Denise</div> | <div>8</div> <div>7:00-8:00am Early Yoga (B) (DB) Tammy 8:30-9:30pm WOW-TABATA-BOOM (B/I) (GX) Pat 9:00-10:00am Yoga/Pilates (B) (DB) Deanna 9:00-10:00am Advanced Aqua (B/I/A) (DP) Kathy 9:30-10:30am Aqua Fit (B) (DP) Denise 10:00-10:45am Core Balance and Standing Abs (B) (GX) Sophie 10:00-11:00am Balance Ball (DB) Deanna 10:45-11:30am ZUMBA Toning (B/I) (GX) Sophie 11:30-12:15pm ZUMBA Dance (B/I) (GX) Sophie</div> | <div>9</div> <div>8:30-9:30am Step Aerobics (GX) Pat</div> |
| <div>11</div> <div>8:30-9:30am WOW-TABATA-TABATA (B/I) (GX) Pat 9:00-10:00am Yoga/Pilates (B) (DB) Deanna 9:30-10:30am Aqua Fit (B) (DP) Denise 9:45-10:45am Wake-up and Move (B/I) (RV) /Pat 10:00-10:45am Core Balance and Standing Abs (B) (GX) Prescy/Sophie 10:00-11:00am Meditation Breathing (B) (DB) Deanna 10:45-11:30am ZUMBA Toning (B/I) (GX) Prescy/Sophie 11:30-12:15pm ZUMBA Dance (B/I) (GX) Prescy/Sophie 4:00-5:00pm Stretch and Flex (B/I) (GX) Tammy 6:30-7:30 Yoga/Pilates (B/I) (GX or DB) Deanna</div> | <div>12</div> <div>8:00-9:00am Body Works (B/I/A) (GX) Kathy 9:00-10:00am Myofascial Release Stretch (B) (GX) Joele 10:00-11:00am Beginning Pilates (GX) Joele 9:30-10:30am Aqua Fit (B) (VP) Denise 11:00-12:00pm Feel Good Class (B) (GX) Beverly 1:00-2:00pm Sit and Get Fit (B) (GX) Beverly 3:00-4:00pm Advanced Aqua (B/I/A) (DP) Kathy</div> | <div>13</div> <div>7:00-8:00am Early Yoga (B) (DB) Tammy 8:00-9:00am Back To Basics Yoga (B/I) (DB) Tammy 8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat) 9:30-10:30am Aqua Fit (B) (DP) Denise 10:00-11:00am Balance/Stretch (GX) Joele 11:00-12:30pm Hot ZUMBA (I/A) (GX) Prescy 6:30-7:30pm Balance Ball (GX) Deanna</div> | <div>14</div> <div>8:00-9:00am Body Works (B/I/A) (GX) Kathy 9:00-10:00am Core/Stretch (B) (GX) Joele 9:00-10:00am Tai Chi (B/I) (GX) Lillian 9:30-10:30am Advanced Aqua (B/I/A) (DP) Kathy 10:00-11:00am Step Aerobics (B/I/A) (GX) Pat 11:00-12:00pm Feel Good Class (B) (GX) Beverly 1:00-2:00pm Sit and Get Fit (B) (GX) Beverly 2:30-3:30pm Yoga (B/I) (GX) Tammy 3:00-4:00pm Aqua Fit (B/I/A) (DP) Denise</div> | <div>15</div> <div>7:00-8:00am Early Yoga (B) (DB) Tammy 8:30-9:30pm WOW-TABATA-BOOM (B/I) (GX) Pat 9:00-10:00am Yoga/Pilates (B) (DB) Deanna 9:00-10:00am Advanced Aqua (B/I/A) (DP) Kathy 9:30-10:30am Aqua Fit (B) (DP) Denise 10:00-10:45am Core Balance and Standing Abs (B) (GX) Sharon 10:00-11:00am Balance Ball (DB) Deanna 10:45-11:30am ZUMBA Toning (B/I) (GX) Sharon 11:30-12:15pm ZUMBA Dance (B/I) (GX) Sharon</div> | <div>16</div> <div>8:30-9:30am Step Aerobics (GX) Pat 11:00am-12:30pm ZUMBA Power (GX) Prescy</div> |
| <div>18</div> <div>8:30-9:30am WOW-TABATA-TABATA (B/I) (GX) Pat 9:00-10:00am Yoga/Pilates (B) (DB) Deanna 9:30-10:30am Aqua Fit (B) (DP) Denise 9:45-10:45am Wake-up and Move (B/I) (RV) /Pat 10:00-10:45am Core Balance and Standing Abs (B) (GX) Prescy/Sophie 10:00-11:00am Meditation Breathing (B) (DB) Deanna 10:45-11:30am ZUMBA Toning (B/I) (GX) Prescy/Sophie 11:30-12:15pm ZUMBA Dance (B/I) (GX) Prescy/Sophie 4:00-5:00pm Stretch and Flex (B/I) (GX) Tammy 6:30-7:30 Yoga/Pilates (B/I) (GX or DB) Deanna</div> | <div>19</div> <div>8:00-9:00am Body Works (B/I/A) (GX) Kathy 9:00-10:00am Myofascial Release Stretch (B) (GX) Joele 10:00-11:00am Beginning Pilates (GX) Joele 9:30-10:30am Aqua Fit (B) (VP) Denise 11:00-12:00pm Feel Good Class (B) (GX) Beverly 1:00-2:00pm Sit and Get Fit (B) (GX) Beverly 3:00-4:00pm Advanced Aqua (B/I/A) (DP) Kathy</div> | <div>20</div> <div>7:00-8:00am Early Yoga (B) (DB) Tammy 8:00-9:00am Back To Basics Yoga (B/I) (DB) Tammy 8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat) 9:30-10:30am Aqua Fit (B) (DP) Denise 10:00-11:00am Balance/Stretch (GX) Joele 11:00-12:30pm Hot ZUMBA (I/A) (GX) Prescy 6:30-7:30pm Balance Ball (GX) Deanna</div> | <div>21</div> <div>8:00-9:00am Body Works (B/I/A) (GX) Kathy 9:00-10:00am Core/Stretch (B) (GX) Joele 9:00-10:00am Tai Chi (B/I) (GX) Lillian 9:30-10:30am Advanced Aqua (B/I/A) (DP) Kathy 10:00-11:00am Step Aerobics (B/I/A) (GX) Pat 11:00-12:00pm Feel Good Class (B) (GX) Beverly 1:00-2:00pm Sit and Get Fit (B) (GX) Beverly 2:30-3:30pm Yoga (B/I) (GX) Tammy 3:00-4:00pm Aqua Fit (B/I/A) (DP) Denise</div> | <div>22</div> <div>7:00-8:00am Early Yoga (B) (DB) Tammy 8:30-9:30pm WOW-TABATA-BOOM (B/I) (GX) Pat 9:00-10:00am Yoga/Pilates (B) (DB) Deanna 9:00-10:00am Advanced Aqua (B/I/A) (DP) Kathy 9:30-10:30am Aqua Fit (B) (DP) Denise 10:00-10:45am Core Balance and Standing Abs (B) (GX) Prescy 10:00-11:00am Balance Ball (DB) Deanna 10:45-11:30am ZUMBA Toning (B/I) (GX) Prescy 11:30-12:15pm ZUMBA Dance (B/I) (GX) Prescy</div> | <div>23</div> <div>8:30-9:30am Step Aerobics (GX) Pat</div> |
| <div>25</div> <div>8:30-9:30am WOW-TABATA-TABATA (B/I) (GX) Pat 9:00-10:00am Yoga/Pilates (B) (DB) Deanna 9:30-10:30am Aqua Fit (B) (DP) Denise 9:45-10:45am Wake-up and Move (B/I) (RV) /Pat 10:00-10:45am Core Balance and Standing Abs (B) (GX) Prescy/Sophie 10:00-11:00am Meditation Breathing (B) (DB) Deanna 10:45-11:30am ZUMBA Toning (B/I) (GX) Prescy/Sophie 11:30-12:15pm ZUMBA Dance (B/I) (GX) Prescy/Sophie 4:00-5:00pm Stretch and Flex (B/I) (GX) Tammy 6:30-7:30 Yoga/Pilates (B/I) (GX or DB) Deanna</div> | <div>26</div> <div>8:00-9:00am Body Works (B/I/A) (GX) Kathy 9:00-10:00am Myofascial Release Stretch (B) (GX) Joele 10:00-11:00am Beginning Pilates (GX) Joele 9:30-10:30am Aqua Fit (B) (VP) Denise 11:00-12:00pm Feel Good Class (B) (GX) Beverly 1:00-2:00pm Sit and Get Fit (B) (GX) Beverly 3:00-4:00pm Advanced Aqua (B/I/A) (DP) Kathy</div> | <div>27</div> <div>7:00-8:00am Early Yoga (B) (DB) Tammy 8:00-9:00am Back To Basics Yoga (B/I) (DB) Tammy 8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat) 9:30-10:30am Aqua Fit (B) (DP) Denise 10:00-11:00am Balance/Stretch (GX) Joele 11:00-12:30pm Hot ZUMBA (I/A) (GX) Prescy 6:30-7:30pm Balance Ball (GX) Deanna</div> | <div>28</div> <div>8:00-9:00am Body Works (B/I/A) (GX) Kathy 9:00-10:00am Core/Stretch (B) (GX) Joele 9:00-10:00am Tai Chi (B/I) (GX) Lillian 9:30-10:30am Advanced Aqua (B/I/A) (DP) Kathy 10:00-11:00am Step Aerobics (B/I/A) (GX) Pat 11:00-12:00pm Feel Good Class (B) (GX) Beverly 1:00-2:00pm Sit and Get Fit (B) (GX) Beverly 2:30-3:30pm Yoga (B/I) (GX) Tammy 3:00-4:00pm Aqua Fit (B/I/A) (DP) Denise</div> | <div>29</div> <div>7:00-8:00am Early Yoga (B) (DB) Tammy 8:30-9:30pm WOW-TABATA-BOOM (B/I) (GX) Pat 9:00-10:00am Yoga/Pilates (B) (DB) Deanna 9:00-10:00am Advanced Aqua (B/I/A) (DP) Kathy 9:30-10:30am Aqua Fit (B) (DP) Denise 10:00-10:45am Core Balance and Standing Abs (B) (GX) Sharon 10:00-11:00am Balance Ball (DB) Deanna 10:45-11:30am ZUMBA Toning (B/I) (GX) Sharon 11:30-12:15pm ZUMBA Dance (B/I) (GX) Sharon</div> | <div>30</div> <div>NATIONAL DANCE DAY National Dance Day is observed each year on the last Saturday in July. Created as a day to raise awareness about and encourage Americans to embrace dance as a fun and positive way to maintain good health and combat obesity. NO CLASSES</div> |

Specialty Classes are not on the Fitness Calendar. Please look for their Flyers at both Clubs:

Fitness & Friends with Joele Swift , 8 Steps to a Healthy Back with Beverly Shilich,

Continuation of Yoga with Deanna Araya, The Practice with Meditation Anna Chunn, Aqua Joint with Beverly Shilich

July 2016 Club and Activity Calendar

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|--|--|---|---|---|
| | | | | | 1 8am Social Tennis 8:50am Cycling Club (Delta Parking Lot) 9am Model Club (V) 9:30am Walk & Talk (V) 9:30am Village1 ARC (V) 10am Rubber Stamp Card Making (D) 10:30am Country Line Dancing (D) 11am Book Club: 66 Bible Books (V) 11am Pickleball (courts 1 & 2) 12pm Adv Watercolor (D) 12:15pm Friday Bridge (V) 6pm Joy Luck Mah-Jongg (V) | 2 8am Motorcycle Club (Off-site) 8:30am Hiking Club (V) 9am Model Club – Garden Railway (V) 9am Table Tennis (D) 6pm Texas Hold'em / Omaha Poker (D) |
| 3 | 4 Independence Day 8am Social Tennis 9:30am Walk & Talk (V) 10:30am Summerset Parade, clockwise from the Vista Club 11:00am – 1pm Hot Dog & Ice Cream Social (D) 11:30am DJ Music (D) 1pm Parade Awards Presentation (D) 12:30pm Rip, Stitch & Bitch (V) 12:30pm Mah Jongg (V) 2:30pm Pickleball (courts 1 & 2) 6pm Poker (D) 6:30pm Game Night (V) | 5 8am Social Tennis 8:30am Radio Club (V) 9:30am Women's 9-Hole Golf 10:30am Country Line Dancing (V) 11am Saddle Rock Village ARC (V) 11am Pickleball (courts 1 & 2) 11:30am TRVMEN Golf 12:15pm Beg Watercolor (D) 12:15pm Hand & Foot Canasta (V) 12:30pm Dominoes (D) 1pm Amenities Com (D) 4:15pm Table Tennis (D) 5pm Billiards Club Tournament (V) 5pm Tai-chi & Yuan-chi (V) 5:30pm Couples Canasta (V) 6:30pm Singles Club (V) 7pm Drama Club Rehearsal (D) | 6 8am TOPS (D) 8am Social Tennis 8:30am Sr. Men's Golf 9:30am Bridge Lessons (V) 9:30am Men's Fellowship (V) 9:30am Walk & Talk (V) 10am Horseshoe Pit Play (Brockton Park) 10am Stained Glass (D) 11am Ukulele Club (V) 11am Pickleball (courts 1 & 2) 12:30pm Fat Quarters Quilters (D) 1pm Village Riviera ARC (D) 1:30pm Jazz Band (V) 2pm Bergren Oil & Acrylic Class (D) 2pm Card Design Class (D) 2pm Saddle Rock RC Social Com (V) 4:30pm Table Tennis (D) 5:30pm Delta Harmony Rehearsal (V) 6pm VORC Potluck (D) 7:30pm VORC (D) 7pm Billiard Club Membership (V) 7pm Square Dance (D) | 7 8am Social Tennis 8:30am Women's 18-Hole Golf 9am Eagle Point Village ARC (D) 9:30am Ceramics (D) 9:30am Women's Fellowship (V) 11am Pickleball (courts 1 & 2) 12:15pm Ponytail Canasta (V) 1pm Good Samaritans (D) 2pm Genealogy Club (V) 4pm Table Tennis (D) 5pm Tai-chi for Beginners (V) 6pm Yuan-chi & Fan Dance (V) 6:15pm Village Riviera BOD (D) 6:30pm Village Riviera HOA (D) 6:30pm Pinochle (V) 7pm Drama Club Rehearsal (V) 7pm Photography Club (V) 7pm Ballroom Dance - Adv (V) 8pm Ballroom Dance - Beg (V) | 8 8am Social Tennis 8:50am Cycling Club (Delta Parking Lot) 9:30am Walk & Talk (V) 10am Rubber Stamp Card Making (D) 10:30am Country Line Dancing (D) 11am Book Club: 66 Bible Books (V) 11am Pickleball (courts 1 & 2) 12pm Adv Watercolor (D) 12:15pm Friday Bridge (V) 2pm Guitar Club Beg Workshop (V) 3:30 – 5:30pm Shibori Shirt Workshop Prep (D) 7pm Bunco (D) | 9 8:30am Hiking Club (V) 8:30am – 4pm Shibori Shirt Workshop (D) 9am Model Club - Garden Railway (V) 9am Table Tennis (D) 6pm Texas Hold'em / Omaha Poker (D) |
| 10 8:30am – 4pm Shibori Shirt Workshop (D) 10am – 3pm Trilogy Produce Market (D) 7pm Trilogy Dance Club – Boogie Aces (V) | 11 8am Social Tennis 8:30am Theater Gp Improvisation Workshop (D) 9am Woodcarving (D) 9am Olympic Village ARC (V) 9:30am Walk & Talk (V) 10am Village Oakmont ARC (V) 12pm Open Painting (D) 12pm Duplicate Bridge (V) 12:30pm Rip, Stitch & Bitch (V) 2:30pm Pickleball (courts 1 & 2) 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 - RC Aircraft (D) | 12 8am Social Tennis 8:30am Radio Club (Offsite) 9:30am Women's 9-Hole Golf 10am TRVMA Executive Session (V) 10:15am Book Club (V) 10:30am Country Line Dancing (D) 11am Pickleball (courts 1 & 2) 11:30am TRVMEN Golf 12pm Cooking Club (D) 12:15pm Beg Watercolor (D) 12:15pm Hand & Foot Canasta (V) 2pm Master Association Board Mtg (V) 3pm Table Tennis (D) 5pm Billiards Club Tournament (V) 5pm Tai-chi & Yuan-chi (V) 6:30pm Singles Club (V) 7pm Drama Club Rehearsal (D) 7pm Emergency Action Com (D) | 13 8am Social Tennis 8am TOPS (D) 8:30am Sr. Men's Golf 9:30am Trilogy Labyrinth Walkers (Offsite) 9:30am Bridge Lessons (V) 9:30am Men's Fellowship (V) 9:30am Walk & Talk (V) 10am Horseshoe Pit Play (Brockton Park) 10am Stained Glass (D) 11am Ukulele Club (V) 11am Pickelball (courts 1 & 2) 12:30pm Fat Quarters Quilting (D) 1:30pm Jazz Band (V) 2pm Bergren Oil & Acrylic Painting (D) 2pm Card Design Class (D) 4:30pm Table Tennis (D) 5:30pm Delta Harmony Rehearsal (V) 7pm Square Dance (D) | 14 8am Social Tennis 8:30am Women's 18-Hole Golf 9am Blood Pressure Check (D) 9:30am Ceramics (D) 9:30am Women's Fellowship (V) 10am Council for the Arts (V) 11am Pickleball (courts 1 & 2) 12:15pm Ponytail Canasta (V) 1pm Garden Club (V) 1pm Good Samaritans (D) 3pm Table Tennis (D) 3:45pm Village 1 BOD (D) 4pm Village 1 HOA (D) 4pm Sr. Men's Golf Board (D) 5pm Admin Policies Com (V) 5pm Tai-chi for Beginners (V) 6pm Yuan-chi & Fan Dance (V) 6:15pm Olympic Village BOD (D) 6:30pm Olympic Village HOA (D) 6:30pm Pinochle (V) 7pm Drama Club Rehearsal (D) 7pm Writers' Club (V) 7pm Ballroom Dance - Adv (V) 8pm Ballroom Dance - Beg (V) | 15 8am Social Tennis 8:50am Cycling Club (D) 9:30am Walk & Talk (V) 9:30am Village 1 ARC (V) 10am Rubber Stamp Card Making (D) 10:30am Country Line Dance (D) 11am Book Club: 66 Bible Books (V) 11am Pickleball (courts 1 & 2) 12pm Adv Watercolor (D) 12:15pm Friday Bridge (V) 6pm Joy Luck Mah-Jongg (V) 7pm Whist Club (D) 7pm Comedy Night – Cary Long (V) | 16 8:30am Hiking Club (V) 9am Model Club – Garden Railway (V) 9am Table Tennis (D) 3pm – 9pm Village Riviera RC Treasure Hunt (D) 6pm Texas Hold'em/ Omaha Poker (D) |
| 17 6:30pm This 'N That Coffee House (V) 6:45pm Havurah Friends (V) | 18 8am Social Tennis 8:30am Theater Group Improv Workshop (D) 9am Woodcarving (D) 9:30am Walk & Talk (V) 10am Council of Village Presidents (V) 11:30am Saddle Rock Village ARC (V) 12pm Open Painting (D) 12:30pm Mah Jongg (V) 12:30pm Rip, Stitch & Bitch (V) 2:30pm Pickleball (courts 1 & 2) 3pm July 4 th Focus Group (V) 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) 7pm Hiking Club (V) | 19 8am Social Tennis 8:30am Radio Club (V) 9am Garden Club Workshop (D) 9:30am Women's 9-Hole Golf 10:30am Country Line Dancing (D) 11am Pickleball (courts 1 & 2) 11:30am TRVMEN Golf 12:15pm Beg Watercolor (D) 12:15pm Hand & Foot Canasta (V) 12:30pm Dominoes (D) 2:30pm Celtic & Zen Tangle Painting (D) 4:15pm Table Tennis (D) 5pm Billiards Club Tournament (V) 5pm Tai-chi & Yuan-chi (V) 5:30pm Couples Canasta (V) 6:30pm TRVMA Town Hall (V) 6:30pm Singles Club (V) 7pm Drama Club Rehearsal (D) 7pm TRVMA Town Hall (V) | 20 8am Social Tennis 8am TOPS (D) 8:30am Sr. Men's Golf 9:30am Bridge Lessons (V) 9:30am Men's Fellowship (V) 9:30am Walk & Talk (V) 10am Horseshoe Pit Play (Brockton Park) 10am Stained Glass (D) 11am Ukulele Club (V) 11am Pickleball (courts 1 & 2) 12:30pm Fat Quarters Quilting (D) 1pm Village Riviera ARC (D) 1:30pm Jazz Band (V) 2pm Bergren Oil & Acrylic Painting (D) 2pm Card Design Class (D) 4:30pm Table Tennis (D) 5:30pm Delta Harmony Rehearsal (V) 6:15pm Saddle Rock Village BOD (D) 6:30pm Saddle Rock Village HOA (D) 7pm Square Dance (D) 7pm Olympic Village RC (V) 7:30pm Saddle Rock Village RC (D) | 21 8am Social Tennis 8:30am Women's 18-Hole Golf 9am Eagle Point ARC (D) 9:30am Ceramics (D) 9:30am Women's Fellowship (V) 11am Pickleball (courts 1 & 2) 12:15pm Ponytail Canasta (V) 1pm Good Samaritans (D) 2pm Genealogy Workshop (V) 4pm Golf: Sr. Men's General (D) 4pm Village Oakmont RC Social (D) 5pm Table Tennis (D) 5pm Village Riviera RC (V) 5pm Tai-chi for Beginners (V) 6pm Yuan-chi & Fan Dance (V) 6:30pm Pinochle (V) 6:30pm Travel Discovery – Baja Grey Whale Experience (V) 6:45pm Village Oakmont BOD (D) 7pm Village Oakmont HOA (D) 7pm Drama Club Rehearsal (D) 7pm Ballroom Dance - Adv (V) 8pm Ballroom Dance - Beg (V) | 22 8am Social Tennis 8:50am Cycling Club (D) 9:30am Walk & Talk (V) 10am Rubber Stamp Card Making (D) 10:30am Country Line Dance (D) 11am Pickleball (courts 1 & 2) 11am Book Club: 66 Bible Books (V) 12pm Adv Watercolor (D) 12:15pm Friday Bridge (V) 2pm Guitar Club Beginners Workshop (V) 7pm Bingo (D) | 23 8:30am Hiking Club (V) 9am Table Tennis (D) 10am – 2pm Model Club Extravaganza AKA “Steam Up” – Garden Railway (V) 6pm Texas Hold'em / Omaha Poker (D) |
| 24 10am – 3pm Trilogy Produce Market (D) 2pm Sunday Afternoon Tea Dance with Trilogy Jazz Band (V) | 25 8am Social Tennis 8:30am Theater Gp Improvisation Workshop (D) 9am Woodcarving (D) 9am Olympic Village ARC (V) 9:30am Walk & Talk (V) 10am Village Oakmont ARC (V) 12pm Open Painting (D) 12:30pm Rip, Stitch & Bitch (V) 12:30pm Mah Jongg (V) 1pm Access Com (D) 2:30pm Pickleball (courts 1 & 2) 3pm House Renovations Com (V) 5pm Whist Planning (V) 6pm Poker (D) 6pm Soul Line Dancing (D) 6:30pm Game Night (V) | 26 8am Social Tennis 8:30am Radio Club (V) 9:30am Women's 9-Hole Golf 10:30am Country Line Dancing (D) 11am Pickleball (courts 1 & 2) 11:30am TRVMEN Golf 12:15pm Beg Watercolor (D) 12:15pm Hand & Foot Canasta (V) 12:30pm AARP Safe Driver 4-hr Refresher Course (V) 12:30pm Dog Club (D) 3pm Table Tennis (D) 5pm Billiards Club Tournament (V) 5pm Tai-chi & Yuan-chi (V) 6:30pm Singles Club (V) 7pm Drama Club Rehearsal & Membership (D) 7pm Emergency Action Com (D) | 27 8am Social Tennis 8am TOPS (D) 8:30am Sr. Men's Golf 9:30am Bridge Lessons (V) 9:30am Men's Fellowship (V) 9:30am Walk & Talk (V) 10am Horseshoe Pit Play (Brockton Park) 10am Stained Glass (D) 11am Ukulele Club (V) 11am Pickleball (courts 1 & 2) 12:30pm Fat Quarters Quilting (D) 3:00PM TRVMA Town Hall (V) 4:30pm Table Tennis (D) 5:30pm Delta Harmony Rehearsal (V) 5:30pm SR Village Social in the Park 6:30PM TRVMA Town Hall (V) 7pm Square Dance (D) | 28 8am Social Tennis 8:30am Women's 18-Hole Golf 9:30am Ceramics (D) 9:30am Women's Fellowship (V) 11am Pickleball (courts 1 & 2) 12:15pm Ponytail Canasta (V) 1pm Adult Com (D) 1pm Good Samaritans (D) 2pm Community Connections (V) 5pm Admin Policies Com (V) 5pm Tai-chi for Beginners (V) 6pm Yuan-chi & Fan Dance (V) 6:15pm Eagle Point Village BOD (D) 6:30pm Eagle Point Village HOA (D) 6:30pm Pinochle (V) 7pm Drama Club Rehearsal (D) 7pm Theater Group (V) 7pm Ballroom Dance - Adv (V) 7:30pm Eagle Point Village RC (D) 8pm Ballroom Dance - Beg (V) | 29 8am Social Tennis 8:50am Cycling Club (D) 9:30am Walk & Talk (V) 10am Tennis Club (D) 10am Rubber Stamp Card Making (D) 11am Pickleball (courts 1 & 2) 11am Book Club: 66 Bible Books (V) 12pm Adv Watercolor (D) 12:15pm Friday Bridge (V) | 30 7am – 2pm National Dance Day (V) 8:30am Hiking Club (V) 9am Model Club – Garden Railway (V) 6pm Texas Hold'em / Omaha Poker (D) 7pm Concert on the Patio – Buck Ford & Pure Country Band (V) |
| 31 | | | | | | |

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Billiards

The next Billiards Club meeting is on Wednesday, July 6 at 7 p.m. in the Monterey Room of the Vista Club. Tournaments are every Tuesday and start at 5 p.m. We play 8-ball or 9-ball. Officers: President Al Bergoust, Vice President Dennis Pool, Treasurer Jack Clark, Secretary open, Membership Chairman Dave Stewart.

May 3, 8-Ball

1st Richard Gutierrez
2nd Al Bergoust
3rd Adam

May 10, 9-Ball

1st Diego Cassone
2nd Ken Guillory
3rd Richard Gutierrez

May 17, 8-Ball

1st Dave Stewart
2nd Geno Toscano
3rd Al Banga

May 24, 8-Ball

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

May 3, 9-Ball

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

For information regarding the Billiards Club, call Al Bergoust at 707-374-2436 or alhelenb@aol.com.

Bingo

The summer is in full bloom. Come win money and enjoy laughter and fun. Mark your calendar for the fourth Friday of the month (July 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. The prize money for each game is \$50 and the blackout prize is \$250. For more information, call Irene at 707-374-699

Bocce

The first half of the bocce season is over. Plans are being formulated for the end of season events. The MBL events will take place on Tuesday and Wednesday, September 6 and 7 based on the existing play days. The NBL event will take place on Sunday, October 2. More details next month.

The morning league will not have a formal playoff but rather each of the 2 groups will have a champion. The night league will host a playoff between the top 8 teams with the best records. The actual matches will take place on Tuesday, Wednesday and Thursday, September 6, 7 and 8 on the Summerset courts at 5 p.m. The tournament format will be a single match loss elimination with pairings based on the highest to lowest standings, (i.e. 1 v. 8, 2 v. 7, 3 v. 6 and 4 v. 5 as the first set of matches). A two game win takes the match, no need for a third game. All other club rules will apply.

Mark your calendar now and plan to attend the Saturday, September 17, 10 a.m. year-end annual meeting and election of officers for the 2017 and 2018 club years. Remember to roll often, throw straight and have fun, that's what it's all about. Questions? Call Joe Downes at 707-374-7520 or email josephdownes@citlink.net.

Book

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 July 12. The book selection is *The Nightingale* by Kristen Hannah. August book selection is *The Friday Night Knitting Club* by Kate Jacobs. There is no requirement to have read the selected book. Everyone is welcome to join in. Feel free to stop by. For more information, contact Adrienne at 707-374-5576. "Happy Fourth of July!"



Bridge – Friday

Friday Bridge Club meets Every Friday at 12:15 p.m. in the Vista Club, Sonoma room. All levels of players are welcome. Please let us know you are coming by noon on the Wednesday of that week. Sign-up book is in the Sonoma Room in the middle top drawer of credenza at the left side of the room. Duplicate Winners in June - John M and Lynn F; 2/3 tie - the Nash family and Larry/Jack K.

On the first Friday there will be duplicate bridge, all levels welcome. Same sign up book.

For more information or any questions, please call Larry Epner at 707-374-3511.

Bunco

The year is almost half over. Have you promised yourself to try traditional Dominoes? If you don't hurry, the other half of 2016 will be over and you will be upset with yourself. We meet at the TRV Delta Club on the second Friday of the month at 7 p.m. We still sit at tables with a total of four contestants at each table, make introductions, and when the room is ready, we start. At the end of each round, two people move to another table and again we play. We continue to confirm the laughter, excitement and old-fashioned goodwill among neighbors is there at each round. The easy rules of play and the refreshments make it a fun evening. For further information, please call Shirley at 707-374-9984.

Ceramics



Ann Rice glazed this adorable little bear pitcher. Photo by Linda Robinette

Recently, the Ceramic Club members went to get more greenware and we are working on many fun things. First, we clean the greenware by removing any seams left from the molds, then it is fired in the kiln. Next, we can add colors and finally put a glaze on our

bisque so it can be fired for a finished item. If you come to one of our meetings, we can help you get started. Our club has grown, but with all the people on vacations, we are still not crowded. There is room for you!

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

Community Connections hopes you will join us on our journey to explore the opportunities around us for day trips, helping with short term service projects as needed and having fun making this club what you want it to be. Whether you are a seasoned member or new to our group we hope you will attend our next meeting to discuss more adventures and share your experiences about local events.

Our next meeting is on July 28, 2016 in the Monterey Room at the Vista Club at 2 p.m. as we discuss where our next outing will take us. You may bring a sweet or savory snack to share if you wish, but if not, just bring yourself. We would love to meet you! For more information, contact Robie at 650-454-4299 or Pam at 707-374-3161.

Cooking

Welcome to the Cooking Club. The Club gathers once a month to share cooking experiences, recipes and a tasting that goes along with the theme for the month. For June, the theme is spring vegetables to coincide with the opening of the various farmers markets here in the Delta. Sandi and Don will be "cheffing" for us.

Members bring a copy of their favorite themed recipe to share and discuss, and let us know what went well and

maybe what challenges they faced. We usually have the opportunity to pick up a new technique or maybe learn about a new market, store or opportunity to expand our experience and our palates. July's theme will be brunch recipes with Anita, Gary and Linda doing the cooking on July 12.

All home cooks are welcome to join us. Whether you are an experienced Chef or a budding novice, we encourage you to come by and share your experience. If you have questions, please contact Gary Swieso at 707-374-5859. We meet the second Tuesday of each month at noon in the River Room of the Delta Club.

If you have a great tip to share, bring it along too. Here's one from our last meeting:

- When frying fish in the house, put a big dab of peanut butter in a small dish near the pan, it cuts the fishy smell from frying.

All cooks and "wannabe" cooks are encouraged to join us. Everyone is welcome.

Council for the Arts

At the Fourth of July parade, our golf cart will be decorated to reflect the theme of next year's *Music of the Night*. Be sure to keep an eye out for it. We're excited about next year's show. It's sure to be a winner! If you come to our next meeting on July 14, you can be part of the planning. We are a friendly group – we promise not to bite. Council for the Arts advocates for and offers financial grants to organizations and clubs in Trilogy that are involved in the many aspects of the arts. Our primary source of funds used to support the arts is the revenue raised by *Music of the Night*. We look forward to finding and funding deserving groups.

We meet on the second Thursday of the month at 10 a.m. in the Monterey Room at the Vista Club. For information about Council for the Arts, call Judy Calpo at 707-374-2924.

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 Tuesday of each month at the Delta Club's Marina Room and the third Tuesday of each month at the Vista Club's Sonoma Room. We play the gals against the guys! Canasta is a fun card game that's easy to learn and no experience is necessary. Beginners are always welcome! We collect \$5 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 in the fun!



Cycle



The Cycling Club meets on Fridays at 7:50 a.m. in front of the Delta Club. Ride for fitness, fun, and friendship. Rides are 20-25 miles with more or less miles as an option. There are plenty of regroupings; no one is left behind. Helmets are required. Bring money for a possible coffee and snack stop. This month's photo shows Roger Kohn leaving the Sandy

Beach area after a short break on a very windy day. For more information, contact Marcia or Al Morrison at 707-374-5177 or marcialsj@netscape.net

Delta Breeze Chorus

The Delta Breeze Chorus, Trilogy's own men and women's chorus, will begin rehearsing for the upcoming holiday season on Wednesday, August 31 at 7 p.m. in the Diablo ballroom, Vista Club. We will rehearse each Wednesday through December. If you like to sing, come and join us; no auditions! For more information, call Cheryl, 707-374-7567. This year's calendar includes: 10/19 Pop Fest, 11/11 Veterans Day, 11/27 Tree Lighting, and 12/14 Holiday Show.

Dog



This is Bitsy, a very active seven-year-old mini Aussie owned by Elsie Edgeman. Bitsy loves everyone she meets, but is afraid of those she doesn't know. She loves to get into anything she can when no one is watching.

Does your dog dash out the front door or go exploring without your knowing it? If so, you're not alone; the dog club has returned more than 40 lost dogs to their worried owners.

At our last meeting, speakers from the Solano County Animal Shelter at 2510 Clay Bank Road in Fairfield emphasized the importance of microchipping, noting that collars or ID tags can break or fall off a dog on the run. You can get your dog chipped at their microchipping and shot clinic every Wednesday from 2 - 5 p.m. You can also

register your lost dog and its picture on their website, petharbor.com, or find a dog to adopt. Unlike other facilities, the shelter is a "no-kill shelter" —no adoptable dog will be put down. And those who are adopted leave with all their shots, microchip, and license. The shelter also operates a pet food pantry, sponsors a spay-it-forward program, and cares for dogs in their old age.

There is new information about our long-awaited dog park. Shea has designated a park site off Diamond Hills and design plans are with a landscape architect. For more information, contact Sharon Primeau at sl5prim@yahoo.com.

Save the date: Our July 26 meeting at the Delta Club and our July 30 play day (large dogs 9 - 10:30 a.m. and small dogs 10:30-noon).

Dominoes

It is hot. What better place to cool off than with friends and neighbors at the COOL Delta Club? Shirley will be in the Delta Club, with a starting time of 12:30 p.m. the first and third Tuesday of each month. Get on board and introduce yourself to the other Mexican Train travelers. If you are not familiar with the rules of play, you will be patiently helped by the others. They are simple, and they play quick enough to keep everyone's interest. Don't miss out. For further information, please call Shirley at 707-374-9984.

Drama

We are presenting *The Trouble with Tucker Downt* as our next melodrama, with performances scheduled for August 11, 12, 13, and 14, 2016. This delightful play portrays one day in the life of a wacky family with the additional confusion of the patriarch's untimely demise, and his twin brother suddenly appearing. Attendance to this amusing play is free! The flyer is in this July issue of *Trilogy Living*. Reserve early through our box system (Box #8) at the Delta Club. Put the "play-date" on your calendars!

We welcome inspiring new members, especially a few good men, with or without any experience. You will absolutely have the most fun with our cast of characters. All interested Trilogy residents come to our next membership meeting on June 28 at 7 pm at the Delta Club. Please contact Debby Dubrow for more information at 707-374-6706.

Emergency Action Committee

All of us living at Trilogy are familiar with the Rio Vista Fire Department. They visit our community daily to take care of us when we are unable to. Their presence calms fears, eases minds and can save our lives. Did you know they will even come to your home and change your smoke

detector batteries if you ask them? Your Emergency Action Committee works regularly with the Fire Department to support planned events, like the Trilogy Triathlon, and to prepare for unplanned emergencies impacting our community. Now you have an opportunity to give back to the Fire Department. Rio Vista Hot Shots are putting on a fundraiser barbecue on Saturday, July 16 2016 from 11:30-4:30 p.m. at the Veterans Memorial Hall. Tickets are only \$25 and can be purchased from Hot Shots by calling 707-374-2233. All profits from ticket sales will help fund critically needed equipment, such as lifesaving bags and medication security vaults for the fire trucks. Donations are tax deductible and will benefit a great cause! The Emergency Action Committee is a volunteer Committee of the Master Board. We meet in the River Room at the Delta Club at 7 p.m. on the second and fourth Tuesdays of every month. We invite everyone interested in helping our Trilogy Community in the time of an Emergency. Contact Chairperson Barry Fraser at 415-407-8529, or Vice Chairperson Art Darden at 408-710-2496.

Fat Quarter Quilters

We are a group getting together to work on our own quilting and sewing projects. Join us and meet new friends and share the love of sewing. We meet every Wednesday from 12:30 – 4 p.m. at the Delta Club. There are no dues or fees. Contact Esther Young at 707-374-2639.

Garden



The Garden Club learned about warm season vegetable gardening in June. UC Davis Master Gardeners Patty Chapman and Judy H. taught us about how to prepare our gardens, using seeds versus plants, insect control and also answered many questions from our members.

Have you run out of room to plant your garden? If you can't go out, you can go up! July 14 brings a return speaker to our club. Mr. Gene Ekenstam of Benicia, a Solano County Master Gardener, will present a program detailing vertical gardening. Whether it is edibles, perennials or annuals, there's an upward solution to your planting space. The program will conclude with a question and answer session (and of course refreshments!)

The third Tuesday of the month, the Garden Club hosts a workshop which is held from 9 to 11:30 a.m. in the Marina Room at the Delta Club. Information and a sign-up sheet for the current workshop can be found above Box "9" in the Delta Club.

Trilogy's Garden Club is growing: not just in our flower beds, but our membership, too! June brought us several new members and we look forward to welcoming more.

Remember, you don't have to be an experienced gardener to join! Our meetings are held the second Thursday of the month at 1 p.m. in the Diablo Ballroom at the Vista Club.

For more information, or if you have any questions, please email Robie Williams, Publicity and Membership Chair at robiejw@hotmail.com.

Genealogy

The first railroad tracks were laid down in Quincy, Massachusetts in 1826. Since that time, there have been many different railroad companies. Some have disappeared, others have merged, and a handful still exist. They all produced personnel records that genealogists can use for research today. You just have to know where to look at the particular railroad company for which your ancestor worked. The railroad records can be anything from scanty to quite detailed in the information they provide. The place you should start looking is the U.S. Railroad Retirement Board. These records include anyone who worked for the railroad for a decade or more after the board was created in 1935. You can get detailed employment, personnel, and retirement records for your ancestor from this board. If you know the name of the railroad company for which they worked, you can go directly to that company if it still exists. You can find other records at railroad museums, local historical museums, local history archives, local libraries, university libraries, and even better yet, online. You will usually be directed to the website of the place that has the records, or at least to a website that lists their location. These are valuable resources for those with ancestors who worked for the railroad. Make sure you check them out.

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 Workshop is held the third Thursday at 2 p.m. in the learning center, Vista Club. For more information, contact Carolyn at wncbridges@comcast.net or 510-334-0912.

Good Samaritans

"God Bless America"



On July 4, 1776 the thirteen colonies claimed their Independence from England. Each year on July 4th, also known as Independence Day, Americans celebrate this historic event. Thomas Jefferson drafted the Declaration of Independence. From 1776 until the present, July 4th has been celebrated as the birth of American Independence.



Dr. Martin Luther King, Jr. recognized the meaning of Independence Day in one of his speeches. King's hopes were rooted in that powerful second paragraph of the Declaration of Independence that claims that no man by nature is ruler or the servant of another. It's not just a great statement during a social struggle, it's a great statement about what it means to be an American.

The Good Samaritans believe the same as Thomas Jefferson and Dr. Martin Luther King, Jr.: that freedom is for everyone who lives in America. The Good Samaritans also believe that our freedom comes from honoring God with faith, hope and charity. We also believe what the Bible reads; that freedom also comes from love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.

Juneteenth is also known as Juneteenth Independence Day or Freedom Day. This is a holiday observed in most states that commemorate the announcement of the abolition of slavery in 1865. Celebrations for June 19th include prayer, church services, parades, rodeos, street fairs, cookouts and family reunions. This is also a time to give thanks to God for our freedom.

Dr. Martin Luther King, Jr. said in his "I Have a Dream" speech, "Free at Last! Free at Last! Thank God Almighty, We are Free at Last!"

Scripture of the month: John 3:16

Guitar



The midday Coffee House on the Patio was well received. We are planning to return in the fall. Our next This 'n That Coffee House is on Sunday, July 17 in the Diablo Ballroom from 6:30 p.m. to 8:30 p.m. Stop in and listen to your neighbors sing and play guitar/ukulele or hear readings of poetry and prose. It's a relaxing evening of music

and the spoken word. Coffee and snacks are free and there is no admission fee. The first song begins at 6:30 p.m.

The Coffee House is not an Open Mic event. If you are interested in performing, come to any of our meetings and play with us. Guitar Club meets on the first and third Mondays of the month in the Diablo Ballroom from 3 p.m. - 5 p.m. For those two hours we play, sing, talk and have a good time. Beginners and non-players are always welcome. For those that are learning to play, need help changing strings or just

advice, consider coming to our Beginners Workshops on the second and fourth Fridays of the month in the Diablo Ballroom from 2 p.m. to 4 p.m. There is no Guitar Club meeting on Monday, July 4. If you have questions about the club or events, contact Roger Kohn at 707-374-2737 or email Rich Victor at thatsrich@gmail.com or email us at guitarclubTRV@gmail.com.

Havurah Friends

Our new club, Havurah Friends, will meet on Sunday, July 17 2016 at 7 p.m. We will meet in the Monterey Room at the Vista Club. Please bring a small snack to share if you wish.

Havurah Friends is a social and educational club, open to all who are interested in exploring Jewish history and culture through discussion, books, special events and traditional holiday gatherings.

So far, the group has enjoyed a Purim social, a Passover recipe sharing, and a Shabbat dinner. We plan on exploring new ideas for day trips, as well as interesting discussion topics, and future events. Please come and help make your club whatever you would like it to be!

We look forward to welcoming new members as we expand our group of friends. For more information, please call Pam at 707-374-3161 or email her at karatpah20@gmail.com.

Hiking

The Trilogy Hiking Club offers a wide variety of hiking, special interest and social events; membership and most hikes are free. A nominal fee is charged for our special events.

The club's mainstay activity is our Saturday hikes. In the last 12 years, close to 500 hikes and events have been conducted. We offer a varied assortment of trips ranging from short hikes on paved surfaces to long, single-trail hikes for those more adventurous. A monthly member newsletter describes each hike in detail in advance of the hike date. All hikes depart at 8:30 a.m. from the Vista Club, where a pre-trip meeting is held and carpooling arrangements are made.

Special interest events range from day trips to places such as the mines at Black Diamond, Sacramento's Underground, and Vasco Caves to multi-night trips to Point Reyes, Lassen or Yosemite. A 24-member group of the Club spent 4 glorious days in Yosemite May 23-27 this year. For our social events, club members gather monthly at a member's home for a potluck meal followed by an evening of socializing and playing cards.

July's Saturday hikes are:

July 2 – No Hike, 4th of July holiday weekend
 July 9 – Point Pinole Regional Shoreline - Richmond
 July 16 – Redwood Regional Park - Oakland
 July 23 – Angel Island – San Francisco Bay
 July 30 – No Hike, no hike leaders available

If you have questions, or would like to be put on the mailing list, please contact Vic Thiry at vic@thiry.us or 707-374-3749.

Labyrinth Walkers

Join us for a Trilogy Labyrinth Walkers group excursion and walk on Wednesday, July 13 at the Christian Church of Vacaville, 66 Vine Street. We will start our adventure at the Vista Club parking lot near the waterfall. The plan is to carpool. Please arrive at 9:30 a.m. to sign in. We will leave at 9:45.

This is a unique labyrinth: a compelling ½ circle configuration. This style has circuits similar to the familiar model we normally walk. You have to see and walk it to really appreciate the way the ½ circle works within its space, yet provides the same opportunity for left and right balancing turns. Even more compelling is the location atop a hill with spectacular views looking back towards Vacaville. The area has welcoming benches and flowers, all adding to the serene contemplative atmosphere to enjoy prior to and after your walk.

Vine Street is narrow as you enter it from Monte Vista. True to its name, this street twists and climbs. Once you are past the traffic circle the church is a little further ahead, on your right before you reach the crest of the hill. Look closely or you may miss the sharp turn into the hilly driveway. A large speed bump a few feet into the drive encourages slow entry. Please dress appropriately, it may be hot and/or windy.

Together we will determine a restaurant in Vacaville for lunch. Vine Street isn't too far from Old Towne Vacaville. Old Towne has some interesting shops and walking areas. Bring your suggestions for a dining location.

Call Elaine Wisz at 707-374-4310 or Gerry Swan at 510-507-4080 to let us know if you will join us, if you can provide or need a ride, and if you have questions.

Christian Church 1/2 Labyrinth atop hill overlooking Vacaville.

Men's Fellowship

To all men in Trilogy who are interested in studying the Bible, please plan on participating with like-minded men who study the Bible. We have completed the study of

Luke and Acts, and are currently reading, studying, and discussing Romans.

We meet weekly in the Monterey Room of the Vista Club on Wednesdays from 9:30 – 10:30 a.m. We welcome all men who have a desire to read and study Holy Scripture.

For any additional information, please contact either Lloyd Whitford at 707-374-3266, whitfordlloyd@gmail.com or Ted Angus at 707-374-6593, sandraangus@yahoo.com.

Model Club

In anticipation of July 23's Steam-Up, we are working diligently to spruce up buildings (The Ceramics Club and the Model Club) and improve the grounds (Members of the Garden Club) along with building repairs. We will have a large tent to shade visitors from sun and rain, and are laying rock and stepping stones donated generally by a new Garden Club Member. The Steam-up will take place on the Vista Club House Lawn.

All this, plus demonstrations of Garden Railroading, music, and of course Larry the Hot Dog guy will offer dogs, drinks and chips at a reasonable fee.

Any questions, please contact our Club Secretary Mr. Dean Lattman at 707-374-3967. Please join us at our monthly meeting the first Friday of each month in the Monterey room at 9 a.m.

Motorcycle



Photo L to R: John Oakley, Bob Azbell, Wil Bridges, Randy Scott, Stacy Cade

The Trilogy Motorcycle Club riders meet the first Saturday of every month for an all-day ride. The June 4 ride started with 10 riders with a destination of "beat the heat." Since the valley floor was expected to peak at about 107 degrees and the Bodega Bay coast expected a high of 68 degrees, it was a no brainer. This offered an opportunity for a favorite ride starting at Mankas Corner and winding



through the backroads into Napa on Monticello Road. This was a long enough ride to necessitate a stretch break at Peet's on Trancas. From there, it turned into a tight, somewhat bumpy but scenic ride. Turning left on Trinity Road towards the coast brought us to a challenging bit of asphalt that can challenge your skill at gear selection. A nice cruise on Bodega Road lead us to a little hotdog/hamburger place with all-you-can-eat french fries. A number of half pound burgers were ordered and no one went back for more fries! A lazy cruise up to Jenner brought us to our return point, The run along the Russian River is always nice, and it's a treat to see some of the biggest coastal trees in the state, but you can't spend too much time looking up. Finally, we made a dash for Starbucks in Suisun to relax and rehash the day's ride. The total ride was about 220 miles with quite pleasant temperatures all along the way.

Just a reminder to wash, polish and decorate (as you see fit) your motorcycles for the July 4 Trilogy Parade.

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

Movers & Shakers

This is a support group for those with Parkinson's, Essential Tremor, Dystonia, or any other movement disorder. We meet once a month at 7 p.m., in an informal atmosphere for about an hour and a half. We discuss different topics such as medications, treatments, nutrition, exercise, and any of the latest information that a member has learned of and wants to share. Spouses and caregivers are welcome as well. We share tips and experiences that are helpful for someone who is experiencing the same symptoms. We are here to develop relationships and support for each other. We end the meeting with a little refreshment and social time. We would love to have you join us. For date and location, call Audrey Kinser at 707-374-7506.

Nature

Many and varied outdoor activities are available in this area in July and August. Yolo Basin continues its Bat Talk and Walk events, Solano Land Trust and Rush Ranch in Suisun have events which can be accessed online. Martinez continues its Beaver Festival August 6, 11 a.m. - 4 p.m. at the corner of Marina Vista and Alhambra in Martinez.

More information is available on the festival website: martinezbeavers.org.

Nature Club will take July and August off, but we will hold a meeting September 14 with an outing to be announced.

Remember to enjoy Fall Migration beginning in August. Call Gail, 707-374-2718, with questions.

Photography



Photo by Diane King

All Trilogy residents, regardless of experience, skill level and/or photographic equipment used, are invited to drop in and find out more about our club. Come check it out on the first Thursday of each month at 7 p.m. in the Learning Center at the Vista Club. This month's meeting is on July 7. Remember to arrive early to upload your pictures if you plan to share during "show and tell."

Many members look forward to getting the next "homework assignment" - it motivates us to get out and take pictures. This month's subjects (always optional): "by the sea" or "farmers markets." In August: bottles, shells or storefronts. Suggestions for future meeting themes are always welcome!

For more information contact CeCelia at 707-374-4749 or at c.a.wavrick@gmail.com.

Pickleball



Red Nose Day is all about having fun, raising money and changing lives. Money raised through the Red Nose Day fund will help transform the lives of children living in poverty in the United States and Internationally. The Red Nose Day fund is a program of Comic Relief inc. For more information, visit www.rednoseday.org.



mation, visit rednosedayusa.com. Walgreens exclusively sponsored Red Nose Day by selling red nose accessories and Red Nose Day aired on NBC May 26, 9/8c. Thanks to all those who donated to this wonderful charity!

Keep playing Pickleball and keep supporting those who are less fortunate.

Pickleball contact is Linda Pagliaroli, 916-835-3801

Radio

Some of the Radio Club members participated with the Emergency Action Committee in the Annual Trilogy Triathlon as a demonstration of our commitment to enhance the emergency communications abilities in our community. We are offering to provide Family Service Radio network at strategic locations as necessary as well as amateur Radio Backup if required.

The Radio Club meets most Tuesdays in the Vista Club Monterey Room at 8:30 a.m. for demonstrations and technical discussions. Please stop by. We also conduct a radio network using the Solano County ACS repeater most Monday evenings at 7 p.m. Questions? Call Club President Dean Lattman for more information. He is available at 707-374-3967

Religions of the World



R.O.W. Club is a diverse group of Trilogy residents interested in learning about the different religions of the world: their history, beliefs and practices.

We meet the first Tuesday of every month at 6:30 p.m. This is not a forum for recruiting members to any belief system. All Trilogy residents of any belief system are welcome. For more information, contact Don Cooper at 510-909-5049 or Barb Bellamy at 707-374-6670.

Because many members of our club will be on vacation in July, there will be no July Meeting. We will have a regular meeting on Tuesday August 2 in the Marina room of the Delta Club at 6:30 p.m. This will be the second half our discussion on why there is so much evil in the world.

Men's Executive Nine Golf

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, with individual "straight" golf play two Tuesdays of the month, and, with a few exceptions, individual and team tournament events on the alternate Tuesdays. We would like to

welcome new members Charles Doubleday, Leo Jackson, Frank San Nicolas, and Robert Vieraitis to our club. With the addition of these new golfers, we currently have 101 members. 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 in May. The winning foursome members for the May 10 tournament were Rayno Niemi, Joe Lasusky, Dennis French, and Gunner Danielson. The winning team members of the May 31 tournament were Harlan Dalluge, Bill Price, Bob Brainerd, and Joe Lasusky.

There will be two Tuesday Tournaments in July. On July 12th, the club will hold a "Surprise" format tournament. The second Tuesday tournament for the month will be on July 26th. This tournament will be a "Yellow Ball" tournament.

We invite you to come out and join us for a good time with a great group of guys.

Senior Men's Golf Club

Rio Vista Senior Men's Golf Club members can typically expect to sport the very latest in high-tech golf equipment (drivers, putters, balls) – seeking that last "missing piece" for a game long distinguished by "future" promise. Recently, however, the Club went "new school" with a concerted effort to use computer technology to conduct its business and schedule tournaments. Now members can – from the comfort of their own recliners watching the Golf Channel – get the latest Club news and register online for upcoming tournaments. By all accounts, the new "normal" has been relatively bogey free and is a welcome upgrade in support of our unrelentingly busy lives.

In addition to the normal schedule of Wednesday tournaments on our home course, June saw a large group of members travel to the nearby Mare Island Golf Club in Vallejo as part of our monthly Away Tournament schedule.

Prior to that, teams of players represented the RVSMGC at the Moraga Country Club and the Contra Costa Country Club in Bay Area Senior Association (BASA) Home and Home tournament. BASA represents a group of about 20 private country clubs. We are the only public club in this group.

The RVSMGC welcomes all Rio Vista men 50 and older to join our club. If you are not playing with us currently, come and be part of the fun. Membership forms can be found in the club room of the Pro Shop. For all other information concerning membership and activities, contact our Membership Director, Eric Bromell, at 925-685-7237 or ebmixer@yahoo.com.



Singles



The Singles Group is here for some fun in the sun this summer. Come join us at a meet and greet or one of our game nights to meet new friends or catch up with old ones.

Join us at 6 p.m. on July 27 in the Marina Room at the Delta Club for our monthly barbecue potluck meet and greet. Bring something to grill, a side dish to share, something to drink and get ready to enjoy an evening of great conversation and laughs. Don't forget your swimsuit in case you want to take a dip in the pool or the hot tub.

We get together for cards and games on Tuesdays at the Vista Club from 6:30 to 9 p.m. We'll be in the Monterey Room the first and third Tuesday and you'll find us in the Sonoma Room on the second and fourth Tuesday.

Don't forget to bring your favorite beverage to quench your thirst! If you'd like to bring a sweet or savory dish to share you can, but it's not required. We look forward to meeting you at the next event!

If you have any questions, or require additional information, contact Robie Williams at robiejw@hotmail.com or Doug Littrell at littrelldouglas66@gmail.com.

Square Dance

You may have tried it and liked it when you were in school. You have heard or seen it and it looked like a lot of fun. Deep down, you know you want to try this. Well, the time has come. The Trilogy Square Dance Club will be starting a beginner's class on Wednesday, August 3 at 6:30 p.m. at the Delta Club Rio Vista room. So be there if you want to learn the basics and have a good time. If you are an experienced dancer, we are currently dancing at the mainstream level, so drop in and join us on any Wednesday from 7 to 9:30 p.m. The club has engaged the services of Scot Byars, a nationally known professional caller and teacher, at a cost of \$5 per dancer per session. Singles or couples are welcome. If you have an interest stop by to observe any of our Wednesday sessions or call Lee Ann Frable at 484-707-0935 or Ron Kott at 650-464-2071 for further information. BE THERE AND BE SQUARE.

Supper

Wondering what Supper Club is all about? 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 of typically 8-10 people 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 special day. We are made up of singles and couples and one thing we have in common is our own story and a desire to make new connections.

Supper Club has 5 small group home events per year. There is nothing gourmet about the club; simple fare is fine. The host makes the main dish and the guests bring a dish to complement the meal at the request of the host. The event can be a brunch, lunch or dinner.

If you would like to join us or need more information, contact Susan Collier at 372-5489 or msnnomre@gmail.com, or Pam Lewis at 372-1642 or flyprl@yahoo.com

Table Tennis

A primary reason why people are attracted to Trilogy is the opportunity to belong to an active-living community that promotes health, social interactions and happiness. The mission of our Club is to advance these causes. There are good reasons for Trilogy residents to consider Table Tennis. Anyone, regardless of age or ability, can learn



to play and enjoy the sport. You don't have to play at an advanced level to get a good workout. 2-3 hours per week will do wonders for your health and fitness.

Playing Table Tennis entails considerable brain stimulation besides the physical workout. Thinking, planning, developing strategies, and executing plays promote mental alertness and physical agility. The indoor nature of the sport makes it accessible in all seasons. If you fancy social interactions, you will find enthusiastic company at our club. Table Tennis is cost effective, requiring just pennies per day. The club provides tables and balls, and paddles are available for beginners. Many members play for the sheer fun and entertainment values of the sport. If you find these reasons appealing, we look forward to welcoming you and sharing the many benefits of the sport with you. We play at the Delta Club Tuesdays, Wednesdays and Thursdays after 5 p.m. and Saturdays 9 a.m. to 1 p.m.

To learn more please visit trvtt.wordpress.com or contact: Len Latorre, President at 707-374-3893; Mimi Petersen, Vice President at 707-374-2219; Rod Armas, Treasurer at 707-374-5989; Saiman Hui, Secretary at 707-374-4883; Tom Barnes, Tournament Director at 812-7112, or Ruth Barnes, Member-at-large at 812-7112.



Tennis

For those new to Trilogy who have never played tennis and think it is too late to start, consider the story of Zeny Devera. She and her husband, Orlando, moved into the neighborhood in 2006. Although Orlando was a tennis player, Zeny had never played and decided now was as good a time as any. She took lessons from George and practiced as much as she could including getting her husband up at 6 a.m. to practice with her! She is now one of the best women players in the club. Zeny proves that it is never too late to develop a new passion.

Upcoming events: July 4, to help with our entry into the Trilogy parade, meet on the tennis courts at 8:30 a.m. July 16, tournament with The Vineyards in Brentwood. Beautiful courts and great tennis! July 22, Friday Tennis and Eats. Play at 5 p.m., dinner at the Bocce Courts at 6:30. The food theme is Mediterranean.

As always, daily Social Tennis is M-F from 8 – 10:30 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 do not leave marks on the court surfaces. Members Only: for help with the ball machine please call Chuck at 707-374-6808 or George at 863-1082. George is also available for lessons if you want to pick up your game or start a new passion.

For more information about our club, our next club meeting is scheduled at 10 a.m. on Friday, July 29, at the Delta or contact Claude Trottier at crtrottier92@gmail.com. You can also visit our website www.frontiernet.net/~courtjesters.

Theater Group

Auditions were held last month for our upcoming production of *All My Sons*, by award-winning playwright Arthur Miller (*The Crucible*, *Death of a Salesman*). Director Rusty De Lucia and her nine cast members are preparing for a busy rehearsal schedule leading up to opening night on September 22. Producer Grace Bos is coordinating the supporting teams (stage design/construction, props, costumes, promotion/publicity, tickets, refreshments) whose contributions are also essential to the show's success. Watch for more information on Next Door and in the August issue of *Trilogy Living* about ticket reservations for each of the four performances (September 22, 23, 24 and 25). You won't want to miss this riveting drama.

All Trilogy residents are welcome to attend regular membership meetings to learn more about our projects and opportunities. This month we meet on July 28 at 7 p.m. in the Delta Club River Room. We would love to have you join us - there's still time to get involved with the pro-

duction of *All My Sons*. For more information about our productions or any of our other group activities, please contact TTG President Louise Mitchell at 707-374-3541 or sspm1939@gmail.com.

TOPS (Take Off Pounds Sensibly)

Sharing ideas and tips on how to lose weight and keep those pounds off sensibly is the main purpose of our Wednesday morning meetings at the Delta Center. At the end of each month, the pounds lost for that month are shared by our weight recorders. For the month of April, our entire group lost a total of 77.4 pounds! In June, members toured the local Endive Farm right here in Rio Vista, receiving recipes and a package of endive at the end of the tour. Consider joining us Wednesday mornings. Weigh-ins are from 8 a.m. to 8:45 a.m. with our meeting starting at 9 a.m. ending no later than 9:45, well worth the time out of your busy schedule to start losing weight sensibly. For more information about TOPS, call Leader Elouise (Ella) Brice, 707-374-1499 or Co-leader Jim Hodges, 925-368-5795. We look forward to seeing you at our next Wednesday morning TOPS meeting.

Trilogy Art Guild

Trilogy Art Guild is growing, we now have 74 members. Our members were treated to a wonderful demonstration last month by acrylic and oil artist and teacher Gary Bergren. It isn't necessary to be an artist to join our club, we welcome art lovers! For more information you may contact Marie at 707-374-5151.

Many of our members are keeping busy creating new artwork for our upcoming Annual Art Show. Trilogy residents and their invited guests are invited to attend our Artist Reception on Saturday, August 13 from 5 to 8 in the evening. Please join us for a glass of wine, an appetizer and to view our beautiful artwork, which is for sale. On Sunday, August 14, the Art Show will be open to the public 11 - 3. Until then, you can view artwork by some of our members displayed in the Monterey Room in the Vista Club or when you go out to eat at The Point.

As always, all Trilogy residents are invited to attend classes, no experience required. Classes are held in the Marina Room in the Delta Building:

Beginning Watercolor

Tuesdays at noon with Anna at 707-374-3560.

Oil and Acrylic Painting with Gary

First & Third Wednesdays 2 - 4:30. Contact Alma 707-374-3064.



Card Design with Wilda

Wednesdays 2 - 4. Contact Alma, 707-374-3064.

Cardmaking with Shari

Fridays at 10 a.m. Contact 707-363-9752.

Advanced Watercolor

Fridays at noon with Anna, 707-374-3560.

Celtic and Zen Tangle

Third Tuesdays at 2:30 with Anna, 707-374-3560

Shibori Workshops

Contact Lori at 707-374-6196.

Silk Painting Workshops

Contact Ann Jacobs at 707-374-2768.

Ukulele

We meet in the Vista Club Diablo Room each Wednesday. Beginners' class meets at 11 a.m. followed by the performance group at noon. All interested Trilogy residents are welcome to drop by, listen, play, and sing along with us.

Bring your ukulele if you have one. You don't need to know how to read music or have any prior experience with playing an instrument. Ukulele is easy to learn - you'll be playing new songs in your first class!

Contact Claire McKean at 510-301-0479 for more information.

Whist

The Whist Club has great regards for all of the people who celebrated Juneteenth with us. Matt Applin and The Midnight Band intrigued the crowd with their music. The delicious food was prepared by Arvell and Minnie Howell.

For the rest of 2016, The Whist club will be planning our 2017 programs, starting with Martin Luther King's birthday in January, when we will honor his legacy. We're looking ahead and celebrating what's to come.

You are welcome to meet with us every third Friday of the month at 7 p.m. in the Delta Club. Bring a dish to share. The food is always good and plentiful. We play cards, Mexican Train, Dominos and any game that you bring and introduce to us. Some people sit, exchange information and give their views for a better country. Come, interact and share your thoughts with us on designated Mondays (see the Activity Calendar in *Trilogy Living*). We offer encouragement and support for each other.

Contact Hattie Walker, Chairperson at 707-374-3699 or Jean Robertson at 707-374-0086

Women's 9-Holers

May has been a challenging month to play golf. The weather has been humid, very windy and it ended up very hot. The biggest problem we have had with the heat is it has brought out the No-see-ums. Those pesky little bugs keep biting. Darn!

The first week of golf was a Low Putt Day. Handicaps 21-36: 7 Ladies, Nancy Biles with 15 putts. 37-41: 9 Ladies, with Jan Benner with 18 putts. 43-57 Ladies, Cathy Warr and Eila Ballard tied with 18 putts. The second week was



Manteca Play Date

the beginning of the Eclectic Tournament, which will go through the end of June. Results in July. Seven of the ladies went to Manteca for a play date. Six came back with wins...all had a really great time. Plus they got to visit with our

old Trilogy friend Georgette Rodrigues. Pars for May (22 total), #8 and #13, favorites. Par of the Month Club Members; Lynn Traver(4), Debi Petteruti (2), Pam Fashing (2), Nancy Weaver (2), Karen Nash (2), Eila Ballard, Jan Benner, Linda Rowe, Jo Ann Hess, Jeanie Renner, Doreen Lewis, Diane Scholz, Lois Dutcher, Marnie Doody and Fran Silva. Chip-ins: Eila Ballard (2), Jan Benner, Jo Ann Hess, Barb Downs, Karen Nash, Barb Bellamy, Linda Rowe and Carol Petronzio. Congratulations Ladies!

Trivia Rule: Before making a stroke from anywhere on the course, a player may have the flagstaff attended, removed, or held up to indicate the position of the hole.

a. True b. False

Come join us. Contact Debi Petteruti at 707-374-5797, or at nsdme2012@gmail.com.

Women's 18-Holers

May Results

Congratulations to the Ace of the Month winner, Lynn Traver with a net score of 64. May was a great month for golf. The weather was on a scale of good to perfect. The weather brought out the best in many of our golfers. Here are May's highlights: Birdies: Cindy Brown, Bessie Dunn, Sandi Holst, Des Javier (2), Carol Petronzio, Trixie Roque, Diane Scholz and Diana Staley. Chip-ins: Jan Benner, Bessie Dunn, Jackie Evans, KarenAnn Evans, Des Javier, Darl McCarthy, Donna Nunes, Carol Petronzio, Marilyn Rogers,



Trixie Roque (2) Denise Sargent-Natour (2), Diana Scholz (2), Diana Staley (2), JoAnn Smith, Roni Teixeira and Lynn Traver. Closest to Pin: Ella Ballard, 6' 3," Darl McCarthy, 10' 8" Denise Sargent-Natour chip-in, and JoAnn Smith, 2' 9." Broke 90: Linda Barlesi. Broke 100: Marsha Berry, Cindy Brown, Pam Fashing, Maureen Gingrass, Des Javier, Sandi Holst, Donna Nunes, Denise Sargent-Natour, Linda Siatt, Diana Staley, Roni Teixeira and Lynn Traver. The Captain's Cup Tournament was played over two days, May 19 and 20. Captain Cup Winners by flight: Flight 1 Handicaps 21-26: 1st Cindy Brown 152 net won a trophy. 2nd/3rd tie 156 net decided by a card off. 2nd Debby Carroll. 3rd Roni Teixeira. Flight 2 Handicaps 28-32: 1st Ulla Ulmonen 150 net won trophy. 2nd Maureen Gingrass 151 net. 3rd tie 157 net, Alma Renko/Loretta Ortenblad decided by a card off. 3rd Alma Renko. Flight 3 Handicaps 35-44. 1st Diane Scholz 144 net won trophy. 2nd Jan Benner 146 net. 3rd Lynn Grace 147 net. Overall Low Net Winner with a score of 141 was KarenAnn Evans.

If interested in joining, contact Carol Petronzio at 707-374-2740.

Women's Fellowship

The Women's Fellowship is off to a good beginning and happy to welcome all women residents to join us every Thursday from 9:30 a.m. - 11:30 a.m. at the Vista Club in the Sonoma Room. We are blessed and excited to have several new residents join us and look forward to many more

who enjoy reading and studying the Bible. Currently, we are studying 12 outstanding Women of the Bible. We are intrigued and eager to study their lives according to the culture of their time; also, we are curious to see how each of our lives compare today to the 12 Women as we try to live as God commands. For more information contact Dorothy Tate 707-374-3892.

Writers

July is known as National Picnic Month. Several days have been designated to celebrate various events, causes, products or personalities: American Independence (4th), World Population (11th), Paper Bags (12th), Nelson Mandela (18th) and Cheesecake (30th). Your assignment, should you choose to accept it, is to create a day or month and explain why you'd like to have the world (or nation) observe a day of respect, remembrance and/or celebration. You may be whimsical, educate about something of great importance to you, or share a tradition from another culture that you believe would benefit us. Or, you may decide to write a poem, essay or song about anything you'd like to share with other writers. Just write! Join us on Thursday, July 14 (Bastille Day, originally celebrated in France and now observed in many other countries). We'll meet in the Monterey Room of the Vista Club at 7 p.m. If you'd like further information, please feel free to contact Suzi at 925-231-5213, Zoe at 707-374-3676, or Judy at 707-374-3973.

ADVERTISING INFORMATION

DEADLINE: All final ads and checks are due by the fifth of the month prior to the month of publication. For example: August 2016 ads and checks are due by July 5, 2016. All late submissions will run in the September 2016 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 925.324.9988. Additional fees will apply for design, scanning, and edits.



Alzheimer's/Dementias Caregivers' Support Meeting

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

Resident Tournament

May's Mother's Day Tournament was a lot of fun, the ladies got to pick the ball to use each time! Dinner at Sir Flairs, after was a Mexican theme with a taco bar and all the fixings. Then we had a raffle (two winners) and golf money prizes. Instead of cupcakes this time, we had churros from Sir Flairs and our specialty dessert of strawberry/brownie parfaits with of course a chocolate covered strawberry for all the wonderful mothers. Plus, each of the ladies got flowers. Double yum. A Pairing Party was held the Friday before the tournament to see with whom you were teamed and many stayed for dinner.

June's tournament had a Father's day Theme. Each of the men got golf balls to take home. Dinner was BBQ ribs, sliced turkey, mashed potatoes and gravy and a Caesar salad. Plus, all-you-can-eat cookies and ice cream for dessert. Bet you wish you had come!

The Resident Tournament is designed to help some of our new residents meet some of us who have been around awhile. It also introduces them to what opportunities are here in the golf community. The Resident Tournament is open to all golfers with a Ghin number and Handicap. It is recognized and supported by all the Golf Clubs here at Trilogy. Our next tournament will be held July 17 with a Fourth of July Theme. Look for flyers in the Proshop. The cutoff is July 10. For more information, call Linda Rowe 925-286-1555 or Harold Rowe 925-818-1124.

Hit a Home Run for CARE

On August 13, 2016 Rio Vista CARE will hold its major fundraising event, A Home Run for CARE, at Egbert Field in Rio Vista. This year's event will include entertainment, summertime fun, a barbecue dinner, a silent auction, and a live auction with local auctioneer Joe Gates. Save 20% today! Two Early Bird tickets are only \$80 before July 15. For tickets or more information, call Rio Vista CARE 707-374-5243, or come by the office at 628 Montezuma Street, Rio Vista.

Tuesday BBQ Potluck Open to all Trilogy residents.

Everyone is encouraged to meet at the Delta Pool covered picnic tables each Tuesday during the summer around 5:30 p.m., dinner starts around 6 p.m. The barbecue is available if you'd like to bring something to grill for yourself. Please bring a dish to share, your beverage of choice, and table service. NO GLASS CONTAINERS of any kind are permitted in the pool area. You'll meet old friends and make new ones. Everyone is welcome. Please leave the patio neat and clean for everyone to enjoy. Questions, call Claudette Gartner 707-439-6116.

Rio Vista Food Pantry Needs 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. Trouble lifting yet want to help? Let's talk about other areas needing help. Contact 707-374-2358 Thank you

Tea and Tunes for Rio Vista Food Pantry

This enjoyable afternoon high tea, hosted by the ladies of St. Brigid of Kildare Episcopal Church, will feature a musical program by Dave Moreno at the Wurlitzer theatre organ. The event will be held on Saturday, July 23 from 1:30 - 3:30 p.m. at Hunter Hall, 228 California Street, Rio Vista. Ticket price of \$25 will include a delicious tea with traditional sandwiches and desserts, all beautifully presented.

Proceeds from this event will benefit Rio Vista Food Pantry for programs that assist low income individuals, families and the homeless in crisis mode with food and referrals to services. For more information or to obtain tickets, call Linda Jensen, 707-374-5542.

Family Support Group

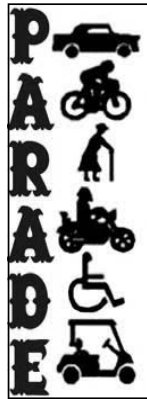


Family Support Group is available to organize a memorial service for any family member who incurs the loss of a Trilogy member. For more information, please call Chairperson Claudette Gartner at

707-439-6116, e-mail xbirdlady@myifp.com, or call Barbara Sherison at 707-374-6845 or Betty Bowley at 707-374-5613.

Trilogy's Celebration

Presented by Trilogy All Villages



- 10:30 **SUMMERSET PARADE - CLOCKWISE**
Parade is Staged & Starts At Vista Club
- 11:00 **Purchased Food Tickets Available at Delta Club**
HOT DOG, CHIPS & BEVERAGE
ICE CREAM SOCIAL
(Food Served 11:00 - 1:00 Delta Club)
- 11:30 **DJ MUSIC INSIDE AND**
DJ MUSIC POOL SIDE
- 1:00 **PARADE AWARDS PRESENTATION**



Contact Member Services 374-4200 or Debbie Dorn ddorn@actionlife.com with questions.

2. ORDER FOOD BY JULY 1: Checks payable to Oakmont Village Residents Club

RETURN THIS FOOD ORDER SECTION & CHECK TO DELTA CLUB Box "B"

Name: _____

Number LARGE Hot Dogs # _____ X \$5 = \$ _____

↳ Regular Soda # _____ "Diet" Soda # _____

Phone Number: _____

Number Ice Cream Sundaes # _____ X \$3 = \$ _____

↳ Regular # _____ Sugar-Free # _____

* Can you volunteer to help?

☐

Yes

☐

No

Total Check Amount Enclosed: \$ _____

Pickup Orders ASAP 11:00—1:00

(non-refundable)

1. PARADE REGISTRATION TODAY BOX "6": Help us plan ahead!

Name: _____ E-mail Address: _____

Club ☐ or Individual ☐ Theme, if any ? _____

Will You Have A Golf Cart Entry For The Contest? ☐ Yes ☐ No

If Other Type Parade Participant, what? _____

* Can you volunteer as an Escort Driver with Convertible? ☐ Yes ☐ No

* Would you like to help in other areas with the parade? ☐ Yes ☐ No



Trilogy at Rio Vista HOME BASED BUSINESS DIRECTORY

All Occasion Travel

Full Service Travel Agency
Joan Greene, CLIA, ARTA, 707-374-2440
Certified Travel Specialist
www.alloccasiontravel.net

Angel's Housekeeping

Best service, most reliable,
More for your money.
Licensed and bonded.
Mirna 707-673-6608

Mary Kay

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

Mary Kay Products

Independent Beauty Consultant
Sharon McDougall 435-669-5137
Marykay.com/smcDougall1

Nuskin/Pharmanex

New "Youth" Supplement & Essential Oils
Demo: how to look years younger
Diane King, Consultant US8301618
erasewrinkles@att.net or 925-324-1062

Rodan & Fields Skin Products

Anti-Aging Products for Wrinkles & Brown Spots
Call for FREE mini facial
Lupe Finch, Independent Consultant
707-374-2466 or LupeandMarcy@gmail.com

FOR SALE

Moving Sale

Professional massage chair. Regular \$3600; Sell for \$1200 OBO. Many other items. Call 707-374-3414.

SERVICES

Bicycle Repair

Gary's Bicycle Repair in Trilogy: (tire changes, wheel changes, flats fixed). Assembles, adjustments, tune-ups. Appointments only. Call 510-912-1640.

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.

Cleaning

5 Star rating, affordable prices. Weekly, bi-weekly, monthly. Move in/out. Call Carmen Martinez 707-398-8345, Trilogy Resident. References, free estimates. "We clean beautiful homes for nice people." Expert with products for new homes. 707-398-8345

SERVICES

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.

Facials

Licensed esthetician: Keep your skin beautiful with facials, microdermabrasion, vitamin treatments and more. Call Nina 707-374-3414. Gift Certificates available. Special on microdermabrasion.

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.

SERVICES

Golf Cart Battery Refill

Tired of filling your golf cart batteries the old fashioned way? Call Larry to install an automatic watering system that fills all your batteries in less than 20 minutes for \$195. 707-374-3338 or 707-208-9096

Golf Cart Covers

Attention all golf cart owners. Now available in Trilogy: golf cart covers installed starting at \$200. Call Larry for details at 707-208-9096 or 707-374-3338.

Handyman

Save water; Install Watts hot water recirculation systems; electric repairs, plumbing repairs, curtain rods. Call Bob Coons 707-628-0889. Free estimates.

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.



SERVICES

Hauling

Summer's here; garage and yard clean-up time. I am a Trilogy resident. Have Truck/Will Haul unwanted items to the dump for you. Free estimates. 707-374-2908.

Home for Elderly

Goldenstar Home for the elderly 707-374-4087 or 707-631-0010. Staff are background checked, TB tested and CPR trained. Care in the facility or in your own home.

Impeccable Improvements & Repair

Established retired general contractor. . .Tile, wood floors, water leaks, drywall damage, kitchen & bath remodels/repairs, privacy walls, iron fences/French doors, indoor/outdoor Jacuzzi tubs, storm doors, fireplaces, dog/cat doors, mantels.10 year resident. Big or Small—I Do Them All! References available. Dominic, Your One Stop Shop in Trilogy 707-322-9476

Massage

Have Table Will Travel: Massage in the convenience and comfort of your own home. I will come to you. Eastern massage by Jessie Cong. Licensed and insured. 707-374-5082

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.

Moving Furniture

Arranging and moving furniture and appliances in or out of your home or storage. No job too small. Reasonable and careful. Call Neal at 707-624-9374.

SERVICES

Notary Public

Certified Notary, fast, professional and reliable service. \$8 per signature. Please call Jeffrey 707-374-7541. Thank you.

Notary Services

\$10 per signature per page/ discounts for multiple pages. Trilogy resident. Elaine Wisz 707-374-4310.

Notary to Go

Only \$8 per notarization in Trilogy. Loan documents signing no additional charge. Since 1984. Call Warren at 707-374-3477.

Painting & Drywall

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

Pest & Termite Services

Trilogy resident and owner operated. General pest control services include quarterly or bi-monthly services to meet your needs. Termite inspections. Specializing in real estate and refinance. Please call Ron Yocum, Owner, R & D Termite and Pest Control (formerly Daniel Pest Management) 925-323-5211.

Pet Care

I will take care of your dog or cat while you are away. I will care for your pet four times a day at \$25 a day. Ken 707-374-3842 or email kenatkins7@aol.com.

Pet Care

Desiree's (Desi) Personalized, Loving Dog & Cat Care: Going out of town? Need overnight house pet sitting? Compassionate & Caring Pet Nanny. Daily dog walks, medication as needed, water plants, mail in. Ph 707-374-3245, cell 925-822-8342

SERVICES

Pet Care

Loving kitty and dog care includes play, meds, mail-in. Hourly pet sitting available. Short notice ok. Serving Trilogy pets since 2007. Accepting advance vacation reservations. Mimi 707-374-4343.

Ron the Painter

Trilogy resident with 10 years' experience interior painting, fences, mailboxes. Good price, good work. Call Ron 707-430-3135.

Rain Gutters Cleaned

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

Tax Consultant

Need help in resolving tax issues? Retired IRS Certified Enrolled Agent can help. New Trilogy resident. Call Chuck at 408-823-6964.

Transportation

Reserve your Ride. Trilogy resident will drive you: to or from airports, trains, BART, ferry and medical (will wait). 415-823-7575 Joanne

Transportation

Husband and wife team will drive Trilogy residents to and from area airports, trains, and cruise ships. Safe and reliable. Call Betty or James 707-374-3221.

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

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

Window Cleaning

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

Window Cleaning

Inside and out. Your windows will sparkle. Call now 707-673-6608.

Your Personal Travel Agent

Put yourself in our hands and let us arrange your travel from door to 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 alloccasiontrvl@aol.com. Let's talk it over.

WANTED

Sporting Goods

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

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.

Comedy... Clean & Funny CARY LONG



Just off the cruise ship and on his way to Vegas, Cary has been on the Tonight Show with Jay Leno and was a finalist on Star Search. Catch him at Trilogy's Vista Club!

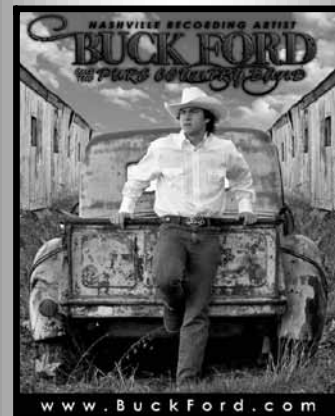
Friday July 15, 2016

Vista Club Diablo Ballroom

7:00 p.m. ~ \$15 pp

Bring your favorite refreshments

Sign Up at Vista Club Member Services



Nashville recording artist Buck Ford is a young, pure country singing sensation that focuses on keeping the traditional country sound and rhythm flowing. Bucks influences consist of George Strait, Merle Haggard, George Jones and Keith Whitley, just to name a few.

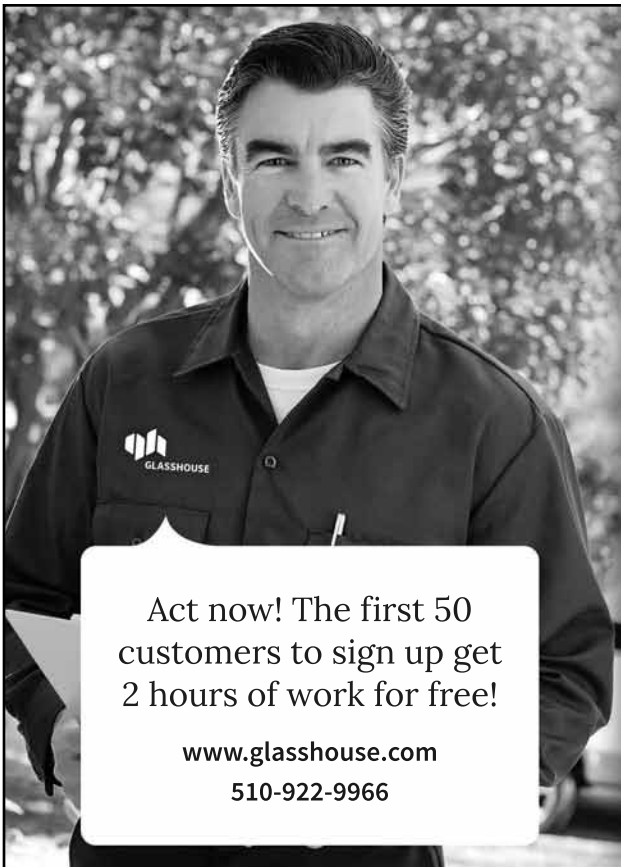
Concert on the Patio, Vista Club

Saturday July 30, 2016

7:00 - 9:30 p.m. ~ \$15 pp

Sign up at Member Services

Bring provisions, outdoor clothing & favorite lawn chair!



Act now! The first 50 customers to sign up get 2 hours of work for free!

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- Truly a real estate expert with 35 years EXPERIENCE, I have earned Real Estate Designations including the GRI, CRS, CRB, as well as Manager, Broker, Trainer, President's Council Member and Top Producer. I can help you.
- As a Trilogy and Saddle Rock Village resident for almost 5 years, I am fully committed to our community.
- For every closed sale, I donate \$100.00 to the Rio Vista Food Pantry.



Kathie Bleier
925.683.7084
KBLEIER@APR.COM
BRE 01063281



If you, or anyone you know is thinking about moving, please call me. I LOVE referrals!

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