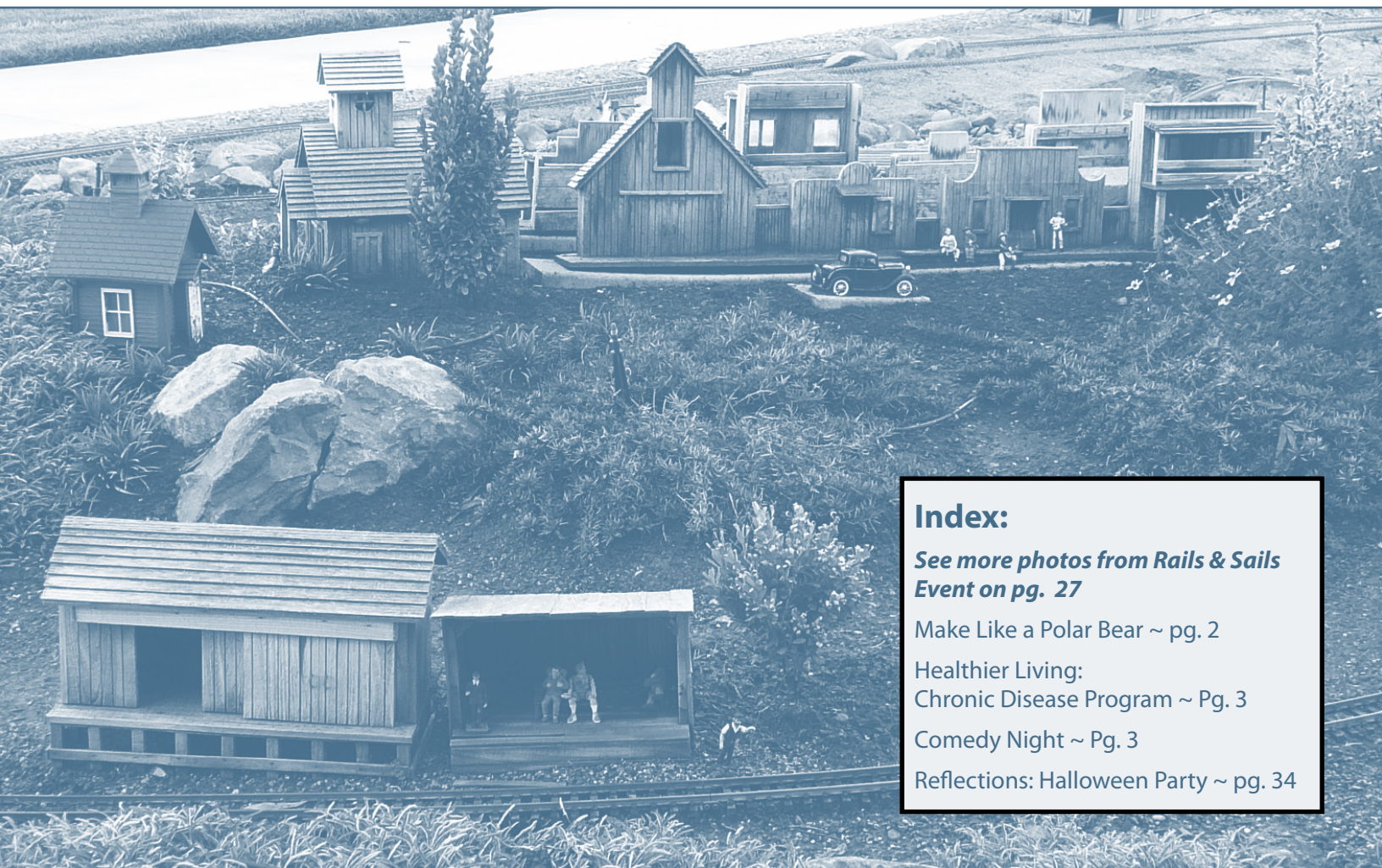


January 2012

Trilogy Living



RAILS AND SAILS



Index:

See more photos from Rails & Sails Event on pg. 27

Make Like a Polar Bear ~ pg. 2

Healthier Living:
Chronic Disease Program ~ Pg. 3

Comedy Night ~ Pg. 3

Reflections: Halloween Party ~ pg. 34

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*From the
Master Association*
BOB SATHER
President

HAPPY NEW YEAR! The regular monthly meeting of the Master Association Board was held on December 13, 2011. Once again there were a large number of members in attendance.

Actions taken at the meeting included:

- The approval of the Consent Calendar, which included the following.
 1. The minutes of the Nov. 8, 2011 meeting.
 2. Dates relating to the Annual Meeting.
 - a. Meeting Date – Feb. 14, 2012
 - b. Developer Date of Record – Jan. 27, 2012
 - c. Candidate Declaration Deadline – Jan. 27, 2012
 - d. Appointment by President – Inspector of Election
 3. Resolution to set aside Wastewater Treatment Plant acquisition funds - \$100,000
- Held an open discussion relating to Wildlife Pest Control. No action was taken.
- Appointed Kathy Stiner to the Adult Committee.
- Approved a request to hold “Save the Library” meetings in the Vista Club.
- A motion to change the speed limit on Clubhouse Road to 15 MPH failed.
- A motion for road arc striping where streets change names failed by a three to two vote. This item is to be considered during budget development.
- Approved an expenditure of \$3,026.05 by three to two vote, from Contingencies, to purchase two tables and 12 chairs from Hayworth and Associates. They are to be placed in the Cyber Café area.

Our next regular meeting is on Jan. 10, 2012 at 2 p.m. in the Diablo Room of the Vista Club. There is a Vision Meeting on Jan. 19, 2012 at 2 p.m. at the Delta Club. We look forward to your attendance and wish all a very Happy New Year.

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 Homeowner's Association, Inc., the Board of Directors, its officers, or management.

TRILOGY AT RIO VISTA

D I R E C T O R Y

Master Association Board of Directors

Robert Sather, President (1384)
 Carol Benkie, Vice President (3316)
 Lee Puryear, CFO (3510)
 Warren Oglove, Secretary (3477)
 Tom Moore, Director (5772)

District Delegates

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

Committees

Adult – Barb Bieber, Chair (5777)
 Access – Dave Bewick, Chair (2093)
 Disaster Preparedness – Jim Larsen (4382)

Village Board Presidents

Village 1 – Bernie Dehn (4764)
 Village Oakmont – Walt Manos (2827)
 Village Riviera – Warren Oglove (3477)
 Olympic Village – Robert Sonnenburg (925) 550-3832

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

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Delta: Admin Office (4843) Fax (4891)

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trvwelcomecenter@gmail.com

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

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From the Editor
ANDREA STUART



*From the
Activities Director*
DEBBIE DORN

New Years has a special resonance in the heart. It represents all that is possible—the horizon reaches beyond our expectations and opens us to the future. Opportunity is wrapped in ribbons of intention and our dreams are reawakened. Whether you've made a New Year's resolution or two or you simply intend to make 2012 the best year yet, it's time to take the year by the reins and ride your goals into the sunset.

Start off the year by swimming polar-bear style during the Make Like a Polar Bear event on Jan. 1. See what you are made of! Rewards of hot cocoa and participation t-shirts are sure to complete this gratifying experience.

Is there a better way to start the year than to feel healthy? On Jan. 9 get on the right track with Healthier Living: A Chronic Disease Self-Management Program where you can learn how to manage chronic health problems with ease. Further your health knowledge for the benefit of others by then taking the CPR/First Aid Class on Jan. 17. But before that, celebrate history with Trilogy at the Tribute to Martin Luther King on Jan. 16.

We can all use some laughter in our lives. As the month gets on, lighten up the mood with Comedy Night on Jan. 20 where the show will leave you in hysterics. And mark your calendars for these events on the horizon: Wine/Jazz/Visual Art Festival on Feb. 4 and Karaoke Night on Feb. 17.

Remember, a new year has no boundaries. This is the time to believe that anything is possible. May the New Year bring you all that you need.

To reflect on October as we head into winter, here is a note of appreciation for the Soul Line Dancers, who hosted a Halloween Party during the Kimberly Jackson concert. Kimberly's performance was inspiring and the party was energizing. See more on page 34.

Vista Club was full of activity during the Fall Gift, Craft and Art Faire on November 19. Sellers' items filled the Diablo Ballroom, TAG displayed their art in the Monterey Room, and 3JB Band entertained everyone from the Grand Living Room. Positive comments by sellers and shoppers proved this event's success. Mark your calendars for the Spring Faire on March 24.

The holiday season brought good cheer. Carolyn Kropacek led the club decorating party, which transformed the décor in preparation for the Choir's afternoon performance in which there was standing room only. The Tree Lighting Ceremony the next day proved equally popular. It included performances by Delta Breeze, Delta Harmony, and a brass ensemble from the Trilogy Jazz Band led by Jim Lucas. Appreciation is extended to the many volunteers involved with making the weekend so memorable. We hope that club decorating parties will grow into an old fashioned tradition.

Happy New Year! May you create special memories throughout the year. Remember: the left monitor in the Vista Club's Rotunda offers reflections from recent events, and the right shows upcoming events and periodic alerts. Your suggestions are always valued. Call me at (4204) or send an email to ddorn@actionlife.com. My mailbox is always open!



Reminder:

All Trilogy Living articles that are submitted must include a contact name and phone number and/or email at the end of the text.

Make Like a Polar Bear

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

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

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

Farmer's Market ~ A Raffle Too!

Sundays, Jan. 8 and 22, 10 a.m. – 3 p.m. , Delta Club ~ Free

Petrill's Produce Farmer's Market provides wonderful produce to Trilogy members. Purchase fresh fruits and vegetables right here in Trilogy! Every member making a purchase receives a raffle ticket good for a \$10 gift certificate to be used toward their next purchase at Petrill's Farmer's Market.

Grapevine Chat!

Tuesdays, Jan. 10, 6 p.m. and Jan. 24, 5 p.m.

Grand Living Room, Vista Club

The New Year is a great time for new experiences and here is one worth checking out. It's a warm and casual setting where you can not only "get the scoop" on all things Trilogy, but also get to know your neighbors. Bring wine, glasses and snacks to share with others if you'd like. No sign-up required. Everyone meets around that big fireplace!

Healthier Living: A Chronic Disease Self-Management Program (6-Week Series)

Begins Monday, Jan. 9, 9 - 11:30 a.m. , Monterey Room Vista Club ~ Free

Back by popular request, we are excited to offer the Healthier Living: A Chronic Disease Self-Management Program (CDSMP) at Trilogy. CDSMP was developed by Stanford and is taught all over the country. The program is designed to give individuals tools on how to self manage their chronic health problems. Sign up at Member Services, Vista Club.

A Tribute to Dr. Martin Luther King

Jan. 16, 2 – 4 p.m. Diablo Room, Vista Club

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

CPR/AED & First Aid Training

Jan. 17, 9 – 1 p.m. , Diablo Ballroom, Vista Club ~ \$60

This is a wonderful chance to renew or gain your two-year certification. We never know when this training may be needed! Contact Anna Chunn at (3560) with questions. Sign up at Member Services, Vista Club.

Comedy Night Is Back!

Jan. 20, 7 – 8 p.m. , Diablo Ballroom Vista Club ~ \$10

Everyone enjoys a good laugh and you will find plenty of laughter here. Check the e-newsletter and posted flyers to get more details about the coming show. Comedy Night has always brought the best talent for your entertainment and this will prove to be no exception! Bring your favorite beverage, snack and come prepared to roar! Sign up at Member Services, Vista Club.

Wine/Jazz/ Visual Art Festival

Saturday, Feb.4, 1 – 5 p.m. ,

Diablo Ballroom Vista Club

Free

(Charge for Wine Tasting)

Enjoy an afternoon of wine, music, and art. Trilogy Art Guild (TAG) and the Digital Photography Club will display their art, the Trilogy Ensemble will play delightful music, and there will be wine tasting. So put your tasting and dancing shoes on and get ready for an artful fun time! Six wine tastings is \$6. Sign up at Member Services, Vista Club.



NEW! Karaoke Night Returns!

Friday, Feb.17, 7 - 8:30 p.m. ,
Diablo Ballroom Vista Club ~ Free

The new Karaoke Night is specially designed for even more fun! No Signups. Open Dancing. Plus, we're putting the songs up on the big screen for some sing-a-long good times! A variety of entertainers will bring story tellers, special dancers, folk singers, and more. One might be you! Bring your favorite beverage and come on over for a relaxed evening of spontaneous fun and entertainment. No signups required, just come ready to enjoy yourself!

Educational Opportunities Through Computer Classes

See page 16 for the computer class schedule. And, if you are interested in teaching basic computer classes call Debbie (4204).

Important!

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

VILLAGES

Village Riviera Residents' Club

Happy New Year! We have a new game plan and new events for you, but don't worry; we've kept your favorites in the lineup. We'll list them all so you can add them to your calendar in the February *Trilogy Living*.

First, Beans & Bunco Night takes place on Saturday, March 3. Seating is limited, so sign up quickly when you get the flyer. The cost is \$11 per person. Prize money will be given for most Bunco's, most wins, most losses, and for the person holding the traveling die at the end of the evening. We will play a round of Bunco, eat a chili dinner, salad and garlic bread, play another round of Bunco, and conclude the evening with dessert, coffee, and the awarding of prizes. Bring your earplugs if screaming and laughter hurt your ears. Otherwise, prepare to have a lot of fun and enjoy great food. Watch for your flyer in February. Flyers will also be available at the Delta and Vista Clubs.

On a business note, elections for the Residents' Club take place at the Village Riviera Annual Meeting on Jan. 5 at 6:30 p.m. at the Delta Club. If you have not already turned in your ballot for the Village Riviera Board, bring it to this meeting by 6 p.m. Only those in attendance at the Village Riviera Annual Meeting will be voting on the officers for the Residents' Club, so please attend. If you want to join the Residents' Club planning committee or run for an office on the Residents' Club, just let Barb Downs know. She is preparing the ballot. If you decide last minute to run for

office, there will be space for write-in candidates. Barb's number is 507-5026. See you on Jan. 5, 2012. Again, the Residents' Club wishes a healthy, happy New Year to you and yours.

Village I Residents Club

The VORC Dec. 17 Holiday party was a huge success. The seasonal spirit and holiday camaraderie was outstanding. The food, entertainment and interaction worked well together. The committee, lead by Nancy Vickers and Norma Donaldson, did a superb job in organizing and executing the event.

If you missed the holiday party and enjoy a fine time with your friends and neighbors, don't miss the Feb. 11, 2012 event. The committee is planning a crab feed dinner that will include pasta Alfredo, Italian salad with a special dressing, and garlic cheese bread. Dinner is in the Delta Club and this is a BYOB event. Complete details will be tubed. Once notice is received, don't delay; get your reservations in early. There is limited seating.

Start the New Year on a positive note and attend the first general membership meeting of VORC, based on the new schedule. The meeting is on Wednesday, Jan. 11 at 7:30 p.m. in the Vista Club. We need village-wide involvement in order to continue the positive momentum. VORC is your club, make it work for you. Get involved, be part of the positive momentum. Go VORC.



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TRIPS AND TOURS

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



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

**Jan. 19, Craig Smith's San Francisco
Tour — Sold Out**

**Feb. 2, Gambler's Special, Feather
Falls Casino, \$30.** We'll go to this
recently remodeled and upgraded
casino/hotel. Enjoy four hours of "stay
and play" with a \$15 bonus package.

For more information:
Call Ethel (7548) or Eileen (2684)

**March 9-11, Carmel/Monterey
3-day/2-night Adventure, \$485.** Stay
at the Carmel Mission Inn adjacent
to the Barnyard shopping center and
across from shops and award-winning
restaurants in the Crossroads Center.
Enjoy the Scenic 17-mile drive with
lunch at the Lodge at Pebble Beach.
Take a Safari-style tour at a sanctuary
for exotic, wild animals, many of which
are retired television and movie stars.
Shop and sightsee along Cannery Row,
have lunch at Bubba Gumps. We'll go
to the Monterey Bay Aquarium and the
National Steinbeck Center, followed by
lunch and a guided tour of John Stein-
beck's boyhood home.

April 2, Daffodil Hill, Lunch, \$82.
Thousand of daffodils steal the show with
their awesome colors, density and vari-
ety! You will see brilliant peacocks strut-

ting among the flowers. After our hosted
lunch, we'll go to Jackson for a guided
tour of the Amador County Museum,
where we'll enjoy exhibits and audios cap-
turing the life of the early settlers.

**April 28-May 13, 16-days/15 nights
aboard the Star Princess.** Roundtrip
cruise from SF to Hawaii. Inside and
Outside staterooms available starting
at \$2150/pp (Balcony Staterooms and
Mini-Suites are wait listed). Includes
meals and shipboard activities, port and
government taxes, a hosted cocktail lun-
cheon, baggage handling and roundtrip
shuttle from Rio Vista to the SF pier.
Call Ethel for the cruise brochure.

**May 29, Gamblers' Special at Cache
Creek Casino, \$30.** "Stay and play"
for 4 hours with a \$15 bonus package
at this resort casino in Brooks, CA.

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 on-line, please call the Administrative Office (4843).

Assessments for the month:

Master Association	\$115.80
Master Association	\$80.39
(Only for original residents (<100) in a developer subsidy agreement)	
Village I	\$3.00
Village Oakmont	\$3.00
Olympic Village	\$3.50
Village Riviera	\$3.50
Saddle Rock Village	\$0.00
(None until dormancy ends)	

Club Hours – The Delta Club is open at 7 a.m. for entry with members' keys. It is open from 8 a.m. to 5 p.m. for entry without keys and from 5 p.m. until 11 p.m. for entry with keys. From 11 p.m. until 7 a.m., there is no entry. The Vista Club is open from 6 a.m. to 9 p.m.

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

Parking in front of mailboxes - Please don't park in front of mailboxes, and ask your service providers to not park there either. It makes it difficult for others to retrieve their mail and also makes it difficult for staff to put fliers in the tubes.

Holiday Decorations – Remember that all decorations must be down by Jan. 15.

Anonymous Notes to the Administrative Office/HOA – The Administrative Office does not take any action on notes that are dropped into the HOA Box in the Delta Club hall, slid under the door, or mailed and/or submitted on an Administrative Communication Form that are not signed.

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

Suspicious Behavior – Trilogy is a private community but not a secured one. If you observe unusual behavior that warrants a call to the police, please do so.

Dumping Trash – Putting trash anywhere in the community other than your own garbage is not allowed. This includes the dumpsters at the Delta and Vista Clubs, construction site dumpsters, and empty lots. Every resident is required to have garbage service.

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

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

Pets in the Community – All pets must be on a leash and under control of the owner at all times. Please pick up your pooches waste.

Animals – Please do not feed any animals outdoors whether domestic or wild. The wild animal situation can only be controlled with the help of all members.

Gardeners - Please remind your gardeners that they cannot start work before 8 a.m. and that they should bag all clippings rather than blowing them into the street, gutters, and others yards.

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

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

1. Putting down umbrellas at the bocce courts, the Delta back patio, and especially the Delta pool area when you are leaving and no one else is around. When the wind catches the umbrellas they are often damaged and must be replaced. If they are on the glass tables in the outdoor pool area, not only can they be damaged but the glass table tops may shatter. This costs the maintenance staff time to clean up all glass plus the expense of replacing the table tops. The table tops and umbrellas are quite expensive.
2. Don't put coffee, gum and/or wrappers in the plants at the clubs. These plants are expensive to replace.

Delta and Vista Pool – Family Swim Times: The Delta pool heater has been turned off for the winter. The pool is still open if you are a polar bear swimmer. The Delta hot tub is heated all year. Children under the age of 18 are allowed in the pools during the hours of 11 a.m. and 3 p.m. Children must be out of the pool area by 3:15 p.m. You must accompany all guests to the pools regardless of their age.

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

Golf Carts – Remember golf carts **must**:

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

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

For Your Safety – If you are walking in the street, please yield to vehicles. Often there are groups three or four people deep that make it difficult for vehicles to pass. Please wear light colors and carry a flashlight when walking or biking at night or early mornings especially now that our days are shorter.

Street Lights – Please call Rich Ravin at Shea Homes to report street lights that are out. You can contact him by phone at (1003) or email him at rich.ravin@sheahomes.com. On your email to Rich, Copy Morris Barr with the city public works department at mbarr@ci.rio-vista.ca.us.

Visitors to the Vista Club

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

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

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

Cyber Café: all guests may use the Cyber Café.

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

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

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

Village Annual Meetings will be held in January at the Delta Club in the Rio Vista Room at 6:30 p.m. on the following dates:

Riviera - Thursday, Jan. 5

Village I - Thursday, Jan. 12

Olympic - Monday, Jan. 16

Oakmont - Thursday, Jan. 19

Saddle Rock - Thursday, Jan.26 (River Room, Delta Club)

Adult Committee

The Adult Committee met on Dec. 8, 2011. The following actions were taken:

- 1) Recommended that the Access Committee make a suggestion to change the speed limit from 25 mph to 15 mph on Clubhouse Drive be forwarded to the Master Board for approval.
- 2) Recommended that a request be made for striping the roads where names change, at an estimated cost of \$2,700, be forwarded to the Master Board for approval.
- 3) Recommended that the Master Board appoint the one candidate to fill the Adult Committee vacancy. The next meeting is on Jan. 26, 2012 at 1 p.m. at the Delta Club. All residents are invited and encouraged to attend and participate in these meetings.

Questions may be referred to Barb Bieber, grsgsm@yahoo.com, (707) 637-0210.

Welcome Center

Please call (4306) or email trvwelcomecenter@gmail.com when you are expecting guests, a delivery, or a service provider. The Welcome Center must know as far ahead of time as possible so that they can expedite their entry. The best time to call, if possible, is between 10 a.m. - 1 p.m. when there are two staff members on duty.

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

Meeting Calendar

Master Association Board Meeting

Tuesday, Jan. 10, 2 p.m.
Diablo Ballroom, Vista Club

Vision Meeting

Thursday, Jan. 19, 2 p.m.
Rio Vista Room, Delta Club

Adult Committee Meeting

Thursday, Jan. 26, 1 p.m.
Rio Vista Room, Delta Club

Budget Meetings for Member Input

Jan. 26, 2 p.m.
Diablo Room, Vista Club
or
Feb. 2, 7 p.m.
Diablo Room, Vista Club

Village Riviera Board News

May the New Year be a year of great health, happiness and productivity for you and yours! Regarding productivity and responsiveness, we hope you have already mailed your ballot to the HOA Office or brought it personally to the office. The deadline for receipt at the HOA office is 2 p.m. on Jan. 5, 2012. You may also bring it to the Annual Meeting on Jan. 5 at 6 p.m. The mandatory Annual Meeting of Village Riviera begins at 6:30 p.m. The ballots received as of that time will be counted during the Annual Meeting and announced that evening. The Village Riviera Board Meeting will follow the Annual Meeting. A quorum is required for the Annual Meeting, so please attend and be the first on your block to know who was elected to our Board and who will be our Delegate and Alternate Delegate to the Master Board. Remember, the number of ballots turned in determines the number of votes Riviera has toward the selection of Master Board members.

As an aside, if you have an interest in being on the Architectural Review Committee (ARC) at some future date, please pick up an application for this at the HOA Office and return it to the office when completed. It will be kept on file and as future needs arise, you may be contacted. If you have any questions, call Warren Oglove at (3477). See you on Jan. 5 at the Delta Club if you are bringing your ballot with you.

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Ceramics Club



They say laughter adds years to your life. We laugh so much at our ceramic club meetings that we just might live forever! Now that the New Year is here, wouldn't you like to join our happy group? We meet every Thursday from 9:30 a.m. - 12 p.m. in the Marina room at the Delta Club. For more information, please call Linda at (6978).



Fat Quarter Quilters

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

Scrapbooking Club

Where are the precious photos of your family and friends and of the special times you've enjoyed? Are they in a closet, in the garage, collecting dust under your bed, still in your computer or in your camera's memory card? Join our group to work on your own scrapbook photo album in a group setting. You will meet new friends, share ideas and get help with your projects. We can help you get started! Just bring your photos. We meet the second Thursday of every month from 10 a.m. - 4 p.m. at the Delta Club. *Room Change For January:* we will be at the Vista Club Diablo Ballroom. There are no dues or fees. For more information, contact Marti Rogers (6859) or Diane Andrade (0777).

Drama Club



The Drama Club wrapped up 2011 with their second annual holiday play. Thanks to audience participation, which included singing Christmas carols, and the appropriate timing of some boos, hisses and applause, we had a very successful show. Your kind donations to Rio Vista Community Services are greatly appreciated. Our shopping cart overflowed with non perishable food items. Thanks to maintenance personnel and front desk staff for all their help in making our play a great one!

Congratulations to our newly elected officers: Debby DuBrow, President; Charlene Oxoby, Vice President; Ida May Wagner, Treasurer; Sherrie Rasmussen, Secretary; Lynne Galletta, Assistant Secretary; and Barb Downs, Communications Coordinator.

In January, we will start looking through plays so that we can get a head start on our August production. We will also discuss preparations for our annual Pasta Feed in April. These are just two of the many things we do each year to keep us busy. Come see what we are all about. We meet the last Tuesday of the month in the Marina Room at the Delta Club. Our next meeting is Jan. 31, at 7 p.m. We are always in need of "A Few Good Men." If you have any questions, contact Debby DuBrow at (6706). See you there. Hope you all had a very happy New Year!



Council for the Arts

We hit the ground running in January; it's all about Music of the Night, "The ERA of our Ways." Rehearsals are about to begin, background scenery is being planned, refreshments and beverages are being discussed, and songs...wonderful songs that will bring back memories to everyone, have been selected. What were your favorite songs of the 50s, 60s and 70s? Maybe some of them will be in the show, but you'll have to attend either March 8, 9 or 10 to find out. Pick a date, put it on your calendar, and sign up as soon as the flyer arrives. It sells out on all nights, so don't delay.

The Council for the Arts was founded to support and facilitate the arts at Trilogy. Music of the Night is the Trilogy Council for the Arts annual fundraiser. Once again, a donation will be made to Rio Vista Community Services from our Thursday, March 8 performance. In addition, the council recently expanded its scope by contributing to other worthy causes in Rio Vista. In November, a donation of \$500 was made to the Keep Our Library Open Committee, formed to help the Rio Vista Library provide materials and services as well as programs at its current level of operation.

We meet the second Thursday of every month in the Monterey Room of the Vista Club at the new time of 10 a.m. Please join us and be part of this amazing production and the overall process. For more information, call Judy Calpo at (2924).

Trilogy Art Guild for Artists

We are inviting all Trilogy Art Guild (TAG) members to join us for a potluck luncheon as a thank you to Amy and Linda who stepped down as co-presidents, and a welcome Anna Chunn and Marie Aquino who are taking their places. Our next meeting and luncheon is on Monday, Jan. 9 at 1 p.m. in the Delta Club. Our membership drive is on; \$15 for the whole year gives you first-hand news of shows, demonstrations and classes at a discount. The meeting this month is on brainstorming new ideas, and suggestions from members as to how we can improve our club. Barbara Marshall demonstrated designing gourds at our December meeting and she had many tools for us to play with and design on our own gourds she supplied for us. For more information, contact Anna (3560) or Marie (5151).



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TRILOGY HEALTH & WELLNESS CENTER

By Kathy Erwin, Fitness & Spa Director

A Guide to Keeping Your New Year's Resolutions

What's the secret to successful resolutions? While you can't wave a magic wand and make your resolution come true, there are some easy steps to take to make it easier to fulfill your promise to yourself.

- **Set an obtainable goal.** Resolving to look like a super model is not realistic for the majority of us, but promising to include daily physical activity in our lives is very possible.
- **Avoid choosing a resolution that you've been unsuccessful at achieving year after year.** This will only set you up for failure, frustration and disappointment. If you are still tempted to make a promise that you've made before, then try altering it. For example, instead of stating that you are going to lose 30 pounds, try promising to eat healthier and increase your weekly exercise.
- **Create a game plan.** At the beginning of January, write a comprehensive plan. All successful businesses start with a business plan that describes their mission and specifics on how they will achieve it. Write your own *personal* plan and you'll be more likely to succeed as well.
- **Break it down and make it less intimidating.** Rather than one BIG end goal, dissect it into smaller pieces. Set several smaller goals to achieve throughout the year that will help you to reach the ultimate goal. Then even if you aren't able to reach your final goal, you will have many smaller, but still significant, achievements along the way. For example, if your goal is to complete a 10K race, your smaller goals could be running a 5K in less than 30 minutes, adding upper and lower body strength training to increase your muscular endurance, and running two miles with a personal best completion time.
- **Ask friends and family members to help you with accountability.** Just be sure to set limits so that this doesn't backfire and become more irritating than helpful. For example, if you resolve to be more positive, ask them to gently remind you when you start talking negatively.
- **Reward yourself with each milestone.** If you've stuck with your resolution for two months, treat yourself to something special. But, be careful of your reward type. If you've lost five pounds, don't give yourself a piece of cake as an award. Instead, treat yourself to a something non-food related, such as a professional massage in our Trilogy Day Spa.
- **Don't go it alone! Get professional assistance.** Everyone needs help and sometimes a friend just isn't enough. Sometimes you need the help of a trained professional. Don't feel that seeking help is a way of copping out. Especially when it comes to fitness, research studies have shown that assistance from fitness professionals greatly improves people's success rates.
- **Limit your number of promises.** You'll spread yourself too thin trying to make multiple changes in your life. This will just lead to failure of all of the resolutions. On average only about 20% of us keep our New Year's resolutions. Unfortunately, some of the biggest failures are found in fitness resolutions. But don't let the statistics get you down. By following the tips above you'll be better equipped to fall into the successful 20% category.

Fitness Orientations:

Saturday, Jan. 7 at 11 a.m. , Wednesday, Jan. 11 at 6 p.m. and Saturday, Jan. 28 at 11 a.m. Please sign up at Member Services or upstairs in the gym on the clipboard. On the day of orientation, meet upstairs in the Fitness Center.

Punch Cards & Monthly Passes:

All classes require a Trilogy Fitness Punch Card (\$60 for 20 punches or \$30 for 10 punches). Each class requires one punch except specialty classes which require two punches. You may also purchase an Unlimited Class Pass for \$45, which is good for a calendar month. Get your cards at Member Services.

TRILOGY HEALTH & WELLNESS CENTER

10 Reasons to Hire a Personal Trainer

We all need a little help with exercise sometimes, whether we're just starting out or we've been at it for a long time. There are people who shy away from personal training, unsure of what they'll get out of the experience or whether it's worth the money. There are a number of reasons people work with personal trainers. Some want an individualized program so they can lose weight or get in shape. Others simply need to be held accountable for their workouts. Wherever you are in your exercise journey, a personal trainer may be just what you need to take it to the next level.

1. You're Not Seeing Results
2. You Don't Know Where to Start
3. You're Bored with the Same Old Workouts
4. You Need to Be Challenged
5. You Want to Learn How to Exercise on your Own
6. You Need Accountability and Motivation
7. You Have a Specific Illness, Injury or Condition
8. You're Training for a Sport or Event
9. You want Supervision & Support
10. You Want to Work Out at Home.

Sit & Get Fit

This new class will focus on helping people who need to exercise but who are limited to what they can do. Class attendees will sit in chairs while doing their exercises. It is a perfect compliment to the classes that Beverly is currently teaching. All fitness levels and special needs will find this class useful. Everyone can benefit from working out and working towards good health and wellness.

* We are currently accepting sign-ups on an interest list. If interested in taking this class, sign up at Member Services and if we get enough names we may add this class to the fitness schedule.

Personal Training Rates

Special Needs

R.O.M. (range of motion)	\$20
Fitlinxx Refresher Session	\$20
Introductory 1 HR session (New Member - <i>First Time Only</i>)	\$50

Training Rehabilitation

10 Full Sessions	\$650 (\$65/per)
5 Full Sessions	\$350 (\$70/per)
10 Half Sessions	\$350 (\$35/per)

Standard Rates

One 1 Hour PT Session	\$65
Two 2 Hour PT Sessions (<i>on-going special</i>)	\$99
Five ½ Hour PT Sessions	\$225 (\$45/session)
Five 1 Hour PT Sessions	\$300 (\$60/session)
Ten 1 Hour PT Sessions	\$550 (\$55/session)

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

Kare Bears Village One

Thank you to everyone who participated in our annual fundraiser. Due to your generosity, the bake sale was a success. We appreciate all donations and baked goods. To all the workers, it was a pleasure to work with you. Many thanks to everyone.

Our next meeting is Wednesday, Jan. 11 at 10 a.m. in the Delta Club. Join us to see what Kare Bears is all about. For more information, contact Sandy Mariant at (5232).



FAMILY SUPPORT COMMITTEE

The Family Support Committee organizes memorial services for family members who incur the loss of a Trilogy member. For more information, please

call Chairperson Claudette Gartner (707) 439-6116, xbirdlady@myifp.com, Coordinator Barbara Sherison (6845) or Betty Bowley (5613).

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Kare Bears Village Riviera

The Kare Bears are based upon the simple philosophy of neighbors helping neighbors. Our mission is accomplished by a variety of simple and quick tasks to assist others and these tasks are divided amongst many people. By sharing the efforts, no one person or small group of people carry the load alone. This allows more folks to share their good will without anyone being overwhelmed.

One of the ways we maintain this operation is through the use of area coordinators. The area coordinators act as liaisons for homes on their street, taking requests for assistance from neighbors and referring them to the appropriate Kare Bear(s). Aside from disseminating information, the area coordinators, in the proper circumstance, send flowers or gift baskets to their assigned neighbors. We would like to add a few new area coordinators in order to keep everyone's assigned groups manageable.

We make caring and sharing both fulfilling and fun! Please join us at our next meeting on Feb. 13 at 10 a.m. in the Delta Club for some wonderful camaraderie (and treats!). This is a great opportunity for you to continue the true holiday spirit throughout the New Year. For more information, call Myra at (3660) or Valerie at (6942).

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January 2012 Computer Class Schedule

CLASS	DATE & TIME	INSTRUCTOR	NOTES
Beginning Computer Class	Mon. Jan. 9 7pm	Bill Miller	
Photo Class: Learning to transfer your photos from camera into your computer	Wed. Jan 25, 7pm	Bill Miller	Bring camera, instruction media, cords, & flash drive
Exploring Your Computer	Thurs. Jan.12 10-noon	Sue Vogtlin	

Trilogy welcomes new volunteer, Bill Miller. Bill is a new resident here in Trilogy and has over 30 years experience in hardware, and software applications. Note: his first classes are Beginning Computer on Monday, Jan. 9 and Photo Class on Wednesday, Jan. 25. Sign up at Member Services.

Still Looking for Volunteer Computer Instructors. If you are interested in teaching a computer class, please call Debbie (4204).





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**For additional information contact
TERRI ANISKO—374-6277
email oceans@myifp.com**

Nov 05	Rome (Civitavecchia), Italy	Embark	5:00 pm
Nov 06	At Sea		
Nov 07	Santorini, Greece	2:00 pm	10:00 pm
Nov 08	At Sea		
Nov 09	Istanbul, Turkey	7:00 am	
Nov 10	Istanbul, Turkey		1:00 pm
Nov 11	Ephesus (Kusadasi) Turkey	10:00 am	7:00 pm
Nov 12	Athens (Piraeus), Greece	7:00 am	6:00 pm
Nov 13	Mykonos, Greece	7:00 am	6:00 pm
Nov 14	At Sea		
Nov 15	Naples / Capri, Italy	7:00 am	6:30 pm
Nov 16	Rome (Civitavecchia), Italy	4:30 am	

*Prices are per person based on double occupancy; government taxes & fees and fuel surcharge. Airfare & transfers are extra. Prices and itineraries are current at time of printing and subject to change without notice. Ship's Registry: The Bahamas & Malta

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TrilogyLiving

Fitness Class Schedule for January 2012

All classes require either a “Trilogy Fitness Punch Card” at \$60 for 20 punches or \$30 for 10 punches. Each class requires one punch except Specialty Classes, which require two punches. You may also purchase our Unlimited Class Pass for \$45, which is good for one calendar month. Get your cards at the Member Services Desk. Please call Fitness and Spa Director Kathy Erwin at (4205) if you have questions. All classes are held in the Vista Group Exercise Studio unless otherwise noted. Last Month’s Card Raffle Winner... **SUZI MASTERSON**

Key
Bold = New/Change
Italic = Specialty Class
= Free Trial Class
(B)eginning (I)ntermediate (A)dvanced

January Weight Orientations: Sat. Jan. 7, 11 a.m. Wed. Jan. 11, 6 p.m. and Sat. Jan. 28, 11a.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 7:30am STEP Aerobics (B/I) (GX) (Pat) 8:30am Workout w/ Wts (B) (GX) (Pat) 9am Yoga/Pilates (B) (DB) Deanna 9:30am Wake-up & Move (B/I) (RV) Anna 9:45am Core Balance & Standing Abs (B) (GX) Sophie 9:30am Aqua Fit (B) (VP) Denise 10:30am Adv. Aqua Fit (I/A) (VP) Kathy 10am Meditation Breathing (B) (DB) Deanna 10:30am ZUMBA “Power 90” (B/I) (GX) Sophie 12pm ZUMBA Gold (B/I) (GX) Sophie 3pm Balance Basics (B) (GX) Susan 4pm Stretch & Flex (B) (GX) Susan 6:30pm Yoga/Pilates (B/I) (GX) Deanna	3 8am Dance Aerobics (B) (GX) Joele 9:30am. Aqua Fit (B) (VP) Denise 9am Dance 101 (B) (GX) Joele 10am Simply Stretch (B) (GX) Joele 11am Arthritis Program (A) (GX) Beverly <i>3pm Aqua Joint (B) (VP) Beverly</i>	4 7am Early Yoga (B) (DB) Tammy 7:30am Low Impact (B/I) (GX) Pat 8:30am Workout w/ Weights (B/I) (GX) Pat 9am Yoga/Pilates (B) (DB) Deanna 9:30am Wake-up & Move (B/I) (RV) Anna 9:30am Aqua Fit (B) (VP) Denise 3pm Circuit Training (B/I) (FC) Susan 4pm Stretch & Flex (B/I) (GX) Susan 5:30pm Hot ZUMBA Nights (B/I) (GX) Jennifer	5 8am Dance Aerobics (B) (GX) Joele 9am Tai Chi (B/I) (GX) Lillian 9am Simply Stretch (B/I) (DB) Joele 9:30am Aqua Fit (B) (VP) Denise 10am Dance 101 (B) (GX) Joele 10:30am Adv. Aqua Fit (I/A) (VP) Kathy 11am Arthritis Program (B/I/A) (GX) Beverly <i>3pm Aqua Joint (B) (VP) Beverly</i>	6 7am Early Yoga (B) (DB) Tammy 7:30am Step Aerobics (B/I) (GX) Pat 8:30am Workout w/ Weights (B/I) (GX) Pat 9am Yoga/Pilates (B) (DB) Deanna 9:30am Dance Aerobics (B) (GX) Joele 9:30am Aqua Fit (B) (VP) Denise 11am ZUMBA Toning (B/I) (GX) Sophie 12pm ZUMBA Cardio and Abs (B/I) (GX) Sophie	7 8:30am STEP Aerobics (Class only Jan. 7) (B/I) (GX) Pat 11am ZUMBA (B/I) (GX) Sophie/Jennifer
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TrilogyLiving

January 2012 Club and Activity Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Happy New Year! 10am Polar Bear Plunge (Delta Pool)	2 7am Social Tennis 9:30am Walk & Talk (V) 10am Pastel Art (D) 12:30pm TAG Watercolor Painting (D) 1pm Rip, Stitch & Bitch (V) 1pm Mah-jongg (V) 2pm TAG Mtg. (D) 5pm Whist Club Event Planning (V) 6pm Soul Line Dancing (D) 7pm Poker (D) 7pm MOTN Rehearsal (V)	3 7am Social Tennis 8:30am Radio Club (V) 9:30am Golf - Women's 9-Hole 10:30am Country Line Dancing (V) 11:30am Golf - TRVMEN 9-Hole 12pm Dominoes (V) 12:15pm Hand and Foot Canasta (V) 12:30pm TAG Watercolor Painting (D) 5pm Billiards Club Tournament (V) 5pm Table Tennis (D) 6pm Tai Chi & Yuan Chi Dance (V)	4 8am Social Tennis 8am TOPS (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 12:30pm Fat Quarters Quilting (D) 1pm Village Riviera Arch. Com. Mtg. (D) 2pm TAG Bergren Art (D) 2pm TAG Card Class (D) 2:30pm Jazz Band (V) 3pm Village Oakmont Social Comm Mtg. (V) 4:30pm Table Tennis (D) 6pm Soul Line Dancing (D) 7pm Billiards Club Mtg. (V) 7pm MOTN Rehearsal (V)	5 8am Social Tennis 8:30am Golf - Women's 18-Hole 9:30am Ceramics (D) 12:15pm Ponytail Canasta (V) 1pm Good Samaritans (D) 1pm Stamp Class (D) 2pm Genealogy Club (V) 5pm Cycling Club (V) 5pm Table Tennis (D) 6pm Tai Chi & Yuan Chi Dance (V) 6pm Pinochle (V) 6:30pm Village Riviera HOA Annual Mtg. (D)	6 8am Social Tennis 9am Model Club (V) 9am Beginning Oils (D) 9am Village 1 Arch. Com. Mtg. (V) 9:30am Walk and Talk (V) 12pm Bridge (V) 12:30pm TAG Watercolor Painting (D) 5pm Ballroom Dancing Lessons (V)	7 8am Motorcycle Club (Off-site) 9:30am Hiking Club (V) 11am Table Tennis (D)
8 10am - 3pm Farmers' Market (D) 7pm Ballroom Dance Club Black and White Ball (V)	9 8am Social Tennis 9am Healthier Living w/ Chronic Diseases (V) 9:30am Walk & Talk (V) 10am Kare Bears – Olympic Village (D) 10am Pastel Art (D) 12:15pm Duplicate Bridge (V) 12:30pm TAG Watercolor Painting (D) 1pm Rip, Stitch & Bitch (V) 3pm Village Oakmont Arch. Com. (D) 5pm Whist Club Event Planning (V) 6pm Soul Line Dancing (D) 7pm Poker (D) 7pm MOTN Rehearsal (V)	10 8am Social Tennis 8:30am Radio Club (V) 9:30am Women's 9-Hole Golf 10:30am Country Line Dncg (D) 10:30am Book Club (V) 11:30am Golf - TRVMEN 9-Hole 12pm Recipe Club (D) 12:15pm Hand and Foot Canasta (V) 12:30pm TAG Watercolor Pntg (D) 2pm Master Association Board Mtg. (V) 5pm Table Tennis (D) 5pm Billiards Club Tournament (V) 6pm Grapevine Chat (V) 6pm Tai Chi & Yuan Chi Dance (V) 7pm Gospel Singers Practice (V)	11 8am Social Tennis 8am TOPS (D) 9am Olympic Village Arch. Com. Mtg. (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Kare Bears – Village 1 (D) 10am Kare Bears – Village Oakmont (D) 11am Dog Club (D) 12:30pm Fat Qtrs. Quilting (D) 2pm TAG Bergren Art (D) 2pm TAG Card Class (D) 2:30pm Jazz Band (V) 4:30pm Table Tennis (D) 6pm Soul Line Dancing (D) 6:30pm Nature Club Gen. Mtg. (V) 7pm MOTN Rehearsal (V) 7:30pm VORC Mtg. (D)	12 8am Social Tennis 8:30am Golf - Women's 18-Hole 9am Blood Pressure Check (D) 9:30am Ceramics (D) 10am Scrapbooking (V) 10:30am Council for the Arts (V) 12:30pm Ponytail Canasta (V) 1pm Good Samaritans (D) 3pm Golf - TRVMEN (D) 4pm Golf - Sr. Men's Board Mtg. (D) 5pm Table Tennis (D) 6pm Tai Chi & Yuan Chi Dance (V) 6pm Pinochle (V) 6:30pm Village 1 HOA Annual Mtg. (D) 7pm Olympic Village Annual HOA Mtg. (D)	13 8am Social Tennis 9am Beginning Oils (D) 9:30am Walk & Talk (V) 12pm Bridge (V) 12:30pm TAG Watercolor Painting (D) 5pm Ballroom Dancing Lessons (V) 7pm Bunco (D)	14 9:30am Hiking Club Mtg. (V) 11am Table Tennis (D)
15	16 Martin Luther King, Jr. Day 8am Social Tennis 9am Healthier Living w/ Chronic Diseases (V) 9:30am Walk & Talk (V) 10am Council of Village Pres. (D) 10am Pastel Art (D) 12:30pm TAG Watercolor Pntg (D) 1pm Rip, Stitch & Bitch (V) 1pm Mah-jongg (V) 2pm MLK Tribute (V) 6pm Soul Line Dancing (D) 5pm Whist Event Planning (V) 6:30pm Olympic Village HOA Annual Mtg. (D) 7pm Poker (D) 7pm MOTN Rehearsal (V)	17 8am Social Tennis 8:30am Radio Club (V) 9am AED/CPR Training (V) 9:30am Golf - Women's 9-Hole 10:30am Country Line Dancing (D) 11:30am Golf - TRVMEN 9-Hole 12pm Dominoes (V) 12:15pm Hand and Foot Canasta (V) 12:30pm TAG Watercolor Pntg (D) 5pm Billiard Club Tourn. (V) 5pm Table Tennis (D) 6pm Tai Chi & Yuan Chi Dance (V) 7pm Computer Club (V)	18 8am Social Tennis 8am TOPS (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 11am Dog Club (D) 12:30pm Fat Quarters Quilting (D) 1pm Village Riviera Arch. Com. Mtg. (D) 2pm TAG Bergren Art (D) 2pm TAG Card Class (D) 2:30pm Jazz Band (V) 4:30pm Table Tennis (D) 6pm Soul Line Dancing (D) 7pm MOTN Rehearsal (V)	19 8am Social Tennis 8:30am Golf - Women's 18-Hole 9:30am Ceramics (D) 12:15pm Ponytail Canasta (V) 1pm Good Samaritans (D) 2pm Vision Mtg. (D) 4pm Golf – Sr. Men's Mtg (D) 5pm Table Tennis (D) 6pm Soul Line Dancing (D) 6pm Vill. Oakmont RC Mtg. (D) 6pm Tai Chi & Yuan Chi Dance (V) 6pm Pinochle (V) 7pm Fishing Club (D) 6:30pm Village Oakmont HOA Annual Mtg. (D) 7pm Village Riviera RC Mtg. (V)	20 8am Social Tennis 9am Village I Arch. Com. Mtg. (D) 9am Beginning Oils (D) 9:30am Walk & Talk (V) 12pm Bridge (V) 12:30pm TAG Watercolor Painting (D) 4pm Ballroom Dancing Lessons (V) 7pm Whist Club (D) 7pm Comedy Night (V)	21 9:30am Hiking Club (V) 10am – 2pm Garden Railroad Bake Sale (V) 11am Table Tennis (D)
22 10am – 3pm Farmers Mkt. (D)	23 8am Social Tennis 9am Healthier Living w/ Chronic Diseases (V) 9:30am Walk & Talk (V) 10am Pastel Art (D) 12:30pm TAG Watercolor Pntg (D) 1pm Mah Jongg (V) 1pm Access Comm. Mtg. (D) 1pm Rip, Stitch & Bitch (V) 3pm Vill. Oakmont Arch. Com. (D) 5pm Whist Club Event Planning (V) 6pm Soul Line Dancing (D) 7pm Poker (D) 7pm MOTN Rehearsal (V)	24 8am Social Tennis 8:30am Radio Club (V) 9:30am Golf - Women's 9-Hole 10am Country Line Dancing (D) 11:30am Golf - TRVMEN 9-Hole 12:15pm Hand and Foot Canasta (V) 12:30pm TAG Watercolor Pntg (D) 5pm Table Tennis (D) 5pm Billiards Club Tourn. (V) 5pm Grapevine Chat (V) 6pm Tai Chi & Yuan Chi Dance (V) 7pm Drama Club Mtg. (D) 7pm San Francisco Club (V)	25 8am Social Tennis 8am TOPS (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Olympic Village Arch. Com. Mtg. (D) 12:30pm Fat Quarters Quilting (D) 2pm TAG Bergren Art (D) 2pm TAG Card Class (D) 2:30pm Jazz Band (V) 4:30pm Table Tennis (D) 6pm Soul Line Dancing (D) 6:30pm Saddle Rock Village HOA Annual Mtg. (D) 7pm MOTN Rehearsal (V)	26 8am Social Tennis 8:30am Golf - Women's 18-Hole 9:30am Ceramics (D) 12:15pm Ponytail Canasta (V) 1pm Adult Committee Mtg (D) 2pm Budget Mtg. (V) 5pm Table Tennis (D) 6pm Tai Chi & Yuan Chi Dance (V) 6pm Pinochle (V) 7pm Saddle Rock Village Delegates' Mtg (D)	27 8am Social Tennis 9am Beginning Oils (D) 9:30am Walk & Talk (V) 9:30am Tennis Club Mtg. (D) 12pm Bridge (V) 12:30pm TAG Watercolor Painting (D) 5pm Ballroom Dancing Lessons (V) 7pm Bingo (D)	28 9:30am Hiking Club (V) 11am Table Tennis (D) 12pm – 1pm Relay for Life Registration (D) 1pm – 4pm Relay for Life Game Extravaganza (D)
29	30 8am Social Tennis 9am Healthier Living w/ Chronic Diseases (V) 9:30am Walk & Talk (V) 10am Pastel Art (D) 12:30pm TAG Watercolor Pntg (D) 1pm Mah Jongg (V) 1pm Rip, Stitch & Bitch (V) 5pm Whist Club Event Planning (V) 6pm Soul Line Dancing (D) 7pm Poker (D) 7pm MOTN Rehearsal (V)	31 8am Social Tennis 8:30am Radio Club (V) 9:30am Golf - Women's 9-Hole 10:30am Country Line Dancing (D) 11:30am Golf - TRVMEN 9-Hole 12:15pm Hand and Foot Canasta (V) 12:30pm TAG Watercolor Pntg (D) 5pm Billiard Club Tourn. (V) 5pm Table Tennis (D) 6pm Tai Chi & Yuan Chi Dance (V) 7pm Drama Club Membership Mtg. (D)				

Billiards Club

The next Billiards Club meeting is on Wednesday, Jan. 4 at 7 p.m. in the Monterey Room of the Vista Club. Tuesday Evening's tournament start times are 5 p.m. On the first and third Tuesdays the format is 8-ball round robin with no handicaps for B players. The second Tuesday of the month the format is handicap 9-ball with a round robin format. In order to earn a win, a player must beat his opponent in two out of three games. The club has again made a list of B players and for that Tuesday evening the B players will get a one-game handicap while playing an A player. The B player only needs one win in three games while competing against an A player. The format for the fourth Tuesday is 8-Ball. The club will split the tournament into A and B players. There will be a first and second place winner in each group. The fifth Tuesday is 9-ball with no handicap for B players.

Officers: President Al Bergoust, Vice President Joe Mattos, Treasurer Mike Quihuiz, Secretary Dallas Salomon, and Membership Chairman Dave Stewart.

Latest weekly tournament winners

Nov. 1, 8-Ball

- 1st Al Bergoust
- 2nd Richard Garcia
- 3rd Oscar Grissom

Nov. 8, Handicap 9-Ball

- 1st Richard Garcia
- 2nd Oscar Grissom
- 3rd Tom Horn

Nov. 15, 8-Ball

- 1st Joe Mattos
- 2nd Oscar Grissom
- 3rd Jack Clark

Nov. 22, 8-Ball A & B

- | A | B |
|-------------------------------|-------------------------------|
| 1 st Marlin Horner | 1 st Joe Mattos |
| 2 nd Dave Stewart | 2 nd Diego Cassone |

Nov. 29, 9-Ball

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

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

Bingo Club

We are back! Come join the fun and make new friends. Mark your calendar for the fourth Friday of the month, Jan. 27, for bingo at the Delta Club. Games begin promptly at 7 p.m. Buy-in for each person is \$10 for 12 games. We have one early bird special: one card for \$1 and an extra blackout card for \$1. The prize money for each game is \$50 and the blackout prize is \$250. Invite your friends. The more people we have, the more money we give away! For more information, call Irene at (6999).

Bocce Club

The bocce club's annual organizational and captains' meeting is on Saturday, Feb. 18 in the Vista Ballroom at 10 a.m. Sign-ups will take place for both the day and night leagues as part of the meeting. Existing, new, and partial teams plus individuals will be able to sign-up, after the business meeting. Dues will be collected at a later date.

Based on the general membership feedback at the Sept. 17 meeting, no major changes are planned for the 2012 season. The play schedule and structure is driven by the total number of teams that sign up. There are no decisions until after the February meeting. The club is planning to install additional safety "T" bars at the courts. So, enjoy the bocce-less winter and look forward to the bocce-full spring. Plus, if you get the chance, roll often, roll straight and enjoy. That's what it's all about.

For more information contact Joe Downes at (7520), josephdownes@citlink.com, or contact any board member. See MTL for list.

The Book Club

The Book Club meets on the second Tuesday of each month at 10:30 a.m. in the Sonoma Room of the Vista Club. The next meeting is on Jan. 10, 2012. The book selection is *The Dogs of Babel* by Carolyn Parkhurst. February's book selection is *The Mermaid Chair* by Sue Monk Kidd. There is no requirement to have read the selected book. Everyone is welcome to join in. For more information, contact Adrienne at (5576). The Book Club wishes everyone a very Happy New Year!



Bridge - Duplicate

Duplicate Bridge meets the second Monday of each month at 12:15 p.m. in the Sonoma Room at the Vista Club. Please mark your calendars for our game on Monday, Jan. 9. All Trilogy residents who are interested in playing duplicate bridge are welcome. If you need a partner; we'll find one for you. Please contact Sue (6136).

November's results:

1st - Jean Corwin and Mary Slick

2nd - Ruth Almgren and Choeta Heid

3rd - Wilma Powell and Peg Walker

Computer Club

The next meeting of The Trilogy Computer Club is on Jan. 17 in the Diablo Room at the Vista Club. This is a members-only meeting and will be a computer workshop. There will be multiple computers around the room so that everyone may get their computer questions answered.

If you wish to become a member of the club, visit the club website at www.tccrv.org to complete and print a copy of the application and give it to any of the directors with the annual dues of \$12. You may also sign up at any of our meetings.

We welcome all levels of expertise, from those thinking of getting a computer to those who have spent years working with computers and related software. Reminder: check the Computer Club website at www.tccrv.org for the latest information on many computer related subjects, meetings, and other interesting items. For more information, contact Lynne Hansen at (4060).

Dog Club

The Trilogy Dog Club is formed and that is our official name. We will be official as soon as we get the by-laws approved and submitted to the HOA. Our first meeting was held at the Delta Club. About 55 people attended. We elected officers and set up a committee to spearhead the dog park movement.

The officers are:

President - Linda Solomon

Vice President - Cheryl Bellrose

Secretary - Rose Romano

Treasurer - Georgette Hall

The feedback on the meeting has been positive. One attendee came to me after the meeting and said "this was one meeting that was upbeat and positive." The good news is that this is about our dogs and not us. We discussed ways to include other pets such as cats and birds, etc. and call ourselves the pet club but it was decided that we had a focus. With this large a membership (and more anticipated) the other pets would be better served by having special clubs designated to each one. That does not mean that they will not be included in some of our activities and welcome to join in. We have spoken with the administration about the possible creation of a small dog park, which will hopefully lead to a larger one in the distant future. This is great news!

We will determine more of our goals at the January meeting. Please attend and bring your ideas, wishes, and dreams with you. There are many activities in our bright future: training sessions with guest speakers, pot lucks in the park with our dogs, organized dog walks, networking for lost and found dogs, and more. Email is the best way to let everyone know that a dog is missing, or one has been found. With all the dog owners in Trilogy, they won't be missing long and we will have a way to get them back home in time for dinner without having to involve the front desk or animal control. We are also preparing a list of support people including emergency vets in the area, pet sitters, dog walkers, groomers, and trainers. If you would like to be included on the list, please let us know. We want everyone to have an equal opportunity to contribute and participate.

Our next meeting is Jan. 18 at 11 am. If you are not already receiving emails from us and would like to be a member, contact me at Linda Solomon at heunique@comcast.net or call (707) 225-6880.

Fishing Club

Happy New Year! Our next meeting is on Thursday, Jan. 19 at the Vista Club in the Diablo Room at 7 p.m. We have changed the meeting location and day for this month only. We will be viewing a DVD of our club's activities and functions on the big screen. Wives are welcome. We will have wine, cheese, crackers and snacks as well as a short discussion on our upcoming activities in 2012.

Everyone is welcome to join our fishing club. We have great events throughout the year. For more information, please call Al Silva at (3791).



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Seating is limited, so reserve your place today.

Lunch will be served.

Date: February 06, 2012

Time: 11:30 AM - 1:00 PM

Location: The Nines Restaurant
1000 Summer Drive, Rio Vista

RSVP: RSVP to Laura at 707-434-0160 or laura.provencher@edwardjones.com by Wednesday February 1st



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Garden Railroad

Last month, we placed over a yard of topsoil and eight bags of compost along with dozens and dozens of new plants and trees. We need talented and artistic people to help with our spring plantings. Please come out and offer your opinions and expertise. We will have a bake sale in the Vista Club to help offset the cost of new plants. Please participate and get some goodies for your morning coffee. Model Club member Rod Skillen took the photo of volunteers at work.

Stop by our meeting or come out to the Garden Railroad area. For more information, contact Dean Lattman at (3967). Join us at our monthly meeting the first Friday of each month in the Vista Monterey Room.



Genealogy Club

Our December meeting was exceptionally good. We were joined by three new members who shared their ventures into genealogy. We had some very interesting discussions including the 1940 census due to be released to the public in April of 2012. We are very excited about this as it will be the first census that will include many of us. Anyone who would like more information regarding the 1940 census, please contact Rhoda via e-mail at rhodafone@aol.com.

Census records are a great resource when tracing your family. At this time, the years available to the public are from 1790 through 1930. The first census was taken in 1790 and from that year through 1840, only the head of household was named. Other family members were numbers shown only by sex and age range. In 1850, everyone living in the household was named as well as their sex, age, and place of birth. Each year after that, more and more information was given. 1880 was the first census to show relationships and parents' place of birth. Unfortunately, the 1890 census was destroyed by fire and only a few remnants remain. In 1900, other good information

continued on page 30

Brian O'Connell's Barber Shop

251 Main St., Rio Vista
across from the
Bank of Stockton

Hair Cut Prices

Mens Regular - \$12.00

Seniors 55+ - 1.00 Off

Veterans 1.00 Off

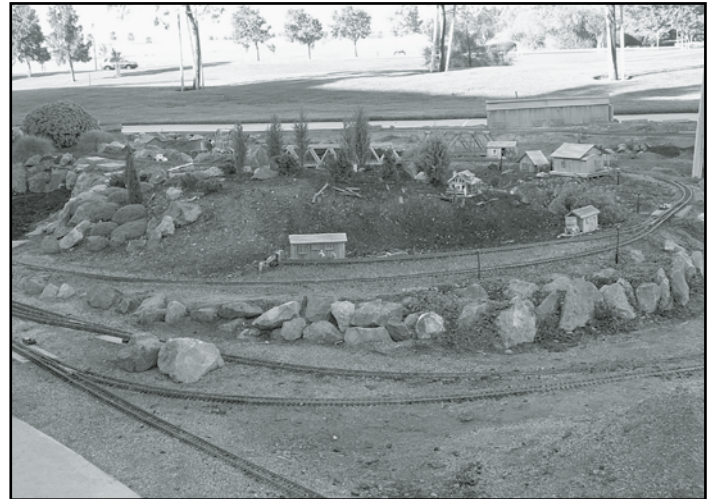
Tues. - Fri. • 9am - 5pm

Sat. • 9am - 2pm

(707) 430-3354



The Model Club supported Walktober by amazing spectators with their sailing skills while simultaneously running five train sets and three steam trains during the Rails and Sails event.



was added such as number of years married, number of children the wife had and number still living. If an immigrant, the year of immigration is shown plus whether or not naturalized.

Our club is open to all residents of Trilogy whether new to genealogy or experienced. There is no fee to become a member. Our regular club meetings are the first Thursday of every month at 2 p.m. in the Monterey Room at the Vista Club. Our Genealogy Workshop is held the third Thursday of each month. For more information, contact Rhoda at (7542) or email rhodafone@aol.com.

Good Samaritans

History

The Good Samaritans is blessed to celebrate our 6th year of faithfully studying the Bible. The history of the Good Samaritans began in Feb., 2006 with a phone line to share concerns, special needs, and problems. In March of 2006, we had our first Bible Study class at the Delta Club. In Nov. of 2006, we moved our Bible Study class to the Vista Club in the Monterey Room. In August of 2008, we announced our new meeting location, the Delta Club in the Marina Room, where we are presently meeting. The vision to start the Good Samaritans was a challenge. We have learned through our life long experience that nothing good comes without a challenge. In the past six years, many historical events have taken place. Many residents have attended the Bible Study for their personal enrichment. Here are a few historical events that the Good Samaritans sponsored:

1. Inaugural Tribute to Dr. Martin Luther King, Jr.
2. Inaugural National Day of Recognition honoring 9-11 victims & Hurricane Katrina victims
3. Thanksgiving Luncheon
4. Thanksgiving Food Give Away
5. Christmas Gifts to Needy Children
6. National Day of Prayer
7. Donation for Haiti Relief
8. Prayer Breakfast
9. Good Friday event
10. Pray & visit with the sick & shut-in
11. Christmas Gifts & Fellowship for seniors at Care Facility

We are so thankful for the Trilogy residents for making these events possible. We are also thankful for guest speakers, teachers, and the entire community who support our Christian ministry. We thank God for giving His many gifts such as love, peace, joy, patience, kindness and self-control.

The Good Samaritans New Year's resolution remains the same: Do not judge, and you will not be condemned. Forgive, and you will be forgiven. Do to others as you would have them do to you and continue to love one another. The Good Samaritans Bible Study meets every Thursday at 1 p.m. at the Delta Club in the Marina Room.

Scripture for the New Year:

Meditate on the good. ~Philippians 4:8

Have a Blessed New Year!

Men's Executive Nine

We hope that all our members had a wonderful holiday season and are anticipating an excellent golf year ahead. The RVMEN held two tournaments in November. The Nov. 11 Cha-Cha-Cha Tournament was won by the team of Metz, Al Shaver, Tom Lamb and Bob Bard. The Nov. 29 Shamble Tournament was won by the team of Ron Kott, Ed Smith, Dennis Jones and Joe Lopez. Congratulations to the winners and thanks to all that participated. During the Nov. 29 general membership meeting, the preliminary tournament schedule for 2012 was presented, the format for the 2012 club championship was discussed, awards to club champions by flight were presented, and options for next year's golf banquet were discussed. See the minutes for the details.

Although the winter season is upon us, we still have weekly Tuesday play starting at 11:30 am. The January tournaments include a green tee low net and a scramble with drive conditions. Please watch for the sign-up sheets and join in the fun. If you are interested in joining our 9-hole golf club, pick up an application form in the posting room or contact membership chairman Dick Talbott at (6052).

Model Club

We have been working hard on making improvements in appearance and operations within the Garden Railroad. We have installed a new control box, additional attractions and track to service our soon-to-be installed gold mine. The Round House and operational turntable now fills in some of the bare spots in our layout and will add new enjoyment to train operations. Our Model Club meeting in December allowed us to meet and welcome five new members to our community and explain some of the Field Trips we have enjoyed in the past and plans for some new ones. This coming year, we are preparing for a two-day trip to Reno, Carson City, as well as a Virginia and Truckee Railroad trip to Gold Hill and Virginia City, Nevada. This should be an exciting trip and we will be opening it up to potential new members. See photos on pages 26-27 and stop by the train station to see updates and further details.

Stop by our meeting or come out to the Garden Railroad area. For more information, contact Dean Lattman (3967). Join us at our monthly meeting on the first Friday of each month in the Vista Club Monterey Room.

Motorcycle Club

The Trilogy Motorcycle Club riders meet on the first Saturday of every month for an all-day ride. The Dec. 3 ride started with a bright sunny day. The previous day's terrific winds had subsided a bit and the temperature was in the low 40s. It had all the makings of a good riding day. It was great to welcome Rich Giangrosso back to the group with his new bike after an extended absence. We assembled nine bikes and 10 riders, and decided on the destination area of Bodega Bay. Bob Pastorino took point leading us west on Hwy 12 to Napa and Hwy 116 into Petaluma for a stretch break at Starbucks. John Wilson took point from there and headed to the coast via Chileno Valley Road, a very scenic little drive, riding ridge lines and affording expansive views of the Pacific Ocean. Lunch was at Nick's Cove with BBQ oysters, clam chowder, fish and chips and refreshments. The return trip took us up towards Jenner, east along the Russian River and eventually to a welcomed coffee stop in Suisun.

We invite the other motorcycle riders in Trilogy to join us on any of the monthly rides. The next ride meets at McDonald's in Rio Vista at 8 a.m. on Jan. 7. The destination is to be determined based on weather. For more information, contact Bob Pastorino at (6556) or Larry Nelson (2967).

"If I took the car, it wouldn't be a motorcycle trip!"

— Unknown

Nature Club

The Nature Club meeting is on Wednesday, Jan. 11, 2012 in the Monterey Room/Vista Club from 6:30-8 p.m. Contact information for field trips and other information is (707) 416-8849 and trvnatureclub@gmail.com.

Are you an experienced or beginner birder? Come to the meeting or call us. Would you like to participate in The Great Backyard Bird Count through Cornell University? You don't need to be experienced, only curious. For field trip announcements, see December *Trilogy Living*.

Picnic Brunch at Jepson Prairie Reserve. Saturday, March 24, 2012. Reservations for complimentary picnic brunch following tour at above number.

Audubon Canyon Ranch, Bolinas. May 5, 2012 leaving at 8:30 a.m. Group is limited to 25. No host lunch follows walk. We will caravan from the Vista Club (two hour drive). Reservations are required at 707-416-8849 or trvnatureclub@gmail.com.

In addition, TRVNC offers both hands-on and educational assistance with wildlife questions or problems.

Radio Club

The Radio Club has recently received some communications equipment that was donated by a retired HAM. As you may remember from previous months, a HAM is a name given to a licensed Armature Radio Operator. This equipment, while still being evaluated, is available to any Club member or licensed member in our community who

continued on page 32



would like to hone his or her communication skills by becoming a new member or assisting in any maintenance and/or repair that might be necessary. We feel this would be a good opportunity for a licensed member to expand their area of experience, and we can assist in briefing them on the proper procedures for radio operation in our community.

Additionally, if you have any unused equipment including radios, power supplies, antennas, tuners or test equipment occupying space in your garage, please consider donating it to a club formed primarily for the good of the community.

Additional information can be obtained by attending the weekly Radio Club meeting, which is held each Tuesday in the Vista Club Monterey Room at 9 a.m. for informal discussions over coffee. The formal meeting starts at 10 a.m. Stop by. For more information, contact Dean Lattman at (3967).

Recipe Club

The New Year is here! With the cold winter weather, we will celebrate soup at our Jan. 10 noon meeting. Wendy Adair, Linda Walsh, and Molly Woodworth have volunteered to make soup, and Shirley Rogers will prepare coffee.



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

Monthly tip: Soups and stews often taste better the day after they are made. They should be cooled to room temperature before being refrigerated. However, if you cook in the evening, this can mean waiting up until the wee hours just to get the soup in the refrigerator. Here's a quick way to bring down the temperature of a hot pot of soup or stew. Fill a large plastic beverage bottle almost to the top with water, seal it, and freeze it. Use the frozen bottle to stir the soup or stew in the pot; the ice inside the bottle will rapidly cool down the soup or stew without diluting it.

Rio Vista Roamers RV Club

We hope everyone had a great holiday season. Our group celebrated with a holiday dinner at the Nines. Jerry and Barbara Cauthens hosted our outing and we thank them. There will be more on that next month.

Jan. 18 will find us once again at Tao San Jin in Antioch for our yearly Chinese dinner. Bob and Katy Emler (6312) are

our hosts. They will need your reservation and payment of \$16.40 each (includes tip and beverage) by Jan. 10.

Ron and Pauline Crews (3050) are hosting a Valentine's Day brunch for us at the Riverboat on Feb. 12 at 10 a.m. They will need your reservation and \$20 each (also inclusive) by Feb. 3.

All RV owners are welcome to one of our outings to see if this is something you would enjoy. We will certainly enjoy having you! For more information, call Sandra Santos (3538) or Doyle Ellington (5276).

San Francisco Club

Holidays are over and a big thank you goes to Joan Greene who so graciously opened her house to the San Francisco Club for an afternoon of holiday cheer. Joan has volunteered to put together a cook book for our club after our potluck last year when so many wonderful dishes were shared. Our next meeting is on Jan. 24 at 7 p.m. in the Vista Club Diablo Ballroom. There will be refreshments. We will discuss plans for future events and our next Potluck. If you lived, worked in, or grew up in the city, join us, we would like to know you. For more information, contact Mike & Lori at (6196).

Senior Men's Golf Club

With the busy holiday season now behind us we hope that our members are looking forward to the New Year and an exciting tournament schedule, including home and home tournaments as well as golf outings to different courses. See the 2012 tournament schedule prepared by our new tournament director Joe Devilbiss for exact dates and formats. The schedule is posted on the club bulletin board or can be obtained by contacting Joe at (3700).

Thank you to all members that have renewed their memberships for 2012. If you have not renewed or are interested in joining our club, it's not too late. Pick up an application form in the posting room or contact our membership director Ray Ulmonen at (4070).

Our club plays each Wednesday morning. Sign-up sheets are available in the posting room or through our e-Clubhouse website. Also, check out our e-Clubhouse website on www.rvsmgc.ghinclub.com for the latest news and tournament results. We hold our general membership meeting on the third Thursday of each month at 4 p.m. in the Delta Club Diablo Ballroom. The next meeting is on Jan. 19. If you have any other questions about our club, contact club President, George Barlesi at (4032) or e-mail George on gbarlesi@comcast.net.

continued on page 33

Soul Line Dance Club

Free beginner line dance lessons on Wednesdays from 6 p.m. - 6:45 p.m. at the Delta Club starting Jan. 4. Everyone is invited to attend to have fun and get some exercise. The beginner/intermediate group meets from 6:45 - 7:30 p.m. Soul line dance is a free style line dance to different types of music. We have been dancing at Trilogy for many years and have sponsored many successful events such as parties and music on the patio! Most of all we love to dance and have a good time. Our class is not advertised in the physical fitness calendar. It is in the activities calendar in *Trilogy Living*. For more information, call Irene (6999).

Supper Club

Happy New Year everyone! We are starting 2012 with another group get together on Sunday, Jan. 15. If you are interested in joining us for this activity, contact either Cheryl (6619) or Maureen (3803) for details.

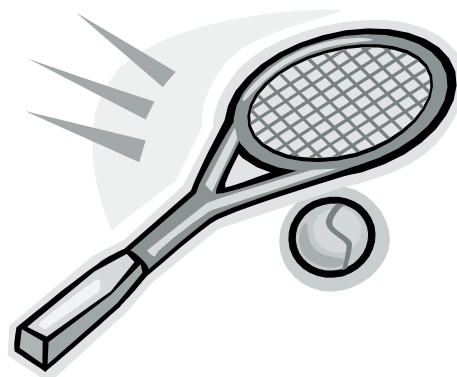


Beginning in February, we will return to our regular schedule (every other month) through October. We will continue to meet in each other's homes for a night of exquisite dining, fun and conversation. On these occasions you can meet your neighbors and get to know them in a small group setting (usually six to ten). We are not limited to a formal dinner menu only. You might also want to have an afternoon barbeque, a brunch or a luncheon.

Please note: our club is not limited to couples. Everyone is welcome to join Supper Club. If you want to make new friends, give Supper Club a try. Take the opportunity to experience our absolutely delectable menus and friendship.

If you are interested in becoming a member, contact either Maureen Gingrass (3803) or Cheryl Bellrose (6619). We'd love to meet you.

Tennis Club



Merry Christmas and Happy New Year from the Court Jesters! It has been a wonderful year of tennis and socializing, staying in shape, and having "good ol' fun." By the time you read this, Christmas dinner will have been well digested and festivities enjoyed. We're looking forward to another great year in tennis in 2012. This year we are looking for new players to come out; those who haven't played in a while and the regulars. My hat goes off to the polar bear group that meets at 7 - 7:30 a.m. during the cold weather. Social play is Monday through Friday until 10 a.m. Anyone can play, and you need not be a member of Court Jesters to play during this time.

To players wanting to play in the tournaments, the rule is you can challenge the 3/4 slots in any category. Check the seeding, get a partner and play a two out of three match; winner moves on, losers look on. It's good for both teams and makes us a better squad. You must be a member of the Court Jesters to play in our tournaments. You can join for only \$24 per year and a onetime donation of \$20 for use of the ball machine.

Please continue to place your recyclables in the bin on Court #2; use your clubhouse key and lock the gate upon departure. All donations are greatly appreciated. We send a big thank you to Chuck Williams for his efforts. If you need new string for the New Year, our own Cora Velasco is an excellent re-stringer, see her or George Sablan at the courts for more information.

Keep up with your club by attending our monthly meetings held on the last Friday of the month at 10 a.m. at the Delta club. For information about our club you may contact our President: Nancy Whitney, vice-chair June Skvorzov, Treas. Patti Sorg, Rec/Sec. Sandy Price, Social-chair Joe Downes, and Bruce Stirling / parliamentarian. Dave Hinders is our Webmaster, Wally Beckman the tournament director, and George Sablan our director of player development.

Women's 9-Holers



We meet at The Nines every Tuesday at 9 a.m. for a 9:30 a.m. tee time. Sign up for golf in the Pro Shop Tuesday through Sunday. The sign-up sheet is picked up Sunday afternoon; your tee time will be e-mailed to you by Monday evening. If you need to cancel, call Ruth Almgren, Tournament Chairman at (3867) or the Pro Shop at (2900).

Tuesday Play Day Results:

November 1, 2011 - Nancy Whitney had a Chip-in on Hole 16 and Charr James had a Par on Hole 12.

November 8, 2011 - Fran Silva had a Chip-in on Hole 11 and Chris Sabye had a Par on Holes 10 and 12.

November 15, 2011 - We had three Chip-ins: Judy Rumble and Karen Adams on Hole 1, and Charr James on Hole 5. Charr James also had a Birdie on Hole 5. There were many Pars: Judy Rumble on Hole 1, Ingrid Cavanaugh and Helen Swarbrick on Hole 5, Georgette Rodrigues on both Holes 5 and 7, Charr James on Hole 7, both Donna Bjork and Ruth Almgren on Hole 5 and Billie Reece on Hole 6.

November 22, 2011 - Karen Nash had a Par on Hole 13 and both Chris Sabye and Louise Massoni had Pars on Hole 15.



November 29, 2011 - Susie Masterson had a Chip-in on Hole 9. Karen Nash, Ingrid Wiley and Blaine Foltz all had Pars on Hole 5. Blaine Foltz broke 60 today.

2011 Summary: Too many Pars and Chip-ins to mention in this article. Birdies - Anna Bogucki, Anne Branton, Lenne Howard, Eileen Owen Chris Sabye and Fran Silva. Eila Ballard broke 70. Karen Adams, Ingrid Cavanaugh, and Blaine Foltz broke 60. Anne Branton, Karen Nash and Chris Sabye broke 50. Congratulations to everyone!

If you would like to join the Women's 9-Holers, please call Georgette Rodrigues, Membership Chairman at (2683).

Women's 18-Holers

Charm Day was our Nov. 3 play day. The winner of the charm was Ulla Ulmonen. She also was the winner in the A Flight. Other winners in A Flight were second Ida Shannon, third Vicky Riddle, fourth Frankie Freese. B Flight first was Roni Teixeira, second Alma Renko/Maureen Gingrass, third Joan O'Connor. C Flight winner Donna Bjork, second Karen Nash, third Charlotte Godsey/Carol Petronzio.

Nov. 10: A Flight - first Frankie Freese, second Angie Jones, third Lucille Rhodes. B Flight winners - Joan O'Connor/Ida Shannon/Ulla Ulmonen. C Flight winners - Paula Davis, second Lynn Grace/Karen Nash. D Flight winner Donna Bjork, second Marilyn Rogers/Linda VanNieuwburg.

Turkey Shoot Out was Nov. 27. The winners of the \$10 gift certificate were Frankie Freese, Pat Kister, Karen Nash, Donna Bjork. Second place \$7 gift certificate went to Cindy Brown/ Roni Teixeira/Linda VanNieuwburg/Carol Petronzio. Third place \$5 gift certificate went to Ida Shannon/Trixie Roque/Maureen Gingrass/Marilyn Rogers.

Dec. 1 was OSEN. A Flight winner was Ulla Ulmonen, second Linda Barlesie/Des Javier. B Flight winner Ida Shannon, second Roni Teixeira, third Diane Staley. C Flight winner was Maureen Gingrass, second Charlotte Godsey, third Karen Nash.

Birdies were made this month by Trixie Roque, Ida Shannon, Angie Jones. Chip-ins: Angie Jones, Cindy Brown, Frankie Freese, Linda Barlesi, Roni Teixeria, Donna Bjork, Bev Dunn, Paula Davis, Maureen Gingrass, Anna Stevens. Broke 100: Ulla Ulmonen, Vicky Riddle, Lucille Rhodes, Ida Shannon, Frankie Freese, Linda Barlesi, Angie Jones, Joan O'Connor, Cindy Brown, Roni Teixeira, Des Javier. Closest To The Hole Winners: Char James, Trixie Roque, Frankie Freese (chip-in), Roni Teixeira.

If you would like to join us, contact Marilyn Rogers, Membership Chair, at (5746).

Thank You, Trilogy

I thank everyone who purchased raffle tickets at the November Faire in support of Meals on Wheels of Solano County. It is greatly needed and appreciated. The contributions are used to ensure that "no senior goes hungry."

— Roger Wiskeman, President/Board of Directors
Meals on Wheels of Solano County

Carbon Monoxide Awareness

Disaster Preparedness Team

It's that time of year when we fire up the furnace and bring out the portable heaters to help stay warm. Along with the furnace and portable heaters comes the threat of carbon monoxide poisoning. Carbon monoxide gas is invisible, odorless, and deadly. Recognizing carbon monoxide poisoning symptoms is important. The symptoms of carbon monoxide poisoning are similar to the flu, but without fever. They include: dizziness, vomiting, nausea, muscular twitching, and intense headache, throbbing in the temples, weakness, sleepiness, and inability to think coherently. For more information, contact Lynne Hansen at (4060).

Free Tax Assistance

Free federal and state income tax help is again offered through the Volunteer Income Tax Assistance (VITA) program at the St. Joseph Church Parish Hall in Rio Vista. Free basic income tax return preparation and electronic filing is offered to individuals of low to moderate income (generally, below \$50,000) and seniors who need assistance with or cannot prepare their own tax return.

Appointments will be scheduled for each Saturday, starting on Feb. 4 and ending on April 14 from 9 a.m. to 1 p.m. in the St. Joseph's Church parish hall at 220 South 4th Street, Rio Vista. If you are interested in other VITA locations opened on different days, please dial 2-1-1 and ask for the VITA information.

If you need assistance with your 2011 income tax returns in Rio Vista, please call Carlos Zepeda starting on January 9 at (510) 301-5182 to schedule an appointment. Appointments are scheduled on a first-call basis.

Please bring your records of income and deductions, including Forms W-2, 1099-R, statements showing interest and dividends, and a copy of your 2010 tax return to the scheduled VITA appointment.

Reflections: Trilogy's Soul Line Dancers October, 2011 Halloween Celebration

by Pat Jackson



The Diablo Ballroom at the Vista Club was the place to be on Saturday, Oct. 22, 2011. Over 100 guests attended the dance and costume party. The décor offered festive finesse and many guests were creative in their costume attire, which added to the fun of the celebration. Musical entertainment was provided by Kymberly Jackson with Urban Legends. They delivered tunes at the highest level of energy. Kymberly Jackson's infectious performance, personality, and virtuosic flute skills filled the room with music. An expression of appreciation for guests took place. Twenty-seven raffle prizes were given away. The Soul Line Dancers and guests danced continuously throughout the evening. Stay tuned for the Soul Line Dancer's 2012 Events. You don't want to miss them.



Garden Railroad Bake Sale

Jan. 21, 2012, 10 a.m. - 2 p.m. Vista Club, Diablo Room

The proceeds from this fundraiser will go to the Model Club's Garden Railroad at Trilogy, which is located on the west side of the Vista Club. In this location, the railroad, town and garden were established in the fall of 2010 and are still growing. Come help us support this exciting train-garden project. Please mark this event on your 2012 calendars. For more information or to donate baked goods, contact Cynthia at (3477).

CPR/First Aid

Become CPR/AED and First Aid certified on Jan. 17 from 9 a.m. - 1 p.m. Sign up at Member Services at the Vista. Fee is \$60. For more information, contact Anna Chunn (4205).

Volunteers Needed

The Solano County Library is looking for adult volunteers that are available in the evening to teach an adult to read, write or speak English. Find out how you can help by contacting the literacy office at (707) 784-1526 and attending an orientation.

Stroke/Head Injury Club

Several people who live in Trilogy have had strokes or some type of head injury that has left them disabled. Cheryl Bell-rose is forming a group for the sharing of experiences. This group will provide help, useful tips, and current information on how to cope with the various short and long term physical as well as emotional effects. Since each person who experiences a stroke or head injury can suffer from feeling alone, helplessness, and/or may be impaired by some physical and/or emotional limitation, the support that we can provide each other can be very important to adapting and living successfully with these constraints. Unfortunately, strokes and other types of head injuries are becoming more common among younger individuals. If you know someone or if you or a person in your family has had a stroke or some type of head injury, and would like to join this group, please contact Cheryl Bell-rose (6619). This group is open to the families of stroke/head injury victims who need support as well.

Thank you Recipe Club

On behalf of the Family Support Group, I would like to thank the recipe club for their generous donation in memory of Mary Dawson. Mary was a long-time and valued member of both clubs and we will surely miss her.

— Claudette Gartner, Family Support Group

TOPS

This has been a very busy season for Take Off Pounds Sensibly (TOPS) and we have all kept our eyes on our goals! Congratulations to Woody Woodard who joined the ranks of the KOPS gang. They are examples to the TOPS members, to Keep Off Pounds Sensibly!

For all you Trilogy ladies and gents who wish to shed those added holiday pounds, and would like a little support, come to the Delta Club on Wednesdays at 8 a.m. to check out our program. We all strive for success and we weigh in every Wednesday morning. We also have a short inspirational program. For more info call Leader Minnie Howell at (5786) or Co-leader, Peggy Smith at (1366). We wish you a Happy New Year!

Trilogy Jazz Band

We wish you a happy new year! The band has something else to celebrate too: the 10th anniversary of its founding! This month we salute one of our newer members, guitarist Eddie Davis.



He grew up in Fairfield and learned basic music in third grade, playing on a tonette, a simple flute-like instrument. From fifth through eighth grade he played trumpet in the school band. By sixth grade he was also playing guitar after school, with help from his father. The Beatles were popular then and he was eager to play their music. During his teens and early twenties he played guitar in small rock groups around the local area. Then he became a delivery truck driver and did not have time to work as a musician, but continued to play for fun. About 10 years later he had an opportunity to study with Rex Bell, an excellent guitar teacher who was an arranger for Paul Simon. He later studied with Mimi Fox; one of the world's best performing jazz guitarists, and Randy Vincent who teaches at Sonoma State College. He has played at the San Francisco Brewery and elsewhere with many great jazz musicians. Eddie and his wife Paula moved into their Trilogy home in 2009 after he retired from a career in property management. Besides playing with our band, he is part of the group known as 3JB, which entertains frequently at local area restaurants and events, including Trilogy's New Year's Eve celebration. He also plays in two other area big bands, is an avid reader of jazz history books, enjoys many hours of practice with his guitar, and gives guitar lessons too!

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

Trilogy at Rio Vista HOME BASED BUSINESS DIRECTORY

All Occasion Travel

Full Service Travel Agency
Joan Greene, CLIA, ARTA (2440)
Certified Travel Specialist
Alloccasiontrvl@aol.com
www.alloccasiontravel.com

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Independent Beauty Consultant
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E-mail: snovotny@citlink.net

Nu Skin Anti-aging

Sandy Rossi, Independent Beauty Consultant
Cell 415-328-9466
www.ezliving.nsedreams.com

ANNOUNCEMENTS

Writer's Group

Attention all Trilogy writers: New group forming. Creative writing, poetry, prose, all genres. Don't be shy! Come to share or just listen. Contact Beth (2186).

FOR RENT

Home for Rent

Lake house Trilogy: 3br/3ba, 2 fireplaces, interior patio, another patio on lake, upscale window treatments. Extras galore. \$1600. (5324)

Attention All Advertisers:
All ads and checks are due by the fifth of the month prior to the month of publication.

FOR SALE

Children's Books

Trilogy resident author Shirley Grijalva: *Just Read About It* and *Marshall's Big House on the Hill*. Children 8-13 Call (6752).

Computer Desk

Very nice Scandinavian design computer desk 60 X 31 X 31 with hutch 28" high cost \$500, will sell for \$225 OBO. Call (7580).

TV

6 years new 46" color HD Toshiba TV. I will deliver and set up, all for \$300. Call Dominic (2525).

SERVICES

Alterations

Sewing and alterations. 30 plus years experience. Call Ruth (5883).

Annual Service

Garage door maintenance and/or minor repairs. Also flush hot water heaters to prevent leakage. For appt., call Dick Dawson (6835).

SERVICES

Assistance w/ Heavy Lifting

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

Audio/Visual

We will install your audio system, DVD, TV, or VCR to your specifications. We will also custom wire your home per your specifications. All installers are ON-Q certified. Call Michael (2800).

Auto/Home Detailing

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

SERVICES

Baking & Cake Decorating

Cake and cookie baking and Decorating. All occasions from party to wedding. Email Ruth at designsbyr@hotmail.com or call (5883).

Caregiver

Need a few hours respite when caring for a loved one? Anticipating upcoming surgery or hospitalization? I'm a registered nurse. Reasonable rates. Call Sherry at (4864).

Carpet and Upholstery Cleaning

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

Carwash

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

Cleaning

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

Clock Repair

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

Computer Doctor

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

SERVICES

Computer/Wireless

We will custom install your computer or wireless network per your specifications. We will also do custom wiring and software downloads. Call Michael (2800).

Cooking Lessons

Cooking Lessons in the comfort of your home. Chef George Burghardt will teach almost anything from Sushi to homemade matzo. \$25 per person plus food cost. Contact at (4428). Catering available.

Crown Molding

Specializing in crown molding, mantels, all interior trim, front door installation. Trilogy Resident. Free estimate. Call Bob (4902).

Custom Cabinets

Specializing in new custom cabinets, entertainment centers, bookcases, media niches. Roll out shelves. Trilogy Resident. Free estimates. Call Bob (4902)

Electrical

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

Enhanced Improvements & Repairs

Established Retired General Contractor. .tile, wood floors, water leaks/drywall damage, kitchen & bath remodel/repair, patio re-design, entry/screen doors, fireplace mantels. . . Big or small—I do them all! 7 year resident/ references. Dominic 322-9476

Faux Finishing @ Its Best

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

SERVICES

Gutters Cleaned

Rain gutters cleaned and patio covers washed. Call Trilogy Resident Danny at 209-570-0302.

Hairstyling

Are you homebound and unable to leave your home to get a nice cut or style? I will come to you in the comfort of your home! Over 35 years experience. Just call me for your hair needs. You will look and feel great! I also cut men's hair. Call Myrna (3725) or cell 408-309-0083.

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, garbage disposal change-outs. Free estimates. City business license #1654. Call Bob Bailey (3391).

Handyman

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

Housecleaning

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

Impeccable Improvements & Repairs

Established Retired General Contractor. . .tile, wood floors, water leaks/drywall damage, kitchen & bath remodel/repair, patio re-design, entry/screen doors, fireplace mantels. . . Big or small—I do them all! 7 year res./ references. Dominic 322-9476

SERVICES

Income Tax Preparation

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

Income Tax Preparation and Bookkeeping Services

With over 30 years experience including personal, corporate and partnership returns. Income tax preparation. Fast, efficient, reasonable. No job too small. Call Lesley (3377).

Income Tax Services and Planning

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

Landscape Maintenance

Call StarShine of Rio Vista for all of your yard and homecare needs. 410-7070

Mobile Notary Services

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

Notary

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

Notary Public

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

Notary to Go

Only \$7.50 per notarization. Discounts for numerous documents. Since 1984. Call Warren (3477).

SERVICES

Painting

Ron the Painter for Hire. Quality work at a good price. All types of painting: fences, mailboxes, interiors, homes. References. Trilogy resident 707-580-6616.

Painting and Drywall

Repaint exterior & interior. Color and texture our specialty. Free estimates. 38 years experience. R. P. Painting, Trilogy resident CA St. Lic. # 422737. Call today (5954).

Personal Organization

ClutterNOT can help you increase your productivity, reduce stress, and gain more control over your time, space, and activities. Trilogy resident, Carol Kern, works with you to declutter your home, your office, whatever you need. See my WEBSITE: www.clutternot.com for more info and call me at 925-286-2398 for a free consultation.

Pet Care

Let your pet remain home while you're away. Lots of love & attention. I'll bring in mail, newspapers and tend to trash. Over four years of Trilogy references. Kathleen Montemayor (4750)

Remodel/Repairs

Trilogy resident and contractor Steve Wendling. License #914545. No job too small. 10% off labor for residents. Call (6693). Free estimates.

Roll out Shelves

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

SERVICES

Sliding Door and Screen Repair

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

Stained Glass

Jan's Custom Stained Glass Windows, Panels or gifts. Your design or mine made to order. 40 plus years experience. Call (3612).

Streaming Video

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

Transportation

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

Window Cleaning

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

VACATION RENTAL

Tahoe Condo

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

ANNOUNCING...

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Emeritus Senior Living is committed to providing quality services to seniors. As part of our commitment to enhance our residents' lives, we will be undergoing a million dollars in renovations; paint, carpet, internet cafe, continental club, 9-hole putting green, life-size chess board and much, much more. Our commitment to providing quality senior care at an Emeritus Senior Living can be seen first hand.

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