

February 2011

# Trilogy Living

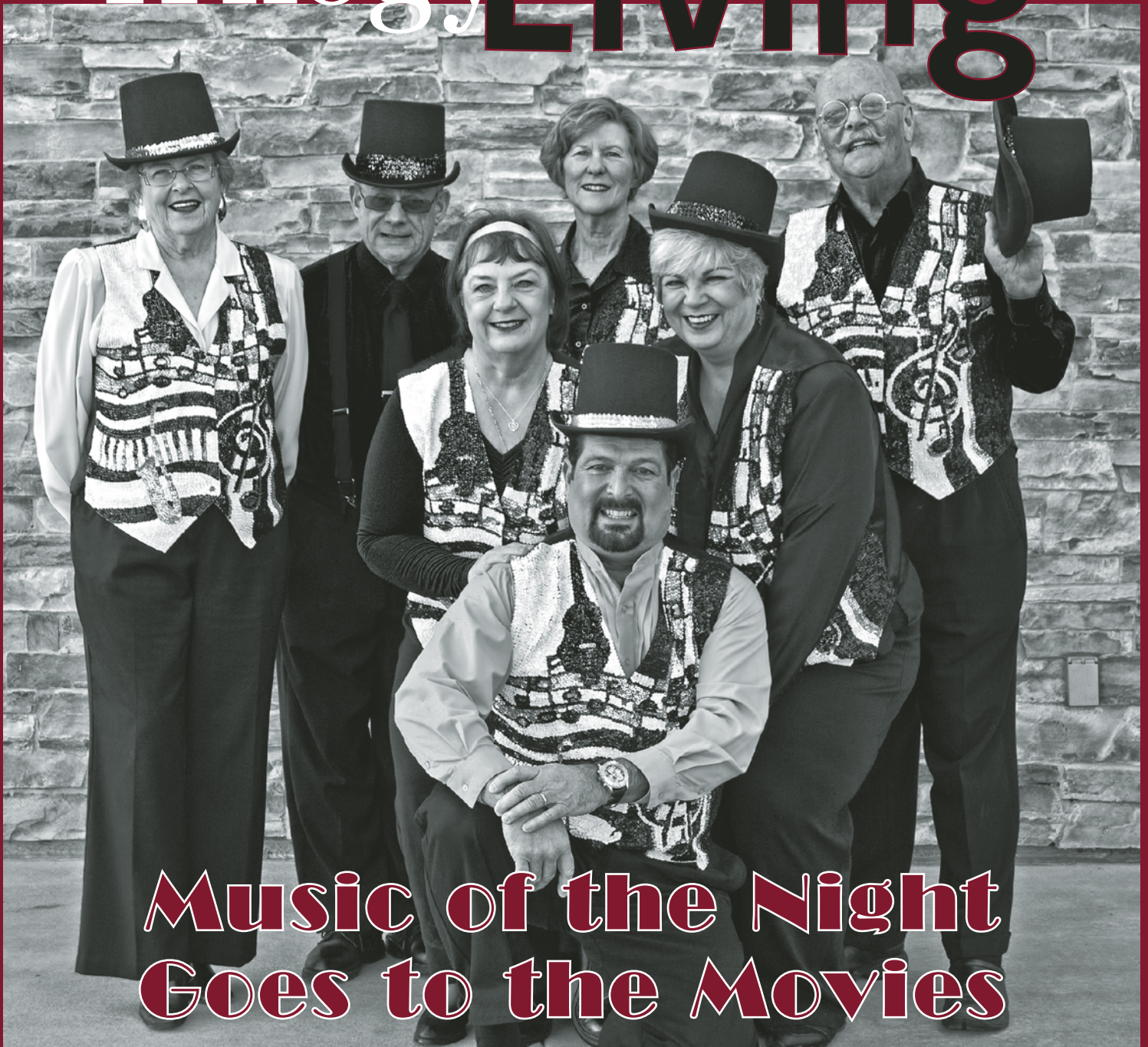


Photo by June Skvorzov

## Music of the Night Goes to the Movies

It's finally here! "Music of the Night Goes to the Movies" is on March 3 (Charity Night), March 4, and March 5. Flyers are in this February issue of *Trilogy Living*. Sign up early as each night sells out fast! Extra flyers will be posted above Box 8 at the Delta Club this month.

Come out and support our talented residents as they perform on our Vista stage. What a great once-a-year event!

This year, we are donating Thursday night's proceeds (March 3) to Rio Vista Community Services (formally known as Rio Vista Food Ministry). There is an additional performance night this year to allow all residents to attend. So sign up early and attend one of our best events of the year.

### Inside:

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*From the  
Master Association*  
**BOB SATHER**  
President

Our first meeting of the New Year took place on Jan. 11, 2011 in the Diablo Room at the Vista Club. For those of you who missed the meeting – you missed being there for the shortest meeting in years. It was only 44 minutes long, from call to order to the end of business. I believe there were about fifty residents in attendance. Including about 12 staff, delegates, and board members the total was around 60 to 65.

**Actions taken at the meeting included:**

- The approval of the second reading amending the Rules and Regulations stipulating that lake and roadside walkways are intended for pedestrians only, and authorized the installation of signs at TRVMA lakes indicating such rules.
- Approved leaving the counter, which held computers at the Cyber Café, empty. The computers had been removed to give more space in the Café.
- Rescinded action taken in December for a wood/glass windbreak at the Delta Club and passed motion to approve an expenditure, not to exceed \$9,000 from Capital Improvements, of a concrete/metal post/glass windbreak at the Delta Club to be installed by the maintenance department.
- Approved an expenditure in an amount not to exceed \$1,300 from Reserves for the replacement of the Welcome Center floor, and awarded the contract to RJ Flooring.

The next regular meeting of the Master Association Board is on Feb. 8, 2011 in the Diablo Room at the Vista Club at 2 p.m. The 2011 Annual Meeting will be held immediately after the regular meeting. We look forward to your attendance at these meetings. See you there.

Please be informed that the Master Association Board of Directors has officially adopted an amendment to the Rules and Regulations.

**The new section reads:**

***All walkways (street sidewalks, around lakes, etc.) are restricted to pedestrian traffic only, except for ADA authorized motorized vehicles.***

# TRILOGY AT RIO VISTA

## D I R E C T O R Y

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**Delta** Admin Office (4843) Fax (4891)

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*From the Editor*

**ANDREA STUART**

February is well known as the month of love. Most notably, it's known for hosting what some people call the most romantic day of the year, Valentine's Day. St. Valentine's Day, otherwise known as "Singles Awareness Day," embodies a time of year when people become cocooned by love. The holiday is currently earmarked by gold embossed greeting cards, heart-shaped candy boxes, and fresh-cut flowers, each used in the practice of exchanging warm sentiments with another person. It is also a time of year when the single person may feel bombarded by a collection of rituals. Whether you're in a relationship, single, or somewhere in-between, Valentine's Day is a time to show your love and appreciation toward anyone: parents, children, husband, wife, or even your pets. It's all about love, and you can write your own rules. At Trilogy, we think the best way to celebrate affection for others is to get out and share your spirit.

You can start your Valentine's rendezvous by checking out the farmers' market on Feb. 6. Not only can you bring that special someone their favorite veggies and flowers, perhaps you will win the raffle and bring home another little surprise as well.

If you're looking for a way to beat post-holiday boredom and socialize, we've got just the cure. Catch the Wine/Jazz/Visual Art show on Feb. 5 where you'll find an array of unique creations and bask in jazz with a glass of wine in-hand. Further satisfy your love of the arts with Sinatra Swing Meets Torme Jazz with Jonathan Poretz on Feb. 11. Then, laugh your caboose off at Comedy Night with Dan St. Paul on Feb. 18. Feeling like a home cooked meal? Join Kathleen Barnett on Feb. 22 to learn the art of mastering kitchen basics that will wow your plate. Or perhaps you'd like to learn how to balance your life by learning Feng Shui by attending Feng Shui in a Day. Finish off the month by combating health problems holistically by attending The Holistic View of Health with Katie Whitmarsh on Feb. 24.

Maybe you and your sweetheart would enjoy a couple's spa date! Or maybe you'd just like to spruce up for the New Year. The spa is now offering some amazing facial treatments and massages that will leave you feeling like you can take on the world.

By the way, have you noticed *Trilogy Living's* new look? Complete with more images and a cleaner look that allows for more content, we hope you will enjoy reading *Trilogy Living* even more!



*From the Activity Director*

**KERSTI EVANS**

I can't believe it is February already. It is amazing how time flies through the holidays. This month and next I have two special programs planned that you just can't miss. Please read more about two particular events: Jonathan Poretz and the Clogging performance. Before each event there will be a special dinner offered by the Cyber Café from 6:30 - 7 p.m. You must pre-order two days prior to the performances.

## Call for Action

**Do you have a classic, muscle, or unique car or an original hog?** I need to hear from you! **Please call me if you want to participate in the "park and show" event.**

**Reminder:** Please sign up **early** for Trilogy events. It helps planners prepare for the programs they have in store for you.

**REMINDER FOR ALL EVENTS:  
PLEASE PAY BY CHECK ONLY.  
NO REFUNDS.**

## Share Your Travel Experiences with Us

Did you just return from a cruise vacation to or have you recently walked the streets of Rome? Why not share your travel experiences with your Trilogy neighbors? We need guest speakers for our April 2011 Travel Talk. Share your experiences and photos with others. Call Kersti Evans at (4204) to make arrangements. Thank you to the members who volunteer their time to share their travel experiences. We've enjoyed learning about new places. You have made Travel Talk a wonderful and enlightening program.

## 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. 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.

## Farmer's Market ~ A Veggie Good Time! A Raffle Too!

Feb. 6 & 20 and March 6 & 20, 10 a.m. – 3 p.m. – Delta Club, Free

Petrill's Produce Farmer's Market provides wonderful produce to Trilogy members. Why drive to downtown Rio Vista or farther to buy fresh fruits and vegetables when you can get them right here?

## Get The Scoop At The Next Grapevine Chat!

Tuesday, Feb. 8, 6 p.m.      Tuesday, Feb. 22, 5 p.m.

Tuesday, March 8, 6 p.m.      Tuesday, March 22, 5 p.m.

Mark your calendars for the upcoming Grapevine Chats in the Grand Living Room at the Vista Club. 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-ups. Everyone meets around that big fireplace!

## IMPORTANT INFORMATION

**NEW:** If you need to check out chairs and tables for your event, please **pick up a reservation form from Member Services at the Vista Club**. Fill it out and return it to Member Services. They will give it to our Set-Up Coordinator, who will call you back to confirm your request. This is very important since we use the chairs and tables for all community events, programs, classes, clubs and Village meetings. **Please be sure to clean/wipe down all of your rental equipment before you return it.** We appreciate your cooperation.

## EDUCATIONAL OPPORTUNITIES THROUGH COMPUTER CLASSES

Please see page 18 for the many computer classes we are offering.

## STILL LOOKING FOR COMPUTER INSTRUCTORS

We need more instructors! If you are interested in teaching one or more basic computer classes, call Kersti Evans at (4204).

## ATTENTION CLUBS AND VILLAGES

Please pay the following linen charges at the Member Services Desk at least two weeks before your event:

Table cloths - \$1 each

Table skirts - \$2 each

**Reminder:** Immediately after hosting an event at either the Delta or Vista Club, **please return each room to its original condition**. Make sure all trash is picked up and put into garbage cans or bags, equipment is returned to storage or removed from the premises, and all tables and counters are wiped clean. A staff member will take the garbage to the dumpsters, remove used table linens, and return all community-owned audio and visual equipment to storage. Thank you!

## Wine/Jazz/ Visual Art Show

Saturday, Feb. 5,

1 p.m. – 5 p.m.,

Vista Club, Free

Charge for wine tasting

Enjoy an afternoon of wine, music, and art as Trilogy Art Guild for Artists (TAG) and the Digital Photography Club put their work on display.

The Trilogy Ensemble will tickle your ears with wonderful music, and wine tasting by Rutherford Grove will wet your palate. Rutherford Grove is a family-owned boutique winery nestled in the heart of the Napa Valley. The Pestoni family has wine making roots that span five generations in California, which is continued today with winemaker Andy Pestoni. The Pestonis pride themselves on not only being vintners, but also growers with all of the wines produced from estate-grown fruit. As a result, each of Rutherford Grove's wines is handcrafted to highlight the fruit and intensity that both the vineyard and the vintage have to offer.

Tastings: five wines for \$6. Sign up at Member Services at the Vista Club.

## Sinatra Swing Meets Torme Jazz Featuring Jonathan Poretz

Friday, Feb. 11, 7 p.m.,  
Diablo, \$18 per person

**Note: Enjoy dinner before the show hosted by the Cyber Café. Order through them by Wednesday, Feb. 9**

Some say he was born with a microphone in his hand. That would explain why Jonathan Poretz is so comfortable performing his brand of great American jazz standards to audiences large and small. Jonathan brings an electric energy to the stage. He's cultivated his talent in his home town of New York City since his early teens when he sang professionally in bands that featured jazz greats including Charlie Shavers, Chuck Wayne and Joe Puma. Blending the vocal stylings of Sinatra, Torme, Bennett and Darin, Poretz sings and every story he tells is through the great American standard songbook. Poretz has been appearing as Frank Sinatra in the "Tribute to Frank, Sammy, Joey & Dean (The Rat Pack)" in San Francisco, Las Vegas, Boston and Memphis. He also appears regularly at various Bay Area venues. He is also a regular vocalist with the Harold Jones Boss Men big band, led by legendary drummer Harold Jones, the beat behind Count Basie in the '70s and Sarah Vaughan in the '80s, and currently on tour with Tony Bennett. Sign up at Member Services at the Vista Club.

## Complimentary Hearing Screening and Assessment

Thursday, Feb. 10, 1 p.m. – 3 p.m., Diablo, Free

Advanced Instrument Hearing Aid Centers are offering a complimentary hearing screening and assessment to all members. Advanced Instruments is also offering cleanings for your aids, tube changing, adjustments, and repairs on a complimentary basis. Please keep in mind that some repairs may have a fee depending on the severity of the repairs/parts needed to bring the aid(s) back to complete restoration. They look forward to serving your needs on an ongoing basis. Depending on need, their services are offered the second Thursday of each month in the Diablo Room from 1 p.m. - 3 p.m. You will need to contact them directly to make an appointment at (707) 592-2720. Sign up at Member Services at the Vista Club for this initial introduction.

## Comedy Night At Trilogy Featuring Dan St. Paul

Friday, Feb. 18, 7 p.m., Diablo, \$10 per person

After a seven-year stint of headlining San Francisco clubs in the comedy duo Murphy-St. Paul, Dan launched out on his own with a solo act that landed him in the finals of the nation's toughest comedy competition, The San Francisco International Stand-Up Comedy Competition. Dan later moved to Los Angeles and appeared on several episodes of "An Evening at the Improv," plus numerous shows on VH-1, MTV, and Comedy Central. Since then, he has opened for such superstars as Jerry Seinfeld, Natalie Cole, Dwight Yoakum, Smokey Robinson, and Vince Gill. In a testament to the class of his act, Dan even opened for the San Francisco Symphony in which he reportedly said, "These guys are great! I knew them back when they were just a garage band." Sign up at Member Services at the Vista Club.

## Cooking Class With Kathleen Barnett

*Cradle Mountain Kitchen: Mastering Kitchen Basics*

Tuesday, Feb. 22, 2 p.m., River Room, Delta, \$20 per person

A juicy roasted chicken. A bubbling pot of savory soup. Quick and memorable pasta. What could be more enticing and basic in your kitchen? Yet these basics seem to elude us as part of our regular week day meals. In this interactive class discover secrets and skills to simplify your kitchen creations. You'll learn techniques and sample dishes that will help fill your home with the welcoming aromas of a well-prepared meal. You'll also expand your knowledge with comparison tastings of pantry essentials and knife skills. Sign up at Member Services at the Vista.

## Holistic View Of Health with Katie Whitmarsh: Stress, digestive disorders, mood and behavior

Thursday, Feb. 24, 6:30 p.m., Diablo, Free

What brought Whitmarsh to natural health? Health problems with fibromyalgia, food allergies, and hypoglycemia. That's why she has focused her education in naturopathy at Clayton College of Natural Health, and educates others on the holistic view of health, the "Standard American Diet" (SAD) and blood sugar issues, chronic stress and how it affects health, behavioral problems, and how they relate to imbalanced blood sugar and hormones. Sign up for this informative event at Member Services at the Vista Club.



## An Ounce of Prevention

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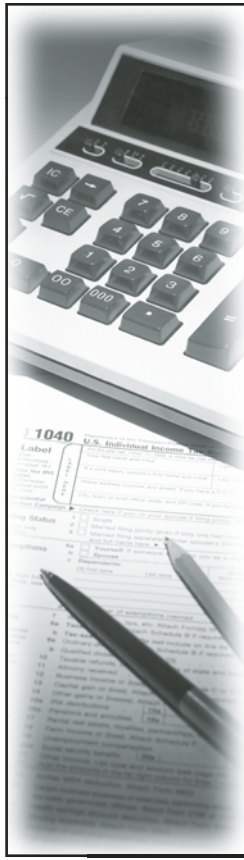
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## Discover the Latest

Friday, Feb. 25, 2 p.m., Diablo, Free

Discover the Delta Foundation President Ken Scheidegger and Executive Director Wendy Martin are making a presentation about the Discover the Delta Foundation's upcoming Delta Discovery Center Project and other activities that support the Foundation's educational mission. The Discover the Delta Foundation was established in 2006 by a group of Delta residents and business owners whose vision was to create an educational science-based nonprofit foundation to educate all Californians about the importance of the California Delta. Sign up at Member Services at the Vista Club.

## Travel Talk On Brazil with Nelson Gomes

Monday, March 7, 6 p.m., Diablo, Free

Travel Talk invites you to a talk on Brazil and Rio de Janeiro. In addition to learning about the largest country in South America, and see slides of some of the most beautiful spots on Earth. You will also have a chance to taste Brazil's national spirit drink, Cachaça. Sign up at Member Services at the Vista.

## Bring In the Irish Cheer with a Clogging Performance *Professional Cloggers from Atlanta!*

Friday, Mar. 11, 7 p.m., Diablo Ballroom, \$15 per person

Complete your evening of clogging splendor with a culturally appropriate meal: corned beef and cabbage dinner from the Cyber Café. Order through the café by Wednesday, March 9. The group is a competition and performance group that specializes in clogging and Irish Step. They have performed in Branson, Missouri for years—four shows a day during the summer at the largest entertainment venue in Branson. It's the most popular dance show and some of them have performed on stage at The Grand Ole Opry in Nashville, in Las Vegas, at The Junior Olympics in New Orleans, at NASCAR events, on two live national TV shows in Oslo, Norway, and made it to final rounds on "America's Got Talent." Don't Miss this program. Sign up at Member Services at the Vista Club.

## Open Mic Night Returns

Friday, Mar. 18, 7 – 8:30 p.m. Diablo Ballroom, Free

Join us for a fun night of showmanship. Show off your hidden talents, whether it's singing (there is no Karaoke), reciting poetry, stand-up comedy or playing an instrument, the sky's the limit. Let your inner star shine through! This is not the "Gong Show" or "Star Search." It's about sharing and having a great time. All performers sign up at Member Services at the Vista.

**Guidelines: One performance per person, limit your performance to 3-5 minutes long, and limit of 15 performers for the night.** Sign up in the order you wish to perform on performance night. BYOB. Due to the number of complaints, it is mandatory that each performer follow the guidelines.

## Movie Night Returns

### *THE GHOST WRITER*

Friday, Mar. 25, 6:30 p.m., Diablo, Free

The synopsis: "An unremarkable ghost-writer has landed a lucrative contract to redact the memoirs of Adam Lang, the former UK Prime Minister. After dominating British politics for years, Lang has retired with his wife to the USA. He lives on an island in luxurious, isolated premises complete with a security detail and a secretarial staff. Soon, Adam Lang gets embroiled in a major scandal with international ramifications that reveals how far he was ready to go in order to nurture the UK's "special relationship" with the USA. But before this controversy has started, before even he has closed the deal with the publisher, the ghost-writer gets unmistakable signs that the turgid draft he is tasked to put into shape inexplicably constitutes highly sensitive material." Written by Eduardo Casais.

## Spring Gift and Art Fair

Saturday, Apr. 9, 10 a.m. – 3 p.m., Diablo Ballroom, Free

The Spring Gift and Art Fair brings you the The 3JB Jazz Trio who will fill your ears from 11 a.m. – 1 p.m. Don't miss out on this convenient and unique spring shopping experience at Trilogy. You can also sell your new and handmade items (only) at the Spring Gift & Art Fair. Tables are \$30 for members (one table per person), and no more than two participants per table. Each vendor will donate a prize for the raffle, and all raffle proceeds benefit Meals on Wheels. Tickets are \$1 each or six for \$5. Drawings are held throughout the day. If you want to rent a table for your crafts, sign up Member Services at the Vista Club and designate your table location preference. For more information, please call Kersti at (4204).





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## Laugh 'Til You Drop Comedy Night with Mark G

Friday, Apr. 15, 7 p.m.,  
Diablo, \$10 per person

**Mark G is known as** a quick witted, personable comedian capable of handling a wide variety of audiences. He is a friendly comic who is genuinely funny and at ease behind the microphone. Mark G has performed at all the major clubs nationwide. He is known for his relatable comedy and audiences feel like they are spending time with a friend when he performs. Mark G's comedic journey started in the wonderful city of San Francisco where he began performing wherever there was a microphone. He wanted to add versatility to his comedy, so he enrolled in the world famous improvisation institute in San Francisco, Bay Area Theater Sports (BATS). Mark G gives a lot of credit to the school for helping him improve his ability to weave his material with improvisation and the audience's experience for a fresh out-of-the-oven act! Mark G spends most of his time traveling around the United States and abroad performing. He currently lives just outside of Sacramento and has performed as far away as Japan, Singapore, Korea, and Canada. Sign up at Member Services at the Vista Club.

## NEW SPORTS AT TRILOGY

**Basketball on Fridays, 3 p.m.**  
**Contact: Larry Meers (3211)**

**Paddle Tennis on Fridays, 1 p.m.**  
**Contact: Jeffrey Kennan (7541)**

## Enrichment Lecture Series with Peter Stekel

*Final Flight: The Mystery of a WWII Plane Crash  
and the Frozen Airmen in the High Sierra.*

Thursday, Apr. 21, 6:30 p.m., Diablo, Free

Final Flight explores the story of the ill-fated flight, and the bad leads and misinformation surrounding it for nearly 70 years. It's also author Peter Stekel's personal quest to investigate the many threads of the story, from the crew's disappearance to the discovery of the two airmen. Sign up at Member Services at the Vista Club.

## Earth, Wind, Fire and Water: A Musical Tribute To The Elements

Saturday, Apr. 30, 7 p.m., Diablo, \$10/pp for evening music performance

**Welcome to A Spring Program To Awaken Your Senses with a concert by Tapestry.**

Join us in celebrating the four elements: earth, air, fire and water. We'll also take a labyrinth walk, learning the connection the labyrinth has to the four elements, the four seasons and the four directions: north, south, east and west. Join Anna at 1:30 pm to discuss how to use the labyrinth incorporating these elements into your life. Walk the labyrinth at 2 pm. For more information, call Anna Chunn at (3560). The evening performance will lighten your heart and mind. Earth, wind, fire, and water are important elements of life that command our attention, as they whisper or roar through our lives. Hear them celebrated this spring in the music of Tapestry, the Bay Area's only vocal and handbell ensemble. Tapestry does its musical homage in an eclectic repertoire of old favorites, such as *Singing in the Rain*, *Dust in the Wind*, and *Aquarius*, classics, such as *Ritual Fire Dance*, *Wade in the Water*, and exciting new pieces to delight audiences young and young-at-heart. Even Disney and Enya highlight the skills of both ringers and singers. Tapestry, a registered non-profit organization, does more than give top-notch entertainment. It raises money and offers proceeds from its concerts to charity. In 2007, they did a goodwill tour of England, raising almost \$15,000 for Isubilo, an AIDS/HIV Resource Center in Zambia. Closer to home, they have raised funds for Shepherd's Gate in Livermore, the Contra Costa/Solano Counties' Food Pantry, FESCO (the Family Emergency Shelter Coalition) in Alameda County, and this holiday season, for the George Mark Children's House. Members also bring donations of food and sundries to each rehearsal. Members take to heart their sense of social responsibility in serving those with the greater need. Part of Tapestry's mission is to acquaint the public with the extensive possibilities of what bells can offer in the kinds and styles of music and how it can also be ideal accompaniment for choral work. Though audiences are familiar with handbells as instruments used in religious services and in concerts of holiday music, they are amazingly versatile in what music they can perform. These are not your grandma's church bells! While Tapestry's home base is Walnut Creek, it performs throughout the greater Bay Area, into other parts of Northern California, and abroad. To share the joy of their music. Sign up at Member Services at the Vista Club.





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# VISTA CLUB & SPA

By Jo Carmichael – Fitness Director



## EMPOWERMENT – *Strength & Cardiovascular*

There are many ways to get fit, healthy and improve your quality of life. The secret is choosing something you like and can enjoy doing. Decide what is right for you. It can be walking, bicycling or you may choose to join the Lose2Win program, take swimming lessons or try a new dance class like Dance 101 or Zumba. Whatever you chose, our Fitness Staff is ready to help you be successful.

Start your fitness program with a personalized **ROM** (range of motion) appointment to make sure you properly set up for an effective and safe workout. A range of motion appointment is a one-time \$20 fee, you'll have one-on-one with your trainer and once you are set up the machines will remember your settings and track your workouts.

Next new member orientations: **Saturday, Feb. 12 at 11 a.m. and Wednesday, Feb. 23 6 p.m.**

**Swim lessons** for adults and now for kids are available with Terry Kelly. For more information and to get your swim lesson card, visit the Member Services Desk.



## NUTRITION – *Weight Management & Nutrition counseling*

Our successful **Lose2Win** with the **NutriSum** menu plan with **"The Coach Approach"** is in full swing. You may have noticed ZUMBA Teams and other Teams working out. It is never too late to start. You can join a team and even if you haven't committed yet, everyone is welcome to attend the weekly support meetings every Monday at 9:30 a.m. in the Monterey Room and every Thursday at 1 p.m. in the group exercise studio.

**Dr. Paulina Caban** will be involved in your pursuit of health and fitness for Lose2Win as well. As a licensed naturopathic doctor, she is always available to explore all the ways you can improve your health with nutrition counseling. Vitamin B12 shot appointments are also available.



## REJUVENATION – *Recover & Relax*

Winter skin care can be challenging but we have a great solution for damaged or stressed skin. Make your appointment for any of our great SPA services today at Member Services.

**Images Four Layer Face Lift** – We now offer a great new treatment that will erase years from your skin's appearance. It is a mild vitamin C peel that helps treat sun damage, fine lines, and dull, fatigued skin. **\$85.**

Also available is the **Vitamin C Express Brightener** for fine lines, and dull, fatigued skin. **\$55**

Winter workouts can leave you sore. We have a great solution for overworked achy muscles.

**Active Sports Stretch** – a combination of deep tissue techniques and specific stretching to release tension. **\$65**

**Warm Stone Therapy** – a combination of soothing heat radiated from warm stones and rhythmic motion. **\$110**



## BALANCING & WELLNESS – *Body & Mind*

Balance means a state of equal distribution: mental steadiness and emotional stability. These attributes of balance affect us in many ways on a daily basis. We offer many ways to acquire or regain balance both physically and mentally. Consider one of the classes in yoga and meditation, or take a walk through the labyrinth. You can also gain balance in classes using the stability ball, and variations of dancing. We offer classes with dynamic stretching and self massage that will ultimately improve balance and overall wellness. We hope to see you there.

# VISTA CLUB & SPA



## FITNESS CLASS FEATURES

### Interest List For New Classes

Did you know that our own massage therapist **Joele Swift** is also a dance instructor? She would like to offer a fun dance combination class followed by a unique stretch and self massage.

These classes will compliment your current workout routine.

**Dance 101** – Fun way to stay fit and learn new moves. This class offers enhanced spatial awareness, balance, coordination, posture and a great cardio workout!

**Simply Stretch** – This class will focus on breathing, relaxing and stretching to release tension, increase blood flow, and decrease pain. Joele will also work with you on self massage techniques that will improve flexibility.

### Mark your calendar! Saturdays in February

Come join the FUN! Step with Pat at 8:30 a.m. on Feb. 5

**The Next Saturday classes - Zumba at 11 a.m. February 12 and 19**

### **New changes to country line dance class:**

As of February 1, we are starting a beginner's class from 9:30 - 10:30 a.m. every Tuesday morning at the Delta Club. In this new class, we will teach basic country line dance steps and dances. We will continue intermediate class from 10:30 - 11:30 a.m. Come join the fun and learn to country line dance. Any questions, please call Linda at (0612).

**Seven Points of Light:** Empowerment and the Chakras - a 3-part workshop that begins Tuesday, Feb. 15 from 12 - 1:30 p.m. Feel free to bring your lunch as we discuss the seven chakras and how to use them as a roadmap to examine your past turning points, to help you gain empowerment for future growth. We will also explore the behavioral change tools and energy leadership skills that chakras bring to daily life and help you with transition. Group sharing plus take-home workbook complete this supportive experience. Sign up at Member Services Desk. Cost is \$45 and includes audio CD.

**Feng Shui in a Day!** February 22, 12 - 1:30 p.m. Learn simple secrets to getting rid of clutter, how to enhance the eight areas of abundance in any room, and how to apply eight garden enhancements to improve enjoyment and relaxation. Cost is \$15 and includes handout. Sign up at Member Services Desk.

**Skinny Cooking - Lose2Win Style**, Saturday, February 26 from 11 a.m. - 1 p.m. at the Delta Club - Based on Lose2Win and other recipes learn how to increase flavor without adding fat, and plan weekly menus that you'll actually cook and eat! This hands-on class costs \$15 and includes lunch and handouts.

### **Trilogy at Rio Vista's Lose2Win 2011 with "The Coach Approach®"**

Even better than last year, **Lose2Win** with the NutriSum menu plan is offering you a more coach-oriented program this year to support your weight management goals. Fitness Director/Personal Trainer Jo Carmichael and Life Coach/Personal Trainer Joyce Bueker team up to give you weekly facilitated meetings with new topics and handouts plus options for small group training:

**Weekly Motivational Meetings:** Mondays from 9:30 - 10:30 a.m. and again at 1 p.m. on Tuesdays.

As a participant you can choose Small Group Training with Jo on Tuesday and Thursday at 9 a.m. and Friday at 11 a.m. Or you may choose Group Training with Joyce on Tuesday and Thursday at 2:15 - 2:45 p.m.

**ZUMBA Teams:** Join a ZUMBA Team and work out in class. Join all the others at the weekly support meetings and get your weekly e-mails

**Regular Teams:** Team workouts with support helping you reach your goals. Includes weekly support meetings and regular weekly e-mails.

Join the Fun, see the results.

For more information, call Jo Carmichael at 374-4205 or Joyce Bueker at 925-768-5574.

**Coming in March** -- Naturopath Dr. Paulina Caban and a Nutrition workshop you won't want to miss!

## Village Oakmont Residents' Club

Welcome to 2011!! We ended 2010 with a great Christmas party at the Nines Restaurant. The food was great, as was the entertainment, The Minor 5 Jazz Combo. They are a very talented group of teenagers from Fairfield High School. Many thanks to our Social Committee for organizing this wonderful event: Antoinette Pestana, Shirley Sudduth, Karen Gramlow, Charlene Oxoby, Pat Kruse, Derreth Lavin, Elaine Juhola, Patty Evans, Sue McCracken, and Ruth Joseph.

The Resident's Club held its Board election prior to the dinner, and the results are as follows: President-open; Vice President-Veronica Finch; Secretary-Millie McCoy; Asst. Secretary-Derreth Lavin; Treasurer-Patty Evans; Asst. Treasurer-Ruth Joseph. The Social Committee will be lead by VP Veronica Finch and promises to add fun and excitement to our events. With a Social Team in place and events already planned, we are really in need of a leader to take our Village into the New Year. Please, won't you step forward and join the team?

Dick Lyon remains as the past president and has offered to help anyone taking on the top position. Please call Dick with any questions or to volunteer your time. He can be reached at (3578).

### Upcoming events:

Music of the Night - Hosting Bar March 3

Breakfast Fundraiser - March 13

## Village 1 Residents' Club

We're looking forward to an active, fun-filled 2011. The first meeting of the New Year is the General Meeting on Feb. 8 at 7:30 p.m. at the Delta Club. It's a very important meeting, as a slate of officers will be presented for election. Also, nominations will be accepted from the floor. Now is the time to let one of the board members know if you are interested in serving on the Village One Residents' Club (VORC) board for the next year. The election of officers will take place at the April 12 General Meeting. Ballots will be tubed in March and can be turned in ahead of time or at the April meeting. This is getting exciting – new people, new ideas!

Also in February, Rich Galletta and his wonderful group of gentlemen are presenting another Honey Do dinner on Feb. 4, and you should have received a flyer about that already. Return them quickly as this is a popular event.

Another item on the calendar is our annual charity fundraiser on April 10. All we can tell you is that this is a breakfast. More details to come later. We will accept requests at a later date.

Here we go, 2011, another year for enjoying all the wonderful activities that living in Trilogy offers us. For more information, please contact Judy Ayers at (2677) or Diane Kelley at (3229).

## Olympic Village Residents' Club

Our Holiday on the Delta party was so much fun that the Vista Club almost had to boot us out the door to get rid of us. Thank you to everyone who helped make it a success and to Able Chevrolet for donating a free oil change.

Are you excited about Feb.19? Why, you ask. That's the date of Olympic Village Resident Club's (OVRC) Famous Pasta Dinner. Please tell me you didn't forget! They sold out early last year and almost ran out of that fabulous Pasta with Meat Sauce. The dinner only costs \$8 per person and includes Caesar salad, bread, pasta with a choice of sauce, coffee, cake and wine. Last year, I ate and laughed until my stomach hurt. I can't wait to do it again. You'd better mark your calendar for Feb. 19, 5:30 p.m. at the Delta Club. Don't be late! You could miss a sensational meal and a lot of fun.

As mentioned last month, the OVRC By-Laws have been rewritten to make them easier to read and understand, and to make the voting process less complicated.

OVRC meetings are held on Saturdays in conjunction with our Social Club planning meetings. Coffee and treats are provided. The OVRC meeting schedule is posted above Box #5 at the Delta Club. All Olympic Village residents are encouraged to attend. For more information, please call Joel Auslen at (5808).

## Village Riviera Residents' Club

The New Year is here. Our 2010 calendar ended with the Black and White Affair, which was again an elegant and delicious event. We had 162 people in attendance. We danced the night away to DJ Rich Victor after a scrumptious meal catered by PBS catering. The surprise addition of wine and tasty appetizers in the living room prior to entering the ballroom was truly enjoyable. Thanks go to Arleen Grass and Maureen Talbott who worked together and made that night so magical. A very special thank you goes to George Robinette, our Master of Ceremonies Extraordinaire, who MC'd five of our events this past year.

Mark your calendars for our Wine Tasting Event on March 12. Bring a bottle of wine and an appetizer and visit with old and new friends. If you do not like wine, you may bring a non-alcoholic beverage and appetizer to share. This event is at the Vista Club in the Diablo Ballroom beginning at 6:30 p.m. Watch for a flyer in your tube or pick one up at the Delta or Vista Clubs for more details. Come join the fun.

You also need to start thinking about your Sock Hop outfit for April 2 and the July 9 Treasure Hunt. If you want to submit a clue, please submit them early (sealed and labeled for the Treasure Hunt), to Box #4. If you have questions about creating and submitting the clues, please contact Linda Robinette at 6978.



A special thank you to all of the 2010 committee members: Maureen Talbott, Coralie Leder, Tera Gorman, Arleen Grass, Carol Krebs, Valerie Krummer, Betty Roque, Shirley Johnson, Diane Griffin, Linda Robinette, Delores Bush, and Barb Downs. Huge thanks also to all of the husbands who joined us and helped with each event.

If you would like more information about joining the folks who put together all of the great events please email Maureen Talbott at [maureentalbott@gmail.com](mailto:maureentalbott@gmail.com). Join us at our monthly meeting held on the third Thursday of each month at 7 p.m. in the Monterey Room of the Vista Club. Here's to another fun year.

## FROM THE HOA

## Village Riviera Board News

Thanks to all of you who came out for the meeting. We met our quorum, we collected 185 ballots (out of 527 possible) and Ed Vitrano gave his report as required by law. The attendance was great.

Rio Vista Chief of Police Bill Bowen enlightened and entertained us as he shared his basic philosophy of "see something—say something." If you see something that strikes you as odd, do not approach the situation or individual, but call the police. Calling 911 will work, but it's best to call 374-2300 which gets you directly to Contra Costa County in Martinez. They then dispatch to Rio Vista. This is a huge cost savings to our town and the preferred way of reporting something currently needing police attention.

If you are going to be gone and you want our police department to keep an eye on the house with an occasional drive-

by, please go down to the police station on St. Francis and fill out the appropriate form. Chief Bowen also pointed out [www.NIXLE.com](http://www.NIXLE.com) as a place where we can get current information on what is happening in the area.

Finally, Community volunteers are also needed. If you have any interest in learning more about this position, contact Linda at (6366). Don't be afraid to leave a message. She will get back to you quickly.

As for our Village election, we passed the measure to roll over excess funds, Ida May Wagner and Don Seyk were both re-elected to the Village Riviera Board, and Dave Bewick was again elected as our Delegate to the Master Board. The Village Board members elected Warren Oglove as our new Village President, Don Seyk as Vice President, Ida May Wagner as Treasurer, Barb Downs as Secretary, and Bill Pacuilla remains on the Board as a Director. Our next meeting is on Thursday, March 3, 2011.

**Get On  
and Go!**

We can get you to Fairfield,  
Suisun City, Isleton, Antioch and  
Pittsburg/Bay Point BART Station,  
Monday – Saturday.

The bus will even come to your  
door upon request!



You can board the bus at  
Vista Clubhouse or at the corner of  
Summerset Drive & Summerset Road  
near the main gate at the yellow/black sign.

**Call (707) 374-2878  
or visit us online at  
[www.deltabreeze.org](http://www.deltabreeze.org)  
for information and reservations!**

## Visitors to the Vista Club

**The Vista Club is open to residents and their guests from 6 a.m. - 9 p.m. daily. If you have guests, please remember the following rules apply to your guests using the Vista Club:**

**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 with no restrictions

**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 can only swim during family swim time, 11a.m. – 3p.m. daily.

## Notes From The Administrative Office/HOA

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

**For Your Safety** – Pedestrians and bicyclists: please wear light colors and carry a flashlight when walking or biking in the evenings or early mornings. Drivers: please drive slowly, especially in fog, and turn on your lights so that you can see pedestrians and bikers and so they can see you.

**Rainy Season and Sprinklers** – Please make adjustments to your irrigation box for the rainy season.

**Mailbox Painting** – Many of the mailboxes throughout the community are faded. Remember it is your responsibility to keep your mailbox freshly painted.

**For non-delivery of Trilogy Living** - Please contact Kersti Evans at (4204).

**Street Lights** – Please call Rich Ravin at Shea Homes to report street lights that are out. You can contact him by phone at (707) 374-1003 or you can e-mail him at rich.ravin@sheahomes.com and copy Morris Barr at the city public works department at mbarr@ci.rio-vista.ca.us on your e-mail to Rich.

**Animals** – Reminder, please do not feed any animals outdoors, domestic or wild.

**Holiday Decorations** - Traditional year-end holiday decorations should have been removed by January 15. If you have not taken yours down, please do so immediately to avoid receiving a violation notice.

## 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 to see the amount taken out after the 5th of the month and all members may register at [www.actionlife.com](http://www.actionlife.com) to monitor their accounts 24/7. If you have questions or need help registering online, please call the Administrative Office at (4843).

### Assessments for this month:

|   |          |
|---|----------|
| Master Association .....  | \$112.96 |
| Master Association .....  | \$80.39  |
| (Only for original residents (<100) in a developer subsidy agreement) |          |
| Village I .....   | \$3.00   |
| Village Oakmont .....   | \$3.00   |
| Olympic Village .....   | \$4.50   |
| Village Riviera .....   | \$3.50   |
| Saddle Rock Village (None until dormancy ends) .....                  | \$0.00   |

## Power Outage Procedure

**For the safety of our members, In the event of a power outage:**

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

## Welcome Center

Please call (4306) or e-mail (trvwelcomecenter@gmail.com) when you are expecting guests, a delivery, or a service provider. We need to know ahead of time, so that we can expedite their entry.

Please go to the Administrative Office in the Delta Club and update your visitor list. When we have to phone members, it slows down the line at the gate.

## Meeting Calendar

**Master Association  
Board Meeting and Annual Meeting**

Tuesday, Feb. 8, 2 p.m.  
Diablo Ballroom, Vista Club

**Adult Committee Meeting**

Thursday, Feb. 24, 1 p.m.  
Rio Vista Room, Delta Club

## Adult Committee

The Adult Committee will have openings for new members this spring. If you would like to become more involved in our Trilogy community, this is a great opportunity to participate in the decision-making processes. If you would like to be considered for the Committee, please e-mail Lorna Bewick at Bewick@frontier.com with your personal information and a brief resume. The Committee meets the last Thursday of every month at 1 p.m. in the Delta Club.

## TRIPS AND TOURS

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



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

**March 12-17-Majestic America-\$842/pp.** 6 days/5 nights, featuring guided tours along the Blossom Trail, hayrides and holdups at Wonder Valley Ranch, bald eagles in their natural habitat, wild burros as they roam the streets of an authentic old west town, shows and gambling at both Laughlin and Primm Valley Resorts; and, the opportunity to take a stroll out onto the recently opened glass "Skywalk," 4,000 feet above the west rim of The Grand Canyon.

**April 9-Golden Gate Fields-Turf Club-\$59/pp.** Enjoy a day of "live thorough-bred racing" along with a delicious buffet luncheon from the comfort of the prestigious Turf Club. Always a fun day!

**May 17-Relay For Life fundraiser-Red Hawk Casino-\$30/pp**

**June 14-Mary Poppins Musical-Dinner-\$112/pp.** Irresistible story and unforgettable songs from one of the most popular Disney films of all time, plus brand-new breathtaking dance numbers and spectacular stagecraft. You will be swept up in the fun of this high-flying musical! Hosted dinner prior to show.

**For further information  
and/or sign-ups, call Ethel (7548)**

**July 3-5-Reno 4th of July Celebration-\$259/pp.** 3-days/2-nites. Stay at El Dorado Hotel Casino in downtown Reno. Enjoy Virginia City's Home Town 4th of July parade. View spectacular fireworks from the top of John Ascuaga's Nugget along with Victorian Square holiday crafts and musical festivities.

**July 19-Kitchen Kut-Ups Lunch \$79/pp.** This annual Rohnert Park event is just as its name suggests - a whole lot of "krazyness," toe-tapping music, glitzy costumes and good food.

**Sept. 7-17-Alaska cruise on Sea Princess - RT from SF -** Peak season prices begin at \$1295 (inside stateroom) up to \$2395 (outside balcony). Includes roundtrip shuttle service from Trilogy, driver and stevedore gratuities and all port and government taxes.



## Village Oakmont

We wish everyone a healthy New Year. We're having our February Meeting on Feb. 9 at 10:30 a.m. at the Delta Club. Come at 10:15 for coffee and socialization. We will have a reminder of the seminar for People Living with Pain program. The program will be in March and last for six weeks. It will include strategies for living with chronic pain. Your leaders will be trilogy residents and former nurses who have experienced chronic pain themselves. Be sure to watch for the March program notification for the sign up. Should you have any questions about this or need any assistance, contact Elaine at (5310), Mary at (2915), or Janet at (5415).

## Olympic Village

The Olympic Village Kare Bears elected officers at the January meeting. We meet every other month, so there is no meeting this month. We hope you will join us for our next meeting on Monday, March 14, at 11 a.m. in the Delta Club. It is a wonderful opportunity to meet other members and learn how Kare Bears helps its neighbors during times of need. If you have any questions about Kare Bears, have an interest in helping, or know someone in need of assistance, please call Pauline at (3523), Marian at (5020), or Willie at (7588).

### FAMILY SUPPORT COMMITTEE



We are available to organize a memorial service for any family member who incurs the loss of a Trilogy member. For more information, please call Chair-person Claudette Gartner at (707) 439-6116, e-mail [xbirdlady@myifp.com](mailto:xbirdlady@myifp.com) or call Coordinator Doreen Hammond at (2370) or Barbara Sherison (6845).



## Village Riviera

The Kare Bears had a quiet and peaceful holiday season, we trust you did too. We are already well into the New Year, and we wish you a happy one, but now it's back to business as usual.

We are holding our elections at our next meeting on Feb. 14 at 10 a.m. in the Delta Club. But don't forget to come for the goodies at 9:30 a.m. All positions are open and nominations will be taken from the floor. So step up and volunteer to run for one of our offices. We hold our meetings every other month on the second Monday of the even months. We will also be discussing fund raising ideas for 2011.

We would like to give our heartfelt thanks to our resigning officers, Carol Smith, who has held the office of Treasurer for five years and for her assistant Cindy Sivertsen who has been our "Hostess with the Mostest" for these many years. Their services and dedication are so much appreciated by all the Kare Bears.

Remember that each street in Riviera Village has a coordinator just waiting for your call if you need assistance in a medical emergency, or if there is a death of a resident. We will provide transportation, some meals, and can refer you to services in our county. Just call Myra at (3660) or Valerie at (6942) and we will put you in touch with your street coordinator and arrange for the help you need.

See you at our Valentine's Day meeting and be sure to bring your sweetheart!

## EDUCATIONAL OPPORTUNITIES

### February 2011 Computer Class Schedule

| Date    | Day   | Time    | Class            | Instructor       |
|---------|-------|---------|------------------|------------------|
| 2-9-11  | Wed   | 10-noon | Basic Computer 1 | Paul Bettencourt |
| 2-10-11 | Thurs | 10-noon | Basic Computer   | Sue Vogtlin      |
| 2-16-11 | Wed   | 10-noon | Facebook         | Beth Brokhouse   |
| 2-23-11 | Wed   | 10-noon | Basic Computer 2 | Paul Bettencourt |

Please note that computer classes are now being taught in levels of ability. Level one is for beginners where you will learn the basics of the computer. Level two requires familiarity with using a search engine and being adept with the mouse. Level three requires knowledge with more advanced programs.

# Trilogy Living

## Fitness Class Schedule for February 2011

Open Classes are in regular font. *Classes in italic font are new classes or class changes of some kind.* All classes require a **“Trilogy Fitness Punch Card,”** available for \$60 at the Member Services Desk. Use your punch card for any open and specialty classes, one punch for an open class and two punches for a specialty class. Also now available is the **“The Unlimited Class Pass”** for \$45. Take unlimited classes each month. The card is good from the first day of the month and expires at the end of each month. *(This card does NOT replace the original punch card).*  
Last months Card Raffle Winner – Georgette Hall. Turn in your class pass at the end of each month for your chance to win a prize.

**Classes with a monthly average below eight participants are subject to being dropped for the following month from the calendar (classes are no longer being dropped mid-month).** The free trial classes are marked with a number (#) symbol in front of the class. The symbols (B) and (I) stand for beginner intermediate levels. Free trial classes are appropriate for beginner, intermediate or advanced. Come check them out! If you have any questions regarding your fitness program, please call Fitness Director Jo Carmichael at (4205).

**FEBRUARY FITNESS ORIENTATION DATES:** Saturday, Feb. 12 at 11 a.m. and Wednesday, Feb. 23 at 6 p.m.

| MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY  | SATURDAY                               |
|--|--|---|--|---|--|
|  | <b>1</b><br>8:00 a.m. Core/Balance (B) (Jo)<br>10:00 a.m. Aqua Fit (B) (Denise)<br>11:00 a.m. Advanced (ongoing) Arthritis Foundation Program (Beverly)<br><b>3:00 p.m. Aqua Joint</b> (B) (Bev)<br>3:00 p.m. Yoga 4 Balance (B/I) Joyce<br>4:00 p.m. Intro to ZUMBA (B) (Sophie) <b>Ballroom</b><br>4:30 p.m. ZUMBA (B/I) (Sophie)  | <b>2</b><br>7:00 a.m. Yoga (B) (Diablo) (Tammy)<br>7:30 a.m. Low Impact (B/I) (Pat)<br>8:30 a.m. Workout With Weights (B/I) (Pat)<br>9:00 a.m. Yoga (B) (Deanna)<br><i>Original Time</i><br>9:30 a.m. ZUMBA (Sophie)<br>#9:30 a.m. Wake Up & Move (Free) (B/I) (Anna) <b>Delta</b><br>10:00 a.m. Aqua Fit (B) (Denise)<br>3:00 p.m. Balance Ball (B/I) (Susan)<br>4:00 p.m. Stretch & Flex (B/I) (Susan)<br>7:00 p.m. Meditation (B/I) (Anna)             | <b>3</b><br>8:00 a.m. Core/Balance (B) (Jo)<br>9:00 a.m. Tai Chi Ryu (B) (Lillian)<br>10:00 a.m. Aqua Fit (B) (Denise)<br>11:00 a.m. Mixed Level Arthritis Foundation Program (Beverly)<br><b>3:00 p.m. Aqua Joint</b> (B) (Bev)<br>3:00 p.m. Yoga 4 Balance (B/I) Joyce<br>4:00 p.m. Intro to ZUMBA (B) (Sophie) <b>Ballroom</b><br>4:30 p.m. ZUMBA (B/I) (Sophie)  | <b>4</b><br>7:00 a.m. Yoga (B) (Diablo) (Tammy)<br>7:30 a.m. Low Impact (B/I) Pat<br>8:30 a.m. Workout With Weights (B/I) (Pat)<br>9:00 a.m. Laughing Yoga (B) (Deanna) <i>Original Time</i><br>9:30 a.m. ZUMBA (Sophie)<br>10:00 a.m. Aqua Fit (B) (Denise)  | <b>5</b><br>8:30 a.m. Step (B/I) Pat   |
| <b>7</b><br>7:30 a.m. Step (B/I) Pat<br>8:30 a.m. Workout With Weights (B/I) (Pat)<br>9:00 a.m. Yoga (B) (Deanna) <b>Ballroom</b><br>9:30 a.m. Wake Up & Move (B/I) (Anna) <b>Delta New</b><br>10:00 a.m. Meditation Breathing (B) (Deanna) <b>Ballroom</b><br>10:00 a.m. Aqua Fit (B) (Denise) <b>Delta Pool</b><br>11:00 a.m. Beginners Arthritis Foundation Program (Beverly)<br>3:00 p.m. Circuit Training (B/I) (Susan)<br>4:00 p.m. Stretch & Flex (B/I) (Susan) | <b>8</b><br>8:00 a.m. Core/Balance (B) (Jo)<br>10:00 a.m. Aqua Fit (B) (Denise)<br>11:00 a.m. Advanced (ongoing) Arthritis Foundation Program (Beverly)<br><b>3:00 p.m. Aqua Joint</b> (B) (Bev)<br>3:00 p.m. Yoga 4 Balance (B/I) Joyce<br>4:00 p.m. Intro to ZUMBA (B) (Sophie) <b>Ballroom</b><br>4:30 p.m. ZUMBA (B/I) (Sophie)  | <b>9</b><br>7:00 a.m. Yoga (B) (Diablo) (Tammy)<br>7:30 a.m. Low Impact (B/I) (Pat)<br>8:30 a.m. Workout With Weights (B/I) (Pat)<br>9:00 a.m. Yoga (B) (Deanna)<br><i>Original Time</i><br>9:30 a.m. ZUMBA (Sophie)<br>#9:30 a.m. Wake Up & Move (Free) (B/I) (Anna) <b>Delta</b><br>10:00 a.m. Aqua Fit (B) (Denise)<br>3:00 p.m. Balance Ball (B/I) (Susan)<br>4:00 p.m. Stretch & Flex (B/I) (Susan)<br>7:00 p.m. Meditation (B/I) (Anna)             | <b>10</b><br>8:00 a.m. Core/Balance (B) (Jo)<br>9:00 a.m. Tai Chi Ryu (B) (Lillian)<br>10:00 a.m. Aqua Fit (B) (Denise)<br>11:00 a.m. Mixed Level Arthritis Foundation Program (Beverly)<br><b>3:00 p.m. Aqua Joint</b> (B) (Bev)<br>3:00 p.m. Yoga 4 Balance (B/I) Joyce<br>4:00 p.m. Intro to ZUMBA (B) (Sophie) <b>Ballroom</b><br>4:30 p.m. ZUMBA (B/I) (Sophie) | <b>11</b><br>7:00 a.m. Yoga (B) (Diablo) (Tammy)<br>7:30 a.m. Low Impact (B/I) Pat<br>8:30 a.m. Workout With Weights (B/I) (Pat)<br>9:00 a.m. Laughing Yoga (B) (Deanna) <i>Original Time</i><br>9:30 a.m. ZUMBA (Sophie)<br>10:00 a.m. Aqua Fit (B) (Denise) | <b>12</b><br>11:00 a.m. ZUMBA (Sophie) |
| <b>14</b><br>7:30 a.m. Step (B/I) Pat<br>8:30 a.m. Workout With Weights (B/I) (Pat)<br>9:00 a.m. Yoga (B) (Deanna) <b>Ballroom</b><br>9:30 a.m. Wake Up & Move (B/I) (Anna) <b>Delta New</b><br>10:00 a.m. Meditation Breathing (B) (Deanna) <b>Ballroom</b><br>10:00 a.m. Aqua Fit (B) (Denise)<br>11:00 a.m. Beginners Arthritis Foundation Program (Beverly)<br>3:00 p.m. Circuit Training (B/I) (Susan)<br>4:00 p.m. Stretch & Flex (B/I) (Susan)                  | <b>15</b><br>8:00 a.m. Core/Balance (B) (Jo)<br>10:00 a.m. Aqua Fit (B) (Denise)<br>11:00 a.m. Advanced (ongoing) Arthritis Foundation Program (Beverly)<br><b>3:00 p.m. Aqua Joint</b> (B) (Bev)<br>3:00 p.m. Yoga 4 Balance (B/I) Joyce<br>4:00 p.m. Intro to ZUMBA (B) (Sophie) <b>Ballroom</b><br>4:30 p.m. ZUMBA (B/I) (Sophie) | <b>16</b><br>7:00 a.m. Yoga (B) (Diablo) (Tammy)<br>7:30 a.m. Low Impact (B/I) (Pat)<br><i>8:30 a.m. Workout With Weights (B/I) (Pat) New</i><br>9:00 a.m. Yoga (B) (Deanna)<br><i>Original Time</i><br>9:30 a.m. ZUMBA (Sophie)<br>#9:30 a.m. Wake Up & Move (Free) (B/I) (Anna) <b>Delta</b><br>10:00 a.m. Aqua Fit (B) (Denise)<br>3:00 p.m. Balance Ball (B/I) (Susan)<br>4:00 p.m. Stretch & Flex (B/I) (Susan)<br>7:00 p.m. Meditation (B/I) (Anna) | <b>17</b><br>8:00 a.m. Core/Balance (B) (Jo)<br>9:00 a.m. Tai Chi Ryu (B) (Lillian)<br>10:00 a.m. Aqua Fit (B) (Denise)<br>11:00 a.m. Mixed Level Arthritis Foundation Program (Beverly)<br><b>3:00 p.m. Aqua Joint</b> (B) (Bev)<br>3:00 p.m. Yoga 4 Balance (B/I) Joyce<br>4:00 p.m. Intro to ZUMBA (B) (Sophie) <b>Ballroom</b><br>4:30 p.m. ZUMBA (B/I) (Sophie) | <b>18</b><br>7:00 a.m. Yoga (B) (Diablo) (Tammy)<br>7:30 a.m. Low Impact (B/I) Pat<br>8:30 a.m. Workout With Weights (B/I) (Pat)<br>9:00 a.m. Laughing Yoga (B) (Deanna) <i>New Time</i><br>9:30 a.m. ZUMBA (Sophie)<br>10:00 a.m. Aqua Fit (B) (Denise)      | <b>19</b><br>11:00 a.m. ZUMBA (Sophie) |
| <b>21</b><br>7:30 a.m. Step (B/I) Pat<br>8:30 a.m. Workout With Weights (B/I) (Pat)<br>9:00 a.m. Yoga (B) (Deanna) <b>Ballroom</b><br>9:30 a.m. Wake Up & Move (B/I) (Anna) <b>Delta New</b><br>10:00 a.m. Meditation Breathing (B) (Deanna) <b>Ballroom</b><br>10:00 a.m. Aqua Fit (B) (Denise)<br>11:00 a.m. Beginners Arthritis Foundation Program (Beverly)<br>3:00 p.m. Circuit Training (B/I) (Susan)<br>4:00 p.m. Stretch & Flex (B/I) (Susan)                  | <b>22</b><br>8:00 a.m. Core/Balance (B) (Jo)<br>10:00 a.m. Aqua Fit (B) (Denise)<br>11:00 a.m. Advanced (ongoing) Arthritis Foundation Program (Beverly)<br><b>3:00 p.m. Aqua Joint</b> (B) (Bev)<br>3:00 p.m. Yoga 4 Balance (B/I) Joyce<br>4:00 p.m. Intro to ZUMBA (B) (Sophie) <b>Ballroom</b><br>4:30 p.m. ZUMBA (B/I) (Sophie) | <b>23</b><br>7:00 a.m. Yoga (B) (Diablo) (Tammy)<br>7:30 a.m. Low Impact (B/I) (Pat)<br>8:30 a.m. Workout With Weights (B/I) (Pat)<br>9:00 a.m. Yoga (B) (Deanna)<br><i>Original Time</i><br>9:30 a.m. ZUMBA (Sophie)<br>#9:30 a.m. Wake Up & Move (Free) (B/I) (Anna) <b>Delta</b><br>10:00 a.m. Aqua Fit (B) (Denise)<br>3:00 p.m. Balance Ball (B/I) (Susan)<br>4:00 p.m. Stretch & Flex (B/I) (Susan)<br>7:00 p.m. Meditation (B/I) (Anna)            | <b>24</b><br>8:00 a.m. Core/Balance (B) (Jo)<br>9:00 a.m. Tai Chi Ryu (B) (Lillian)<br>10:00 a.m. Aqua Fit (B) (Denise)<br>11:00 a.m. Mixed Level Arthritis Foundation Program (Beverly)<br><b>3:00 p.m. Aqua Joint</b> (B) (Bev)<br>3:00 p.m. Yoga 4 Balance (B/I) Joyce<br>4:00 p.m. Intro to ZUMBA (B) (Sophie) <b>Ballroom</b><br>4:30 p.m. ZUMBA (B/I) (Sophie) | <b>25</b><br>7:00 a.m. Yoga (B) (Diablo) (Tammy)<br>7:30 a.m. Low Impact (B/I) Pat<br>8:30 a.m. Workout With Weights (B/I) (Pat)<br>9:00 a.m. Laughing Yoga (B) (Deanna) <i>New Time</i><br>9:30 a.m. ZUMBA (Sophie)<br>10:00 a.m. Aqua Fit (B) (Denise)      |  |
| <b>28</b><br>7:30 a.m. Step (B/I) Pat<br><i>8:30 a.m. Workout With Weights (B/I) (Pat) New</i><br>9:00 a.m. Yoga (B) (Deanna) <b>Ballroom</b><br>9:30 a.m. Wake Up & Move (B/I) (Anna) <b>Delta New</b><br>10:00 a.m. Meditation Breathing (B) (Deanna) <b>Ballroom</b><br>10:00 a.m. Aqua Fit (B) (Denise)<br>11:00 a.m. Beginners Arthritis Foundation Program (Beverly)<br>3:00 p.m. Circuit Training (B/I) (Susan)<br>4:00 p.m. Stretch & Flex (B/I) (Susan)       |  | <b>Mark your Calendar – February Weekend Workouts Come join the FUN!</b><br><br>Saturday STEP with Pat: 8:30 a.m. on February 5<br><br>Saturday ZUMBA with Sophie: 11 a.m. – 12:30 p.m. on February 12 and 19<br><br><b>Class Time or Day changes for February:</b><br><br>Gentle Yoga 4 Balance – Now Tuesday and Thursday at 3 p.m.<br><br>Wake Up and Move – Now on Monday and Wednesday at 9:30 a.m.  |  |   |  |

TrilogyLiving

February 2011 Club and Activity Calendar

| SUNDAY  | MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY  | SATURDAY   |
|---|---|--|--|--|---|--|
|   |   | <b>1</b><br>7am Social Tennis<br>8:30am Radio Club (V)<br>9:30am Women's 9-Hole Golf<br>9:30am Country Line Dance (V)<br>11:30am RVMEN 9-Hole Golf<br>12pm Dominoes (V)<br>12:30pm TAG Watercolor Painting (D)<br>12:30pm Hand and Foot Canasta (V)<br>5pm Billiards Club Tournament (V)<br>5pm Table Tennis (D)<br>6pm Tai Chi & Yuan Chi Dance (V)   | <b>2</b><br>8am Social Tennis<br>8am TOPS (D)<br>9:30am Bridge Lessons (V)<br>9:30am Walk & Talk (V)<br>10am Stained Glass (D)<br>3pm Village Oakmont RC Social Com. Mtg. (V)<br>12:30pm Fat Quarters Quilting (D)<br>2pm TAG Bergren Art (D)<br>2pm TAG Card Class (D)<br>2:30pm Jazz Band (V)<br>6:30pm Soul Line Dancing (D)<br>7pm Billiards Club Mtg. (V)<br>7pm MOTN Rehearsal (V)   | <b>3</b><br>8am Social Tennis<br>8:30am Women's 18-Hole Golf<br>9:30am Ceramics (D)<br>10am Village Riviera Arch. Com. Mtg. (D)<br>12:30pm Ponytail Canasta (V)<br>1pm Good Samaritans (D)<br>2pm Genealogy Club (V)<br>3pm Women's 18 Hole Mtg. (D)<br>5pm Table Tennis (D)<br>6pm Tai Chi & Yuan Chi Dance (V)<br>7pm Pinochle (V)<br>7pm Photography Club (V)<br>7pm SF Club Mtg. (V)   | <b>4</b><br>8am Social Tennis<br>9am Model Club (V)<br>9am TAG Beginning Oils (D)<br>9am Village 1 Arch. Com. Mtg. (V)<br>10am Soul Line Dancing (D)<br>12pm Bridge (V)<br>12:30pm TAG Watercolor Class (D)<br>1pm Paddle Tennis<br>3pm Basketball<br>5pm Ballroom Dance Class (V)<br>5pm Village I Honey Do Dinner (D)   | <b>5</b><br>8am Motorcycle Club (Off-site)<br>8am Tennis Clinic<br>8:30am Hiking Club (V)<br>9am Bocce Ball League Annual Mtg. (D)<br>11am Table Tennis (D)<br><b>1 – 5pm Art &amp; Jazz Event (V)</b> |
| <b>6</b><br><b>10am – 3pm Farmer's Market (D)</b>             | <b>7</b><br>7am Social Tennis<br>9:30am Walk & Talk (V)<br>10am TAG Charcoal Drawing Class (D)<br>10am Special Board Mtg (D)<br>12:30pm TAG Watercolor Painting (D)<br>1pm Rip, Stitch & Bitch (V)<br>1pm Mah-jongg (V)<br>2pm TAG Mtg. (D)<br>3pm Village Oakmont Arch. Com. Mtg. (D)<br>4pm Sr. Men's Golf Planning Mtg. (V)<br>6:30pm Soul Line Dancing (D)<br>7pm Poker (D)<br>7pm MOTN Rehearsal (V) | <b>8</b><br>8am Social Tennis<br>8:30am Radio Club (V)<br>9:30am Women's 9-Hole Golf<br>9:30am Country Line Dance (D)<br>10:30am Book Club (V)<br>11:30am RVMEN 9-Hole Golf<br>12pm Recipe Club (D)<br>12:30pm TAG Watercolor Painting (D)<br>12:45pm Hand and Foot Canasta (V)<br><b>2pm Master Association Board Mtg. (V)</b><br>5pm Table Tennis (D)<br>5pm Billiards Club Tourn.(V)<br>6pm Tai Chi & Yuan Chi Dance (V)<br><b>6pm Grapevine Chat (V)</b><br>7pm Gospel Singers Practice (V)<br>7:30pm Village 1 RC Mtg. (D)              | <b>9</b><br>8am Social Tennis<br>8am TOPS (D)<br>9:30am Bridge Lessons (V)<br>9:30am Walk & Talk (V)<br><b>10am Computer Class – Basic Computer (V)</b><br>10am Stained Glass (D)<br>10am Olympic Village Arch. Com. Mtg. (D)<br>10am Kare Bears – Village Oakmont (D)<br>12:30pm Fat Quarters Quilting (D)<br>2pm TAG Bergren Art (D)<br>2pm TAG Card Class (D)<br>2:30pm Jazz Band (V)<br>6:30pm Soul Line Dancing (D)<br>7pm MOTN Rehearsal (V) | <b>10</b><br>8am Social Tennis<br>8:30am Women's 18-Hole Golf<br>9am Blood Pressure Check (D)<br>9:30am Ceramics (D)<br><b>10am Computer Class - Basic Computer (V)</b><br>10am Scrapbooking (D)<br>10:30am Council for the Arts (V)<br>12:30pm Ponytail Canasta (V)<br>1pm Good Samaritans (D)<br><b>1pm Complimentary Hearing Info &amp; Testing (V)</b><br>3pm Golf - TRVMEN Mtg. (D)<br>4pm Golf - Sr. Men's Board Mtg. (D)<br>5pm Table Tennis (D)<br>6pm Tai Chi & Yuan Chi Dance (V)<br>6:30pm Pinochle (V) | <b>11</b><br>8am Social Tennis<br>9am TAG Beginning Oils (D)<br>9:30am Walk & Talk (V)<br>10am Soul Line Dancing (D)<br>12pm Bridge (V)<br>12:30pm TAG Watercolor Class (D)<br>1pm Paddle Tennis<br>3pm Basketball<br>5pm Ballroom Dance Class (V)<br>6:30pm Cyber Cafe Dinner (V)<br>7pm Bunco (D)<br><b>7pm Jonathan Poretz: Sinatra Meets Torme(V)</b>       | <b>12</b><br>8am Tennis Clinic<br>8:30am Hiking Club (V)<br>11am Table Tennis (D)<br>6pm Family Support Valentine Dance (V)  |
| <b>13</b><br>6:30pm Ballroom Dance Club's Valentine Dance (V) | <b>14</b><br><b>Happy Valentine's Day</b><br>8am Social Tennis<br>9am – 2pm Blood Drive (D)<br>9:30am Walk & Talk (V)<br>10am Kare Bears – Village Riviera (D)<br>10am TAG Charcoal Drawing Class (D)<br>12:30pm Duplicate Bridge (V)<br>12:30pm TAG Watercolor Class (D)<br>1pm Mah-jongg (V)<br>1pm Rip, Stitch & Bitch (V)<br>6:30pm Soul Line Dancing (D)<br>7pm Poker (D)<br>7pm MOTN Rehearsal (V)  | <b>15</b><br>8am Social Tennis<br>8:30am Radio Club (V)<br>9:30am Women's 9-Hole Golf<br>9:30am Country Line Dance (D)<br>11:30am RVMEN 9-Hole Golf<br><b>12pm 7 Points of Light Introduction Free Talk (V)</b><br>12:30pm TAG Watercolor Class (D)<br>12:45pm Hand and Foot Canasta (V)<br>5pm Billiard Club Tournament (V)<br>5pm Table Tennis (D)<br>6pm Tai Chi & Yuan Chi Dance (V)<br>7pm Computer Club Mtg. (V)   | <b>16</b><br><b>Naturopathy – Dr. Caban, by appointment</b><br>8am Social Tennis<br>8am TOPS (D)<br>9:30am Bridge Lessons (V)<br>9:30am Walk & Talk (V)<br><b>10am Computer Class – Facebook (V)</b><br>10am Stained Glass (D)<br>12:30pm Fat Quarters Quilting (D)<br>2pm TAG Bergren Art (D)<br>2pm TAG Card Class (D)<br>2:30pm Jazz Band (V)<br>6:30pm Soul Line Dancing (D)<br>7pm MOTN Rehearsal (V)   | <b>17</b><br>8am Social Tennis<br>8:30am Women's 18-Hole Golf<br>9:30am Ceramics (D)<br>10am Village Riviera Arch. Com. Mtg. (D)<br>12pm Dominoes (V)<br>1pm Good Samaritans (D)<br>4pm Golf – Sr. Men's Mtg. (D)<br>5pm Table Tennis (D)<br>6pm Tai Chi & Yuan Chi Dance (V)<br>6:30pm Pinochle (V)   | <b>18</b><br>8am Social Tennis<br>9am Village I Arch. Com. Mtg. (D)<br>9am TAG Beginning Oils (D)<br>9:30am Walk & Talk (V)<br>10am Soul Line Dancing (D)<br>12pm Bridge (V)<br>12:30pm TAG Watercolor Class (D)<br>1pm Paddle Tennis<br>3pm Basketball<br>5pm Ballroom Dance Class (V)<br><b>7pm Comedy Night: Dan St. Paul (V)</b>                            | <b>19</b><br>8am Tennis Clinic<br>8:30am Hiking Club (V)<br>11am Table Tennis (D)<br>5:30pm Olympic Village Pasta Feed (D)   |
| <b>20</b><br><b>10am – 3pm Farmer's Market (D)</b>            | <b>21</b><br>8am Social Tennis<br>9:30am Walk & Talk (V)<br>10am TAG Charcoal Drawing Class (D)<br>12:30pm TAG Watercolor Class (D)<br>1pm Rip, Stitch & Bitch (V)<br>1pm Mah-jongg (V)<br>3pm Village Oakmont Arch. Com. Mtg. (D)<br>6:30pm Soul Line Dancing (D)<br>6:30pm Fishing Club (D)<br>7pm Poker (D)<br>7pm MOTN Rehearsal (V)  | <b>22</b><br>8am Social Tennis<br>8:30am Radio Club (V)<br>9:30am Women's 9-Hole Golf<br>9:30am Country Line Dance (D)<br>11:30am RVMEN 9-Hole Golf<br><b>12pm Feng Shui with Joyce Bueker (V)</b><br>12:30pm TAG Watercolor Painting (D)<br>12:45pm Hand and Foot Canasta (V)<br><b>2pm Cooking Class with Kathleen Barnett (D)</b><br>5pm Table Tennis (D)<br>5pm Billiards Club Tourn(V)<br><b>5pm Grapevine Chat (V)</b><br>6pm Tai Chi & Yuan Chi Dance (V)<br>7pm Drama Club Mtg. (D)<br>7pm Triage Team (V)<br>7pm MOTN Rehearsal (V) | <b>23</b><br>8am Social Tennis<br>8am TOPS (D)<br>9:30am Bridge Lessons (V)<br>9:30am Walk & Talk (V)<br><b>10am Computer Class – Basic Computer 2 (V)</b><br>10am Stained Glass (D)<br>10am Olympic Village Arch. Com. Mtg. (D)<br>12:30pm Fat Quarters Quilting (D)<br>2pm TAG Bergren Art (D)<br>2pm TAG Card Class (D)<br>2:30pm Jazz Band (V)<br>6:30pm Soul Line Dancing (D)<br>7pm MOTN Rehearsal (V)                                       | <b>24</b><br>8am Social Tennis<br>8:30am Women's 18-Hole Golf<br>9:30am Ceramics (D)<br>12:30pm Ponytail Canasta (V)<br>1pm Adult Committee Mtg. (D)<br>1pm Good Samaritans (D)<br>5pm Table Tennis (D)<br>6pm Tai Chi & Yuan Chi Dance (V)<br>6:30pm Pinochle (V)<br><b>6:30pm Enrichment Lecture: Holistic View on Health (V)</b>  | <b>25</b><br>8am Social Tennis<br>9am TAG Beginning Oils (D)<br>9:30am Walk & Talk (V)<br>10am Tennis Club Mtg. (D)<br>11am Soul Line Dancing (D)<br>12pm Bridge (V)<br>12:30pm TAG Watercolor Class (D)<br>1pm Paddle Tennis<br>2pm Discover the Delta Foundation (V)<br>3pm Basketball<br>5pm Ballroom Dance Class (V)<br>7pm Bingo (D)<br>7pm Whist Club (D) | <b>26</b><br>8am Tennis Clinic<br>8:30am Hiking Club (V)<br>9am AARP Refresher Driving Course (V)<br><b>11am Cooking Class with Joyce Bueker (D)</b><br>2pm Table Tennis (D)                           |
| <b>27</b>   | <b>28</b><br>8am Social Tennis<br>9:30am Walk & Talk (V)<br>10am TAG Charcoal Drawing Class (D)<br>12:30pm TAG Watercolor Class (D)<br>1pm Mah-Jongg (V)<br>1pm Rip, Stitch & Bitch (V)<br>6:30pm Soul Line Dancing (D)<br>7pm Poker (D)<br>7pm MOTN Rehearsal (V)  |  |  |  |   |  |



## Billiards Club

by Oscar Grissom

### Latest weekly tournament winners:

December 7, 9-Ball

1<sup>st</sup> Oscar Grissom

2<sup>nd</sup> Mike Quihuiz

3<sup>rd</sup> Jack Clark

4<sup>th</sup> Marlin Horner

December 14, 8-Ball

1<sup>st</sup> Bob Powell

2<sup>nd</sup> Oscar Grissom

3<sup>rd</sup> Marlin Horner

December 21, 8-Ball

1<sup>st</sup> Al Bergoust

2<sup>nd</sup> Mike Quihuiz

3<sup>rd</sup> Oscar Grissom

4<sup>th</sup> Marlin Horner

December 28, 8-Ball

1<sup>st</sup> Al Bergoust

2<sup>nd</sup> Lee Durham

3<sup>rd</sup> Dave Stewart

4<sup>th</sup> Bob Powell

The top eleven players for 2010 are listed below. First place for a tournament is worth 3 points, second place is worth 2 points, third and fourth places are worth one point. The point totals for each player are for all tournaments played in 2010.

|                  |    |
|------------------|----|
| 1. Oscar Grissom | 68 |
| 2. Al Bergoust   | 63 |
| 3. Mike Quihuiz  | 34 |
| 4. Bob Powell    | 32 |
| 5. Marlin Horner | 31 |
| 6. Dave Stewart  | 26 |
| 7. Bob Rice      | 24 |
| 8. Joe Mattos    | 18 |
| 9. Ron Grenier   | 17 |
| 10. Rich Garcia  | 16 |
| 11. Jim Neill    | 13 |

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

## Bingo Club

Bring your sweetheart to the Feb. 25 bingo game for fun, refreshments, and door prizes! Everyone receives a free St. Patrick's Day dobber. Mark your calendar for the fourth Friday of each month 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, which includes one card for \$1 and an extra blackout card for \$1. The prize money for each game is \$50 and the blackout prize is \$250. For more information, call Irene at (6999).

## Bridge - Duplicate on Second Monday

We meet 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, Feb. 14. Trilogy residents who are interested in playing duplicate bridge are welcome. If you need a partner, we'll find one for you. Please contact Sue at (6136).

### November's results:

1<sup>st</sup> - Sue Vogtlin and Peg Walker

2<sup>nd</sup> - Nan Lowenstein and Oliver Baer

3<sup>rd</sup> - John Shick and Bob Wiskotzil

## Bocce Club

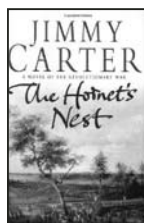
by Joe Downes

The beginning of the 2011 bocce season is rapidly approaching. The annual meeting is Saturday, Feb. 5 in the Delta Club at 9 a.m. The agenda includes voting on a number of issues including the final playing format to a proposed dues increase of \$5 up to \$25 per year per person. The membership has requested additional shade cover, which based on our 2010 shade addition at Summerset, will cost about \$2,500 per unit—\$5,000 at Cypress & \$2,500 at Summerset. All club members will continue to fund the addition of shade covers, a win-win for both club members (utility) and the community at large (value creation).

The Feb. 5, 9 a.m. meeting will also provide an opportunity for new players, new teams and existing players without teams to get connected. New players and new teams will be given formal training prior to the start of the season in April. There is no fee. If you can't attend the Feb. 5 meeting and would like to join in the fun of bocce, pick up a registration form at either the Delta or Vista Clubs, fill it out and deposit it at the Delta Club in community Box 8 or drop it off in the Vista Club at the member services desk prior to Feb. 5. You will be contacted by phone regarding team placement. We can accommodate up to 24 total teams based on two days of play per week, per team. For more information, call a board member: Joe (7520), Walt (2827), Julia (5264), Judy (0016), or Barb (5777).

The placement of additional bocce granite fines at each of the six courts is scheduled to begin the week of Feb. 8. The club cost will approximate \$2,000. More details at the Feb. 5 meeting.

## Book Club



Trilogy Book Club meets on the second Tuesday of the month from 10:30 a.m. - 12 p.m. We gather in the card room at the Vista Club. Our Feb. 8 selection is *The Horner's Nest: a Novel of the Revolutionary War* by Jimmy Carter (suggested by Ron C.). On March 8, we will discuss *Shattered Air: A True Account of Catastrophe and*

*Courage on Yosemite's Half Dome* by Bob Madgic (suggested by Pauline). Meetings are informal. You are welcome to drop by even if you have not read the book! For more information, call Nancy at (3310).

## Bunco

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

## Computer Club

The Trilogy Computer Club meets on the third Tuesday of each month. The February 15 meeting is in the Diablo Ballroom at 7 p.m. The topic for the evening will be introduced to members by e-mail a few days before the meeting.

If you wish to become a member of the club, you may come prior to the start of the meeting to join. You can also go to the club website ([www.tccrv.org](http://www.tccrv.org)) to complete and print a copy of the application. You may also call Carol Smith, Membership Director, at (3445) to fill out an application and pay the yearly dues.

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.

A reminder: check the Computer Club website at ([www.tccrv.org](http://www.tccrv.org)) for the latest information on many computer related subjects, meetings, and other interesting items. For more information, contact Lowell Graf at (374-1435).

## Digital Photography Club

In the absence of Andrew, Tom Moore led the Club Meeting at the Vista Club on the first Thursday in January.

Possible photo outings were discussed, as well as the upcoming Wine/Jazz/Visual Art Festival on Saturday, Feb. 5, from 1 - 5 p.m.

Many brought one or two photos to be critiqued. This has been a valuable exercise each month for participating photographers. The Club keeps growing, adding diversity and multiple areas of interest for discussion. For further information, call Andrew at (5737).



*Boats along the waterfront from the outing to Suisun City in December*



*Above: Suisun Street, showing Main Street Grill in background where participants enjoyed lunch together.*

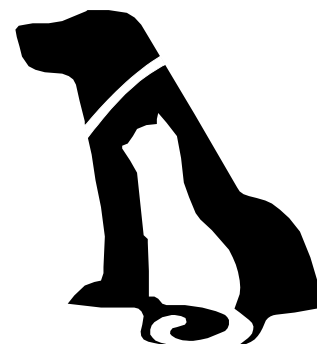
*Below: Bird in flight from Marina*





*Photos by Kersti Evans*

Due to the overwhelming popularity of pets in Trilogy, we dedicate this page to all of our four-legged friends. These photos were taken in October during the Trilogy Pet Event. Even the cooler weather and the chance for rain did not keep dog and cat lovers away. Half of the dogs that attended were dressed in Halloween garb. A costume parade, costume contest and games proved entertaining for both the pets and their human companions. In addition, five dogs and two cats were adopted out to warm and loving homes in Trilogy. Keep your eyes and ears peeled for future pet events.





## Drama Club

The Drama Club is proud to announce a successful 2010 year. We had our first ever holiday play with two performances. We packed the house both nights. We dedicated both performances to Rio Vista Community Services in hopes of supporting their cause through audience donations, and we did just that! Thank you to everyone for their donations.

Next on the agenda is our annual Pasta Feed scheduled for April 16, 2011. This is the Drama Club's only fundraiser, which enables us to put on our plays for the Trilogy Community. Our play selection committee is currently reviewing plays for the scheduled August performances. Please check *Trilogy Living* later this year for dates and times.

The Drama Club always welcomes new members. Our meetings are on the last Tuesday of each month in the Marina Room at the Delta Club. We meet promptly at 7 p.m. For more information, please contact Debby DuBrow at (6706).

## Fishing Club

The Fishing Club's next meeting is Monday, Feb. 21 in the Marina Room at the Delta Club at 7 p.m. At the meeting, we will discuss the results of our garage sales/swap meet decision and address other decisions from the January meeting. We will also discuss our group fishing trips, welcome a guest speaker and enjoy our usual refreshments.

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

## Genealogy Club

The Trilogy Genealogy Club has a vast amount of knowledge and experience and welcomes everyone, from beginners to old hands. If you have considered tracing your family or you need help with a problem, we are happy to share our experiences and knowledge of websites available as well as research sites here in the Bay Area. We are planning research excursions to the Sutro Library and the Family Research Center in Oakland. Dates to be determined.

We would like to hear from you and welcome your participation in our club. For the beginner, we are happy to help you get started in our group and we have the "old Pros" that have been working on family searches for years and will gladly share their knowledge and search sites. Want a little taste of tracking a relative? Come join us, share your family pictures, stories, problems and information. We meet the first Thursday of every month at 2 p.m. at the Vista Club. For more information, call Rhoda Fone at (7542).

## Good Samaritans

During the month of February, many people will be observing Valentine's Day. This is a day many will reflect on the word "love." During the month of February, the Good Samaritans are teaching on faith, hope and love. We will discuss love and faith and how they relate to God.

The Good Samaritans' main goal is to teach the word of God from the Holy Bible, pray for one another, build fellowship with one another, uplift one another through hard times and good times, visit the sick and shut-in, love our neighbors, reach out to those in need, and invite guest speakers, singers and musicians. We also show Christian movies and sponsor special events.

The Good Samaritans meet every Thursday at 1 p.m. at the Delta Club in the Marina Room.

*Scripture of the month: 1 John 4:7-12*

## Model Club

Burr... This cold winter has driven us all inside to huddle down with friends and family, giving us feelings of good cheer. We hope you have enjoyed the Christmas lights on the train station. The lights and the labor to install them were donated by Model Club members. We, like you, are looking forward to spring and summer so we can enjoy our hobbies and our friends. January started out with a sad note. We disassembled and moved to storage our HO railroad set up that Dick Schmidt and others worked so hard on. Business opportunities in the Gym required us to move out of the basement space. We look forward to identifying a new location for a permanent home. Initial plans for the New Year include road trips to visit model shows in Sacramento, a San Francisco visit to the Muni Railway control center, and a world-class model show in Marin County. Additionally, we're planning a trip to Castle Air Force base to view an aviation museum. We will also have a spring opening of the Garden Railroad and model boat sailing events on our calendar. Any questions, please contact the club president Mr. John Harder at (3646) or Dean Lattman at (3967). Please join us at our monthly meeting, the first Friday of each month in the Vista Club's Monterey Room. Meet your neighbors and see what is going on in the area.

## Morning Bocce Ball League

We will kick off our 2011 season with a meeting at the Delta Club at 9 a.m. on Friday, March 18. Residents who wish to play, whether or not they have ever before played (and even if they are also in the night league) are requested to attend. Note: the meeting at the Delta Club on Feb. 5 is for the night league. Morning Bocce Ball matches are played on Tuesdays and Fridays throughout the summer at 9 a.m.

At the March meeting, we will sign up new members, establish the amount of dues, elect or re-elect the members of the Executive Committee, and whatever else comes up for discussion.

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sion. Dick Nachtsheim has decided not to continue as league president beyond the end of the meeting, though he doesn't yet know about the plans of any of the other officers. Every resident is welcome to join the league. Coffee, tea and pastries are available at the meeting. For more information, please call Dick at (5251).

## Motorcycle Club

Whoo-Whoo! The Second Annual Trilogy Polar-Cycle Club ride kicked off on a 37-degree foggy and overcast day. One motorcycle was so reluctant to participate it required a jump start! Even so, someone had the audacity to say, "Lets ride."

The Motorcycle Club riders meet the first Saturday of every month for an all-day ride. Our initial destination was Dean's Cafe in Pleasanton to stock up on hearty omelets, hot cereals and more coffee to combat the chill in the air. Seven bikes and eight riders braved the ride down Vasco Road, which was invigorating to say the least. The windmills were frozen solid and you had to count fingers and toes to be sure they were all there.



After breakfast, three riders decided to listen to their inner voice that said to "live to ride another day" and made their departure back to the warmer climate of Trilogy. The remaining four riders decided to ride south of Livermore on Mines Road. Shortly after hitting Mines Road, the fog lifted, the sun shined brightly, and temperatures climbed to 61 degrees. Feeling rather smugly that we made the "best" decision, we enjoyed the sun for about an hour as we arrived at the road to cut over to Patterson. Within minutes, and just outside of Patterson, the temperature dropped to 41 degrees, became overcast and thoroughly nasty! An emergency Starbuck stop in Patterson warmed us up enough to make the quick freeway run up to Lodi and back to Trilogy. All in all, it was a great day with good riding company, a great breakfast, and a fine kick-off for the new riding season. A happy new year to all!

We invite the other motorcycle riders in Trilogy to join us on any of the monthly rides. The next ride is at McDonald's in Rio Vista at 8 a.m. on Feb. 5. The destination is to be determined based on weather. For more information, contact Bob Pastorino at (6556) or Larry Nelson at (2967).

*"A bike on the road is worth two in the shed."*

— Anonymous

## Radio Club

The Radio Club of Rio Vista is made up of individuals who are interested in licensed amateur radio communications and is organized to support your community in an emergency. We are affiliated with the Disaster Preparedness Committee of Trilogy and directly support the Rio Vista Fire and Police Departments. A number of our members also support the Solano County Office of Emergency Services (OES), sponsored by the County Sheriffs office. A number of us are also members of the Weather Reporting branch of the National Weather Service, which reports to the Sacramento office in an effort to improve weather reporting in our county. If community service and/or radio communications is of interest to you, please contact the Radio Club. The Radio Club meets each Tuesday in the Vista Club Monterey Room at 9 a.m. for informal discussions over a cup of coffee. The formal meeting starts at 10 a.m. Please stop by. For more information, contact Dean Lattman at (3967).

## Recipe Club

Molly Woodworth is retiring as Recipe Club leader. A big thanks goes to Molly for five years of superb service.

Our January theme was "party favorites" with food provided by Molly Woodworth, Elayne Finch, and Patty LaFleur. Coffee was served by Shirley Rogers.

Our next meeting is Tuesday, Feb. 8 at noon in the Delta Club. We welcome all new members.

Monthly tip: Beaten egg whites will have more body if you whip in a little sugar toward the end of beating—when whites stand in soft peaks. Add sugar a little at a time, whipping as you go. Do not add sugar too soon or too much at a time or you'll get a thin marshmallow like sauce that won't thicken. For the February theme or further information, please call Patty LaFleur at (3159).

## Men's Executive Nine

The rain and cold limited play through much of December and some of January so there is not much in the way of tournament results to report. However, a few of our hardier members did brave the elements. Hats off to you guys. Special kudos to Vinnie Germano who shot a gross 38 in these wet conditions.

The new board met in January. One order of business was to change the monthly general membership meeting time from 4 p.m. to 3 p.m. The meeting will still be held on the second Thursday of the month in the Delta Club. The new board also decided to award a \$100 cash prize to any member that shoots a hole-in-one during one of our club-sponsored rounds, so sharpen up your game.

Our tournament director George Perry is scheduling our twice monthly tournaments for the year and is looking for input from our members as to what types of tournament formats they would like to play this year. While this was discussed during the





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January member meeting, George is still taking requests. Let him know if you have a format that we all might enjoy.

The next scheduled general membership meeting is on Feb. 10 at our new meeting time, of 3 p.m. in the Delta Meeting Room. Please plan on attending and participating in your club.

If you are interested in joining our group, pick up an application form in the posting room or contact Dennis French at (4890).

## Rio Vista Roamers Recreational Vehicle Club

Our holiday dinner was at the Nines. The buffet offered a mouth watering selection of cuisine. Frank and Kris Reid hosted this outing and everyone enjoyed the feast.

Jan. 18 was our traditional Chinese dinner at Tao San Jin in Antioch. Bob and Katy Emler host this outing every year and many of our retired associate members join us. Once a Roamer, active or not, you always remain a part of our club and are welcome to join us at any function

Tom and Noel Moore (5772) are taking us to Peters in Isleton on Wednesday, Feb. 9 at 12:30 p.m. Please let them know by Feb. 1 if you will be attending. We will order off the menu.

River Reflections in Oroville is calling to us. Once again we will start our "on the road" season by trekking to this campground on the Feather River. Sandra and Manny Santos (3538) host this trip and will need the first night deposit (\$37) by February 10.

All RV owners in Trilogy are welcome to play with us. For more information, call Frank Reid at (2259) or Sandra Santos at (3538).

## San Francisco Club

We all left our heart in San Francisco at one time or another. So many people here in Trilogy were born, raised and went to school in San Francisco. Some only lived in the city for a few years, others all of their school years.

The San Francisco Club would like to get together every other month to plan things to do or even just socialize. We'd like to remember the old neighborhoods, or our favorite places in the city.

If you were born, went to school, or lived in San Francisco for any length of time, please join us in the Vista Ballroom, Friday, Feb. 4 at 7 p.m. For more information, call Mike or Lori Azzolino (6196).

## Supper Club

We hope you had a wonderful holiday and are eager to get back to your regular activities. For those of you who are new to Trilogy, Supper Club meets every other month in club members' 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 or eight). We

are meeting in February 2011 and will continue in the months of April, June, August, and October.

Note: Supper Club is not just for married or committed couples. Supper Club welcomes everyone, single or coupled. Also, we are not limited to a formal dinner menu. We enjoy afternoon barbeques during the warmer months, for example. In addition, we are also hoping to have a larger get together that includes all the members, once or twice a year.

If you are looking for a new adventure and/or want to make new friends, give Supper Club a try. Take the opportunity to experience our absolutely delectable menus and the friendship provided by our members. Interested in joining? Contact either Maureen Gingrass at (3803) or Cheryl Bellrose at (6619). We'd love to meet you.

## Table Tennis Club

We hope you all had wonderful holidays and that 2011 is prosperous, healthful and peaceful for you all.

The Trilogy Rio Vista Table Tennis Club (TRVTTT) had their general meeting on Dec. 30 and a new board was elected. We are very excited with the results and look forward to a very busy, fun calendar. The new Board Members are: Tom Barnes, President (4395); Jeff Kennan, Vice-President (7541); Ricky Martinez, Treasurer (1345); Jim Breen, Secretary (3775); At Large: Richard Mariant (5232). We wish the new board the best for the New Year and appreciate their enthusiasm and barrage of ideas.

In other news: Our membership is continuing to grow and we hope that by the end of 2011 we will have reached 60 members. For this reason, on Nov. 17, 2010, the club made a request to the Adult Committee to recommend the purchasing of an additional table. Unfortunately, when it reached the Master Board meeting on Dec. 2, 2010, the recommendation of the Adult Committee was not approved. We were very disappointed. However, the Master Association asked that this item be put in the preliminary budget. We have requested less than \$1000, which will allow the 20-plus players that show up regularly to play without having to wait.

The Club is also planning a busy year of activities with an Open House slated for March. Be on the lookout for the exact date. We will also have in-house tournaments and other fun activities. At this time, we are trying to have the Robo-Pong set up at least once a week for practice and training. This is also a great chance for all of you who have not had a chance to play in a while to warm up with the machine. You'd be surprised at how fast your skills return.

We will also update the information on MyTrilogyLife.com soon (including new photos) and the calendar. Check it out.

If you are interested in joining this club, please contact any of the new officers. The dues are \$1.50 per month (\$18 per year... what a bargain!), so hurry up and become a member of the Table Tennis Club.

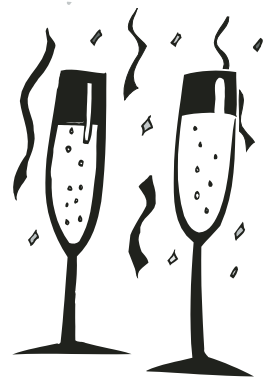


Photos by Kersti Evans



Trilogy residents danced the night  
away to *No Taboo* during the  
**2011**  
***New Year's Eve***  
***Celebration***

Next year's party will offer a more modest atmosphere including a cocktail hour and DJ dance party.





## Tennis Club

By the time this article appears, it will be the first of February. With January passed, subtle but certain signs of spring are all around. The rainy weather is subsiding, the daffodils and crocus are in bloom, and it stays light a little later in the day. It's time to get outdoors and get some exercise!

Social tennis continues at the courts Monday through Friday from 8 a.m. - 10 a.m. Anyone can join. We welcome beginners, guests, and regulars to join in the fun.

March 13 is the first Tournasocial of the year, commemorating the start of daylight savings time. In this all day event, Trilogy players compete in the following venues: Women's Doubles, Men's Doubles, and Mixed Doubles. This enjoyable day ends with a potluck dinner at the Delta Club. Everyone is invited to attend.

Membership for the Court Jesters is \$22 per year, payable in January. The next monthly meeting is on Friday, Feb. 23, 2011 at 10 a.m. at the Delta Club.

## Women's 9-Holers



*Pictured (center) Diana Staley - Tournament of Champion-Low Gross. Photo by Nancy Vickers*

The Women's 9-Holers meet at The Nines every Tuesday at 8:30 a.m. for a 9 a.m. tee time. You may sign up to play golf in the Pro Shop Tuesday (after golf) through the following 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 Pam Carlson at (2983) or the Pro Shop at (2900).

### Tuesday Play Day Results

**Dec. 7** – Regular Play: Judy Rumble, Chip-In on Hole 7; Lenne Howard, Chip-in Hole 2 and a Par on Hole 5; Blaine Foltz, Par on Hole 5; and Anne Branton, Birdie on Hole 4. Ella Ballard broke 70, getting into 60s for the first time and she made it over the water on Hole 2 for the first time. Jeanie Renner broke 80 getting in the 70's for the first time.

**Dec. 14** – Rained out

We held our Christmas, and End-of-Year Awards Luncheon at the Nines. Most improved player was Blaine Foltz, Tournament of Champion-Net was Chris Sabye, and Tournament of Champion-Gross was Diane Staley. At this event, we donated

canned goods and non-perishable items to the Rio Vista Food Ministries, which filled three cars with items. They were so appreciative. We also collected \$360 in cash and checks for our 94571 families. This is truly the meaning of Christmas and giving. We thank you so much for all your generosity.

**Dec. 21** – Regular Play: Blaine Foltz, Par and Chip-In on Hole 5

**Dec. 28** – Regular Play: Helen Swarbrick, Chip-In on Hole 13

If you would like to join the Women's 9-Holers, please call Lynne Galletta, Membership Chairman, at (6079).

## Women's 18-Holers

The rain is here to stay. December was very wet so unfortunately we weren't able to play every Thursday. It could be worse though, it could be snowing.

**December 9** – Rained Out.

**December 16** – we had our Christmas Luncheon and Awards Ceremony at The Nines Restaurant. We played a nine-hole scramble before our luncheon. Since it's the season for giving, our club made a donation to the Center for Movement Downtown as well as contributing to Toys for Tots.

### Scramble results:

First place - Ulla Ullmonen, Judy Zelmar, Linda VanNieuwburg, Diane Staley

Second place - Trixie Roque, Angie Jones, Lynn Grace, Ida Shannon

Third Place - Linda Barlesi, Donna Bjork, Maureen Gingrass, Roni Teixeira. Chip Ins - Trixie and Judy Zelmar

**2010 Awards:** Chip Ins - Ingrid, Maureen Gingrass, Daryl McCarthy, Anna Stevens, Terry Sutter, Linda VanNieuwburg. Chip In, Birdie - Terri Anisko, Donna Bjork, Lynn Grace, Bev Dunn, Trixie Roque, Diane Staley. Birdie, Broke 100-Debby Carroll, Des Javier. Chip In, Broke 100 - Cindy Brown, Frankie Freese, Ulla Ullmonen, Ladell Manion Marilyn Rogers. Birdie, Chip In, Broke 100 - Pat Kistler, Donna Martella, Alma Renko, Ida Shannon, Roni Teixeira, Doris Sundly. Birdie, Chip In, Broke 100, Broke 90 - Angie Jones, Vicky Riddle, Marsha Loomis. Birdie, Chip In, Broke 100, Broke 90, Broke 80 - Lucille Rhodes, Linda Barlesi. Charm winner for 2010 - Lucille Rhodes. Most Faithful - Linda Barlesi. Most Improved-Sue Clark

**Dec. 23** – No Golf, Holiday.

**Dec.30 Winners** - Chip Ins: Terry Sutter Chip In Birdie: Linda Barlesi

Linda Barlesi broke 80. Lucille Rhodes and Ladell Manion both broke 100. Low net winners A Flight: First place - Linda Barlesi, Second Place - Ladell Manion, Third Place - Ulla Ullmonen. B Flight: First Place - Paula Davis, Second Place - Bess Dunn, Third Place - Tie between Terry Sutter/Lynn Grace.

For any new resident who would like to join us, we meet at the Nines Restaurant at 8:30 a.m. every Thursday. Please contact Alma Renko at (3064).

## Ceramics Club

It's a new year, and it's time to come to the Ceramics Club. Over the holidays, I saw a beautiful platter that was painted with a family name. I thought it might be awesome to create something like that for my family. You can, too! Everything you create in Ceramics Club is unique, as there will only be one like it. Join us to get ideas about things you might like the craft. We meet every Thursday from 9:30 a.m. - 12:00 p.m. in the Marina Room at the Delta Club. For more information, please call Linda at (6978).

## Fat Quarter Quilters

Join the Fat Quarter Quilters to work on your own quilting projects in a group setting. It is where you'll meet new friends, share ideas, and get help with your projects. We meet every Wed. from 12:30 - 4 p.m. at the Delta Club. There are no dues or fees. For more information, contact Esther Young at (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. Just bring your photos. We meet the second Thursday of every month from 10 a.m. - 4 p.m. at the Delta Club. There are no dues or fees. For more information, contact Joyce Bailey at (3391) or Marti Rogers at (6859).

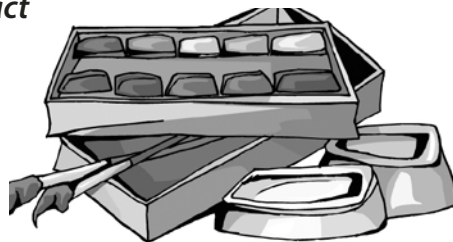


## Watercolor Classes for Beginners

**now available. Classes are on Tuesday afternoon at the Delta Club. If you are interested in Watercolor classes**

**please contact**

**Anna Chunn  
at (3560).**



## Trilogy Art Guild for Artists

Join the Trilogy Art Guild for Artists (TAG) for Art and Wine on Feb. 5 from 1 - 5 p.m. TAG and the Photography Club will display art for you to enjoy while you take pleasure in wine and jazz music at the Vista Club.

Note: the Shibori workshop has been changed to Saturday, March 5 at the Delta Club Marina Room from 9 - 4 p.m. This is a form of tie-dyeing fabric on t-shirts or silk scarves. For information, call Lori at (6196).

You may participate in our events and get monthly news about what we are doing by becoming a member. Membership dues are \$15, January through December. TAG meets on the first Monday at 2 p.m. Meetings are open to everyone. For more information, contact Amy at (4857) or Linda at (7590).

## Council for the Arts

Join us for "Music of the Night Goes to the Movies" on March 3 (Charity Night), March 4, and March 5. See the article on the front cover.

Trilogy Council for the Arts supports all of the clubs in Trilogy that might need supplies, equipment, and any help needed to further their art endeavors. The club meets the second Thursday of each month. The next meeting is Thursday, Feb. 10 at 10:30 a.m. at the Vista Club Monterey Room. Everyone is welcome to attend. See you at the movies!!!! Any questions? Call Janet at (5415).

*Some of the cast from the upcoming  
"Music of the Night Goes to the Movies"  
Photo by June Skovorsov*

## TRILOGY JAZZ BAND

The Trilogy Jazz Band began the New Year with two celebrations: the first was on New Year's Day, a band party at the home of lead alto sax player Bob Sargeant and his wife Marsha. We enjoyed fabulous snacks and desserts provided by individual band members, a social time together, and the opportunity to play and sing for each other. The second was on Jan. 8 when we played for the Ballroom Dance Club's New Year's party.

This month we are celebrating Valentine's Day twice: first by playing for the Ballroom Dance Club's Valentine dance on Sunday, Feb. 13, then by playing a program of romantic tunes at the Emeritus Assisted Living residence in Fairfield on Feb. 14. We are rehearsing our band numbers for the upcoming "Music of the Night" show, too.

Full-band rehearsals are held every Wednesday from 2:30 - 5 p.m. following vocal rehearsals from 1:30 to 2:30 p.m. at the Vista Club Diablo Ballroom. Observers are welcome. And although the band is currently at full capacity, we are always interested in meeting folks who are qualified to fill a future opening. For more information, please contact Jim Lucas at (7567) or Marti Rogers at (6859).



## AARP Driver Safety Course

The AARP Driver Safety refresher Course is on Feb. 26, 2011 from 9 a.m. - 1 p.m. You must have taken the eight-hour course within the last four years. The cost is: AARP Members - \$12; non-Members - \$14. To register, contact Glen King at (3342) or e-mail grk59@frontiernet.net.

## CO Monitors: They are the Law

*by The Disaster Preparedness Committee*

Carbon Monoxide (CO) monitors must be installed in all existing single-family dwelling units no later than July 1, 2011. The Law covers every "dwelling unit intended for human occupancy" that has "a fossil fuel burning heater or appliance, fireplace, or an attached garage." The SB 183 bill requires that such units must install a carbon monoxide device that is designed to detect carbon monoxide and produce a "distinct, audible alarm." The device may be battery-powered, a plug in, or hard-wired with a battery backup. It may be combined with a smoke detector, but, if it is, it must emit "an alarm or voice warning in a manner that clearly differentiates between a carbon monoxide alarm warning and a smoke detector warning." The devices must be certified by the State Fire Marshall.

It is recommended that CO monitors be placed in the garage and each bedroom. They are readily available at most local home improvement stores and the cost is typically between \$25 and \$90. Should your CO monitor sound an alarm, you should call the Rio Vista Fire Department and vacate the house until they arrive and check the problem with their instruments. If they detect a CO leak, they will advise of needed actions. After following the instructions from the Fire Department you should immediately report the leak to P G&E. They consider all CO leaks as priority issues and will send a technician to do a complete (free) survey of your house. For more information, contact Jim Larsen at (4382).



## Peace Corps 50th Anniversary

On March 1, 2011, the Peace Corps will celebrate its 50th anniversary. Trilogy resident Dave Hampton served in the Peace Corps in Ecuador from 1962-1964 and will celebrate his 49th anniversary in 2011. If there are past volunteers within Trilogy, he would like to hear from you. He's considering the possibility of having a get together on March 1 of next year. At 5 p.m. on that date, there will be a 30-minute conference call from Peace Corps parties all over the world. It should be a hoot. For more information, or to be a part of the event, contact Dave Hampton at 707-398-6880.

## TOPS

The year ended on a losing note as everyone was trying to Take Off Pounds Sensibly, over the holidays. Eight members were able to lose pounds between Thanksgiving and Jan. 5, so were awarded one month of free dues. This is a new year, so we are expecting several in our group to meet their goals by Keeping Off Pounds Sensibly. If any of you want to shed those unwanted holiday pounds, come on over to the Delta Club any Wednesday Morning at 8 a.m. and check us out. We have a very supportive and friendly group. For more information, call Leader Minnie Howell at (5786) or Co-leader Peggy Smith at (1366). Have a happy New Year, everyone.



## 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

### Avon

For Campaign Booklet  
www.avon.com/chall4587  
Jacci Hall (5873)

### Cruise Adventures Unlimited

A Proud Member of the Signature  
Travel Network  
Terri Anisko (374-6277)  
Accredited Travel Specialist  
oceans@myifp.com

### Gold Canyon

The World's Finest  
in Candles, Body and  
Home Products  
Suzi Cassone  
925-231-5213  
aromatime@hotmail.com  
www.aromatimecandles.com

### Mary Kay

Independent Beauty  
Consultant  
Sueann Novotny (5624)  
E-mail: snovotny@citlink.net

### Moulding Masters of California

Crown Moulding, Interior Trim,  
Fireplace Mantels  
Diamond Certified  
by American Ratings Corp  
Your proud Rio Vista  
representative Randy Updegraff  
707-260-2821 or  
cell 707-334-3460

## FOR RENT

### Home for Rent

Belmont on golf course. Furnished  
or unfurnished, long or short term.  
Room rental option available.  
Nonsmoker. No drama please.  
\$1400/750. Contact 925-285-9162.

## FOR SALE

### Bike

Three-wheeler bike (almost new)  
with 2 baskets. Bought for \$500. in  
San Jose bike shop. Color red. Mint  
condition. Would like to sell \$350.  
OBO. Call Grace (3910).

### Children's Book

New book by Trilogy Resident  
author Shirley Grijalva: *Marshall's Big  
House on the Hill*. For children 8-13.  
For Christmas Order from xlibris.com  
or directly from author (6752).

### Vehicle

2007 Mini Cooper, fully loaded,  
48,600 miles, manual transmission,  
great condition. Call Bobby at  
925-681-1993 if interested \$20,250.

## SERVICES

### AAA Maintenance & Repair

Services and repairs;  
Electrical, Carpentry, Power  
washing of concrete walks and  
patios, Windows cleaned.  
30 years experience in the  
construction industry.  
Oscar Grissom (6124)

### Alterations

Experienced seamstress for all  
your sewing needs, ie. men's and  
women's clothing, knits, leathers,  
window coverings, bedspreads,  
light upholstery, etc. Call Patricia  
Riley (3567) M-F.

### Annual Service

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

## SERVICES

### Appraisals

Real Estate Appraisals by a  
Trilogy homeowner with 40  
years experience in commercial  
and residential. For your home  
valuation in estate planning or  
estate purposes, call Randy Carlson  
(Certified Appraiser AG007039) at  
(2288) or agroup@msn.com.

### 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

Music on records and cassettes  
upgraded to CD's. Video on  
VHS and super 8mm. cassettes  
upgraded to DVD's. Copies of music  
CD's made. Jose at 510-364-0025.

## SERVICES

### 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.

### Buy/Sell

Buy – Sell – Trade on the internet. Consignments welcome. Instant cash usually within 10 days. Ed Barrett (1349).

### Caregiver

Concerned about a loved one and you need a break? Did you have surgery and need assistance to recovery? R.N. Reasonable rates. Call Sherry (4864).

### 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.

## SERVICES

### Cleaning

Diamond House Cleaning Provisions. House cleaning with an expert eye to details. Includes: scrubbing, sanitizing, polishing and buffing. Cutting corners is not in our vocabulary! We offer one time cleaning, budget cleaning and full service cleaning. Moving in/ out, special projects also available. All work satisfaction guaranteed! Call Nita (5459) or 315-6670.

### 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, install, teach, create web pages, coordinate with Frontier, Best Buy, Comcast. 707-416-6067

### 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).

### Countertops Galore

Specializing in kitchen and baths: granite, Corian, silestone. Call Trilogy resident Larry Reece (3338) Cell 707-208-3703 for free estimate 30 years experience.

### 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)

## SERVICES

## Attention All Advertisers:

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

### DJ Available

DJ music available for private party or fund raising events. Form a group of 20 or more for fun dancing at \$5 each. Jose 510-364-0025.

### 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).

### Faux Finishing @ Its Best

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

### Financial Services

Individual and business accounting, income tax services, and financial planning. Investment services, including retirement planning; life annuities and long-term care insurance. Call Rick Aguila, CPA, IAR, Ins Lic. #0F92434 at 374-6626.

### 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).

## SERVICES

### Handyman

Help with household repairs. Will hang curtain rods, pictures and mirrors. Assembling and installing products—crown molding, closet makeovers, etc. Call Ron (2227).

### 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).

### Home Maintenance

House cleaning, window washing inside and out, hauling, moving, pick up and delivery, dryer vent cleaning. Victor 398-6610 or 510-334-9667

### HVAC Maintenance

One year maintenance agreement – replace air filters, check heating and cooling system twice a year, with no additional cost for added Freon. Change fire alarm batteries and drain water heater once a year. Business Lic. # 2536. Call Connie or Robert (3422).

### Income Tax Preparation

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

### Income Tax Services and Planning

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

## SERVICES

### 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).

### In-Home Care

Available for male or female. We are sensitive, caring and discreet. Most of all we are dependable! We are Trilogy residents with 8 years combined experience and would like to assist you too! Call Nita 707-315-6670.

### Insurance

Consultation and policy review in your home by appt. Over 40 years exp. Still active, licensed broker (#0528702), not affiliated w/any insurance company. \$50 flat fee first hour. Selling nothing, just advice. Herb Florance (3232).

## SERVICES

### Knife Sharpening

"O So Sharp" It's About Time a knife/scissor sharpening service comes to Trilogy. I can do European/American blades, Asian blades & serrated blades. Kitchen & Sewing scissors. Rich (3663), 556 Birch Ridge Dr.

### Landscape Maintenance

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

### Landscape Maintenance

Tosh Bonsai Landscaping Garden Maintenance: Lawn care, trimming, weeding, clean-up, specialty pruning. Design Installation available. Robert (3427).

### Massage

Welcome the New Year with massage for yourself or loved one to reduce stress and pain. I can adapt massage to meet physical limitations. Retired R.N., CMP Jackie 344-6114 cell.

## Attention Commercial Advertisers Deadline Information

All final commercial ads and checks are due by the fifth of the month *prior to the month of publication*. For example: January ads and checks are due by December 5. All late submissions will run in the February issue.

### REGULAR RATES AND SIZES:

- 1/4 page: 3.667" wide X 4.5" tall: \$140/month
- 1/2 page: 7.5" wide X 4.5" tall: (*horizontal only*) \$220/month
- Full page = 7.5" wide X 9.25" tall: \$345/month

*Specific Page Requests: Add \$50 to ad rates above*

### PREMIUM POSITIONS RATES:

- Back Cover 7.5" wide X 10" tall: \$500/month
  - Inside Covers 7.5" wide X 10" tall: \$445/month
- (*Front or Back*)

### DISCOUNTS:

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



## SERVICES

### Notary

Mobile Notary Services—Notary signing agent: \$10 per signature per page, discounts for multiple pages. Offering prepaid Legal/ Identity Theft Protection Services. Elaine Wisz (4310)

### Notary to Go

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

### Notary Public

Notary Professional, fast and reliable service. State enforced fees. Please call Jeffrey, certified notary (7541). Discount for low income residents.

### Notary

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

### Painting

Ron the Painter for Hire. Trilogy resident. Quality work at a good price. All types of painting. Fences & mailboxes too. References. Call Ron 707-580-6616.

### Painting & Drywall Repair

Exterior and interior color and texture are our specialty. Free estimates; 35 yrs. experience. R.P. Painting. Trilogy resident. CA St. Lic.#422737. Call today (5954).

### Pet Care

Let your pet remain home when you're away. Lots of love & attention. Will also bring in mail, newspapers, tend to trash and water plants. Three years of Trilogy references. Kathleen Montemayor (4750)

### Pet Care

Kitty care services while you are away. Includes feline's play, feed, meds, clean litter, trash out/ in, newspapers, mail, and water plants. Call Mimi (4343) or cell 707-567-5910. Since 2007.

## SERVICES

### Pet Care

I'll make a donation to the Leukemia and Lymphoma Society while taking care of your dogs, cats and house. Carol Kern 925-286-2398 or cajkern@comcast.net.

### Pet Care

Will care for your small dog in your home or mine. Includes walking, feeding, mail brought in, plants watered, etc. Trilogy resident. 209-201-8143.

### Photography

Affordable high quality photography: parties, portraits, web page photos, passports, you name it! Vintage photo restoration. Call June: (6830)

### Photography

Super-sharp photo coverage of events, parties, pets, sports action, groups. Transfer 8mm/Super 8 film, 35mm slides/negatives and VHS tapes to DVD. Old photos scanned, enlarged, minor restoration. Fast service. Call Rich 529-8640.

### Photo Repair/Airbrushing

So you trusted a point-and-shoot to capture those once-in-a-lifetime memories? Does Nana have red eyes and splotchy skin? Relax, we can fix it! Call June (6830).

### Pianist

Pianist available for Memorial or Funeral Services (Non-denominational). For information, please call (3910).

### Small Engine Repair

Service and repair on lawnmowers, weed eaters, blowers, rototillers, etc. Sharpen garden tools. Stan (3163).

### Stained Glass

Custom Stained Glass windows for your home. Sidelights, doors, transoms, and panels. 35 years experience. Call Jan for free home consultation (3612).

## SERVICES

### Transitions

Diamond House Cleaning & Transitions. Assisting families to a smoother road with the passing or moving of a loved one. Includes: packing, organizing, down-sizing, cleaning and hauling. Also assistance with cleaning and labeling items to be sold or donated. Call Nita (5459) or 707-315-6670.

### Water Softener Service

No more lifting heavy bags of salt. GE water softener maintenance including: delivery and adding Diamond Crystal salt and complete system check. Call Gary (3488).

### Weeding

Weed pulling. Get rid of those ugly weeds. Also rake leaves, trim bushes. I'll keep your yard tidy. Cheap. Call Laurie (6305) or cell 925-301-7389.

### Window Cleaning

Professional window care. Windows and screens cleaned. Stage 1 glass restoration. Years of experience. Call Gary (3488).

## VACATION RENTAL

### Tahoe Rental

Incline Village: Fully equipped condo near Diamond Peak. Sleeps 6. Starting at \$125/night plus cleaning fee. Call Blaine (0717) or letsgotahoe@aol.com.

## WANTED

### Treadmill

Call 386-1005.

### Treadmill

Working treadmill, reasonably priced. Call (5239).

Photos taken by Kersti Evans and Austin Wallace.

# The theme of the evening was song and dance!

*Our members shared some wonderful talent.*



# welcome home

transforming the aging experience...

## ESKATON<sup>®</sup>

Senior Residences and Services

Eskaton Lodge Brentwood offers independent living, assisted living and memory care. Voted "Best of Brentwood" every year since it opened in 2007, Eskaton Lodge Brentwood is managed by Northern California's premier provider of services for older adults.

Conveniently located, new construction and a staff that is really more like family. Now featuring all-day dining —

What are you waiting for?

ask about **respite** and **short stay** options



### Eskaton Lodge Brentwood

450 John Muir Parkway  
Brentwood, CA 94513-5186  
925-516-8006

[www.eskaton.org](http://www.eskaton.org)



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