

PUBLISHED BY THE TRILOGY AT RIO VISTA MASTER ASSOCIATION

July 2014

Trilogy Living

JOIN IN TRILOGY'S ANNUAL FOURTH OF JULY PARADE CELEBRATION

Bring the whole family to enjoy the creativity applied to decorated vehicles,
a hot dog and ice cream social, and live entertainment at the Delta Pool.

For more information, see pg. 7

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Don Love

President

An executive session of the Board of Directors took place June 10.

- Discussed the transfer status of the WWTP/LLD from the city to the HOA. The water source for the LLD is still undefined at this moment with clarity expected from the city at a future council meeting. A review of the expenditures of the last year of the LLD funds was provided, which had been compiled by board member Melissa Coleman.
- Our vendor has conducted the final testing of the WWTP and the results came back clean. Five different bore sites were selected with different depths samples taken. As a result of the testing the Board unanimously agreed to inform the City of its acceptance.
- A discussion was held to determine whether to continue offering Naturopathic services due to the retirement of the present operator. Research will continue to look into providing a replacement and the cost of such action. Presently the service provides a small profit to the Association.

The Master Board meeting took place June 10

- A review of the gas leak was presented by General Manager Ed Vitrano and board member Joel Auslen presented an option for community alert for those using a cell phone as their main telephone option by using the local 411TIP service available through the local police. Most land line members were alerted twice!
- The board announced that they will reinstate the Vision meetings. The meetings will explore any and all ideas for inclusion into the planning for the community going forward. This will include such ideas as development of the WWTP area, possible purchasing of new land areas, a new administrative building, web site services, and any other viable ideas. The first meeting will be in August after the next amenities meeting.

The Master Board had a special meeting on June 17

- A review of the 2014 Road bids was conducted as well as examination of the Road Reserves. The consultant's report has indicated a quicker deterioration of the roads due to the prolonged drought along with freezing and thawing over the winter. The Board realizes some additional roadwork must be done before the Reserve Study calls for it and moved to contract the additional work as it feels that the roads are a high priority to the community. The total cost, including project management, is expected to be around \$265,000.

TRILOGY AT RIO VISTA

DIRECTORY

Master Association Board of Directors

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

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Village Oakmont - Leland Puryear (3510)
Village Riviera - Barb Downs (507-5026)
Olympic Village - Joel Auslen (5808)
Saddle Rock Village - Roger Kohn (2737)

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Adult - Patty Kohn (2737)
Emergency Action Committee - Alan Levine (718-7907)
Access - Andy Pestana (5154)

Village Board Presidents

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

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From the Editor



Andrea Stuart

Ordinarily, we would welcome the July issue with a comment about how things will begin heating up soon. However, at the writing of this article, summer has already been in full swing for weeks. Temperatures have been in the 90s since May. That said, outdoor activities have picked up, which means we need ways to keep cool in the heat of the day to prevent heat stroke or exhaustion, especially during events like the Fourth of July Parade.

Consider wearing looser-fitting clothing made of natural fibers that are more breathable. Health practitioners also recommend limiting or cutting out caffeine and alcohol. Caffeine affects the nervous and cardiovascular systems by speeding things up and potentially raising blood pressure. Active seniors should be aware that caffeine also strips the body of calcium, which is required to keep bones strong. Since heat alone can cause fatigue, we are at a greater risk for falling, and if our bones are weakened, we are at a greater risk of broken bones. On the other hand, alcohol acts as a diuretic, causing the body to eliminate more water than usual.

And, did you know the foods you eat can warm or cool you? Ice cream, for instance, warms the body because of its high animal fat content. Meanwhile, leafy greens and watermelon cool the body. Try eating smaller meals consisting of more produce. Limit meats and dairy, which require the body to work much harder and raise body temperature.

For those of you who enjoy walking or running around the Trilogy community, consider taking your walks in the early morning or near dusk to avoid dehydration or sunburn. With these tips, you should be well on your way to a safer and more comfortable summer!

If all else fails, find cool refuge from the heat by enjoying the air conditioning at any number of Trilogy events: computer classes in the learning center; the Farmers Market at the Delta Club; Comedy Night featuring Kat Simmons; AARP Refresher Course, and the Enrichment Series: Life Coaching. Late in the day, you might enjoy these outdoor activities: Concert on the Patio with Afterglow (pg. 5), Tuesday BBQs at the Delta (pg.19).

Have fun! Stay Cool!

From the Activities Director



Debbie Dorn

Call To Action! We are seeking help from all photo collectors! We do not have photos taken of some Trilogy and club events this year for the Rotunda slideshows. If you snapped any photos from 2014 events we would appreciate you dropping off photos on CD, camera chip, or USB memory stick at Member Services at the Vista Club. Label for Debbie Dorn. Include the event and your contact information and I will see that you get that returned.

Mark your calendar! Celebrate the Fourth of July with us and note the numerous other special events.

- **July & August Computer Classes (see page 31)**
- **7/04 Independence Day - An Old Fashioned 4th of July (see page 7)**
- **7/13 & 7/20 Farmers Market**
- **7/13 Trilogy Jazz Band Dance ~ The Dance Club**
- **7/18 Comedy Night Featuring Kat Simmons ~ One Funny Lady!**
- **7/25 Bingo**
- **7/26 Dance Concert on the Patio with "Afterglow"**
- **7/29 Smart Drivers Refreshers Course**
- **7/29 Enrichment Series: Life Coaching Presented by John Lamb**

Get Ready!

- **8/03 Farmers Market Returns**

You'll find more events and activities presented by the clubs or groups in their section of this publication! A list of clubs and groups with their contacts is also available from Member Services at the Vista Club. As always, your comments and suggestions are valued. Send an email anytime to ddorn@actionlife.com. My mailbox is always open.

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

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



Computer Workshops ~ Sign up for July & August Classes!

Learning Center Vista Club

There are a variety of special interest workshops along with a series of introductory workshops to help you become more comfortable with common computing conveniences like email. See pg. 31 for more information. Limited space available, sign up at Member Services.

Farmers Market ~ Experience Trilogy's Market Place

Sunday, July 13 & 20, August 3 & 24, 10 a.m. – 3 p.m. – Delta Club



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

vegetables and specialties on hand without leaving Trilogy.

Grapevine Chat ~ will return in October!

Usually, the second and fourth Tuesdays each month in the Grand Living Room, at Vista Club, Grapevine Chat will resume when the weekly Tuesday BBQ events have ended.

Meanwhile, the Weekly Tuesday BBQ around 5:30 p.m. at the Delta Pool is the place to be during the summer! It's an enjoyable time to meet your neighbors! After pool area use, please remember to lower umbrellas and leave the area as it was found.

Blood Pressure Check ~ Free

Thursday, July 10, 9 – 10 a.m. at the Library, Delta Club

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

Learn to Save A Life With CPR/AED and First Aid Instruction!

Tuesday, August 5, 9 a.m. – 1 p.m., Diablo Ballroom Vista Club ~ \$60 per person

It is good to know how to help someone in trouble, whether it is your spouse or grandchild. This class provides a two-year certification in CPR/AED and First Aid at a great value. Limited space, sign up with Member Services by August 1, at the Vista Club.



Concert on the Patio Featuring Afterglow

Saturday, July 26, 7 – 9:30 p.m.
Vista Club Patio ~ \$10 per person

Dance to the Delta's premier musical group enjoying all genres of music! You may know them by their previous name Sterling Silver, before they returned to Afterglow as originally named 40 years back! Regardless, they will keep you singing and dancing for good times all evening! Bring family, friends, outdoor attire, dance shoes, a comfortable lawn chair for the patio and favorite provisions! The patio is completely shaded by 6:30, and the Delta's breeze makes for a comfortable setting! Sign up early at Member Services, Vista Club.

SAVE THE DATE!

Sutter Care at Flu & Wellness Program
Protect Yourself – Get Your Flu Shot!

Sunday, September 14, 2014
9 a.m. – 2 p.m., Delta Club



Comedy Night Featuring Kat Simmons

Friday, July 18, 7 p.m.

Diablo Ballroom Vista Club ~ \$10 per person



Lighten up with Kat Simmons! She is one funny female specializing in making people laugh! Kat is a 27-year veteran of the international comedy club circuit. You may have seen her at The Improvs, Catch A Rising Star, the Comedy Channel, Fox's Comedy Tonight, or on Candid Camera. She has a unique talent for

combining physical comedy with real life situations that everyone can relate to. Kat Simmons has been favorably compared to such masters of the craft as Lucille Ball, Carol Burnett and Red Skelton. Table seating invites you to bring your favorite snacks to enjoy during the show. Sign up at Member Services.

AARP Smart Drivers Refresher Course

Tuesday, July 29, 4 – 8:30 p.m., Monterey Room, Vista Club

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

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

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

Trilogy resident Glen King will be offering this course. Note that you must have had the eight-hour course within the last four years in order to take this refresher course. To register contact Glen at (3342) or grk59@frontiernet.net.

Enrichment Series ~ Life Coaching

Tuesday, July 29, 6:30 – 8 p.m.

Diablo Room, Vista Club ~ Free

Life Coaching will feature a presentation by John Lamb who will share his broad experience to further open doors for opportunities which help to maintain healthy, active minds and bodies.

The interactive platform will avoid advocating for any particular activity, program, or set of beliefs or values. Come along on a journey to discover essentials to improving lives. Light Refreshments will be served. Sign up at Member Services.



Concert on the Patio Featuring Jim Anderson and the Rebels

Saturday August 30, 7 p.m., Vista Club Patio ~ \$15 per person



Our final Concert on the Patio for the season wraps up with a magnificent show you will not want to miss! A Trilogy first, Jim Anderson and the Rebels will perform here for you! These amazing artists headline main stages everywhere, entertaining Elvis, Country, Oldies, and Blues music fans alike. Their show is family friendly and a crowd favorite of all ages. Bring family, friends, outdoor attire, dance shoes, your comfortable lawn chair for the patio and favorite refreshments! The patio is completely shaded by 6:30, and the Delta's breeze makes for a comfortable setting! Sign up early at Member Services, Vista Club.



AN OLD FASHIONED FOURTH OF JULY

FREE ADMISSION - Register Food Orders by July 1

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

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

Gather friends and family for a grand celebration of America's birthday with the Parade, Hot Dogs, Ice Cream Social, inside entertainment and poolside DJ! We celebrate the 4th of July because that is our Independence Day! It marks the date when our founding fathers signed the Declaration of Independence and announced their secession from Britain. It is a shining day in our history that deserves to be remembered.

Join us at the Delta Club for the party! Registration forms for parade entries, for the Hot Dogs and for the Ice Cream Social are available at the Vista and Delta Clubs. Deliver your entry/order form with attached check to Box 8 found in the hall at the Delta Club. Be sure to mark the form if you would like to lend a hand with this special occasion. It's fun!



JULY FOURTH PARADE SETUP NEW LOCATION

The parade will be staged at and begin from the Vista parking lot. Participants will leave the parking lot traveling counter-clockwise around Summerset. The parade is a great time to promote your Trilogy groups and clubs! All residents are encouraged to participate regardless if entering the judged contests or just want to join in the fun with your family and friends! The traditional contest judges decorated golf carts without consideration of any object pulled behind the golf cart. Plus two other prizes will be awarded for decorated entries other than golf carts! All entries are judged on theme, originality, and creativity.

Showcase Your Club

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

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Assessment Notice

Assessments have changed for Olympic Village beginning July 1, 2014

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

Assessments for the month:

Master Association \$119.72

Master Association \$80.39

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

Village I \$5.00

Village Oakmont \$5.20

Olympic Village \$5.10

Village Riviera \$5.25

Saddle Rock Village \$0

(None until dormancy ends)

Club Hours – The Delta Club is open at 7 a.m. for entry with members' keys. It is open from 8 a.m. to 11 p.m. for entry without keys. From 11 p.m. until 7 a.m., there is no entry. The Delta Club pool, spa and patio are open 24 hours daily. The Vista Club is open from 6 a.m. to 9 p.m.

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

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

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

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

Thank you for considering both options.

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

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

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

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

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

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

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

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



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

Your Pets – Your Responsibility – Please accept our appreciation for everyone who is being considerate of your neighbors and show pride in your community by carrying bags with you when you walk your pets or by using the bags provided in dispensers throughout the community to pick up after your pets and who keep their pets on a leash at all times.

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

Late Charges on Assessments – If you are paying your assessments through your bank, it is recommended that you move the date of payment to the first of the month when the assessments are due. Many banks are batching payments before sending them out, so even though your account may show a payment on a particular date, the payments are not being mailed on that date. If you schedule payments through your bank or mail your check after the first, you run the risk of being charged a late payment.

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

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

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

Suspicious Behavior – Trilogy is a private community but not a secured one. Please keep your doors and win-

dows locked when away from home and lock your car. If you observe unusual behavior that warrants a call to the police, please make the call.

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

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

Pets in the Clubs – Pets are not permitted in the Delta or Vista Clubs with the exception of service dogs. Service dogs are allowed only if they have been registered with the Administrative Office and have a TRVMA identification card. They must have their vest and TRVMA card on them at all times when they are in the clubs and they must be accompanied by the person for whom they are providing a service. If you do not comply with a request from a staff member to show them the TRVMA card, you will be required to leave the club until you present it. Therapy dogs are not allowed in the clubs at any time. They are not service dogs and are not protected under the ADA.

Adult Committee

At our June meeting Carol Eckert was named liaison to the House Renovation Committee. Helen Bergoust joined the Aesthetics Committee. The House Renovation committee needs two more members. Please consider joining this very active committee.

The Aesthetics Committee has been working on ideas for creating a veteran's memorial. There was much discussion concerning what the memorial should look like, where the memorial should be located and, of course, how it will be funded. We are eager to hear what residents think would be a fitting tribute to our veterans. You can submit your ideas at the Administrative Office or email Patty Kohn, pfkohn@gmail.com.

We encourage all residents to attend our meetings. The meetings provide an opportunity for residents to voice their concerns, to learn more about what is happening in Trilogy and to advocate for the changes they would like to see. Our next meeting will be July 31 at 1 p.m. in the Rio Vista Room of the Delta Club. For more information please contact Patty Kohn (2737) or (pfkohn@gmail.com). We look forward to seeing you there.



Riviera Board News

Please take time to look through the *Trilogy Living* magazine to see if there is something that you always wanted to do, but didn't have time to try when you were younger. Every Tuesday evening, during the summer, there is a potluck for adults at the Delta pool. Bring a dish to share and what you want to grill. They start grilling at 5:30 p.m. and eat at 6 p.m. Riviera Kare Bears meet on the second Monday of even months at the Delta club at 10 a.m. These are Riviera residents who reach out to their Riviera neighbors during a time of need.

The Riviera HOA board meets on the first Thursday of odd months so there was no meeting in June. If you would like to join in on the parking permit discussion, please join us on July 3 at 6:30 p.m. in the Marina room at the Delta Club. If you have any questions or concerns, call Don at (6407).

Saddle Rock Board News

There is trouble in paradise, folks. Before your spade hits the clay, before you pour that concrete, before you empty a corner of your garage into that new storage shed make sure your project has been approved.

Landscape modifications require approval by the Architectural Committee. This includes fences, walkways, trash enclosures, trellises, patios, patio covers, storage sheds and more. Please review the information in the Saddle Rock Village Handbook to make sure you are in compliance.

Applications can be picked up at the Administrative Office. The Architectural Committee meets every two weeks, so there is little delay between when you submit the application and when it is reviewed.

Here's the kicker. If you make landscape modifications without the permission of the committee, you may be charged a \$500 late application fee. For most of us that's far more painful than filling out a form.

We are now meeting every other month. Our next meeting will be July 16 at 6:30 p.m. in the Rio Vista Room of the Delta Club. For more information please contact Patty Kohn (2737) or (pfkohn@gmail.com). We look forward to seeing you there.

Village I Board News

On May 22, President Larry Mork called the Village I Board to order. The board, acknowledging a large audience, moved to the open-forum portion of the meeting so audience members could voice their concerns. The residents' concern is centered on the "no parking in driveway" rule in Village I. The residents voiced the following concerns:

1. Could not use their own land (driveway) as they saw fit.

2. Would not have bought in Village I if they had known about the restrictions.
3. Felt they did not have equal rights with other villages where driveway parking was allowed.
4. Did not understand the fairness of some Village I residents having permits to park in their driveways while others were denied.

The Board acknowledged that driveway parking has been an on-going problem in the village as most of the violations reviewed at every board meeting relate to driveway parking restrictions.

As a result of the residents' concern, the board took the following steps:

1. To tube an opinion survey to every residence in Village I to determine the thinking of residents regarding driveway parking. This flyer, with five choices, will be distributed on June 16, and must be returned to the HOA office no later than July 1, 2014. The survey was tabulated and the results announced at the next board meeting on July 10.
2. To place the driveway issue on the July 10 meeting as an action item when the board will decide whether to amend the driveway parking rule.

For more information, contact secretary Judith Taylor (4036).

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Village I

Summer is finally here - as the weather has heated up some of us escaped to the poolside while others preferred the comfort of the air conditioning inside their homes. Similarly, the Village I Resident's Club (VORC) team is heated up with enthusiasm and desire to fulfill the club's mission to provide community service, social interaction, and informational and educational programs to our residents.

Village I is the oldest and the first village built in our community. There are 493 homes in Village I, which currently represents 21% of the total number of homes in the Trilogy community. Although most of our residents are the original owners, 55 homes have changed ownership in the last two years. We enjoy a unique mix of residents in our club.

VORC is a self-funded social club with no membership fee. All Village I residents are members of the club. Fundraising events support the club activities. We encourage all the residents to attend our next general meeting on July 9 from 7:30 - 9 p.m. in the River Room at the Delta Club. Please join us and bring your ideas to help enhance the social lives of our residents. The success of our club depends on the participation of all the residents.

Volunteers from VORC and Trilogy's other four villages will provide staff support during the July 4 celebration. In addition, look for our volunteers during the Drama Club presentations from August 14 through August 17. Some of our club members are volunteering to serve the beverages during the four days' performances as an additional fundraising effort. For more information, contact Jim Wichmann (4870).

Village Oakmont

Another great-tasting potluck is behind us. Hopefully, you got some new recipes from our fabulous cooks. Lots of salads, soups, and veggies were part of the potluck. We seem to eat more healthy meals as we get older. Why does it take so long for us to get smarter about what we eat! Of course, few people passed up the delicious desserts.

I hope you have sent in your July 4 Parade and Social sign-up sheets. This is always a fun event for the whole family. If you have never participated in the golf-cart decorating or been a member of the parade on foot, bike, car, golf cart, or motorcycle, you really are missing out on a crazy, fun event. At the very least go down to Summerset and root for the participants as they pass by! The hot dogs

and ice cream add a lot to our socializing pleasure. Your Oakmont Social Committee is handling the registrations and dispensing food tickets, so stop by and say "Hi!"

Any questions or volunteers for Oakmont Social Events, please contact me - Cyndy Schroeder (2480). Our Oakmont Social Committee meetings are on the first Wednesday of each month in the Monterey Room at the Vista Club. The meetings are open to all Oakmont residents. Join us and share your ideas!

Olympic Village

Preparations are also in process for Trilogy's annual 4th of July parade and we're still looking for more parade entries for the Decorated Golf Cart and WOW awards. The theme this year is "An Old-Fashioned 4th of July!" Individuals are encouraged to join in the parade fun walking, biking, skating, on scooters or by another creative means! Put your entry form in box #8 at the Delta Club. Extra flyers are available at the Vista and Delta Clubs. The parade begins at 10:30 a.m. and will circle the community on Summerset Road. Come out and join the fun.

Our next OVRC meeting is July 16 from 7 - 9 p.m. in the Monterey Room at the Vista Club. Questions? Want to volunteer? Call Linda Jensen (5542). Have a great summer!

Saddle Rock Village



Our Welcome Committee has delivered welcome bags to several new residents. If you have not received your welcome bag after moving in, please contact

Rayno at raynoniemi@yahoo.com. Residents can donate recycling items to support our club such as bottles, cans and plastic with a CRV label and dropped off at 513 Timber Creek Drive in the back of the truck in the driveway. Richard Larsen's Saddle Rock Village (SRV) web site can be found at <http://home.comcast.net/~biskit3/saddlerock/>. Helpful information is available for our village, Trilogy and the town of Rio Vista.

Our SRV Caring Connection is available to help residents in need. If you have a need, or know of a need on your neighborhood block, please contact Marj at marjniemi@yahoo.com or (585) 313-6533. Our services include cards (sympathy or get well), collect mail or newspaper, take out or in garbage cans and optional services (depending on the situation) such as friendly visits to resident's home, make and deliver a home cooked meal, pick up prescriptions, groceries or run other errands. The SRV web site



listed above has information on AAOA (Area Agency on Aging) and a Vial of Life form for residents to use in the Caring Connection section.

Jim Wheeler, a SRV resident is heavily involved in the Rio Vision project for the town of Rio Vista. You can find his weekly article and updates on the Rio Vision project in the Beacon newspaper.

Our next social events will be the Saddle Rock Park Social on the last Wednesday of the month from 5:30 - 9 p.m., the Ice Cream Social at the July 4 Trilogy celebration, and our annual Block Party on Saturday, August 16 at the end of Three Rivers Way. The theme is '50s & '60s. Our next Residents' Club meeting will be Wednesday, July 16 at 7:30 p.m., Rio Vista Room, Delta Club. All Saddle Rockers are welcome. Social hour follows each meeting with wine, soft drinks, snacks and fun! Hope to see you there. For information contact Kathi at kathibradley@comcast.net.

Village Riviera

It is summer time at Trilogy and that means it's once again time for Riviera's annual Treasure Hunt. You don't want to miss it! This year the theme is Fiesta. So come donned in your Mexican hats and be ready for the fun. The clues are always mind boggling and laughs never end. Festivities begin at 3 p.m. sharp at the Delta Room. After the clues are given out to the 24 teams, golf carts and cars start scurrying around the community hunting for answers. When time is up, all will gather back at the Delta for prizes and dinner catered by Tortilla Flats. Chips, salsa, chicken enchiladas, rice, beans, salad and dessert will be served. Price is \$17 per person. Be sure to check the flyer for additional information and be ready for a great time!

Riviera Village Residents' Club would like to encourage everyone to support Rio Vista's community events. So this year, on August 23, say hello to Hot August Bites downtown and say goodbye to Riviera's Sock Hop. Let's all get out there, have a good time and support our city.

In late September we are planning an old-fashioned picnic and December 13 will be our annual Black and White Holiday Affair. Stay tuned for details in upcoming *Trilogy Living*.

Want to have fun helping us plan our events? Meet your neighbors and make some new friends! Our committee meets on the third Thursday of each month at 7 p.m. in the Monterey Room at the Vista Club. Contact Patty Ramos at psramos@yahoo.com for more information.

Meeting Calendar

Master Association Board

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

Village Riviera Board

Thursday, July 3, 6:30 p.m.
Marina Room, Delta Club

Village I Board

Thursday, July 10, 4 p.m.
Marina Room, Delta Club

Olympic Village Board

Thursday, July 10, 6:30 p.m.
Marina Room, Delta Club

Saddle Rock Village

Wednesday, July 16, 6:30 p.m.
Rio Vista, Delta Club

Village Oakmont Board

Thursday, July 17, 7 p.m.
Marina Room, Delta Club

Council of Village Presidents

Monday, July 21, 10 a.m.
River Room, Delta Club

Access Committee

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

Administrative Policy Review Committee

Thursday, July 17, 6 p.m.
River Room, Delta Club

Adult Committee

Thursday, July 31, 1 p.m.
Rio Vista Room, Delta Club

Emergency Action Committee

Tuesday, July 8 and 22, 7 p.m.
Marina Room, Delta Club

House Renovation Committee

Monday, July 14 and 28, 3 p.m.
Monterey Room, Vista Club

Wildlife Pest Management Committee

Thursday, July 3 and 17, 10 a.m.
Monterey Room, Vista Club



By Kathy Erwin,
Fitness & Spa Director

Trilogy Health & Wellness Center Spa Specials for June, July, August

These will run all summer!



Summer Sizzling Spa Package Deep Tissue

Works deep to decrease tightness,
aids in chronic muscle fatigue and
recovery or soreness.

**50 minutes
was \$60 now \$50**

**80 minutes
was \$90 now \$80**

Summer Sensation

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

80 minutes \$70

Two Trilogy Signature Facelift Facials

This revolutionary signature facelift
will change the image of your skin
in just one application. Vitamin C,
glycolic acid - gentle but highly active
enzymes speed up cellular turnover
that brightens, tightens and lightens
your skin!

**Two - 50-minute facials
were \$130, now \$110**

July Fitness Orientations:

Saturday, July 12 at 11 a.m.

Wednesday, July 16 at 6 p.m.

Saturday, July 26 at 11 a.m.



Good for purchase June 1 – August 31, 2014. May be redeemed anytime.



NATIONAL DANCE DAY

Saturday, July 26, 2014

8-8:30am	Low Impact with Pat
8:30-9	Wow-Tabata-Boom with Pat
9-9:30	Drums Alive with Pat
9:30-10	U Jam with Sharon & Prescy
10-10:30	Intro to Dance with Joele
10:30-11	Jazz Dance with Joele
11-11:30	ZUMBA Abs with Sophie
11:30-12	ZUMBA Toning with Sophie
12-12:30	ZUMBA Dance with Sophie
12:30-1	Stretches to Relax with Anna
1:00-1:30	Relax, Release and Let Go with Anna

If you wish to partake in this “FREE” Dance Event ... please pre-register at Member Services for the classes you wish to do! Class size will be limited to approx. 20-30 depending on class. Anyone can sign up who is a Trilogy Resident! Refreshments, Bagels & fruit will be provided!

Instructors: Sophie, Joele, Prescy, Pat, Anna & Sharon.

Don't miss out on a Fun Free Dance Event! Location: Diablo Ballroom Vista Clubhouse

Contact Kathy Erwin 374-4205 for more information





Aloha for CARE Luau

Summer time is luau time! Aloha for CARE is Rio Vista CARE's major fundraising event on Saturday, August 9, from 4 - 8 p.m. at 295 North Front Street (Robin's Nest Parking Lot) in Rio Vista. Guests will enjoy a delicious luau dinner, some of your favorite local musicians plus special Polynesian entertainment that you won't want to miss. Joe Gates, local auctioneer, will return again this year to entertain and encourage bidders at a live auction and, of course, there will be plenty of music, entertainment and fun. All proceeds will benefit Rio Vista CARE. Tickets are \$50 per person and are available from the Rio Vista CARE office (5243).

Rio Vista CARE has been providing services at its Counseling Center and Family Resource Center for over 29 years. Through CARE's programs for youth, at-risk children, adults and families receive services that include counseling, crisis intervention, home visitation and in-school programs such as the PALS mentoring program and Positive Action. As Rio Vista CARE is the only agency of its kind in the Delta, your support is vital to ensure it can continue to serve the community.

Get your tickets today at the CARE office, 125 Sacramento Street, Rio Vista or by calling (5243). Do you want to volunteer your time to help with this event or other CARE activities? Call (5243).

Community Connections

The next meeting of Community Connections will be held on Wednesday, July 23, in the Monterey Room at the Vista Club at 1:30 p.m. We are looking forward to all the summer events in Trilogy, and to talk about some of the upcoming classes and activities, including the July Fourth celebration. In addition, the Tuesday night BBQ has returned to the Delta Club pool area. It is a good mixer and lots of fun. Further details on clubs and activities will be in your *Trilogy Living* magazine but it is nice to get a "heads up" on Trilogy news!

We would like to let other Trilogy clubs know we might be available to help at their events if needed. Only short term projects please, and just helping... no organizing! We like giving back to our Trilogy community.

Please join us and let us get acquainted! We welcome your new ideas and interests, so join in our active discussions. Please bring a sweet or savory dish to share if you like, or just bring yourself. Happy Summer everyone!

Delta Breeze

The Delta Breeze Chorus, Trilogy's own men's and women's chorus, will begin rehearsing for the upcoming holiday season on Wednesday, September 3, at 7 p.m. in the Diablo Ballroom, Vista Club. We will rehearse each Wednesday through December. If you like to sing, come join us; no auditions! For more information, call Cheryl at (7567).

Emergency Action Committee

In case of an emergency, do you have a communication plan? Identify a contact, such as a friend or relative who lives out of your area, for your household members to notify him/her you are safe. At times, it is easier to make a long-distance phone call than to call across town; therefore, an out-of-town contact may be in a better position to communicate among separated family members. Be sure every member of your family knows the phone number and has a cell phone, coins, or a prepaid phone card to call the emergency contact. Text messages can often get around network disruptions when a phone call might not be able to get through. You may also subscribe to alert services. Many communities have systems which send instant text alerts or e-mails to let you know about bad weather, road closings, local emergencies, etc. In our community, we have Citizen Observer. The system can send you emails, texts, or both. You can sign up at www.citizenobserver.com. In our community at Trilogy, we have a great resource in our Emergency Action Committee. Committee members are prepared to respond to emergencies in our local area. Members are more than willing to meet with clubs, village associations, and neighborhood groups to help everyone in their emergency planning.

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

Treasures & Trinkets: Endive Festival Preview

Wanted: creative, friendly, Rio Vista residents who want to make a difference by serving as greeters, hostesses and decorators of silent auction displays at the Preview Reception of the 2015 Endive Festival. The Preview Event will be held on Friday, September 5 from 5 - 7 p.m. at the Dutra Museum in Rio Vista (345 Gertrude Avenue).



Tickets are \$20 and will benefit the Rio Vista Chamber of Commerce. Space is limited so call early for tickets at (1374).

The 2015 Endive Festival will feature an endive recipe contest showcasing Rio Vista restaurants and residents as they present and serve their creative endive dishes. Prizes will be awarded to winning entrants. Assorted wines and delectable desserts will also be served. Community groups are encouraged to seek donations of quality goods from their members and join in this fun-filled community event while earning money for their group. Items will be featured in unique and beautiful displays and in "Natasha's Closet" courtesy of Anna Ulrich, former owner of Social Butterfly.

A percentage of the sales from donated items will be given to your group or club. If you have an item too valuable to donate outright it may be accepted on consignment with the donor setting the minimum bid. Donations are tax deductible.

This event is sponsored by the Rio Vista Chamber of Commerce and California Endive Farms. To volunteer, donate or to reserve space for your group's display, contact Joyce Curry-Takara at (1374) or edjoytak@gmail.com or isatak@aol.com

Movers & Shakers

This a support group for those with Parkinson's, Essential Tremor, Dystonia, or any other movement disorder. We meet once a month at 7 p.m. For date and location, call Audrey Kinser (7506).

TOPS (Take Off Pounds Sensibly)

On May 29, our group met at Cafe Vista for a luncheon, to bid farewell to Pat Voelker, as she makes plans to move to the Madera area with her husband Bernard. We will surely miss her. The first exercise class with Joele met with so much enthusiasm that 12 or more members will join Joele for a new class on June 15. Go Gang! The bus trip to Red Hawk Casino on August 13 is full with a waiting list only. Thanks everyone for your great support and may our trip be a very successful one! Several members have volunteered to decorate a golf cart to participate in Trilogy's 4th of July parade. We have enjoyed entering in this fun parade the past several years.

We invite the ladies and gents at Trilogy to come join us as we get our bodies "tuned-up" for the summer days at the pool or beach! We meet every Wednesday at the Delta Club, at 8 a.m. For more information about our program, call our leader Ella Brice at (1499) or co-leader Barbara Bellamy at (6670). Happy Fourth of July, everyone!

Trilogy Jazz Band

The band will play for the Dance Club's Independence Day Celebration dance on Sunday, July 13, from 7 – 9 p.m. in the Vista Club ballroom. This will be an enjoyable event for everyone. Check the Dance Club posters for details.



Full-band rehearsals are held most Wednesday afternoons 2:30 – 5 p.m. following vocal and combo rehearsal beginning at 1:30 p.m. in the Vista Club Diablo Ballroom. Observers are welcome. If you play a band instrument and are interested in being part of the Jazz Band, even if you're "rusty", please contact our music director, Jim Lucas (7567). There is currently an open spot in the trombone section and another for a bari saxophone player. Other opportunities will develop in the future. For more information, contact Jim Lucas (7567) or Marti Rogers (6859).

Tuesday BBQ



Please bring a dish to share, and meat if you would like to grill, beverages, and utensils. Please use plastic as we are not allowed to use glass at the pool. Cooking will begin approximately at 5:45 p.m. We are also having a barbeque on the Fourth of July. Please remember to clean up your area and return chairs and tables to the location that you removed them from before leaving. Open to all Trilogy residents.

Rio Vista alert Network Tip411

Were you notified of the recent Trilogy gas line rupture? If not, you can be the next time a potentially dangerous event takes place.

If you sign up for Tip411, you will automatically receive information regarding key public safety topics like traffic events, extreme weather, criminal activity in the area and other public safety concerns.

It is FREE and alerts can be sent to you via email, text message and the web. Rio Vista Police Chief Greg Bowman will be at the next Master Association meeting on July 8th at 2 p.m. to explain the program in greater detail and answer questions. Please mark your calendar and attend this very informative meeting.

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)**

July 3, A's baseball game and fireworks

Few spaces available, \$79/pp

July 21-24, Pageant of the Masters, \$715/pp

This 4-day/3-night journey takes us to southern CA. We'll stay at the renown Sportsmen's Lodge in Studio City and visit the Reagan Library and Museum in Simi Valley; walk among authentic relics of

the Roman Empire at the Pompeii exhibit; see and hear about the epic journey of the retired space shuttle, Endeavor, at the California Science Center; and last, but not least, we'll have reserved seating at the Festival of Arts' world famous theatrical production of Living Pictures, The Pageant of the Masters.

Aug. 16, Golden Gate Fields SOLD OUT

Sept. 5, Black Oak Casino, \$30/pp

Located in the beautiful Sierra Foothills, this Mi-Wuk Indian casino has options for everybody: four restaurants, a bowling center, an arcade, a gift shop plus 1200

slots, 24 gaming tables, a poker room and the largest smoke-free gaming area in CA. Movies will be shown onboard the coach, to and from the casino.

Sept. 27-Oct.12, 15-day Panama Canal Cruise, \$2,615 to \$3,695/pp

This cruise is literally sold out. However, for a small deposit we can "wait list" you and help you get onboard as soon as a stateroom becomes available.

Oct. 11, Fleet Week/Blue Angels, SOLD OUT

Nov. 5, A Guided Tour of the 49ers New Stadium and Lunch, Price TBA

**For further information or sign-ups, please call
Ethel (7548) or Eileen (2684).**



Sam Richards GRI
Broker/Owner
Trilogy Resident
License 01305588



Peg Richards BS
GRI Assoc.
Broker Trilogy
Resident
License 01706310



Tatyana Pool
Realtor
Trilogy Resident
License 01908266



**Richard-Henry
Martin**
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Naomi Walker
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Trilogy Living

Fitness Class Schedule for July 2014


Trilogy Fitness Punch Card Choices - All classes require one of 3 card choices: a blue 20-punch card for \$70, a yellow 10-punch card for \$35, or an Unlimited Monthly Punch Card for \$85. Each month, the monthly punch card is a different color coded designating for which month they are good. Attend as many classes as you want that month! Get your cards at the Member Services Desk. Please call Fitness & Spa Director Kathy Erwin at (4205) if you have questions. All classes are held in the Vista Group Exercise Studio unless otherwise noted.

Last Month’s Punch Card Raffle Winner: **Joyce Bailey & Gary Adams**

July Fitness Orientations: Saturday, July 12 at 11 a.m., Wednesday, July 16 at 6 p.m., Saturday, July 26 at 11 a.m.

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

Key
Bold = New/Change
(B)eginning
(I)ntermediate
(A)dvanced

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 8-9am Body Works (B/I/A) (GX) Kathy 9-10am Simply Stretch (B) (GX) Joele 9:30-10:30am Aqua Fit (B) (VP) Denise 11-12pm Arthritis Program (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly 3-4pm Advanced Aqua (B/I/A) (DP) Kathy	2 7-8am Early Yoga (B) (DB) Tammy 8-9am Back To Basics Yoga (B/I) (DB) Tammy 8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat) 9:30-10am Intro to Dance Aerobics (B/I/A) (GX) Joele 9:30-10:30am Aqua Fit (B) (DP) Denise 10-10:30am Boot Camp (B/I/A) (GX) Joele 11am-12pm Hot ZUMBA (I/A) (GX) Prescy 4-5pm Stretch and Flex (B/I) (GX) Tammy 6:30-7:30pm Balance Ball (GX) Deanna	3 7:30-8:30am Body Works (B/I/A) (GX) Kathy 9-10am Simply Stretch (B/I) (DB) Joele 9-10am Tai Chi (B/I) (GX) Lillian 9-10am Advanced Aqua (B/I/A) (DP) Kathy 10-11am Aqua Fit (B) (DP) Denise 10-11am Jazz Aerobics (B/I/A) (GX) Joele 11-12pm Arthritis Program (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly 2:30-3:30pm Yoga (B/I) (GX) Tammy 3-4pm Advanced Aqua (B/I/A) (DP) Denise	4 NO CLASSES HAPPY JULY 4TH! 	5 8:30-9:30am Step Aerobics July 5 only (GX) Pat 11am-12:30pm ZUMBA Power 90 (GX) Sophie
7 8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat) 9-10am Yoga/Pilates (B) (DB) Deanna 9-10am Advanced Aqua (B/I/A) (DP) Kathy 9:45-10:45am Wake-up and Move (B/I) (RV) /Pat 9:45-10:30am Core Balance and Standing Abs 10-11am Aqua Fit (B) (DP) Denise 10-11am Meditation Breathing (B) (DB) Deanna 10:30 -11:15am ZUMBA Toning (B/I) (GX) Sophie 11:15-12pm ZUMBA Dance (B/I) (GX) Sophie 4-5pm Stretch and Flex (B/I) (GX) Tammy 6:30-7:30 Yoga/Pilates (B/I) (GX) Deanna	8 8-9am Body Works (B/I/A) (GX) Kathy 9-10am Simply Stretch (B) (GX) Joele 9:30-10:30am Aqua Fit (B) (VP) Denise 11-12pm Arthritis Program (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly 3-4pm Advanced Aqua (B/I/A) (DP) Kathy	9 7-8am Early Yoga (B) (DB) Tammy 8-9am Back To Basics Yoga (B/I) (DB) Tammy 8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat) 9:30-10am Intro to Dance Aerobics (B/I/A) (GX) Joele 9:30-10:30am Aqua Fit (B) (DP) Denise 10-10:30am Boot Camp (B/I/A) (GX) Joele 11am-12pm Hot ZUMBA (I/A) (GX) Prescy 4-5pm Stretch and Flex (B/I) (GX) Tammy 6:30-7:30pm Balance Ball (GX) Deanna	10 7:30-8:30am Body Works (B/I/A) (GX) Kathy 9-10am Simply Stretch (B/I) (DB) Joele 9-10am Tai Chi (B/I) (GX) Lillian 9-10am Advanced Aqua (B/I/A) (DP) Kathy 10-11am Aqua Fit (B) (DP) Denise 10-11am Jazz Aerobics (B/I/A) (GX) Joele 11-12pm Arthritis Program (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly 2:30-3:30pm Yoga (B/I) (GX) Tammy 3-4pm Advanced Aqua (B/I/A) (DP) Denise	11 7-8am Early Yoga (B) (DB) Tammy 7:30-8:30am Low Impact (B/I/A) Pat 8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat) 9-10am Yoga/Pilates (B) (DB) Deanna 9:30-10:30am Aqua Fit (B) (VP) Denise 9:45-10:30am Core Balance and Standing Abs (B) (GX) Sophie 10-11am Balance Ball (DB) Deanna 10:30 -11:15am ZUMBA Toning (B/I) (GX) Sophie 11:15-12pm ZUMBA Dance (B/I) (GX) Sophie	12 11am-12:30pm ZUMBA Power 90 (GX) Sophie
14 8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat) 9-10am Yoga/Pilates (B) (DB) Deanna 9-10am Advanced Aqua (B/I/A) (DP) Kathy 9:45-10:45am Wake-up and Move (B/I) (RV) /Pat 9:45-10:30am Core Balance and Standing Abs 10-11am Aqua Fit (B) (DP) Denise 10-11am Meditation Breathing (B) (DB) Deanna 10:30 -11:15am ZUMBA Toning (B/I) (GX) Sophie 11:15-12pm ZUMBA Dance (B/I) (GX) Sophie 4-5pm Stretch and Flex (B/I) (GX) Tammy 6:30-7:30 Yoga/Pilates (B/I) (GX) Deanna	15 8-9am Body Works (B/I/A) (GX) Kathy 9-10am Simply Stretch (B) (GX) Joele 9:30-10:30am Aqua Fit (B) (VP) Denise 11-12pm Arthritis Program (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly 3-4pm Advanced Aqua (B/I/A) (DP) Kathy	16 7-8am Early Yoga (B) (DB) Tammy 8-9am Back To Basics Yoga (B/I) (DB) Tammy 8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat) 9:30-10am Intro to Dance Aerobics (B/I/A) (GX) Joele 9:30-10:30am Aqua Fit (B) (DP) Denise 10-10:30am Boot Camp (B/I/A) (GX) Joele 11am-12pm Hot ZUMBA (I/A) (GX) Prescy 4-5pm Stretch and Flex (B/I) (GX) Tammy 6:30-7:30pm Balance Ball (GX) Deanna	17 7:30-8:30am Body Works (B/I/A) (GX) Kathy 9-10am Simply Stretch (B/I) (DB) Joele 9-10am Tai Chi (B/I) (GX) Lillian 9-10am Advanced Aqua (B/I/A) (DP) Kathy 10-11am Aqua Fit (B) (DP) Denise 10-11am Jazz Aerobics (B/I/A) (GX) Joele 11-12pm Arthritis Program (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly 2:30-3:30pm Yoga (B/I) (GX) Tammy 3-4pm Advanced Aqua (B/I/A) (DP) Denise	18 7-8am Early Yoga (B) (DB) Tammy 7:30-8:30am Low Impact (B/I/A) Pat 8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat) 9-10am Yoga/Pilates (B) (DB) Deanna 9:30-10:30am Aqua Fit (B) (VP) Denise 9:45-10:30am Core Balance and Standing Abs (B) (GX) Sophie 10-11am Balance Ball (DB) Deanna 10:30 -11:15am ZUMBA Toning (B/I) (GX) Sophie 11:15-12pm ZUMBA Dance (B/I) (GX) Sophie	19 11am-12:30pm ZUMBA Power 90 (GX) Sophie
21 8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat) 9-10am Yoga/Pilates (B) (DB) Deanna 9-10am Advanced Aqua (B/I/A) (DP) Kathy 9:45-10:45am Wake-up and Move (B/I) (RV) /Pat 9:45-10:30am Core Balance and Standing Abs 10-11am Aqua Fit (B) (DP) Denise 10-11am Meditation Breathing (B) (DB) Deanna 10:30 -11:15am ZUMBA Toning (B/I) (GX) Sophie 11:15-12pm ZUMBA Dance (B/I) (GX) Sophie 4-5pm Stretch and Flex (B/I) (GX) Tammy 6:30-7:30 Yoga/Pilates (B/I) (GX) Deanna	22 8-9am Body Works (B/I/A) (GX) Kathy 9-10am Simply Stretch (B) (GX) Joele 9:30-10:30am Aqua Fit (B) (VP) Denise 11-12pm Arthritis Program (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly 3-4pm Advanced Aqua (B/I/A) (DP) Kathy	23 7-8am Early Yoga (B) (DB) Tammy 8-9am Back To Basics Yoga (B/I) (DB) Tammy 8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat) 9:30-10am Intro to Dance Aerobics (B/I/A) (GX) Joele 9:30-10:30am Aqua Fit (B) (DP) Denise 10-10:30am Boot Camp (B/I/A) (GX) Joele 11am-12pm Hot ZUMBA (I/A) (GX) Prescy 4-5pm Stretch and Flex (B/I) (GX) Tammy 6:30-7:30pm Balance Ball (GX) Deanna	24 7:30-8:30am Body Works (B/I/A) (GX) Kathy 9-10am Simply Stretch (B/I) (DB) Joele 9-10am Tai Chi (B/I) (GX) Lillian 9-10am Advanced Aqua (B/I/A) (DP) Kathy 10-11am Aqua Fit (B) (DP) Denise 10-11am Jazz Aerobics (B/I/A) (GX) Joele 11-12pm Arthritis Program (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly 2:30-3:30pm Yoga (B/I) (GX) Tammy 3-4pm Advanced Aqua (B/I/A) (DP) Denise	25 7-8am Early Yoga (B) (DB) Tammy 7:30-8:30am Low Impact (B/I/A) Pat 8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat) 9-10am Yoga/Pilates (B) (DB) Deanna 9:30-10:30am Aqua Fit (B) (VP) Denise 9:45-10:30am Core Balance and Standing Abs (B) (GX) Sophie 10-11am Balance Ball (DB) Deanna 10:30 -11:15am ZUMBA Toning (B/I) (GX) Sophie 11:15-12pm ZUMBA Dance (B/I) (GX) Sophie	26 NATIONAL DANCE DAY free classes every ½ hour. Must pre-register at Member Services. Classes begin 8 a.m.! All classes will be held in the Diablo Ballroom Vista Club.
28 8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat) 9-10am Yoga/Pilates (B) (DB) Deanna 9-10am Advanced Aqua (B/I/A) (DP) Kathy 9:45-10:45am Wake-up and Move (B/I) (RV) /Pat 9:45-10:30am Core Balance and Standing Abs 10-11am Aqua Fit (B) (DP) Denise 10-11am Meditation Breathing (B) (DB) Deanna 10:30 -11:15am ZUMBA Toning (B/I) (GX) Sophie 11:15-12pm ZUMBA Dance (B/I) (GX) Sophie 4-5pm Stretch and Flex (B/I) (GX) Tammy 6:30-7:30 Yoga/Pilates (B/I) (GX) Deanna	29 8-9am Body Works (B/I/A) (GX) Kathy 9-10am Simply Stretch (B) (GX) Joele 9:30-10:30am Aqua Fit (B) (VP) Denise 11-12pm Arthritis Program (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly 3-4pm Advanced Aqua (B/I/A) (DP) Kathy	30 7-8am Early Yoga (B) (DB) Tammy 8-9am Back To Basics Yoga (B/I) (DB) Tammy 8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat) 9:30-10am Intro to Dance Aerobics (B/I/A) (GX) Joele 9:30-10:30am Aqua Fit (B) (DP) Denise 10-10:30am Boot Camp (B/I/A) (GX) Joele 11am-12pm Hot ZUMBA (I/A) (GX) Prescy 4-5pm Stretch and Flex (B/I) (GX) Tammy 6:30-7:30pm Balance Ball (GX) Deanna	31 7:30-8:30am Body Works (B/I/A) (GX) Kathy 9-10am Simply Stretch (B/I) (DB) Joele 9-10am Tai Chi (B/I) (GX) Lillian 9-10am Advanced Aqua (B/I/A) (DP) Kathy 10-11am Aqua Fit (B) (DP) Denise 10-11am Jazz Aerobics (B/I/A) (GX) Joele 11-12pm Arthritis Program (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly 2:30-3:30pm Yoga (B/I) (GX) Tammy 3-4pm Advanced Aqua (B/I/A) (DP) Denis	CLASS LOCATIONS (GX) Group Exercise Studio (DB) Diablo Ballroom (VP) Vista Pool (DP) Delta Pool (RV) Rio Vista Room–Delta (SR) Sonoma Room-Vista (FC) Fitness Center	

Trilogy Living

July 2014 Club and Activity Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 8am Social Tennis 8:30am Radio Club (V) 9:30am Women's 9-Hole Golf 10am Pastel Art Class (D) 10am Familiar with Computer – Next Step (V) 10:30am Country Line Dancing (D) 11:30am Golf – TRVMEN 9-Hole 12pm Working with Photos (V) 12pm Beginning Watercolor Class (D) 12:15pm Hand & Foot Canasta (V) 12:30pm Dominoes (D) 2pm Stroke/Head Injury Support Group (V) 4:15pm Table Tennis (D) 5pm Billiards Club Tournament (V) 5:30pm Tai-chi & Yuan-chi (V) 6:30pm Religions of the World (D) 7pm Drama Play Rehearsal (D)	2 8am Social Tennis 8am TOPS (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am First-Time Computer User (V) 10am Stained Glass (D) 12pm Using the Internet (V) 12pm Ukulele Club (V) 12:30pm Fat Quarters Quilters (D) 1pm Village Riviera ARC (D) 1:30pm Jazz Band (V) 2pm Bergren Art (D) 2pm Card Design Class (D) 3pm Oakmont Village RC Social Com (V) 4:30pm Table Tennis (D) 5:30pm Delta Harmony Rehearsal (V) 6:30pm Soul Line Dancing (D) 7pm Billiard Club Membership Mtg (V)	3 8am Social Tennis 8:30am Golf – Women's 18-Hole 9:30am Ceramics (D) 10am Olympic Village ARC (V) 10am Wildlife Com (V) 12:15pm Ponytail Canasta (V) 1pm Sailing Club (V) 2pm Good Samaritans (D) 5pm Tai-chi for Beginners (V) 6pm Yuan-chi & Fan Dance (V) 6:30pm Village Riviera HOA Mtg. (D) 6:30pm Pinochle (V) 6:30pm Photography Club (V) 7pm Drama Play Rehearsal (V) 7pm Ballroom Dance - Beg (V) 8pm Ballroom Dance - Adv (V)	4 Independence Day 10:30am Summerset Parade (Starts @ Vista Club) 11am – 1pm Hot Dog & Ice Cream Social (Delta Club) 11:30am – 1pm Entertainment (Inside Delta Club) 11:30am – 2:30pm DJ Music @ Delta Pool 1pm Parade Awards Presentation (Delta Club)	5 8am Motorcycle Club (Off-site) 8:30am Hiking Club (V) 9am Table Tennis (D)
6	7 8am Social Tennis 8:30am Woodcarving (D) 9am Village I ARC (V) 9:30am Walk & Talk (V) 10am Village Oakmont ARC (V) 11am Saddle Rock Village ARC (V) 12pm Open Painting (D) 12:30pm Rip, Stitch & Bitch (V) 1pm Mah Jongg (V) 1pm TAG Mtg (D) 3pm Guitar Club (V) 6pm Soul Line Dancing (V) 6pm Poker (D)	8 8am Social Tennis 8:30am Radio Club (V) 9:30am Women's 9-Hole Golf 10am Familiar with Computer – Next Step (V) 10am Pastel Art Class (D) 10:30am Country Line Dancing (D) 10:30am Book Club (V) 11:30am Golf – TRVMEN 9-Hole 12pm Working with Photos (V) 12pm Beginning Watercolor Class (D) 12pm Recipe Club (D) 12:15pm Hand & Foot Canasta (V) 2pm Master Association Board Mtg (V) 4:15 pm Table Tennis (D) 5pm Billiards Club Tournament (V) 5:30pm Tai-chi & Yuan-chi (V) 7pm Emergency Action Committee (D) 7pm Drama Play Rehearsal (D)	9 8am Social Tennis 8am TOPS (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am First-Time Computer User (V) 10am Stained Glass (D) 12pm Using the Internet (V) 12pm Ukulele Club (V) 12:30pm Fat Quarters Quilters (D) 1:30pm Jazz Band (V) 2pm Bergren Art (D) 2pm Card Design Class (D) 4:30pm Table Tennis (D) 5:30pm Delta Harmony Rehearsal (V) 6:30pm Nature Club Mtg (V) 6:30pm Soul Line Dancing (D) 7:30pm VORC Quarterly Mtg (D)	10 8am Social Tennis 8:30am Golf – Women's 18-Hole 9am Blood Pressure Check (D) 9:30am Ceramics (D) 10am Council for the Arts (V) 12:15pm Ponytail Canasta (V) 1pm Good Samaritans (D) 4pm Golf – Sr. Men's Board Mtg (D) 4pm Village 1 HOA Mtg (D) 5pm Tai-chi for Beginners (V) 5:15pm Table Tennis (D) 6pm Yuan-chi & Fan Dance (V) 6:30pm Pinochle (V) 6:30pm Olympic Village HOA Mtg (D) 7pm Writers' Club (V) 7pm Drama Play Rehearsal (D) 7pm Ballroom Dance - Beg (V) 8pm Ballroom Dance - Adv (V)	11 8am Social Tennis 9:30am Walk & Talk (V) 10am – 12pm Rubber Stamp Cards & Things (D) 10:30am Country Line Dance (D) 12pm Bridge (V) 12pm Adv Watercolor Painting (D) 5pm Ballroom Dance - Beg (V) 6pm Ballroom Dance - Adv (V) 7pm Bunco (D)	12 8:30am Hiking Club Mtg (V) 9am Table Tennis (D)
13 10am – 3pm Farmers Market (D) 7pm Dance Club with the Trilogy Jazz Band (V)	14 8am Social Tennis 8:30am Woodcarving (D) 9:30am Walk & Talk (V) 12pm Open Painting (D) 12:15pm Duplicate Bridge (V) 12:30pm Rip, Stitch & Bitch (V) 3pm House Renovations Com (V) 6pm Soul Line Dancing (D) 6pm Poker (D)	15 8am Social Tennis 8:30am Radio Club (V) 9:30am Golf – Women's 9-Hole 10am Familiar with Computer – Next Step (V) 10am Pastel Art Class (D) 10:30am Country Line Dancing (D) 11:30am Golf – TRVMEN 9-Hole 12pm Working with Photos (V) 12pm Beg Watercolor Painting (D) 12:15pm Hand & Foot Canasta (V) 12:30pm Dominoes (D) 4:15pm Table Tennis (D) 5pm Billiards Club Tournament (V) 5:30pm Tai-chi & Yuan-chi (V) 7pm Drama Play Rehearsal (D)	16 8am Social Tennis 8am TOPS (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am First-Time Computer User (V) 10am Stained Glass (D) 12pm Setting Up and Using Free Email (V) 12pm Ukulele Club (V) 12:30pm Fat Quarters Quilting (D) 1pm Village Riviera ARC (D) 1:30pm Jazz Band (V) 2pm Bergren Art (D) 2pm Card Design Class (D) 4:30pm Table Tennis (D) 5:30pm Delta Harmony Rehearsal (V) 6:30pm Soul Line Dancing (D) 6:30pm Saddle Rock Village Board Mtg (D) 7pm Olympic Village RC Mtg (V) 7:30pm Saddle Rock Village RC Mtg (D)	17 8am Social Tennis 8:30am Golf – Women's 18-Hole 9:30am Ceramics (D) 10am Olympic Village ARC (D) 10am Wildlife Com (V) 12:15pm Ponytail Canasta (V) 1pm Good Samaritans (D) 2pm Genealogy Workshop (V) 4pm Golf – Sr. Men's Mtg (D) 5pm Table Tennis (D) 5pm Tai-chi for Beginners (V) 6pm Yuan-chi & Fan Dance (V) 6pm Adm Policy Com (D) 6:30pm Pinochle (V) 7pm Village Oakmont HOA Mtg (D) 7pm Village Riviera RC Mtg (V) 7pm Ballroom Dance - Beg (V) 8pm Ballroom Dance - Adv (V)	18 8am Social Tennis 9:30am Village 1 ARC (V) 9:30am Walk & Talk (V) 10:30am Country Line Dance (D) 12pm Bridge (V) 12pm Adv Watercolor Painting (D) 5pm Ballroom Dance - Beg (V) 6pm Ballroom Dance - Adv (V) 6:30pm Joy Luck Mah-Jongg (V) 7pm Whist Club (D) 7pm Comedy Night – Kat Simmons (V)	19 8:30am Hiking Club (V) 3pm Village Riviera Treasure Hunt (D)
20 10am – 3pm Farmers Market (D)	21 8am Social Tennis 8:30am Woodcarving (D) 9:30am Walk & Talk (V) 10am Council of Village Presidents (D) 10am Village Oakmont ARC (V) 11am Saddle Rock Village ARC (V) 12pm Open Painting (D) 12:30pm Rip, Stitch & Bitch (V) 1pm Mah Jongg (V) 3pm Guitar Club (V) 6pm Soul Line Dancing (D) 6pm Poker (D) 7pm Fishing Club (D)	22 8am Social Tennis 8:30am Radio Club (V) 9:30am Golf – Women's 9-Hole 10am Familiar with Computer – Next Step (V) 10am Pastel Art Class (D) 10:15am Mystery/Crime Book Club (V) 10:30am Country Line Dancing (D) 11:30am Golf – TRVMEN 9-Hole 12pm Working with Photos (V) 12pm Beginning Watercolor Painting (D) 12:15pm Hand & Foot Canasta (V) 12:30pm Dog Club (D) 4:15pm Table Tennis (D) 5pm Billiards Club Tournament (V) 5:30pm Tai-chi & Yuan-chi (V) 7pm Emergency Action Committee (D) 7pm Drama Play Rehearsal (D)	23 8am Social Tennis 8am TOPS (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am First-Time Computer User (V) 10am Stained Glass (D) 12pm Setting Up and Using Free Email (V) 12pm Ukulele Club (V) 12:30pm Fat Quarters Quilting (D) 1:30pm Jazz Band (V) 1:30pm Community Connections (V) 2pm Bergren Art (D) 2pm Card Design Class (D) 4:30pm Table Tennis (D) 5:30pm Delta Harmony Rehearsal (V) 6:30pm Soul Line Dancing (D)	24 8am Social Tennis 8:30am Golf – Women's 18-Hole 9:30am Ceramics (D) 12:15pm Ponytail Canasta (V) 1pm Good Samaritans (D) 3pm Table Tennis (D) 5pm Tai-chi for Beginners (V) 6pm Yuan-chi & Fan Dance (V) 6:30pm Pinochle (V) 7pm Drama Play Rehearsal (D) 7pm Theatre Group (D) 7pm Ballroom Dance - Beg (V) 8pm Ballroom Dance - Adv (V)	25 8am Social Tennis 9:30am Walk & Talk (V) 9:30am Tennis Club Mtg (D) 10am – 12pm Rubber Stamp Cards & Things (D) 10:30am Country Line Dance (D) 12pm Bridge (V) 12pm Adv Watercolor Painting (D) 5pm Ballroom Dance Class - Beg (V) 6pm Ballroom Dance Class - Adv (V) 7pm Bingo (D)	26 8am – 2pm National Dance Day (V) 8:30am Hiking Club (V) 9am Table Tennis (D) 7pm Concert on the Patio – Afterglow (V)
27	28 8am Social Tennis 8:30am Woodcarving (D) 9:30am Walk & Talk (V) 12pm Open Painting (D) 12:30pm Rip, Stitch & Bitch (V) 1pm Access Com Mtg (D) 1pm Mah Jongg (V) 3pm House Renovations Com (V) 6pm Soul Line Dancing (D) 6pm Poker (D)	29 8am Social Tennis 8:30am Radio Club (V) 9:30am Golf – Women's 9-Hole 10am Familiar with Computer – Next Step (V) 10am Pastel Art Class (D) 10:30am Country Line Dancing (D) 11:30am Golf – TRVMEN 9-Hole 12pm Working with Photos (V) 12pm Beginning Watercolor Painting (D) 12:15pm Hand & Foot Canasta (V) 4pm AARP Driver Safety Course – Refresher 4:15pm Table Tennis (D) 5pm Billiards Club Tournament (V) 5:30pm Tai-chi & Yuan-chi (V) 6:30pm Enrichment Series – Life Coaching (V) 7pm Drama Play Rehearsal & Mtg (D)	30 8am Social Tennis 8am TOPS (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am First-Time Computer User (V) 10am Stained Glass (D) 12pm Ukulele Club (V) 12:30pm Fat Quarters Quilting (D) 1:30pm Jazz Band (V) 2pm Bergren Art (D) 2pm Card Design Class (D) 4:30pm Table Tennis (D) 5:30pm Delta Harmony Rehearsal (V) 6:30pm Soul Line Dancing (D)	31 8am Social Tennis 8:30am Golf – Women's 18-Hole 9:30am Ceramics (D) 12:15pm Ponytail Canasta (V) 1pm Adult Committee (D) 1pm Good Samaritans (D) 4pm Table Tennis (D) 5pm Tai-chi for Beginners (V) 6pm Yuan-chi & Fan Dance (V) 6:30pm Pinochle (V) 7pm Drama Play Rehearsal (D) 7pm Ballroom Dance - Beg (V) 8pm Ballroom Dance - Adv (V)		

Our "We Buy Event" is in town & we're buying more than ever!

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**For 5 DAYS our Expert Buyers
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5 DAYS ONLY!

Monday - Friday

July 7 - July 11

9:00 a.m. - 6:00 p.m.



** Fresh Coffee & Donuts daily, enjoy them while they last!*





Council for the Arts

The Council for the Arts extends a special thank you to Debby DuBrow who has been the director/producer and artist of "Music of the Night" for the last six years. The 2015 co-directors/producers of the production are Claire McKean and Paul Starks. Claire and Paul have entertained the Trilogy community for several years.

Got talent? Come audition for the March 2015 production of "Music of the Night" on October 20 in the Vista Ballroom. Please call Judy Calpo (2924) for more information. The next meeting is July 10 at 10 a.m. in the Monterey Room of the Vista Club.

Look for the Council for the Arts golf cart in the Fourth of July parade. The cart will announce the 2015 theme.

Drama Club

We are gearing up for our August production, *The Groom Has Cold Feet*. It will, as always, be a lot of fun for both the cast and the audience. There is no charge for admission but reservations are required. The form to make that reservation is in this month's *Trilogy Living* as well as at both the Delta and the Vista Club. Performances are August 14, 15 and 16 at 7 p.m. and a Sunday matinee at 2 p.m. on August 17. Doors open one hour before the performance and refreshments will be available for sale. For additional information contact Sharon Primeau (6033)

Fat Quarter Quilters

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

Photography Club

The Photography Club met in June and spent some time in the computer room discussing the current assignment as well as learning a little about programs we can use to edit our photos. There seems to be interest in more of this as well as learning about shooting in RAW mode. In future meetings we will have a discussion period on depth of field, lighting, HDR and other subjects as well as discussing our assignments. We will be going on a field trip in the next couple of months. If you are on our email list, you will be notified.

The July assignment is to bring two portraits; they can be human, animal or other. Come and learn! Call Jan Vick at (5025) for more information.

Trilogy Art Guild for Artists

Calling all artists: Trilogy Art Guild is having their 12th Annual Juried Art Show on Saturday, August 9 and Sunday, August 10. Artists who would like to participate in the show will find applications at the Vista and Delta information centers or by box # 7 at Delta. Completed applications should be placed in box #7. All artists and photographers are welcome. Only original art pieces will be accepted, and juried in seven categories: (1) Watercolor (2) Oil/Acrylic (3) Collage/Assemblage (4) Charcoal/Pastel/Pencil (5) Mixed Medium (6) 3-D (please provide stand if necessary) (7) Photography. Non-juried art and classroom art will be displayed in a separate area with prints in the display racks. Watch for the flyers! The deadline for applications is July 31. The show is open to all artists, members and non-members. See you there!

Theater Group

We've had a short break in the action since our production of "Hallelujah Girls" at the end of March. Now we're gearing up for our next production. We will be presenting "12 Angry Jurors" on September 4, 5, and 6. We're very excited to present a drama to our fellow Trilogians, as we believe this is the first drama presented at Trilogy. The auditions are done and we are now in rehearsals. There are some very good actors in this production and as a result of the auditions, we are welcoming a few new members to our club this time around. We will be very busy over the next few months with rehearsals, gathering props, and creating the stage set. Anyone who would like to get involved can contact Louise Mitchell at (3541) or attend our regular club meeting as detailed below.

Our membership has been growing and as a result, we have changed our meeting location. We now meet in the Marina Room at the Delta Club. The Marina Room is located at the end on the center hall near the swimming pool. Remember, if you are interested in any aspect of live theater, we would love to have you join us. We hope to see you there.



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



FAMILY SUPPORT COMMITTEE

The Family Support Committee organizes memorial services for family members who incur the loss of a Trilogy member. For more information, please call Chairperson Claudette Gartner (707) 439-6116, xbirdlady@myifp.com, Coordinator Barbara Sherison (6845) or Betty Bowley (5613).

Olympic Village

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

Quarterly meetings in 2014 will continue to be the first Tuesday of the month at 1 p.m., location to be announced. Next meeting will be held in September. For more information contact Mackie Webster at (5837).

Village Oakmont

The Oakmont Kare Bears are enjoying their usual summer hiatus, while still getting ready and planning their annual October garage sale scheduled for Saturday, October 4, from 9 a.m. - 3 p.m.. This is our once-a-year annual fundraiser, and we hope everyone is saving and pricing their treasures and goodies for us. We will be setting up on Friday, October 3, and all items can be dropped off at that time. If you need to have someone pick up your items, it

can be arranged when the date is closer. We are really in need of volunteers to help, both men and women. We need men to help with picking up items, and heavy work. And both men and women to help set up and to work the sale. For more information or to volunteer, please call Janet McKimmy at (5415).


We are also in the planning stages of putting together an informational seminar with different speakers dealing with topics of interest especially to seniors. If you have any ideas or suggestions for this, please call Janet McKimmy at (5415). The seminar is planned for some time this coming spring.

There will be no July or August meetings. Our next meeting will be on Wednesday, September 10, at 10:30 a.m., in the Delta Club.

Happy summer, everyone, and be safe!

Village Riviera

Welcome to the month of July, which is known for its hot sunny days, and depending on your geographic locale, add in humidity and thunderstorms. But the Fourth of July is the highlight that comes to mind for most of us. The date is a holiday so ingrained in our culture that its abbreviated appellation, "The Fourth", is instantly understood by all. The Declaration of Independence was signed 238 years ago to birth our nation. Few could have foreseen the impact that this serious and sober document would produce. These thoughtful writings became the fertilizer that grew dreams into joyous opportunities and freedoms for hundreds of millions of Americans. Rather impressive results by any measure! As long as we continue to celebrate and educate on the Fourth, untold numbers of future dreams will be realized. This is a holiday that certainly justifies the food, frivolity and fireworks that we use to mark the occasion. We at Trilogy do our best to honor our nation's beginnings with pride, patriotism and parades. Of course favorite foods and cool drinks are integral to this delightful day. While on the subject of food, please remember to stop at the Delta Club after the parade to garner your share of the holiday feast. We of the Riviera Kare Bear clan are once again pleased to be serving all-American hot dogs and sodas. Not only do we enjoy this endeavor, but our share of the profits is used to fund our good deeds for those with needs. Our next gathering is August 11 at 10 a.m. in the Delta Club. Interested? Call Myra (3660) or Valerie (6942).



Tuesday: by appointment only
Wed, Thurs, Sat: 10am - 4pm
Friday: 10am - 5pm
Monday: closed

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25 Main Street in Downtown Rio Vista

Please RSVP to Geoff or Kim at (707)374-5077

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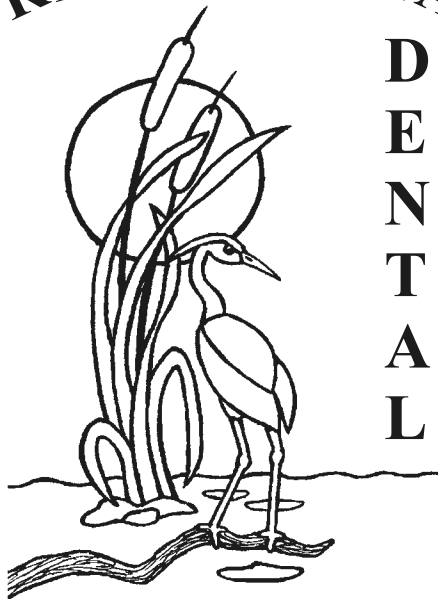
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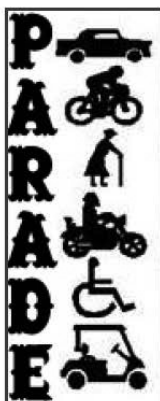
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An Old Fashioned

Friday, Delta Club 10:30am—2:30pm

Presented by Trilogy All Villages



- | | |
|--------------|---|
| 10:30 | SUMMERSET (COUNTERCLOCKWISE) PARADE
Parade is Staged & Starts At <u>Vista Club</u>
Purchased Food Tickets Available at <u>Delta Club</u> |
| 11:00 | HOT DOG, CHIPS & BEVERAGE
ICE CREAM SOCIAL
(Served 11:00—1:00 <u>Delta Club</u>) |
| 11:30 | ENTERTAINMENT INSIDE UNTIL 1:00
DJ MUSIC AT THE POOL UNTIL 2:30 |
| 1:00 | PARADE AWARDS PRESENTATION |



Plan ahead, it will be a fun day of celebration for all ages!

**Additional food order forms / parade registrations can be
picked up at either Club and deposited at Delta Club Box #8**

Contact Member Services (4200) or Debbie Dorn (4204) with questions.

July & August Computer Class Opportunities!
Sign Up At Vista Club Member Services (4200)
(payment by check only please)

Class **Day / Time of Classes** ~ Instructor Michael Bouyer

First-Time Computer User \$3 ea.	Wednesdays ~ 10:00 to 11:30am For new computer users to learn the purpose for a mouse, & how to operate a computer. <i>[No prerequisite class] Take as many classes as you can.</i>
Familiar with Computer - Next Step \$5 ea.	* Tuesdays ~ 10:00 to 11:30am Now that you can operate the computer, learn many helpful uses for the computer. Take as many classes as you can. <i>[Prerequisite: First-Time Computer User class or equivalent knowledge]</i>
Working With Photos ~ \$7 ea.	* Tuesdays ~ 12:00 to 1:30 pm <i>Introduction to a free photo editing program that is fun and surprisingly capable of fixing or enhancing your digital photos. Learn how to get your photos on and off the computer. [Prerequisite: Intermediate Computer User Class or equivalent knowledge] Take as many classes as you can.</i>
Using the Internet \$5 ea.	* 1st & 2nd Wednesdays ~ 12:00 to 1:30pm <i>Learn to explore the Internet. [Prerequisite: First-Time computer Users class or equivalent knowledge.] Both classes are suggested.</i>
Setting Up & Using Free E-mail \$5 ea.	* 3rd & 4th Wednesdays ~ 12:00 to 1:30pm <i>Learn to set up and use free e-mail accounts. [Prerequisite: First-Time computer Users class or equivalent knowledge.] Both classes are suggested.</i>

** New to computers? Attend the "First-Time Computer User" class before attending others. Sign up early~Classes are filled on a first-come basis. Class suggestion list available!*

To determine if your equivalent knowledge is adequate for the intermediate classes, contact the instructor Michael Bouyer by e-mail at Michael@bouyerproductions.com or cell 707-328-4977.

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

Save the Date

Rio Vista Rotary

Tequila Y Mas

Premium Tequila Tasting Fundraiser Event



Saturday July 26, 2014

Delta Club at Trilogy

6:30 pm - 9:30 pm

Featuring 9 tequila brands and 20 profiles

Tickets: \$35 pre-sale

For more information: email Rotaryofriovista@gmail.com





Billiards Club

The next Billiards Club meeting is on Wednesday July 2, at 7 p.m. in the Monterey Room of the Vista Club. Tuesday evening's tournament start time is 5 p.m. The first and third Tuesdays the format will be eight-ball round robin with no handicaps for B players. The second Tuesday of the month the format will be handicap nine-ball with a round robin format. In order to get a win a player must beat his opponent two out of three games. The club has again made a list of B players and for that Tuesday evening the B players will get a one game handicap while playing an A player, so the B player only needs one win in three games while competing against an A player. The format for the fourth Tuesday will be eight ball and the club will split the tournament into A & B players. There will be a first and second place winner in each group. The fifth Tuesday will be nine ball with no handicap for B players. Officers: President Al Bergoust, Treasurer Jack Clark, Secretary Dallas Salomon, and Membership Chairman Dave Stewart.

Latest weekly tournament winners:

May 6, 8-Ball May 13, Handicap 9-Ball

1 st Mike Quihuiz	1 st Chuck LaBue
2 nd Dave Stewart	2 nd George Doner
3 rd Bob Powell	3 rd Oscar Grissom

May 20, 8-Ball May 27, 8-Ball

1 st Mike Quihuiz	1 st Oscar Grissom
2 nd Oscar Grissom	2 nd Dave Stewart
3 rd Jack Clark	3 rd Al Bergoust

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

Bingo

Make some money and enjoy a fun evening with bingo friends and buddies. Mark your calendar for the fourth Friday of the month (July 25) for Bingo at the Delta Club. Games begin promptly at 7 p.m. Buy-in for each person is \$10 for 12 games. We have one early-bird special: one card for \$1. The prize money for each game is \$50 and the blackout prize is \$250. For more information, call Irene at (6999).

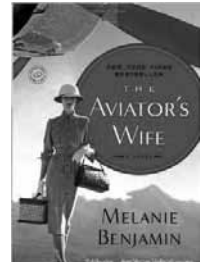
Bocce Club

We had a very enthusiastic start to the second half of the season. After a 2-week break in the action all 40 teams were happy to be back playing. This year has turned out to be a banner year for bocce membership. We have a total of 463 dues-paying members. The morning league

is home to 216 players and the night league is hosting 247 players. About 40 members play in both groups and we have a total of 20 teams in each league. We are formulating plans for our annual one-day self-funding tournament, but it looks like mid September. Details will be forthcoming. Plans for the end of season socials are almost finalized and will be posted at the Summerset bulletin board in due course. Remember to roll often, throw straight and have fun; that's what it's all about. Joe Downes (7520).

Book Club

The Book Club meets the second Tuesday of each month at 10:30 a.m. at the Vista Club in the Sonoma Room. The next meeting is July 8. The book selection is *The Aviator's Wife* by Melanie Benjamin. August's book selection is *Swimming to Antarctica* by Lynne Cox. There is no requirement to have read the book. Everyone is welcome! Feel free to stop by. For more information, contact Adrienne (5576). Happy Fourth of July!



Bridge – Duplicate

Duplicate Bridge meets the second Monday of each month at 12:15 p.m. in the Sonoma Room at the Vista Club. Please mark your calendars for our next game on July 14. All Trilogy residents who are interested in playing duplicate bridge are welcome. If you need a partner; we'll find one for you. Please contact Sue (6136).

May winners: Regular game: 1st: Peggy Walker and Wilma Powell; 2nd: Bruce Morrison and Bob Wiskotzil; tie 3rd and 4th: Sue Vogtlin & Lois Brusen and John Shick & Lynn Fortner

Novice game: 1st: Tammy Woodworth and Karen Nash; 2nd: Judith Havadtoy and Woody Woodard; 3rd: Cindy Schroeder and Elaine Braley

Bunco

Come join us for a fun evening of Bunco and refreshments at the TRV Delta Club. We meet the second Friday of the month at 7pm. For further information please call Shirley at (9984).

Computer Club

The next meeting of the computer club will be held in September. It has been our tradition to dispense with meetings in July and August since so many of our members are traveling during the summer months.



If you wish to become a member of the club you can go to the club web site at www.tccrv.org to complete and print a copy of the application and give it to any of the directors. After June the dues are \$18 which covers the remainder of this year plus next year. Or you can sign up at any meeting.

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

Fishing Club

Our next meeting will be Monday, July 21 at 7 p.m. in the Marina Room at the Delta Club. I wish that more of you could have made the June meeting as our speaker, Jay Sorensen, Editor of the "Let's Go Fishing" column in the River Herald and Isleton Journal weekly newspapers, did a fantastic job. He gave us a lot of information and answered many questions. At the next meeting we will be discussing our picnic/barbeque which will be Saturday, August 23 at the Delta Marina patio. For those of you who don't make this meeting, I will be emailing you with the details but I really hope you can make it as there are a lot of things to go over. We will be taking sign-ups for our next San Francisco Bay Halibut & Striper trip on the party boat. We will be drift fishing live anchovies.

We will have our 50/50 drawing and refreshments. Anyone is welcome to join our fishing club. We have great events throughout the year. For more information, please call Al Silva at (3791).

Genealogy Club

One might find that discovering ancestors online is a game of flexible thinking and that simple searches won't always do the trick. If one approach doesn't work, re-word it a little and see what happens. Search engines have developed different ways to find and index information and results can differ both in content, quantity and quality. Although Google search is a favorite for many and it's easy to always stick with the same one, mix it up. If you don't find what you're looking for using one search engine, move to another one, such as Bing, Yahoo, Dogpile, DuckDuckGo, Family Tree Searcher, Genealogy in Time, and Genealogy Place. Also try adding the words associated with genealogy to your search phrase along with family history.

When you're trying to think of helpful search terms, one trick is to imagine that you've built a website that contains the very information you're seeking. What words would you use to describe the information? For example, if you

are looking for a first family of Pennsylvania, what would you call them? First families, early settlers, pioneers, early Quakers, original settlers? If your search with one term doesn't work, try another.

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

Good Samaritans

We thank the residents in our community who attend the Bible Study and the residents who read our monthly article. We all have a part in this ministry. Thank you for your prayers that keep the Good Samaritans moving forward to a higher insight. The Good Samaritans is a Bible Study group that is able to share our hurts, our needs and our wisdom. The Good Samaritans is not a church. We are a group of residents at Trilogy who come together on Thursdays to study the Bible. Reflecting back from the day we became a group called The Good Samaritans, we've had many visitors, some stayed, some came in for prayer, some with curiosity and others came to build up their knowledge of Biblical teachings. No matter what people come in for, we welcome everyone with love and care.

The Good Samaritans main goals are:

1. Teaching from the Holy Bible.
2. Fellowship with one another.
3. Uplifting one another through hard times and good times.
4. Visiting the sick and shut-in.
5. Welcoming guest speakers to discuss topics from the Bible.
6. Reaching out to those in need in our community.
7. Outreach ministry.
8. Planning Special events.
9. Living by the Bible.
10. Praying for one another.

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

Scripture of the month: Psalm 23



Hispanic Club

The Spanish Circle meetings on the second and fourth Saturday of each month seem to have been an idea whose time had come. We've had participation from approximately 14 persons at various levels of fluency that did not deter the interaction and learning process of all those present. We will continue to meet from 9 - 10:30 a.m. in the Sonoma card room in the Vista Club. Depending on the size of the group we will attempt to divide it into beginner/intermediate and intermediate/advanced to make the conversations more interesting. Take advantage of this opportunity to brush up on your Spanish. There will be more information on the MyTrilogyLife.com website. If you are interested, please contact Allan Owens at (5673) or email allanowens@comcast.net.

We are considering the second week in July for a pot-luck. We will send a group email with details and will post information regarding this in the MyTrilogyLife.com website, under clubs so please check it out.

For more information about our group, feel free to contact any of the following persons: Vicky Riddle at (3684) or email viriddle98@yahoo.com, Cecilia Reyes Spiritosanto at (1484) or email ceciliareyes77@gmail.com, Ada Parrales Stack at (3406), or Teresa Hamner at (707) 646-1610 or email thamner@aol.com.

Mah Jongg

We meet every Monday except the second Monday of the month at the Sonoma (card) Room from 1 - 3 p.m. We play the Hong Kong version. If you know a different version or have never played the game, we have several good players and any one of them will help you learn this version of the game. Come join us. Call Molly Martinez (3417) for more information.

Men's Executive Nine Golf Club

The Rio Vista Men's Executive Nine golf club is comprised of members who enjoy playing nine holes of golf and then socializing after the game. We play each Tuesday mid-morning. The format varies each week, from individual "straight" golf play on the first and third Tuesdays, and individual and team golf tournament events on the second and fourth Tuesdays of the month. Our club currently has 109 members. We always welcome new members and golf experience is not a prerequisite. If you would like to join us, pick up an application form in the Pro Shop posting room or contact our Membership Chairman, Dick Talbott, at (707) 225-0077.

There were two club tournaments in both April and May. The winning foursome members for the "Four-Ball" tournament on April 8 were Dennis Germano, John Waggoner, Larry Nakashima, Mike Buckley; and for the "High/Low Net" tournament on April 29, Joey Dias, Hugh Denton, Alex Winkler, and Don Ballard. The winning foursome members of the "Scramble" tournament on May 20 were William Metzler, Jim McDermott, Walter Brock, and Don Ballard. The winning team members of the "Cha Cha" format tournament on May 27 were Stan Melby, William Metzler, and Dennis Jones.

We have two tournament events scheduled for July. On July 1, we will play a "Low Net + Putts" tournament. On July 17, we will be hosting the Women's Nine Club for a "Green-Tee Scramble" event. We invite you to join us for a good time with a great group of guys.

Model Club

Fortunately our club president was able to resume his monthly film and slide presentations our club members look forward to. Welcome back John and our continued best to your wife.

An upcoming event in July is our annual Steam Up. Mark the date, July 26 for food, music and old-time railroad enjoyment. The Live Steamers will be back.

This month's featured member is Doug Schroeder. Doug came to Trilogy in October of 2011 and has been a Model Club member for two and a half years. He and his wife Cindy moved here from Pleasant Hill. The first two things he bought after coming here were a golf cart and a train. He has found the members to be very enjoyable, helpful and knowledgeable. Doug was previously general manager with the largest seafood company on the West Coast. He wasn't into hobbies before he moved here. Doug prefers running the garden trains (to the west of Vista Club) on most Saturdays at 10 a.m. He thinks it's really neat having the outdoor train tracks partly because the plants are real. While running the trains and socializing, we can do general maintenance like pull weeds. He also likes all the experiences shared at meetings. We never know what we will learn about one another. Doug especially likes the wonderment of being like a child experiencing new things. Thank you Doug for helping make the club what it is.

Stop by our Model Club meeting held on the first Friday of each month in the Vista Club, Monterey Room. We will be presenting ideas and talking about other field trips we anticipate this summer. Please contact the Club President, Mr. John Harder (3646) with any questions.



Motorcycle Club

The Trilogy Motorcycle Club riders meet the first Saturday of every month for an all-day ride. The June 7 ride with 13 bikes and 14 riders departed Rio Vista in a not often used direction. We risked the availability of a scenic ride on the Real McCoy II and J-Mac Ferry's. Luckily, both ferries were operational which we took as an omen to the start of a good day. We met up with Hwy 160 at Ryde and made tracks for the cool high country of the foot hills. Twin Cities Road took us to a stretch break in Martell. We headed north on Hwy 49 almost to Placerville before heading east on Pleasant Valley Road to Sly Park Reservoir and Mormon Immigrant Trail. This route steadily climbs in elevation to over 7,000 feet and soon we spotted a few patches of snow left over from the winter.



Intersecting with Hwy 88, we made a quick run west which brought us to Cooks Station, and as you might guess another favorite lunch stop. The menu is 17 pages! There was something for everyone. We resisted the urge for a siesta after lunch and started the ride back to the flatlands for our usual coffee stop in Lodi to enjoy a cold beverage. Not a long ride at 235 miles, but riding the ferries, and enjoying the cool mountain roads along with good company and conversation always makes for a great motorcycling day. Even the 94-degree day's end in Lodi was bearable.

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

Radio Club

The Radio Club members have finally completed the repair of the Packer Radio modem in the Fire Station. We are now 100% operational if a community emergency occurs. While there, we were reminded that each resident of Trilogy should have the batteries in their smoke detectors changed. Some homes also have a carbon monoxide detector. Each home has at least three detectors and some as many as five. Most operate on a nine-volt battery. Members of the Rio Vista Fire Department reminded us that they offer a free service of cleaning the detector and replacing the battery. They would much rather perform this service for you than transport you to a hospital because you fell off a stepladder. Also mentioned was that Village 1 detectors are generally out of manufacturer's warranty. Call (2233) for this free inspection and service. They will usually respond to your call the same day. If you are unable to determine the battery type they will replace it from their own stock. They only ask that you purchase a replacement for them at your earliest opportunity. Keep safe and keep smiling.

If you would like to learn more, the Radio Club meets most Tuesdays in the Vista Club Monterey Room at 9 a.m. for informal discussions over a cup of coffee, and the formal meeting starts at 10 a.m. Please stop by. Jerry Armanino is available at (2461) for questions.

Recipe Club

Our July theme is "Bar-be-que Food." The chefs are Donna Armanino, Carol Dugger, Alan Helgesson, Sandy Jardine, and Kathy Nakashima. Janice Welsh is the coffee hostess.

We meet at noon the second Tuesday of each month in the Delta Club. If you enjoy cooking and sharing recipes, please feel free to join us. Call me if you have questions. Patty LaFleur (3159)

Monthly Q & A:

Can I use applesauce instead of oil in brownies?

You can, but fat helps make brownies fudgy. If you eliminate the oil completely, your brownies could turn out too cakey. Instead of a one-to-one exchange, use applesauce in place of one-third or half of the amount of oil in the recipe. Unsweetened applesauce is best. You will still end up with a healthier brownie: ¼ cup of vegetable oil has 480 calories and more than 50 grams of fat; the same amount of unsweetened applesauce has just 26 calories and is fat-free.

Religions of the World Club



The Religions of the World (ROW) Club is a diverse group of Trilogy residents interested in learning more about the different religions

of the world: their history, beliefs and practices. We usually meet the first Tuesday of every month at 6:30 p.m. We started reviewing the world's major religions over a year ago in approximately chronological order. We have learned about Zoroastrianism, Jainism, Hinduism, Judaism, Christianity, Islam, Sikhism, Buddhism, Taoism, Confucianism, Shintoism, and the Bahai Faith.

Due to vacations and the holiday we will not have a July meeting. We will resume on Tuesday, August 5 with a presentation on Zoroastrianism by a Trilogy resident who is a member of this very old religion. More details to follow in the August issue.

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

Rio Vista Roamers RV Club

Jan and Gene Vick hosted our outing to Jackson Rancheria in May. The clubhouse was not available so up went three shelters, one a screened tent for the food, and we were all set. It rained with thunder and lightning but we were dry and enjoyed the show! Fortunately that all happened during happy hour and it stopped when it was time to eat. We thank the Vicks for a great time!

Our yearly meeting was June 5 and was followed by a barbeque on the patio. The club provided the meat and members brought a dish to share. There will be no outings in July or August but we'll be back on the road in September. Be sure to read the article next month for all the information for the rest of the year. If you would like to learn about us, please join us. Sign on to <http://rvroamers.tk> or home.comcast.net/~biskit3/rvroamers and it will give you the next outing information. Log on to sign yourself up or call the member hosting that particular outing. Call Sandra Santos (3538) or any of us and we will be more than happy to answer any questions.

Senior Men's Golf Club



Timothy Eldridge

Melanie Daniels, dryly, to Mrs. Bundy:

"Those weren't 'a few birds."

— *The Birds*.

Universal Pictures, 1963

A Rio Vista welcome to Timothy Eldridge, the new golf course Club Manager. A native of St. Louis, Tim lives in Martinez with wife Pam and dog Baxter. He brings a decade of experience in club management and is

earning certification by the 6,000-member Club Managers Association of America. He comes to us after a year of managing golf and restaurant operations at Quail Lodge Golf Club in Carmel, CA. Personable and approachable, he's a perfect fit. Thanks, Warrior.

Our annual Armed Forces tournament raised \$8,724 for Community Action North Bay. CAN-B provides housing and safety net services to at-risk veterans and other vulnerable Solano County residents. Thanks to all who participated.

We had two road trips in May: Lone Tree Golf Club in Antioch, an enjoyable track and a pleasant surprise for the first-timers; and Mira Vista Country Club in El Cerrito, where we enjoyed a five-club tournament under the auspices of the Bay Area Seniors Association. We are pleased to be a part of this organization providing unique reciprocal arrangements. Members are encouraged to take advantage. Congratulations to Ron Renner, who qualified for the NCGA Senior Net Championship at Del Monte Golf Club in Monterey.

Did You Know? Report your Hole-in-One to NCGA and receive a free gift and inclusion in a year-end drawing. Have You Tried? The Links at Bodega Harbour makes a great overnight trip: coastal Californian scenery and playing tourist at the Potter Schoolhouse in Bodega. No birdies? Squawk!

Our regular membership meeting is on the third Thursday at 4 p.m. at the Delta Club. For more information, contact our Membership Director, Chris Shockley at tshoc@cs.com or (3603).



Stroke, Head & Brain Injury Club

We are a support group whose members have had or are living with someone who has been affected by stroke or a brain injury. We also assist those suffering from dementia, regardless of the cause.

Our group provides help, useful tips, and current information on how to cope with the various short and long term physical as well as emotional side effects that are unique to each individual's situation. Since those who experience these conditions can suffer from feeling alone, helpless, and/or impaired by some physical and/or emotional limitation, the support that we can provide each other can be very important to adapting and living. Each month we discuss a new topic and try to learn more about subjects that are of interest to members.

We also conduct various extracurricular activities for the group both within Trilogy and nearby communities so that we can have fun together as well. We have recently added a monthly "GAME DAY" where we meet at a member's home and play a variety of games to increase memory and brain function. This program has been a great success. If you or someone in your family has had a stroke, any kind of brain malfunction, and/or dementia, and would like to join or have any questions, please contact Dr. Cheryl Bellrose at (6619). We encourage caregivers and families to join as you need support as well.

We usually meet on the first Tuesday of each month from 2 - 4 p.m. at the Vista Club in the Monterey Room unless there is a holiday or schedule change. Our next meeting will be held Tuesday, July 1. Please join us.

Supper Club

Supper Club meets every other month from February through October in each other's homes for tasteful (and tasty) dining, fun and conversation. On these occasions you can meet your neighbors and get to know them in a small group setting (usually six to ten). We are not limited to a formal dinner menu only. We may have an afternoon barbeque, a brunch, or a luncheon. Our membership consists of those whom have participated for several years as well as our many newer members.

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

Our club is not just for married or committed couples. We don't want to leave anyone with the impression that single individuals are not welcome. Everyone is welcome to join. If you want to make new friends, give Supper Club a try. Take the opportunity to experience the delectable menus and friendship provided by our group. Our next club dinner will be held in August. For further information please contact Cheryl Bellrose at (6619). We are looking forward to hearing from you.

Table Tennis Club



Guess who is playing table tennis? Two of the richest and most famous people in the world! Warren Buffett and Bill Gates teamed up during a recent Berkshire Hathaway stockholders meeting as a way to promote healthy

and active living. Trilogy residents who play this sport know all about its health benefits. Some of these were outlined in the June issue of *Trilogy Living*. We play at the Delta Club four days each week, and we mix the sport with frequent social events like the potluck picnic in the park with bocce games held on June 21, and the golf social held in early June.

Future events include tournaments with the Villages of San Jose on July 19 and with Rossmoor on August 9; and yet another in-house tournament for Trilogy Club members on August 30. In order to improve table tennis skills we recently acquired an ingenious new robotic machine programmable to deliver various types of shots as encountered in real play including adjustable ball spin, speed and direction. Players of all levels benefit from exercising with this device which is normally set up during Wednesday afternoon sessions.

To learn more about Trilogy's Table Tennis Club, please access our website at <http://trvtt.wordpress.com>. Please contact any board member for information: Larry Mork, President (3389); Richard Laswell, Vice-President (2479); Vicky Riddle, Treasurer (3684); Tom Surh, Secretary (5282); Michael Mahrous, Tournament Director (3216), Tom Barnes, President Emeritus (4395); Ruth Barnes, Social Activities (4395).



Tennis Club

Happy Fourth of July! In honor of the occasion I tried to find a reference that George Washington played tennis, but according to Wimbledon Facts, Figures and Fun the first tennis courts in the USA were built in 1876, one hundred years later than the Declaration of Independence. It is quite evident by that fact that neither George nor any of our founding fathers likely played the game. Too bad for them because according to many recent scientific studies (available through Google) tennis players scored higher in vigor, optimism and self-esteem than other athletes and non-athletes. And since tennis requires alertness and tactical thinking, it may generate new connections between nerves in the brain and promote a lifetime of continuing development of the brain. All of which would have been of great value when creating a new nation.

Fortunately for us today, tennis is readily available to improve our physical and mental health. A good start is our Saturday tennis clinic. Only two more classes are left in this series and they are scheduled for the Saturdays of July 12 and July 26 at 8 a.m.

Our next event is July 18: Friday Night Tennis and Potluck. To play tennis, be on the courts at 5 p.m. If you are not up for playing, bring a dish of food to share and join us for the potluck afterwards at the bocce picnic tables. For more information on the food theme for the potluck, contact Wally Beckman (email below).

As always, daily social tennis is Monday through Friday from 8 – 10 a.m. and we welcome anyone, member of the club or not, to join us. Just be sure that your shoes are "court" shoes that don't leave marks on the court surfaces. Members only: When you use the ball machine, please be sure that the balls are dry, as wet ones jam up the machine.

For more information about our club, our next club meeting is scheduled for Friday, July 25 at the Delta Club, or contact Wally Beckman at beckmanwally@hotmail.com.

Whist Club

We would like to thank everyone for coming out and celebrating our Juneteenth. The food was delicious; thank you, Chief Arvell Howell, for a job well done. Thanks to all of the Whist Club members for your commitment and participation. The music by the Gospel Hummingbird was outstanding. We also enjoyed dancing to the music. If you were not there you missed a treat. We hope all fathers had a wonderful Father's Day.

The club gathers once a month, usually on the third Friday at 7 p.m. at the Delta Club. Please check the monthly *Trilogy Living* for any date or time changes. Other games

are available for those not interested in playing cards, including dominoes, backgammon, and checkers. We welcome those who just want to socialize. We also have a potluck at that time. You may contact Madalene Turner (3361) or Jean Robertson (0086) for more information.

Women's 9-Holers

May gave us some spring weather's warm but breezy. Once you golf with the wind, it is an adjustment to play any other way. **May 6** - Low Putt Day. Fran Silva



Rio Vista Golf Course, Eighteenth Hole

won Flight 1 and Jeanie Renner, Flight 2, both with 16 Putts. Great Putting! Chip-in pot was won by Arla Gustafson on #11, and had par. Jeanie a Par, #12. Elaine Love and Jan Benner Par #13. Follow-

ing golf, we went to Marj Niemi's house for Rules of Golf, with wine. It was very enlightening and not boring, to say the least! Great times, ladies, and thanks, Marj. **May 13** - Start of Eclectic Tournament (8 weeks to improve score). Thank you to Fran Silva for putting it together. We had two Chip-ins, Fran Silva #8 and Anna Bogucki #2. We also had pars on #5 and #9 by Karen Nash; Pam Fashing #5, Sharon David #8, Lynn Traver #2. **May 20** - Another day of Eclectic. Arla Gustafson had two Chip-ins and Judy Dye one, so it was a three way split. Pars were had on #13 by Judy Dye, Denise Sargent-Natour, Kathy Moore, Anna Stevens and Anna Bogucki (lucky hole I guess). Jeanie Renner had par on #15. **May 27** - Perfect weather, fun day. 10 Pars! WOW! Marj Niemi on #2, #5; Karen Nash #2, #6, Lynn Traver #7. Nancy Biles, Fran Silva #8 and Anna Bogucki on #4, #8 and #9. Way to go! The Eclectic continues into July. To join, contact Fran Silva (3791), or alfran70@comcast.net.

Trivia Answer: It doesn't have a steering wheel.

Fun Fact: Golfers need two pairs of socks **In case they get a Hole in One**

Women's 18 Hole Golf Club

We are having a record number of ladies attending our Thursday Play Days. The weather is nicer and we are playing our summer schedule, 8:30 a.m. instead of 9, which might be a contributing factor.

Our Club Champion, Linda Barlesi and Captain's Cup Champion, and Vicky Riddle played in the Champion of Champions Tournament at Poppy Ridge Golf Course.



Angie Jones won the Captain's Cup for the Rio Vista Women's Eighteen Holvers. Photo by Lynn Grace.

Linda placed fourth in the Champions Flight. Lucille Rhodes and Ulla Ulmonen played in the Senior/Super Senior Tournament at Foxtail Golf Course. Lucille was low gross of the field of Super Seniors. There are six ladies going to the Spring Partners Tournament in Roseville this month. We wish them luck!

Some winners for the month of May: **May 8 and 9** - The Captain's

Cup. Low net in each flight. The first place Flights A, B and C winners were Marsha Berry, Karenann Evans and Lynn Grace. The low net over the field and winner of the Captain's Cup was Angie Jones. **May 22** - Best Nine. The winners of Flights A, B, C, D were Lucille Rhodes, Ladell

Manion, Elaine Love, Diana Staley and Terri Anisko. **May 29** - Blind Partners. Players learned who their partners were after the round of play. The winners of Flights A and B were Linda Barlesi and Helen Swarbrick, Ladell Manion and Jan Benner.

We meet each Thursday at 8 a.m. at Sir Flairs Grill. If you are interested in joining our club, contact Linda Siatt at (5364).

Writers' Club

As our nation celebrates its 238th birthday, we are reminded that we are in "the land of the free and the home of the brave." This month, we'll compose a poem, essay, short story or lyrics telling of the freedom from oppression or the liberty to say, write or do whatever one wishes. For some, freedom can be exhilarating. For others, it can be frightening. Feel free to exercise your freedom to write about this or any other topic. Just write! Then join us at 7 p.m. on Thursday, July 10 in the Monterey Room of the Vista Club. Share what you've written and/or listen to the original impressions of other writers. We look forward to meeting you. For further information, contact Zoe (3676) or Suzi (925-231-5213).

ADVERTISING INFORMATION

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

REGULAR SIZES AND RATES:

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

PREMIUM SIZES AND RATES:

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

DISCOUNTS:

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

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



Trilogy at Rio Vista HOME BASED BUSINESS DIRECTORY

All Occasion Travel

Full Service Travel Agency
Joan Greene, CLIA, ARTA, (2440)
Certified Travel Specialist
www.ALLOCCASIONTRAVEL.COM

At Your Service

Enjoy your retirement --
Leave the cleaning to us!
Excellent References/Bonded
Call for appt. 398-8345

Bonnie Bowen, Independent Broker

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

Divas

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

Mary Kay

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

Hair & Beauty

Myrna Martinez Licensed Professional
All Services/Men & Women
35 years' experience
Myrna (3725) Cell 408-309-0083

Mirna's Mexican Cuisine

Tamales, Enchiladas, Tostadas, Flautas,
Burritos, Spanish rice, Frijoles rancheros
and more delivered to Trilogy Residents
Call 673-6608

Mirna's Professional Hair & Nails

Men and women. 30 years' experience
Mirna 673-6608
dwstreak@yahoo.com

Rodan & Fields Skin Products

Call for a free mini-facial.
Please see new large ad in this issue.
Lupe Finch, Independent Consultant (2466)
LupeandMarcy@gmail.com

Save \$\$\$ on Legal Document Prep

Legal Documents prepared by
Experienced & professional LDA
Email: christineaquinn@yahoo.com
Call 707-507-5265

ANNOUNCEMENTS

Bible Study

Wednesday 6:30 p.m. 725
Michelbook Lane. Recent Studies:
Rick Warren's *Transformed*, Tim
Keller's *The Reason for God*. Usually
short video, discussion and prayer
time. Contact Kaye (2103).

FOR RENT

Room for Rent

Room for rent: Share home,
utilities included, furnished
bedroom and bath \$550/mo.
Credit check. Call 480-4942.

FOR SALE

For Sale by Owner! Save \$\$\$

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

Gluten Free Bread

Homemade to order using a
variety of gluten free flours; add
in seeds, nuts, spices, fruits. Call
Barb, Trilogy Resident 507-5026.

Lift Recliner

Beige oversize lift recliner with
head pillow, side pockets and
battery back-up. Weight capacity
300 lbs. Two months old. \$800
OBO. Call (5455) after 5 p.m.

FOR SALE

Power Chair

Selling power chair. Needs new
battery. Original cost \$6000.
Good condition. For sale \$225.
Buyer pick up. Call Diane (2236).

Sauna

Thermal Life Infrared Sauna by
High Tech Health: Retail price
\$3500, asking \$1750 OBO.
Model Number TL-1 website
hightechhealth.com . Call Jim at
408-718-8807.

SERVICES

Airport Transportation

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



SERVICES

Audio/Video

Certified On-Q Home installation for your audio/video needs: VCR's, Blu-ray, DVD's, a new amplifier. We will customize to meet your needs. Michael (2800).

Cardmaking

Paper pArts cardmaking and more. Learn paper techniques including die cutting, dry and heat embossing, stamping, fancy folds and more. Janet 925-200-5554 after 10 a.m. Aldridge.j@sbcglobal.net. Join the fun at my Trilogy residence!

Car Wash

Ray's Mobile Car Wash. Let me come to you to wash and clean your vehicle. Cars, pickups, SUV's. Reasonable rates. Call Ray (7598) or cell 249-1492.

Caregiver

Trilogy resident, registered nurse offering in-home medical care. Daily or long term. CPR/AED certified. Medications, surgical recovery wound care. Call Kathy (7587).

Clock Repair

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

Coins and Jewelry

Cash for old American coins, jewelry, sterling. Price your coins, test jewelry on the spot. Live in Trilogy. Ed Marriott 925-783-6669.

Computer Aid

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

Computer Assistance

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

SERVICES

Computer Doctor

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

Electrical Needs

California licensed (no. 819067) electrical contractor servicing/installing electrical distribution panels. Installation/repair of fans, chandeliers, light fixtures (inside or out), switches or receptacles, we do it all. Michael (2800).

Faux Finishing @ Its Best

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

Garage Door Insulation

Garage door insulation installed. Reasonable rates. Call Bill for a free estimate. Call (2454).

Gardening/Landscape Maintenance

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

Gun Repair

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

Handyman

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

SERVICES

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).

Health and Wellness Products

Now in Trilogy, Natural botanical solutions for weight-loss, balanced nutrition, personal care, hair, skin. Alternative remedies! Distributors wanted also! Greg 364-7499.

Helping Hands

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

Housecleaning

Nita's Diamond Housecleaning is back, satisfaction guaranteed! A Trilogy resident for 14 years, 10 years' experience offering many housecleaning services. Window cleaning, including courtesy hosing of front and back. Call Nita 315-6670 or Victor 510-334-9667.

Income Tax Services & Planning

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

Income Tax Prep & Notary

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

Landscaping

Hello Trilogy residents, new & established: I'm Jim Gilly, a fellow resident looking to help you with re-designing and installing your front or back or both yards. Visit my web @ www.gotgilly.com. Lic. 752296. Call 925-260-5780



SERVICES

Lawnmower Repair

Service & repair on lawnmowers, weedeaters, blowers, rototillers, etc. Sharpen garden tools. Call Stan (3163)

Networking/Computers

Is your computer or network not working well? Please call for a check-up at minimum cost. Michael (2800).

Notary Public

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

Notary to Go

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

Notary Services

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

Painting & Drywall

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

Want to Run a Classified Ad?

Pick up an ad application form at

Member Services. Turn in your completed form by the fifth of the month preceding the month you wish the ad to run.

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

Late ads will run in the next issue.

Prices change effective April 1.

SERVICES

Pet Care

Dee-tails: Vacation pet care. Offering: walks, day-time checks, overnights, TLC. Allowing pets to remain home. Pet first-aid/ CPR trained. Call Dee 330-6010; email: thedeetails@yahoo.com. License #3958

Pet Care

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

Photography & Video Services

Family events, portraits of people and pets: preserve memories with a family documentary, home inventory videography. 628-5109 Jerry Hallett, Trilogy Resident. Email jerry_hallett@hotmail.com or www.hallettphotos.smugmug.com.

Plantation Shutters:

My name is Jim Gilly. Some of you know me as Gilly's Landscape. Allow me to apologize. Typically winter months are slow. Given this I chose to offer another service, plantation shutters. Well, I stayed busy thus the time I would normally offer to my new customers for shutters was not available, and I was not able to devote my time for you as I do in my other business. I was able to help others but not all. I'll need to suspend my shutter business until I know I can give you all of my attention.

Pressure Washing & Cleaning

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

Rain Gutters Cleaned

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

SERVICES

Sliding Door & Screen Repair

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

Streaming Video

Will set you up to watch movies in your home instantly from Netflix or Amazon. Woody Woodard 707-416-6067

Transportation

Dave's Transportation Service. I transport Trilogy residents only to trains, boats, planes. No medical services, shopping or casinos. Reliable. Call (3192).

Water Filter

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

Weed Pulling

Get rid of those ugly weeds. Don't break your back. Keep your yard tidy. Trim, prune, pull weeds, clean up dead leaves, plants. Plant new plants. Laurie (6305) or cell 925-301-7389.

Window Cleaning

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

Your Personal Travel Agent

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



Donnell Secrease
Reverse Mortgage Advisor

Liberty Home Equity Solutions, Inc.
10951 White Rock Rd, Suite 200
Rancho Cordova, CA 95670

916.468.9259 direct
800.218.1415 toll free
866.375.9742 fax

Donnell.Secrease@LibertyHomeEquity.com



LO# 515941
NMLS# 3313

FOR IMMEDIATE RELEASE **2014**

Local Businessman Awarded Special Reverse Mortgage Designation

Sacramento, CA—**Donnell Secrease, a reverse mortgage specialist with Liberty Home Equity Solutions**, has joined an elite cadre of mortgage professionals who have achieved the status of Certified Reverse Mortgage Professional (CRMP). National Reverse Mortgage Lenders Association (NRMLA) bestowed the certification on Secrease after he demonstrated a superior knowledge and competency in the area of reverse mortgages and a dedication to uphold the highest ethical and professional standards.

Only 81 individuals nationwide currently have the CRMP credential and Secrease is one of only 19 who are based in California.

“Being one of only a few people to have achieved this milestone is a testament to my commitment to reverse mortgages,” says Secrease. “The process involved to receive this professional designation was long and arduous and adds to the level of expertise maintained by myself and the firm.”

To qualify for the designation, applicants must have originated reverse mortgages for 2 or more years and personally closed at least 50 loans; earned 12 continuing education credits; completed NRMLA’s Ethics Course; passed a rigorous exam; and a background check. The certification is valid for three years, during which time designees must earn 12 CE credits annually to be re-certified. Applicants who are not loan originators, but nonetheless work in areas vital to the business, such as counseling, processing, underwriting and servicing must have 5 or more years of experience.

“We congratulate Donnell and admire him for striving to be a part of a group of industry professionals committed to demonstrating their eagerness for continued education and thorough knowledge of the reverse mortgage sector,” says Peter Bell, CEO of NRMLA. “He will be joined by hundreds more over time, but determination to get there first affirms that he wants to offer his clients every possible assurance of his own highest level of professionalism.”

Reverse mortgages are available to homeowners 62 years old and older with significant home equity or wish to purchase a new home without the need to make mortgage payments. They are designed to enable retirees to buy a new home or borrow against the equity in their existing homes without having to make monthly payments as is required with a traditional "forward" mortgage or home equity loan. Under a reverse mortgage, funds are advanced to the borrower and interest accrues, but the outstanding balance is not due until the last borrower leaves the home, sells, or passes away. Borrowers may establish a growing line of credit, request and change fixed monthly payments, draw down funds as a partial lump sum or a combination of all three for as long as they continue to live in the home. To date, more than 850,000 senior households have utilized an FHA-insured reverse mortgage.

About Donnell Secrease

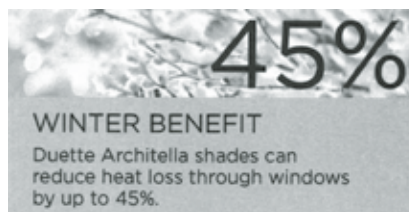
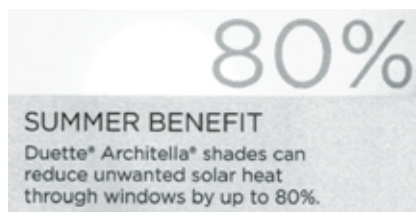
Mr. Secrease has personally helped change the lives of hundreds of seniors in a positive manner by participating in over 200 reverse mortgage transactions. **Though Mr. Secrease can assist and answer many questions over the phone, his strength lies in the ability to meet potential clients face to face to provide a more personal touch and be the local contact person to help guide borrowers through the process from beginning to end.** We attribute his success to his ability to explain the various options in an easy to understand manner. Mr. Secrease has a wife and 3 adult children.

About the National Reverse Mortgage Lenders Association:

The National Reverse Mortgage Lenders Association (NRMLA) is a membership organization comprised of over 300 companies and more than 1,900 people participating in the reverse mortgage industry. NRMLA serves as the national voice for the reverse mortgage industry. It serves as an educational resource, policy advocate and public affairs center for lenders and related professionals. NRMLA was established in 1997 to enhance the professionalism of the reverse mortgage business.



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