

TrilogyLiving



Pictured Above: Trilogy Residents Tony & Mae Wong, Carolyn Kropacek, Bob Rice

Celebrate National Computer Learning Month by brushing up on your computer knowledge. Join the Computer Club or sign up for any number of Trilogy Computer Classes offered each month. Read more on pg. 3.

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Don Love

President

Board of Directors Executive Session – September 9, 2014

Minutes of August 12, 2014 were approved

Legal/Litigation

- It would appear that the LLD will not be transferred any time soon. Board authorized Legal Counsel to investigate water rights issue related to water feature and irrigation on Summerset Road. The Board is still interested in acquiring the WWTP, regardless of LLD status, and the President will continue working with the City Mayor toward that end.

Personnel

- Appointment – Access Committee
 - The Board wants to continue receiving applications and will interview applicants at October meeting.
- General Manager/Board Officer Roles
 - Discussion with no Action
 - * Regarding appropriate methods to communicate Association issues to the City.
 - * Regarding appropriateness of Board members in direct contact with staff members
 - * Regarding Board officers taking independent action related to their responsibilities.
- Staff Benefits
 - Voted to increase Café Vista Supervisor to full-time status resulting in time-off/health benefits.

Contracts

- Club-Related Independent Contractors
 - Tabled until October

Delinquencies/Member Discipline

- Approved Notice of Default on Account #515-39513
- Association Owned Property Update
 - Lease agreement had been executed; September rent had been received
 - Agreed to ask for Property and Liability insurance quote for property.

Board of Directors Regular Meeting – September 9

President's Report

Credit Card Use/Tracking

- Key staff have credit card authorization with limits; President/CFO authorizes all invoice payments; All purchases are verified with receipts; Reward points have been used to pay bills or to cash in as gift cards; Gift cards are used to purchase items and/or to reward staff for efforts at staff meetings.

(continued on p. 42)

TRILOGY AT RIO VISTA

D I R E C T O R Y

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)

District Delegates

Village 1 - Tom Surh (5282)
Village Oakmont - Leland Puryear (3510)
Village Riviera - Barb Downs (507-5026)
Olympic Village - Joel Auslen (5808)
Saddle Rock Village - Roger Kohn (2737)

Committee Chairs

Adult – Patty Kohn (2737)
Emergency Action – 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)

Association Administration

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

Club Numbers

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

Trilogy Living Editorial Board

Andrea Stuart, Ed Vitrano, Debbie Dorn, Cheryl Lucas,
Joan Azlant, Kathy Erwin, Patty Kohn

Commercial Advertising Manager

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Resident Classified Advertising

Kathy Nilsson, knilsson@actionlife.com (4200)

Welcome Center/Front Gate (4306)

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From the Editor



Andrea Stuart

We live in a digital age and as such many things have changed from the way we conduct business to the way we communicate with one another.

What once was done with pen and paper is now often done using a keyboard or VOIP on a laptop or mobile device. To top it all off, the implementation of these technologies has occurred so rapidly—over the course of a mere decade—that the learning curve is not as forgiving.

The assumption is that we all understand and use email, cell phones, and basic computer programs. But the fact is, many of us are not overwhelmingly familiar with these applications and devices because life has not necessitated their usage. However, as we move closer to 2015, more opportunities are requiring computer knowledge. For instance, something as simple as ordering opera or theater tickets could once be done easily in person or over the phone. But increasingly ticketing companies are requiring online registration and making it very difficult to conduct business in any other way. Mail has become so pricey and time consuming that sending a quick email is often more appealing. But that means learning a new system.

The Computer Learning Foundation initiated Computer Learning Month more than 13 years ago in order to educate people on how technology is impacting our lives. While they and other organizations offer many free online computer classes, Trilogians are very lucky to have the Learning Center and the Computer Club at Trilogy at our fingertips. This month, the Computer Club is hosting Steve Hansen, Senior Technical Account Manager from Microsoft. Check out page 31 to learn more about the club and what educational opportunities are available to you!

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

From the Activities Director



Debbie Dorn

Wow, what an eventful month for Trilogy! Drama Club and Theater Group each offered their unique design and brought best-ever productions to the community! An enthusiastic crowd

shared spontaneous fun during Karaoke Night. Bocce celebrated with their season's champions. Then Jim Anderson & the Rebels gave a delightful performance to keep us dancing throughout for the seasons' final concert on the patio!

September was a special time of focus on our special interest clubs and groups. We hope you have found one or more fitting your interests. There are plenty of groups and activities available for everyone.

Turning to what's ahead, watch for these special events!

- **October Computer Classes** (see page 43)
- **10/04 Community Garage Sale**
- **10/05 & 10/19 Trilogy's Farmers Market**
- **10/11 Octoberfest ~ Village 1 Residents Club**
- **10/15 Trilogy Pop Fest** (see page 5)
- **10/17 Comedy Night ~ World's Funniest Cop**
Michael Mancini
- **10/18 Walktober ~ Fitness**
- **10/18 Concert ~**
Kymberly Jackson & Soul Line Dancers
- **10/18 & 10/19 Shibori Workshop ~ Trilogy Art Guild**
- **10/20 & 10/22 AARP Smart Drivers Course**
2-Part Sessions
- **10/24 Bingo**
- **10/26 Family Halloween Party**
- **10/26 Dance with Solid Gold ~ Dance Club**
- **10/31 Halloween Costume Party ~**
Oakmont & Saddle Rock Residents Clubs

Get Ready . . .

- **10/31 Call to Action All Trilogy Veterans ~**
Deadline (see page 7)
- **11/03 Trilogy's New Year's Eve Grand Ball ~**
Pre-Registration

Association's events combined with club events, offer a huge selection of activities from which to choose. A list of clubs and groups is available with contact information from Member Services at the Vista Club. As always, your comments and suggestions are valued. Send an email anytime ddorn@actionlife.com. My mailbox is always open!

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



Computer Workshops ~ Sign up for October 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. 43 for more information. Limited space available, sign up at Member Services, Vista Club (4200).

Farmer's Market ~ Experience Trilogy's Market Place

Sunday, October 5 & 19, 10 a.m. – 3 p.m., Delta Club

Stock up at the Farmer's Market at Trilogy! Bring your neighbors and support your Trilogy Farmer's Market. Petrill's Produce Farmer's 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.



Blood Pressure Check ~ Free

Thursday, October 9, 9 – 10 a.m., Library, Delta Club ~ Free

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!

Concert ~ Trilogy Pop Fest

Wednesday, October 15, 7 p.m., Diablo Ballroom, Vista Club ~ \$5 per person

If you enjoy light musical entertainment, often known as "pop" music, you are in for an evening of entertainment that you will long remember. It's the second annual Trilogy Pop Fest and will feature musical selections from: the 35-voice Delta Breeze Mixed Chorus, the Delta Divas, a group of 5 talented lady singers in our community, the 18-piece Trilogy Jazz Band, and the popular 3JB Quartet. Also featured will be the Delta Harmony Singers, an entertaining group of 10 mixed voices, and the Delta Tones, a vocal quartet. Then, as the special guest of the Pop Fest, Trilogy's own Solid Gold, will be playing for your listening and dancing pleasure. Remember to bring your dancing shoes and enjoy yourselves until 10 p.m. Bring munchies and beverages; relax and enjoy the show. Sign up at Member Services, Vista Club; there are a limited number of seats.

Open Mic & Karaoke Nights ~ To Return January & February!

These two popular events will return; they're simply being rescheduled from November & December. This year is lining up to be a very eventful holiday season! Watch for the return of amazing entertainment along with spontaneous sing-a-long good times especially designed for your fun and enjoyment!



Concert ~ Kymberly Jackson & the Soul Line Dancers

Saturday, October 18, 6 - 9 p.m.,
Diablo Ballroom, Vista Club ~
\$10 per person

The Soul Line Dancers bring back Kymberly Jackson, the Pied Piper of the Bay. Once again, Kymberly brings her imprint of R&B and Soul along with "Funk on the Bottom, Jazz on Top." Invite your friends and relatives. Bring your favorite beverage and snacks to enjoy. Make sure you do not forget your dancing shoes. Sign up at Member Services, Vista Club.



Comedy Night ~ World's Funniest Cop Michael Mancini

Friday, October 17, 7 p.m.,
Diablo Ballroom, Vista Club ~ \$10 per person



Michael has a background in law enforcement and an insightful sense of humor. He has a high-energy, action-packed, fun-filled show full of real-life experience. For almost 30 years, he has toured America with his hilarious stand-up comedy, drawing from his years as a member of the Santa Cruz Police Department. Michael is a three-time winner of the World's Funniest Cop competition,

hosted by Jay Leno. Bring your favorite food and beverage to enjoy during the performance -- Comedy of the Right Caliber! Sign up at Member Services, Vista Club.

AARP Smart Drivers Course

Two Parts: 4 – 8:30 p.m., Sonoma Room, Vista Club ~
\$15 for AARP members and \$20 for non-members

Part 1: October 20, Monday

Part 2: October 22, Wednesday

The AARP Smart Drivers Course is the nation's first and largest refresher course for drivers age 50 and older and 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 eight-hour course in two sessions. To register, contact Glen (3342) or grk59@frontiernet.net.

Trilogy Community Garage Sale ~ Open to the Public

Saturday, October 4, 9 a.m. – 3 p.m.

Everyone can participate! Seller-marked maps will be emailed to residents by October 3, and made available to visiting buyers at the Welcome Center the day of the sale. Copies will also be available at the Vista Club on sale day. You do not have to be included on the map to sell. There are three steps all sellers need to do:

1. Obtain a garage sale permit for \$1 from Member Services at the Vista Club prior to October 4. Permits are a city requirement.
2. Tie an inflated balloon from your mailbox or tree.
3. Open your garage door.

When you finish selling, remove the balloon and close your garage door. The sale is open to the public, advertised in the local papers. Outside buyers will not be allowed through the gates until 9 a.m., and residents are asked to postpone their shopping until 9 a.m. in consideration of sellers setting up for the sale. Questions, contact Member Services (4200) or email Debbie Dorn ddorn@actionlife.com.

Sorry - there are no tables remaining for loan. Tables and metal chairs were reserved on a first-come basis as available. Those who have submitted requests for tables and chairs have been contacted about arrangements for picking them up. Your help to make sure they are clean when returned will be appreciated.

Please contact Debbie Dorn at ddorn@actionlife.com if you have any questions. Thank you.



Family Halloween Party

Sunday, October 26, 2 – 4 p.m., Delta Club ~
\$5 per family plus \$1 for each child participant



Plan for a great party with the family! Kids can join in a costume parade, plenty of laughs, good times, family pictures and a treat bag! Cost is \$5 per family plus \$1 per child. Sign up with Member Services, Vista Club,.

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

Thursday, November 6, 9 a.m. – 1 p.m., Diablo Ballroom, Vista Club ~ \$60

It is good to know how to help someone in trouble, whether it is your spouse or grandchild. The class provides a two-year certification in CPR/AED and first aid at a great value. Limited space; sign up with Member Services, Vista Club.

Veteran's Day Tribute

Monday, November 11, 1 – 3 p.m.,
Diablo Ballroom, Vista Club ~ Free

This day is the anniversary of the signing of the armistice, which ended the World War I hostilities between the Allied nations and Germany in 1918. Since 1954, Veterans Day was declared a day of gratitude to honor and thank all military personnel who served the United States, particularly living veterans. Join us to honor all veterans. Presentation by the Color Guard, music by Trilogy Jazz Band, Delta Breeze Chorus, Delta Divas, and special guest speaker. If you are a veteran, we ask that you also register with the Call to Action for the special tribute project.

Trilogy Veterans Ball

Tuesday, November 11, 6 – 10 p.m.
Diablo Ballroom, Vista Club ~ \$35 per person

Whether you enjoy a fine catered dinner, live music, dancing or just the camaraderie you had in the service, plan to attend the Veterans Ball. This is the second annual Veteran's Day Ball for Trilogy Veterans and their guests. Registration will open to others beginning October 15, as available. The reception begins at 6 p.m. with dinner at 7 p.m. Music and dancing will follow. This is a semi-formal affair or service dress uniform. Bring your own adult beverages of choice and prepare for a fun-filled evening with your fellow service members and guests. Seating will be limited and expect this to sell out quickly. Sign up at the Member Services desk in the Vista Club. Sign up as a group if you want to sit with others. For further information contact Ron Waite at (6714) or (925) 216-7488.

Attention All Trilogy Veterans ~ Call to Action Prior to Oct. 31

Time to update the Trilogy Veterans Tribute Slideshow, to acknowledge all veterans in our community. The updated slideshow will be displayed during the 2014 Veterans Day afternoon program and evening ball!

Pass the word to keep it growing for . . .

- Those who may not be aware of the project
- Those who have recently moved into the community
- Those with additional information or photo to add

Please include:

- Name
- Branch of service
- Dates of service
- Do you have your uniform
- Do you have a past photo in uniform
- Do you have a current photo

Contact Member Services at (4200) or stop by the Vista Club to register or update your information. Send photos by email or drop them off at Member Services for Debbie Dorn in an envelope with your contact information for return.



Concert: Joni Morris and the After Midnight Band

Saturday, November 15, 7 – 9 p.m.,
Diablo Ballroom, Vista Club ~ \$15 per person

It's almost spooky how Joni Morris conjures up country-western legends...with tremendous style and fidelity!



Joni's voice is the genuine article from the cryin' catch... to her rockabilly growl! You can also expect to hear a few of Joni's original songs in every show. She adds comedy, eye-catching costumes, and lots of audience interaction to each performance. Sign up at Member Services and bring your favorite provisions to enjoy during the show.

Fall Gift, Craft, & Art Faire ~ with Entertainment by Denny James

Saturday, November 22, 10 a.m. - 3 p.m., Vista Club

Don't miss out on this convenient and unique selling and shopping experience at Trilogy in time for the holidays! Plus, Denny James will entertain in the Grand Living Room 11 a.m. till 2 p.m., and the Café Vista will be open until 3 p.m.! Raffle sales and drawings are held throughout the event all proceeds benefit Meals on Wheels.

Table Registrations for Sellers Begin . . .

October 8, at 9 a.m., Vista Club Business Center for hand-made items or jewelry sellers

October 15, at 9 a.m. for all other sellers

- Seller application and \$30/table check required.
- The Faire is open to the public and advertised.
- Each seller table will donate a prize for the raffle.
- Jewelry sellers will be in the Monterey & Sonoma Rooms.

Want to receive the seller registration notice next spring for the April faire? Ask Member Services at the Vista Club to put you on the e-mailing list. Questions, contact Member Services (4200) or Debbie Dorn email ddorn@actionlife.com.

Tree Decorating Social

Saturday, November 29, 10 – 2 p.m.,
Grand Living Room, Vista Club



It's an old-fashioned get-together and decorating social for the holidays featuring piano music for entertainment. There is plenty of space needing your decorative touch! Light refreshments will be served and the Café Vista will be serving until 3 p.m. This is sure to be a great time sharing the holiday spirit! Sign up at Member Services (4200) and gather at the Monterey Room.

Holiday Decorations Shop & Swap ~ 2013 Slideshow

Saturday, November 29, 10 a.m. – 2 p.m.
Diablo Ballroom, Vista Club

Do your holiday decorations need refreshing or is it a work-in-process? Looking for ideas? Here is your perfect opportunity to upgrade decorations for any holiday season! You may find unique treasures to complete any theme! Get into the spirit of the season with holiday decorating and socializing with your neighbors! Light refreshments will be served. Sellers and swappers, sign up now for your free space on the Diablo Ballroom round tables at Member Services (4200). If you have large items, no worries, just bring photos for the display!



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Trilogy Holiday Home Tours ~ Register Your Home for the Tour!

Sunday, November 30, 3 - 6 p.m. Tours

Members will schedule during November for their time to tour your beautifully decorated home. Your choice for decorating inside or out! Tours will be scheduled at \$10 per person with all proceeds to benefit Christmas 94571, a local Rio Vista non-profit program. Everyone will be invited to the Vista Club by 7 p.m. for the Tree Lighting Ceremony! Refreshments follow. Register at Vista Club's Member Services desk to show your home on the tour!

Tree Lighting Ceremony ~ It's an Inspirational Tradition

Sunday, November 30, 7 p.m., Grand Living Room, Vista Club
~ Free

Join in this Trilogy experience that will heighten your sensations of the holiday season through performances by Delta Breeze, Delta Harmony and an instrumental ensemble from Trilogy Jazz Band. No sign-up required.

Attention Clubs and Villages - A Reminder

After hosting an event at either the Vista or Delta Club, please return each room to its original condition. Make sure all trash is picked up and put into garbage cans or bags, and boxes are flattened or removed with all other items brought into the facility. When serving beverages, please do not toss bottles into the provided garbage containers - large beverage bottles should be returned to the container it was brought in and removed. Thank you.

Registration begins November 3, 10:30 a.m. - 12 p.m., Monterey Room, Vista Club

Trilogy New Year's Eve Grand Ball

AN ELEGANT EVENING

December 31, 6 p.m. - 12:30 a.m., Diablo Ballroom, Vista Club ~ \$65 per person

Rally your friends - sign up to reserve your place to bring in the New Year at the Vista Club on December 31! Table selection will be available. Large groups are encouraged to send one person to sign up with full names of those they are signing up and checks for payment.

Your special evening begins with a delicious hors d'oeuvres reception, and leads into a scrumptious all-inclusive dinner served at your table. The Trilogy 2014 picture-slideshow displays on the big screen while soft music complements conversation. Later, dance through the night bringing in the New Year to the great sounds of John Colvert and Crystal Image! Share the New York Times Square count-down on the big screen at midnight, to toast the New Year while we sing along to Auld Lang Syne! Private label champagne will be provided for toasting. Coffee, iced tea and water will be available or bring your own beverage of choice to enjoy throughout the evening. Ice will be provided. Register early for this grand event of the year! For more information, contact Member Services (4200) or Debbie Dorn at (4204) or ddorn@actionlife.com.



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Assessment Notice

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

Minutes & Financials

Minutes of the Master and Village Board Meetings, as well as, Financial Statements, Document Revision Committee Minutes and Access Committee Agendas and Minutes are posted on My Trilogy Live (MTL), Mytrilogy-life.com and VIVO vivoportal.com for your review.

Adult Committee

The House Renovation Committee, a subcommittee of the Adult Committee, needs two additional members. Projects to enhance the Delta and Vista Clubs are pending until we have better representation by our residents on this committee. No design experience is required. Please complete a committee application form and turn it in at the Administrative Office.

At our August meeting, recommendations from the Wildlife Committee were reviewed. These recommendations covered feral cats, raccoons, turkeys and geese. Members of the Adult Committee will work with management to add a policies and procedures section to these recommendations.

A suggestion to build a storage area for the Delta Club by extending a section of the Rio Vista Room was discussed. Ed Vitrano and members of the Adult Committee will meet with Jason Enos to determine whether Shea Homes may be able to help with design and/or construction.

Residents are encouraged to attend Adult Committee Meetings. Our next meeting is October 30 at 1 p.m. in the Rio Vista Room of the Delta Club. For more information please contact Patty Kohn at (2737) or pfkohn@gmail.com.

Riviera Board News

The leaves will start to change this month and the Riviera board has voted to make some changes. At our September 4 meeting, we went over the results of the non-binding parking survey that residents turned in. Of the 198 surveys turned in, 56% were for change and 44% wanted parking to stay the same. After an open discussion on the matter, the board voted 4 to 1 to allow Riviera residents to obtain a parking pass for each vehicle without an inspection of their garage. This would allow a home owner to park any "allowed" vehicle (no RVs/commercial vehicles, etc.) in their driveway so long as a permit was obtained. A poll was also taken to determine how many cars could be parked in the driveway, one or two. By a vote of 3 to 2 the board voted to allow only one car to be parked in the driveway. The amended Rules will be presented at the November 6 meeting for a first reading. They would then officially take effect after a second reading (vote) no later than January.

In other Riviera news, Riviera Kare Bears has a need for more helpers. Contact Myra (3660) or Valerie (6942) if you can help. Plus, residents need to get approval from the architectural committee prior to making any changes in their yards. Please join us on November 6 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 Village Board News

Saddle Rockers are reminded that board meetings are held every other month in odd-numbered months. Our next meeting will be November 19 at 6:30 p.m. in the Rio Vista Room of the Delta Club.

A lot of things can happen in the two months between meetings. By the time we meet again we'll have shared wine and snacks and met neighbors at the Saddle Rock Social in the Park October 29; we'll have terrified ourselves at our Halloween Party October 31; we'll have held two Architectural Committee meetings to review the many applications we continue to receive; and everyone who wants to park a car in their driveway will have obtained a permit from the Administrative Office. Okay, I may have gotten carried away by that last one ... For more information please contact Patty Kohn at (2737) or (pfkohn@gmail.com). We look forward to seeing you there.

Village Oakmont

This month's scary event is our Halloween Party on October 31 from 5 - 9 p.m. hosted by Saddle Rock and Oakmont Village. All Trilogy residents are invited. Saddle Rock has taken the lead in planning this event and have some fun activities planned for everyone. Sign-up flyers went out to Oakmont and Saddle Rock residents around September 22. If you do not have a flyer, pick one up at the Vista or Delta Clubs. The event will be catered by PBS Catering, who did our holiday party for the past two years. Ron Covey will be the DJ. Costumes are optional, so let your crazy side show through and join the party!

Our next Oakmont Social Committee meeting is Wednesday, November 5 at 3 p.m. in the Monterey Room at the Vista Club. Join us in planning for our year-end holiday party. Any questions, please call Cyndy Schroeder (2480).

Saddle Rock Village



Our Saddle Rock Village Residents' Club Park Social is a chance to get to know your neighbors. Come out on the last Wednesday, monthly, from 5 - 9 p.m. in the park on the corner of Saddle Rock Lane and Silver Ridge Drive. Bring your favorite drinks and snacks.

The Residents' Club meetings are every odd numbered month (January, March, May, July, September and November on the third Wednesday of the month) following each Board of Directors meeting.

Richard Larsen's SRV website is <http://saddlerock.tk>. Helpful information about our village, Trilogy, and the town of Rio Vista is available.

Our SRV Caring Connection is available to help residents in need. If you have a need, or if you know of a need on your neighborhood block, please contact Marj at marjniemi@yahoo.com.

Residents can donate recycling items to support our club such as bottles, cans and plastic with a CRV label only, and dropped off at 513 Timber Creek Drive in the back of the truck in the driveway.

Just as a reminder, residents interested in contributing a \$10 one time resident donation to help fund our Residents' Club activities, please drop your donation in SRV box #6 in the Delta Club.

Dates to Remember:

Friday, October 31 - Halloween Costume Party and Dance, Vista Club

Wednesday, November 19 - 7:30 p.m. SRV Residents' Club meeting, directly following our SRV Board meeting, Rio Vista Room, Delta Club. Social hour follows each meeting with wine, soft drinks, snacks and fun! For information contact kathibradley@comcast.net.

Sunday, December 7 - Trilogy Christmas Dinner Dance, Vista Club

Saturday, December 13 - SRV Holiday Caroling

Village I

Our Oktoberfest is nearly here (October 11) and we still have a few spaces left for reservations, so if you haven't got your reservations in yet, time is quickly running out. The cost for the event is \$15 and that includes dinner with dessert. We will enjoy learning a little about German culture, beer, and of course food, with the fine spread the Residents Club has lined up for you. The menu includes bratwurst, pork cutlets, sauerkraut, German potato salad, mixed vegetables, and of course no German fare would be complete without apple strudel. We will have German beer, sodas, and water available for purchase to round out the meal. We will finish our year's events with a Christmas gathering - details to follow soon.

The club is always looking for new members to get involved with the events so if you have a little energy or time you can contribute to help with any of our events please drop us an email at our new email address v1socialclub@aol.com or contact Jim at (4870).



Village Riviera

It's Fall. The leaves are changing colors. The days are getting shorter. The weather is getting cooler. Riviera Residents' Club is quiet the months of October and November as we gear up for our annual Black and White Holiday Affair on December 13. Stay tuned for more details in next month's *Trilogy Living*.

We did not have a meeting in September, but if you would like to join us in October, our committee meets the third Thursday of the month at 7 p.m. in the Monterey Room at the Vista Club. We have a lot of wonderful new events planned for 2015 and are looking for people who want to have fun, meet new friends and neighbors and get involved in working on these events. Contact Patty Ramos at pscramos@yahoo.com for more information.

Meeting Calendar

Master Association Board Meeting

Tuesday, October 14, 2 p.m.
Diablo Ballroom, Vista Club

Council of Village Presidents

Monday, October 20, 10 a.m.
River Room, Vista Club

Administrative Policies Committee

Thursday, October 30, 6 p.m.
River Room, Vista Club

Adult Committee Meeting

Thursday, October 30, 1 p.m.
Rio Vista Room, Delta Club

Document Revision Committee

Tuesday, October 7, 2 p.m.
Monterey Room, Vista Club
Thursday, Oct 9 and Wednesday Oct 15, 2pm
River Room, Delta Club

Emergency Action Committee

Tuesday, October 14 and 28, 7 p.m.
River Room, Delta Club

House Renovation Committee

Monday, October 27, 3 p.m.
Monterey Room, Vista Club

Vision Meeting

Thursday, October 9, 1 p.m.
Rio Vista Room, Delta Club

Wildlife Management Committee

Thursday, October 2 and 16, 10 a.m.
Monterey Room, Vista Club

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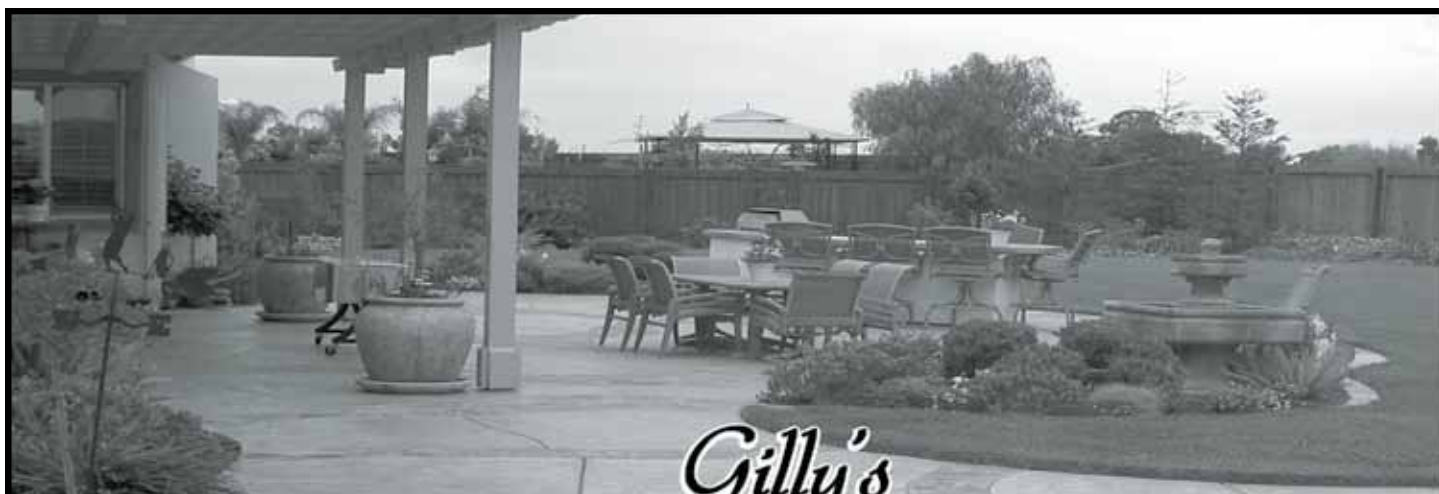


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Marina Dr. and make a left

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Oct 6 - Oct 10

9:00 a.m. - 5:00 p.m.



For more information visit:
www.webuyevents.com/riovista



SIXTH ANNUAL

WALKTOBER

Saturday, October 18

**Join your Trilogy
neighbors
in a Fun
Walk & Raffle**



7:15 a.m. Check-in
7:45 a.m. Warm-up
8:00 a.m. Walk/Run

Free

**New 2014
Walktober
Safety
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**Only
\$3.00
(Optional)**

Sign up for your distance:

- 2.3 miles
- 3.0 miles
- 5.6 miles *(or double for 11 miles!)*
- T-shirt to all participants

***Door Prizes, Fruit, Bagels,
Refreshments***

Who can participate?

Walktober is designed for Trilogy residents only - from inactive individuals to those already making great strides toward better health. Anyone can step it up and be successful with this cool weather walking program.

**Please Volunteer to help! Call Kathy for more information 374-4205
Sign up @ Member Services Desk Vista Clubhouse**



By Kathy Erwin,
Fitness & Spa Director



October Fitness Orientations

New members are required to attend one of our FREE monthly Fitness Orientations before using the Fitness Center. It is a chance for us to get to know you and answer your questions. We'll have you fill out a Health and Fitness

History form at the orientation.

Saturday, October 11 at 11 a.m.

Wednesday, October 15 at 6 p.m.

Saturday, October 25 at 11 a.m.

Lomi Lomi Hawaiian Massage

We are offering a new massage called Hawaiian Lomi Lomi by Massage Therapist Marti Meyer.

What is Hawaiian Lomi Lomi? It is hard to describe this incredibly healing art form. It's definitely something that should be experienced!

Lomi Lomi is like a beautiful, rhythmic dance, in which the therapist's hands and forearms are used to break up fibrous deposits and lactic acid, increase blood flow and circulation, lymph fluid, and eliminate toxins. Hawaiian Lomi Lomi combines compression, vibration, accupressure, deep tissue work, and mobilization to make an impact on the mind, body, and Spirit.

One favorite aspects of Lomi massage is how fluid the work is. This allows the client to fully let go and relax on the table. In addition, the highest quality (cold-pressed) oils are used to support the continuity and sacredness of this practice. Pure essential oils are added into every massage, because clients absolutely love it!

To make an appointment, call Member Services (4200).



October Special

50 Minutes

for \$50



Fitness Friends

Fitness Friends is a personal group of participants who are committed to 8 sessions in 4 weeks.

Currently, there is one group meeting from 12 - 1 p.m. Tuesday and Thursday in 4 week intervals, working towards cardiovascular health, strength and flexibility.

OR

Create your own group & program
(Cardio/Dance/ Strength/Weights etc.)

8 people, 8 sessions \$45 each

4 people, 8 sessions \$90 each

Prices are fixed. We cannot prorate a fee if a resident is unable to attend a class date.



October Spa Special

Warm Stone Therapy

Soothing, heat-radiating warm stones and gentle rhythmic strokes are designed to melt away tension.

Regularly \$110 Now \$99 (90 minutes)

Available for purchase October 1–31, 2014 (May be redeemed anytime)

For appointments or more information contact Member Services 374-4200





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).

Kare Bears Olympic Village

OV Kare Bears are participating in the Phone Buddy Program. We are hoping to have all villages involved. It provides 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 2015 will continue to be the first Tuesday of the month at 1 p.m., location to be announced. Our next meeting will be on December 2 at 1p.m., location to be announced. Quarterly meetings in 2015 will continue to be the first Tuesday of March, June, September, and December. For more information, contact Mackie Webster (5837).

Kare Bears Village Oakmont

Don't forget the annual Oakmont Kare Bear's garage sale on Saturday, October 4, 9 a.m. - 3 p.m. It will be held at the Carlson home at 350 Canyon Springs Drive. For more information, call Kathy Russo at (2969) or Janet McKimmy (5415).

The Oakmont Kare Bears are looking for Oakmont Neighbors who are willing to volunteer to occasionally drive and provide transportation for our neighbors in need to their appointments. If you can help, please call the above numbers.

Our next Kare Bear meeting is October 8, at 10:30 a.m., in the Delta Club. We will have much to discuss after our summer hiatus, so come early, enjoy coffee and goodies, and share your thoughts and ideas.



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Trilogy Living

Fitness Class Schedule for October 2014




Trilogy Fitness Punch Card Choices: All classes require one of three card choices - a blue 20-punch for \$70, a yellow 10-punch for \$35 or an Unlimited Monthly Punch Card for \$85. Unlimited card colors change each month. because they are good for one month! Get your cards at Member Services. 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: **Linda Doelcher**

Beginning mid-October all aqua classes will move from the Delta to the Vista except the 3 – 4 p.m. afternoon classes on Tuesday & Thursday they will drop off the calendar and return next summer.

October Fitness Orientations: Sat. Oct. 11 at 11 a.m., Wed. Oct. 15 at 6 p.m., Sat., Oct. 25 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
<div>CLASS LOCATIONS</div> <div>(GX) Group Exercise Studio</div> <div>(DB) Diablo Ballroom</div> <div>(VP) Vista Pool</div> <div>(DP) Delta Pool</div> <div>(RV) Rio Vista Room–Delta</div> <div>(SR) Sonoma Room-Vista</div> <div>(FC) Fitness Center</div>		<div>1</div> <div>7-8am Early Yoga (B) (DB) Tammy</div> <div>8-9am Back To Basics Yoga (B/I) (DB) Tammy</div> <div>8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat)</div> <div>9:30-10am Intro to Dance Aerobics (B/I/A) (GX) Joelle</div> <div>9:30-10:30am Aqua Fit (B) (DP) Denise</div> <div>10-10:30am Boot Camp (B/I/A) (GX) Joelle</div> <div>11am-12pm Hot ZUMBA (I/A) (GX) Prescy</div> <div>4-5pm Stretch and Flex (B/I) (GX) Tammy</div> <div>6:30-7:30pm Balance Ball (GX) Deanna</div>	<div>2</div> <div>7:30-8:30am Body Works (B/I/A) (GX) Kathy</div> <div>9-10am Core/Stretch (B) (GX) Joelle</div> <div>9-10am Tai Chi (B/I) (GX) Lillian</div> <div>9-10am Advanced Aqua (B/I/A) (DP) Kathy</div> <div>10-11am Aqua Fit (B) (DP) Denise</div> <div>10-11am Jazz Aerobics (B/I/A) (GX) Joelle</div> <div>11-12pm The Feel Good Class (B) (GX) Beverly</div> <div>1-2pm Sit and Get Fit (B) (GX) Beverly</div> <div>2:30-3:30pm Yoga (B/I) (GX) Tammy</div> <div>3-4pm Advanced Aqua (B/I/A) (DP) Denise</div>	<div>3</div> <div>7-8am Early Yoga (B) (DB) Tammy</div> <div>7:30-8:30am Low Impact (B/I/A) Pat</div> <div>8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat)</div> <div>9-10am Yoga/Pilates (B) (DB) Deanna</div> <div>9:30-10:30am Aqua Fit (B) (VP) Denise</div> <div>9:45-10:30am Core Balance and Standing Abs (B) (GX) Sophie</div> <div>10-11am Balance Ball (DB) Deanna</div> <div>10:30 -11:15am ZUMBA Toning (B/I) (GX) Sophie</div> <div>11:15-12pm ZUMBA Dance (B/I) (GX) Sophie</div>	<div>4</div> <div>8:30-9:30am Step Aerobics</div> <div>October 4 only (GX) Pat</div> <div>NO ZUMBA TODAY</div>
<div>6</div> <div>8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat)</div> <div>9-10am Yoga/Pilates (B) (DB) Deanna</div> <div>9-10am Advanced Aqua (B/I/A) (DP) Kathy</div> <div>9:45-10:45am Wake-up and Move (B/I) (RV) /Pat</div> <div>9:45-10:30am Core Balance and Standing Abs</div> <div>10-11am Aqua Fit (B) (DP) Denise</div> <div>10-11am Meditation Breathing (B) (DB) Deanna</div> <div>10:30 -11:15am ZUMBA Toning (B/I) (GX) Sophie</div> <div>11:15-12pm ZUMBA Dance (B/I) (GX) Sophie</div> <div>4-5pm Stretch and Flex (B/I) (GX) Tammy</div> <div>6:30-7:30 Yoga/Pilates (B/I) (DB) Deanna</div>	<div>7</div> <div>8-9am Body Works (B/I/A) (GX) Kathy</div> <div>9-10am U-Jam (RV) Sharon</div> <div>9-10am Myofascial Release Stretch (B) (GX) Joelle</div> <div>9:30-10:30am Aqua Fit (B) (VP) Denise</div> <div>11-12pm The Feel Good Class (B) (GX) Beverly</div> <div>1-2pm Sit and Get Fit (B) (GX) Beverly</div> <div>3-4pm Advanced Aqua (B/I/A) (DP) Kathy</div>	<div>8</div> <div>7-8am Early Yoga (B) (DB) Tammy</div> <div>8-9am Back To Basics Yoga (B/I) (DB) Tammy</div> <div>8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat)</div> <div>9:30-10am Intro to Dance Aerobics (B/I/A) (GX) Joelle</div> <div>9:30-10:30am Aqua Fit (B) (DP) Denise</div> <div>10-10:30am Boot Camp (B/I/A) (GX) Joelle</div> <div>11am-12pm Hot ZUMBA (I/A) (GX) Prescy</div> <div>4-5pm Stretch and Flex (B/I) (GX) Tammy</div> <div>6:30-7:30pm Balance Ball (GX) Deanna</div>	<div>9</div> <div>7:30-8:30am Body Works (B/I/A) (GX) Kathy</div> <div>9-10am Core/Stretch (B) (GX) Joelle</div> <div>9-10am Tai Chi (B/I) (GX) Lillian</div> <div>9-10am Advanced Aqua (B/I/A) (DP) Kathy</div> <div>10-11am Aqua Fit (B) (DP) Denise</div> <div>10-11am Jazz Aerobics (B/I/A) (GX) Joelle</div> <div>11-12pm The Feel Good Class (B) (GX) Beverly</div> <div>1-2pm Sit and Get Fit (B) (GX) Beverly</div> <div>2:30-3:30pm Yoga (B/I) (GX) Tammy</div> <div>3-4pm Advanced Aqua (B/I/A) (DP) Denise</div>	<div>10</div> <div>7-8am Early Yoga (B) (DB) Tammy</div> <div>7:30-8:30am Low Impact (B/I/A) Pat</div> <div>8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat)</div> <div>9-10am Yoga/Pilates (B) (DB) Deanna</div> <div>9:30-10:30am Aqua Fit (B) (VP) Denise</div> <div>9:45-10:30am Core Balance and Standing Abs (B) (GX) Sophie</div> <div>10-11am Balance Ball (DB) Deanna</div> <div>10:30 -11:15am ZUMBA Toning (B/I) (GX) Sophie</div> <div>11:15-12pm ZUMBA Dance (B/I) (GX) Sophie</div>	<div>11</div> <div>11am-12:30pm ZUMBA</div> <div>Power 90 (GX) Sophie</div>
<div>13</div> <div>9-10am Yoga/Pilates (B) (DB) Deanna</div> <div>9-10am Advanced Aqua (B/I/A) (DP) Kathy</div> <div>9:45-10:45am Wake-up and Move (B/I) (RV) /Anna</div> <div>9:45-10:30am Core Balance and Standing Abs</div> <div>10-11am Aqua Fit (B) (DP) Denise</div> <div>10-11am Meditation Breathing (B) (DB) Deanna</div> <div>10:30 -11:15am ZUMBA Toning (B/I) (GX) Sophie</div> <div>11:15-12pm ZUMBA Dance (B/I) (GX) Sophie</div> <div>4-5pm Stretch and Flex (B/I) (GX) Tammy</div> <div>6:30-7:30 Yoga/Pilates (B/I) (DB) Deanna</div>	<div>14</div> <div>8-9am Body Works (B/I/A) (GX) Kathy</div> <div>9-10am U-Jam (RV) Sharon</div> <div>9-10am Myofascial Release Stretch (B) (GX) Joelle</div> <div>9:30-10:30am Aqua Fit (B) (VP) Denise</div> <div>11-12pm The Feel Good Class (B) (GX) Beverly</div> <div>1-2pm Sit and Get Fit (B) (GX) Beverly</div> <div>3-4pm Advanced Aqua (B/I/A) (DP) Kathy</div>	<div>15</div> <div>7-8am Early Yoga (B) (DB) Tammy</div> <div>8-9am Back To Basics Yoga (B/I) (DB) Tammy</div> <div>9:30-10am Intro to Dance Aerobics (B/I/A) (GX) Joelle</div> <div>9:30-10:30am Aqua Fit (B) (DP) Denise</div> <div>10-10:30am Boot Camp (B/I/A) (GX) Joelle</div> <div>11am-12pm Hot ZUMBA (I/A) (GX) Prescy</div> <div>4-5pm Stretch and Flex (B/I) (GX) Tammy</div> <div>6:30-7:30pm Balance Ball (GX) Deanna</div>	<div>16</div> <div>7:30-8:30am Body Works (B/I/A) (GX) Kathy</div> <div>9-10am Core/Stretch (B) (GX) Joelle</div> <div>9-10am Tai Chi (B/I) (GX) Lillian</div> <div>9-10am Advanced Aqua (B/I/A) (DP) Kathy</div> <div>10-11am Aqua Fit (B) (DP) Denise</div> <div>10-11am Jazz Aerobics (B/I/A) (GX) Joelle</div> <div>11-12pm The Feel Good Class (B) (GX) Beverly</div> <div>1-2pm Sit and Get Fit (B) (GX) Beverly</div> <div>2:30-3:30pm Yoga (B/I) (GX) Tammy</div> <div>3-4pm Advanced Aqua (B/I/A) (DP) Denise</div>	<div>17</div> <div>7-8am Early Yoga (B) (DB) Tammy</div> <div>9-10am Yoga/Pilates (B) (DB) Deanna</div> <div>9:30-10:30am Aqua Fit (B) (VP) Denise</div> <div>9:45-10:30am Core Balance and Standing Abs (B) (GX) Sophie</div> <div>10-11am Balance Ball (DB) Deanna</div> <div>10:30 -11:15am ZUMBA Toning (B/I) (GX) Sophie</div> <div>11:15-12pm ZUMBA Dance (B/I) (GX) Sophie</div>	<div>18</div> <div>11am-12:30pm ZUMBA</div> <div>Power 90 (GX) Sophie</div> <div></div>
<div>20</div> <div>8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat)</div> <div>9-10am Yoga/Pilates (B) (DB) Deanna</div> <div>9-10am Advanced Aqua (B/I/A) (DP) Kathy</div> <div>9:45-10:45am Wake-up and Move (B/I) (RV) /Pat</div> <div>9:45-10:30am Core Balance and Standing Abs</div> <div>10-11am Aqua Fit (B) (DP) Denise</div> <div>10-11am Meditation Breathing (B) (DB) Deanna</div> <div>10:30 -11:15am ZUMBA Toning (B/I) (GX) Sophie</div> <div>11:15-12pm ZUMBA Dance (B/I) (GX) Sophie</div> <div>4-5pm Stretch and Flex (B/I) (GX) Tammy</div> <div>6:30-7:30 Yoga/Pilates (B/I) (DB) Deanna</div>	<div>21</div> <div>8-9am Body Works (B/I/A) (GX) Kathy</div> <div>9-10am U-Jam (RV) Sharon</div> <div>9-10am Myofascial Release Stretch (B) (GX) Joelle</div> <div>9:30-10:30am Aqua Fit (B) (VP) Denise</div> <div>11-12pm The Feel Good Class (B) (GX) Beverly</div> <div>1-2pm Sit and Get Fit (B) (GX) Beverly</div> <div>3-4pm Advanced Aqua (B/I/A) (DP) Kathy</div>	<div>22</div> <div>7-8am Early Yoga (B) (DB) Tammy</div> <div>8-9am Back To Basics Yoga (B/I) (DB) Tammy</div> <div>8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat)</div> <div>9:30-10am Intro to Dance Aerobics (B/I/A) (GX) Joelle</div> <div>9:30-10:30am Aqua Fit (B) (DP) Denise</div> <div>10-10:30am Boot Camp (B/I/A) (GX) Joelle</div> <div>11am-12pm Hot ZUMBA (I/A) (GX) Prescy</div> <div>4-5pm Stretch and Flex (B/I) (GX) Tammy</div> <div>6:30-7:30pm Balance Ball (GX) Deanna</div>	<div>23</div> <div>7:30-8:30am Body Works (B/I/A) (GX) Kathy</div> <div>9-10am Core/Stretch (B) (GX) Joelle</div> <div>9-10am Tai Chi (B/I) (GX) Lillian</div> <div>9-10am Advanced Aqua (B/I/A) (DP) Kathy</div> <div>10-11am Aqua Fit (B) (DP) Denise</div> <div>10-11am Jazz Aerobics (B/I/A) (GX) Joelle</div> <div>11-12pm The Feel Good Class (B) (GX) Kathy</div> <div>2:30-3:30pm Yoga (B/I) (GX) Tammy</div> <div>3-4pm Advanced Aqua (B/I/A) (DP) Denise</div>	<div>24</div> <div>7-8am Early Yoga (B) (DB) Tammy</div> <div>7:30-8:30am Low Impact (B/I/A) Pat</div> <div>8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat)</div> <div>9-10am Yoga/Pilates (B) (DB) Deanna</div> <div>9:30-10:30am Aqua Fit (B) (VP) Denise</div> <div>9:45-10:30am Core Balance and Standing Abs (B) (GX) Sophie</div> <div>10-11am Balance Ball (DB) Deanna</div> <div>10:30 -11:15am ZUMBA Toning (B/I) (GX) Sophie</div> <div>11:15-12pm ZUMBA Dance (B/I) (GX) Sophie</div>	<div>25</div> <div>NO ZUMBA TODAY</div>
<div>27</div> <div>8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat)</div> <div>9-10am Yoga/Pilates (B) (DB) Deanna</div> <div>9-10am Advanced Aqua (B/I/A) (DP) Kathy</div> <div>9:45-10:45am Wake-up and Move (B/I) (RV) /Pat</div> <div>9:45-10:30am Core Balance and Standing Abs</div> <div>10-11am Aqua Fit (B) (DP) Denise</div> <div>10-11am Meditation Breathing (B) (DB) Deanna</div> <div>10:30 -11:15am ZUMBA Toning (B/I) (GX) Sophie</div> <div>11:15-12pm ZUMBA Dance (B/I) (GX) Sophie</div> <div>4-5pm Stretch and Flex (B/I) (GX) Tammy</div> <div>6:30-7:30 Yoga/Pilates (B/I) (DB) Deanna</div>	<div>28</div> <div>8-9am Body Works (B/I/A) (GX) Kathy</div> <div>9-10am U-Jam (RV) Sharon</div> <div>9-10am Myofascial Release Stretch (B) (GX) Joelle</div> <div>9:30-10:30am Aqua Fit (B) (VP) Denise</div> <div>11-12pm The Feel Good Class (B) (GX) Kathy</div> <div>3-4pm Advanced Aqua (B/I/A) (DP) Kathy</div>	<div>29</div> <div>7-8am Early Yoga (B) (DB) Tammy</div> <div>8-9am Back To Basics Yoga (B/I) (DB) Tammy</div> <div>8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat)</div> <div>9:30-10am Intro to Dance Aerobics (B/I/A) (GX) Joelle</div> <div>9:30-10:30am Aqua Fit (B) (DP) Denise</div> <div>10-10:30am Boot Camp (B/I/A) (GX) Joelle</div> <div>11am-12pm Hot ZUMBA (I/A) (GX) Prescy</div> <div>4-5pm Stretch and Flex (B/I) (GX) Tammy</div> <div>6:30-7:30pm Balance Ball (GX) Deanna</div>	<div>30</div> <div>7:30-8:30am Body Works (B/I/A) (GX) Kathy</div> <div>9-10am Core/Stretch (B) (GX) Joelle</div> <div>9-10am Tai Chi (B/I) (GX) Lillian</div> <div>9-10am Advanced Aqua (B/I/A) (DP) Kathy</div> <div>10-11am Aqua Fit (B) (DP) Denise</div> <div>10-11am Jazz Aerobics (B/I/A) (GX) Joelle</div> <div>11-12pm The Feel Good Class (B) (GX) Kathy</div> <div>2:30-3:30pm Yoga (B/I) (GX) Tammy</div> <div>3-4pm Advanced Aqua (B/I/A) (DP) Denise</div>	<div>31</div> <div>7-8am Early Yoga (B) (DB) Tammy</div> <div>7:30-8:30am Low Impact (B/I/A) Pat</div> <div>8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat)</div> <div>9-10am Yoga/Pilates (B) (DB) Deanna</div> <div>9:30-10:30am Aqua Fit (B) (VP) Denise</div> <div>9:45-10:30am Core Balance and Standing Abs (B) (GX) Sophie</div> <div>10-11am Balance Ball (DB) Deanna</div> <div>10:30 -11:15am ZUMBA Toning (B/I) (GX) Sophie</div> <div>11:15-12pm ZUMBA Dance (B/I) (GX) Sophie</div> <div>HAPPY HALLOWEEN!!!</div> <div></div>	

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 8am Social Tennis 8am TOPS (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) 10am – 11:30am First Time Computer User (V) 12pm Ukulele Club (V) 12pm – 1pm Using the Internet (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) 7pm Delta Breeze Rehearsal (V)	2 8am Social Tennis 8:30am Golf – Women's 18-Holers 9:30am Ceramics (D) 10am Olympic Village ARC (D) 10am Wildlife Management (V) 12:15pm Ponytail Canasta (V) 1pm Good Samaritans (D) 1pm Sailing Club (V) 2pm Genealogy Club (V) 5pm Drama Rehearsal (V) 5pm Table Tennis (D) 5pm Tai-chi for Beginners (V) 6pm Yuan-chi & Fan Dance (V) 6:30pm Pinochle (V) 6:30pm Photography Club (V) 7pm Ballroom Dance - Beg (V) 8pm Ballroom Dance - Adv (V)	3 8am Social Tennis 9am Model Club (V) 9:30am Village 1 ARC (V) 9:30am Walk & Talk (V) 10am Rubber Stamp Card Making (D) 10:30am Country Line Dance (D) 12pm Bridge (V) 12pm Adv Watercolor Painting (D) 6:30pm Joy Luck Mah-Jongg (V)	4 8am Motorcycle Club (Off-site) 9am – 3pm Community Garage Sale 9am Table Tennis (D) 9:30am Hiking Club (V)
5 10am – 3pm Farmers Market	6 8am Social Tennis 8:30am Woodcarving (D) 9:30am Walk & Talk (V) 11am Saddle Rock Village ARC (V) 12pm Open Painting (D) 12:30pm Rip, Stitch & Bitch (V) 1pm Mah Jongg (V) 1pm TAG Mtg (D) 3pm Guitar Club (V) 6pm Soul Line Dancing (V) 6pm Poker (D) 6:30pm Game Night (V)	7 8am Social Tennis 8:30am Radio Club (V) 9:30am Golf – Women's 9-Holers 10am Pastel Art Class (D) 10am – 11:30am Familiar with Computers – Next step (V) 10:30am Country Line Dancing (D) 11:30am Golf – TRVMEN 9-Hole 12pm – 1:30pm Working with Photos (V) 12:15pm Beginning Watercolor Class (D) 12:15pm Hand & Foot Canasta (V) 12:30pm Dominoes (D) 1:30pm Golf – Women's 9-Holers Mtg 2pm Stroke/Head Injury Support Group (V) 4pm Golf – Sr. Men's Board Mtg (D) 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 Rehearsal (V)	8 8am Social Tennis 8am TOPS (D) 9 – 10:30am Registration Gift, Craft, Art Fair (V) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Kare Bears – Village Oakmont (D) 10am Stained Glass (D) 10am – 11:30am First-Time Computer User (V) 12pm Ukulele Club (V) 12pm – 1pm Using the Internet (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 Nature Club Mtg (V) 6:30pm Soul Line Dancing (D) 7pm Delta Breeze Rehearsal (V) 7:30pm VORC Quarterly Mtg (D)	9 8am Social Tennis 8:30am Golf – Women's 18-Holers 9am Blood Pressure Check (D) 9:30am Ceramics (D) 10am Council for the Arts (V) 12:15pm Ponytail Canasta (V) 1pm Good Samaritans (D) 1pm Trilogy Vision Mtg (D) 4pm Drama Rehearsal (V) 5pm Table Tennis (D) 5pm Tai-chi for Beginners (V) 6pm Yuan-chi & Fan Dance (V) 6:30pm Pinochle (V) 7pm Computer Club (V) 7pm Writers' Club (V) 7pm Ballroom Dance - Beg (V) 8pm Ballroom Dance - Adv (V)	10 8am Social Tennis 9:30am Walk & Talk (V) 10am Rubber Stamp Card Making (D) 10:30am Country Line Dance (D) 12pm Bridge (V) 12pm Adv Watercolor Painting (D) 12pm – 2:30pm Brentwood Tennis Luncheon (D) 7pm Bunco (D)	11 9am Table Tennis (D) 9:30am Hiking Club (V) 6pm VORC Octoberfest (D)
12	13 8am Social Tennis 8:30am Woodcarving (D) 9:30am Walk & Talk (V) 10am Kare Bears – Village Riviera (D) 10am Village Oakmont ARC (V) 12pm Open Painting (D) 12:15pm Duplicate Bridge (V) 12:30pm Rip, Stitch & Bitch (V) 6pm Soul Line Dancing (V) 6pm Poker (D) 6:30pm Game Night (V) 7pm Fishing Club (D)	14 8am Social Tennis 8:30am Radio Club (V) 9:30am Golf – Women's 9-Holers 10am Pastel Art Class (D) 10am – 11:30am Familiar with Computers – Next step (V) 10:30am TRVMA Executive Session (V) 10:30am Country Line Dancing (D) 10:30am Book Club (V) 11:30am Golf – TRVMEN 9-Hole 12pm Recipe Club (D) 12pm – 1:30pm Working with Photos (V) 12:15pm Beginning Watercolor Class (D) 12:15pm Hand & Foot Canasta (V) 1:30pm Golf – 9 Holers Mtg (D) 2pm Master Association Board Mtg (V) 4pm Table Tennis (D) 5pm Billiards Club Tournament (V) 5:30pm Tai-chi & Yuan-chi (V) 6pm Grapevine Chat (V) 7pm Drama Rehearsal (V) 7pm Emergency Action Committee (V)	15 8am Social Tennis 8am TOPS (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) 10am – 11:30am First Time Computer User (V) 12pm Ukulele Club (V) 12:30pm Fat Quarters Quilting (D) 1pm Village Riviera ARC (D) 1:30pm Jazz Band (V) 2pm Document Revision Committee (D) 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) 7pm Olympic Village RC Mtg (V) 7pm Pop Fest (V)	16 8am Social Tennis 8:30am Golf – Women's 18-Holers 9:30am Ceramics (D) 10am Olympic Village ARC (D) 10am Wildlife Management 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) 5pm Drama Rehearsal (V) 6pm Yuan-chi & Fan Dance (V) 6:30pm Pinochle (V) 7pm Village Riviera RC Mtg (V) 7pm Ballroom Dance - Beg (V) 8pm Ballroom Dance - Adv (V)	17 8am Social Tennis 9:30am Village 1 ARC (V) 9:30am Walk & Talk (V) 10am Rubber Stamp Card Making (D) 10:30am Country Line Dance (D) 12pm Bridge (V) 12pm Adv Watercolor Painting (D) 3:30pm – 6pm Shibori Shirt Prep (D) 6:30pm Joy Luck Mah-Jongg (V) 7pm Whist Club (D) 7pm Comedy Night – Funniest Cop in the World (V)	18 8:30am – 4pm Shibori Shirt Workshop (D) 9am Table Tennis (D) 9:30am Hiking Club (V) 6pm Concert with Kimberly Jackson (V)
19 8:30am – 4pm Shibori Shirt Workshop (D) 10am – 3pm Farmers Market (D)	20 8am Social Tennis 8:30am Woodcarving (D) 9:30am Walk & Talk (V) 10am Joint ARC & Council of Village Presidents (D) 12pm Open Painting (D) 12:30pm Rip, Stitch & Bitch (V) 1pm Mah Jongg (V) 3pm Guitar Club (V) 4pm – 8:30pm AARP Smart Drivers Course – Part 1 (V) 6pm Soul Line Dancing (D) 6pm Poker (D) 7pm MOTN Auditions (V)	21 8am Social Tennis 8:30am Radio Club (V) 9:30am Golf – Women's 9-Holers 10am Pastel Art Class (D) 10am – 11:30am Familiar with Computers – Next step (V) 10:30am Country Line Dancing (D) 11:30am Golf – TRVMEN 9-Hole 12pm – 1:30pm Working with Photos (V) 12:15pm Beginning Watercolor Class (D) 12:15pm Hand & Foot Canasta (V) 12:30pm Dominoes (V) 4:15pm Table Tennis (D) 5pm Billiards Club Tournament (V) 5pm Couples Canasta (V) 5:30pm Tai-chi & Yuan-chi (V) 7pm Drama Rehearsal (V)	22 8am Social Tennis 8am TOPS (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) 10am – 11:30am First Time Computer User (V) 12pm Ukulele Club (V) 12pm – 1:30pm Setting Up & Using Free E-Mail (V) 12:30pm Fat Quarters Quilting (D) 1:30pm Jazz Band (V) 2pm Bergren Art (D) 2pm Card Design Class (D) 4pm – 8:30pm AARP Smart Drivers Course – Part 2 (V) 4:30pm Table Tennis (D) 5:30pm Delta Harmony Rehearsal (V) 6:30pm Soul Line Dancing (D) 7pm Delta Breeze Rehearsal (V)	23 8am Social Tennis 8:30am Golf – Women's 18-Holers 9:30am Ceramics (D) 12:15pm Ponytail Canasta (V) 1pm Good Samaritans (V) 1:30pm Community Connections (V) 5pm Table Tennis (D) 5pm Drama Rehearsal (V) 5pm Tai-chi for Beginners (V) 6pm Yuan-chi & Fan Dance (V) 6:15pm – 7:15pm Sunset Labrynth Walk (V) 6:30pm Pinochle (V) 7pm Theatre Group (D) 7pm Ballroom Dance - Beg (V) 8pm Ballroom Dance - Adv (V)	24 8am Social Tennis 9:30am Walk & Talk (V) 10am Rubber Stamp Card Making (D) 10:30am Country Line Dance (D) 12pm Bridge (V) 12pm Adv Watercolor Painting (D) 7pm Bingo (D)	25 9am Table Tennis Tournament(D) 9:30am Hiking Club (V)
26 2pm Family Halloween Party (D) 7pm Dance Club – Solid Gold (V)	27 8am Social Tennis 8:30am Woodcarving (D) 9:30am Walk & Talk (V) 10am Village Oakmont ARC (V) 12pm Open Painting (D) 12:30pm Rip, Stitch & Bitch (V) 1pm Mah Jongg (V) 3pm House Renovation Committee (V) 6pm Soul Line Dancing (D) 6pm Poker (D)	28 8am Social Tennis 8:30am Radio Club (V) 9:30am Golf – Women's 9-Holers 10am Pastel Art Class (D) 10am – 11:30am Familiar with Computers – Next step (V) 10:15am Mystery/Crime Book Club (V) 10:30am Country Line Dancing (D) 11:30am Golf – TRVMEN 9-Hole 12pm – 1:30pm Working with Photos (V) 12:15pm Beginning Watercolor Class (D) 12:15pm Hand & Foot Canasta (V) 12:30pm Dog Club (D) 4:15pm Table Tennis (D) 5pm Billiards Club Tournament (V) 5pm Grapevine Chat (V) 5:30pm Tai-chi & Yuan-chi (V) 7pm Drama Club Membership Mtg (D) 7pm Drama Rehearsal (V) 7pm Emergency Action Committee (D)	29 8am Social Tennis 8am TOPS (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) 10am – 11:30am First Time Computer User (V) 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) 7pm Delta Breeze Rehearsal (V)	30 8am Social Tennis 8:30am Golf – Women's 18-Holers 9:30am Ceramics (D) 12:15pm Ponytail Canasta (V) 1pm Adult Committee Mtg (D) 1pm Good Samaritans (V) 5pm Drama Rehearsal (V) 5pm Table Tennis (D) 5pm Tai-chi for Beginners (V) 6pm Yuan-chi & Fan Dance (V) 6:30pm Pinochle (V) 6pm HOA Admin Policies Mtg (V) 7pm Ballroom Dance - Beg (V) 8pm Ballroom Dance - Adv (V)	31 Happy Halloween! 8am Social Tennis 9:30am Walk & Talk (V) 9:30am Tennis Club Mtg (D) 10am Rubber Stamp Card Making (D) 10:30am Country Line Dance (D) 12pm Bridge (V) 12pm Adv Watercolor Painting (D) 5pm Oakmont/Saddle Rock RC Event – Halloween Party (V)	



Relax, Release & Let Go Class

SESSION II

Pre-register at Member Services

Instructor: Anna Chunn

Cost: \$35 (pay at Member Services)

What: 6-Week Workshop

When: Mondays, Nov. 3, 17, 24. & Dec. 1, 15, 22, 3 – 4 p.m.

Location: Sonoma Room Vista Club

For more information, leave a message for Anna at (4200). No class Nov. 10 & Dec. 8.



Learn relaxation skills through exercises, visualization, breath control, and memory techniques to promote a relaxation routine and serene environment. Individual attention will be given to each student, focusing on their specific needs. Students will learn to self-evaluate their stress levels using the five senses and implement exercises.

Must have a minimum of 8 participants



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Rio Vista Community Service Food Bank needs your help!

Commit your Tuesdays (8:30 - 11:30 a.m.) one per month or any combination that works for you. Must be able to lift 40-50 pound items on occasion. Help a team pick up the weekly donated food items with a provided van. Contact (2358). Thank you.

Alzheimer's/Dementias Caregivers' Support Meeting

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

Trilogy Labyrinth Walkers

Gratitude at Sunset Labyrinth Walk, Trilogy Labyrinth on Vista Club patio, October 23 at 6:32 p.m.

Sunrise and sunset signal special times; the start and completion of each day. While sunrise may be thought of as a time for setting intentions, sunset may be a time for reflection, considering, and gratitude. October is a month ripe with opportunity for reflection and acknowledgment of our good fortune. Each person's labyrinth experience is unique, yet this might be an appropriate hour and month for a sunset gratitude walk. At the walk's conclusion, participants are encouraged to share one thing for which they are grateful. We will gather at the Vista Club's fireplace around 6:15 p.m. You may wish to bring a jacket for the walk; October evening temperatures are often cool. Contact Gerry Swan at (510) 507-4080 or Elaine Wisz at (4310) for information or to let us know you will be joining us.

Catamaran Sailing Cruise on San Francisco Bay

If you are reading this prior to midnight Tuesday, September 30, you still have time to join 70 of your fellow Trilogy friends on the Catamaran Sailing Cruise on San Francisco Bay happening on Wednesday, October 1. This is the fourth year we have done this. We leave from the Vista Club as a group (you can also go on your own), and take the ferry from Vallejo to Pier 41. The charter boat leaves from Pier 39, so there is little to no walking.



The charter is two hours long and sails over to Sausalito, and then under the Golden Gate Bridge. Don't worry, it is a big boat so you will not get sea sick. After the cruise there is an optional walking tour followed by a group dinner in Chinatown.

For more information contact Vic Thiry at (3749) or vic@thiry.us.



Courage does not always roar.
sometimes courage is the quiet voice
at the end of the day saying,
"I WILL TRY AGAIN TOMORROW"



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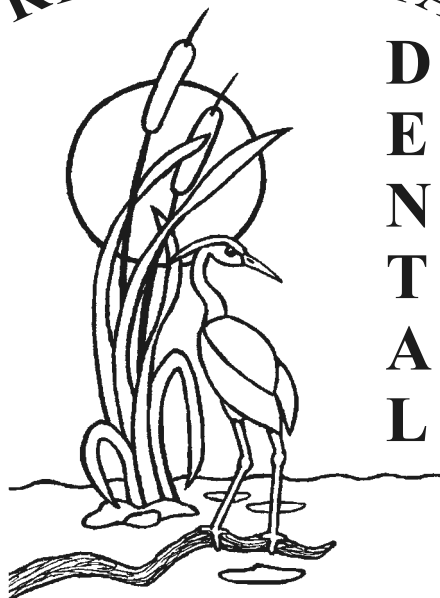
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Billiards Club

The next Billiards Club meeting is on Wednesday, October 1 at 7 p.m. in the Monterey Room of the Vista Club. Tuesday evening's tournament start times are 5 p.m. The first and third Tuesdays the format will be 8-ball round robin with no handicaps for B players. The second Tuesday of the month the format will be handicap 9-ball with a round robin format. In order to get a win a player must beat his opponent 2 out of 3 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 8-ball and the club will split the tournament into A and B players. There will be a first and second place winner in each group. The fifth Tuesday will be 9-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:

Aug. 5, 8-Ball

1st Al Bergoust
2nd Neil Brodhead
3rd Mike Quihuiz

Aug. 12, Handicap 9-Ball

1st Dave Stewart
2nd Jack Clark
3rd Gene Ivey

Aug. 19, 8-Ball

1st Al Bergoust
2nd Tony Wong
3rd Mike Quihuiz

Aug. 26, 8-Ball

1st Bob Powell
2nd Diego Cassone
3rd Ken Guillory
4th Percy Osibin

July 29, 9-Ball

1st Lee Durham
2nd Al Bergoust
3rd Dave Stewart

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

Bingo

Last bingo game of 2014! Come join your bingo buddies for end of the year fun. Mark your calendar for the fourth Friday of the month (October 24) for bingo at the Delta Club. Games begin promptly at 7 p.m. Buy-in for each person is \$10 for 12 games. We have one early-bird special: one card for \$1 and an extra blackout card is \$1. The prize money for each game is \$50 and the blackout prize is \$250. Games resume on January 23. Have a wonderful holiday season. For more information, call Irene at (6999).

Bocce Club

The Morning Bocce League (MBL) recognized 2 teams as champions for the 2014 season. All 20 teams played the full schedule of 108 games during the season. The Tuesday/Thursday winner was the Court Jesters with a record of 77 wins & 31 losses. The Wednesday/Friday winner was the Court Hogs with a record of 80 wins & 28 losses.

The Night Bocce League's (NBL) 20 teams also played 108 games and finished the season with a three-round playoff between the first four teams in each play group, from the second full round of play. The championship went to Bocce Amore who defeated the Busy Bees 2 - 0 in the final match. The other NBL finalists, in alphabetical order were; Bottoms Up, Jack Rabbits, La Dolce Vita, Paisanos, Ridge Runners and The Runaways.

September was a busy month for the bocce community between the annual membership meeting, our one-day self-funding bocce tournament, and the start of the Winter Bocce Federation (WBF), all of which will be commented on in next month's article. Remember to roll often, throw straight and have fun, that's what it's all about. Joe Downes at (7520) for more information.

Book Club



The Book Club meets the second Tuesday of each month at 10:30 a.m. in the Sonoma Room at the Vista Club. The next meeting is October 14. The book selection is *Doctor Zhivago* by Boris Pasternak. November's book selection is *The Book Thief* by Markus Zusak. There is no requirement to have read the selected book. Everyone is welcome to join, feel free to

stop by. For more information contact Adrienne at (5576).

Bridge – Duplicate

Duplicate Bridge meets the second Monday of each month at 12:15 p.m. in the Sonoma Room at the Vista Club. Please mark your calendars for our game on Monday, October 13. All Trilogy residents who are interested in playing duplicate bridge are welcome. If you need a partner; we'll find one for you. Please contact Sue at (6136) for more information.

August's winners: Regular game: 1st: Sue Vogtlin and Lois Brusen; 2nd: John Mount and John Fashing; 3rd: Bob Wis-kotzil and Bruce Morrison. Novice game: 1st: Judy and Alan Carter; 2nd: Tammy Woodworth and Mary Brodie; 3rd: Woody Woodard and Judith Havadtoy



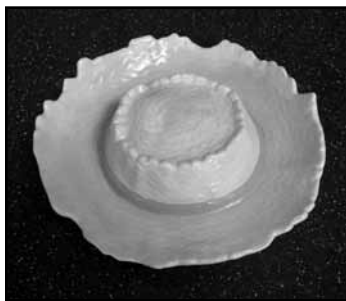
Bridge – Friday

Friday Bridge Club meets every Friday at 12:15 p.m. in the Sonoma room, Vista Club. All levels of players are welcome. Please let us know you are coming, by 12 p.m. on the Wednesday of that week. Sign-up book is in the Sonoma Room in the middle top drawer of credenza at the left side of the room. On the first Friday, there will be duplicate bridge, all levels welcome. Same sign-up book. For more information or any questions, please call Larry Epner at (3511).

Bunco

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

Ceramics Club



This sweet little ceramic hat will make a pretty decoration. Can you think of different ways it could be displayed? We thought of using it for crackers and cheese. It could hold fruit in the kitchen. Indian corn and gourds would make it look like Autumn. We find

that the items we paint sometimes turn out in a way that was not planned. Glazes can react to other colors while they are in the kiln. This makes it interesting to see the finished glaze. Why don't you come and see what surprising colors we come up with.

We meet every Thursday from 9:30 a.m. to 12 p.m. in the Marina room at the Delta Club. For more information, please call Ann at (5122).

Community Connections

Come join us on Thursday, October 23 at 1:30 p.m. in the Monterey Room, Vista Club. Learn what Trilogy has to offer and meet your neighbors. We are a club who likes to be "in the know" about what is going on around us. All Trilogy residents are welcome.

We planned several trips this Fall, including the Grand Island Mansion Brunch and a Wine and Chocolate Tasting at the Jelly Belly Factory. These were enjoyed by all. December will bring us an opportunity to attend the McHenry Mansion Christmas Tea in Modesto. In addition, a fun train weekend trip to Reno is planned for February 2015. As you can tell, our members love to stay active and

socialize. We like to volunteer our services too, and the upcoming holidays will most likely give us many chances to help others.

There is always something to do here in Trilogy, so please come and allow us to get to know you. Please bring a sweet or savory snack to share if you wish...or just bring yourself! Questions? Call Donna at (2461) or Pam at (3161).

Computer Club

The next meeting of the Computer Club will be held on Thursday, October 9 at 7 p.m. in the Vista Club. This is an open meeting for all of Trilogy residents who wish to attend.

Steve Hansen, Senior Technical Account Manager from Microsoft will talk to us about everything Microsoft. Here is an opportunity to hear about the basic software that we all use, from the expert.

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. Alternatively, 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. Call Lynne Hansen (4060) for more information.

Drama Club

Having had a most enjoyable evening of laughter and sharing memories at our September Open House we are moving on to preparations for our Christmas production. It's going to be a fun revival of a past success, "Scrooge Makes Up!". We will continue our tradition of taking non-perishable food donations for Rio Vista Community Services. The performances will be at the Vista Club on December 4, 5, and 6, starting promptly at 7 p.m. There will be light refreshments afterwards for all our guests. Mark your calendars now to hold the date. Reservation forms will be in the November *Trilogy Living* Magazine. As always there is no charge for our production.

We are wrapping up a very successful year for us and we are looking forward to welcoming our new members in January. Our meetings will remain the last Tuesday of the month at the Delta, 7 p.m. For additional information contact Debby Dubrow (6706).

Emergency Action Committee

When Emergency Strikes - In August we experienced an earthquake, a rare occurrence in Rio Vista. Did you feel it? If it had been worse and caused a gas leak in your home,



do you know how to turn off the gas? There are many things to consider when an emergency strikes and the best way to ensure your safety and security is to have a plan. Being prepared will greatly reduce your stress when dealing with the unexpected.

September was National Preparedness Month; did you get any new ideas? If you do nothing else, please put together a communications plan and an emergency kit. Your communication plan will give you and your family peace of mind. Your emergency kit will help you get through the first 72 hours following an emergency when things are the most chaotic.

Your Emergency Action Committee meets twice a month to train for an effective response in an emergency and to prepare tools for the community to be self-sufficient. When an emergency strikes the committee is prepared to provide basic first aid as well as emotional support to those in need. The committee has put together a half-hour presentation with handouts to help everyone prepare for the unexpected.

The "Emergency Action Committee" meets every second and fourth Tuesday at 7 p.m. in the Marina Room of the Delta Club. You may call Alan Levine at (707) 718-7907, Art Darden at (3455) or Gillsa Miller at (916) 508-2758 for more information.

Fat Quarter Quilters

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

Fishing Club

Our next meeting will be Monday, October 13 at 7 p.m. in the Marina Room at the Delta Club. We will be planning for and signing up for our Holiday Brunch. Thanks to all of you who helped at the kids trout pond and Rio Vista Bass Derby weigh station. We will be going over the reports of the Fall striper and salmon run. We will have lots of photos to share. This is our last meeting of the year as our brunch is our November get-together and we have no meeting in December.

We have a lot to discuss and I hope you can attend the meeting. 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

Our Genealogy members have been very busy. Just recently we volunteered to highlight the Genealogy Club and Workshop in one of the display cabinets at the Vista Club. The members were most generous in bringing their family treasures, family books and many other items that represent their hard work to share with the Trilogy community. We hope you enjoy the display.

Recently, a club member brought up the subject of military records and the difficulty in finding them. We must remember that in the 1970s in St. Louis, Missouri, millions of the military records from WWI and WWII were destroyed by fire. The government had not duplicated or filmed them and the records of millions of men and women who served were lost. Very few were rescued and somewhat reconstructed. If you find this with your family member, try going to the county in which they joined and you may find some basic information on them. The National Park Service is another good site for researching military personnel. Fire details: <http://www.archives.gov/st-louis/military-personnel/fire-1973.html>

The Genealogy Club and Workshop are open to all residents of Trilogy. Regular club meetings take place the first Thursday of the month at 2 p.m. in the Monterey Room, Vista Club. For more information contact Rhoda at (7542). The Genealogy Workshop is held the third Thursday of each month at 2 p.m. in the Learning Center, Vista Club. For more information contact Carolyn at wncbridges@comcast.net, or by phone at 510-334-0912.

Good Samaritans

What great joy our Bible study group is experiencing in studying the book of Joshua from the Holy Bible. As we have experienced in real life, great leaders are hard to find. We are blessed to have strong Christian leaders in our Bible Study.

The Good Samaritans has opened the door to further expand Christian Bible study teachers. Within the group we are also blessed to have strong Christian leaders, retired professional business people, teachers, writers, social workers and many other professions.

In the Book of Matthew, Jesus urges his disciples to pray for workers. *Matthew 9:37*

The Book of Joshua states that no matter what the task is, prayer comes first. The Good Samaritans is preparing interested workers for the ministry to show someone the way to the Lord.

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

Scripture of the month: Psalm 75:1



Model Club



On Friday, August 22, members of the Model Club visited Beale AFB. This is where the U2 spy planes train, fly and are maintained. They fly at a mission altitude of 70,000+ feet. Gary Francis Powers was shot down in one while flying over Russia around 1959 and we used them during the Cuban missile crisis. They continue to fly special operations and weather missions today. We got a tour showing where the pilots are trained to deal with life un-



der those conditions. We were subjected to a screening prior to our tour. Beale AFB is open for restricted tours on Fridays from late spring through September. Once we were on the base there was nothing restricting us from observing the planes on the flight line and performing 'touch n' go's'. We also had an extensive briefing on flight suits and psychological effects of high-altitude extended missions. Pretty exciting! On this base there is also a 10-story building which contains equipment to detect, among other things, Intercontinental Ballistic Missiles (ICBM)s fired from great distances. This helps protect the entire western coast of the USA. In the accompanying picture you can see us by a retired SR-71 jet. This type aircraft also flew similar missions.

Stop by our Model Club meeting held on the first Friday of each month in the Monterey Room, Vista Club. We will be presenting ideas and talking about upcoming field

trips. Any questions, please contact our president, John Harder (3646). Please join us at our monthly meeting.

Motorcycle Club

The Trilogy Motorcycle Club riders meet the first Saturday of every month for an all-day ride. The September 6 destination was decided upon more by direction than destination, i.e. let's go north and east as opposed to last month when we rode to the coast. Nine bikes and 10 riders departed a familiar direction out Twin Cities Road to Martel for a stretch break. We thank Jerry and Dottie Dale for treating the club to a round of coffee drinks at Starbucks. Can you imagine a Starbucks gift card with excess cash on it that needs to be burned off?! Yum!



Ted Tome, Stacy Cade, Bob Azbell, Jerry and Dottie Dale, Jack Phifer, Wil Bridges, Mike Oestreich

We headed north through Placerville, veered off on Highway 193 and looked for a lunch place in quaint little Georgetown. A cowboy bar and Mexican cafe satisfied our appetite requirements, but we resisted the urge for a siesta and headed for Cool. The temps were climbing into the '90s so the little town didn't seem to live up to its namesake. Some of these roads are often traveled but we seem to find a little gem or two of 10-20 miles that satisfies our need for the 'twisties' and tests our skills a bit. At about 225 miles, it was a good day riding.

We invite the other motorcycle riders in Trilogy to join us on any of the monthly rides. For the next ride we will meet at McDonalds in Rio Vista at 8 a.m. on October 4. The destination is to be determined based on weather. For more information, contact Bob Pastorino at (6556) or Larry Nelson (2967).

Movers & Shakers

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



Nature Club

Autumn is here and time to celebrate and observe our migratory birds. Already spotted are white faced ibis and godwits on Highway 113, on Fry, Hawkins, and Midway roads. These birds cluster in the fields and fly together. Hawks, turkey vultures, cormorants and goldfinches are more abundant now. Marin Peninsula celebrates hundreds of migrating hawks funneling south with views from Hawk Hill just beyond the Golden Gate Bridge, during September and October and is only a short drive away. Watch for Sandhill Cranes off Highways 12 and 160 toward Lodi and Isleton respectively. Remember the Lodi Sandhill Crane festival is November 7 - 9, and is full of outings and informative talks to sign up for and attend (www.cranefestival.com). Nature Club is planning trips to Cosumnes River Preserve and Staten Island soon, as well as local nature walks around Trilogy and Rio Vista, the third Thursday of each month. Check in at our meeting October 8, 6:30 p.m., Monterey Room, Vista Club for more information. See you then.

Photography Club

We meet on the first Thursday of each month at 7 p.m. in the Monterey Room at the Vista Club. Our next meeting is on October 2. One of the regular features of our meetings is a "show and tell" about photos we've taken. Those who are sharing photos should arrive at 6:30 p.m. to upload their pictures onto the computer. We usually pick a theme or subject matter each month to help narrow the focus on what kinds of photos we'll be sharing in the following month's meeting. Meetings are open to all Trilogy residents regardless of experience, technical know-how, and/or type of camera used. Please contact Cecelia at c.a.wavrick@gmail.com or call (4749) for more information.

Radio Club

As you are all aware we had a major earthquake in our area, but fortunately most of us were unaffected. We at Trilogy are not near a known fault, but we could be hurt by the next one. Our homes might not be badly shaken, our water and gas lines might be OK, but our biggest risk is likely the loss of electricity. Our power comes from a single distribution system from Elk Grove (36 road miles and at least two bridges away). Most of the Delta power comes from that source. If power goes out due to a major event we might be on our own for a lengthy period of time. We will not be able to pump fuel for our cars, buy food, and may be without running water or landline phone service. You will be unable to light heaters, stoves or fireplaces (they all require AC power to start a flame) or even heat water. If you are prepared with the OSHA-

recommended 72-hour emergency kit, a first aid kit, and your medications, you will likely be in good shape when emergency services become available. This decision is up to you. The Radio Club and the members of the Office of Emergency Services (OES) will be here to work with Rio Vista's Fire, Police and your Emergency Action Group to assist in communications and assistance.

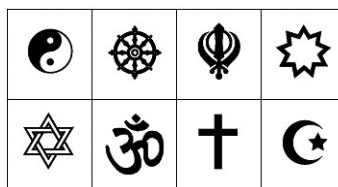
If you would like to learn more, the Radio Club meets most Tuesdays in the Monterey Room, Vista Club 9 a.m. for informal discussions. Please stop by. Call Club President Jerry Armanino for more information at (2461).

Recipe Club

Our theme for the October 14 noon meeting is "Autumn Food." The chefs this month are Wendy Adair, Kathy Nakashima, and Molly Woodworth. Jan Hunter is the coffee hostess. If you enjoy cooking and sharing recipes, please feel free to join us. Call me if you have questions - Patty LaFleur (3159).

Monthly Tip: Breadcrumbs—fresh vs. dry. The dry type is best for coating foods, especially those that you're going to fry because they don't absorb as much oil. Fluffy fresh breadcrumbs are a little larger, so they add a nice crunch when broiled on top of a casserole. They also soak up lots of liquid, making them a great binder for meatballs. Whichever kind your recipe requires, they're easy to make at home! For fresh: Remove and discard crusts from a few slices of day-old bread. (Fresh bread can clump together in the food processor.) Tear bread into large pieces. In a food processor, pulse to pea-sized crumbs. For dried: Spread fresh pea-sized breadcrumbs from above on a baking sheet. Bake at 325° until dry and light-golden, 10 to 12 minutes. In a food processor, pulse to very fine crumbs.

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.

Our next meeting will be Tuesday, October 7 at 6:30 p.m. in the River Room at the Delta Club. This meeting will



feature a slide show of a group member's trip to Turkey earlier this year. Highlights will include visits to many ancient mosques, churches and the ancient ruins of the Basilica of St. John, the Virgin Mary's house, Troy, museums and Hagia Sophia. There also will be discussion of Turkey's history and culture.

The past year our group focused on the world's largest religions. Going forward our focus will be the similarities and differences in how different religions address issues like creation, the afterlife, prayer, 'the golden rule', plus much more.

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

Rich and Pat May took us to the 49ers RV Ranch in Columbia in September. There were eight rigs circled up around the campfire. I will share all the details with you next month.

Jan and Gene Vick (5025) will host us at Pomo RV Park at Ft. Bragg on October 19 - 23. This time of year should give us great weather. They needed your first night deposit of \$47 by September 10, but if you missed the deadline and would like to go, call them to see if they can add you to the roster. They will also need to know if you are going up on Sunday.

Our holiday potluck will be November 18 from 5:30 - 8:30 p.m. at the Delta Club. Ron and Pauline Cruz (3050) will be our hosts. This dinner is open to all members, past or present, plus anyone who would like to join us to see if this group is something you would enjoy getting to know better. The turkey will be furnished and your wonderful side dishes will accompany it! Call our hosts for a head count and advise of your delicious contribution.

Sign on to <http://rvroamers.tk> to find the next outing information. Log on to sign yourself up or call the member hosting that outing. Call Sandra Santos (3538) or Jan Vick (5025); either will be more than happy to answer any questions.

Men's Executive Nine Golf Club

The Rio Vista Men's Executive Nine golf club is comprised of members who enjoy playing nine holes of golf and then socializing after the game. We play each Tuesday mid-morning. The format varies each week, from individual "straight" golf play on the first and third Tuesdays,

and with some infrequent differences, individual and team golf tournament events on the second and fourth Tuesdays of the month. Our club now 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.

In August we had one regular club tournament and the first of the two-day club championship. The winning team members for the August 12 "Shamble-Three Best Net Ball" tournament were Dale Moore, William Metzler, and Bob Brainerd. The club members in first place, by flights a, b, & c, after the first day of club championship play on August 26 were (a) Dennis Germano, (b) Bob Frable, and (c) Bob Brainerd.

During the month of October we will have two tournaments. On October 14, we will have a "Shamble, Two Best Net Score" tournament. On October 28, we will have a "Two Man-Switch Ball" format tournament. Play on that day will be followed by the Annual Club Luncheon.

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

Senior Men's Golf Club

**"I feel the Earth move, under my feet.
I feel the sky come tumblin' down,
a-tumblin' down."**

— *Written and sung by Carole King: Tapestry, Ode, 1971*

The Napa quake awakened us at 3:20 a.m. on August 24. Chimneys and wine barrels fell, and our region was reminded of its vulnerability. Things were less dramatic on the course, although two of our members, George Barlesi and Lee Durham, scored holes in one. George's came at Mare Island, and Lee aced #8 on our home course. Congratulations, guys!



The August Clothing Drive for Homeless Veterans in Solano County was a huge success. We loaded 60 boxes of clothing and accessories for men and women, along with over \$400 cash, into a

Community Action North Bay (CAN-B) truck. Thanks to all who organized, donated, boxed, loaded and otherwise



contributed to the effort. RVSMGC never tires of giving back to our community.

We visited Moraga and Napa Valley Country Clubs, and we looked forward to hosting both those clubs and Oakmont in September. Thanks to Rayno Niemi and Tony Peters for their ongoing efforts on behalf of our membership in Bay Area Seniors' Association (BASA). Thanks also to the faithful who arise before dawn to travel and/or play host to our friends in other towns.

Our Annual Awards Banquet and Dance will be held in the Diablo Ballroom, Vista Club on Saturday night, November 22. Afterglow and PBS caterers will again supply the music and food, respectively. Get your tables organized!

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

Stroke, Head & Brain Injury Club

We are a support group that serves those who have had or are living with someone who has been affected by stroke. We also assist those suffering from dementia. Our group provides help, useful tips, and current information on how to cope with the various short and long term physical as well as emotional side effects that are unique to each individual's situation. Since those who experience these conditions can suffer from feeling alone, helpless, and/or impaired by some physical and/or emotional limitation, the support that we 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 (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. in the Monterey Room, Vista Club unless there is a holiday or schedule change. Our next meeting will be held Tuesday, October 7. 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 6 - 10). We are not limited to a formal dinner menu only. We might 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 have not been able to participate with during the rest of the year. It is a festive affair which our members truly enjoy.

Everyone is welcome to join. 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. 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 February 2015. The New Year's Brunch will be held in January 2015. For further information please contact Cheryl Bellrose (6619). We're looking forward to hearing from you.

Table Tennis Club



Friendly competition between Trilogy and Rossmoor is in its fourth year. The latest tournament took place August 30 at their new Table Tennis building. The trophy we held since winning the previous tournament was on display, slated to be retained by the winning team. Fortunately, we prevailed and brought the trophy back to Trilogy.

Fifty-one players, grouped into skill levels from beginner to advanced, participated in the tournament. Each contest had players of similar level competing. 115 matches were held consuming 6 hours of uninterrupted play! Trilogy won the doubles 21 to 15, and the singles 46 to



33. Trilogy's Juno, Ahmad, Tong, Xiao and Brenda won first place in their respective categories. Heartfelt thanks to Mike Mahrous for organizing the tournament and working tirelessly on transporting Trilogy's computerized scoring system (developed by the incomparable Kim Russell) for use at Rossmoor. Thanks to Abaan for assisting in score keeping.

New activities included Club Awareness Day on September 13. Information was provided to Trilogy residents interested in table tennis. Another social/sporting event (for club members), the international pot-luck picnic and Bocce, was held at Cypress Park on September 20. Foods from various countries was served, followed by friendly bocce competition.

To learn more about our club please visit <http://trvtt.wordpress.com>, or contact any Board Member: 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 Halloween! In keeping with the general theme of the month of October, I will start with the supernatural results of the Rossmoor/Trilogy Match played on August 23. Games: Trilogy 85 and Rossmoor 44; Sets: Trilogy 12 and Rossmoor 4. Needless to say, we got the trophy back home where it belongs! Congratulations to all the players and Wally Beckman, our tournament coordinator. And a special thanks to George Sablan. It appears that all those tennis clinics paid off!

Spine Tingling Coming Events: October 10 is our Tournament with Brentwood, which will be played on their courts in Summerset. October 17 is our final Friday Night Tennis and Potluck. Tennis begins at 5 p.m. with the potluck dinner afterwards at the Bocce picnic tables. The food theme is international. November 2 is our semi-annual Daylight Savings 'Tournasocial'. This starts at 9 a.m. for the women, then 1 p.m. for the men. Potluck is at 6 p.m. at the Delta Club. For more information on any of these events, contact Wally Beckman (email below) or Joe Downes at josephdownes@citlink.net.

Finally, for all club members, be sure to reserve Friday, December 12, for the Tennis Club Holiday Party. More information will be available as we get closer to the date.

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.

For more information about our club, attend our next club meeting Friday, October 31, at the Delta Club (prizes awarded for costumes) or contact Wally Beckman at beckmanwally@hotmail.com.

Theater Group

We would like to thank everyone who enjoyed our September performance of *12 Angry Jurors*. The cast really enjoyed taking on a drama and based on the comments we got, our fellow Trilogians enjoyed it also. The play sold out two weeks after the tickets became available. We thank all of you for supporting us and we hope to bring a lot more great play selections as we continue to grow. It takes a lot of people and work to coordinate these productions so if you have an interest in any of the aspects of theater, be it acting, directing, building sets, designing leaflets and programs or helping with ticket sales or refreshments, we welcome you.



If you would like to learn more please join us at our meeting this month in the Marina Room at the Delta Club. We will be meeting at 7 p.m. on October 23.

Our next production will be a reading theater on November 7, 8 and 9. We will be performing a reader's theater production of "Love Letters". This is the story of the life-long correspondence between a man and a woman who may or may not be the love of each others' life. Coincidentally the show also will be playing during this same period on Broadway starring Carol Burnette and Brian Dennehy.

TOPS (Take Off Pounds Sensibly)

Our local Chapter was well represented at the Area Workshop in Sacramento on Saturday, September 20. Many of the surrounding chapter members gathered to hear of the latest programs to encourage participants to bring home to their own clubs.



We had a very nice display at the Trilogy Club Awareness Day on September 13 at the Vista Club, thanks to our leaders. We received a good deal of interest and inquiries about our program and of becoming members of our club.

The Trilogy Chapter meets every Wednesday at 8 a.m. at the Delta Club. For more information call Leader Elouise Brice at (1499) or Co-leader Barbara Bellamy at (6670).

Trilogy Art Guild for Artists

There is a new mural on the Rio Book Store. If you haven't seen the mural being painted by our Art Guild members, then you must check out the side of the building of Rio Book Store. A piece of history is painted on the side showing what the building looked like many years ago. Many people have enjoyed watching the artists at work.

The Annual Art Guild Art Show guest judged this year, awarded thirty seven awards between First, Second, Third place and Honorable Mentions: Best of Show, won by John To for "Prosperity" in Mixed Media, People's Choice, won by Ellen LaVaccare for "Henrietta" in Acrylic. A portion of the proceeds from the basket raffle will be donated to the Youth Center in town.



Trilogy Jazz Band

The band is busy preparing for our part in the Trilogy Pop Fest on October 15. This will be a terrific show, featuring many of Trilogy's musical groups,

beginning at 7 p.m. in the Diablo Ballroom, Vista Club, and ending with "Solid Gold" playing until 10 p.m. for those who wish to stay for listening and dancing. Be sure to sign up at Member Services!

Full band rehearsals are held most Wednesday afternoons, 2:30 – 5 p.m. in the Diablo Ballroom, Vista Club. Our vocalists and accompanying combos rehearse from 1:30 to 2:30 p.m., just before the band. Observers and listeners are welcome at both sessions!

If you play a band instrument and are interested in being part of the Jazz Band, even if you're "rusty," please contact Music Director Jim Lucas (7567). There are currently openings for a trombone player and a bari saxophone player. Other opportunities will develop in the future. For more information, contact Jim Lucas (7567) or Marti Rogers (6859).

The Whist Club

We would like to thank everyone for being a part of our Old Fashioned Fish Fry. The food was delicious. We would like to thank everyone who helped make this a successful event. Mark your calendar for the trip to Red Hawk Casino, on October 8; it is just around the corner. Price is \$30 per person, boarding time is at 9 a.m. We leave at 9:30 a.m. sharp from the parking lot by the tennis court, returning around 5 p.m. Please join us.

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

Women's 9-Holers

August weather has been a little kinder. The wind has been better and the heat, well, it is August. Now if we could get this drought under control! In total, 130 ladies played this month; so much fun!

August 5, Low Putt Day Winners are, Helen Swarbrick, Lois



PWGA Play Date August

Dutcher, Anna Stevens and Eila Ballard. **August 12**, Low Net, Flight A; 1-Anna Bogucki, 2-Fran Silva, 3-Pam Fashing. Flight B; 1-Jeanie Renner, 2-Nancy Griffin, 3-Diane Scholz. Flight C; 1-Tie- Eila Ballard and Barb Bellamy, 2-Tie-Ingrid Cavanaugh and Marnie Doody. **August 19**, We hosted a fun day with the Eighteen Hole Ladies, "Team Dice Game." Flight 1, 1-Karenann Evans, Diana Staley, Nancy Griffin, Patty Harrison. 2-3 place Linda Barlesi, Pam Fashing, Nancy Whitney, Judy Rumble, Cindy Brown, Joann Littrell, Suzi Masterson, Jeanie Renner, Debby Carroll, Lynn Grace, Gay Fortier and Marji Niemi. Flight 2, 1-Anna Bogucki, Lynn Traver, Myra Levine, Anna Stevens. 2- Linda Van Nieuwburg, Lois Dutcher, Joanne Smith. 3-Maureen Gingass, Karen Nash, Doreen Lewis, Marnie Doody. **August 26**, First Day of Tournament of Champions; results next month. There



were four Chip-ins this month, Eila Ballard, Nancy Whitney, Karen Nash and Lynn Traver. Pars for the Month-24 in total, #8 and #13, most popular. Par Of The Month Club, Members (this can change monthly); Anna Bogucki (7), Helen Swarbrick, Pam Fashing (2), Eila Ballard, Fran Silva (3), Karen Nash, Lynn Traver (2), Nancy Griffin, Marnie Doody, Myra Levine, Georgette Rodrigues, Lois Dutcher, Doreen Lewis, Gay Fortier. Way to go Ladies!

To join, contact Fran Silva at (3791) or alfran70@comcast.net.

Playing By The Rules: I ask you what club you just hit. Legal or illegal? Answer next month.

Women's 18-Holers

Our Invitational Committee is putting the finishing touches on our Invitational. It is being held on October 9. We have 100 ladies participating this year, which is the largest field we have had. There are several teams coming from out of town. We are all looking forward to the fun.

One of our ladies, Chris Sabye had a hole-in-one on September 4, on hole number 5. As is customary, she treated everybody to a drink after the round. Congratulations to Chris.

Some of the winners for the month of August were: August 7. Low Putt Day. First place winners in Flights A,B,C were. Marsha Berry, Alma Renko, Loretta Ortenblad and Terry Sutter. Sue Clark was the Ace of the month, which

means she shot the lowest net of the field for the day. August 14. Three Blind Mice. Three secret holes were deducted from score after the round. First place winners in Flights A and B were: Debby Carroll and Roni Teixeira. August 21. Low Net Day. The winners in Flights A,B,C were: Linda Siatt, Roni Teixeira, Carol Petronzio. August 28. Two Best Balls of Foursome a team event. First place winners in flights A,B were: Marsha Berry, Roni Teixeira, Karenann Evans and Alma Renko. Elaine Love, Linda Van Niewburg, Suzi Masterson and Joanne Smith.

We meet each Thursday at Sir Flairs Restaurant at 8 a.m. Please call Linda Siatt at (5364) for more information.

Writer's Club

We're fully into Autumn - the season of cooler days, changing colors, falling leaves, "ghosts, goblins, and those terrific things that go bump in the night". And that is our optional topic for the month. As always, if you are inspired to write about something other than "things that go bump in the night," please follow that lead. Just write! What you compose may inspire others. Then join us on Thursday, October 9 at 7 p.m. We'll be in the Monterey Room of the Vista Club sharing, listening, encouraging and critiquing (if you'd like). This is a forum for you to express your creativity in a safe environment while enjoying the talents of others with the same interests. For further information, contact Zoe (3676), Suzi (925-231-5213).



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Broker/Owner
Trilogy Resident
License 01305588



Peg Richards GRI
Assoc. Broker
Trilogy Resident
License 01706310



Tatyana Pool
Realtor
Trilogy Resident
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ANNOUNCEMENTS

Band at Sir Flairs

Tri Tip Trio Zydeco & Blues Band
will be playing at Sir Flairs (The
Nines) party room October
11, 2014 from 1 to 4 pm. Only
\$8. For info, call (2546).

FOR RENT

House for Rent

725 Livingston Place, 2br/2ba,
1579 sq. ft. Available immediately.
\$1490/mo. Call 510-284-9611.

FOR SALE

Spa

Near new Artesian Captiva spa
with 44 jets and foot massage.
Selling because of health issues.
Cost \$6500. Make offer. Tom/
Judy Arntson 757-256-8766.

SERVICES

Airport Transportation

I'll get you to any airport or SF port
on time and pick you up on return.
TRV residents only. One way fares:
SFO \$115, OAK \$90, SMF \$65, PORT
\$100/ Call Ralph Hatch (3941).

Alterations

For men and women.
40 years professional
experience. Anna (6900).

Caregiver

Trilogy resident, registered
nurse specializing in in-home
medical care. Daily or long term.
CPR certified. Medications,
surgical recovery, wound care,
injections. 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.

SERVICES

Computer Aid

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

Computer Doctor

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

Driver

Experienced shuttle driver
(your car, I drive). Brenda 816-
0964 Tmblweed5000@aol.com



SERVICES

For Sale by Owner Help

Homeowners, if you have a buyer with agreed upon 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.

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).

Handyman

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

Housecleaning

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

SERVICES

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.

Hypnotherapy

I'm a new Trilogy resident and a Master Hypnotherapist since 1986. Let me teach you to control your mind and finally lose weight, reduce stress, and channel your energy toward positive results. First session \$75 for Trilogy residents. Totally confidential. Call Karen Lamberto at (2938) and feel better at once!

Impeccable Improvements & Repair

Established retired general contractor. . .Tile, wood floors, water leaks, drywall damage, kitchen & bath remodels/repairs, privacy walls, iron fences/French doors, indoor/outdoor Jacuzzi tubs, storm doors, fireplaces, mantels. 10 year resident. Big or Small—I Do Them All! References available. Dominic, YOUR ONE STOP SHOP IN TRILOGY. 322-9476

Income Tax Services & Planning

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

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.

Legal Document Assistant

(Independent Paralegal) Trilogy Resident Christine Quinn 507-5265.

SERVICES

Notary

My home or yours. Servicing Trilogy for the past 12 years. Please call Eileen Griffin at (2684). Thank you.

Notary Public

(Trilogy Resident) Your home or mine. Christine Quinn 507-5265.

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).

Paper pArts Cardmaking

Cardmaking, stamping, heat and dry embossing, fancy folds, die cutting and more. Unique cards, new techniques and fun for all! Contact Janet 925-200-5554 Or Aldridge.j@sbcglobal.net. Classes at my Trilogy home.

Pet Care

"J Walker Pets!" (2546), for all your pet care needs: boarding, housesits, care, visits, long term. Retired certified vet assistant.

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.



SERVICES

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

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.

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).

SERVICES

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). Thanks

Water Conserving Landscape

Many of you would like to cut back your water and still look great. Call Jim Gilly and let's do it right. 925-260-5780. I live in Trilogy.

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.

SERVICES

Window Cleaning

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

WANTED

Golf Carts

Cash paid on the spot. Carts can be running or not. Call (3338) or cell 208-9096. Also call regarding rebuilt golf carts.

Room to Rent

Athletic male looking for a room or two. Money is no issue. I pay \$50 per month for utilities. (5133)

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.

Lomi Lomi Massage

By Massage Therapist Marti Meyer

Lomi Lomi is like a beautiful, rhythmic dance, in which the therapist's hands and forearms are used to break up fibrous deposits and lactic acid, increase blood flow and circulation, lymph fluid, and eliminate toxins.

Hawaiian Lomi Lomi combines:

Compression Vibration Acupressure

OCTOBER SPECIAL

50 MINUTES FOR \$50

(regularly \$60, good for purchase October 1-31)

To book an appointment call Member Services 374-4200

(MA Notes, continued from p. 3)

Minutes from August 12 and August Financials were reviewed and approved.

New Business

Insurance Renewal

- \$42,023.73 premium for multiple coverages/policies, including \$50 Million umbrella, was approved

Vehicle Radio Frequency Identification Tags (RFIDs)

- Discussion was held regarding wisdom of spending \$73,000 on System at this time; other alternatives were discussed, including License Plate Recognition and Scanner upgrades; finally agreed to send the issue(s) to Access Committee for review and recommendation.

September & October 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. <i>Take as many classes as you can.</i> <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.

ADVERTISING INFORMATION

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

REGULAR SIZES AND RATES:

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

PREMIUM SIZES AND RATES:

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

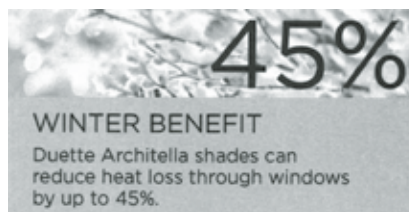
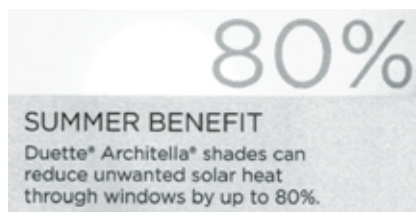
DISCOUNTS:

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

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



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 Sunday Closed

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