

Trilogy Living

TRIOLOGY'S *Cooking!*

Things are heating up, and we don't just mean outside! The members of the Cooking Club at Trilogy are cooking up a storm and invite you to share in the experience. Turn to page 3 to learn more.

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From the Master Association

Melissa Coleman

President

Executive Session

- A. Committee Appointments** – The Board placed in nomination names for the Access, Administrative Policies, Adult and Document Revision committees. Appointments for the Amenities and House Renovation committees were postponed as charters are being revised. Appointments will be made at the time each charter is approved.
- B. Dormant Village Board Appointments** – The Board appointments for Saddle Rock and Eagle Point were tabled until the next meeting.
- C. Operations Review: Club Reservations** – due to the increased number of clubs and Association activities, the Board is reviewing the procedures for club reservations. No decisions were made at this time.
- D. Web Page RFP Review** – a draft RFP for an Association Web Site was reviewed, with the agreement the RFP will be ready for final review next month.

General Session:

Unfinished Business:

A. Janitorial

- 1. In-House Services Review (\$119,738.00):** Even though the Board had budgeted for the proposal of bringing the Janitorial service in-house, the procedure of a formal discussion and approval had not been done. At the request of the Board, Action Property Management Director of Hospitality for Action performed an analysis which recommended 124 hours a week, with the understanding the Day Porters will provide 3 hours/day of light janitorial. Approval of bringing Janitorial services in-house was approved: (4-1)
- 2. Equipment Purchase (\$9,219.55):** approved an expenditure of \$11,000 from the budgeted 2016/17 Capital Improvements fund to purchase equipment necessary to bring Janitorial Services in-house. (4-1)

New Business:

- A. Committee Appointments:** The Board approved the proposed nominations for the following committees: Access, Administrative Policies, Adult, Document Revision committees. (see page 13 for listings) Appointments for the Amenities and House Renovation committees were postponed as charters are being revised. Appointments will be made at the time each charter is approved. (Unanimous)
- B. Reserve Expenditures:** The House Renovation Committee presented items for consideration. Both were tabled, as additional information was requested from the Board, and more bids will be requested.
 - 1. Window Coverings (Delta - \$12,210)** – proposal to replace the wood blinds throughout in the Delta Club
 - 1. Carpets (Vista - \$11,693.73)** – proposal to replace the carpet in the Sonoma, Monterey rooms and the Learning Center in the Vista Club.

The next meeting is May 10, 2016

TRILOGY AT RIO VISTA

DIRECTORY

Master Association Board of Directors

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

District Delegates

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

Committee Chairs

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

Village Board Presidents

Village 1 - Larry Mork (707) 374-3389
Village Oakmont - Walt Manos (707) 374-2827
Village Riviera - Donald Seyk (707) 374-6407
Olympic Village - Richard Pettijohn (707) 374-3065
Saddle Rock Village - Art Darden (707) 374-3455
Eagle Point - Teresa Fraser (415) 407-8563

Association Administration /HOA (707) 374-4843

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evitrano@actionlife.com
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Activities Director: Debbie Dorn (707) 374-4204
ddorn@actionlife.com
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kerwin@actionlife.com
Maintenance Director: Michael Oestreich (707) 374-4895
moestreich@actionlife.com
Member Services Coordinator: Cheryl Lucas (707) 374-4203
clucas@actionlife.com
Communications Coordinator: Andrea Stuart
stuarttrv@gmail.com
Architectural Coordinator: Debbie La Croix (707) 374-4843
dlacroix@actionlife.com

Club Numbers

Vista: Front Desk (707) 374-4200 Fax (707) 374-2422
Delta: Admin Office (707) 374-4843 Fax (707) 374-4891

Trilogy Living Editorial Board

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

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Welcome Center/Front Gate (707) 374-4306

Guest Registration - community.dwellinglive.com

Café Vista (707) 374-4202

Sir Flair's (707) 374-4400

Golf Course (707) 374-2900

Shea Customer Service 1-866-535-9989

From the Editor



Andrea Stuart

What is more fun than gathering around with friends to enjoy a home cooked meal? Some might argue, nothing! We're featuring the Cooking Club on the cover (featured is Gary

Swieso) of this month's *Trilogy Living* in celebration of spring's new bounty.

Made up of home cooks—some of whom have cooked professionally, most of whom have not—the Cooking Club formed in order to bring together gastronomes and foodies who enjoy sharing recipes, experiences, and sampling a dish each month. Their mission is to explore as many areas of cooking as possible, from classic dishes and fusion foods to sous vidi and vegan fare. The only requirement for joining the club is a curiosity about food (and a little passion for edible delights doesn't hurt either).

How does it work? The club meets at noon in the Delta Club River Room on the second Tuesday of each month and follows a theme for that get together. Each person brings a copy of a recipe that goes with the theme and members share their experiences of making their dish. Then, several of the club's members volunteer to prepare their favorite version of the month's theme recipe to share with the group. Recent Cooking Club themes have included "Chinese New Year," "Mardi Gras," and May's theme, "Fish." Upcoming themes will include using local spring vegetables and exploring gluten-free cooking.

The group also plans to bring in speakers and suppliers from the food/restaurant industry to share their experiences and cooking tips, and it's planning a short road trip or two. So if you're curious to learn about the culinary world in a relaxed and fun atmosphere, you might check out the Cooking Club. To learn more, contact Gary Swieso at 707-374-or tabsco1@gmail.com, and see page 31.

Wherever you find yourself this month, may you thoroughly enjoy at least one meal every day.

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

Thank you Gift, Craft, Art Faire and Jewelry Show sellers for another enjoyable event! Once again your donations allowed the raffle fundraiser to provide for so many through our

local Meals on Wheels organization! Volunteers raised \$780 from their raffle sales. Well done! It was an event-filled weekend that included the Small Business Expo on Sunday. Denny James and Roger Kohn's, Nut, Saddle & Bridge performances filled the club with delightful music, entertaining everyone.

The Delta Club swimming pool will be heated by May 1. Staff will be available during family swim time 11 a.m. – 3 p.m. to help residents and guests with use guidelines. Your support of their efforts will provide an enjoyable experience for everyone!

Check out these upcoming events and see the club section of this issue for more enjoyment opportunities!

• Computer Classes ~ See Page 43 for Class Schedule

• 4/28 – 5/1 "Play-On" ~

Production by The Theater Group

• 5/01 & 5/15 Trilogy Product Market

• 5/07 Trilogy Community Garage Sale

• 5/08 Holiday ~ Mother's Day!

• 5/15 Dance to the Boogie Aces ~ Dance Club

• 5/20 Karaoke ~ An Evening of Spontaneous Fun

• 5/21 Paper Shredding Service

• 5/27 Bingo

• 5/28 Concert on the Patio ~ Styx Tribute

• 5/30 Holiday ~ Memorial Day

• 5/31 AARP Smart Drivers Course

Get Ready...

• 6/07 California Presidential Primary ~ Voting Poll at Delta Club

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

For non-delivery of *Trilogy Living*, contact Member Services at (4200).



Mother's Day - May 8

"God could not be everywhere, and therefore he made mothers."

~ Rudyard Kipling

Memorial Day - May 30

"As America celebrates Memorial Day, we pay tribute to those who have given their lives in our nation's wars."

~ John M. McHugh



Computer Classes

Learning Center, Vista Club

There are a variety of introductory or special interest classes to help you become more comfortable with common computing conveniences! See Page 43 for more information. Limited space available, sign up at Member Services.



Trilogy Produce Market

Sunday, May 1 & 15, 10 a.m. – 3 p.m. – Delta Club



Experience Trilogy's market place! Trilogy's Produce Market provides wonderful produce and other specialties. Bring your neighbors and stock up! It's easy to keep a fresh supply of fruits, vegetables and specialties on hand without leaving Trilogy.

Blood Pressure Check ~ Free

Thursday, May 12, 9 – 10 a.m., Library, Delta Club

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



**Concert on the Patio
"Blue Collar Men"
STYX Tribute & The Great
Rock Classics**

Saturday, May 28, 7 - 9:30 p.m.

\$15 per person

To celebrate the season's first Concert on the Patio, we bring to you Blue Collar Men! These performers recreate the music of STYX plus all the great rock classics with covers from Journey, Kansas, REO Speedwagon, Boston, Night Ranger, The Beatles, and much more! Their show is simply the ultimate live experience for the classic rock enthusiast! Visit their website at www.bluecollarmen.com. Bring your favorite refreshments, outdoor clothing and lawn chair! Sign up today at Member Services, Vista Club, now accepting credit card payments.



Trilogy Community Garage Sale ~ Open to the Public

Saturday, May 7, 9 a.m. – 3 p.m.

Everyone can participate! Seller marked maps will be emailed to residents by May 6, and available to visiting buyers at the Welcome Center the day of the sale. You do not have to be included on the map to sell. There are three steps for sellers:

1. Obtain a garage sale permit for \$1 from Member Services, Vista Club prior to May 6. Purchase prior to May 1 to place your location on the map. Permits are a city requirement.
2. Tie an inflated balloon from your mailbox or tree.
3. Open your garage door.

The sale is open to the public, and 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 (707-374-4200) or email Debbie Dorn at ddorn@actionlife.com.

Karaoke ~ An Evening of Spontaneous Fun!

Friday, May 20, 7 - 8:30pm,
Diablo Ballroom, Vista Club ~ Free

Specially designed for your fun and enjoyment! Song lyrics are on the big screen for some sing-a-long good times! You are likely to find story tellers, special dancers, folk singers and more. You'll find quite a variety of entertainers and one may be you! Bring your favorite snacks, beverage and come on over for a relaxed evening of spontaneous fun, dancing and entertainment. No signups required!

Mark the date... Free Shredding Service

Saturday, May 21, 9 a.m. – 12 p.m. or Until Truck Fills!

The shredding truck will be parked in the Delta Club overflow parking lot near the tennis courts. Limited to five boxes per member. Remember to remove all paper clips, binding materials or similar objects other than staples. This service is provided compliments of Rio Vista Sanitation.

AARP Smart Drivers Refresher Course

Tuesday, May 31, 11:30 a.m. – 8 p.m.,
Monterey Room, Vista Club

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

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

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

Trilogy resident Glen King will be offering this course. Note that you must have had the 8-hour course within the last four years, to register. Contact Glen (374-3342) or email grk59@frontiernet.net

Concert on the Patio: Gary Bohannon & The Bad Habits Band

Saturday, June 25, 7 – 9:30 p.m.
Patio, Vista Club ~ \$15 per person

This amazing valley group will have you rocking through the night with R&B, Rock, and Motown sounds from their versatile music selections of the Beatles, Bill Withers, Billy Joel, Credence, Crusaders, Eric Clapton, Garth Brooks, Hall and Oates, Huey Lewis, Jackie Wilson, James Brown, Marvin Gaye, Michael Jackson, Sam and Dave, Santana, Stevie Wonder, Steve Winwood, Temptations, Three Dog Night, Wilson Pickett and more! Visit www.bobo-badhabits.com for more information and music samples. Sign up at Member Services and plan to bring your favorite provisions, lawn chair, and outdoor clothing along for this enjoyable evening.

Trilogy Residents & Clubs, Start Thinking “Parade”



Gather friends and family for a brainstorming party to enter the Fourth of July decorated-golf-cart contest. Or enter just for fun on another type of decorated mobile vehicle; bicycle, scooter, tricycle, or even just walk. Clubs, this is your chance to show off for the community! Details and entry forms will be with June's *Trilogy Living*. Meanwhile get ready, it's quite a celebration hosted by Trilogy and all Villages! Contact Debbie Dorn (707-374-4204) for general information.

All Trilogy Veterans

Thank you for registering for the special Trilogy Veterans tribute project, to identify all veterans in the community. The slideshow displayed during the Veterans Day activities continues to build! Pass the word, let's keep it going for those who have not registered and for those moving into the community! You only need to contact us if you haven't already registered before now, or if you want to add information. To register, contact Member Services 707-374-4200 or stop by the Vista Club with your name, branch and year of entry/discharge. Also, if you have a past photo in uniform along with a current photo, drop that off in an envelope at Member Services for Debbie Dorn. Please include your contact information for return. There is no need to repeat what you have already submitted. Again thank you for helping us to acknowledge all of our Trilogy Veterans!

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Ken Atkins

707.374.3842

or e-mail kenatkins7@aol.com

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TRIPS AND TOURS

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



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

**May 23, Sacramento
Educational Tours
SOLD OUT**

**June 9, Ethel's Mystery Trip
\$92/pp**

Something for everyone to enjoy on this educational and sensual day-outing. Hosted lunch included.

June 21, Gambler's Special: Jackson Rancheria Casino, \$30/pp
Our usual 4-5 hours of "Stay and Play," with a \$20 Bonus Package.

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

Two nights/three days stay at Silver Legacy Hotel Casino in downtown Reno. Hundreds of vintage 30's, 40's and 50's cars, on-going street faire and live Entertainers to enjoy throughout your stay. Dress up in your old vintage clothes and hats. A FUN GET-AWAY!

Future Trips:

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

Oct. 8, Fleet Week/Blue Angels/Hornblower Cruise, \$148/pp
We'll enjoy a hosted champagne-luncheon onboard the Hornblower and time for watching the exciting Blue Angels aerial team perform over-head. A Fun day on The Bay!

Oct. 18-20, 2 nights /3-days Yosemite and Chukchansi, TBD

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

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

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Assessment Notice

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

Assessments for the month:

Master Association \$125.60 (effective April 1st) Plus the appropriate Village Assessment below:

| | |
|----------------------------|--|
| Village I | \$5.25 |
| Village Oakmont | \$5.20 |
| Olympic Village | \$5.10 |
| Village Riviera | \$5.25 |
| Saddle Rock Village | \$0 (None until dormancy ends) |
| Eagle Point | \$0 (None until dormancy ends) |

**New Administrative Office/HOA hours Effective May 1:
Monday through Friday, 9 a.m. – 4 p.m.**

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

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

Club Hours – The Delta Club is open from 7 a.m. - 11 p.m. From 11 p.m. - 7 a.m., there is no entry. The Delta Club pool, spa and patio are open 24 hours daily. The Vista Club is open from 6 a.m. - 9 p.m.

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

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

RV/Boat Passes – Taking an RV to the Welcome Center each time you need a pass is unnecessary. If an RV has been registered on Dwelling Live, a resident can simply go to the gate and pick up the pass. You can now get a 24-or-48 hour pass for RVs/Boats. Be sure to let the Welcome Center attendant know which pass you need. Reminder. you may not have these vehicles in the community longer than 48 hours and they cannot be occupied while in the community. They are to be parked at your home, not in any other common or undeveloped areas of the community.

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

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



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

You have signed up for e-Alerts and Disclosure Opt-in but are not receiving them? - If you stop receiving the MTL e-Newsletters and/or the TRVMA e-Alerts, please contact Jacquie at jroche@actionlife.com or stop by the Member Services Desk. We'll then work with the email team to make sure that you're on the 'active' list in the email system. It is also suggested that you add the e-Newsletter email address – noreply@actionlife.com - to your "safe senders" or "friends" list in your email settings to reduce the odds of problems.

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

- Reserve Tables and/or Chairs – Member Services – Vista Club (707-374-4200)
- Have Copies Made, Send a Fax and/ or Receive a Fax – Member Services – Vista Club (707-374-4200)
- Pick up a Residents' Directory – Member Services – Vista Club (707-374-4200)
- Submit Residential Ads for *Trilogy Living* – Kathy Nilsson, Member Services, Vista Club (707-374-4200)

Irrigation – Please adjust your sprinkler system to reflect weather conditions and the Governor's Executive Order/ City Ordinance to water only twice per week.

Gardeners – Please remind gardeners that they cannot start work before 8 a.m. and that they should bag all clippings/leaves and not blow them into the street, gutters and others' yards.

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

Your Pets – Your Responsibility – We appreciate everyone who is being considerate of your neighbors and showing pride in your community by carrying bags with you when you walk your pets or by using the bags provided in dispensers throughout the community to pick up after your pets. Thank you for keeping your pets on a leash at all times.

Association Meeting Calendar

Master Association Board

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

Eagle Point Village Association Board

Thursday, May 26, 6:30 p.m.
Rio Vista Room, Delta Club

Village Oakmont Association Board

Thursday, May 19, 7 p.m.
Marina Room, Delta Club

Olympic Village Association Board

Thursday, May 12, 6:30 p.m.
Marina Room, Delta Club

Village I Association Board

Thursday, May 12, 4 p.m.
Marina Room, Delta Club

Village Riviera Association Board

Thursday, May 5, 6:30 p.m.
Marina Room, Delta Club

Saddle Rock Association Board

Wednesday, May 18, 6:30 p.m.
Rio Vista Room, Delta Club

Council of Village Presidents

Monday, May 16, 10 a.m.
River Room, Delta Club

Access Committee

Monday, May 23, 1 p.m.
River Room, Delta Club

Administrative Policy Review Committee

Thursday, May 5 and 26, 5 p.m.
Monterey Room, Vista Club

Adult Committee

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

Document Revision Committee

Monday, May 2, 9:30 a.m.
Monterey Room, Vista Club

Emergency Action Committee

Tuesday, May 10 and 24, 7 p.m.
River Room, Delta Club

House Renovation Committee

Monday, May 9 and 23, 3 p.m.
Monterey Room, Vista Club



Get ready for fun times at the Delta Club Pool & BBQ!

Delta pool Facility Monitors begin partial May staffing to assist during Family Swim Time and Fitness Aqua Classes begin May 2!

DELTA & VISTA SWIMMING POOL & SPA RULES

The Vista and Delta Clubs' swimming pool and spa are reserved for the exclusive use of Residents and their invited guests within Trilogy at Rio Vista. Please observe these rules.



Facility Monitors: Laura Larski, Michele Nadler, Activities Director Debbie Dorn, Ron Kott, Karolyn Kropacek, Linda Avery, (not shown is Hazel Weathersby)

1. All visitors **must be accompanied by a Resident** at all times while at the pool.
2. Pool hours will be posted at the pool. Sign in upon arrival at the Delta Club pool during family swim time which is 11:00 a.m. to 3:00 p.m. (for guests under the age of 18).
3. **There is NO LIFEGUARD on duty.** Residents and guests use the facility at their own risk.
4. Please Shower before entering the pool or spa.
5. No diving or jumping from the edge of the pool is allowed.
6. Please keep gates and doors to the Delta pool and facilities locked at all times.
7. Swim suits are required. No cut-offs or other street clothing is allowed in the pools or spas.
8. Diapers are not allowed in the pools or spas. Any person who is incontinent is not allowed in the pools and spas.
9. Persons with skin infections, open wounds or a communicable disease may not enter the pool or spa. No adhesive bandages are allowed in the pool or spa.
10. Long hair must be gathered in a ponytail or worn under a bathing cap.
11. Children who are unable to swim must be supervised by an adult who will remain within arm's reach at all times the child is in or near the water.
12. Due to safety and health reasons, children under the age of 14 are not allowed in the spa.
13. For your safety and the safety of others, **NO GLASS CONTAINERS** of any kind are permitted in the pool area.
14. Cooking is permitted in the Delta Club's barbecue area only.
15. Boisterous, rowdy, or inappropriate behavior is not allowed in the pool area.
16. NO PETS are allowed in the pool or pool area at any time, with the exception of a certified "service" dog.
17. Protect poolside furniture from suntan oils and body lotions by covering with a towel before sitting down.
18. Flotation devices and other items may only be used in such a way that they do not interfere with other pool users.
19. Smoking is prohibited in the pool areas.

In order to preserve the safety of all those who enjoy the pool facilities, the Master Association of Trilogy reserves the right to refuse access to any person creating a nuisance or who pose a danger to themselves or others. Please be responsible in all pool activities.



Committee Appointments 2016-17 (Partial)

Adult Committee – Reduced in size to 9

Marlene Percivalle; Minnie Howell

Access Committee

Art Darden; Marjorie Smith; Dean Lattman;
Penny Abdolhosseini; Sam Levine

Administrative Policies

Arthur Fox; Byron Lockhart; Melissa Coleman

Document Revision

Barb Downs; Roger Kohn; Tom Surh; Lee Puryear;
Richard Pettijohn, Bob Sather; Bob Sonnenburg

Jobs at Trilogy are available for viewing at

www.actionlife.com/careers/.

Click “jobs in Rio Vista” for more detail.

Contact Ed Vitrano (707) 374-4869

Communications Coordinator, full-time position
Janitorial, full-time & part-time positions

Contact Debbie Dorn at ddorn@actionlife.com

Events Setup Coordinator, full-time position

Contact Kathy Erwin at kerwin@actionlife.com

Massage Therapist, part-time position

For Your Safety – If on foot, please yield to vehicles. Please wear light colors and carry a flashlight when walking or biking at night or early mornings.

For non-delivery of Trilogy Living – Please contact Member Services at 707-374-4200.

Emergency Action Committee

For many of us May brings spring cleaning. Our records at Trilogy are no different. We have people moving out and many new ones moving in every day. In order to keep our

records up to date we need your help. This month we are focusing on our neighbors who have special needs, such as oxygen, or who are non-ambulatory and need special assistance in case of an emergency. Your Emergency Action Committee has dedicated this month to update Trilogy Records. If you or someone you know has special needs such as those listed above and would like access to assistance in the case of an emergency, please notify Cheryl Lucas, Member Services Coordinator by email at clucas@actionlife.com. Include your name, address, phone number and your special needs. She will keep this very important information on file and should the need arise, the Emergency Action Committee will be able to give assistance. Thank you for your information and helping us at Trilogy help you. The Emergency Action Committee is an all-volunteer group committed to helping our neighbors be prepared in case of an emergency. We meet on the second and fourth Tuesdays of each month at 7 p.m. in the River Room at the Delta Club. We are always looking for new members for this fun and worthwhile group. Please direct any questions to our Chairperson, Barry Frasier, at 415-407-8529 or our Vice Chairperson, Art Darden, at 408-710-2496.

Eagle Point Village Board News

The next meeting of the Eagle Point Village Board of Directors will be May 26 at 6:30 p.m. in the River Room at the Delta Club. Board meetings provide an opportunity for you to learn more about the issues and concerns in Trilogy and Eagle Point Village. It is your opportunity to ask questions and to voice your opinion. Stay for the Eagle Point Village Residents' Club meeting that follows and get to know your neighbors during the Social Hour. For more information, please contact Teresa Fraser at 415-407-8563 or terrifraser.sanfrancisco@gmail.com.

Olympic Village Board News

The Olympic Village Board of Directors met on March 10 for the regular bi-monthly meeting. Business included a second reading of changes to the current Olympic Village Architectural Guidelines regarding pre-approved landscape modifications and new items requiring approval, such as trash enclosures, storage sheds, patio covers, and screen walls (wind breaks). There was also a first reading of the proposed changes to the Architectural Guidelines to address recent changes to California State Law regarding clotheslines. California is now a “right-to-dry” state. A pink copy of the proposed changes was recently distributed to all mail tubes. The next Olympic Village board meeting is scheduled for May 12 at 6:30 p.m. at the Delta Club. Everyone is invited to attend.



Olympic Village Residents' Club

The Residents' Club would like to thank Linda Jensen for serving as the leader of many past wonderful events. She is retiring from that lead role. The reactivated Residents' Club will now be led by an active group of Olympians. An Olympic Village potluck dinner is scheduled at the outdoor pool on June 2 from 5 - 7 p.m. Bring a dish with enough to share with others and bring a beverage for you and your guest(s). Be ready to meet, chat, and have a good time with your neighbors. An indoor dinner event is being scheduled for later in the year. For additional information, please contact Rich Pettijohn, OV President, at 707-374-3065 or Lee Ann Frable at 484-707-0935.

Olympic Village Kare Bears

Thanks to Mackie Webster for serving as the leader of our Kare Bears support team for many years. She is retiring from that lead role. The reactivated Olympic Village Kare Bears will now be led by a new group of "Karing" Olympians. Olympic Village Kare Bears is available to all of our residents. If you or a neighbor is in need of help with rides to appointments, home help, and/or meals due to medical reasons, please do not hesitate to call. If you would like to be an Olympic Village Kare Bear or if you need help, please contact Rich Pettijohn at 707-374-3065.

Saddle Rock Village Residents' Club



We all had a wonderful time at our "High Tea" event for Saddle Rock Village. We were able to open it up to other Trilogy Villages. It was sold out by the first of April. A huge "thank you"

to all that participated in this event to make it so enjoyable. Our three lead chairs were Lydia Winkler, Barbara Pope and Emmy Scott. We are hopeful that we will continue to add more of our residents into our social activities.

The executive board for the Saddle Rock Village Residents' Club is currently working on our upcoming slate of officers for the new term beginning July 1. If you are interested in holding one of the following positions, please contact us. The positions that are available are: Secretary, Alternate Secretary, Alternate Treasurer.

Our first Social in the Park was the last Wednesday of April, this will now continue on through September, weather permitting. The event is held in the park at the corner of Silver Ridge Lane and Saddle Rock Lane at 5:30 p.m. Bring your lawn chairs, your favorite beverage and a snack that

can be shared by all. Pets are welcome. Come out and meet your neighbors and make some new friends.

We finally have a correct Saddle Rock Village contact list. This will be available for you at our next Saddle Rock Village Residents' Club meeting. That meeting will be held on Wednesday, May 18, in the Rio Vista Room of the Delta Club at 6:30 p.m. The Saddle Rock Village Board Meeting immediately follows at 7:30 p.m. Please try to join us so we can meet you and get to know each other better. For information, please contact Dana Hoover, President, at 707-374-3455 or time4dana@mindspring.com.

Village Oakmont Residents' Club

Thank you to everyone that returned the questionnaires that were placed in your tubes in February. We had a lot of responses and plan a get together for all of you that responded. We will let you know the date as soon as decided.

Village Oakmont volunteers sold drink tickets and poured drinks for the Trilogy Council for the Arts Music of the Night March/April production. Thank you Patty and Paul Peterson, Linda Mitchell, Andy Pestana, Carl Svensson, Jackie Jenkins, Jackie and Al Banga, Cyndy Schroeder, Richard and Marsha Willard, Ruth Joseph, Sue McCracken, Natalie Williams, Carolyn Orelli, and Trudy King. And a big, big thank you to Antoinette Pestana and Vic Thiry who did all the organization, buying, picking up, and storing. It takes a lot of time and effort to volunteer to help and it is very much appreciated. Bogle Winery gave us an excellent deal on their Essential Red and Chardonnay wines. And we also appreciate the great service we received at Lira's Grocery for our White Zinfandel wine and water.

Village Oakmont's next event will be the July 4 Trilogy celebration. They had their preliminary meeting in March. Oakmont volunteered to take the registration monies and forms. We will need volunteers on July 4 to take registration and money. Anyone interested in helping with this please contact us.

You are welcome to join us for our monthly social committee meeting which is always the first Monday of the month at 3 p.m. in the Monterey Room of the Vista Club. The next meeting will be May 2. If you have any questions, please call Linda Bingham at 760-486-9178.

Village Oakmont Kare Bears

In appreciation, and, to thank you for all your time and efforts, all Village Oakmont area coordinators are invited to be our guests at a luncheon on Wednesday, June 8, to be held in your honor. It will be held in the Delta Club at 10:30 a.m. with a short business meeting first, followed by



the luncheon at about 11 a.m. You are really appreciated, and we hope you can join us. We would like a head count for this; please RSVP by May 23 to any of the following: Janet (707-374-5415), Jackie (707-374-6677), or Kathy (707-374-2969).

Our beloved Director (of all our area coordinators), Ruth Joseph, is retiring after many, many years and time spent putting it all together and keeping it running smoothly. We love you, Ruth, and truly appreciate all you've done and all your time. Charlene Oxoby will be taking her place, and, can really use some help and someone to be Co-Director. Are you interested? You can call Charlene at 707-374-5627.

A safety concern has been brought up regarding personal information and I.D.s in the event of an injury or other medical problem. It was suggested that you should always carry some I.D. and other emergency information, so that if needed, you can be identified if you're alone or otherwise unfamiliar to those around you. Give some serious thought to this!

The next Village Oakmont Kare Bear meeting will be held on Wednesday, May 11 at 10:30 a.m. in the Delta Club. Come early and enjoy coffee and goodies.

Village I Residents' Club

Plans were finalized at our quarterly meeting on April 6 for our Cinco de Mayo Celebration to be held on Thursday, May 5. We hope you were able to attend the meeting to help plan the event. You should have received a flyer for this event in early April. Alas, by the time you receive this magazine, the reservations will have closed.

Looking ahead, our next activity will be to organize and implement the Ice Cream Social for the 4th of July. How sweet is that? We will need helping hands for this event. Then in August, Village One Residents' Club will serve beverages for the Drama Club performance. Three of our members attended a Beverage Service Class on March 12 put on by the Rio Vista Alliance. This class was both informative and entertaining. The next opportunity to attend a Beverage Service Class will be on June 11. If you are interested in the comradery of working together with a great group of people, contact Tess Felte at 707-374-4778 or you can email us at VillageOneRC@gmail.com.

Village Riviera Board News

The first sign of summer is the opening of the outdoor Delta pool and soon people drying their clothes outside. At the last Village Riviera board meeting, the 1st Reading of the Architectural Guideline regarding drying of laundry outdoors was read. As of January 1, 2016 California

became a "right-to-dry" state. Pursuant to California Civil Code 4750.10, the following Guidelines and Rules apply:

Clotheslines/drying racks must be:

1. Manufactured specifically for that use;
2. Removable and no taller than 6 feet;
3. If single-line, retractable and be attached to patio cover supports;
4. Neutral in color;
5. Independent of any fence, tree or any other part of a structure other than a patio cover support (i.e. gazebo, shed, etc.);
6. Limited to back yards and must not extend beyond the sides of the house;
7. Abide by established five foot setback from back property line;
8. Used only during daylight hours and removed from view after use;
9. Removed permanently if the apparatus falls into disrepair.

The 2nd Reading for adoption will be at the May 5 meeting, where changes may be made. If you have comments or want to discuss a change, please join us.

The Village Riviera board meetings are on the first Thursday of odd-numbered months at 6:30 p.m. in the Marina Room at the Delta Club. Our next meeting is May 5. The board would like to have you join us. If you have questions or concerns, call Don at 707 374-6407.

Village Riviera Residents' Club

It's time for a quiz. Did you figure out where the reference to Rydell High School in last month's *Trilogy Living* came from? Think of the movie *Grease*, which was all about the music and the dancing at the Sock Hop, held in Rydell's Cafeteria. We are recreating that for you on Sunday, May 29, in the Diablo Ballroom of the Vista Club, from 6 - 9:30 p.m. We will be dancing to the original music by the original artists, played by DJ Jessica Platt of Azure Entertainment. You may sign up as many people as you'd like. The cost is only \$20, which includes a 50s-style dinner of a hot dog and chips, a drink to cool you off, and a root beer float served up by students from Rio Vista High School. Bring cash for our 50-25-25 raffle, and feel free to BYOB or any other food. Put your reservation slip and check in Box #4 at the Delta Club.

Next up is the Treasure Hunt on July 16. This is the last year for this very popular event. We have been talking about it for months, and the time is drawing close. So, get your teams together now so you are ready to sign up



as soon as the flyers come out. A great dinner and lots of prizes and fun games are all part of the package.

The Village Riviera Residents' Club meets the third Thursday of each month in the Monterey Room of the Vista Club, at 5 p.m. For questions, call Barb Downs at 707-507-5026.

Village Riviera Kare Bears

Village Riviera Kare Bears want to thank you all for another successful bake sale. We loved being a part of the festivities at the Spring Craft Faire and know that everyone enjoyed their home-baked goodies. Since this is our only fundraiser for the year we especially thank all who contributed baked goods as well as those who bought something sweet and delicious. It is definitely a win/win situation.

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



Reasons to list your home now:

- Spring marks the beginning of the prime home-selling season
- Spring is a chance to show off your home's spring-time assets – lots of natural light, warmer weather, lush landscape & flowers in bloom.
- A lot more people are looking to buy right now, inventory is still low, and homes are selling quickly for more money.
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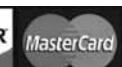
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or **Pets 4 All on Main St.**

Donations: 4x8" \$65. or 8x8" \$125.

Don't be left out. Order by May 30th

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Kathy Erwin
Fitness & Spa Director



**6th Annual Trilogy Triathlon 3-2-1
Saturday, June 18**

Free Event
Tee-Shirts & Goody Bags to all participants
Sign up individually or as a 2-or-3-person team

**Biggest Mover Potluck
Thursday, June 23, 12 p.m.**

Rain (Diablo Ballroom) or Shine (Vista Club Patio)
Sign up at Member Services Desk
Open to all Fitness class participants, Group Ex Instructors
Food/Fun/Biggest Mover prizes and other fun prizes.

**May New Member
Fitness Orientations**

Saturday, May 7 at 11 a.m.
Wednesday, May 18 at 6 p.m.
Saturday, May 28 at 11 a.m.

May Aqua Schedule

Summer is around the corner! Majority of Aqua Classes are held at the Delta Club's outside pool beginning May 2 and classes remain outdoors until October 31.

Monday

| | | | |
|---------------|--------------|------------|--------|
| Advanced Aqua | 9 - 10 a.m. | Delta Pool | Kathy |
| Aqua Fit | 10 - 11 a.m. | Delta Pool | Denise |

Tuesday

| | | | |
|---------------|-------------------|------------|--------|
| Aqua Fit | 9:30 - 10:30 a.m. | Vista Pool | Denise |
| Advanced Aqua | 3 - 4 p.m. | Delta Pool | Kathy |

Wednesday

| | | | |
|----------|-------------------|------------|--------|
| Aqua Fit | 9:30 - 10:30 a.m. | Delta Pool | Denise |
|----------|-------------------|------------|--------|

Thursday

| | | | |
|---------------|-------------------|------------|--------|
| Advanced Aqua | 9:30 - 10:30 a.m. | Delta Pool | Kathy |
| Aqua Fit | 3 - 4 p.m. | Delta Pool | Denise |

Friday

| | | | |
|----------|-------------------|------------|--------|
| Aqua Fit | 9:30 - 10:30 a.m. | Delta Pool | Denise |
|----------|-------------------|------------|--------|



Coming in May -- NEW to the Trilogy Spa

CUSTOM ORGANIC FACIAL

Using *ilike* organic skin care products,
Angela Hall, Trilogy's Esthetician will customize
a facial for your skin's exact needs!

50 minutes for \$65

BIGGEST MOVER!

**Still not involved in the
Biggest Mover contest?**

What is the delay?

It is a great incentive to get free gifts
while you exercise!

Sign up at the Vista Club to receive your
12 cards and start MOVING in the

Biggest Mover contest!

CURIOUS ABOUT ACUPUNCTURE?

Charles Peri, Doctor of Oriental Medicine



Health and Wellness Series #1 (Free!)

**"The Function and Application of
Chinese Medicine and Acupuncture"**

Thursday, May 19, 6:30 - 7:30 p.m.,
Vista Club, Diablo Ballroom

How Your Body Works And How Acupuncture Can Help:

- Acupuncture is the 3,500-year-old science of healing and is based on the concept that the body needs the proper flow of blood to the organs and the tissues in order to be well.
- It is important to note that all the healing powers of the body are inherent in the blood. If an area of the body is sick or injured, and there is not enough blood flowing to the affected area, it will be extremely difficult for the body to ever heal the injury. Acupuncture works by increasing Qi/blood flow to the targeted area, thereby allowing the body to heal itself.

**Please Register at Member Services 374-4200
for this free Health & Wellness Series**

"NEW" Personal Trainer on Floor Duty

Every Tuesday from 2:30-3:30 p.m.,
meet Personal Trainer Beverly Shilich

Do you have a question about how to work out or use the fitness equipment at the Vista Club Fitness Center? Ask our "Personal Trainer on Duty" and get tips from a trained professional at no extra cost to you! You can find our Personal Trainer on Duty in the Fitness Center at certain peak times. Every month will be a different trainer with different day/time for that given month.

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

Personal trainers work with you to set appointments that fit your schedule.

Package rates also are available.

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



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- Body Composition
- Diet assessment and guidance
- Meal guidelines and recipes
- Optional Laboratory testing (additional cost)

Limited Spring Sale – “May Special” - Must sign up during May

\$699 for new patients (Save \$101)

\$649 for existing patients (Save \$101)



Kimberly Gilmore, ND

Dr. Kimberly Gilmore is a naturopathic doctor who specializes in nutritional medicine and natural weight loss.

Register for this Optimal Weight program at Member Services.

- Visits must be completed within a 6-month time period from date of purchase.
- If you would like to address other concerns, you may need to book additional appointments.
- 75-minute initial visit is for new patients. For current patients, initial visit and follow ups will be 45 minutes.

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Mother's Day Spa Specials

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What a great way to show her you love and appreciate all she does.

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~ or ~

80 min - Aromatic Massage and Facial package **with a gift.**

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CALL 800-607-6107**

**Mother's Day
Brunch Buffet**

Sunday, May 8th
10:00am • 12:00pm • 2:00pm

Omelet Station, BBQ Tri Tip, Fruit, Muffins,
Pastry, French Toast, Seasonal Grilled
Veggies, Roasted Red Potatoes, Assorted
Salads, Bacon, Sausage, Assorted Desserts

Adults \$29.95 • Kids \$14.95

**CALL FOR RESERVATIONS
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**Dinner and
Dancing Nights**

Sir Flair's Dinner & Band Night
Dinner Seatings 5:30pm • 6:00pm • 6:30pm
Bands will play from 7:00pm-10:00pm
\$45.00
(Gratuity Included)

Saturday, April 23rd
Featuring Blues Mechanics
Prime Rib/Salmon Dinner
Soup or Salad • Chocolate Cake

Saturday, May 21st
Featuring Afterglow
Western Themed Family Style Dinner
BBQ Ribs • BBQ Chicken • Baked Beans • Potato Salad
Corn on the Cob • Fruit Salad • Brownies

**MAKE YOUR RESERVATION TODAY!
800-607-8107 ext. 3**





Trilogy Living

Fitness Class Schedule for May 2016

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


CLASS LOCATIONS
 (GX) Group Exercise Studio
 (DB) Diablo Ballroom
 (VP) Vista Pool
 (DP) Delta Pool
 (RV) Rio Vista Room-Delta
 (SR) Sonoma Room-Vista
 (FC) Fitness Center

All classes require one of three card choices: a blue 20-punch for \$70, a yellow 10-punch for \$35 or an Unlimited Monthly Punch Card for \$85, good for that month. Get your cards at Member Services. Please call Fitness & Spa Director Kathy Erwin at 707-374-4205 if you have questions. All classes are held in the Vista Group Exercise Studio unless otherwise noted.

Last Month's Punch Card Raffle Winner: **Joan Guptill**

May Fitness Orientations: Sat., May 7 at 11 a.m., Wed., May 18 at 6 p.m., Sat., May 28 at 11 a.m.

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

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | |
|--|---|---|--|---|--|---|
| 2 8:30-9:30am WOW-TABATA-TABATA (B/I) (GX) Pat 9-10am Yoga/Pilates (B) (DB) Deanna 9-10am Advanced Aqua (B/I/A) (DP) Kathy 10-11am Aqua Fit (B) (DP) Denise 9:45-10:45am Wake-up and Move (B/I) (RV) /Pat 10-10:45am Core Balance and Standing Abs (B) (GX) Prescy/Sophie 10-11am Meditation Breathing (B) (DB) Deanna 10:45-11:30am ZUMBA Toning (B/I) (GX) Prescy/Sophie 11:30-12:15pm ZUMBA Dance (B/I) (GX) Prescy/Sophie 4-5pm Stretch and Flex (B/I) (GX) Tammy 6:30-7:30 Yoga/Pilates (B/I) (GX or DB) Deanna | 3 8-9am Body Works (B/I/A) (GX) Kathy 9-10am Myofascial Release Stretch (B) (GX) Joele 10-11am Beginning Pilates (B/I/A) (GX) Joele 9:30-10:30am Aqua Fit (B) (VP) Denise 11-12pm Feel Good Class (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly 3-4pm Advanced Aqua (B/I/A) (DP) Kathy | 4 7-8am Early Yoga (B) (DB) Tammy 8-9am Back To Basics Yoga (B/I) (DB) Tammy 8:30-9:30am WOW – TABATA –BOOM (B/I) (GX) (Pat) 9:30-10:30am Aqua Fit (B) (DP) Denise 11-12:30pm Hot ZUMBA (I/A) (GX) Prescy 6:30-7:30pm Balance Ball (GX) Deanna | 5 8-9am Body Works (B/I/A) (GX) Kathy 9-10am Core/Stretch (B) (GX) Joele 9-10am Tai Chi (B/I) (GX) Lillian 9:30-10:30am Advanced Aqua (B/I/A) (DP) Kathy 10-11am Step Aerobics (B/I/A) (GX) Pat 11-12pm Feel Good Class (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly 2:30-3:30pm Yoga (B/I) (GX) Tammy 3-4pm Aqua Fit (B/I/A) (DP) Denise | 6 7-8am Early Yoga (B) (DB) Tammy 8:30-9:30pm WOW-TABATA- BOOM (B/I) (GX) Pat 9-10am Yoga/Pilates (B) (DB) Deanna 9:30-10:30am Aqua Fit (B) (DP) Denise 10-10:45am Core Balance and Standing Abs (B) (GX) Sophie 10-11am Balance Ball (DB) Deanna 10:45-11:30am ZUMBA Toning (B/I) (GX) Sophie 11:30-12:15pm ZUMBA Dance (B/I) (GX) Sophie | 7 8:30-9:30am Step Aerobics (GX) Pat NO Saturday ZUMBA | |
| 9 8:30-9:30am WOW-TABATA-TABATA (B/I) (GX) Pat 9-10am Yoga/Pilates (B) (DB) Deanna 9-10am Advanced Aqua (B/I/A) (DP) Kathy 10-11am Aqua Fit (B) (DP) Denise 9:45-10:45am Wake-up and Move (B/I) (RV) /Pat 10-10:45am Core Balance and Standing Abs (B) (GX) Prescy/Sophie 10-11am Meditation Breathing (B) (DB) Deanna 10:45-11:30am ZUMBA Toning (B/I) (GX) Prescy/Sophie 11:30-12:15pm ZUMBA Dance (B/I) (GX) Prescy/Sophie 4-5pm Stretch and Flex (B/I) (GX) Tammy 6:30-7:30 Yoga/Pilates (B/I) (GX or DB) Deanna | 10 8-9am Body Works (B/I/A) (GX) Kathy 9-10am Myofascial Release Stretch (B) (GX) Joele 10-11am Beginning Pilates (B/I/A) (GX) Joele 9:30-10:30am Aqua Fit (B) (VP) Denise 11-12pm Feel Good Class (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly 3-4pm Advanced Aqua (B/I/A) (DP) Kathy | 11 7-8am Early Yoga (B) (DB) Tammy 8-9am Back To Basics Yoga (B/I) (DB) Tammy 8:30-9:30am WOW – TABATA –BOOM (B/I) (GX) (Pat) 9:30-10:30am Aqua Fit (B) (DP) Denise 11-12:30pm Hot ZUMBA (I/A) (GX) Prescy 6:30-7:30pm Balance Ball (GX) Deanna | 12 8-9am Body Works (B/I/A) (GX) Kathy 9-10am Core/Stretch (B) (GX) Joele 9-10am Tai Chi (B/I) (GX) Lillian 9:30-10:30am Advanced Aqua (B/I/A) (DP) Kathy 10-11am Step Aerobics (B/I/A) (GX) Pat 11-12pm Feel Good Class (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly 2:30-3:30pm Yoga (B/I) (GX) Tammy 3-4pm Aqua Fit (B/I/A) (DP) Denise | 13 7-8am Early Yoga (B) (DB) Tammy 8:30-9:30pm WOW-TABATA- BOOM (B/I) (GX) Pat 9-10am Yoga/Pilates (B) (DB) Deanna 9:30-10:30am Aqua Fit (B) (DP) Denise 10-10:45am Core Balance and Standing Abs (B) (GX) Sophie 10-11am Balance Ball (DB) Deanna 10:45-11:30am ZUMBA Toning (B/I) (GX) Sophie 11:30-12:15pm ZUMBA Dance (B/I) (GX) Sophie | 14 8:30-9:30am Step Aerobics (GX) Pat 11am-12:30pm ZUMBA Power (GX) Sophie | |
| 16 8:30-9:30am WOW-TABATA-TABATA (B/I) (GX) Pat 9-10am Yoga/Pilates (B) (DB) Deanna 9-10am Advanced Aqua (B/I/A) (DP) Kathy 10-11am Aqua Fit (B) (DP) Denise 9:45-10:45am Wake-up and Move (B/I) (RV) /Pat 10-10:45am Core Balance and Standing Abs (B) (GX) Prescy/Sophie 10-11am Meditation Breathing (B) (DB) Deanna 10:45-11:30am ZUMBA Toning (B/I) (GX) Prescy/Sophie 11:30-12:15pm ZUMBA Dance (B/I) (GX) Prescy/Sophie 4-5pm Stretch and Flex (B/I) (GX) Tammy 6:30-7:30 Yoga/Pilates (B/I) (GX or DB) Deanna | 17 8-9am Body Works (B/I/A) (GX) Kathy 9-10am Myofascial Release Stretch (B) (GX) Joele 10-11am Beginning Pilates (B/I/A) (GX) Joele 9:30-10:30am Aqua Fit (B) (VP) Denise 11-12pm Feel Good Class (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly 3-4pm Advanced Aqua (B/I/A) (DP) Kathy | 18 7-8am Early Yoga (B) (DB) Tammy 8-9am Back To Basics Yoga (B/I) (DB) Tammy 8:30-9:30am WOW – TABATA –BOOM (B/I) (GX) (Pat) 9:30-10:30am Aqua Fit (B) (DP) Denise 11-12:30pm Hot ZUMBA (I/A) (GX) Prescy 6:30-7:30pm Balance Ball (GX) Deanna | 19 8-9am Body Works (B/I/A) (GX) Kathy 9-10am Core/Stretch (B) (GX) Joele 9-10am Tai Chi (B/I) (GX) Lillian 9:30-10:30am Advanced Aqua (B/I/A) (DP) Kathy 10-11am Step Aerobics (B/I/A) (GX) Pat 11-12pm Feel Good Class (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly 2:30-3:30pm Yoga (B/I) (GX) Tammy 3-4pm Aqua Fit (B/I/A) (DP) Denise | 20 7-8am Early Yoga (B) (DB) Tammy 8:30-9:30pm WOW-TABATA- BOOM (B/I) (GX) Pat 9-10am Yoga/Pilates (B) (DB) Deanna 9:30-10:30am Aqua Fit (B) (DP) Denise 10-10:45am Core Balance and Standing Abs (B) (GX) Sophie 10-11am Balance Ball (DB) Deanna 10:45-11:30am ZUMBA Toning (B/I) (GX) Sophie 11:30-12:15pm ZUMBA Dance (B/I) (GX) Sophie | 21 8:30-9:30am Step Aerobics (GX) Pat 11am-12:30pm ZUMBA Power (GX) Sophie | |
| 23 8:30-9:30am WOW-TABATA-TABATA (B/I) (GX) Pat 9-10am Yoga/Pilates (B) (DB) Deanna 9-10am Advanced Aqua (B/I/A) (DP) Kathy 10-11am Aqua Fit (B) (DP) Denise 9:45-10:45am Wake-up and Move (B/I) (RV) /Pat 10-10:45am Core Balance and Standing Abs (B) (GX) Prescy/Sophie 10-11am Meditation Breathing (B) (DB) Deanna 10:45-11:30am ZUMBA Toning (B/I) (GX) Prescy/Sophie 11:30-12:15pm ZUMBA Dance (B/I) (GX) Prescy/Sophie 4-5pm Stretch and Flex (B/I) (GX) Tammy 6:30-7:30 Yoga/Pilates (B/I) (GX or DB) Deanna | 24 8-9am Body Works (B/I/A) (GX) Kathy 9-10am Myofascial Release Stretch (B) (GX) Joele 10-11am Beginning Pilates (B/I/A) (GX) Joele 9:30-10:30am Aqua Fit (B) (VP) Denise 11-12pm Feel Good Class (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly 3-4pm Advanced Aqua (B/I/A) (DP) Kathy | 25 7-8am Early Yoga (B) (DB) Tammy 8-9am Back To Basics Yoga (B/I) (DB) Tammy 8:30-9:30am WOW – TABATA –BOOM (B/I) (GX) (Pat) 9:30-10:30am Aqua Fit (B) (DP) Denise 11-12:30pm Hot ZUMBA (I/A) (GX) Prescy 6:30-7:30pm Balance Ball (GX) Deanna | 26 8-9am Body Works (B/I/A) (GX) Kathy 9-10am Core/Stretch (B) (GX) Joele 9-10am Tai Chi (B/I) (GX) Lillian 9:30-10:30am Advanced Aqua (B/I/A) (DP) Kathy 10-11am Step Aerobics (B/I/A) (GX) Pat 11-12pm Feel Good Class (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly 2:30-3:30pm Yoga (B/I) (GX) Tammy 3-4pm Aqua Fit (B/I/A) (DP) Denise | 27 7-8am Early Yoga (B) (DB) Tammy 8:30-9:30pm WOW-TABATA- BOOM (B/I) (GX) Pat 9-10am Yoga/Pilates (B) (DB) Deanna 9:30-10:30am Aqua Fit (B) (DP) Denise 10-10:45am Core Balance and Standing Abs (B) (GX) Sophie 10-11am Balance Ball (DB) Deanna 10:45-11:30am ZUMBA Toning (B/I) (GX) Sophie 11:30-12:15pm ZUMBA Dance (B/I) (GX) Sophie | 28 8:30-9:30am Step Aerobics (GX) Pat NO Saturday ZUMBA | |
| 30 8:30-9:30am WOW-TABATA-TABATA (B/I) (GX) Pat 9-10am Yoga/Pilates (B) (DB) Deanna 9-10am Advanced Aqua (B/I/A) (DP) Kathy 10-11am Aqua Fit (B) (DP) Denise 9:45-10:45am Wake-up and Move (B/I) (RV) /Pat 10-10:45am Core Balance and Standing Abs (B) (GX) Prescy/Sophie 10-11am Meditation Breathing (B) (DB) Deanna 10:45-11:30am ZUMBA Toning (B/I) (GX) Prescy/Sophie 11:30-12:15pm ZUMBA Dance (B/I) (GX) Prescy/Sophie 4-5pm Stretch and Flex (B/I) (GX) Tammy 6:30-7:30 Yoga/Pilates (B/I) (GX or DB) Deanna | 31 8-9am Body Works (B/I/A) (GX) Kathy 9-10am Myofascial Release Stretch (B) (GX) Joele 10-11am Beginning Pilates (B/I/A) (GX) Joele 9:30-10:30am Aqua Fit (B) (VP) Denise 11-12pm Feel Good Class (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly 3-4pm Advanced Aqua (B/I/A) (DP) Kathy |  | | | | <p>BIGGEST MOVER!</p> <p>LET'S MOVE CONTEST!</p> <p>Registration Form & Biggest Mover Punch Cards are now available to pick up at the Member Service Desk!</p> <p>Contest Runs for 3 months April - June</p> |

DELTA POOL NOW HEATED MOST Aqua Fit and Advanced Aqua Classes will be outside

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

Fitness & Friends with Joele Swift, 8 Steps to a Healthy Back with Beverly Shilich, Continuation of Yoga with Deanna Araya, The Practice with Meditation Anna Chunn, Aqua Joint with Beverly Shilich

May 2016 Club and Activity Calendar

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|--|---|---|---|--|
| 1 10am – 3pm Trilogy Produce Market (D) 2pm Theater Group Production "Play On" (V) | 2 8am Social Tennis 9am Woodcarving (D) 9am Theater Gp Improvisation Workshop (D) 9:30am Walk & Talk (V) 9:30am Document Revision (V) 10:30am Garden Club Planning (V) 11am Saddle Rock Village ARC (V) 12pm Open Painting (D) 12:30pm Rip, Stitch & Bitch (V) 12:30pm Mah Jongg (V) 1pm TAG Monthly (D) 2:30pm Pickleball (courts 1 & 2) 3pm Guitar Club (V) 3pm Oakmont Village RC Social Com (V) 5pm Whist Planning (V) 6pm Soul Line Dancing (D) 6pm Poker (D) 6:30pm Game Night (V) | 3 8am Social Tennis 8:30am Radio Club (V) 9:30am Women's 9-Hole Golf 10:30am Country Line Dancing (D) 11am Pickleball (courts 1 & 2) 11:30am TRVMEN Golf 12:15pm Watercolor Painting – Beg (D) 12:15pm Hand & Foot Canasta (V) 12:30pm Dominoes (D) 4pm Horseshoe Pit Play (Brockton Park) 4:15pm Table Tennis (D) 5pm Billiards Club Tournament (V) 5pm Tai-chi & Yuan-chi (V) 5:30pm Couples Canasta (D) 6:30pm Religions of the World (D) 7pm Drama Play Rehearsal (V) | 4 8am Social Tennis 8am TOPS (D) 8:30am Sr. Men's Golf 9:30am Bridge Lessons (V) 9:30am Men's Fellowship (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) 11am Ukulele Club (V) 11am Pickleball (courts 1 & 2) 12:30pm Fat Quarters Quilters (D) 1pm Village Riviera ARC (D) 1:30pm Jazz Band (V) 2pm Bergren Oil & Acrylic Class (D) 2pm Card Design Class (D) 2pm Saddle Rock RC Social Com (V) 4:30pm Table Tennis (D) 5:30pm Delta Harmony Rehearsal (V) 6:30pm Soul Line Dancing (D) 7pm Billiard Club Membership (V) | 5 8am Social Tennis 8:30am Women's 18-Hole Golf 9am Eagle Point Village ARC (D) 9:30am Ceramics (D) 10am Women's Fellowship (V) 11am Pickleball (courts 1 & 2) 12:15pm Ponytail Canasta (V) 1pm Good Samaritans (D) 1pm Sailing Club (V) 2pm Genealogy Club (V) 4pm Horseshoe Pit Play (Brockton Park) 5pm Admin Policies Com (V) 5pm Tai-chi for Beginners (V) 6pm Yuan-chi & Fan Dance (V) 6pm VORC Cinco De Mayo (D) 6:15pm Village Riviera BOD (D) 6:30pm Village Riviera HOA (D) 6:30pm Pinochle (V) 7pm Photography Club (V) 7pm Ballroom Dance - Adv (V) 7pm Drama Play Rehearsal (V) 8pm Ballroom Dance - Beg (V) | 6 8am Social Tennis 8:50am Cycling Club (Delta Parking Lot) 9am Model Club (V) 9:30am Walk & Talk (V) 9:30am Village1 ARC (V) 10am Rubber Stamp Card Making (D) 10:30am Country Line Dancing (D) 10:30am Book Club: 66 Bible Books (V) 11am Pickleball (courts 1 & 2) 12pm Watercolor Painting – Adv (D) 12:15pm Friday Bridge (V) 6pm Joy Luck Mah-Jongg (V) 6:30pm Singles Club (D) 7pm Havurah Friends Shabbat Dinner (D) | 7 9am – 3pm Community Garage Sale 8am Motorcycle Club (Off-site) 8:30am Hiking Club (V) 9am Model Club – Garden Railway (V) 9am Table Tennis (D) 6pm Texas Hold'em / Omaha Poker (D) |
| 8 Mother's Day | 9 8am Social Tennis 9am Woodcarving (D) 9am Olympic Village ARC (V) 9am Theater Gp Improvisation Workshop (D) 9:30am Walk & Talk (V) 10am Village Oakmont ARC (V) 12pm Open Painting (D) 12pm Duplicate Bridge (V) 12:30pm Rip, Stitch & Bitch (V) 2:30pm Pickleball (courts 1 & 2) 3pm House Renovations Com (V) 5pm Whist Planning (V) 6pm Soul Line Dancing (D) 6pm Poker (D) 6:30pm Game Night (V) 7pm Model Club – RC Aircraft (D) | 10 8am Social Tennis 8:30am Radio Club (Offsite) 9:30am Women's 9-Hole Golf 10am TRVMA Executive Session (V) 10am Comp Class – Basics (New Content) (V) 10:15am Book Club (V) 10:30am Country Line Dancing (D) 11am Pickleball (courts 1 & 2) 11:30am TRVMEN Golf 12pm Cooking Club (D) 12:15pm Watercolor Painting – Beg (D) 12:15pm Hand & Foot Canasta (V) 12:30pm Comp Class – Create, Find & Work with Files or Pictures (V) 2pm Master Association Board Mtg (V) 4pm Horseshoe Pit Play (Brockton Park) 4:15pm Table Tennis (D) 4:30pm Table Tennis Club General Mtg (D) 5pm Billiards Club Tournament (V) 5pm Tai-chi & Yuan-chi (V) 7pm Drama Play Rehearsal (D) 7pm Emergency Action Com (V) | 11 8am Social Tennis 8am TOPS (D) 8:30am Sr. Men's Golf 9am Whist Club Casino Trip (Delta Parking Lot) 9:30am Bridge Lessons (V) 9:30am Men's Fellowship (V) 9:30am Walk & Talk (V) 10am Village Oakmont Kare Bears (D) 10am Stained Glass (D) 11am Ukulele Club (V) 11am Pickleball (courts 1 & 2) 12:30pm Fat Quarters Quilting (D) 1:30pm Jazz Band (V) 2pm Bergren Oil & Acrylic Painting (D) 2pm Card Design Class (D) 4:30pm Table Tennis (D) 5:30pm Delta Harmony Rehearsal (V) 6:30pm Nature Club (V) 6:30pm Soul Line Dancing (D) | 12 8am Social Tennis 8:30am Women's 18-Hole Golf 9am Blood Pressure Check (D) 9:30am Ceramics (D) 10am Council for the Arts (V) 10am Women's Fellowship (V) 11am Pickleball (courts 1 & 2) 12:15pm Ponytail Canasta (V) 1pm Garden Club (V) 1pm Good Samaritans (D) 3:45pm Village 1 BOD (D) 4pm Village 1 HOA (D) 4pm Horseshoe Pit Play (Brockton Park) 4pm Sr. Men's Board Mtg (D) 5pm Table Tennis (D) 5pm Tai-chi for Beginners (V) 6pm Yuan-chi & Fan Dance (V) 6:15pm Olympic Village BOD (D) 6:30pm Olympic Village HOA (D) 6:30pm Pinochle (V) 7pm Writers' Club (V) 7pm Drama Play Rehearsal (D) 7pm Ballroom Dance - Adv (V) 8pm Ballroom Dance - Beg (V) | 13 8am Social Tennis 8:50am Cycling Club (Delta Parking Lot) 9:30am Walk & Talk (V) 10:30am Country Line Dancing (D) 10:30am Book Club: 66 Bible Books (V) 11am Pickleball (courts 1 & 2) 12pm Watercolor Painting – Adv (D) 12:15pm Friday Bridge (V) 1pm Garden Club Rose Workshop (D) 2pm Guitar Club Beg Workshop (V) 6:30pm Singles Club (D) 7pm Bunco (D) | 14 8:30am Hiking Club (V) 9am Model Club - Garden Railway (V) 9am Table Tennis (D) 6pm Texas Hold'em / Omaha Poker (D) |
| 15 10am – 3pm Trilogy Produce Market (D) 6:45pm Havurah Friends (V) 7pm Trilogy Dance Club – Boogie Aces (V) | 16 8am Social Tennis 9am Woodcarving (D) 9am Theater Gp Improvisation Workshop (D) 9:30am Walk & Talk (V) 9:30am Document Revision Com (V) 10am Council of Village Presidents (D) 11:30am Saddle Rock Village ARC (V) 12pm Open Painting (D) 12:30pm Mah Jongg (V) 12:30pm Rip, Stitch & Bitch (V) 2:30pm Pickleball (courts 1 & 2) 3pm July 4th Focus Group (V) 3pm Guitar Club (V) 5pm Whist Planning (V) 6pm Soul Line Dancing (D) 6pm Poker (D) 6:30pm Game Night (V) 7pm Fishing Club (D) | 17 8am Social Tennis 8:30am Radio Club (V) 9am Garden Club Workshop (D) 9:30am Women's 9-Hole Golf 10am Comp Class – Discover the Internet (V) 10:30am Country Line Dancing (D) 11am Pickleball (courts 1 & 2) 11:30am TRVMEN Golf 12:15pm Watercolor Painting – Beg (D) 12:15pm Hand & Foot Canasta (V) 12:30pm Dominoes (V) 12:30pm Comp Class – Facebook (Bring your logon info) (V) 2:30pm Celtic & Zen Tangle Doodling Class (D) 4pm Horseshoe Pit Play (Brockton Park) 4:15pm Table Tennis (D) 5pm Billiards Club Tournament (V) 5pm Tai-chi & Yuan-chi (V) 5:30pm Couples Canasta (V) 7pm Drama Play Rehearsal (D) | 18 8am Social Tennis 8am TOPS (D) 8:30am Sr. Men's Golf 9:30am Bridge Lessons (V) 9:30am Men's Fellowship (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) 11am Ukulele Club (V) 11am Pickleball (courts 1 & 2) 12:30pm Fat Quarters Quilting (D) 1pm Village Riviera ARC (D) 1:30pm Jazz Band (V) 2pm Bergren Oil & Acrylic Painting (D) 2pm Card Design Class (D) 4:30pm Table Tennis (D) 5:30pm Delta Harmony Rehearsal (V) 6:15pm Saddle Rock Village BOD (D) 6:30pm Saddle Rock Village HOA (D) 6:30pm Soul Line Dancing (D) 7pm Olympic Village RC (V) 7:30pm Saddle Rock Village RC (D) | 19 8am Social Tennis 8:30am Women's 18-Hole Golf 9am Eagle Point ARC (D) 9:30am Ceramics (D) 10am Women's Fellowship (V) 11am Pickleball (courts 1 & 2) 12pm Coffee House on the Patio (V) 12:15pm Ponytail Canasta (V) 1pm Good Samaritans (D) 2pm Genealogy Workshop (V) 4pm Horseshoe Pit Play (Brockton Park) 4pm Golf: Sr. Men's General Mtg (D) 5pm Table Tennis (D) 5pm Village Riviera RC (V) 5pm Tai-chi for Beginners (V) 6pm Yuan-chi & Fan Dance (V) 6:30pm Pinochle (V) 6:30pm Singles Club (D) 6:45pm Village Oakmont BOD (D) 7pm Village Oakmont HOA (D) 7pm Ballroom Dance - Adv (V) 7pm Drama Play Rehearsal (D) 8pm Ballroom Dance - Beg (V) | 20 8am Social Tennis 8:50am Cycling Club (D) 9:30am Walk & Talk (V) 9:30am Village 1 ARC (V) 10:30am Country Line Dance (D) 10:30am Book Club: 66 Bible Books (V) 11am Pickleball (courts 1 & 2) 12pm Watercolor Painting – Adv (D) 12:15pm Friday Bridge (V) 6pm Joy Luck Mah-Jongg (V) 6:30pm Singles Club (D) 7pm Whist Club (D) 7pm Karaoke – Spontaneous Fun (V) | 21 8am – 11am Trilogy Team Tennis 8:30am Hiking Club (V) 9am – 6pm Table Tennis In-House Tournament (D) 9am – 12pm Free Shredding Service (Until Truck Fills – Delta Overflow Parking Lot) 9am Model Club – Garden Railway (V) 6pm Texas Hold'em / Omaha Poker (D) |
| 22 | 23 8am Social Tennis 9am Woodcarving (D) 9am Theater Gp Improvisation Workshop (D) 9am Olympic Village ARC (V) 9:30am Walk & Talk (V) 10am Village Oakmont ARC (V) 12pm Open Painting (D) 12:30pm Rip, Stitch & Bitch (V) 12:30pm Mah Jongg (V) 1pm Access Com (D) 2:30pm Pickleball (courts 1 & 2) 3pm House Renovations Com (V) 5pm Whist Planning (V) 6pm Poker (D) 6pm Soul Line Dancing (D) 6:30pm Game Night (V) | 24 8am Social Tennis 8:30am Radio Club (V) 9:30am Women's 9-Hole Golf 10am Comp Class – Microsoft Excel 1 (New Content) (V) 10:30am Country Line Dancing (D) 11am Pickleball (courts 1 & 2) 11:30am TRVMEN Golf 12:15pm Watercolor Painting – Beg (D) 12:15pm Hand & Foot Canasta (V) 12:30pm Comp Class – Microsoft Excel 2 (New Content) (V) 12:30pm Dog Club (D) 2pm Amenities Com. (D) 4pm Horseshoe Pit Play (Brockton Park) 4:15pm Table Tennis (D) 5pm Billiards Club Tournament (V) 5pm Tai-chi & Yuan-chi (V) 7pm Drama Play Rehearsal (D) 7pm Emergency Action Com (D) | 25 8am Social Tennis 8am TOPS (D) 8:30am Sr. Men's Golf 9:30am Bridge Lessons (V) 9:30am Men's Fellowship (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) 11am Ukulele Club (V) 11am Pickleball (courts 1 & 2) 12:30pm Fat Quarters Quilting (D) 1:30pm Jazz Band (V) 2pm Bergren Oil & Acrylic Painting (D) 2pm Card Design Class (D) 4:30pm Table Tennis (D) 5:30pm Delta Harmony Rehearsal (V) 6:30pm Soul Line Dancing (D) | 26 8am Social Tennis 8:30am Women's 18-Hole Golf 9:30am Ceramics (D) 10am Women's Fellowship (V) 10am Tennis Club Mtg (D) 11am Pickleball (courts 1 & 2) 12:15pm Ponytail Canasta (V) 1pm Adult Com Mtg (D) 1pm Good Samaritans (D) 2pm Community Connections (V) 4pm Horseshoe Pit Play (Brockton Park) 5pm Admin Policies Com (V) 5pm Tai-chi for Beginners (V) 6pm Yuan-chi & Fan Dance (V) 6:15pm Eagle Point Village BOD (D) 6:30pm Eagle Point Village HOA (D) 6:30pm Pinochle (V) 7pm Drama Play Rehearsal (V) 7pm Theater Group (D) 7pm Ballroom Dance - Adv (V) 7:30pm Eagle Point RC (D) 8pm Ballroom Dance - Beg (V) | 27 8-11am Trilogy Team Tennis 8:50am Cycling Club (D) 9:30am Walk & Talk (V) 10am Rubber Stamp Card Making (D) 10:30am Country Line Dance (D) 10:30am Book Club: 66 Bible Books (V) 11am Pickleball (courts 1 & 2) 12pm Watercolor Painting – Adv (D) 12:15pm Friday Bridge (V) 2pm Guitar Club - Beginners Workshop (V) 3:30 – 5:30pm Shibori Workshop Prep (D) 6:30pm Bingo (D) | 28 8:30am Hiking Club (V) 8:30am – 4pm Shibori Shirt Workshop (D) 9am Model Club – Garden Railway (V) 9am Table Tennis (D) 6pm Texas Hold'em / Omaha Poker (D) 7pm Patio Concert – Styx Tribute & The Great Rock Classics (V) |
| 29 8:30am – 4pm Shibori Shirt Workshop (D) 6pm Riviera Sock Hop (V) | 30 Memorial Day 8am Social Tennis 9:30am Walk & Talk (V) 12:30pm Rip, Stitch & Bitch (V) 12:30pm Mah Jongg (V) 2:30pm Pickleball (courts 1 & 2) 5pm Whist Planning (V) 6pm Poker (D) 6:30pm Game Night (V) | 31 8am Social Tennis 8:30am Radio Club (V) 9:30am Women's 9-Hole Golf 10:30am Country Line Dancing (D) 11am Pickleball (courts 1 & 2) 11:30am TRVMEN Golf 11:30am – 9pm AARP Driver Safety Course (V) 12:15pm Watercolor Painting – Beg (D) 12:15pm Hand & Foot Canasta (V) 4pm Horseshoe Pit Play (Brockton Park) 4:15pm Table Tennis (D) 5pm Billiards Club Tournament (V) 5pm Tai-chi & Yuan-chi (V) 7pm Drama Club Rehearsal & Membership (D) | | | | |



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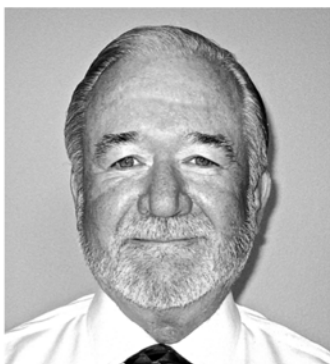
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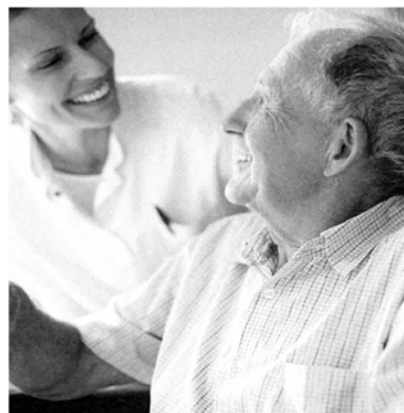
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Billiards

The next Billiards Club meeting is on Wednesday, May 4 at 7 p.m. in the Monterey Room of the Vista Club. Tournaments are every Tuesday evening and start at 5 p.m. We play 8-ball or 9-ball depending on the week of the month. Officers: President Al Bergoust, Vice President Dennis Pool, Treasure Jack Clark, Secretary open, Membership Chairman Dave Stewart. Latest weekly tournament winners:

March 1, 8-Ball

- 1st Mike Quihuiz
- 2nd Ken Guillory
- 3rd Diego Cassone

March 8, 8-Ball

- 1st Al Bergoust
- 2nd Mike Quihuiz
- 3rd Diego Cassone

March, 15-Ball

- 1st Al Bergoust
- 2nd Dennis Pool
- 3rd Ken Guillory

March 22, 8-Ball Partners

- 1st Toni G and Al B
- 2nd Ken G and Hawaiian Al
- 3rd Geno T and Steve B

March, 15-Ball

- 1st Al Bergoust
- 2nd Geno Toscano
- 3rd Richard Gutierrez

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

Bingo

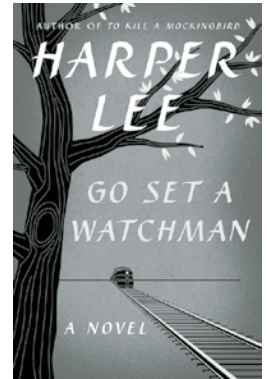
Bring friends and enjoy the bingo games. Mark your calendar for the fourth Friday of the month (May 27) for Bingo at the Delta Club. Games begin promptly at 7 p.m. Buy-in for each person is \$10 for 12 games. We have one early-bird special: one card for a \$1. The prize money for each game is \$50 and the blackout prize is \$250. For more information, call Irene at 707-374-6999.

Bocce

Spring has sprung and so has the 2016 TRV bocce season. The formal opening of the new courts and the first days of play, along with opening day jitters are behind us. The final count of dues-paying members totals 515 which translates into 49 teams, a new club record. Plans are being finalized for the mid-season Bring Your Own Stuff (BYOS) socials and the end-of-season celebrations. More details next month. The BBQ pits at the Summerset courts are available for team use. The Club provides the propane and the tools. All the users have to do is clean-up after use. See inside the grill doors for use instructions. Key dates in May are every day that bocce is scheduled. No play is scheduled on Monday, May 30, Memorial Day. Remember to roll often, throw straight and have fun, that's what it's all about. Contact Joe Downes at 707-374-7520 with questions.

Book

The Book Club meets the second Tuesday of each month at 10:30 a.m. in the Sonoma Room at the Vista Club. The next meeting is May 10. The book selection is *Go Set a Watchman* by Harper Lee. June's book selection is *Japanese Lover* by Isabel Allende. 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 707-374-5576.



Book - 66 Bible Books

We are moving right along with our reading of the *Bible*. The pace is not so swift that it becomes work, but moderately enough so as not to fall behind nor lose interest. The weekly sharing of our key thoughts has been both educational and fun for all in attendance. As always, the atmosphere of respect for one another has led to an open and honest discussion of the *Bible*. We will be wrapping up the second book of the *Bible*, Exodus, in April followed immediately by the third book of the *Bible*, Leviticus. Leviticus contains 27 very interesting chapters and should lead to some very insightful discussions. We meet weekly in the Monterey Room of the Vista Club on Fridays from 10:30 a.m. - 12:30 p.m. We welcome anyone who would like to visit and determine if this Bible Book Club is something which would be of interest to you. For any additional information, please contact either Gary or Deb Dunham at 707-374-5324 or gmdunham1@hotmail.com, debdunham@hotmail.com

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, May 9. All Trilogy residents who are interested in playing duplicate bridge are welcome. If you need a partner; we'll find one for you. Please call Sue at 707-374-6136 for more information.

March's winners: 1st: Joanne Hess and Alan Carter; 2nd: Bob Wiskotzil and Lars Ortenblad; 3rd: Cyndy Schroeder and Tammy Woodworth



Bridge – Friday

Friday Bridge Club meets every Friday at 12:15 p.m. in the Vista Club, Sonoma Room. All levels of players are welcome. Please let us know you are coming by 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. April Winners were Larry & Xaio, Lynn & John F, Lois Brusen & John M. Congratulations all. For more information or any questions, please call Larry Epner at 707-374-3511.

Bunco

Spring is here, why don't you join us and brag about the exciting adventures you have planned for the coming years. You might get some suggestions from others that you had not considered. Then you can enjoy the fun and excitement of the bunco game. Why not, you might get an idea to revisit old friends or see some sights you recall from your earlier age. We meet at the Delta Club on the second Friday of the month at 7 p.m. We still sit at tables with a total of four contestants at each table, make introductions, and when the room is ready, we start. At the end of each round one person moves to another table and again we play. I can only confirm the laughter, excitement and old-fashioned goodwill among neighbors is there each round. The easy rules of play and the refreshments make it a fun evening. For further information please call Shirley at 707-374-9984.

Ceramics



Photo by Linda Robinette.

We are always learning at our Ceramic Club meetings. Members use different techniques and it is interesting to see how colors or textures turn out on completed items. This little fish was painted with a special "crackle" glaze. Once it was fired and cooled, either acrylic paint or stain could be rubbed into it to emphasize the cracking effect. If it was in color, you would see an aqua fish with a green face and fins finished with a burnt umber brown acrylic. We have some small ceramic pieces that "first-timers" can come and glaze to see if they would like to continue. Why don't you try something new? We

meet every Thursday from 9:30 a.m. - 12 p.m. in the Marina Room at the Delta Club. For more information, please contact Ann at 707-374-5122.

Community Connections

April took Community Connection members to Richmond to visit the Rosie the Riveter Memorial. One of the original Rosie the Riveters, who is 91 years young, gave a presentation on her role during World War II. The exhibits were interesting and a good time was had by all!

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

Our next meeting is on May 26 in the Monterey Room at the Vista Club at 2 p.m. as we discuss where our next outing will take us. You may bring a sweet or savory snack to share if you wish, but if not, just bring yourself. We would love to meet you! For more information contact Robie at 650-454-4299 or Pam at 707-374-3161.

Cooking

Are you a fabulous home chef or a novice looking to try new techniques and learn some new tricks? Welcome to the Trilogy Rio Vista Cooking Club! We are a group of home cooks who meet to share recipes, experience, information and talents. and to sample a bit of the "Theme dish" of the month. It's easy, just bring the recipe you like that follows the theme to discuss. No need to cook it, our member "chefs" will take care of that, and you get a free lunch! Our club member chefs for May will be preparing recipes featuring fish. So bring your favorite fish recipe and let us know your success or challenges with the dish.

It is amazing the great tips and techniques we can pick up from each other, and by trying and learning about new things and trends. If you have questions, please contact Gary Swieso, who is featured on the cover, at 707-374-5859, or stop by at 12 p.m. on Tuesday, May 10 (second Tuesday) in the River Room of the Delta Club. The theme for June (next month) will be "spring vegetables."

Every time we meet, it is often heard "I didn't know that." Here are some of the things we learned this month:

- When browning items like hamburger, use a potato masher to break up the meat.
- Cutting cookie "bars" or sheet cakes, use a roller-style pizza cutter. Quick and easy.



- Cutting layers for layer cakes, loop or pull unflavored dental floss through the cake.

All cooks and “wanna” be cooks are encouraged to join us. Guys, this club is for you too! They’re the best chefs anyway, right?

Council for the Arts

“Music of the Night” was a huge success! It played to sell-out audiences nearly every night. Thank you to everyone who attended and all those who, in any way, helped to bring our show to the stage.

The Council for the Arts advocates for and offers financial grants to organizations and clubs in Trilogy that are involved in the many aspects of the arts. Our primary source of the funds used to support the arts is the revenue raised by “Music of the Night.” We look forward to finding and funding deserving groups.

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

Couples Canasta

If you want to meet, socialize and have a fun evening with other Rio Vista Trilogy couples, this is the club for you. We meet at 5:30 p.m. on the first Tuesday of each month at the Delta Club’s Marina Room and the third Tuesday of each month at the Vista Club’s Sonoma Room. We play the gals against the guys! Canasta is a fun card game. It’s easy to learn and no experience is necessary. Beginners are always welcome! We collect \$5 club dues per couple when you play, to cover the cost of supplies. Please call or email Patt Holobowicz at 707-225-0796 or 312-420-7726 if you are interested. Email is patthalo@sbcglobal.net. We hope you will join the fun!

Cycling



Photo by Roger Kohn

Cycling Club meets on Fridays at 8:50 a.m. in front of the Delta Club. Ride for fitness, fun, and friendship. Rides are 20-25 miles, but riding more or less is possible. There are plenty of regroupings; no one is left behind. Helmets are required.

Bring money for a coffee and snack stop. “If the wind is not against you, it is not blowing.” James E. Starrs, *The Noiseless Tenor*. For more information, contact Marcia or Al Morrison at 707-374-5177 or marcialj@netscape.net.

Dog



This is Bluford, a 4-year old half Miniature Schnauzer, and quarter each Beagle and Chinese Shar-Pei (DNA certified) owned by Roger and Mona Elliott. Here is what Mona has to say about Bluford, “Whatever he is, we love him the way he is, a typical Terrier. Bluford is a family name, named

after my Dad. He loves to take us for walks, usually with his nose on the ground, hardly ever looks up. He is also a ‘herder’ and always ready to go. When we put on our shoes and get the keys, he is the first one at the door with his tail wagging and a smile on his face, yes, he smiles.”

Mona has just stepped down from Presidency of the Dog Club. Thank you, Mona, for a wonderful year under your leadership.

Dogs are welcome outside on the Vista Patio and also outside at Sir Flairs. Make a date with your dog next time you decide to eat out at either location.

Important Dates: Dog Club Meeting, May 24, 12:30 p.m. at the Delta Club. Doggie Play Date, Saturday, May 28, 9 - 10:30 a.m. for large dogs, 10:30 a.m. - 12 p.m. for small dogs. Be there or be square.

Dominoes

The Mexican Train is leaving the station at the Delta Club, with a starting time of 12:30 p.m., the first and third Tuesday of each month. Get on board and introduce yourself to the other travelers. A great time can be had without experiencing motion sickness or ending up in a strange town. If you are not familiar with the rules of play you will be patiently helped by the others. They are simple, and the play quick enough to keep everyone’s interest. Don’t miss out. For further information please call Shirley at 707-374-9984.

Drama

We had our Annual Pasta Feed on April 16. It was very well attended with the spaghetti heaped with sauce on everyone’s plate. The delightful Roger Kohn provided his wonderful homespun music during dinner. Thank you to all that attended, you made our Pasta Feed an awesome success. And a special thank you to our awesome volunteers for all their hard work in making this a lip-smacking winner.



Put the following event on your calendars! Our summer play will be August 11, 12, 13, and 14. One day in the life of a wacky family with nosey neighbors, whiney handy-men, bankers, and sheriffs. Adding to the confusion is the disappearance or murder of the family patriarch, and, a twin brother?

We welcome inspiring new members without any experience because you will just have the most fun with our group of characters. We encourage all interested Trilogy residents to come to our next meeting on April 26 at 7 p.m. at the Delta Club. Please contact Debby Dubrow for more information at 707-374-6706.

Garden



April was a wonderful month! We enjoyed our first field trip of the year to San Francisco with the Trilogy Model Club. Our tour took us to the Conservatory of Flowers, the Academy of

Sciences, the DeYoung Museum and the San Francisco Yacht Club. Then Solano County Master Gardener Betsy Buxton gave a hands-on demonstration on propagating plants. We ended the month with a workshop on floral arrangements in a glass vase.

May's monthly meeting will feature Josh Puckett, Production Manager of Foundation Plant Service at UC Davis, College of Agriculture and Environmental Sciences. Mr. Puckett will be presenting a rose grafting workshop. This is going to be an exciting workshop because each attendee of the workshop will receive two, that's right two, name brand, registered, trademark bare root roses for the nominal cost of \$10 (Non-members cost is \$15). You won't find roses of this quality anywhere else for this price!

The workshop for May will be how to embellish and accessorize your Memorial Day flower arrangements. Seating is limited, be sure to sign up early!

The Trilogy Garden Club holds monthly meetings on the second Thursday of every month in the Diablo Ballroom at the Vista Club at 1 p.m. and a monthly workshop on the third Tuesday of the month from 9 a.m. - 12 p.m. in the Marina Room at the Delta Club. The cost of membership is \$15 per family per year.

Please contact Robie Williams, Publicity and Membership Chair at robiejw@hotmail.com for more information.

Genealogy

Spring Cleaning: This is the perfect time of year to go through all of the printed genealogy information in your files and binders and clean them up. Put things in their proper places if they have been stacking up for a while. Get rid of information you don't need any more. Alphabetize items and arrange them by date from the oldest to newest. You can even categorize documents this way. Doing this will make it much easier for you to find what you need when you need it, and reduce genealogical clutter. This is also a perfect time to prep your family tree for work for the year ahead. Go through the lines you are actively working on and make sure every piece of information has a credible source. If there is no source, find one or more. Make sure your tree makes sense and all generations have a proven connection to one another. Delete inaccurate or disproved information. Edit notes in your tree for grammar and spelling. Add new details that you may have discovered but not written down. Add photos of any new ancestors you've discovered to paint a more complete picture of your family tree. This certainly can be easier said than done, but it can add a much greater dimension to your project.

Club meetings take place the first Thursday of the month at 2 p.m. in the Monterey Room, Vista Club. For more information, contact Rhoda at 707-374-7542. The Workshop is held the third Thursday at 2 p.m. in the Learning Center, Vista Club. For more information, contact Carolyn at wncbridges@comcast.net or 510-334-0912.

Good Samaritans

On May 5, at 1 p.m. the Good Samaritans will participate in the 65th Annual National Day of Prayer. The theme for 2016 is "Wake Up America," and the chosen Bible verse is Isaiah 58:1, "Shout it aloud, do not hold back. Raise your voice like a trumpet."

The annual day is designated by the United States Congress and millions of people will gather together to pray for our nation. At this crucial time for our nation, we can do nothing more important than pray. The National Day of Prayer belongs to all Americans and is a day that transcends differences, bringing together citizens to celebrate our most beloved freedom; the freedom to humbly come before God and seek His guidance in prayer.

On Thursday, May 5, the Good Samaritans will have special prayer for our President, government leaders, our nation, U.S. Armed Forces, veterans, city officials, churches, family, the sick and shut-in and the poor. We will also be praying for all the mothers and grandmothers for Mother's Day. Refreshments will be provided following the event.



On May 26, for Memorial Day, the Good Samaritans will be recognizing all veterans who gave their lives defending our country.

Check the Trilogy calendar throughout the year for many ways the Good Samaritans reach out to our community with special events and encourage one another with love. Good Samaritans meet every Thursday at 1 p.m. at the Delta Club/Marina Room. Email us at 9fellowship@gmail.com with questions.

Scripture of the Month: Matthew 5:3-10

Guitar

On Thursday, May 19, This 'n That Coffee House is moving to the Vista Patio. We'll begin playing around 11:30 a.m. and wrap up around 1:30 in the afternoon. We will not be offering any snacks but the event, as always, is free. Come on out and enjoy the music, bring your own snacks or get something from the Café. The Coffee House will return to the Diablo Ballroom in June. The Coffee House is not an Open Mic event. If you are interested in performing, come to any of our meetings to audition.

The Guitar Club meets regularly on the first and third Mondays of the month in the Vista Club's Diablo Ballroom from 3 - 5 p.m. For those two hours we play, sing, talk and have a good time. Beginners and non-players are always welcome to all our meetings.

For those that are interested in learning to play, need help changing strings or getting advice, consider coming to our Beginners Workshops on the second and fourth Fridays of the month in the Diablo Ballroom from 2 - 4 p.m. If you have questions about the club or events, contact Roger Kohn at 707-374-2737 or email Rich Victor at thatsrich@gmail.com or email us at guitarclubTRV@gmail.com.

Havurah Friends

Our new club, Havurah Friends, will meet on Sunday, May 15 at 6:45 p.m. We will meet in the Monterey Room at the Vista Club. The club will continue to meet the third Sunday of each month. Havurah Friends is a social and educational club, open to all who are interested in exploring Jewish history and culture through discussion, books, special events and traditional holiday gatherings. We look forward to welcoming new members as we expand our group of friends. For more information please call Pam at 707-374-3161 or email her at karatpah20@gmail.com.

Hiking

The Trilogy Hiking Club is one of the oldest and largest clubs in Trilogy, formed 12 years ago with a current membership of over 250 members. The Club offers a wide variety of hiking, and special interest and social events.

Membership and most hikes are free. A nominal fee is charged for our special events.

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

Special Interest Events range from day trips to places such as the Mines at Black Diamond, Sacramento's Underground, and the Vasco Caves to multi-night trips to Point Reyes, Lassen or Yosemite. This year's Yosemite trip is May 24-27. For our Social Events, Club members gather monthly at a member's home for a potluck meal, followed by an evening of socializing and playing card or board games. If you have questions, or would like to be put on the mailing list, please contact Vic Thiry at vic@thiry.us or 707-374-3749.

May's Saturday hikes are:

- May 7 - Miller Knox - Richmond
- May 14 - Brannan Island State Park - Rio Vista
- May 21 - Baltimore Canyon - Larkspur
- May 28 - No local hike on this Saturday

Mah Jongg

If you are looking for a fun, interesting and challenging game, Mah Jongg may be the game. We meet every Monday except the second Monday of the month at the Sonoma Room (Card Room) from 12:30 - 3 p.m. If you have never played Mah Jongg or played a different version, we have many good players who will help you learn the game. We play the Hong Kong version and we do not play for money. Come join us. For more information call Molly at 707-374- 3417.

Men's Fellowship

We are pleased to announce the establishment of the Men's Fellowship Club within Trilogy at Rio Vista. About 18 months ago several like-minded Christian men from the Delta Breeze Chorus Club began meeting in the Vista Club cafeteria to discuss their faith, beliefs, and Biblical Scripture. This group of men has steadily grown from the original four to 33 registered men, with an average weekly attendance of 22. With this growth it became apparent that it was time to apply for club status. We submitted the application and were recently approved.



We have already read and studied the book of Luke, and are currently reading Acts, many times referred to as the Acts of the Apostles. The meeting format starts with a devotional followed by a teaching of the assigned chapter or sometimes a topical subject based on Scripture. The club consists of men from many different religions and is by no means considered a church service. It likewise does not attempt to convert anyone from one religious affiliation to another. The men currently attending range from little to no understanding of the Bible to men who have been in ministry their whole lives.

We meet weekly in the Monterey Room of the Vista Club on Wednesdays from 9:30 - 10:30 a.m. We welcome all men who have a desire for the reading and studying of The Bible and to fellowship with like-minded men. For any additional information please contact either Lloyd Whitford at 707-374-3266 or whitfordlloyd@gmail.com or Ted Angus at 707-374-6593 or sandraangus@yahoo.com.

Model

We looked forward to our field trip to San Francisco's Golden Gate Park with members of the Garden Club. It was nice to get to know others in our community with apparently different interests, but comfortable to find we have related interests. We took a great bus trip without needing to find parking on our own, or even to "find the way." Thank you Donna More for the invitation to entertain both groups.

The garden railroaders want to discuss with Trilogy's Adult Committee some repairs, upgrades and improvements we want them to consider. We will submit our requests next month. If there are any other suggestions, please contact Rod Skillen, as our Club President and Secretary are both going to be out of the area for months to weeks.

The flying group is doing well at the new Rio Vista Aerodrome. They are flying nearly every Sunday, weather permitting. Any questions, please contact our president, Mr. Ted Tome at 925-691-4676. Please join us at our monthly meeting the first Friday each month in the Vista Club, Monterey Room at 9 a.m.

Motorcycle

The Trilogy Motorcycle Club riders meet the first Saturday of every month for an all-day ride. The April 2 ride started off with wonderful weather which presented a golden opportunity to head for the coast. Twelve riders navigated Highway 160 to Brentwood, then ran the big sweepers on Vasco to a stretch break in Livermore. A quick run across the San Mateo Bridge soon found us on Skyline Boulevard headed to Alice's Restaurant. The star attraction was a super little scooter in the photo-op....well, maybe that is



Photo L to R: Mike Oestreich, Larry Nelson, Bob Azbell, Bob Pastorino, John Stapp, Frank Cable, Ted Tome, Randy Scott, Wil Bridges, Bob Sparks, John Oakley

an overstatement! Three riders peeled off for a short trip to lunch in Pescadero, the remainder opted for a "let's get lost" run through convoluted one-lane roads with turns so tight one could see their rear tire! At one point a GPS showed us in Jixi, PRC then went up in smoke.

Lunch was good with fish and chips, burgers and drinks. We had a great run up Highway 1 to Half Moon Bay. The temperature dropped about 10 degrees along the coast but was clear and as always, quite scenic. The return trip back to Livermore was speedy and thankfully uneventful as we were going to push 300 miles this day. A coffee break in Livermore reenergized us for the push back up Highway 160 and home.

We invite the other motorcycle riders in Trilogy to join us on any of the monthly rides. The next ride will meet at McDonalds in Rio Vista at 8 a.m. on May 7, the destination to be determined based on weather. For more information, contact Bob Pastorino at 707-374-6556 or Larry Nelson at 707-374-2967.

Movers & Shakers

This is a support group for those with Parkinson's, Essential Tremor, Dystonia, or any other movement disorder. We meet once a month at 7 p.m. For date and location, call Audrey Kinser at 707-374-7506.

Nature

Join us Thursday, May 12 when we travel the Delta Loop, to view the busy nesting herons and egrets. We will meet at 9 a.m. in the Vista Club's parking lot to carpool or caravan. We are planning to have lunch on the Loop. We will return about 1 p.m. This is an easy walk with stops to get out and view wildlife. An in-Trilogy bird walk is to be announced. May 11 will be our next meeting, 6:30 p.m., Monterey Room, Vista Club. Please call Gail at 707-374-2718 if you have questions.



Photography



Photo courtesy of Doris Noriega.

All Trilogy residents, regardless of experience, skill level and/or photographic equipment used, are invited to drop in and find out more about our club. Come check it out on the first Thursday of each month at 7 p.m. in the Learning Center at the Vista Club. This month's meeting is on May 5. Remember to arrive at the meeting by 6:45 p.m. to upload your pictures if you plan to share during "show and tell."

Many members look forward to getting the next "home-work assignment"; it motivates us to get out and take pictures. This month's subjects (always optional): gates, playgrounds, vegetables. In June we'll share images of cats, bicycles, roofs and arches. Suggestions for future meeting themes are always welcome! For more information contact CeCelia at 707-374-4749 or c.a.wavrick@gmail.com.

Pickleball

Spring has sprung; time to get moving and play Pickleball. The weather was beautiful in April and we had a lot of familiar faces coming out to play. Pickleball open club play times are Monday 2:30 - 4:30 p.m., Tuesday - Friday 11 a.m. - 1 p.m., all on courts 1 and 2. Pickleball players may also sign up to play outside of the Tennis Club court times and the Pickleball Club court times. The Pickleball Club maintains the portable nets, extra paddles and constantly purchases balls and tape for the courts. This is why it is essential to have club dues and membership. Pickleball Club membership is only \$15 per player for the fiscal year July 1 through June 30. That's a really good deal for exercise, social and club fun! Join now for only \$2 a month, until yearly dues are collected again. So come out and play; there is always someone around to teach new players. For more information contact Linda Pagliaroli at 916-835-3801.

Pinochle

The Pinochle Club meets every Thursday at 6:30 p.m. in the Vista Club's Sonoma Room. Bring your pinochle skills or desire to learn and join us this month. Depending on attendance we play single-deck and double-deck pinochle. Enjoy getting together with other pinochle players., even if you have not played in years. For more information contact Shirley Grijalva at 707-374-6752.

Radio

The Radio Club members have expressed interest in observing the Emergency Action drills scheduled for the month of April and beyond to identify how we can reaffirm our mutual commitment to provide emergency services and communications within our community and our surrounding area. This effort should serve to provide another level of confidence to Trilogy Rio Vista residents, as well as professional emergency workers in our area, county and state.

The Radio Club meets most Tuesdays in the Vista Club Monterey Room at 9 a.m. for demonstrations and technical discussions. Please stop by. We also conduct a radio network using the Solano County ACS repeater most Monday evenings at 7 p.m. Questions? Call Club President, Jerry Armanino for more information at 707-374-2461.

Religions of the World



Why is there so much evil in the world? Why does God allow the existence of evil, destruction, and suffering? Many thinkers throughout

history have addressed the problem of evil and have formulated answers representing their world-views. Two members of our club will team up during the next meeting on Tuesday, May 3, to articulate the problem of evil and highlight explanations advanced by theologians from different religions, past and contemporary philosophers, literary figures, psychologists, and modern neuro-scientists.

Evil events are usually classified into several types including natural, supernatural, moral, and eternal. These types will be discussed and historical examples will be presented. Theodicy, a branch of theology concerned with the justification of God's existence and purpose for allowing evil will be considered.

In view of the broad scope of this topic, and its relevance to current events, we will schedule a future meeting to discuss practical ways to reduce the occurrence of evil. Dare to imagine a more wonderful world without evil!



R.O.W. Club is a diverse group of Trilogy residents interested in learning about the different religions of the world: their history, beliefs and practices. We meet the first Tuesday of every month at 6:30 p.m. in the Delta Club, River Room. This is not a forum for recruiting members to any belief system. All Trilogy residents of any belief system are welcome. For more information, contact Don Cooper at 510-909-5049 or Barb Bellamy at 707-374-6670.

Senior Men's Golf

The 2016 Northern California Golf Association Championship season kicked off with the 2016 NCGA 2-Man Low Net Qualifier, which began with tournaments held among all the NCGA member clubs. At our Rio Vista Senior Men's Golf Club (RVSMGC) tournament in late March, several members played to mid-season championship form. Leading the charge and qualifying for the next step in the qualification process was the winning team of George Benkie (1st overall) and Creighton Galloway (2nd overall). Congratulations to George and Creighton for their inspired play, and best wishes for further NCGA tournament success. The team of John Maddox (3rd overall) and Greg Szody (4th overall) qualified second and were designated as the alternate should any circumstances prevent the winning team from further play.

In addition to the normal schedule of Wednesday tournaments, April also saw a large group of members travel to the nearby Rancho Solano Golf Club in Fairfield as part of our monthly Away Tournament schedule. And as a part of the Bay Area Senior Association tournaments, a team of players represented the RVSMGC at the Mira Vista Golf and Country Club in the East Bay hills of Cerrito, CA. All of these tournaments are prelude to the next big RVSMGC tournament, the Armed Forces Day Golf Tournament, to be held at the Rio Vista Golf Club in mid-May.

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

Singles Group



Are you single and ready to mingle? Trilogy now has a singles group! What is our purpose you ask? We're a group of singles who like to meet and spend time with other singles in our community! We enjoy playing cards, games and going on outings. We have meet and greets and schedule events periodically to socialize and have fun.

We play poker at the Marina Room in the Delta Club on the first, second and fifth Fridays of the month. We also play on the third Friday of the month in the River Room at the Delta Club. Game time is from 6:30 - 9 p.m. Bring something refreshing to drink as we do laugh, giggle and have a good time during the games. If you'd like to bring a sweet or savory to share you can, but it's not required.

The fourth Thursday of the month is our Bar-B-Que potluck meet and greet at the Delta Club Pool. Bring a drink and something to BBQ for yourself and a side dish to share. Don't forget your swimsuit and towel if you want to take advantage of the pool and hot tub! Starting time is 5:30 p.m. and lasts until we're too tired to talk and laugh anymore!

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

Supper

Wondering what the Supper Club is all about? Our members are a group of people who enjoy sharing a meal and conversation with new people and existing friends in a small group setting where we can get to know each other. We come from all walks of life. Some of us are retired and others are still toiling away looking forward to that day. We are made up of singles and couples. And one thing we all have in common is our own story and a desire to make new connections. What is your story? If you would like to join us or need more information, contact Susan Collier at 707-372-5489 or msnnomre@gmail.com, or Pam Lewis at 707-372-1642 or flypri@yahoo.com.

Table Tennis

Table tennis tournaments provide unique opportunities for club members to demonstrate their skills and measure them up against other players. These events are usually full-day affairs requiring extensive preparations by tournament Director Tom Barnes and



Tournament/Training Coordinator Bill Holst. Beside the competitive sporting experience, tournaments provide wonderful occasions for socializing among members and guests, and for enjoying what has become a tradition of delicious refreshments and international potluck luncheons organized by social committee members, Brenda Hom and Ruth Barnes, and their many helpers. Volunteer score keepers Mike Mahrous, Abaan Shumays and Jim Breen ensure accurate accounting of tournament results.



Every year we conduct 6 to 8 tournaments, including two against Rossmoor's Club. This is the sixth consecutive year we have played against Rossmoor. Our first encounter of 2016 was held at Trilogy on March 5. Two teams consisting of 27 players from each club participated. While Trilogy's team scored a narrow victory in singles matches, Rossmoor dominated the doubles matches, thus winning the overall tournament. Our training program, initiated late last year, has made notable improvements in our singles performance. We now need to cultivate doubles teams and begin corresponding training and practice activities to improve our performance in doubles before the next encounter with Rossmoor in the fall of 2016.

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

Tennis

We'd like to start out the May article by reporting that the March Tournasocial was a rousing success and everyone was a winner. That's right, the games were rained out but that didn't stop the Tennis Club from having the after-party of soups, salads, desserts and a good time. The actual games will just have to wait for the Fall, so mark your calendars for November 6.

Other upcoming events: May 14 will be our first tournament of the year with our friends at the Rossmoor Tennis Club. Successive tournaments will be played with Brentwood on June 18 and Rossmoor at Trilogy on August 20. There are also plans in the works to have a 3-club tournament between Rossmoor, The Villages and Rio Vista which was so much fun last year. Then on May 20 we start our summer run of Friday Tennis and Eats. Play will start at 5 p.m. with dinner at the Bocce Courts at 6:30 p.m. The food theme is Pasta Feed.

As always, daily Social Tennis is Monday - Friday from 8 - 10:30 a.m. and we welcome anyone, member of the club or not, to join us. Just be sure that your shoes are "court" shoes that do not leave marks on the court surfaces. Members, for help with the ball machine please call Chuck (707-374-6808) or George (707-863-1082). George is also available for lessons if you want to pick up your game.

For more information about our club, our next club meeting is scheduled at 10 a.m. on Friday, May 27, at the Delta Club or you may contact Claude Trottier at crtrrottier92@gmail.com. You can also visit our website www.frontier-net.net/~courtjesters.

Theater Group

We welcome all interested (curious?) Trilogy residents to our regular membership meetings. This month we meet on May 26 at 7 p.m. in the Delta Club, River Room. We know there's still a lot of untapped talent here in Trilogy Rio Vista, just waiting for that first curtain call! Whether on stage or behind the scenes it's not too late for you to get involved with one of our 2016 season productions.

The much anticipated opening of our season's comedy, *Play On*, by Rick Abbot, arrives on April 28. There may still be seats available for one of the evening performances (April 28, 29, 30) as well as the matinee show on May 1. Please contact George Doner at 707-374-3989 for more information. Reservation forms are also available on our billboards located in the club lobbies. You won't want to miss this hilarious show. Bring your family, friends and neighbors and prepare to laugh out loud!

The second season production, Arthur Miller's acclaimed *All My Sons*, is scheduled to open in late September. Watch for announcements about open auditions in the June issue of *Trilogy Living* and on our familiar club billboards.

For more information about our productions or any of our other group activities please contact Louise Mitchell at 707-374-3541 or sspm1939@gmail.com.

TOPS (Take Off Pounds Sensibly)

Recently nine TOPS members attended a Saturday area chapter meeting in Napa. Lead by Area Captain, Mickey Drake, who shared ideas on inspiring our own TOPS members. Our area captain chose the theme for the meeting: TOPS Life Saver. Life guards have: life preservers to save you, whistles to warn you, they are supported by a life-guard team and work as a team. And that's what our TOPS meeting does as we work as a team to Take Off Pounds Sensibly! Now is the time to get on board and join our TOPS meetings Wednesday mornings at the Delta Club. Weigh-ins are from 8 - 8:45 a.m. with our meeting starting at 9 a.m. and ending no later than 9:45 a.m. For more information about TOPS, call Leader Elouise (Ella) Brice, 707-374-1499 or Co-leader Jim Hodges, 925-368-5795. We look forward to seeing you at our next Wednesday morning TOPS meeting.



Trilogy Art Guild for Artists

Our next Trilogy Art Guild (TAG) meeting will take place on Monday, May 2 at 1 p.m. You are invited to come check us out and perhaps join our group; you don't have to be an artist, art lovers are welcome. For more information you may contact Dodi at 707-225-8996.

Following our May 2 meeting, there will be a demonstration for our members: Poet Suzanne Bruce and Artist Janet Manalo will be presenting their collaborative works, Ekphrastic Expressions.

As always, you are welcome to try out something new by attending classes taught by some of our talented TAG members. All Trilogy residents are invited to attend, no experience is required, beginners are welcome. Classes are held in the Marina Room in the Delta Club.

We have a new class, Celtic & Zen Tangle to be held on the third Tuesday of each month at 2:30 p.m. Bring your pencils, pens, crayons, markers and enjoy a relaxing session of drawing and coloring. Learn Celtic and Zen Tangle designs. In this process, learn a few relaxation skills, see how drawing, tangling and coloring can be meditative. Contact Anna at 707-374-3560.

Beginning Watercolor

Tuesdays at 12 p.m. with Anna (707-374-3560).

Oil and Acrylic Painting with Gary

First and third Wednesdays from 2 - 4:30 p.m.
Contact Alma at 707-374-3064.

Card Design with Wilda

Wednesdays from 2 - 4 p.m.
Contact Alma at 707-374-3064.

Rubber Stamp Card-making

Fridays at 10 a.m. with Shari at 707-363-9752.

Advanced Watercolor

Fridays at 12 p.m. with Anna at 707-374-3560.

For Shibori Workshops

Contact Lori at 707-374-6196.

Ukulele

Look and listen for us in the Vista Club Diablo Ballroom! Beginners' class meets each Wednesday at 11 a.m. followed by the performance group at 12 p.m. All Trilogy residents are welcome to drop by, listen, play and sing along with us.

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

Contact Claire McKean at 510-301-0479 or Loren Iversen at 209-477-9753 for more information.

Whist

May is the month for planning, celebrating, and moving. Some are planning for their vacation, some are planning for graduation celebration of grand and great grandchildren. And some like the Whist Club's former president, Madeline Turner and her husband are moving to Brentwood to be closer to their children. Our former member, Vandean Phillpott has also moved to be nearer her daughter and grandchildren in Fairfield. They will be missed.

May is also the month for the flowers and plants that the April rains promised us. We hope to see everyone out and about enjoying the many possibilities for having fun.

May 11 is the date for our Red Hawk Casino Trip. Flyers are still available.

Come interact and share your thoughts with us on designated Mondays, at the Vista Club at 5 p.m. (see the *Trilogy Living Activity Calendar*). You are invited to meet with us each third Friday of the month at 7 p.m., at the Delta Club. Bring a dish to share. The food is always good and plentiful. We play dominoes, cards, Mexican Train and any game that you bring. Some people sit and exchange information and their thoughts on world events. Contact Hattie Walker, President, at 707-374-3699 or Hayward Harvey at 707-374-3921.

Women's 9-Holers



Trilogy Golf Course

What a wonderful time to play golf. The weather started out a little on the cool side then it warmed up to perfect. For March we had 147 that came out to play. Great turnout! Our Low Putt day consisted of three winners: Flight A, Lynn Traver; Flight B, Diane Scholz;

Flight C, Linda Rowe, with putts not exceeding 16. The third week of March we hosted the Nine-Hole Men to a St Patty's Day: golf, corned beef, cabbage and green beer. Thanks guys for coming out to play with us! Two of the Tuesdays we played were strictly straight golf and is reflected in the Pars made. The last golf day, we had Net Play. Winners for Handicaps 23-34; 1st-Marj Niemi, 2nd-Lynn Traver. Handicaps 36-41; 1st-Jan Benner, 2nd-Karen Nash. Handicaps 45-52; 1st-Cathy Warr, 2nd-Barb Downs. Congratulations to all the winners. Pars for March (22 total), #5 and #1, favorites. Par of the Month Club Members: Lynn Traver (5), Anna Bogucki (2), Kathy Moore (2), Marj Niemi (2), Pam Fashing (2), Debi Petteruti (2), Nancy Weaver (2) (Well done Nancy-new member), Karen Nash, Diane Scholz, Maureen Lamborn, Nancy Griffin, Linda Rowe. Chip-ins: Jan Benner, Marj Niemi, Linda Rowe.



Trivia: Players should always show consideration for other players on the course and should not disturb their play by moving, talking or making unnecessary noise. On the putting green, players should not stand on another player's line of putt or, when she is making a stroke, cast a shadow over her line of putt or over the hole.

Come join us. For more information, contact Debi PETERUTI at 707-374-5797, or nsdme2012@gmail.com,

Women's 18-Holers

Highlight: Marsha Berry's hole-in-one at #15 on March 21.

March 3 35 ladies competed for Ace of the Month, however Lynn Grace outplayed the field with a net 68. Diana Staley was closest to pin at 6'2," and Sue Clark had the only birdie. No chip-ins this week, the pot rolls over to next week. **March 10** The 18-Holers hosted a charity tournament for our own, Sue Clark. Sue's RV 2 the Rescue, rescues animals in need of homes. Mother Nature cooperated by delaying the rain. 84 participants from Senior Men, Executive Men, and Women's 9 and 18 hole clubs played Scramble with a Twist. The tournament raised \$5,309.45 for RV 2 the Rescue. **March 17** 37 ladies played a game of T & F, holes beginning with T or F counted for scoring. No birdies and only 2 players broke 100. Four ladies, Darl McCarthy, Linda Siatt, JoAnne Smith and Terry Sutter shared chip-in pot (included rollover from March 3). Ulla Ulmonen was closest to the pin at 9'. **March 24** 29

ladies came to play. The game was Subtract Putts. Jackie Evans and Linda Siatt had a birdie. Ulla Ulmonen and Jackie Evans shared the chip-in pot. Four players broke 100. Lynn Traver won closest to the pin with 4'1/2." **March 31** 36 ladies played a game of Partner Best Ball. No birdies, 3 ladies, Paula Davis, Elaine Love and Terry Sutter had chip-ins. Bessie Dunn won closest to the pin at 5'4." Five players broke 100. We meet every Thursday at Sir Flairs. If interested in joining our club, contact Carol Petronzio at 707-374-2740.

Writers

Optional monthly topic: Captured Moments

Have you ever taken a photograph of people, objects or scenery you wanted to remember? Why was that particular instance important? Was it the person, place, object or event that fascinated you? Is this moment recorded on film, in written form, in song, or in your memory? This month, you are invited to describe your "captured moment" and share with the Trilogy Writers' Club. We'll meet on Thursday, May 12 at 7 p.m. in the Monterey Room of the Vista Club. Our gathering will be a safe, encouraging time to read what has inspired each of us. Our writers employ a variety of styles to express their ideas and tell their stories. As always, if our subject does not inspire you, please choose another topic. Just write! We hope you'll join us. For further information, contact Zoe (707-374-3676), Judy (707-374-3973), or Suzi (925-231-5213).



AARP Smart Drivers Course

May 31, 2016 Tuesday

Time: 11:30 pm to 8:00 pm

Place: Monterey Room, Vista Club

AARP Members \$15.00

Non-AARP Members \$20.00

Contact: Glen King, Instructor

Phone: 374-3342

E-mail: grk59@frontiernet.net



SUNDAY

May 1 & 15

10am - 3pm



**Fruits,
Vegetables
& Other
Specialties**



Celtic & Zen Tangle/ Doodling Class

Class will meet the third Tuesday of each month in the Marina Room, Delta Club, from 2:30 - 4 p.m. Each month you will be introduced to Celtic and/or Doodling/Tangle designs. There will be handouts for you to practice; it will be up to you to practice them and bring back your work samples to share. What most people find interesting is how relaxing the process of drawing can be, so be prepared to take a deep breath and get into your zone. Also in this process, you will learn a few relaxation skills, and see how drawing, tangling and coloring can be meditative. To register, please contact Anna Chunn at 707-374-356

Labyrinth Walkers

Labyrinth Walk in Davis - United Methodist Church at 1620 Anderson Road

Once again we will travel to Davis on Wednesday, May 18, to visit the labyrinth located on the church grounds. Please meet us at the Vista Club waterfall at 10 a.m. to either drive or carpool to Davis. Once we have walked the labyrinth we will gather in downtown Davis at a selected venue to dine. Feel free to stay and wander through this wonderful college town before leisurely driving back to Rio Vista in the afternoon. Please let Gerry Swan (510-507-4080) or Elaine Wisz (707-374-4310) know you will be joining us and whether you will need a ride or can carpool. We will also need your cell phone number; we do not want to lose anyone along the way.

Trilogy Resident Golf Tournament

The Resident Tournament for April was held on the 17th. The theme was Las Vegas Scramble and it took a real roll of the dice to make the difference. Everyone had a wonderful time. Dinner at Sir Flairs was included and great as always. A Pairing Party was held the Friday before the tournament to see with whom we were teamed and many stayed for dinner afterwards. The Resident Tournament is designed to help some of our new residents meet some of us who have been around awhile. It encourages feelings of wellbeing and shows the new residents what opportunities are out here in the golf community. The Resident Tournament is open to all golfers with a GHIN number and handicap. It is recognized and supported by all the Golf Clubs here at Trilogy.

Our next tournament will be held May 15 with a Mother's Day Theme. Look for flyers in the Pro Shop. The cut off for registration is May 8. For more information, call Linda Rowe (925-286-1555) or Harold Rowe (925-818-1124).

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 707-374-2358 for more information. 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.

RIO VISTA LIONS CLUB 3RD ANNUAL Rio Vista Endive Experience Fundraiser

Music, Live Auction, Wine Tasting and More



Saturday June 11, 2016 4-8 p.m.

Dinner Served 5:30

Endive Tours 4:15, 4:30, 4:45, 5:00

Individual tickets \$50

Sponsor Tables \$500 seat for 8

For more info, email: plschart@aol.com

Family Support Group



Family Support Group is available to organize a memorial service for any family member who incurs the loss of a Trilogy member.

For more information, please call Chairperson Claudette Gartner at 707-439-6116, e-mail xbirdlady@myifp.com, or call Barbara Sherison at 707-374-6845 or Betty Bowley at 707-374-5613.

DELTA DRAPERY DESIGNS

30% Discount on all products

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FOR A FANTASTIC 2015!



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Join us for a free health education
seminar on the UroLift® System, a
new procedure to treat BPH.

Presented by:

Jonathan Chin MD, BASS Medical Group

Tuesday, April 19th

6:00 pm

Check in at 5:30 pm

Location: The Golf Club at Rio Vista
1000 Summerset Drive
Rio Vista, CA 94571

SPACE IS LIMITED - PLEASE RSVP

Toll-free: (855) 564-9722

Partners and guests welcome. Refreshments provided.



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Brentwood, CA 94513
2350 Country Hills Drive, Suite A
Antioch, CA 94509
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For more than 11 years C & C Cleaning has been serving clients in Trilogy Homes in Rio Vista. We are known for the quality of our work, for our honesty and for building strong relationships with our customers. Our reward is your recommendation. You will be pleased. We will make your house the cleanest it's ever been.

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www.cleaningcandc.com

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MAY 2016

Computer Class 90-Minute Opportunities

Sign Up At Vista Club Member Services -- Pay by Check or Credit Card

| | |
|--|--|
| Computer Basics \$5 ea. | May 10, Class 10:00 a.m. to 11:30 a.m. ~ NEW CONTENT Introduction for new computer users to learn their way around the computer. <i>This class is mandatory or equivalent knowledge for all other classes.</i> |
| Create, Find & Work with Files or Pictures \$5 ea. | May 10, Class 12:30 p.m. to 2:00 p.m. Save documents & pictures so you can find them. This knowledge is fundamental to transfer either from phone/camera to computer or USB drive, attach to email, post to social media, and organize everything! (<i>USB memory stick available \$5</i>). |
| Discover the Internet \$5 ea. | May 17, Class 10:00 a.m. to 11:30 a.m. Explore how to navigate the internet, the giant library where you can research, shop, read news, learn, pursue hobbies, bank, use social media, and more! |
| Facebook – Bring your logon info! \$7 ea. | May 17, Class 12:30 p.m. to 2:00 p.m. Basic Facebook navigation, security, etiquette. Upload pictures, post and share items. <u>You will logon to and work in your own existing Facebook account!</u> If using your own computer, public wireless network precautions apply. |
| Microsoft Excel 1 \$5 ea. | May 24, Class 10:00 a.m. to 11:30 a.m. ~ NEW CONTENT Navigate in Excel and learn to use math operations by creating a simple household budget. |
| Microsoft Excel 2 \$7 ea. | May 24, Class 12:30 p.m. to 2:00 p.m. ~ NEW CONTENT Understand database basics. Work with a name and address database in Excel: sort and filter the information; format cells for different content types. |

If using your own computer, public wireless network cautions apply!

Computer Basics class is mandatory or equivalent knowledge for all other classes.

Limited Class Size-sign up early. Repeating classes is recommended. Class subject suggestion list available!

Interested in training or helping others during class? Email Debbie Dorn at ddorn@actionlife.com.



Trilogy at Rio Vista HOME BASED BUSINESS DIRECTORY

All Occasion Travel

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

Angel's Housekeeping

Affordable, reliable, professional
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Mirna Severance 707-673-6608
dwstreak@yahoo.com

Mary Kay

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

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

Rodan & Fields Skin Products

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

FOR RENT

Home for Rent

Vacation in Germany—Tanus Mountains, a 30 minute drive from Frankfurt Airport. Large apartment with built-in kitchen. In pristine area and walking distance to forests and the most beautiful castles! Owner is American. Check <http://www.tanus4u.info> Price as low as US \$69/night. Will sleep 4 people (2 couples)

FOR SALE

Moving Sale

New and used household items: patio table with chairs, dining hutch, storage racks, coat tree with seat, tool chest, tools and yard tools. 510-813-2372

Moving Sale

Christmas items, camping gear, carry-all, sturdy bags, candles, oils, office items, end tables, boom box (new), kitty stuff and storage racks. 510-813-2382

SERVICES

Adoptee/Birth Family Finder

Looking for a child/family member given up for adoption in California? Find the missing pieces and reunion. Keep the Faith. Confidential. Call Muriel 707-374-4343.

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 707-374-3941.

Bicycle Repair

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

Caregiver

Experienced male caregiver: Drive your car to appointments, grocery, etc. Trilogy resident. Flexible hours and days. Prepare meals. References upon request. Call Sam 707-750-1195.

SERVICES

Cleaning

Moving in or out! Cleaning of homes without furniture. Two of us will clean home giving personal touch. Trilogy residents. Call us: Ms. Heredia 916-508-2758.

Cleaning

Complete housecleaning! Quality cleaning at affordable prices. Weekly, bi-weekly, or once. Rental cleans. Call Dawn, "Jerry the Sprinkler Guy's" daughter at 707-628-4235 or 707-374-5239.

Cleaning

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

Clock Repair

Thirty years collecting and repairing clocks. No cost if I can't fix; low cost if I can. Call 707-374-6782. 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 707-374-6850.

Computer A+ Assistance

PC, Laptop, iPhone, iPad troubleshooting. Install networks, software. Virus removal. Wireless connections to printer, computer, home theater, Netflix. Technical expert—Robert 707-374-5129.

Computer Doctor

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

Faux Finishing @ Its Best

Enhance the beauty of your home with faux finishes for your walls, columns, fireplaces and doors. Call Susan Prince/Oddo 707-374-2167.

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.

Handyman

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

SERVICES

Handyman

Trilogy resident has over 40 years of home maintenance experience, MOEN faucet specialist, ceiling fan and chandelier installations, electrical trouble-shooting and GFCI problems, plumbing leaks, disposals, toilet maint., and more. Free estimates. City bus. license #1654. Bob Bailey 707-374-3391.

Impeccable Improvements & Repair

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

iPhone Tutor

Everything you need to know to operate your iPhone. Simple to understand. Easy to use. Fun to learn. Private or group lessons. Only \$10/hr. per person. Dory 707-326-6628.

Moving?

Let us do the heavy lifting for you. We are local, strong, reliable, careful and affordable. 10 plus years' experience. Call Taylor 925-262-6827.

Moving Furniture

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

SERVICES

Notary

My home or yours. Servicing Trilogy for the past 13 years. Please call Eileen Griffin at 707-374-2684. Thank you.

Notary Public

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

Notary Services

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

Notary to Go

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

Painting & Drywall

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

Pest & Termite Services

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

Pet Care

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

Want to Run a Classified Ad?

Pick up an ad application form at Member Services. Turn in your completed form by the fifth of the month preceding the month you wish the ad to run. Cost is \$10 for 25 words. Additional words are \$.25 per word. Checks only. Late ads will run in the next issue. All classified advertisers must be current Trilogy residents or current Trilogy homeowners.



SERVICES

Rain Gutters Cleaned

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

Sprinkler Repair

Tune-up and repair of irrigation systems. Trilogy resident specializing in water conservation. Free analysis of your sprinkler system. Dennis 707-374-5816.

Transportation

Reserve Your Ride. Trilogy resident will drive you wherever you need: to or from airports, trains, BART, medical (will wait), shopping, Vallejo Ferry, etc. 415-823-7575, Joanne

Transportation

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

Transportation

Dave's Transportation Service. I transport Trilogy residents only to trains, boats, planes. No medical services, shopping or casinos. Reliable. Call 707-374-3192. Thanks

SERVICES

Window Cleaning

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

Window Cleaning

Inside and out. Call for a quote. Spring special now. Call Don 707-673-6608.

Weed Pulling

Don't break your back; keep your yard tidy. Trimming, weeding, general clean up, plant new plants. Laurie 707-374-6305 or cell 925-301-7389.

Your Personal Travel Concierge

Put yourself in our hands and let us arrange your travel from door to door, cruise, train, resort, hotel, villa, rental cars, drivers, activities, sightseeing, excursions, fine dining, shows. Call Joan Greene, All Occasion Travel (707-374-2440) or Email alloccasiontrvl@aol.net. Let's talk it over.

WANTED

Golf Carts

Cash paid on the spot. Carts can be working or not. Call 707-374-3338 or cell 707-208-9096. Also call regarding rebuilt golf carts.

Room & Assistance

Looking for a female Trilogy resident that would be willing to provide a room, companionship and assistance with some of mom's daily needs. Mom loves to go but can no longer drive. She is very social and loves to attend activities at the Vista club. Monthly compensation to be discussed upon your inquiry. If you are someone who would like the companionship, provide the daily services needed, plus could use the extra income, please call 707-374-4945.

Sporting Goods

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

The Trilogy Board of Directors is not responsible for expressed opinions or for the authenticity of all presented facts in advertisements. The Board of Directors recommends verifying authenticity of advertisers by requesting contractor license numbers and references, and checking with the California Contractors State License Board and Better Business Bureau (BBB) prior to using the services listed herein.



Blue Color Men recreate the music of STYX plus all the great rock classics with covers from Journey, Kansas, REO Speedwagon, Boston, Night Ranger, The Beatles, and much more!

Their show is simply the ultimate live experience for the classic rock enthusiast!

Visit their web site www.bluecollarmen.com.

May 28, 2016

7:00 - 9:30 p.m.

Concert on the Patio, Vista Club ~ \$15

Bring your favorite refreshments., outdoor clothing and lawn chair! Sign up at Member Services

THINKING OF SELLING? HERE'S YOUR COMPETITIVE EDGE....

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

Kathie Bleier
925.683.7084
KBLEIER@APR.COM
BRE 01063281



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

ADVERTISING INFORMATION

DEADLINE: All final ads and checks are due by the fifth of the month prior to the month of publication. For example: June 2016 ads and checks are due by May 5, 2016. All late submissions will run in the July 2016 issue of *Trilogy Living*.

REGULAR SIZES AND RATES:

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

PREMIUM SIZES AND RATES:

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

DISCOUNTS:

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

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

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Sunlight, beautifully transformed with Hunter Douglas window fashions.

Enhance the beauty of your décor with light-transforming Hunter Douglas window fashions. Soften, shift, and refine the natural light that enters your home. Ask for details about valuable rebate savings.

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\$100 REBATE*

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Window Fashions of Northern California, Inc.

Window Fashions of Northern California

125 Grobric Court, Suite A
Fairfield, CA

Monday - Friday: 9:00 AM - 5:00 PM

Saturday: 10:00 AM - 3:00 PM

Sunday: Closed

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HunterDouglas *Gallery*



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