

PUBLISHED BY THE TRILOGY AT RIO VISTA MASTER ASSOCIATION

December 2013

Trilogy Living

FALLING INTO

The Holidays

The Photography Club at Trilogy is busily embroidering moments into imagery, proving there is nothing ordinary about life. Here, Jan Vick captured the waterfall at Trilogy for her November assignment. For more information about the club, check out pg. 32.

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From the Master Association

Warren Oglove

President

Master Board Executive Session on Nov. 12, 2013:

Requests from the Table Tennis Club, Dog Club and Bocce Club were told to place their requests to The Adult Committee for determination. The GM was directed to take the disposition of the Bollards, located between the Sales Center and Vista to the Adult Committee for determination.

Uncollectible accounts in the sum of \$20,602 were approved for write-off.

The Board discussed staff compensation. The State of California has approved a raise in the minimum salary to \$9 hourly, effective July, 2014. An additional \$1 increase will take effect in January, 2016. Further research is taking place for presentation to the Board during our upcoming budget sessions.

Effective January 1, 2014, the Welcome Center staff will no longer place courtesy calls for visitor entrance. Residents are asked to notify the Welcome Center of visitors via website, telephone, or personal delivery to the Welcome Center.

Board Actions from the Master Board Meeting on Nov. 12, 2013.

General Manager of the Golf Club Navreen described actions he has taken to improve the facility. The owners are committed to improving the golfers' experience. Chair of the LLD/WWTP Committee Derek Jones made a brief report on the Committee's progress. The Master Board appointed Dean Lattman, Richard Pettijohn and Doug Gramlow to this Committee, at the Committee's request.

The Board approved renewing the contract with Action Management for a one-year term, with two additional one-year renewals.

The Board discussed a conflicts of interest policy and voted 3-2 to decline adopting it.

The Board approved an amount of \$2,432 to replace the felt on the billiard tables. This money will come from reserves.

The Board has received an offer from BRV Partners to purchase the golf course for \$850,000. The major obstacle is the maintenance property. The owner of the golf course will not be able to take ownership of this parcel until Shea Homes leaves the project. The Board voted to decline the offer and not renegotiate at this time.

The next Board meeting is Dec. 11 at 2 p.m. in the Diablo Ballroom. Happy holidays!

TRILOGY AT RIO VISTA

D I R E C T O R Y

Master Association Board of Directors

Warren Oglove, President (3477)
Noel O'Brien, Vice President (925) 348-4097
Bernie Dehn, CFO (4764)
Joel Auslen, Secretary (5808)
Melissa Coleman, Director

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Village Oakmont – Lee Puryear (3510)
Village Riviera – Dante Miles (6445)
Olympic Village – Joel Auslen (5808)
Saddle Rock Village – Roger Kohn (2737)

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Emergency Action Committee – Alan Levine (718-7907)
Access - Andy Pestana (5154)

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Village Oakmont – Walt Manos (2827)
Village Riviera – Don Seyk (6407)
Olympic Village – Mike Dubrow (6706)
Saddle Rock Village – Patty Kohn (2737)

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Delta: Admin Office (4843) Fax (4891)

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Joan Azlant, Kathy Erwin, Helen Bergoust

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From the Editor



Andrea Stuart

It seems surreal that I am sitting fireside on a cool autumn evening, getting ready to write about winter activities and the holidays, and yet, here I am doing just that. During a conversation recently, someone said to me that the reference of time changes as we get older because we have so many experiences behind us with which to compare. And perhaps there is some merit to that theory. What I do know is as I look back on the year there is a certain frame of reference that lends itself to a feeling of having moved in fast forward for the last twelve months. Dozens of concerts, festivals, fairs, and seminars have escorted us through a fruitful and fun 2013, and we still have a few more activities to go!

New Connections (now Community Connections) is hosting their Annual Cookie Exchange on Dec. 18. The winter solstice and labyrinth walk takes place on Dec. 21. And Trilogy is hosting a variety of family-friendly events from the Christmas Tree Decorating Social on Nov. 30 to the New Years' Eve Celebration on Dec. 31 and the Polar Bear Plunge on Jan. 1 (with so much in between).

It's an especially good time to check out some of the clubs that are preparing interesting activities for the winter season as well. For instance, the Ceramics Club welcomes newcomers to test their hands at making crafts, which makes for a great opportunity to create gifts for the holidays. TOPS (Take Pounds Off Sensibly) challenges members to manage weight in a fun and healthy way. And joining the Genealogy Club could prove an interesting scavenger hunt for family knowledge.



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

Happy Holidays, Trilogy; we are here surrounded with all the festive activities! And there are a few notes for reflection: the Community Garage Sale brought record numbers of both sellers and buyers; the Magical History Tour of Beatles music turned back the clock for Trilogy; the Pop-Fest variety dance concert filled the house (thank you, Jim and Cheryl Lucas, for coordinating that wonderful program of Trilogy's talent)! The Midnight Band and Soul Line Dancers gave Trilogy yet another evening of amazing entertainment, song, and dance! Then, the Family Halloween Party was enjoyed by a record number of participants of all sizes! This is a very special time of year. As 2013 comes to a close, don't let these special events pass you by:

- 11/30 Christmas Tree Decorating Social
- 12/1 Tree Lighting Ceremony : An Inspirational Tradition
- 12/1 Farmers Market
- 12/5 - 12/7 Annual Christmas Play ~ Drama Club
"The Day Christmas Disappeared from Evergreen Town."
- 12/15 Holiday Dance with Solid Gold ~ Dance Club
- 12/17 Rio Vista Chamber of Commerce Holiday Mixer
- 12/18 Trilogy Holiday Show
- 12/22 Farmers Market
- 12/31 New Year's Eve Celebration

Get Ready . . .

- January 1 The Polar Bear Plunge

Be sure to check into all the club activities, for more enjoyment opportunities! You'll find there is something for everyone! A list of clubs and groups is available with contact information from Member Services at the Vista Club. Your comments and suggestions are always valued. Send an email anytime at ddorn@actionlife.com. My mailbox is always open! I wish a blessed and memorable holiday season for you and yours.

Announcements:

- 12/24 – Christmas Eve – Vista Club Closes at 5 p.m.
- 12/25 – Christmas Day – Vista and Delta Clubs Closed
- Bingo – Does Not Meet in December!

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



Holiday Choir Performance ~ Cancelled

Saturday, November 30, 2 – 3 p.m. Vista Club

Sadly, due to programming conflicts the Friendship Baptist Church Choir from Vallejo will not be performing for us this year. We will look forward to their return in 2014.

Farmer’s Market ~ Have you experienced Trilogy’s Market Place?

Sunday, December 1 and 22, 10 a.m. - 3 p.m. – Delta Club ~ Free



Stock up twice this month at the Farmer’s Market at Trilogy! Bring your neighbors and support your locally grown fresh fruits and vegetables from our own Trilogy Farmer’s Market. Petrill’s Produce Farmer’s Market provides wonderful produce and other specialties.

It’s easy to keep a fresh supply of fruits, vegetables, and specialties on hand without leaving Trilogy.

Grapevine Chat

Tuesday, December 10, 6 p.m. ~ Free, Informal Gathering
Grand Living Room, Vista Club

Are you new to Trilogy, or a seasoned resident who enjoys a friendly atmosphere and good conversation? Come join the informal gathering at the big fireplace. It’s a warm and casual setting where you can “get the scoop” on all things Trilogy and Rio Vista while you get to know your neighbors. Bring wine, glasses, and snacks to share with others if you’d like. No sign-up required.

Blood Pressure Check ~ Free

Thursday, December 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 a.m. - 10 a.m. Stop by and keep that blood pressure in check!

Computer Workshops ~ Several Available in January!

Learning Center Vista Club

There are a variety of special interest workshops along with a series of introductory workshops to help you become more comfortable with common computing conveniences like email! See page 43 for more information. Limited space available. Sign up at Member Services.



Christmas Tree Decorating Social

Saturday, November 30
10 a.m. - 2 p.m. at the Vista Club

It’s an “ole fashioned get-together and decorating social” for the holidays! There is plenty of space needing your decorative touch! Light refreshments will be served, and you are welcome to bring something. This is sure to be a great time sharing the holiday spirit. Sign up at Member Services by calling (4200).



Call to Action ~ 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 will continue to build! Jim & Roz Malone, along with Walt Jue, were guiding hands for this project. Now, pass the word let's keep it going for those who have not registered and for those moving into the community! Please contact Member Services at (4200) or stop by at the Vista Club with your name, branch, and years of service. You may send a past photo in uniform along with a current photo by email or leave them for Debbie Dorn at Member Services in an envelope with your contact information for return.

Tree Lighting Ceremony ~ It's an Inspirational Tradition

Sunday, December 1, 5 p.m., Vista Club Grand Living Room ~ Free

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

Open Mic Night will be held the second Friday in January due to holiday activities. Comedy Night will follow the third Friday in January.

Complimentary Hearing Screening and Assessment

Thursday December 12, 1 – 3 p.m.,
Diablo Ballroom Vista Club ~ Free

Advanced Instrument Hearing Aid Centers are offering a complimentary hearing screening and assessment to all members. Also offered are cleanings for your aids, tube changing, adjustments, and repairs on a complimentary basis. Please keep in mind that some repairs may have a fee depending on the severity of the repairs/parts needed to bring the aid(s) back to complete restoration. They look forward to serving your needs on an ongoing basis. Depending on need, their services are offered quarterly the second Thursday of every third month (next visit: March 13). You will need to contact them directly to make an appointment at (707) 428-1313, although walk-ins are welcome.



New Year's Eve Celebration Turning Back Time The Ball Drops at 9 p.m.

Monday, December 31, 6– 11 p.m.
Diablo Ballroom, Vista Club ~ \$55

This year's party will begin with a delicious hors d'oeuvres reception leading into a scrumptious all-inclusive Beef Tenderloin or Salmon Fillet dinner served on grand buffet. Feel free to wear less formal attire to this New Year's Even celebration. The Trilogy 2013 picture slideshow displays on the big screen while melodies dance lightly to conversation. Later, dance through the night to R&B, Motown, jazz, blues, and standards from Matt Applin and The Midnight Band! Share the count-down live from New York Times Square on the big screen with party favors, and toast the New Year singing along to Auld Lang Syne! Private label champagne will be provided for memorable toasting. Coffee, iced tea, and water will be available, or bring your own beverage of choice to enjoy through the evening. Ice will be provided. Sign up at the Vista Member Services (4200) while seating is available.

Trilogy Holiday Show

Wednesday, December 18, 7 – 8:30 p.m., Vista Club ~ Free

Join together for a delightful experience of holiday performances hosted by Trilogy Jazz Band, Delta Breeze Chorus, and Delta Harmony. No sign-up required.



The Polar Bear Plunge

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

Let the fun begin! For those of you who want to cross something off your bucket list or just to challenge yourself in a new way, join fellow Trilogy members and take the plunge at the Delta pool. How do you prepare? You don't. The essence of plunging is the group energy. You must go all the way under to count! It's exhilarating. Afterwards, warm yourself in the hot tub and enjoy hot chocolate in the Delta Club Marina Room. Those who plunge will receive a 2014 Polar Bear Plunge T-shirt! Collect them from year-to-year. Sign up at Member Services at the Vista by December 13, and be sure to mention your shirt size!

Open Mic Night ~ Music, Dance, Comedy, Poets/Spoken Word

Friday, January 10, 7 - 8:30 p.m., Diablo Room, Vista Club ~ Free

The venue is set, welcoming Trilogy to take the stage and share their artistic expressions in a setting as intimate as your living room, with family and community cheering you to the next level! If you're a spectator, you're in for a treat! The supportive setting is about artists having a safe place to perform for the first time. It's about veteran artists having a place to experiment and try out new pieces. It's about having a place that inspires new work. It's about a lot of things. Bring your favorite provisions and come check it out! Performers sign in at Member Services.

Guidelines: One performance per person, which may be flexible depending on the number of performers for the night. Limit of 15 performers for the night.

Enrichment Series ~ Delta Towns Now and Then

Tuesday, January 14, 6:30 – 8:30 p.m.
Diablo Room, Vista Club ~ Free

Once again, Trilogy's Genealogy Workshop group returns Phil Pezzaglia to Trilogy for part two! If you caught Phil's program last July, you were amazed! The Diablo Ballroom was packed with folks captivated by Phil's historical storytelling. Now, he returns to pick up where he left off, sure to once again leave us yearning for more! Pezzaglia, the curator of the Rio Vista Museum, past President of the Rio Vista Chamber of Commerce and member of the Sacramento River Delta Historical Society, somehow still finds time to be a family man, work with his family's business (Braid's Furnishings), and once again, delightfully entertain Trilogy. Sign up at Member Services.

Comedy Night ~ World's Funniest Cop: Michael Mancini

Friday, January 17, 7 p.m., Diablo Ballroom, Vista Club ~ \$10



Michael has a background in law enforcement and an insightful sense of humor. He has a high energy, action-packed, fun-filled show full of real-life experience comedy, touring across America for almost 30 years with his hilarious stand-up. He has been a member of the Santa Cruz Police Department since the 90s. Michael is a

three-time winner of the World's Funniest Cop competition, hosted by Jay Leno. Bring your favorite food and beverage to enjoy during the performance. Comedy of the Right Caliber! Sign up at Member Services.

Dr. Martin Luther King, Jr. Tribute

Monday, January 20, 2 - 4 p.m., Diablo Room, Vista Club ~ Free

Together with the Whist Club, join us in celebration of Dr. Martin Luther King, Jr. Guest speaker, entertainment, and refreshments will follow. For more information, contact Madalene Turner at (3361) or Michael Dunn at (2547). No sign-ups required.

Enrichment Series ~ Life Coaching

Tuesday, January 21, 6:30 - 8 p.m., Diablo Room, Vista Club ~ Free

"Life Coaching" will feature a presentation by John Lamb, who will share his broad experience to open doors for opportunities which help to maintain healthy, active minds. The interactive platform will avoid advocating for any particular activity, program, or set of beliefs or values. Come along on a journey to discover the essentials for improving lives. Sign up at Member Services (4200).

Concert: Mimi Blais, "Queen of Ragtime"

Saturday, January 25, 8 p.m., Diablo Room, Vista Club ~ \$15

Once again, by special arrangement while on tour: witty, colorful, poetic, energetic, romantic, extraordinary unbelievable. One of the most highly trained and gifted pianists in ragtime, Montreal's Mimi Blais is also the comedy star of the genre. A pianist to be seen! Sign up at Member Services and plan to bring your favorite provisions along for this marvelous show.



Assessment Notice

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

Assessments for the month:

Master Association \$120.00

Master Association \$80.39

(Only for original residents (<100) in a developer subsidy agreement)

Village I \$4.50

Village Oakmont \$4.50

Olympic Village \$5.00

Village Riviera \$5.00

Saddle Rock Village \$0

(None until dormancy ends)

Adult Committee

The Adult Committee met on October 31, 2013. Correspondence was received from Resident, requesting signs be posted at all the lakes that state no skateboarding and no bicycles. Ed Vitrano reported that it is already in the works.

Kathy Stiner, Chair of the Wildlife Pest Management Sub-Committee committee, is busy working with the HOA to implement the committee's recommendation for the problem with the raccoons. She reported that it is important to not feed your animals outside or leave food out, as it will attract feral cats or raccoons. These animals are a major public health problem, as they can carry diseases.

Catherine Patrick, HOA representative, reported that there is a new website called Nextdoor which contains a lot of untrue information.

The Adult committee meets on the last Thursday of every month in the Delta Club at 1 p.m. All residents are encouraged to participate in these meetings. Your suggestions, comments and/or questions can be given to any committee member, left at the HOA office, or voiced during the residents' input segment of each meeting.

The next meeting will be on January 23, 2014. For more information, you may contact Helen Bergoust at alhelenb@aol.com or (2436).

Village Riviera Board News

The Village Presidents meet regularly and asked us to remind you that you must get approval from the Architectural Review Committee (ARC) before work begins on an exterior project. A late submittal fee of \$500 can be assessed for failing to gain such approval before initiating work.

Complaints in general are initially examined by the HOA Office. If they can resolve it, they will, but you will be asked to put your complaint in writing, and if the issue comes to a hearing, you will be asked to attend and testify. If you have an issue, perhaps other neighbors have the same issue. It is better if a few people having a problem notify the HOA Office.

Master Board Directors decided that everyone elected as Delegate for their Village will automatically be a member of the Trilogy CC&R's rewrite team unless they are voted onto the Master Board. In that event, the Alternate Delegate will be on the rewrite committee. The work on that committee will extend for as long as necessary, which could be past the end of the one year term of office. The rewrites will also include our Village documents.

Meet the Candidates night will be Tuesday, December 3, 6:30 p.m. at the Delta Club. Please come and interview your prospective Riviera Board and Delegate candidates.

For more information, call Don at (6407).

Saddle Rock Board News

The Saddle Rock Village Board of Directors met October 16. President Patty Kohn encouraged new residents to get involved in the many clubs and exercise programs that are available. She also requested that people be considerate about carrying on conversations so that others are not disturbed.

Several violations were reported in the last month concerning trash containers that are visible from the street. Trash containers must be enclosed or kept in the garage.

There is an opening on the Architectural Committee. Residents interested in volunteering are encouraged to complete a form, available at the Delta Club, and



drop it off at the HOA office. This is a very active committee. More than 100 applications and completion notices have been reviewed since the committee's inception in June 2013. President Kohn reminded residents that failure to complete an application and receive approval from the committee before starting work will result in a fine of \$500. A Neighbor Acknowledgement form will be used going forward. Residents must inform neighbors about the proposed changes and obtain their signature. This does not constitute approval. It is a courtesy.

There was discussion concerning changing the driveway parkway regulations. It has been proposed that residents be allowed to park one car, registered and given a permit by the HOA, in the driveway. Garage inspection would not be required. Residents will vote on this matter when they submit their votes for Delegate and Alternate Delegate in January, 2014.

Our next meeting will be December 18 at 6:30 p.m. in the Rio Vista Room of the Delta Club. For more information, please contact Patty Kohn at (2737) or email pfkohn@gmail.com.

Enhance Your Next Event with Table & Chair Linens!



Available in time for the holidays! Could this be the stylish addition to enhance your next event? This elegant table and chair linen is available now at a minimal rental cost to residents and club groups for their special events held in the Diablo Ballroom! Contact Activities Director, Debbie Dorn (4204) for a quote.

Available in time for the holidays! Could this be the stylish addition to enhance your next event? This elegant table and chair linen is available now at a minimal rental cost to residents and club groups for their special events held in the Diablo Ballroom! Contact Activities Director, Debbie Dorn (4204) for a quote.

Meeting Calendar

Master Association Board Meeting

Tuesday, December 10, 2 p.m.
Diablo Room at the Vista Club

Adult Committee

Thursday, December 12, 2013, 1 p.m.
Rio Vista Room at the Delta Club

Council of Village Presidents

Monday, December 16, 2013, 10 p.m.
River Room at the Delta Club



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HOLIDAY FAIRE

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Saturday, December 7 | 9 a.m. - 3 p.m.



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Olympic Village

Ho, Ho, Ho, Olympic Village residents. It's time to step out and meet your neighbors at the OVRC Holiday Treat Party on Wednesday, December 11. We'll meet in the Rio Vista Room at the Delta Club at 6 p.m. Bring your favorite treats to share (cookies, candy, etc.). OVRC will supply coffee and punch. Then, stay for the OVRC Annual Meeting at 7:30 p.m. and vote to elect the 2014 Board December 11 at 6 p.m. at the Delta Club Rio Vista Room. Put it on your calendar today!

Thank you to all of you who helped and attended the Murder Mystery Dinner on November 2. What fun everyone had trying to guess "who-done-it!" The Trilogy Theatre Group did another exceptional job, Chef George's dinner was delightful, and our OVRC volunteers worked together to make the evening a tremendous success.

Getting to know all of you and working together to make our neighborhood a friendly and welcoming place is the best part of participating in the OVRC. Join us. Your ideas and energy are important, and it is so much fun when we work together. Come to the Holiday Treat Party and Annual Meeting on December 11 and get ready for more fun in 2014! Call Linda Jensen, OVRC President, at (5542) with your questions.

Saddle Rock Village



Our Social Committee is busy planning the Christmas Dinner Dance with live music at the Vista Club on December 8, featuring a catered dinner. We are

co-sponsoring this event with Oakmont Village. The cost is \$30 per person, and tickets are limited. It is a popular event and all of Trilogy is invited, so get your tickets early. Please contact Patricia Hillaire (2664) or email digarch@aol.com if you have any questions. We are into our seventh month of collecting bottles, cans, and plastic with a CRV label. Trilogy residents are welcome to donate recycling items. Your recyclables can be dropped off at 504 Three Rivers Way in the back of the white Ford pickup truck in the driveway. Thank you to our recycling team, hard at work! Our Welcome Committee has been busy delivering welcome bags to many new SRV residents. If you have moved in after December 1, 2012 and have not received a welcome bag, please contact Rayno at raynoniemi@yahoo.com. Our Caring Committee at Saddle Rock Village is available to help our residents. If you know of any caring needs in your SRV neighborhood, please contact Marj at marjniemi@yahoo.com. Saddle Rock Village Residents' Club is growing fast with over two hundred residents. We welcome new members to our Residents' Club meetings. It is a good chance to

meet new friends and get involved in our community. Just as a reminder, residents interested in contributing a \$10 one time resident donation to help fund the start up expenses for Residents' Club activities, please drop your donation in SRV box #6 at the Delta Club.

Dates to Remember:

Sunday, Dec. 8: Trilogy Christmas Dinner Dance, Vista Club, sponsored by Oakmont Village and co-sponsored by Saddle Rock Village.

Wednesday, Dec. 18, 7 p.m.: SRV Residents' Club monthly meeting, directly following our SRV Board meeting, Rio Vista Room, Delta Club. Social hour follows each meeting with wine, snacks, and fun! All SRV residents are welcome. For more information, please contact Kathi Bradley (4424) or email kathibradley@comcast.net.

Village I

The 2013 VORC Holiday Celebration will be held on Saturday, December 14 from 5:30 to 9 p.m. at the Delta Club. The free event will feature appetizers and finger foods along with desserts. There will be door prizes and other surprises. It will be a BYOB and glassware event. Details were tubed in early November. Get your reservations in early, as seating is limited. Call Sandy Dehn at (4764) or Lynne Galletta at (6079) if you have any questions. Each participant is being asked to bring at least one can of food that will be donated to Rio Vista Community Service, on behalf of the VORC membership, to be used as part of their holiday feeding program.

Our October quarterly membership meeting was well attended. Our formal call for board candidates was well received. Interest was expressed by those in attendance to get involved in the leadership and management of VORC. Our next quarterly membership meeting is set for Wednesday, January 8, 2014 at the Delta Club at 7:30 p.m. Plan to attend and get involved. This is your club make it work for you. Contact Joe Downes at (7520) for the board.

Oakmont Village

December marks the countdown for the end of another year. We will present our slate of officers for 2014 at the Quarterly Residents Club meeting on Wednesday, December 4 at 3 p.m. in the Monterey Room at the Vista Club. Nominations from the floor may be made at the election, which will take place prior to our Christmas Dinner and Dance on Sunday, December 8 in the Diablo Ballroom at the Vista Club.

The final touches are being made for our Oakmont/Saddle Rock Village Christmas Dinner and Dance. We put



our flyer out mid-October, and to our surprise, the event was sold out in two weeks. As we gather for an enjoyable evening of dining catered by PBS Catering and dancing by the music of "Solid Gold," we celebrate the closure of another year and new friends.

We also thank all of our Oakmont Residents for your time and energy as volunteers in so many ways: Village events, Kare Bears, Committees, RBS servers, and other events in our community. Our Village officers and social committee members did an awesome job. We couldn't have accomplished our events without your commitment. Thank you to those of you who have submitted your questionnaire and have listed how you are willing to help. We hope that many of you will pick up your sheet and make a commitment to your Village for 2014. We at Oakmont Village wish all a happy, joyful holiday season. Contact Antoinette at (5154) or Cyndy at (2480) with any questions.

Village Riviera

Riviera Village Residents Club wishes all our Trilogy friends very Happy Holidays. However you choose to celebrate, may you enjoy! Riviera Village is planning to celebrate in style. The annual Black and White Affair will be a night to remember. The evening begins with a cocktail hour. Hot and cold hors d'oeuvres will be served along with festive bubbly. Pictures will be taken around the tree and with Santa. The doors to the beautifully decorated Diablo Ballroom will then be opened and the evening will continue with a catered dinner, fancy desserts, and dancing to Solid Gold. This special event is December 14, 5:30 p.m. -10:30 p.m. at the Vista Club.

Soup's On in January. How about trying 15 or more soups? You will be able to do just that at the Soup Potluck on Saturday, January 18. For now, just save the date and watch for your flyer at the end of December. If you will be out of town during the end of the year, no worries. Signups for the Soup Potluck won't end until January 14. The entrance fee is your soup, salad, or dessert. The flyer will tell you which one you are to bring. Just be prepared to taste some of the most delicious soups, salads, and desserts ever. We will provide the bread to go with it all. And yes, there will be a 50/25/25 raffle, so bring your lucky charm and your wallet, of course!

Riviera is planning some fun events for 2014. Look for information in future issues. If you would like to join our committee, have fun helping us plan our events, and make some new friends, please join us. We meet on the third Thursday of the month in the Monterey Room at the Vista Club, 7 p.m. Contact Coralie Leder at coralie.leder@gmail.com for more information.

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TRIPS AND TOURS

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



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

Jan. 28-Feb.1,

A Winter "Get-Away," \$450/pp

5 days/4 nights featuring: Aquarius Riverfront Casino Resort in Laughlin, NV. An excursion to Oarman, an old western town where feisty little burros still roam the streets. We'll journey along Old Route 66 with a visit to the Highway Museum. Then we will see advanced one-of-a-kind aircraft and tour NASA's Flight Test Center at Edwards Air Force Base. (All for less than \$100 per day!)

February 22, Craig Smith's Chinatown and Chinese Opera trip, \$82/pp

Craig will take us on a historical tour of Chinatown in SF, with time for some personal browsing and shopping. We'll have a Gourmet luncheon at the Four Seas Restaurant and then on to the Buddha's Universal Temple for their colorful, bi-lingual production of "A Tangled Web." The little monkeys are noisy but delightful!

March 8, Ironstone Winery/Tour/Lunch/Shopping, \$76/pp

We'll have a private tour through the spectacular gardens and facilities at Ironstone Winery. Afterwards, guide and hosts will pour samplings of fine wines along with canapés to compliment each varietal. We'll enjoy a hosted luncheon and visits to the gift shop and the on-site Heritage Museum. We'll spend time in the quaint town of Murphys before beginning the journey home.

April 9, "Sister Act" Musical and Dinner, \$119/pp

We'll arrive in the early afternoon in Old Town Sacramento and have time to explore, shop and take in a local museum. We'll enjoy a hosted gourmet dinner and then reserved orchestra seating at the Sacramento Community Theatre for the lively, award-winning musical, "Sister Act."

May 13-20, 8-days Pacific Northwest, \$1998/pp

We'll be cruising out of San Francisco, up the coast to Vancouver and around the San Juan Islands, including an overnight stay at Friday Harbor. We'll fly home from Seattle. (Price includes air and land packages). A 4-page brochure is available.

**For further information or sign-ups
Call Ethel (7548) or Eileen (2684)**



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By Kathy Erwin,
Fitness & Spa Director

Walktober 2013



Arthur Fox, Susan Fox, Coralie Leder

Having grown up in the Midwest, I so enjoy the fall season. It is my favorite! Maybe it's because my home state of Ohio is so spectacularly brilliant and alive with color in October. Or maybe it's the smell in the air and sounds of leaves beneath your feet as you walk through the neighborhoods. Or that special late afternoon sunshine shimmering through the red, orange, and gold leaves, still clinging to branches that will be bare in a few short weeks.

Special Thanks to Walktober 2013 Volunteers

- Anna Chunn
- Peggy & Bob Brainerd
- Susan Prince
- Denise Rubiaco
- Beverly Shilich
- Pam Nicoletti
- Carolyn Azbell
- Marlene Percivalle
- Dorothy Busutille
- Joelle Swift
- Donna Kerton

All of these make me want to walk, not run. Because unlike other seasons, fall seems to come and go so quickly that I want to savor it and absorb nature's handiwork. I want to breathe the cool, crisp air deeply and drink in every last sight, sound, and smell. Though I'd like it to last longer, I also know fall's brevity is what makes it so special. Walktober is an annual event here at Trilogy that inspires everyone to make walking a priority — in October and beyond. The goal was inspiring participants to get outside and really experience autumn.

160 participated in our fifth annual event. Walktober made them appreciate the beauty of their surroundings. It got them out the door and into a better frame of mind. There were over 50 door prizes, and a variety of refreshments, fruit, and bagels awaited their return from their walk.

I would like to sincerely thank the many Walktober volunteers for giving of your time and serving the needs of the tournament by registration, check points, first aid, warm up exercising, refreshments, food preparation, and just welcoming our walkers. I thank you.



Roz Endriga & Molly



Ron Auger



Horace & Joyce Reese

(more Walktober 2013 photos p. 16)



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Holiday Skin Care Product Sale

(See our Esthetician Angela Hall)

Buy any 2 products, get the third
(of equal or lesser value 30% off)

Available
November 1 – December 31, 2013.
Contact Member Services (4200)
for more information.

Fitness Holiday Potluck

Members! Come to as many fitness classes as you can during the month of December 1-18! Collect a ticket from your instructor. For every class you take, you will receive a ticket and be entered into a drawing for prizes! On Thursday, December 19 there will be a Fitness Holiday Potluck at 12 noon in the Vista Club Diablo Ballroom. Sign up at Member Services for the potluck. Tickets will be pulled during lunch! Last names A-Z (bring dessert) G-L (bring entrée) M-R (bring appetizer) and S-Z (bring salad).

Free Chair Massage by Susan Rice

Vista Club

**2 p.m. – 5 p.m.
Saturday, November 30**

**4 p.m. – 7 p.m.
Friday, December 6**

**11 a.m. - 2 p.m.
Thursday, December 19**

What is on-site chair massage?

It's a revitalizing massage carried out in ergonomically designed chairs. Massage lengths can vary, but would typically be 15 minutes.

You can be sure that in just a few minutes your tension will ease, your muscles will relax, and your stress levels will drop.

Upcoming New Member Fitness Orientations:

Saturday, Dec. 7, 11 a.m.

Saturday, Dec. 14, 11 a.m.

Saturday, Dec. 21, 11 a.m.



More fun at Walktober 2013

(cont. from p. 14)



Beth Giorgi, Catalina Carreon



James Tate, Dorothy Tate, Victoria Lewis



Emergency Action Committee

Wood Real Estate

Warmest wishes to you and your family on this wonderful HOLIDAY SEASON.

THANK YOU for your continued trust and support. We appreciate it.

Have a very MERRY CHRISTMAS and A HAPPY NEW YEAR!

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Ceramics Club



We have so many things to be thankful for, and now that Thanksgiving is over, we are happy that we can gather and work on our ceramics together. This is a wonderful time of year to join our group as we work on projects for the Holidays. We discuss everything from current events to our families, and it seems that we learn new things at every meeting. Please come and see what is going on Thursday

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

Council for the Arts

The Council for the Arts is planning for the upcoming "Music of the Night," to be held in March, 2014. The theme is "The Best Of Music of the Night Through the Year." As always, we are pleased to present our own very talented

Trilogy residents performing for the community. Please look for more information regarding dates and times after the New Year. For more information, please call Judy Calpo at (2924) or Debby DuBrow at (6706).

The Council for the Arts wishes everyone a happy and healthy holiday season. May 2014 be filled with music, art, and drama.

Fat Quarter Quilters

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

Trilogy Theater Group



The Trilogy Theater Group thanks all who attended our one-act plays production on September 27, 28, and 29. We appreciate your support and positive comments.

October was very busy preparing the Nov 2 Olympic Dinner Theater production of "Murder at the Tonylou Awards." An additional dessert theater was also performed on November 3. Both shows were sold out within two weeks..

We are currently gearing up for our spring 2014 production of the comedy "Hallelujah Girls." Auditions will be held on December 9 and 10 from 7 p.m. - 9 p.m. in the Monterey Room of the Vista Club. We invite anyone interested in performing to try out. Then, in the fall, based on several requests, we will perform our first serious drama. We expect to perform a play entitled "12 Angry Jurors."

Our ranks have been steadily growing, so if you would like to be involved in the acting or the very important background activities, please contact Louise Mitchell at (3541) or Kevin Kennedy at (408) 921-2606. Feel free to learn more at our website trilogytheatergroup.wordpress.com.

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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 to 11 a.m. at the Senior Center located at 25 Main Street in Rio Vista. Contact meeting facilitator Nat Marcoccio at RVALZSG@yahoo.com for more information.

Emergency Action Committee

The Emergency Action Committee, formally known as The Disaster Preparedness Committee, is now a standing committee approved by the Board of Directors.

The Emergency Action Committee sponsored the First Aid Station at the Walktober 2013 event held on Saturday, October 19. Over 30 participants had their blood pressure checked during the event. Committee members were available to answer first aid questions and received considerable validation and encouragement by walkers that their presence was appreciated. Committee members look forward to extend support to the Trilogly community to provide information and action should there be a community wide emergency.

The Emergency Action Committee continues to add new members with or without medical training. The Committee meets the first and third Thursday of every month in the Delta Club, River Room, from 11 a.m. - 12 noon. For additional information, please contact Alan Levine at (707) 718-7907, Dean Lattman at (707) 310-4617, or Gillsa Miller at (916) 508-2758. Come and be part of something special!

Free Medical Supplies

The Rio Vista Lions Club has refurbished medical supplies available at no charge. Items include wheelchairs, walkers, canes, crutches, and more. Contact Lion Ron Jones at (5875) or Lion Warren Oglove at (3477).

Glaucoma Support and Resource Group

Have you been tested? Do you know what tests to ask for? Did you know there is more than one type of glaucoma and each is treated differently? It is important to understand the ins and outs of living with glaucoma. If you want to become more informed about saving your eyesight, join our group. If you or someone you know has been diagnosed with this disease, contact Kathy Qualls at kathyqualls@frontier.com or (5859).

New Connections

New Connections is changing our name to Community Connections! We have expanded the focal activities of our group to seek more connections with Trilogly and neighboring communities. Come to our December meeting to hear about all the exciting changes that are planned.

Our December meeting will be The Annual Cookie Exchange on December 18 at 1 p.m.. The address is 724 Brookside Lane. Please call (2461) to RSVP or with questions.

Here is how it works: If you want to take home two dozen cookies, bring two dozen cookies, plus as many more as you think you will eat during the meeting. That way, there will be plenty to share at the meeting and still plenty to take home and share with our families and friends. A word of caution: it's not unusual for us to become Cookie Monsters during the afternoon, so plan accordingly.

Raccoon Importance and Protection



Classified as a furbearer by the California Department of Fish and Wildlife. Protected by law against being relocated after trapping or killed by inhumane means.

Diet

Snails, slugs, frogs, insects, fish, clams, crayfish, young ground nesting birds, bird eggs, small mammals, turtles, dead animals. Can catch mice, squirrels, rats, and young gophers. Fruits, berries, vegetables, nuts, acorns, seeds, corn, other grains. Garbage and pet food when near humans.

Natural Predators

Coyotes, bobcats, puma, great horned owls, hawks, eagles.

(Cont. page 19)



Cont. from page 18

Suggested Methods to Keep Them Away

Do not encourage raccoons by feeding them. Keep pet food and water dishes inside at night and secure pet door at night. Do not allow birdseed to accumulate under bird feeders. Keep barbecue grills clean. The smallest food scraps may attract raccoons. Secure French drain covers. Put out garbage cans on the morning of pick up rather than the night before. If possible, do not keep garbage cans outside. Remove trellises and arbors and trim tree limbs that provide easy access to your roof. Fence orchards and vegetable gardens. Clean fallen fruit and veggies. Placing rags soaked in ammonia in the area may dissuade them temporarily. Do not place ammonia-soaked rags during baby season (March - August). It may injure infant wildlife. Install a motion-activated light or sprinkler, but this is usually only temporarily effective. If a raccoon should ever approach too closely, stand up if sitting, make yourself appear larger. Shout, and wave your arms. If necessary, throw stones or douse with water from a hose or bucket. Never attempt direct contact.

Fun Facts

Prefer woodlands near water. Cities and suburbs provide adequate food and shelter. Valuable scavengers. Help maintain ecological balance. Shy but often become emboldened when living in close proximity to humans. Often perceived as mischievous due to intelligence and dexterity. Average life span in the wild is two to three years. Home range in urban areas may be up to one mile in diameter. Trapping is illegal without the proper permits. Removing one animal creates space for another animal to move in. Trapping during birthing season may leave young behind to die of starvation.

Lethal control is a last resort and can never be justified without first applying the above-described non-lethal exclusion techniques.

TOPS (Take Off Pounds Sensibly)

Several members came to our October 30 meeting dressed in Halloween costumes. Looked great!

We welcomed three new members and two guests so our group is growing, but not poundwise as we have been showing a good loss at each meeting. I guess the Turkey Contest is spurring everyone to shed those extra pounds. The person who loses the most for the six-week contest wins a 12-pound turkey for their Thanksgiving dinner!

If you ladies and gents would like to get trimmed down for the holidays, come and check out our program. For

more info call Leader-Eloise Brice at (1499) or Co-leader Pat Voelker at (5150). Happy Holidays, everyone!

Trilogy Jazz Band



December is a delightful and busy month for the band. Our woodwind ensemble will play for the Tree Lighting Ceremony in the Vista Club on Sunday, December 1. And the full band will be part of the entertainment at the Trilogy Holiday Show on Wednesday evening, December 18.

Full band rehearsals are held most Wednesday afternoons, 2:30-5 p.m., following vocal and combo rehearsal beginning at 1:30 p.m., in the Vista Club Diablo Ballroom. Observers are welcome.

If you play a band instrument and are interested in being part of the Jazz Band, please contact Music Director Jim Lucas at (7567). Although the band's size is limited, there are openings from time to time. There is currently an open spot in the trombone section, and we want to meet everyone who is interested in filling this or a future opening.

For more information, contact Jim Lucas at (7567) or Marti Rogers at (6859).

Volunteers Needed

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

Winter Solstice Labyrinth Walk

The December solstice occurs when the sun reaches its most southerly declination of -23.5 degrees. In other words, it is when the North Pole is tilted 23.5 degrees away from the sun. Depending on the Gregorian calendar, the December solstice occurs annually on a day between December 20 and December 23. On this date, all places above a latitude of 66.5 degrees North (Arctic Polar Circle) are now in darkness, while locations below a latitude of 66.5 degrees South (Antarctic Polar Circle) receive 24 hours of daylight.

Please join us once again for our Winter Solstice Walk on Saturday, December 21, 2013 at 9:11 a.m. on the Trilogy Vista Patio, confirming with either Gerry Swan at (510) 5074080 or Elaine Wisz at (707) 374-4310.

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38109

Trilogy Living

Fitness Class Schedule for December 2013

"New colors" Trilogy Fitness Punch Card Choices. All classes require one of 3 card choices either a green 30-punch for \$95, a blue 20-punch for \$65 or a yellow 10-punch for \$35.00. Each class requires one punch. Get your cards at the Member Services Desk. Please call Fitness & Spa Director Kathy Erwin at (4205) if you have questions. All classes are held in the Vista Group Exercise Studio unless otherwise noted. Last Month's Punch Card Raffle Winner: **Diane Griffin**

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

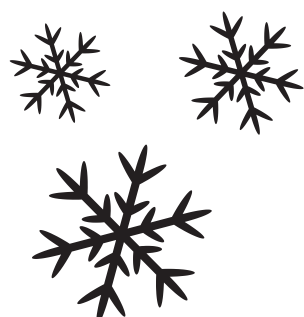
December Fitness Orientations: Saturday, Dec. 7, 11 a.m., Saturday, Dec. 14, 11 a.m., Saturday, Dec. 21, 11 a.m.

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
<p>2</p> <p>8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat)</p> <p>9-10am Yoga/Pilates (B) (DB) Deanna</p> <p>9-10am Advanced Aqua (B/I/A) (VP) Kathy</p> <p>9:30-10:30am Wake-up and Move (B/I) (RV) Anna</p> <p>9:45-10:30am Core Balance and Standing Abs (B/I) (GX) Sophie</p> <p>10-11am Aqua Fit (B) (VP) Denise</p> <p>10-11am Meditation Breathing (B) (DB) Deanna</p> <p>10:30 -11:45am ZUMBA Power (B/I) (GX) Sophie</p> <p>11:45-12:45pm Gentl ZUMBA combo Stretch (B/I) GX Sophie</p> <p>3-4pm Circuit Training / Combo Balance (B/I) (GX) Susan</p> <p>4-5pm Stretch and Flex (B/I) (GX) Susan</p> <p>6:30-8pm Yoga/Pilates (B/I) (GX) Deanna</p>	<p>3</p> <p>8-9am Body Works (B/I/A) (GX) Kathy</p> <p>9-10am Simply Stretch (B) (GX) Joelle</p> <p>9:30-10:30am Aqua Fit (B) (VP) Denise</p> <p>10-11am Jazz Aerobics (B/I/A) (GX) Joelle</p> <p>11-12pm Arthritis Program (B) (GX) Beverly</p> <p>1-2pm Sit and Get Fit (B) (GX) Beverly</p>	<p>4</p> <p>7-8am Early Yoga (B) (DB) Tammy</p> <p>8-9am Back To Basics Yoga (B/I) (DB) Tammy</p> <p>8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat)</p> <p>9:30-10:30am Wake-up and Move (B/I) (RV) Anna</p> <p>9:30-10am Intro to Dance Aerobics (B/I/A) (GX) Joelle</p> <p>9:30-10:30am Aqua Fit (B) (VP) Denise</p> <p>10-11am Jazz Dance (B/I/A) (GX) Joelle</p> <p>11am-12pm Hot ZUMBA (I/A) (GX) Prescy</p> <p>12-1pm ZUMBA Line Dancing (B/I/A) (GX) Prescy</p> <p>3-4pm Circuit Training / Combo Balance (B/I) (GX) Susan</p> <p>4-5pm Stretch and Flex (B/I) (GX) Susan</p> <p>6:30-7:30pm Balance Ball (GX) Deanna</p>	<p>5</p> <p>7:30-8:30am Body Works (B/I/A) (GX) Kathy</p> <p>9-10am Simply Stretch (B/I) (DB) Joelle</p> <p>9-10am Tai Chi (B/I) (GX) Lillian</p> <p>9-10am Advanced Aqua (B/I/A) (VP) Kathy</p> <p>10-11am Aqua Fit (B) (VP) Denise</p> <p>10-11am Jazz Aerobics (B/I/A) (GX) Joelle</p> <p>11-12pm Arthritis Program (B) (GX) Beverly</p> <p>1-2pm Sit and Get Fit (B) (GX) Beverly</p> <p>2:30-3:30pm Yoga (B/I) (DB) Tammy</p>	<p>6</p> <p>7-8am Early Yoga (B) (DB) Tammy</p> <p>7:30-8:30am Step Aerobics (B/I/A) Pat</p> <p>8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat)</p> <p>9-10am Yoga/Pilates (B) (DB) Deanna</p> <p>9:30-10:30am Aqua Fit (B) (VP) Denise</p> <p>9:45-10:30am Core Balance and Standing Abs (B) (GX) Sophie</p> <p>10-11am Balance Ball (DB) Deanna</p> <p>10:30-11:45am ZUMBA Power (B/I) (GX) Sophie</p> <p>11:45-12:45pm Gentl ZUMBA combo Stretch (B/I) GX Sophie</p>	<p>7</p> <p>8:30-9:30am Step Aerobics (B/I) (GX) Pat</p> <p>11-12:15pm ZUMBA (B/I) (GX) Sophie/Prescy</p> <p>12:15-12:45pm Pilates/Stretch (B/I) (GX) Sophie/Prescy</p>
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<p>16</p> <p>8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat)</p> <p>9-10am Yoga/Pilates (B) (DB) Deanna</p> <p>9-10am Advanced Aqua (B/I/A) (VP) Kathy</p> <p>9:30-10:30am Wake-up and Move (B/I) (RV) Anna</p> <p>9:45-10:30am Core Balance and Standing Abs (B/I) (GX) Sophie</p> <p>10-11am Aqua Fit (B) (VP) Denise</p> <p>10-11am Meditation Breathing (B) (DB) Deanna</p> <p>10:30 -11:45am ZUMBA Power (B/I) (GX) Sophie</p> <p>11:45-12:45pm Gentl ZUMBA combo Stretch (B/I) GX Sophie</p> <p>3-4pm Circuit Training / Combo Balance (B/I) (GX) Susan</p> <p>4-5pm Stretch and Flex (B/I) (GX) Susan</p> <p>6:30-8pm Yoga/Pilates (B/I) (GX) Deanna</p>	<p>17</p> <p>8-9am Body Works (B/I/A) (GX) Kathy</p> <p>9-10am Simply Stretch (B) (GX) Joelle</p> <p>9:30-10:30am Aqua Fit (B) (VP) Denise</p> <p>10-11am Jazz Aerobics (B/I/A) (GX) Joelle</p> <p>11-12pm Arthritis Program (B) (GX) Beverly</p> <p>1-2pm Sit and Get Fit (B) (GX) Beverly</p>	<p>18</p> <p>7-8am Early Yoga (B) (DB) Tammy</p> <p>8-9am Back To Basics Yoga (B/I) (DB) Tammy</p> <p>8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat)</p> <p>9:30-10:30am Wake-up and Move (B/I) (RV) Anna</p> <p>9:30-10am Intro to Dance Aerobics (B/I/A) (GX) Joelle</p> <p>9:30-10:30am Aqua Fit (B) (VP) Denise</p> <p>10-11am Jazz Dance (B/I/A) (GX) Joelle</p> <p>11am-12pm Hot ZUMBA (I/A) (GX) Prescy</p> <p>12-1pm ZUMBA Line Dancing (B/I/A) (GX) Prescy</p> <p>3-4pm Circuit Training / Combo Balance (B/I) (GX) Susan</p> <p>4-5pm Stretch and Flex (B/I) (GX) Susan</p> <p>6:30-7:30pm Balance Ball (GX) Deanna</p>	<p>19</p> <p>7:30-8:30am Body Works (B/I/A) (GX) Kathy</p> <p>9-10am Simply Stretch (B/I) (DB) Joelle</p> <p>9-10am Tai Chi (B/I) (GX) Lillian</p> <p>9-10am Advanced Aqua (B/I/A) (VP) Kathy</p> <p>10-11am Aqua Fit (B) (VP) Denise</p> <p>10-11am Jazz Aerobics (B/I/A) (GX) Joelle</p> <p>11-12pm Arthritis Program (B) (GX) Beverly</p> <p>1-2pm Sit and Get Fit (B) (GX) Beverly</p> <p>2:30-3:30pm Yoga (B/I) (DB) Tammy</p> <p>Don't miss out on the Holiday Fitness Potluck</p> <p>12 noon Diablo Ballroom</p> <p>Sign up @ Member Services</p> <p>Food, Friends, Fun & over 50 prizes given away!!!</p>	<p>20</p> <p>7-8am Early Yoga (B) (DB) Tammy</p> <p>7:30-8:30am Step Aerobics (B/I/A) Pat</p> <p>8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat)</p> <p>9-10am Yoga/Pilates (B) (DB) Deanna</p> <p>9:30-10:30am Aqua Fit (B) (VP) Denise</p> <p>9:45-10:30am Core Balance and Standing Abs (B) (GX) Sophie</p> <p>10-11am Balance Ball (DB) Deanna</p> <p>10:30-11:45am ZUMBA Power (B/I) (GX) Sophie</p> <p>11:45-12:45pm Gentl ZUMBA combo Stretch (B/I) GX Sophie</p>	<p>21</p> <p>11-12:15pm ZUMBA (B/I) (GX) Sophie/Prescy</p> <p>12:15-12:45pm Pilates/Stretch (B/I) (GX) Sophie/Prescy</p>

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



Happy Holidays!

NO CLASSES December 23 – January 1, 2014
Classes resume January 2, 2014



Trilogy Living

December 2013 Club and Activity Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 10am – 3pm Farmers Market (D) 5pm Tree Lighting Ceremony (V)	2 8am Social Tennis 8:30am Woodcarving (D) 9:30am Walk & Talk (V) 12pm Open Painting (D) 12:30pm Rip, Stitch & Bitch (V) 1pm Mah Jongg (V) 2pm TAG Mtg (D) 3pm Guitar Club (V) 5pm Whist MLK Planning Mtg (V) 6pm Soul Line Dancing (V) 6pm Poker (D) 7pm Drama Holiday Play Rehearsal (V)	3 8am Social Tennis 8:30am Radio Club (V) 9:30am Women's 9-Hole Golf 10am Kare Bears – Olympic Village (D) 10am Pastel Art Class (D) 10:30am Country Line Dancing (D) 11am Good Samaritans Planning Mtg (V) 11:30am Golf – TRVMEN 9-Hole 12pm Beg Watercolor Class (D) 12:15pm Hand & Foot Canasta (V) 12:30pm Dominoes (D) 2pm Stroke/Head Injury Support Group (V) 3:30pm Table Tennis (D) 5pm Billiards Club Tournament (V) 5:30pm Tai Chi & Yuan Chi Dance – Adv (V) 6:30pm Village Riviera HOA – Meet the Candidates (D) 6:30pm World Religions Study Group (V) 7pm Drama Holiday Play Dress Rehearsal (D)	4 8am Social Tennis 8am TOPS (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) 11am Saddle Rock Arch Com (V) 12pm Ukulele (V) 12:30pm Fat Quarters Quilting (D) 1pm Village Riviera Arch Com (D) 1:30pm Jazz Band (V) 2pm Bergren Art (D) 2pm Card Design Class (D) 3pm Village Oakmont RC & Social Com (V) 4:30pm Table Tennis (D) 5:30pm Delta Harmony Rehearsal (V) 6:30pm Soul Line Dancing (D) 7pm Billiards Club Member Mtg (V) 7pm Delta Breeze Chorus (V) 7pm Drama Holiday Play Dress Rehearsal (V)	5 8am Social Tennis 8:30am Golf – Women's 18-Hole 9:30am Ceramics (D) 11am Emergency Action Committee (D) 12:15pm Ponytail Canasta (V) 1pm Good Samaritans (D) 2pm Genealogy Club (V) 5pm Table Tennis (D) 5pm Tai Chi – Beg (V) 6pm Yuan Chi Dance – Beg (V) 6:30pm Pinochle (V) 6:30pm Photography Club (V) 7pm Drama Club Holiday Play (V) 7pm Ballroom Dance – Beg (V) 8pm Ballroom Dance – Adv (V)	6 8am Social Tennis 9am Model Club (V) 9am Village 1 Arch Com Mtg (V) 9:30am Walk & Talk (V) 10:30am Country Line Dance (D) 12pm Bridge (V) 12pm Adv Watercolor Painting (D) 4pm Ballroom Dancing Rehearsal (V) 5:30pm Tai Chi & Yuan Chi Dance – Adv (V) 6:30pm Joy Luck Mah-Jongg (V) 7pm Drama Club Holiday Play (V)	7 8am Motorcycle Club (Off-site) 9am Table Tennis (D) 9:30am Hiking Club (V) 7pm Poker Tournament (D) 7pm Drama Club Holiday Play (V)
8 5pm Oakmont/Saddle Rock Village RC Holiday Dinner-Dance (V)	9 8am Social Tennis 8:30am Woodcarving (D) 9:30am Walk & Talk (V) 10am Village Oakmont Arch Com (V) 11am Kare Bears – All Village Holiday Luncheon (D) 12pm Open Painting (D) 12:15pm Duplicate Bridge (V) 12:30pm Rip, Stitch & Bitch (V) 1pm Mah Jongg (V) 4:30pm Poker Club Christmas Party (D) 5pm Whist MLK Planning Mtg (V) 6pm Soul Line Dancing (D) 6pm Poker (D) 7pm Theater Group Auditions (V)	10 8am Social Tennis 8:30am Radio Club (Offsite) 9:30am Women's 9-Hole Golf 10am Pastel Art Class (D) 10:30am Country Line Dancing (D) 10:30am Book Club (V) 11:30am Golf – TRVMEN 9-Hole 12pm Beg Watercolor Class (D) 12pm Recipe Club (D) 12:15pm Hand & Foot Canasta (V) 2pm Master Association Board Mtg (V) 3:30pm Table Tennis (D) 5pm Billiards Club Tournament (V) 5:30pm Tai Chi & Yuan Chi Dance – Adv (V) 5:30pm Motorcycle Holiday Party (V) 6pm Grapevine Chat (V) 7pm Theater Group Auditions (V)	11 8am Social Tennis 8am TOPS (D) 9am Olympic Village Arch Com (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) 10am Kare Bears – Village Oakmont (D) 12pm Ukulele (V) 12:30pm Fat Quarters Quilters (D) 1:30pm Jazz Band (V) 2pm Bergren Art (D) 2pm Card Design Class (D) 4:30pm Table Tennis (D) 5:30pm Delta Harmony Rehearsal (V) 6pm Olympic Village RC Holiday Dessert Event (D) 6:30pm Nature Club (V) 7pm Delta Breeze Chorus (V)	12 8am Social Tennis 8:30am Golf – Women's 18-Hole 9am Blood Pressure Check (D) 9:30am Ceramics (D) 10am Council for the Arts (V) 12:15pm Ponytail Canasta (V) 1pm Advanced Hearing Aid Service (V) 1pm Adult Committee (D) 1pm Good Samaritans (D) 2:45pm Disaster Preparedness (V) 4pm Golf – Sr. Men's Board Mtg (D) 5pm Table Tennis (D) 5pm Tai Chi – Beg (V) 5:30pm Computer Club Holiday Dinner (V) 6pm Yuan Chi Dance – Beg (V) 6:30pm Pinochle (V) 7pm Council for the Arts MOTN Mtg. (D) 7pm Writers' Club (V) 7pm Ballroom Dance – Beg (V) 8pm Ballroom Dance – Adv (V)	13 8am Social Tennis 9:30am Walk & Talk (V) 10:30am Country Line Dance (D) 12pm Bridge (V) 12pm Adv Watercolor Painting (D) 4pm Ballroom Dancing Rehearsal (V) 5:30pm Tai Chi & Yuan Chi Dance – Adv (V) 6pm Golf – Sr. Men's Golf Banquet (V) 7pm Bunco (D)	14 9:30am Hiking Club Mtg (V) 5pm Table Tennis Holiday Dinner (Nines) 5:30pm Village 1 RC Holiday Celebration (D) 7pm Poker Tournament (D)
15 5pm Tennis Club Holiday Dinner (V) 6:30pm Dance Club Holiday Event with Solid Gold (V)	16 8am Social Tennis 8:30am Woodcarving (D) 9:30am Walk & Talk (V) 10am Council of Village Presidents (D) 12pm Open Painting (D) 12:30pm Rip, Stitch & Bitch (V) 1pm Mah Jongg (V) 3pm Guitar Club (V) 5pm Whist MLK Planning Mtg (V) 6pm Poker (D) 7pm Fishing Club (D)	17 8am Social Tennis 8:30am Radio Club (V) 9:30am Golf – Women's 9-Hole 10am Pastel Art Class (D) 10:30am Country Line Dancing (D) 11am Good Samaritans Planning Mtg (V) 11:30am Golf – TRVMEN 9-Hole 12pm Beg Watercolor Painting (D) 12:15pm Hand & Foot Canasta (V) 12:30pm Dominoes (V) 2pm Nature Club Workshop (V) 3:30pm Table Tennis (D) 5pm Billiards Club Tournament (V) 5pm Chamber Mixer & RV Business Review (V) 5:30pm Tai Chi & Yuan Chi Dance – Adv (V)	18 8am Social Tennis 8am TOPS (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) 11am Saddle Rock Arch Com (V) 12pm Ukulele (V) 12:30pm Fat Quarters Quilting (D) 1pm Village Riviera Arch Com (D) 1:30pm Jazz Band (V) 2pm Bergren Art (D) 2pm Card Design Class (D) 5pm Backgammon (V) 6:30pm Saddle Rock Village Board Mtg (V) 7pm Saddle Rock Village RC Mtg (D) 7pm Trilogy Holiday Show (V)	19 8am Social Tennis 8:30am Golf – Women's 18-Hole 9:30am Ceramics (D) 11am Emergency Action Committee (D) 12:15pm Ponytail Canasta (V) 1pm Good Samaritans (D) 2pm Genealogy Workshop (V) 4pm Golf – Sr. Men's General Mtg (D) 5pm Table Tennis (D) 5pm Tai Chi – Beg (V) 6pm Yuan Chi Dance – Beg (V) 6:30pm Pinochle (V) 7pm Village Riviera RC Mtg (V) 7pm Ballroom Dance – Beg (V) 8pm Ballroom Dance – Adv (V)	20 8am Social Tennis 9am Village 1 Arch Com Mtg (V) 9:30am Walk & Talk (V) 10:30am Country Line Dance (D) 12pm Bridge (V) 12pm Adv Watercolor Painting (D) 4pm Ballroom Dancing Rehearsal (V) 5:30pm Tai Chi & Yuan Chi Dance – Adv (V) 6:30pm Action Year End Event (V) 6:30pm Joy Luck Mah-Jongg (V) 7pm Whist Club (D)	21 9am Table Tennis (D) 9:30am Hiking Club Mtg (V) 7pm Poker Club Tournament (D)
22 10am – 3pm Farmers Market (D)	23 8am Social Tennis 8:30am Woodcarving (D) 9:30am Walk & Talk (V) 10am Village Oakmont Arch Com (V) 12pm Open Painting (D) 12:30pm Rip, Stitch & Bitch (V) 1pm Mah Jongg (V) 5pm Whist MLK Planning Mtg (V) 6pm Poker (D)	24 Christmas Eve Vista Club Closes at 5pm 8am Social Tennis 8:30am Radio Club (V) 9:30am Golf – Women's 9-Hole 10am Pastel Art Class (D) 10:15am Mystery/Crime Book Club (V) 10:30am Country Line Dancing (D) 11am Good Samaritans Planning Mtg (V) 11:30am Golf – TRVMEN 9-Hole 12pm Beg Watercolor Painting (D) 12:15pm Hand & Foot Canasta (V) 3:30pm Table Tennis (D)	25 Christmas Day Vista Club & HOA Admin Office Closed	26 8am Social Tennis 8:30am Golf – Women's 18-Hole 9:30am Ceramics (D) 12:15pm Ponytail Canasta (V) 1pm Good Samaritans (D) 2pm Genealogy Workshop (V) 5pm Table Tennis (D) 5pm Tai Chi – Beg (V) 6pm Yuan Chi Dance – Beg (V) 6:30pm Pinochle (V) 7pm Theater Group (V) 7pm Ballroom Dance – Beg (V) 8pm Ballroom Dance – Adv (V)	27 8am Social Tennis 9:30am Walk & Talk (V) 9:30am Tennis Club Mtg (D) 10:30am Country Line Dance (D) 12pm Bridge (V) 12pm Adv Watercolor Painting (D) 4pm Ballroom Dancing Rehearsal (V) 5:30pm Tai Chi & Yuan Chi Dance – Adv (V)	28 9am Table Tennis (D) 9:30am Hiking Club (V) 7pm Poker Club Tournament (D)
29	30 8am Social Tennis 8:30am Woodcarving (D) 9:30am Walk & Talk (V) 12pm Open Painting (D) 12:30pm Rip, Stitch & Bitch (V) 1pm Mah Jongg (V) 5pm Whist MLK Planning Mtg (V) 6pm Poker (D)	31 New Year's Eve 8am Social Tennis 8:30am Radio Club (V) 9:30am Golf – Women's 9-Hole 10am Pastel Art Class (D) 10:30am Country Line Dancing (D) 11am Good Samaritans Planning Mtg (V) 11:30am Golf – TRVMEN 9-Hole 12pm Beginning Watercolor Painting (D) 12:15pm Hand & Foot Canasta (V) 5pm Billiards Club Tournament (V) 5:30pm Tai Chi Yuan Chi Dance – Adv (V) 6pm – 1pm SF Club NYE Party (D) 6pm – 11pm Trilogy NYE Celebration (V)				

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



FAMILY SUPPORT COMMITTEE

The Family Support Committee organizes memorial services for family members who incur the loss of a Trilogy member.

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

And now, a few updates on recent events. During the October Riviera Kare Bear meeting, Andy Barrows volunteered to be our Transportation Coordinator. We thank Andy for his time and the energy expended for this important endeavor. A reminder: the all conference Trilogy Kare Bear Potluck Luncheon will take place following the December 9 meeting. an opportunity to socialize and celebrate. For clarification on any of the above, or just general information, please call Myra at (3660) or Valerie at (6942).

Olympic Village

Please join us for a cookie exchange at the Delta on December 3, 2013. Include your recipe as folks will surely ask. See you at 1 p.m. Have a very happy and safe holiday season. Merry Christmas and Happy New Year, too. For information contact Mackie Webster at (5837).

Village Oakmont

We send a big thank you to everyone who helped and participated in the Senior Safety and Resources Seminar in November as well as a special thank you to Kathy Harris, who spoke about the Meals on Wheels program, Louis Souza Fuentes, speaking on the Faith in Action program, and Kathy Russo, who spoke about various medical alert devices. All the information was greatly appreciated.

There will be no monthly meeting of the Oakmont Kare Bears in December. Meetings will resume on Wednesday, January 8, at 10:30 in the Diablo Club. Come early and enjoy coffee, tea, and goodies. For more information, call Kathy Russo at (2969) or Marti Rogers at (6859).

Village Riviera

Once again, Thanksgiving has come and gone; family, friends, and fabulous food are but another memory added to the many previously experienced, hopefully to be looked back upon fondly in the future. Unfortunately, there is little time to reflect upon the past, as the demands of the present take precedence. We have entered the season of holidays and celebrations for people of all persuasions. The vast majority of these celebrations are based upon beliefs which obviously influenced the credo of the Kare Bears. We aspire to assist our friends and neighbors when they are in need of a good deed. If you would like to act upon your beliefs and find puppies and kittens to be cute, please attend the next Riviera Kare Bear gathering on Monday, December 9 at 10 a.m. at the Delta Club.



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Billiards Club

The next Billiards Club meeting is on Wednesday, December 4, at 7 p.m. in the Monterey Room of the Vista Club. Tuesday evening's tournament start time is 5 p.m. On the first and third Tuesdays, the format will be 8-ball round robin with no handicaps for B players. On the second Tuesday of the month, the format will be handicap 9-ball with a round robin format. In order to get a win, a player must beat his opponent in two out of three games. The club has again made a list of B players, and for that Tuesday evening, the B players will get a one game handicap while playing an A player, so the B player only needs one win in three games while competing against an A player. The format for the fourth Tuesday will be 8-ball, and the club will split the tournament into A and B players. There will be a first and second place winner in each group. The fifth Tuesday will be 9-ball with no handicap for B players. Officers: President Al Bergoust, Treasurer Jack Clark, Secretary Dallas Salomon, and Membership Chairman Dave Stewart.

Latest weekly tournament winners:

Oct. 1, 8-Ball	Oct. 8, Handicap 9-Ball
1 st Randy Freese	1 st Marlin Horner
2 nd Oscar Grissom	2 nd Jack Clark
3 rd Al Bergoust	3 rd Geno Toscano
Oct. 15, 8-Ball	Oct. 29, 9-Ball
1 st Al Bergoust	1 st Bob Totowski
2 nd Chuck LaBue	2 nd Al Bergoust
3 rd Geno Toscano	3 rd Dave Stewart

Oct. 22, 8-Ball A & B

A Division	B Division
1 st Mike Quihuiz	1 st Chuck LaBue
2 nd Al Bergoust	2 nd Geno Toscano

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

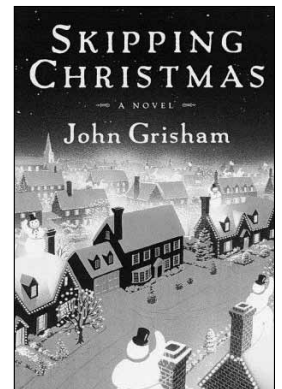
Bocce Club

About 100 members attended the recent membership meeting to review the 2013 season and begin planning for next year. The board reported that the club is healthy, robust, and financially sound. The total number of teams playing in all three leagues for 2013 was 56 for a total of almost 600 resident member players, and we are expecting some growth in 2014. We currently have 200 members on 20 teams in the winter league who are enjoying themselves. There was some talk about expanding the winter league to more days per week and have a longer playing season. There was much discussion on the need

for additional courts and some refinements in scheduling that would better meet the needs of the members. The self-funding one day tournament concept was wholeheartedly endorsed by those in attendance and will continue in 2014. The NBL playoff format was discussed in general terms, and it was suggested that we follow the 2013 model for next year. Projects for next season include a fixed watering system experiment, some back board repairs, and a new ball holder approach plus two additional bocce courts at the Summerset bocce site. Formal sign-ups for the 2014 season will take place at the DELTA at 9 a.m. on Saturday, February 22. Remember to roll often, throw straight, and have fun! That's what it's all about. Joe Downes

Book Club

The Book Club meets the second Tuesday of each month at 10:30 a.m. in the Sonoma Room at the Vista Club. The next meeting is December 10. The book selection is *Skipping Christmas* by John Grisham and/or Share your favorite poem! January's book selection is *The New Year's Quilt* by Jennifer Chiaverini. There is no requirement to have read the selected book. Everyone is welcome to join in. Feel free to stop by. For more information, contact Adrienne at (5576). Merry Everything!



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, December 9, 2013. All Trilogy residents who are interested in playing duplicate bridge are welcome. If you need a partner, we'll find one for you. Please contact Sue at (6136).

October's winners:

Regular game: 1st: Ted Clemens and Orly Curtis; 2nd: Nan Lowenstein and Mario Kucich; 3rd: Sue Vogtlin and Lois Brusen.

Novice game: 1st: Karen Nash and John Mount; 2nd: Elaine Braley and Cindy Schroeder; 3rd: Judy Rumble and Ronnie Teixeira

Bunco

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



Computer Club

The next meeting of The Trilogy Computer Club will be our holiday dinner on December 12 at 5:30 p.m. at the Vista Club. This event will be for members only. Remember, if you are a member, anyone in your household is a member. Your cost is \$15 per person. If you bring a guest (not a member), the cost for the guest is \$20. This event is BYOB, and all other utensils will be available. These include soft drinks, water, coffee, tea, utensils, plates, etc. The menu will be tri-tip and chicken with all of the fixings, plus dessert. One of the high points after dinner will be the door prizes. We can look forward to another fun-filled evening anticipating the next ticket to be drawn.

We will hold the election of officers before dinner, which will only take a short time. If you wish to become a member of the club, you can go to the club website at www.tccrv.org to complete and print a copy of the application and give it to any of the directors with the annual dues of \$12. We welcome all levels of expertise, from those thinking of getting a computer to those who have spent years working with computers and related software.

A reminder: check the computer club web site at www.tccrv.org for the latest information on many computer related subjects, meetings, and other interesting items. For more information, contact Lynne Hansen (4060).

Dog Club

Our mission is to maintain a lost and found dog network, provide social opportunities for dog owners and their pets, and facilitate the building of an enclosed dog park within Trilogy Rio Vista.



The Trilogy Dog Club now has 241 households registered with our club. We have had a great year and have added approximately 100 households to our roster in 2013. We have had a number of very successful fundraising activities as well as

social events for both our members and their dogs. We would like to thank all of our members, and residents, who have supported our club over the past year.

Recently, our club has elected new board members for 2014. Our new board members are as follows: President – Celeste Brothers, Vice President – Karen Katzman, Secretary – Sharon Primeau, Treasurer – Linda Solomon. We offer them all congratulations and a very successful 2014.

Our last event for the year will be our Santa Paws Christmas event, which will take place on December 7. Pictures of our dogs will be taken with Santa, and refreshments

will be provided. This event is for members only. We will be hosting our Valentine's Brunch again next year. This brunch was very successful this year, and we received some great feedback from our guests. The event is scheduled for February 9. The brunch is open to all residents.

Our club will not be having a membership meeting in December. The next meeting is currently scheduled for January 28, 2014 at the Delta Club. The time is yet to be determined. More information about membership meetings, upcoming events, and contact information for our board members can be found on our website at www.trilogydogclub.org. We wish you all Happy Holidays!!

Drama Club

In keeping with the spirit of the holiday season, *The Day Christmas Disappeared from Evergreen Town* will be presented by the Drama Club December 5, 6 and 7. That's just around the corner so submit your reservation requests soon. Forms may be found at both the Delta and the Vista and placed in Box 8 at the Delta. It will be Thursday through Saturday evenings from 7 to 9 p.m. 'Tis the season so there will be a collection bin for donated food items for the Rio Vista Community Services. Donations are cheerfully accepted in lieu of admission charge. Our assistance is most appreciated by them, especially at this time of the year. The Drama Club is truly appreciative of the support shown by our community of family and friends. New members are always welcome. The Drama Club meets at the Delta on the last Tuesday of the month, at 7 p.m. FYI: There will be no meeting in December. For more club information, contact Debby Dubrow at (6706). For reservation information, contact Sharon Primeau at (6033).

Fishing Club

We had our annual holiday brunch on November 24 at The Nines Restaurant, and everyone enjoyed themselves. It was a huge success. We will not have a meeting in December. Our next meeting will be January 20, 2014.

Happy Holidays to you and your families. We look forward to seeing you at our January meeting. If anyone is interested in joining the Fishing Club, please give me a call. Good luck fishing!

Genealogy Club

The Genealogy Club has had another great month with new members coming in and lots of new ways of collecting information on the web. One new source of information is Mocavo.com. This site has been around for some time, but the information always came with a fee. Just recently, they opened up the information pipeline just a



bit, and it's worth the time to go take a look. You will have the opportunity to search by name and add descriptors such as date ranges, marriage, birth, and death as well as wills and property. By using these options, the information becomes expanded and can be used as hints, directing you to other books and reference material. After attempting a more in-depth search, the site will begin to offer the information at a cost of around \$60.00/year. Take a look. It's worth the time.

Phil Pizzaglia will be returning on Monday, January 14, 2014 at the Vista Club. The program will cover the "Then and Now" of Rio Vista and the surrounding Delta Area as well as whatever Phil wants to tell us. This is a continuation of Phil's last talk. We will begin the program at 6:30 p.m. with an intermission at 7:30. Phil's books will be on sale, and all proceeds go to support the Rio Vista Museum. We will also have a question and answer period at the end of the program. Hope to see you there.

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

Good Samaritans

"Peace on Earth"

Christmas is the time of the year where peace and joy is shared with family and friends.

The Christmas story is told all over the world. The Good Samaritans find comfort in studying the Holy Bible as we learn the true meaning of Christmas.

The Good Samaritans have been studying in the book of John. The book of John starts out with Christ's identity. In the beginning, the Word already existed; the Word was with God and the Word was God, (John 1:1-2). We also studied the importance of trusting God's Word so we can understand God's message and fulfill his purpose in our lives.

The peace the Good Samaritans plan to fulfill this Christmas is visiting local care homes by bringing the Love of God and the joy of giving gifts to the care home residents. When we look into the eyes of the residents and join hands while singing Silent Night, Joy to the World, and Amazing Grace, it shows us the need to reach out into our community with the Love of God.

If anyone is interested in participating by providing a gift for a senior or needy child, the unwrapped gift can be brought to the Good Samaritans on Thursday at 1 p.m.

at the Delta Club/Marina Room. On Dec. 19 (Thursday) at 1 p.m., you are welcome to join us for Bible Study and a Christmas fellowship at the Delta Club/Marina Room.

Scripture of the month: Romans 10:8-13

Hispanic Club

Feliz Navidad y Próspero Año 2014!!!

We intend to continue to meet informally in private homes to share conversation, food, music, and fun, and plan outings to theaters, concerts, wine tastings, fairs and the like. We want to get to know each other in small, more intimate groups to create a sense of community. If you want to participate, we will put you on a list and you will receive invitations to such gatherings on a more or less regular basis, possibly from someone you don't know. You don't need to be a Spanish speaker but just like all things "Spanish" and be adventurous enough to try something slightly different.

Since all of us may not fit in someone's house, the host will have to make a decision on how many she or he could host and either randomly or selectively choose a number of individuals. Hopefully, not all of the same people will meet all the time, and the groups may branch out in yet smaller groups for playing table games, listening or performing music, book reading groups, and other endeavors.

To be part of this group, please call one of the names listed below. We will include your name in our mailing list. We will, with your authorization, submit the mailing list to all the members so that you may be included in the "round" of homes. We will continue to post information and updates on the MyTrilogyLife.com website, under CLUBS.

Ada Parrales Stack (3406)
email: Chana1447@frontier.com

Cecilia Reyes Spiritosanto, (1484)
email: ceciliareyes77@gmail.com

Teresa Hamner 646-1610
email: thamner@aol.com

Vicky Riddle (3684)
email: viriddle98@yahoo.com

Mah Jongg

We meet every Monday except the second Monday of the month at the Sonoma (card) Room at 1 p.m. - 3 p.m.

We play the Hong Kong version. If you know a different version or have never played the game, we have several good players and any one of them will help you learn this version of the game. We do not play for money. Come join us. Call Molly Martinez (3417) for more information.



Men's Executive Nine

Tournament ties continued in October. The October 22 scramble had a three way tie for first. The winners were Bob Jeanmard, Dale Moore, Alex Winkler, Joe Lopez, Jim Fairbarn, Al Shaver, Jack LaDucher, Jim Owen, Ron Renner, Al Sbranti, Bob Pitta, and Dave Hampton. The October 8 shamble tournament was won by the team of Larry Stover, Al Shaver, Bill Poate and Jim Owen. Congratulations to all the winners, and thanks to all that participated. Thanks to all that attended our second annual club banquet. It was fun to recognize the significant golf accomplishments and follies of our members.

Due to the December holidays, we will only be playing one tournament. On December 11, we will play a shamble format where the player whose ball is selected cannot hit the next shot. This tournament will be followed by our last quarterly general membership meeting. In addition to drink tickets, this meeting will feature a rules review, so try to attend.

Best wishes to all our members for a great holiday season. We look forward to another great golf year in 2014. If you have not yet renewed your club membership, please do so now and avoid the late fee penalty.

We currently have 105 members and play every Tuesday. We are always seeking new members. Golf experience is not a prerequisite. If you are interested in becoming a new member, pick up an application form in the posting room or contact membership chairman Dick Talbott at 225-0077.

Model Club

Your last chance to enjoy the TRV Model Club HO Gage Model Railroad is quickly approaching. It is presently displayed at its final location, and will remain until December 31, 2013. The location is the Administration Building at the Rio Vista Airport from 1 p.m. - 4 p.m. every Sunday. We had a long run from its inception in the basement of The Gym in town, to the Ticket Office at the Western Railroad Museum. There it was the featured attraction for several months. Now it has to be removed, and the airport is only available until the end of the year. We are very sorry to dismantle it because of the hundreds of hours put into it and the nostalgia associated with model trains. Someday we may be able to resurrect it, but never in the present form.

At the November 1 meeting, Arthur Fox presented a remarkable show of some of his photos taken this fall at the Normandy Beach in France. Few of us remember the actual battle, but we should all continue to remember the human sacrifice necessary to stem the flow of tyranny in this world.

Stop by our Model Club meeting held on the first Friday of each month in the Vista Monterey Room. We will be presenting ideas and talking about other field trips we are anticipating this spring. Please contact the Club President, Mr. John Harder (3646) with any questions and join us at our monthly meeting, prepared by Dean Lattman, Model Club Secretary.

Motorcycle Club

The Trilogy Motorcycle Club meet the first Saturday of every month for an all-day ride. The November 2 ride was a route well-traveled over the years but still enjoyable and challenging. Thirteen bikes heading down Hwy 160 through Brentwood and south on Vasco Road. The sweeping curves and golden colored hillsides made for relaxed cruising and picturesque scenery. After a stretch stop in Livermore, we hopped on Highway 580 for a quick run to Dublin and a short stop at Arlen Ness to check out the new Victory's, Indian's, and the upstairs bike museum.



With our eyes glazed over from the shiny paint and gleaming chrome and with a firm grip on our wallets, we departed for the fun part of the ride. Mines Road headed south from Livermore is some 30 miles of twisting two lane country road with some really cool canyon scenery and no guard rails. The little cafe at the Highway 130/ Mines Road intersection was a welcome stop to relax the fingers and grab the traditional lunch of burgers and dogs. This is an authentic country cafe, with boar heads on the wall and rattlesnake skins above the doorway. The ride from Highway 130 to Interstate 5 is still an interesting ride, but without the steep drop-offs along the road side. It was an easy cruise on Interstate 5 up to Lodi and a coffee stop at Eight Mile Road. About a 210mile day with great weather - what a nice day!

The club holiday party is tentatively planned for Tuesday, December 10 at the Vista Club. More details will follow in an email to club members. Hope to see everyone there,

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whether you ride with us often or only a few times a year. Come and enjoy a social evening of reliving the 2013 rides on the big screen.

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

Photography Club

At our November meeting, we each brought in photographs of the waterfalls at the front entrance and the model railroad. These were shown on the large screen in the Monterey Room. We had a great time looking at each other's composition and vision of the attractions. We can really learn a lot from how others approach a photograph as we develop our own skills and learn more about our cameras.

We will meet next on December 5 at 6:30 p.m. in the Monterey Room. All photographers are welcome. To get on our email list, contact Jan Vick at: seawingjan@gmail.com or call Jan at (5025) or Karen Dozier at (6949).

Piano Club



Our group meeting was held on October 9th in the Vista Club Diablo Ballroom. The attendance of 14 interested Trilogy residents was quite exciting to see.

Each resident in attendance shared a little about themselves and their desire to continue playing the piano or begin learning. There were a number of melodies played by a resident who attended,

and it was most enjoyable. Listening to both advanced and beginner players were the highlight of the meeting.

It was great to see such a wonderful turnout and enthusiastic neighbors. The Piano Club is working diligently to ensure the club not only provides a social bonding experience, but a great learning and encouraging environment as well.

Meetings are scheduled the third Wednesday of each month except December. We plan to meet weekly with continued interest should space and times be available. The more interest shown for this newly formed group will ensure its success.

All levels are welcome to attend our next group meeting, Wednesday, January 15 at 10 a.m. in the Vista Club Diablo Ballroom. Please let us know if you or someone you know might be interested in participating by notifying us via our email address simplemelody13@yahoo.com. We look forward to seeing you at our next meeting.

Radio Club

This month, we are honing our skills at Packet Radio Communications. This Amateur Radio system allows us to communicate written documents to and from our Rio Vista City Officials and the Emergency Services in Vacaville and beyond. This will be used if we are physically and/or electronically isolated for the Solano County Office of Emergency Services (OES).

We recently had to say goodbye to two valued club members: Mr. John Bastone and Mr. Tom Moore moved from our community. Their help and quick technical understanding will be sorely missed.

Additionally, we are working closely with the recently formed TRV Emergency Action Committee. We are conducting training in the communications procedures we are obligated to follow, along with the equipment available to allow them to perform their recently stated mission.

If you would like information on becoming a trained volunteer or an amateur radio operator, additional information can be obtained by attending the weekly Radio Club meeting which is held each Tuesday in the Vista Club Monterey Room at 9 a.m. for informal discussions over a cup of coffee. The Radio Club formal meeting starts at 10 a.m.. Please stop by. Dean Lattman is available at (3967) if you have any questions.

Recipe Club

Our holiday tradition is to have a cookie exchange for our December meeting. The only requirement is that the cookies must be homemade. So bake up a large batch of your favorite holiday cookies (three to four dozen), and you will be able to go home with the same number of assorted cookies. One of our members has generously offered her home on Tuesday, December 10 for a noon meeting. Bring an empty container to take your cookies home. We will talk about our recipes and their memories of long ago. If you have questions or would like to join us for this yearly event, contact Patty LaFleur at (3159) for directions.



Monthly Q and A: *What is the best way to bring butter and eggs to room temperature for baking?* Eggs and butter incorporate into a batter more easily when they are at room temperature. Here are some easy ways to take the chill off safely: Butter: Remove from the refrigerator at least one hour or up to a day before using. To help cold butter warm up, cut it into pieces. Or, if you're in a hurry, microwave it on 20 percent power for a few seconds at a time. Eggs: Remove from the refrigerator 20 to 30 minutes before using. For faster warming, soak whole eggs in a bowl of warm water until they are no longer cool to the touch, about five minutes. If your recipe calls for just yolks or whites, separate the eggs before bringing everything to room temperature. Cold eggs are easier to separate.

Religions of the World Club



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

beliefs, and practices. We meet the first Tuesday of every month at 6:30 p.m. in the Vista Club's Monterey Room. So far, we have learned about Zoroastrianism, Hinduism, Judaism, Sikhism, Buddhism, Jainism, Taoism, Confucianism, and religion in the USSR.

In December, ROW will continue studying the largest Eastern religions and move our discussion from China to Japan, where Shintoism and Buddhism are the predominant religions. We'll learn that in Japan, 80 to 90% of Japanese people are listed as Shintoist, while many of these also practice Buddhist rituals.

Join us on December 3 at 6:30 p.m. and learn about these religions, practiced by over 10 million followers today.

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

Rio Vista Roamers RV Club

Ken and Wilma Powell hosted a holiday potluck on November 13. They brought the turkey, dressing, and gravy. Everyone else will provided the rest of the fixins'. We always treasure our "down time" get togethers because we are able to spend time with all our Roamers who are our past, present and hopefully the future. I will have more on this next month.

December 8 will be a champagne holiday brunch at the Lone Tree Golf Course. Rich and Pat May (3649) will be your hosts and will need your \$25 per person. You missed

the date? Call them and I am sure they will be able to squeeze you in. I understand this is a fabulous brunch and all present, past, and futures are again invited.

January brings our yearly jaunt to Tao-San-Jin Restaurant for some fabulous Chinese food. The date is January 15 with a no host bar at 6 p.m. and dinner at 6:30. This is the outing hosted each year by Katey and Bob Emler (6312) and is \$18 inclusive per person. They will need your check by January 6.

Would you like to join us? All of our outings welcome potential new members, retired members, and the rest of our club. We are a fun group and welcome all of Trilogy. Check out our website at <http://home.comcast.net/~biskit3/rvroamers> with the latest trip information, call the member hosting that outing, or call Sandra Santos at (3538). All of us will be more than happy to answer any questions.

Senior Men's Golf Club

"...and you shiver, when the cold wind blows."

— from *In the Pines* (trad)



I to r, Bob Powell, Joe Devilbiss, Ron Chalmers, Tom Hansen and Rich Malone

October's weather was perfect. Foremost was the two-day Club Championship. Congratulations to Bob Powell, Rich Malone, Joe Devilbiss, and Tom Hansen, Low Net winners in Flights 1-4 respectively. Special congratulations to Ron Chalmers, winner of the gross Club Championship for the third time. Ron shot back-to-back rounds of 72. Way to go, Ron! You wear the mantle well.

RVSMGC accepted NCGA's invitation to be promoted from Associate to Regular club status. This gives us access to NCGA tournaments for which we did not previously qualify. Our standing in the Bay Area Senior Men's Association (BASA) will also rise if recent improvements in the condition of the course continue. BASA is a loose consortium of 20+ clubs that arrange Home & Home events every year. We value our membership in this group.

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Have you played Sharp Park? It's an Alister Mackenzie-designed and John McLaren-landscaped layout that opened in Pacifica in 1931 and is now part of the SF Parks and Rec. Talk about old school! Gasoline carts with chokes; turtleback greens; desk manager behind a window, sans computer; and sand fairways with indigenous plant life clinging to the surface. By all means, go and play it, if you can penetrate the tee time reservation system. But take

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(Cont. from page 33)

warning: It's cold there.

Speaking of the cold wind blowing, a surprise low-pressure front hit the fourth annual Mixed Couples event on the last Sunday of the month. 48 golfers shivered and were happy to attack a delicious hot supper at the Nines. Thanks, Barlesis.

Our annual Awards and Officer Installation Banquet/Dance is just around the corner. Make up a table and help us ring in the holidays. Our regular membership meeting is on the third Thursday at 4 p.m. at the Delta Club. For more information, contact our Membership Director Ray Ulmonen at (4070) or rayauu@gmail.com.

Stroke, Head, and Brain Injury Club

We at the Stroke Club support those who have had or are living with someone who has been affected by stroke, a brain injury, or one which results from a head injury (such as an assault or car accident) which subsequently caused a brain injury. We also assist those suffering from dementia, regardless of the cause.

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

We also conduct various extracurricular activities for the group both within Trilogy and nearby communities so that we can have fun together as well. If you or someone in your family has had a stroke, any kind of brain malfunction, and/or dementia, and would like to join or have any questions, please contact Dr. Cheryl Bellrose (6619). We encourage caregivers and families to join, as you need support as well.

We usually meet on the first Tuesday of each month from 2 p.m. - 4 p.m. at the Vista Club in the Monterey Room unless there is a holiday. Our next meeting will be held Tuesday, December 3. Please join us.

Supper Club

If you are interested in participating, Supper Club meets every other month from February through October in each other's homes for tasteful (and tasty) dining, fun, and conversation. On these occasions you can meet your

neighbors and get to know them in a small group setting (usually 6 or 8 and sometimes 10). We are not limited to a formal dinner menu only. You might also want to have an afternoon barbeque, a brunch, or a luncheon.

Please note that our club is not just for married or committed couples. We don't want to leave anyone with the impression that single individuals are not welcome. Everyone is welcome to join Supper Club. If you want to make new friends, give Supper Club a try. Take the opportunity to experience our delectable menus and friendship provided by our members.

If you are interested in participating in February, 2014, please contact Cheryl Bellrose (6619) after the New Year. In the meantime, have a happy holiday season. Looking forward to hearing from you.

Table Tennis Club

Happy holidays and a healthy 2014 to all!

We had a great time at the October 19 In-house tournament with 18 Singles Players and 14 Sadie Hawkins Doubles Players. Thanks again to Ruth Barnes, Tom Surh, and helpers for their outstanding job with the refreshments. As the final tournament this year, we thank our Tournament Director, Mike Mahrous, for his masterful organizational skills. Here are the tournament results:

Sadie Hawkins Doubles Winners

Group-A: 1st Vicky R+Saimon H, 2nd Anita L+Kari R, 3rd Ruth B+Diego C

Group-B: 1st Sherry J+John C, 2nd Kathy M+Larry A, 3rd Tomoye M+Gang

Singles Winners

Group-A: 1st Mike D, 2nd Wing L, 3rd Glenn H

Group-B: 1st Tong K, 2nd John C, 3rd Kim R

Group-C: 1st Larry A, 2nd Saimon H, 3rd Kari R

Group-D: 1st Rod A, 2nd Anita L, 3rd Tomoye M

Please mark your calendars with the following events and dates:

- **Thursday, November 14**, 4 p.m. General Meeting and Elections of Officers for the 2014 year. Please plan to attend.
- **Saturday, December 14**, 5 p.m. - 9 p.m. Holiday Dinner at the Delta Club

The availability of the Rio Vista Room is posted weekly on the website, so be alert to these postings. For this, you need to subscribe by providing your email once you click on <http://trvtt.wordpress.com>. There's also a hyperlink to this site in the MyTrilogyLife.com under clubs. In our website, you will also be able to see some videos of the tournament. Our players are having fun!



Contacts: Larry Mork, President (3389); Ruth Barnes, Vice President (4395); Vicky Riddle, Treasurer (3684); Kim Russell, Secretary (2046); Tournament Director: Michael Mahrous (3216), Tom Barnes, At Large (4395).

Tai Chi and Yuan Chi Dance Beginner's Classes

Come out and learn Tai Chi and Yuan Chi dance!

The schedule is as follows:

Tuesday: Advanced Tai Chi and Yuan Chi Dance
5:30 p.m. - 7 p.m.

Thursday: Beginner's Tai Chi Classes: 5 p.m. - 6 p.m.,
Beginner's Yuan Chi Dance Classes: 6 p.m. - 7 p.m. Free.
Everyone is welcome.

Friday: Advanced Tai Chi and Yuan Chi Dance
5:30 p.m. - 7 p.m.

For more information, contact Wei Cheng (6189) or Daisy Wu (5258).

Tennis Club

2013 has been a banner year for adding new members. I counted 20 members joining us this year. With all of the new homes being built, it seems that we are adding members from that group of new retirees. On a sadder note, we had to say goodbye to Michael Lewis, who passed away this summer. Michael was a great friend to all of us and is greatly missed.

In November, we had our daylight savings tournasocial, which was won by Patti Sorg for the ladies and Orlando Devera for the men. The evening meal was a great success with Joe Downes presiding over the event as only he is capable of doing. We also had our final match of the year with the Brentwood Tennis Club. It was a fun event, and we will start up the competitive tournament season in May of next year.

With the gift giving season here, now is the time to ask for those tennis articles you normally forget. When the spouse or family member asks what you would like, you'll be in the position to say, "New racquet, grips, tennis bag, hat, balls, sweats, outfits, or shoes." Come 2014, you'll be hotter than an August afternoon in Death Valley.

If you are not playing tennis now, make it your 2014 resolution to give it a try, make some new friends, and learn about a new type of love. For information about the Tennis Club, contact Wally Beckman at beckmanwally@hotmail.com.

Whist Club

We hope everyone had a wonderful Thanksgiving. Now, we wish all of you a Merry Christmas and a Happy New Year.

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

Other games are available for those not interested in playing cards, including dominoes, backgammon, and checkers. We also welcome those who just want to socialize.

Come by the Delta Club and celebrate with us during this Holiday Season.

It would be nice to see everyone before the end of the year. You may contact Madalene Turner (3361) or Jean Robertson (0086) for more information.

Women's 9-Holers

The holidays are just around the corner, and we are having a great time playing golf! If you're interested in gathering more information about the 9-Holers, please call Rowena Jefferson at (1482). Tee time 9:30.

October 1 Pars: Georgette Rodriques #11, Gaye Fortier #16, Jan Benner #13, and Maureen Lamborn #13. Denise Sargent-Natour won Low Putts with 17 as well as a par on #14. Jeannie Renner had a chip-in on # 16.

October 8 Pars: Fran Silva #5 and #8, Elaine Love #7, Denise Sargent-Natour #8, Georgette Rodriques #5, Jan Benner #5 and #8. Judy Rumble had a great day - not only a chip-in on #6; she also had a par!

October 15 Pars: Nancy Griffin #11, Elaine Love # 12, Karen Nash #12, Jeannie Renner #13, Arla Gustafson #18, Marnie Doody #13, Nancy Whitney #14, and Linda Barlesi #15, 16, and 18. Linda also got a birdie on #17.

October 22 Pars: Nancy Griffin #7, Karen Nash #5, Diane Scholz #8, Eila Ballard #1, Elaine Love #1. Elaine also broke 50 with a 49!

October 28 Halloween Day! No scores reported! Congratulations to all of our winners!

Women's 18-Holers

Our Women's Club Invitational, which was held on October 10, was very successful with ninety-two participants from twenty different golf courses. Our theme was "Hats Off to Golf." There were prizes for the craziest and most elaborate hats, along with awards for the team golf finalists. We had a fun day topped off with a nice luncheon

(Cont. page 36)



(Cont. from page 35)

and raffle. The raffle generated \$500, which was donated to the Rio Vista Library Children's Department.

Winners for the month of October were:

October 4. Lowest Net Score Winners:

A Flight: first Ulla Ulmonen, second Vicky Riddle, third tie Lucille Rhodes and Marsha Berry. **B Flight:** first Debby Carroll, second Karenann Evans, third tie Chris Saybe and Maureen Gingrass. **C Flight:** first Anna Bogucki, second Suzi Masterson, third Paula Davis.

October 24: A team event. Toss the dice after each hole to determine whose score was to be used. First Lucille Rhodes, Roni Teixeira, Anna Bogucki, Pam Ramirez. Second Vicky Riddle, Debby Carroll, Karen Nash, Lynn Grace. Third Linda Siatt, Trixie Roque, Elaine Love, Carol Petronzio.

October 31: A Trick or Treat Game. There was either a trick or treat on each hole. A team event. First Linda Barlesi, Roni Teixeira, Elaine Love, JoAnne Smith. Second Lucille Rhodes, Maureen Gingrass, Pat Kistler. Third Marsha Berry, Donna Nunes, Helen Swarbrick tied with Angie Jones, Trixie Roque, Terri Anisko, Bev Dunn.

Anyone interested in joining our club can join us at the

Nines Restaurant any Thursday morning at 8:30 a.m. or call Marilyn Rogers at (5746).

Writers' Club

Tevye, the milkman in "Fiddler on the Roof," sang about "Tradition!" At this time of year, we often participate in many traditions associated with holidays. Traditions remind us of the past and encourage us to teach others more about ourselves. Many traditions involve food, faith, and families. This month's optional topic is: Tradition!



Write about a tradition you started or with which you are familiar. Or write about anything your heart desires. Just write! It's a tradition with the Trilogy Writers' Club.

We'll meet on Thursday, December 12, at 7 p.m. in the Monterey Room of the Vista Club. Trilogy Writers' Club is open to all Trilogy residents. We hope you'll join us to share and enjoy the talents of writers in our community, as we offer encouragement to each other. If you have questions, please call Zoe (3676) or Suzi (925) 231-5213.

Shafer Real Estate
 Your Trilogy Resale and Rental Experts...
 Nobody Knows Trilogy Homes Better!
 (707) 374-5222

Debbie Werter Realtor Associate 707-673-7667 DRE# 01125366	Diane Shafer Owner / Broker 707-328-5277 DRE# 01390213	Jacqueline Vullierme Broker Associate 707-373-0340 DRE# 00477874	Drew Haisley Realtor Associate 925-482-4556 DRE# 00997350
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121 Montezuma St. Rio Vista, CA 94571
 View listings, search for properties, get Trilogy maps, & more at:
www.ShaferRealEstate.net

SHUTTERS IN WOOD, PVC AND COMPOSITE

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 ...your Trilogy Window Fashion Professional

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SILHOUETTE® • VIGNETTE® • LUMINETTE®
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Trilogy's New Year's Eve Celebration
We're Turning Back Time, The Ball Drops at 9
Details on Page 6 & Reserve Your Place Today !



**Trilogy Health & Wellness
 Center
 Holiday Spa Specials**

**Three French
 Hens**

**3 Swedish
 Massages**

\$150

Simplify your gift giving with this **three** treatment package of rejuvenating, full body massage treatments.

De-stress your holiday season, work out the knots and release the tension of the hustle and bustle that defines this time of the year.

Offer expires for purchase
 12-31-13



Five Golden Rings...

5 Swedish Massages
\$250

Offer expires for purchase
 December 31, 2013

Must be redeemed by December 31, 2014

Holiday Bliss Facial

Relax & allow your Esthetician to customize a facial that personally addresses your skin. The facial cleanses, conditions, moisturizes, rejuvenates and relaxes tension in the face and is appropriate for all skin types! Also includes a Pumpkin Spice Moisturizing Foot Treatment!!

75 Minute \$70

Offer expires for purchase 12/31/13

Packages are sold as is



Trilogy at Rio Vista HOME BASED BUSINESS DIRECTORY

All Occasion Travel

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

Divas

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

Dr. Don's Spanish Lessons

Learn to speak Spanish in your home.
Results guaranteed. \$20/hr.
Don 673-6608
dwstreak@yahoo.com

Mary Kay

Independent Beauty Consultant
Sueann Novotny (5624)
snovotny@citlink.net

Mirna's Gourmet Tamales

Tamales, Mexican rice, Frijoles Ranchero
Tamales: 6/\$8, 12/\$15, Rice & Frijoles: \$3/pint
Mirna 673-6608
dwstreak@yahoo.com

Mirna's Professional Hair & Nails

Style, Cut, Color, Manicure, Pedicure
Men and women. 30 years' experience
Mirna 673-6608
dwstreak@yahoo.com

Rodan & Fields Skin Products

Want to Look Younger
Without Surgery or Injections?
Lupe Finch, Independent Consultant (2466)
LupeandMarcy@gmail.com

FOR RENT

Room for Rent

Master bedroom. All utilities,
Private entrance and use of
kitchen. \$600/month.
Call 631-3889.

FOR SALE

Adult Trikes

Adult trikes: single speed, dual
brakes and basket. Now available
with electric motor. Increase your
range and zip. For downtown
errands. 26" regular bicycles
included. Save gas! (5248).

Electric Fireplace

Free standing electric fireplace, oak
cabinet \$125 OBO; Floor model
electronic exercise pedaler \$50;
exercise bicycle \$25. Call (4619).

Electric Recliner

Lt. beige, hand-held remote,
built-in stand assist, attached
footrest, plush velour-like fabric,
perfect condition. \$125. Call (2525).

FOR SALE

Lift Recliner

Pride electric extra-large lift recliner:
light brown, good condition,
\$400. You move. (7557).

Motorcycle Cruiser

1985 Yamaha Virago 1000
cc. V-twin, runs well, newer
tires, brakes and drive shaft,
single carb kit costing \$300,
saddlebags. Classic looks, 51,000
miles. \$1500. Call 364-7499.

Moving Sale

Cupboard, couch, cabinets, futon,
lawn equipment and more. Call
650-464-2837 or Elena (5709).

Music Equipment

Electric and acoustic guitars,
amps, bass guitar, Fx pedals, one
new Fretlight Learning System.
Call for details. \$10-\$300. Great
Christmas gifts. 364-7499

FOR SALE

Tamales

Gourmet tamales, Spanish
rice, Frijoles Ranchero. Made
fresh and delivered to you.
Tamales: 6 for \$8, 12 for \$15.
Rice and pintos: \$3 per pint.

Treadmill

All electric, programmable,
incline & custom settings, speed,
distance, time, calories, heart-
rate, safety-stop leash, w/ user's
manual. \$125. Call (2525).

SERVICES

Airport Transportation

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

Appliance Repair

Service and repair of most makes
and models. 30 years' experience.
Now serving the residents of
Trilogy. Call Gary (4945).



SERVICES

Audio/Video

Music on records and cassettes upgraded to CD's. Video on VHS and Video 8 cassettes upgraded to DVD's. Copies of music CD's made. Contact Jose at (5248).

Audio/Visual

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

Caregiver

Caregiver with experience as medical assistant. Current CPR papers and can help in all areas. Call Janeth 916-270-5549.

Carpet & Upholstery Cleaning

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

Carwash

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

Chef and Personal Home Assistant

Can I help you in the kitchen? I can shop and prepare meals to your taste. I can assist with assorted tasks especially with the holidays around the corner. This will help your life run more smoothly. Cherie (3151).

Cleaning

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

SERVICES

Clock Repair

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

Computer Assistance

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

Computer Doctor

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

Computer Help

PC or laptop repair, including optimization and virus removal. Extend life of old computer or set up a new one. Wireless setup, add new devices and tutoring. Kathy Barker (6850).

Computer/Wireless

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

DJ Available

DJ music for indoor and outdoor events. Contact Jose. Discounts for Trilogy clubs and residents. (5248)

Electrical

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

Errands

Transport Services: grocery, drug, gifts, shopping, library visits. Rides: town & beyond, doctor, dentist, anywhere! Save time & money. My car, my gas! Karen (5129)

SERVICES

Enhanced Improvements & Repairs

Established Retired General Contractor. .tile, wood floors, water leaks/drywall damage, kitchen & bath remodel/repair, patio re-design, entry/screen doors, fireplace mantels. . . Big or small—I do them all! 8 year resident/ references. Dominic 322-9476

Faux Finishing @ Its Best

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

Gun Repair

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

Hair care

Mirna's Professional Hair and Nails: Women and men, your home or mine. Thirty years' experience. Look your best today. Mirna 673-6608.

Hairstyling

Need a glamorous do? Call Dee for a fabulous you. She will give you the do you want. Hairdo—Let Dee do! You are in a beauty contest every day of your life. Let Dee handle your style and bring out the fabulous you—makeup upon request too! Call Dee (Delia) 925-726-5996.

Handyman

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



SERVICES

Handyman

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

Helping Hands

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

Helping to Sell Your Items

I can help you sell items through Craigslist and other channels, sheltering you from all screening, negotiating and dealing with the public. I can do it all or help you do your own ads and photos. Experienced and trustworthy. I also buy your items outright. Christopher 415-710-2590, Trilogy Resident

**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 \$5 for 25 words. Additional words
are \$.25 per word. Checks only.

Late ads will run in the next issue.

SERVICES

Household Assistance

Organize, arrange, put in place, Enjoy home with happy face! Build stained glass windows, etch shower doors too, I can make or will teach you! Many repairs, walls I'll paint, Professionally pack, Flexibility's great! Yard work and cleaning A to Z, Dogs I love, Laughs are free! Jody 386-7896

House Payment Help

House payment a little high? Want them lower for more monthly spendable? Call Ed Smith, Sr. Loan Officer, C-2 Financial Corp. to discuss lowering your monthly. Ed Smith NMLS# 242425, DRE# 00449998, C-2 Financial Corp, NMLS# 135622, DRE# 01821025, Reach Ed at (3932) or 334-7059.

Impeccable Improvements & Repairs

Established Retired General Contractor . . .tile, wood floors, water leaks/drywall damage, kitchen & bath remodel/repair, patio re-design, entry/screen doors, fireplace mantels. . . Big or small—I do them all! 8 year resident/ references. Dominic 322-9476

Income Tax Preparation & Bookkeeping Service

Over 30 years experience with bookkeeping and personal, corporate and partnership income tax preparation. Fast, efficient, reasonable. No job too small. Call Lesley (3377).

Income Tax Prep & Notary

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

Income Tax Services & Planning

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

SERVICES

In Home Care

Sensitive, caring, discreet and dependable Trilogy resident would like to help care for your loved one. Nine years experience. Call Nita 315-6670.

Landscaping

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

Moving and Organizing Services

Packing or unpacking, help with organizing and downsizing. Reasonable rates. Satisfaction guaranteed. Long time Trilogy resident. Call Nita 315-6670.

Notary Services

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

Notary

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

Notary Public

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

Notary to Go

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

O So Sharp

The holidays are coming up soon. Time to get those knives sharpened. A dull knife is a dangerous knife. I can sharpen most anything inside or outside the house. Call Rich G. (3663) at 556 Birch Ridge Dr. Pickup and delivery available.



SERVICES

Painting & Drywall

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

Pet Care

Trilogy home owner offering my services to neighbors/pets. Walks, drop-ins, overnights, allowing your pet(s) to stay home. Pet first-aid/CPR trained. Cell: 330-6010; email: [HYPERLINK "mailto:thedeetails@yahoo.com"](mailto:HYPERLINKmailto:thedeetails@yahoo.com) thedetails@yahoo.com

Pet Care

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

Plantation Shutters

Measured & installed by Jim Gilly. Check prices from Costco & others, then call me. You'll be happy you did. Allow 6-8 weeks from order date. Jim Gilly 925-260-5780

Pressure Washing and Cleaning

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

Rain Gutters Cleaned

Patio covers washed and rain gutters cleaned. Pressure wash driveways and patios. Trilogy resident Danny 209-570-0302

Sliding Door & Screen Repair

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

SERVICES

Spanish Language Instruction

Dr. Don's Spanish lessons: Learn to speak Spanish fast and easy in the comfort of your home. Results guaranteed. \$20/hour. 673-6608.

Streaming Video

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

Transportation

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

Water Filter

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

Weed Pulling

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

Window Cleaning

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

Your Personal Travel Agent

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

VACATION RENTAL

Tahoe Condo

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

WANTED

Golf Carts

Cash paid on the spot. Carts can be running or not. Call (3338) or 208-9096.

holiday
light
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peace
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Attention Advertisers:

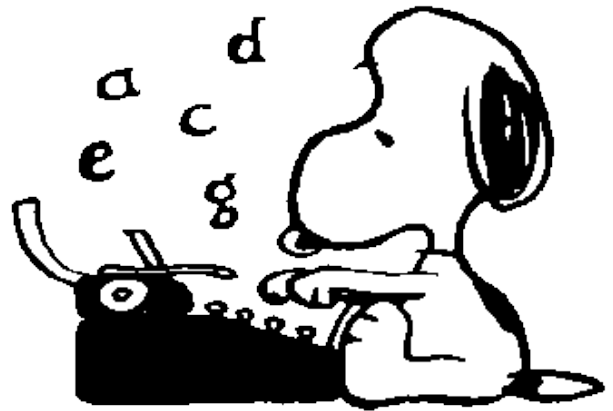
All ads and checks are due

by the fifth of the month

prior to the month of publication.

Attention Clubs!

Article word count is 275 words or less. Longer submissions may be excluded.



ADVERTISING INFORMATION

DEADLINE: All final ads and checks are due by the fifth of the month prior to the month of publication. For example: January 2014 ads and checks are due by December 5, 2013. All late submissions will run in the February 2014 issue of *Trilogy Living*.

REGULAR SIZES AND RATES:

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

PREMIUM SIZES AND RATES:

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

DISCOUNTS:

- 10% off pre-paid ads for 3 months or more
- 10% 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.

January Computer Workshop Opportunities!
Sign Up At Member Services (#4200)
(payments by check only please)

<u>Workshops</u>	<u>Date / Time</u>	<u>Instructor</u>
Introduction to Computers ~ \$3 ea. <i>(3 different sessions)</i>	Tues. Jan 7, 14, 21 ~ 10:00 – 11:30 am These three introductory computer classes, each different are intended for beginners who want to understand the computer for use with e-mail, internet browsing, researching, collecting, cataloguing, and saving images or documents. <i>[No prerequisite class or workshop is required]</i>	Michael Bouyer
Introduction to Working With Photos ~ \$5 each <i>(2 different sessions)</i>	Tues. Jan 7 & Jan 14 ~ 12:00 – 1:30 pm Three classes, each different are intended for beginners who want to learn how to use the computer to collect, catalog, edit and save photos. Students will be introduced to Picasa*. <i>[Prerequisite: Introduction to Computer or equivalent knowledge]</i> Students interested in more involved image editing can follow this class with Intermediate Digital Photo Editing workshops.	Michael Bouyer
Intermediate Photo Editing Workshops ~ \$5 ea. <i>(2 different sessions)</i>	Tues. Jan 21, 28 ~ 12:00 – 1:30 pm Working with Picasa* students can work with their own digital images, to correct or enhance them and experiment with artistic editing. Students will need to bring their images to class on a flash drive or a CD or a media card. (No cameras and cords) <i>[Prerequisite: Introduction to Working with Photos or equivalent knowledge.]</i> Serious students wishing to greatly expand their ability to edit images are encouraged to proceed to the Advanced-1 Digital Photo Editing Class.	Michael Bouyer
Intermediate Digital Storytelling ~ \$5 ea. <i>(3 different sessions)</i>	Tues. Jan 7, 21, 28 ~ 7:00 – 8:30 pm Using Windows Live Movie Maker**, students will work with images and music to learn the basics of digital stories (digital scrapbooking, mixing music and images). <i>[Prerequisite: Introduction to Working with Photos or equivalent knowledge.]</i> Serious students are encouraged to proceed to the Advanced Digital Storytelling.	Michael Bouyer
Advanced Digital Photo Editing ~ \$7 ea. <i>(3 different sessions)</i>	Wed. Jan 8, 15, 22 ~ 7:00 – 8:30 pm Students will work with GIMP*** for advanced image editing. We will explore many of the fundamental tools and operations consistent with today's image editing requirements for fine art, commercial, and enhancement purposes. <i>[Prerequisite: Intermediate Digital Photo Editing or equivalent knowledge.]</i>	Michael Bouyer
<p><u>Sessions:</u> Each class offers different sessions which are designed to be taken consecutively or may be taken independently (see dates for each class above).</p> <p><u>Computer software programs referred to above:</u></p> <p>* PICASA is a free basic photo cataloging and editing program from Google</p> <p>** Windows Live Movie Maker is a free movie making program on Windows-based computers</p> <p>*** GIMP is a free advanced photo editing program with capabilities similar to Adobe Photoshop</p>		

To determine if your equivalent knowledge is adequate for the intermediate or advanced workshops offered, contact the instructor Michael Bouyer by e-mail at Michael@bouyerproductions.com or cell 707-318-3209.



We're here to help you make the right decision about assisted living.

EMERITUS SENIOR LIVING

There is no "right time" to seek another living environment. It is a decision usually based on the individual's needs and available outside support. If you are observing an alarming decline in the safety, social, or emotional needs of your parent or loved one, it's time to see how assisted living can help!

Choosing assisted living at an Emeritus Senior Living community will actually give your loved one greater independence. You will gain peace of mind knowing that they are nearby in a safe and comfortable senior living community.

Call us today to learn more about the benefits of assisted living for your loved one. We will be glad to arrange a private tour experience for you.

Our Family is Committed to Yours.®

Nestled in the rolling hills of Solano County's wine country Emeritus at Rancho Solano offers a little bit of everything. Located on the outskirts of Fairfield, California our country setting is only minutes from shopping, restaurants, hospitals, clinics and cultural centers. The ambiance in our Lake Tahoe-like lounge will appeal to anyone's taste. Our apartments range from spacious studios to two bedroom-two bathroom apartments with views of the hills, wildlife and breathtaking sunsets.



EMERITUS
at Rancho Solano

(888) 718-9317

Come learn about the many benefits we have to offer! Call now to schedule a complimentary lunch in the month of December!

• Voted #1 Assisted Living Community in Solano County for 2013 •

3350 Cherry Hills Court, Fairfield • www.Emeritus.com

Lic. #486801162

