

TrilogyLiving

Making Musical Magic

Whether you're a novice picker or a card-carrying professional, the Guitar Club offers a wealth of resources and a fun-loving group of talented musicians, including Larry Nakashima. Learn more about the club on pages 4 and 35.

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From the Master Association

Patty Kohn

President

Our May Master Board meeting was very well attended – standing room only! If you weren't there, you can view the video recording on mytrilogylife.com. Information on those issues that may be of greatest interest to the members is in the Highlights section below. Details of all other agenda items are included under Executive Session and General Session.

Highlights

- We have a new Board member. Jim Wichmann was appointed to the position recently vacated and will serve through the Annual Meeting in February, 2018.
- Shea Homes/RVCP has agreed to increase their contribution to a fourth clubhouse from \$1 million to \$1.3 million.
- A Request For Proposal (RFP) to convert to LED streetlights will be submitted in May.
- Information about the Board's actions pertaining to the proposed sale of the golf course was reviewed. Three consultants, who are golf property appraisers, will be invited to submit proposals for evaluating the golf course and restaurant. We hope to have their proposals by the June 13 Board meeting. The full presentation is available on mytrilogylife.com.

Executive Session May 8:

Legal/Litigation

- An Establishment License for Esthetician Services was issued on April 28, 2017 by the California Department of Consumer Affairs, Board of Barbering and Cosmetology. Inspection is expected within 90 days of issuance.
- The stop sign at Silver Ridge and Birch Ridge will be placed after distribution of this *Trilogy Living* and announced at a Saddle Rock Village Board meeting.
- Per a legal opinion requested by the Board, the Board is allowed to approve expenditures from the Development Fund (Article 3.8 of the CC&Rs); it does not require a vote by Delegates or the membership. The same legal opinion was unclear regarding loan approval; the Board requested legal counsel attend the next Executive Session to clarify.
- The City Manager requested that TRVMA require those who do business with us to obtain a City of Rio Vista Business License. The GM will so notify those businesses that qualify under the City Code. The Board declined the suggestion that acquiring a Business License be part of our architectural process. The Board is not willing to police this requirement on behalf of the City.
- The Maintenance Director will work with Don Seyk, liaison to the Amenities Committee, on the final specs for the Health and Wellness Center.
- Berding & Weil, legal counsel, completed a review of all TRVMA

(continued on p. 16)

TRILOGY AT RIO VISTA

D I R E C T O R Y

Master Association Board of Directors

Patty Kohn, President 707-374-2737
Donald Seyk, Vice President 707-374-6407
Melissa Coleman, CFO 707-374-6874
Joel Auslen, Secretary 707-374-5808
Jim Wichmann, Director at Large, 707-374-4870

Village Board Presidents / District Delegates

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Village Oakmont - Lee Puryear 707-374-3510
Village Riviera - Ida May Wagner 707-374-6714
Olympic Village - Richard Pettijohn 707-374-3065
Saddle Rock Village - Joe Perpetuo 510-387-4517
Eagle Point - Mark Weiss 707-374-4715

Committee Chairs

Community Advisory - Bill de Manincor, 707-374-6404
Administrative Policies - TBD
Village Document Revision - Barb Downs, 707-507-5026
Clubhouse Improvements - TBD
Emergency Action - Barry Fraser 415-407-8529
Access - Ron Steiner 408-386-4055
Amenities - Lynn Traver, 209-596-1633

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evitrano@actionlife.com

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ColemanTRV2@gmail.com

Architectural Coordinator: Jennifer Stewart 707-374-4843
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Club Numbers

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

Trilogy Living Editorial Board

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Joan Azlant, Kathy Erwin, Bill de Manincor

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Resident Classified Advertising

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Welcome Center/Front Gate 707-374-4306

Guest Registration - community.dwellingleive.com

Café Vista 707-374-4202

Sir Flair's 707-374-4400

Golf Course 707-374-2900

Shea Customer Service 1-866-535-9989

From the Editor



Jay Coleman

My office cubicle is just a few feet away from the Vista Club lobby, which means I get to hear a steady staccato of conversation and laughter from residents as they enter and leave the

building. Most of the time, the sounds drown out the piped-in music that filters through the building's sound system. And on rare occasions, like a recent day in May, a measure of musical magic fills the air and something special happens.

The special event was the Coffee House Players, hosted by the Guitar Club. It featured a half dozen musicians who played 30-minute sets to the delight of a small gathering of residents who happened into the Vista Club living room area that day. Believe me, there was an amazing array of talent as each performer serenaded listeners with spot-on renditions of familiar songs or created their own arrangements to make the songs their own.

Created about five years ago, the Guitar Club has only about 15 active participants, but virtually every member is an accomplished musician who enjoys jamming with club members and performing in front of audiences. Their music ranges from folk and country, to contemporary, rock, pop and standards from nearly every musical discipline. Hawaiian ukulele players? Irish tenors? Classical guitarists? The club has it all. Some of the members have performed professionally, including Denny James (the theatrical name for Trilogy resident Denny Rogers), who has recorded two albums.

The primary showcase for their notable talents are the This 'n That Coffee House performances – about eight per year – which combine musical selections with poetry readings. Past concerts have drawn as many as 140 attendees, who rave about the professionalism of their guitar-strumming neighbors. The next coffee house, which features a dozen or more musical sets, is Sunday, June 25, in the Diablo Ballroom at the Vista Club. Read more about the Guitar Club on page 35.

Priority List for Emergencies

If you or someone you know has special needs (oxygen, electricity for dialysis, etc.) and wants to be placed on a priority list for assistance in the case of an emergency, please contact Member Services Coordinator Cheryl Lucas at 707-374-4203 or clucas@actionlife.com. Please provide your name, address, phone number, and describe your special needs.

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

For non-delivery of *Trilogy Living*, contact Member Services at 707-374-4200.

From the Activities Director



Debbie Dorn

The close of May brings a special treat for our season's first Concert on the Patio! "Decades" will bring an amazing evening of dance and show before they head out on national tour!

You'll not want to miss this concert! Sign up at Vista Club Member Services and don't forget to bring your favorite lawn chair, outdoor clothing and refreshments!

Join Kathryn Querry leading computer classes for two-levels of Excel spreadsheets! If you have taken Excel classes before, you will enjoy the new simplified material! Our iPhone classes have also been redesigned with ease built into every stage! Check dates below and watch monthly for different class topics.

Mark your calendars for these upcoming events and keep watch on the club activities for more selections!

- 6/01 – 6/04 "Dixie Swim Club"
Production by the Theater Group
- 6/02 Dwelling Live - free classes hosted by
Access Committee. pg 43 for full schedule
- 6/05 Blood Drive
- 6/11 Dance to Afterglow ~
Hosted by the Dance Club
- 6/14 Two Computer Classes:
iPhone Level 1 & Level 2 (see pg. 43)
- 6/16 Open Mic
- 6/17 Fitness Event "Trilogy Triathlon"
- 6/17 Juneteenth Celebration ~ The Whist Club
- 6/18 Trilogy Produce Market
- 6/20 CPR/AED First Aid
- 6/21 Two Computer Classes: Excel Level 1 & Level 2
- 6/23 Bingo
- 6/24 Concert on the Patio Featuring
Jim Anderson & The Rebels
- 6/25 This 'n That Coffee House ~ The Guitar Club

Get Ready...

- 7/01 July 4th Hot Dog & Sundae Order Deadline –
No Walk-up Orders Available
- 7/04 Trilogy's 4th of July Celebration!
(pgs. 6 & 46)
Sign Up Your Parade Entries NOW

Remember your comments and suggestions are always valued -- send an email anytime to ddorn@actionlife.com.



ANNOUNCEMENTS

Holiday: June 18, Father's Day

"It is a wise father that knows his own child."

~ Shakespeare

Tuesday Nights Potluck BBQ

Delta Club Pool 5:30 p.m. ~ weather permitting

Meet at the Delta Pool Covered Picnic Tables each Tuesday during the summer about 5:30 PM, dinner starts about 6 PM. The grill is available if you'd like to bring something to cook for yourself. Bring a dish to share, your beverage of choice, and table service. NO GLASS CONTAINERS of any kind are permitted in the pool area. You'll meet old friends and make new ones. Everyone is welcome. Please lower umbrellas and leave the patio neat and clean for others to enjoy. Questions, call Claudette Gartner 707-439-6116.

EVENTS

Blood Drive ~ Lend An Arm!

Monday, June 5, 9 a.m.- 1 p.m., Rio Vista Room Delta Club

It's time again to lend an arm and help save lives by donating blood at the upcoming Trilogy Blood Drive. Walk-ins are welcome; however, appointments have priority. To make an appointment, contact Darlene Wiskeman 707-374-6211 or email her at wiskeman2@yahoo.com.

Blood Pressure Check ~ Free

Thursday, June 8, 9 – 10 a.m., Library Delta Club

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



Complimentary Hearing Screening and Assessment

Thursday June 8, 1 – 3 p.m., Monterey Room Vista Club ~ Free

Complimentary hearing screening and assessment is offered by Advanced Instrument Hearing Aid Centers at Trilogy generally the second Thursday of every third month. Also offered are cleanings for your aids, tube changing, adjustments, and repairs on a complimentary basis. Some repairs may have a fee, depending on the severity of the repairs/parts needed to complete restoration. Contact them direct to make an appointment at 707-428-1313, although walk-ins are welcome.



~ Concert on the Patio ~

Jim Anderson and the Rebels

Saturday June 24, 7 p.m.

Vista Club Patio ~ \$15

This is one magnificent show that you will not want to miss! Jim Anderson and the Rebels return by popular request, back on the patio once again with their signature Elvis Tribute! These amazing artists headline main stages everywhere entertaining Elvis, Country and Oldies to the delight of all music fans. Their show is family friendly and crowd favorites of all ages. Bring family, friends, your dance shoes, and favorite refreshments! Sign up early at Member Services, Vista Club.



Computer Classes

Offered Weekly, Learning Center Vista Club

June features the Access Committee offering FREE weekly training sessions for Dwelling Live. Plus iPhone and Excel classes return both offering two levels of instruction. If you are the treasurer for a club, Excel Level 1 will help you feel comfortable working in Excel. If you manage a club's membership list, Excel Level 2 is the class for you! See page 43 for important details. Contact Debbie Dorn with questions ddorn@actionlife.com.

Open Mic Night

Friday, June 16, 7 – 8:30p.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.

Trilogy Produce Market

Sunday June 18, 10 a.m. – 3 p.m. – Delta Club



Experience Trilogy's market place! Trilogy's Produce Market provides wonderful produce and other specialties. Bring your neighbors and stock

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

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

Tuesday, June 20, 9 a.m. – 1 p.m.

Diablo Ballroom Vista Club ~ \$60

It is good to know how to help someone in trouble. It could be your spouse or it could be your grandchild. The class provides a 2-year certification in CPR/AED & First Aid at a great value. Limited space available. Sign up with Member Services by Friday 6/16/17, at the Vista Club.

Trilogy's 4th of July Celebration ~ Free Admission

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

Presented by Trilogy and All "Six" Villages!



Gather friends and family for a grand celebration of America's birthday! We celebrate the 4th of July because that is our Independence Day! It marks the date when our founding fathers signed the Declaration of Independence and announced their secession from Britain. It is a shining day in our history that deserves to be remembered. Enjoy the parade then join us at the Delta Club for the party!

- Parade Around Summerset Drive
- Hot Dogs & Ice Cream Social
- Delta Club Poolside DJ Entertainment



Sign-up NOW for all parade entries, and before July 1, for the Hot Dogs and Ice Cream Social. No walk-up food sales available. Deliver your entry/order form with check attached to Box 9, located in the hall at the Delta Club. Be sure to mark the form if you would like to lend a hand to volunteer with this special occasion. It's fun!

Comedy Night Featuring Dan St. Paul

Friday, July 21, 7 – 8 p.m. Diablo Ballroom, Vista Club ~ \$15

Dan St. Paul has been chronicling his life on stage for 30 years. After turning 50, he discovered his body changing ("I'm a cylinder now. I can wear a belt anywhere on my body."), and his memory faulty ("I have eight pair of reading glasses and I have no idea where they are."). Dan has been a national headlining comedian at some of the top comedy clubs in the country. He has appeared on NBC, ABC, FOX, Comedy Central, A&E, and VH-1. Dan has also opened for such celebrities as Jerry Seinfeld, Jay Leno, Ringo Starr, Natalie Cole, Hall and Oates, Vince Gill, Clint Black, and even the San Francisco Symphony ("I knew them when they were just a garage band.") His "The First Baseball Game" is one of the most requested comedy pieces on the syndicated Bob and Tom Radio Show. Sign up at Member Services and plan to bring your favorite to enjoy during the show!





Concert on the Patio ~ Solid Gold's 6th Anniversary Party!

Saturday July 29, 7 – 9:30 p.m., Vista Club Patio ~ \$15



Great entertainment, dancing, and celebration! Trilogy's own "Solid Gold" will perform the music we grew up with from the '50s through the '80s, and into the '90s in their signature four-part vocal harmony! Rally your family, friends, outdoor attire, dance shoes, your comfortable lawn chair for the patio and favorite provisions for this fabulous "Solid Gold" performance! Check in begins an hour before show time. The patio is completely shaded by 6:30, and the Delta's breeze makes for a comfortable setting! Sales are limited. Sign up early at Member Services, Vista Club.

Volunteer Instructors Needed!

Share your computing know-how with others!

Guru status is not necessary! Do you have experience using some of the common computing programs like internet browsing, word processing, spreadsheet, email? Consider sharing your how-to's with others in an informal setting at the Vista Club's Learning Center. Please contact Debbie Dorn if you may be interested #4204 or explain your thoughts or questions by email ddorn@actionlife.com.

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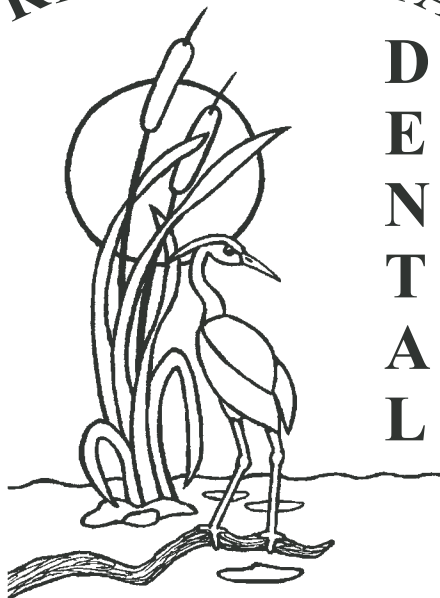
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- Make arrangements to maintain your lawn, especially when out of town or on vacation.
- Be sure to schedule regular lawn mowing and shrubbery trimming.
- Program your sprinkler system.

Replacing mulch or bark does not require architectural approval.

Assessments for the Month:

**Master Association \$128.84,
plus the appropriate Village
Assessment below:**

Village I	\$5.25
Village Oakmont	\$5.20
Olympic Village	\$5.10
Village Riviera	\$5.25
Saddle Rock Village	\$6.00
Eagle Point	\$0

(None until dormancy ends)

**Note assessment changes
above and contact your
auto-payment provider.**



**The stop sign at Silver
Ridge and Birch Ridge
will be installed soon.**



Don't Forget Your Resident Orientation!

All residents are required to attend an orientation and complete paperwork that is kept on file in the administrative office. Orientations are offered at 3:30 p.m. every Wednesday at the Delta Club. Topics include:

- Using the welcome gate program to authorize and/or restrict visitors and vendors. Once a guest or vendor has been entered, a call to the Welcome Center is unnecessary. Any computer, tablet or smart phone can be used to access one of the programs listed below. Set up email or text notification to be notified when a guest is checked in at the Welcome Center. Add driving directions to your residence for your guest's convenience.

www.residentguest.com or <https://community.dwellingleve.com>

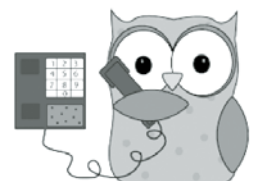
- Setting up your homeowner account on VIVO to pay your monthly assessment. It can also be used to access your homeowner account information, your eStatement, a map of Trilogy, the CC&Rs, an Architectural Application, and any work orders/issues, with which you have requested assistance from the Homeowners Association.

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- Understanding the architectural approval process and information unique to your village. Receive a Village Homeowner Handbook and Architectural Application. Submit an Architectural Application for any work being done on the exterior of your home and yard. If approval is not obtained a \$500 application fee can be charged.
- Obtaining a second transponder, amenities key, and/or parking permit window sticker authorizing your vehicle to park in your driveway.
- Receiving critical information and answering your questions on how to make the most of *Trilogy Living*!

Updating your information is also required!

It is important to let the administrative office know when moving from one property to another within the community or anytime there is a change in your information. Your property file holds vital information needed in an emergency and required by the federal government.



Please call 707-374-4843 to sign-up for orientation.

Association Meeting Calendar June 2017

Master Association Board

Tuesday, June 13, 2 p.m.
Diablo Ballroom, Vista Club

Olympic Village Association Board

Tuesday, June 6, 6:30 p.m.
Rio Vista Room, Delta Club

Administrative Policy Review Committee

Tuesday, June 6 and 20, 6 p.m.
Monterey Room, Vista Club

Clubhouse Improvement Committee

TBD

Emergency Action Committee

Tuesday, June 13 and 27, 6 p.m.
River Room, Delta Club

Council of Village Presidents

Monday, June 19, 10 a.m.
Sonoma Room, Vista Club

Amenities Committee

Monday, June 19, 2:30 p.m.
Diablo Room, Vista Club

Access Committee

Monday, June 26, 3:30 p.m.
River Room, Delta Club

Village Document Revision Committee

Tuesday, June 27, 4-6 p.m.
Monterey Room, Vista Club

Community Advisory Committee

Thursday, June 29, 1 p.m.
Rio Vista Room, Delta Club

Access Committee

Training is now available for Dwelling Live Welcome Center access control. Would you like to make it quick and easy for your guests and visitors to come through the Welcome Center front gate? The Access Committee is providing training for those who need help gaining smoother access for their guests and visitors. Only about 30 percent of members use the online access that lets the Welcome Center know in advance that their guests or visitors will be arriving.

This is simple and easy once you know how! And, you don't need to have a computer. The HOA maintains computers in the Learning Center to provide easy access. Come and find out more about this.

Join us for one of our training sessions at the Vista Club Learning Center (computer room) every Friday at 2 p.m. and the second Tuesday each month at 1 p.m. To sign-up for a free class, see the Vista Club front desk. Class size is limited.

If you have questions, contact Ron Steiner, 408-386-4055 or Debra Schwab, 707-374-4381.

Amenities Committee

The Amenities Committee meets the third Monday of each month in the Vista Club. The May meeting added two new members, Rich Pettijohn and Lori Azzolino, with the previous members continuing for the next year. A new organizational meeting was held on May 15 to set

new chairman and vice chair positions. Don Seyk, previous vice chair, has become the master board liaison, and after many years of great service to the current and previous amenity committees, Joe Downes has moved on to other community commitments. The results of the reorganization will be reported next month.

Joe Downes and the committee have been very successful in developing their recommendations concerning the new clubhouse and conversion of the design center building (next to the Vista Club) for the Master Board. The TRV Master Board has approved these recommendations and passed them to Shea.

Want to know what is going on in the amenities area? Have a special interest in club or community facilities? Why not attend a few of the Amenities meetings? The next meeting is June 19 in the Vista Club. Don Seyk past vice chair, 707-374-6407.

Clubhouse Improvements Committee

The Clubhouse Improvements Committee will be on hiatus until it recruits new members. Current members have served for several years and look forward to an injection of new ideas.

What does this Committee do? It focuses on projects that are fully funded by reserves. The Committee researches, confers with vendors, and recommends to management how to proceed. New chairs in the Vista Club Great Room?



New carpeting in the Vista Club? Outdoor furniture? Renovated restrooms at the Delta Club? New refrigerator and freezer at the Delta Club? These are just some of the projects that the Clubhouse Improvements Committee has handled.

Is this Committee for you? You don't need to be an interior designer. You do need to have a sense of style. You don't need to know a lot about commercial quality products. You do need to be willing to learn. You don't need to spend a lot of time. You do need to attend bimonthly meetings, as well as meetings with vendors.

A huge benefit of this Committee is that you get to see the results of your hard work. And so do all our residents. To apply for this Committee, please pick up an application at the Delta or Vista Club.

Emergency Action Committee

Mosquito infestations will be more widespread this year, raising concerns about West Nile virus and Zika. Last month, we told you about ways to reduce mosquito infestations by removing standing water around your homes. Even a small amount of water in a flower pot or irrigation drain can become a breeding ground for mosquitoes.

This month, we provide tips for reducing the risk of mosquito bites. According to the California Dept. of Public Health, mosquitoes that spread West Nile virus are most active in the early morning and early evening hours. If you go out during those times, wear long pants and a long-sleeve shirt. Use an EPA-registered insect repellent with DEET, picaridin or oil of lemon. Put the repellent on all skin areas not covered by clothes. Follow the directions carefully. Finally, fix or replace torn door and window screens to keep mosquitoes out of your home. Offer to help neighbors fix their screens. You can find more helpful tips on the California Department of Public Health website, www.westnile.ca.gov or by calling the Solano County Mosquito Abatement Program at 707-437-1116.

The Emergency Action Committee is an all-volunteer group of Trilogy residents under the direction of the TRVMA Master Board. We need volunteers who live in Trilogy and care about their neighbors. We hold training meetings at 6 p.m. on the second Tuesday of each month in the River Room at the Delta Club. For more information, call Chair Barry Fraser at 415-407-8529.

Eagle Point Residents' Club

Thank you everyone again for helping and participating in our 2nd Annual Meet and Greet event, held on Sunday April 23, in the Rio Vista Room at the Delta Club. Also, thanks to the many local merchants for their generosity as the combined four raffle prizes were valued from \$189

to \$325. The winner of the 50/50 game won \$128 so there was much happiness and applause for everyone.

In June, as another reminder, 59 lucky residents will attend the horse races on Thursday, June 8, at Golden Gate Fields. There will be games and fun for everyone on the bus, so don't forget to bring some extra cash to participate in the festivities. We will be in the comfort of the Turf Club, which requires attendees to dress business casual, so no T-shirts, shorts, flip flops, etc. Contact Nancy Tolentino at 408-386-3375 for exact details on the dress code.

The 4th of July Parade is fast approaching, and we will need many volunteers to assist in many areas to make it another success. To volunteer, please contact Marlene Swieso at 714-317-9688. It takes not just "a village" to pull off this event, but "six villages" to pull off the biggest event of the year for Trilogy.

We have added another event for July 25, so watch for the flyer to sign up to attend a trip to Sacramento to watch a Rivercats' Baseball game.

Oakmont Village Residents' Club



Hello Oakmont Residents! Our Meet and Greet was really fun and well attended by 50 people. Everyone left with a smile and a new friend! It is heart-warming to meet such fun interesting people! Thank you to everyone who attended.

Thanks also to all the people who helped put the event together: Marsha Willard purchased, prepared and served the food; Karin Rucker helped Marsha replenish the trays; Antoinette Pestana served wine at our wine bar (Marsha purchased the wine and non-alcoholic beverages); Patty Peterson answered questions at the table with our picture albums of the events we have hosted over the years; Pat Kruse hosted our sign-in table; Ruth Joseph directed people to the patio; Sue McCracken helped people with name tags and "game" tags; and everyone helped with setup and cleanup, including Thorice Biseck, Bruce McAboy, Paul Peterson, and Rich Willard. However, one person – Denny Biseck – went above and beyond the call of duty by cleaning off the bird "you know what!" off the tables before the event, and no one even had to ask him! We hope even more Oakmont residents will come to our next Meet and Greet on September 17.

The next event we are supporting is Trilogy's 4th of July Celebration. Oakmont is in charge of collecting the food orders and money, and distributing the tickets at the event. Be sure to get your food orders in early to box 9 at the Delta Club.

In August, Oakmont will handle the bar for the Drama Club's production on August 9, 10, 11 and 12. Contrary to what we printed in last month's article, the event has been moved this year to the Vista Club, not the Delta Club. Hope you plan to attend.

Finally, welcome to our new residents. We want to get to know you, so please fill out our questionnaire at the Delta Club above the Village Oakmont mailbox. We deeply appreciate your suggestions and willingness to volunteer.

Oakmont Village Residents Club meets quarterly (March, June, September, December) in the Monterey Room of the Vista Club at 3 p.m. Oakmont Village Social Committee meets monthly, also at 3 p.m. in the Monterey Room of the Vista Club EXCEPT on the four months that the Residents Club meets. On those months, the Social Committee meets after the Residents Meeting, usually around 4 p.m.

Our next meeting (Residents Club meeting followed by the Social Committee meeting) will be June 5 at 3 p.m. in the Monterey Room of the Vista Club. Please join us! Everyone is welcome! If you have suggestions or want to volunteer, please call Ginny Glover at 707-334-1966 or email ginnyg235@gmail.com.

Village Oakmont Kare Bears

The Oakmont Kare Bears enjoyed a wonderful speaker at the March meeting -- Tracey Stacey from the Area Agency on Aging, serving Solano and Napa Counties. She spoke at length about all the agency does for the many people it serves. The subjects included medical referrals and health services, self-help and support groups, Alzheimer's and other dementias, caregivers, veterans' resources, health and social services, counseling, housing, and much more. To learn more about these or other aging issues, call the Area Agency on Aging at 1-800-510-2020.

Members who signed up at the May meeting will enjoy lunch after the June meeting at the Rio Vista Senior Center to benefit the Meals on Wheels program.

We would love to see some new faces at our June meeting. We still need volunteers to be neighborhood or street representatives to keep our Oakmont neighbors informed about Kare Bear activities and learn more about us. To volunteer or learn more about this, please call Nancy Griffin at 707-320-1329 or Annelie Voit 707- 374-4948.

The next Oakmont Kare Bear meeting is Wednesday, June 14, at 10 a.m. in the Delta Club. Come early at 9:30 or so, enjoy goodies and coffee, and socialize.

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Olympic Village Residents' Club

Our first dinner event this year was on February 21, at the Delta Club. This was a \$5 gourmet pasta dinner with red and white wine provided. We are planning for two more Residents' Club events for 2017 in June and October. The next dinner event will be a Mexican Fiesta on Thursday, June 8, at the Delta Club from 6 to 8 p.m. Make your own gourmet chicken and/or beef tacos with all the trimmings. Please put this important date on your calendar. A house-to house tubing was completed on May 2 with all the details. Complete the form and deposit your reservation with check or cash in Box #5 at the Delta Club ASAP. If you would like to participate in planning this event or if you need additional information, please contact Joyce Steiner at 408-266-7733.

Village 1 Residents Club (VORC)

As always, the Village One Residents Club's Cinco de Mayo celebration was a festive fiesta. A special thanks to all who attended and supported two valuable community charities: Rio Vista Care and Rio Vista Food Pantry.



Village One Residents Club will kick back in June and enjoy the summer, but gear up in July to serve ice cream sundaes at the 4th of July celebration. Last year, 27 volunteers scooped, squirted, and sprinkled to create delectable sundaes for 319 grateful recipients. Just think, you could be one of these lucky people!

For more information, contact Don Cooper at 510-909-5049 or email VORC at Village One RC@gmail.com.

Village Riviera Board

Village Riviera board met May 4, and meets in the Delta Club every other month. The Riviera Village Board agreed to start meeting on even-numbered months starting with our next meeting in August, and even numbered-months thereafter. These meetings are often a great way to learn what is happening in the village and community. The board discusses architectural, parking, and village dues issues, as well as reports from the HOA management team and village events. The board also addresses budget and cash reserves. Attendance will keep you up to date and enable you to ask questions or make recommendations.

In short, this is your opportunity to participate in village management. With only six meetings a year, we invite all village Riviera members to "check it out."

Village Riviera Residents' Club

Get ready, get set, go--to Evening at the Races! We hope you signed up. The event is coming up June 10.

Our Trilogy July 4 celebration with hot dogs, chips, soda, sundaes, and a very fun parade is coming up next. The six Villages share the proceeds from the event, and it is a truly exhilarating day. Riviera is again in charge of cooking/wrapping the hot dogs and passing them out with chips and drinks to those who have paid in advance. Maybe someday we will get to do the ice cream sundaes. We can dream. It takes a Village, or in this case, six of them to bring it all together. It is a very sweet day. We hope you will join us at the Delta Club, after standing around Summer set watching the adorable parade of decorated golf carts, motorcycles, bicycles, awesome special vehicles, or sometimes an old fire truck or the Coast Guard boat (you just never know) pass by in the parade.

You get to rest after that, but not the Residents' Club. We are working on our Ladies' Luncheon on Friday, September 15, but the theme is still a secret. We are working hard to make this another enjoyable afternoon for our beautiful attendees. Please mark this date on your calendar. More information will follow next month.

To join us in creating enjoyment for ourselves and others, just come to our meeting on the third Thursday of each month at 4 p.m. in the Monterey Room of the Vista Club. Questions? Call Myra at 707-374-3660.

Village Riviera Kare Bears

Some of you may know about the Resource Guide provided by Solano County Area Agency. It is filled with useful phone numbers and basic descriptions of services, such as self-help and support groups, education, Alzheimer's, income assistance, caregivers, and many more services for seniors. It is available online at www.aaans.org. Once on the site, click on the information tab; you will then see a listing for the guide in pdf format to download to print out or your computer. We hope this information helps many of you.

Thanks to all the Riviera and other Trilogy residents who step up when a neighbor needs help. That friendly smile and hello, or that garbage can brought in can be a great kindness. We hear many stories of neighbor-to-neighbor help. Kudos to you who watch out for one another.

If you would like to become more involved in or learn more about Kare Bears, come to our next meeting on June 12 at 10 a.m. at the Delta Club. Or join us for coffee and goodies at 9:30. We hope to have a representative from Rio Vista Hot Shots to give us an update on their programs and what's going on with the fire department.

Remember, if you or a neighbor needs assistance because of illness or surgery, please contact your street coordinator or call Gerry at 510-507-4080.

Saddle Rock Village Residents' Club



"Hello," Saddle Rockers or should I say "Good-Bye"? My two years are ending. Our special election meeting is Wednesday, June 21 at 6:30 in the

Delta Club. Please plan to come and cast your vote for your new SRVRC Executive Board. It has been a unique experience serving my village in this capacity, and I will continue as Past President for one year. I wish to thank all our residents for making our village what it is: "Rock-In." My special kudos go to all the committee chairs who have so willingly given their time and energy. Our Executive board members have made a commitment that goes above and beyond. Without all of you, my job would have been much more difficult, and not nearly as much fun.

I want to continue to encourage old and new residents to attend as many events as you can. This will help you to get to know all residents. Some of our dates have

changed: the bus trip to Red Hawk Casino will now go to Black Oak Casino on Tuesday, June 20. The wine tasting event is on hold for now as we consider other possibilities. The Anheuser Busch tour has also been cancelled, due to the early arrival of the Clydesdales in April. A new calendar of events will be on the website soon. There is still time to sign up for the Fourth of July Parade as our village is in charge of it. We need volunteers for all sorts of help, so please contact Richard Larsen richardlarsen@yahoo.com if you are interested. We also remind everyone that our Social in the Park is scheduled for the last Wednesday of each month on Saddle Rock Lane and Silver Ridge Drive. It starts at 5:30 p.m.; bring your lawn chairs, byob, a snack to share (if you choose), and enjoy an hour or so of socializing.

For information, please contact Dana Hoover, president Saddle Rock Village Residents' Club at 707-374-3455 or time4dana@mindspring.com.

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(notes from the Master Association, continued from p. 3)

property. A letter was sent to Shea Homes/RVCP, LLC requesting transfer of deeds on all property now deeded to them and a formal walkthrough and inspection of common area parcels deeded from RVCP to TRVMA.

Formation of Contracts

- The Board will meet with the architect, Allen Schaffer, in Executive Session to review the overall requirements of the Delta Club Design/Build project.
- The consultant hired to develop an RFP for management services, Karen Conlon of Sequoia Grove Consulting, has held interviews with key staff and surveyed Board members. The Board will meet in Executive Session with Ms. Conlon to review the data obtained and receive a draft of the RFP.

Personnel

- Joel Auslen was appointed to serve as the Master Board member on the Eagle Point Village Board of Directors.
- Don Seyk was appointed to serve as a member of the Negotiating Team.
- The Board reviewed the following: progress on an operations audit that Action Property Management conducted; additional hours required for bocce court maintenance; Member Services staffing and hours; and improvements to the member complaint process, aka Communication Form.

General Session May 9:

- The Board accepted the donation of two Joola table tennis tables that were purchased by the Table Tennis Club.
- An expenditure of \$1,600 from reserves to purchase two Joola table tennis tables was approved. All four tables will have a reserve life of 10 years.
- The Board approved an expenditure from reserves of \$1,600 to stripe courts 3 and 4 with lines for Pickleball. The work will be done by Saviano Co., Inc.
- An expenditure, not to exceed \$4,600 from the Access Upgrade fund, was approved to build a wireless "tunnel"/intranet for communication of transponder code to gates and award the con-

tract to Internet Planet.

- The Board voted to accept the proposal from A&D Automatic Gate for upgrades to our access control system. The cost, incorporating DwellingLive, is not to exceed \$25,000 and will be funded by the Access Upgrade fund.
- The new website, mytrv.org, will include a Privacy Policy and Terms of Use agreement provided by Association Voice. The Board approved having legal counsel review these documents to ensure the interests of TRVMA are covered. The Web Evaluation Team and the Communications Coordinator will review all data elements that will be on the site and identify those which will require log in. The information will be presented to the board for approval.
- The outdoor pool season will be extended through the end of October. Information regarding the frequency of use and weather conditions will be collected to determine whether usage justifies the additional expense of heating and pool maintenance (approximately \$3,000).
- A recommendation was made by the Community Advisory Committee to establish a permanent lap lane in the deepest part of the Vista Club pool. The Board did not make a motion. Therefore, the recommendation will not be adopted.
- The final design of the Dog Park provided by Shea was reviewed. This design indicates a smaller area than desired for small dogs. The Board approved the overall design stipulating that the area for small dogs will be no less than 4,500 square feet. Further, the board requested that the agreement received from Shea Homes be reworded to clarify that the Dog Park is a project of Shea Homes for which the Board is contributing an amount not to exceed \$58,003. The GM was asked to attend the Rio Vista Planning Commission meeting held May 10, 2017 where the disposition of a Conditional Use Permit for the Dog Park was discussed.

The next meeting of the Board is June 13, 2017 at 2 p.m. in the Diablo Ballroom of the Vista Club. Come early to make sure you get a seat! If you have questions concerning board business, please do not hesitate to call me (707-374-2737) or email me (pfkohn@gmail.com).



WOOD Real Estate



Specializing in TRILOGY HOMES Since 1996

Need to sell your Trilogy home? Call us today for...

Visibility

A picture says a thousand words, but it needs to be SEEN to do so. Within 24 hours of listing your home, our professionally rendered photo tour of your home is posted on the regional MLS, Zillow, Realtor.com, and many more. Open houses, in-yard flyers, and local advertising further ensure your home will be seen by the largest local, regional, and nationwide audience of buyers possible.

Availability

Our 24/7 commitment to on-site availability ensures that potential buyers and their agents who show an interest in touring your home receive a friendly, timely, and professional response to their inquiries. And so will you!

And... as Trilogy residents and homeowner ourselves, we're always NEARBY to show your home at a moment's notice.

Proven Results

With now over 20 years of experience specializing in Trilogy homes, we've been involved in over 700 home sales since the groundbreaking in 1996. That equals one of every four homes at Trilogy. Fulfilling our clients' needs with knowledgeable advice, expert representation, and satisfying results is our ongoing commitment. See for yourself why hundreds of Trilogy homeowners have consistently put their trust in us. Call us anytime for a free personalized consultation.



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Kathy Erwin
Fitness & Spa Director

June New Member Fitness Orientations

All new members are required to attend one of our fitness orientations: an informative overview of the fitness facility, its safety rules and to answer any questions you may have. This is also an opportunity to make an appointment for your ROM (range of motion) to get started in the right direction.

Next Orientation Dates:

Saturday, June 3 at 11 a.m.

Tuesday, June 13 at 6 p.m.

Saturday, June 24 at 11 a.m.

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

FITNESS SPOTLIGHT **JUDY LEWELLEN** An Inspiration to All



At age 40, Judy Lewellen began noticing some changes in her health. Most of all, she was tripping frequently for no reason. At first, doctors suspected Multiple Sclerosis, but after extensive research and a battery of tests, they diagnosed Judy with Charcot-Marie-Tooth Disease (CMT), a rare, hereditary condition that damages nerves in the arms and legs. In Judy's case, the disease affects only her legs, causing her to use a cane at first and now a walker. Although she has lived with CMT for 33 years, she doesn't let it control her life.

"I will have this disease for the rest of my life," Judy says, "but it's not fatal because I developed it later in life. I've learned to live with it, and I certainly don't want people to feel sorry for me. I'm in control of my life, not CMT."

You may have seen Judy pedaling around Trilogy on her 3-wheel bicycle, which she rides daily, or participating in Advanced Aqua classes in the Vista or Delta pools. She says the classes have helped her balance, allowing her to advance from the Vista pool ramp to the Delta pool steps, all on her own. She moves around with the help of a walker because the disease forces her to drag her legs as she walks. But just try keeping up with her!

"Several years ago, a friend of mine introduced me to living a healthier lifestyle, including yoga, Chinese herbs, practicing breathing techniques, and taking natural substances to improve my immune system," Judy says. "I also make a point of wearing colorful tops that focus attention to my upper body, not my disability. That's just who I am."

Judy moved to Trilogy at Rio Vista about a year ago from Big Oak Flat, a small town some 25 miles from the Yosemite entrance, where she lived for 35 years. Her husband, Gary, had died recently, but her daughter in Walnut Creek and her son in Sonora are nearby in Northern California. She has always lived an active life and has been a self-motivator, owning a variety of businesses from a convenience store and gas station to a gift shop and restaurant. She's no stranger to hard work, so Charcot-Marie-Tooth Disease is no match for her.

"Some day I hope to buy a remote-controlled scooter that folds and I can put it in my car easily so I can go visit my family and friends," Judy says. "Until then, you'll still see me on my walker or bicycle. I've never been one to sit around, and I'm not about to start now."

Fitness Punch Card Prices

"Unlimited Monthly" – take as many classes you wish in one month = \$85

20-punch card = \$70

10-punch card = \$35

Payment by check only. Make out to TRMVA. No refunds or replacements.

Available at Member Services

More than 160 classes a month to choose from, including classes that offer Aerobic, Aqua, ZUMBA, Dance, Balance, Stretching, Yoga, Flexibility, Mind & Body and more!

Welcome Lucille Bouchard

New Group Exercise Specialty Classes Instructor

Lucille recently moved here from Connecticut to be near her daughter's family and enjoy the gorgeous California weather! She can't believe the beautiful warm, spring days here and gets out early each morning for a crisp, vigorous walk with her husband. A former runner, Lucille also enjoys hiking and being outside in the beauty of nature and all that Trilogy has to offer.

Lucille found yoga about 18 years ago. As a mother of three and with a full-time career as a Language Arts Specialist, she often felt pressured and rushed to get it all done. Yoga immediately brought her a sense of peace and equanimity, and she fell in love with it. Her passion for yoga encouraged her to "dig deeper" into the practice, and she completed her 200-hour teacher training in 2010.

Since then, she has enjoyed teaching Fundamental and Restorative classes, as well as workshops in: Yoga for a Strong Core, Yoga for a Good Night's Sleep, Yoga for Mindfulness and Meditation, Chair Practices, and other workshops as well.

Lucille is delighted to be a part of the Trilogy community and looks forward to taking and teaching classes here. She can't wait to share her passion for yoga and all its blessings and benefits. Namaste!



NEW SPECIALTY CLASS YOGA 101 – FUNDAMENTALS



Instructor: Lucille Bouchard

This class is perfect for beginners, seasoned yogis, or anyone in between! Join us as we touch on ALL things yoga – The Eight Limbs, the breath, the basic poses, modifications for comfort, and even some Sanskrit names! We will practice the mind/body connection and utilize blankets, straps, and blocks to promote greater accessibility! We would LOVE the pleasure of your company and your very own unique energy and light!

Join Lucille in this fun eight week class!

Thursdays: 10:00 – 11:15 am

Class Dates: Thursdays, 6/1, 6/8, 6/15, 6/29, 7/6, 7/13, 7/20, 7/27

Location: Diablo Ballroom Minimum: 8 Maximum: 15

Fee: \$35.00

Register at Member Services 374-4205

NEW SPECIALTY CLASS RELAX! RESTORE! RENEW!



INSTRUCTOR: LUCILLE BOUCHARD

Do you need to RELAX and let go of physical tension and a mind that is always talking to you? Restorative yoga is a very unique practice! Its aim is TOTAL relaxation! Blankets, bolsters, blocks and straps help us OPEN our physical bodies and relax our muscles. Breath work and visualization strategies calm the chatter of the mind!

The benefits of a restorative practice are many. Through total relaxation, we come away with MORE energy and ability to respond to life's challenges with calmness and clarity, rather than react with emotion. You will go home feeling like a melted marshmallow, soft and relaxed! This class will run for 8 weeks. Will you join Lucille for this peaceful calming class?

Day/Time: Thursdays 10:00 – 11:15 am

Class Dates: 8/17, 8/24, 8/31, 9/7, 9/21, 9/28, 10/5, 10/12

Fee: \$35.00 Diablo Ballroom Minimum 8 Maximum 15

Register at Member Services 374-4205



Spa Specials for June, July, & August



Summer Sizzle Swedish Spa Package

Swedish massage is the most popular type of massage in the United States. It involves the use of hands, forearms or elbows to manipulate the superficial layers of the muscles to improve mental and physical health. The benefits of Swedish massage include increased blood circulation, mental and physical relaxation, decreased stress and muscle tension, and improved range of motion.

50 Minutes
Was \$55, now \$50

80 Minutes
Was \$82.50, now \$72.50

*Spa specials good for purchase June 1– August 31, 2017.
May be redeemed anytime.*

Skin Care Specials
Buy any 2 Image Products and
receive 50% off any Image, The
Max Products in stock

Summer Sensation

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

Special Price \$70

2 Custom Organic Facials

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

2 – 50-minute facials
Were \$130, now \$120



New Spa Modalities with Diana

Asian Foot Massage

60 min \$60

- Cure colds/minor ailments.
- Prevent/cure diseases.
- Increase energy.
- Relieve stress, pain, and anxiety.
- Improve blood and lymph circulation.
- Prevent injury.

Acupressure Tui Na

60 min \$75

A traditional Chinese form of massage that incorporates the principles of acupressure for targeting areas of pain or for relieving specific ailments. Tui Na releases tension, increases circulation, reduces pain and develops vibrant health. Book with Diana.



Acupuncture

Charles Peri, Doctor of Oriental Medicine

Initial Visit: \$120

Acupuncture Follow Up \$90

6 Acupuncture Treatments
(\$80 each) \$480

12 Acupuncture Treatments
(\$70) \$840

Initial Visits
up to 60 minutes

Follow Up Visits
up to 45 minutes



Packages must be paid in full

**No initial visit fee if package is purchased
(\$40 to \$50 savings)**

Please see Dr. Peri's article on
Oriental Medicine for Oncology Support at My Trilogy Life

Personal Trainer on Floor for June

Every Wednesday from 10-11 a.m.

Meet Personal Trainer Joelle Swift



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

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

Personal trainers work with you to set appointments that fit your schedule. Package rates also are available.

To schedule an appointment call 374-4200

or email kerwin@actionlife.com

7th Annual Trilogy Triathlon 3-2-1 Saturday, June 17, 2017



FREE EVENT

Registration opens 8am
Race start time 8:30am

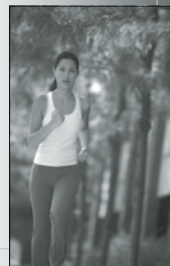
Delta Pool & Delta Parking Lot
Start / Finish Line

**REGISTRATION DEADLINE To Receive
T-SHIRT Day of Event: June 2**

- 3 - LAPS in Pool Swim (Delta Pool)
- 2 - LAPS on Bike (around Summerset)
- 1 - LAP Run or Walk (around Summerset)



**T-shirts &
Goody Bags
to all
participants!**



**SIGN UP TODAY at Vista Club
Members Service Desk!
Sign up Individually or as a 2 or
3 person team.**

**VOLUNTEERS NEEDED
PLEASE SIGN UP AT MEMBER SERVICES**

TRILOGY TRIATHLON 3- 2- 1

Trilogy is gearing up for the 7th Annual Trilogy Triathlon 3-2-1 on Saturday, June 17! Come join the fun.

Sign up to do all 3 events or grab 2 friends and share the experience! One person swims 3 full laps in the Delta Pool. One person rides their bike 2 laps around Summerset. One person can choose to walk, jog or run one lap around Summerset. (3-2-1). It is that Easy. What a way to start a Summer Saturday morning.

It is FREE! Everyone receives a Trilogy Triathlon T-Shirt, goody bag, and lots of fresh fruit, snacks, and refreshments!

**Volunteers needed! Get a free T-shirt.
Contact Kathy Erwin, 707-734-4205.**

New Specialty Class

Aging Backwards



This class is perfect for beginners, seniors or anyone needing a softer approach to exercise. This one hour class offers gentle movement both sitting and standing. No floor workout. Class structure using an array of balls, weights, bands, tubing & bars

Instructor: Pat Puryear will work on core activation, balance, alignment, muscle strength, flexibility and light cardio.

Class Day/Time: Every Thursday 10-11am for 8 weeks

Session Dates: July 6th - August 24th, 2017 (8 classes) **Fee:** \$35

REGISTER AT MEMBER SERVICES 707-374-4200

Deanna's Yoga Series

When: Saturdays 9:00-10:00am

Where: Diablo Ballroom Vista Club or Group Ex Studio

Dates: May 27 - July 1, 2017

Fee: \$35 (Must pre-register at Member Services Desk)

Strength - Muscle Tone - Pain Prevention - Better
Breathing - Mental Flexibility - Body Awareness -
Reducing Back Pain -
Calmness - Memory Improvement -
Focusing on Back and Shoulder Pain



INSTRUCTOR : Deanna Araya

Wednesdays 10-11am



Session Dates: June 7-July 12

Fee: \$45

Must Pre-Register Member Services

GENTLE AQUA

Gentle Aqua Specialty Class
60-Minutes of gentle movement

- For people with Arthritis, Fibromyalgia, High Blood Pressure, Diabetes or Pre/Post Surgery.
- Walking and range of motion stretches for all joints as well as gentle strength training for all major muscle groups.
- Must be able to get into and out of the pool alone. The pool is equipped with a ramp and railings.



BIGGEST MOVER BBQ POTLUCK

The Biggest Mover Potluck is open to **ALL** Fitness Class Participants and Instructors. Chances to win Door Prizes will be given away to all who come! The Biggest Mover Participants will have a separate raffle! Everyone must bring one favorite dish or appetizer or dessert to share.

Come join the Fun!!

MUST Sign up at Member Services!

Limited Space! We will be eating on the Delta Patio!

Food set up in the River Room OR if weather is too hot the event will be in the Diablo Ballroom.

THURSDAY, JUNE 22 12:00pm

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

Trilogy Living

Fitness Class Schedule for June 2017

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

Trilogy Fitness Punch Card Choices...All classes require one of three card choices: a blue, 20-punch for \$70; a yellow, 10-punch for \$35; or an Unlimited Monthly Punch Card for \$85 that will be color- coded differently each month because they will only be good for that given month so you can attend as many classes as you want! Get your cards at the Member Services Desk. Please call Fitness & Spa Director Kathy Erwin at 707-374-4205 if you have questions. All classes are held in the Vista Group Exercise Studio unless otherwise noted. The majority AQUA Classes are now outdoors at the Delta Pool and will continue through October.

Last Month’s Punch Card Raffle Winner: **Linda Lavin**

June Fitness Orientations: Sat., June 3 at 11 a.m., Tues., June 13 at 6 p.m., Sat., June 24 at 11 a.m.
If you plan to make a Range of Motion (ROM) appointment for a later date, please bring a \$20 check with you to the orientation. Thank you!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 8-9 a.m. Body Works (B/I/A) (GX) Kathy 9-10 a.m. Core Stretch (B) (GX) Joele 9-10 a.m. Tai Chi (B/I) (GX) Lillian 9:30-10:30 a.m. Advanced Aqua (B/I/A) (DP) Kathy 11 a.m.-12 p.m. Sit & Get Fit (B) (GX) Joele 12-1 p.m. Fitness Friends (B) (GX) Joele 3-4 p.m. Aqua Fit (B/I) Denise	2 7-8 a.m. Early Yoga (B) (DB) Tammy 8:30-9:30 a.m. WOW-TABATA-BOOM (B/I) (GX) Pat 9-10 a.m. Yoga/Pilates (B) (DB) Deanna 9:30-10:30 a.m. Aqua Fit (B/I/A) (DP) Denise 10-10:45 a.m. Core Balance and Standing Abs (B) (GX) Prescy 10-11 a.m. Balance Ball (DB) Deanna 10:45-11:30 a.m. ZUMBA Toning (B/I) (GX) Prescy 11:30 a.m.-12:15 p.m. ZUMBA Dance (B/I) (GX) Prescy	3 8-9 a.m. Step Aerobics (GX) Pat 10:15-11:45a.m. ZUMBA Power (GX)??
5 8:30-9:30 a.m. WOW-TABATA-TABATA (B/I) (GX) Pat 9-10 a.m. Yoga/Pilates (B) (DB) Deanna 9:30-10:30 a.m. Advanced Aqua (B/I/A) (DP) Kathy 9:45-10:45 a.m. Wake-up and Move (B/I) (RV) /Pat 10-10:45 a.m. Core Balance and Standing Abs (B) (GX) Sharon 10-11 a.m. Meditation Breathing (B) (DB) Deanna 10:45-11:30 a.m. ZUMBA Toning (B/I) (GX) Sharon 11:30 a.m.-12:15 p.m. ZUMBA Dance (B/I) (GX) Sharon 4-5 p.m. Stretch and Flex (B/I) (GX) Tammy 6:30-7:30 p.m. Yoga/Pilates (B/I) (GX or DB) Deanna	6 8-9 a.m. Body Works (B/I/A) (GX) Kathy 9-10 a.m. Myofascial Release Stretch (B) (GX) Joele 9:30-10:30 a.m. Aqua Fit (B) (VP) Denise 10-11 a.m. Beginning Pilates (B/I) (GX) Joele 11 a.m.-12 p.m. Sit & Get Fit (B) (GX) Joele 12-1 p.m. Fitness Friends (B) (GX) Joele 3-4 p.m. Advanced Aqua (B/I/A) Kathy	7 7-8 a.m. Early Yoga (B) (DB) Tammy 8-9 a.m. Back To Basics Yoga (B/I) (DB) Tammy 8:30-9:30 a.m. WOW – TABATA – BOOM (B/I) (GX) (Pat) 9:30-10:30 a.m. Aqua Fit (B) (VP) Denise 9:30-10 a.m. Dancercise (B/I) Joele 10-11:30 a.m. Hot ZUMBA (I/A) (GX) Prescy 6:30-7:30 p.m. Balance Ball (GX) Deanna	8 8-9 a.m. Body Works (B/I/A) (GX) Kathy 9-10 a.m. Core Stretch (B) (GX) Joele 9-10 a.m. Tai Chi (B/I) (GX) Lillian 9:30-10:30 a.m. Advanced Aqua (B/I/A) (DP) Kathy 11 a.m.-12 p.m. Sit & Get Fit (B) (GX) Joele 12-1 p.m. Fitness Friends (B) (GX) Joele 3-4 p.m. Aqua Fit (B/I) Denise	9 7-8 a.m. Early Yoga (B) (DB) Tammy 8:30-9:30 a.m. WOW-TABATA-BOOM (B/I) (GX) Pat 9-10 a.m. Yoga/Pilates (B) (DB) Deanna 9:30-10:30 a.m. Aqua Fit (B/I/A) (DP) Denise 10-10:45 a.m. Core Balance and Standing Abs (B) (GX) Prescy 10-11 a.m. Balance Ball (DB) Deanna 10:45-11:30 a.m. ZUMBA Toning (B/I) (GX) Prescy 11:30 a.m.-12:15 p.m. ZUMBA Dance (B/I) (GX) Prescy	10 8-9 a.m. Step Aerobics (GX) Pat 10:15 -11:45a.m. ZUMBA Power (GX)??
12 8:30-9:30 a.m. WOW-TABATA-TABATA (B/I) (GX) Pat 9-10 a.m. Yoga/Pilates (B) (DB) Deanna 9:30-10:30 a.m. Advanced Aqua (B/I/A) (DP) Kathy 9:45-10:45 a.m. Wake-up and Move (B/I) (RV) /Pat 10-10:45 a.m. Core Balance and Standing Abs (B) (GX) Sharon 10-11 a.m. Meditation Breathing (B) (DB) Deanna 10:45-11:30 a.m. ZUMBA Toning (B/I) (GX) Sharon 11:30 a.m.-12:15 p.m. ZUMBA Dance (B/I) (GX) Sharon 4-5 p.m. Stretch and Flex (B/I) (GX) Tammy 6:30-7:30 p.m. Yoga/Pilates (B/I) (GX) Deanna	13 8-9 a.m. Body Works (B/I/A) (GX) Kathy 9-10 a.m. Myofascial Release Stretch (B) (GX) Joele 9:30-10:30 a.m. Aqua Fit (B) (VP) Denise 10-11 a.m. Beginning Pilates (B/I) (GX) Joele 11 a.m.-12 p.m. Sit & Get Fit (B) (GX) Joele 12-1 p.m. Fitness Friends (B) (GX) Joele 3-4 p.m. Advanced Aqua (B/I/A) Kathy	14 7-8 a.m. Early Yoga (B) (DB) Tammy 8-9 a.m. Back To Basics Yoga (B/I) (DB) Tammy 8:30-9:30 a.m. WOW – TABATA – BOOM (B/I) (GX) (Pat) 9:30-10:30 a.m. Aqua Fit (B) (DP) Denise 9:30-10 a.m. Standing Stretch Flow (B/I) (GX) Joele 10-11:30 a.m. Hot ZUMBA (I/A) (GX) Prescy 6:30-7:30 p.m. Balance Ball (GX) Deanna	15 8-9 a.m. Body Works (B/I/A) (GX) Kathy 9-10 a.m. Core Stretch (B) (GX) Joele 9-10 a.m. Tai Chi (B/I) (GX) Lillian 9:30-10:30 a.m. Advanced Aqua (B/I/A) (DP) Kathy 11a.m.-12 p.m. Sit & Get Fit (B) (GX) Joele 12-1 p.m. Fitness Friends (B) (GX) Joele 3-4 p.m. Aqua Fit (B/I) Denise	16 7-8 a.m. Early Yoga (B) (DB) Tammy 8:30-9:30 p.m. WOW-TABATA-BOOM (B/I) (GX) Pat 9-10 a.m. Yoga/Pilates (B) (DB) Deanna 9:30-10:30 a.m. Aqua Fit (B/I/A) (DP) Denise 10-10:45 a.m. Core Balance and Standing Abs (B) (GX) Prescy 10-11 a.m. Balance Ball (DB) Deanna 10:45-11:30 a.m. ZUMBA Toning (B/I) (GX) Prescy 11:30 a.m.-12:15 p.m. ZUMBA Dance (B/I) (GX) Prescy	17 7TH ANNUAL TRILOGY TRIATHLON TODAY at the Delta Club Volunteers Needed! All volunteers receive an official Trilogy Triathlon t-shirt
19 8:30-9:30 a.m. WOW-TABATA-TABATA (B/I) (GX) Pat 9-10 a.m. Yoga/Pilates (B) (DB) Deanna 9:30-10:30 a.m. Advanced Aqua (B/I/A) (DP) Kathy 9:45-10:45 a.m. Wake-up and Move (B/I) (RV) /Pat 10-10:45 a.m. Core Balance and Standing Abs (B) (GX) Sharon 10-11 a.m. Meditation Breathing (B) (DB) Deanna 10:45-11:30 a.m. ZUMBA Toning (B/I) (GX) Sharon 11:30 a.m.-12:15 p.m. ZUMBA Dance (B/I) (GX) Sharon 4-5 p.m. Stretch and Flex (B/I) (GX) Tammy 6:30-7:30 p.m. Yoga/Pilates (B/I) (GX) Deanna	20 8-9 a.m. Body Works (B/I/A) (GX) Kathy 9-10 a.m. Myofascial Release Stretch (B) (GX) Joele 9:30-10:30 a.m. Aqua Fit (B) (VP) Denise 10-11 a.m. Beginning Pilates (B/I) (GX) Joele 11 a.m.-12p.m. Sit & Get Fit (B) (GX) Joele 12-1 p.m. Fitness Friends (B) (GX) Joele 3-4 p.m. Advanced Aqua (B/I/A) Kathy	21 7-8 a.m. Early Yoga (B) (DB) Tammy 8-9 a.m. Back To Basics Yoga (B/I) (DB) Tammy 8:30-9:30 a.m. WOW – TABATA – BOOM (B/I) (GX) (Pat) 9:30-10:30 a.m. Aqua Fit (B) (VP) Denise 9:30-10 a.m. Dancercise (B/I) Joele 10-11:30a.m. Hot ZUMBA (I/A) (GX) Prescy 6:30-7:30 p.m. Balance Ball (GX) Deanna	22 BIGGEST MOVER FITNESS BBQ POTLUCK TODAY 12 NOON 9-10 a.m. Core Stretch (B) (GX) Joele 9-10 a.m. Tai Chi (B/I) (GX) Lillian 3-4 p.m. Aqua Fit (B/I) Denise	23 7-8 a.m. Early Yoga (B) (DB) Tammy 8:30-9:30 a.m. WOW-TABATA-BOOM (B/I) (GX) Pat 9-10 a.m. Yoga/Pilates (B) (DB) Deanna 9:30-10:30 a.m. Aqua Fit (B/I/A) (DP) Denise 10-10:45 a.m. Core Balance and Standing Abs (B) (GX) Sharon 10-11 a.m. Balance Ball (DB) Deanna 10:45-11:30 a.m. ZUMBA Toning (B/I) (GX) Sharon 11:30 a.m.-12:15p.m. ZUMBA Dance (B/I) (GX) Sharon	24 8-9 a.m. Step Aerobics (GX) Pat 10:15 a.m.-11:45a.m. ZUMBA Power (GX)??
26 8:30-9:30 a.m. WOW-TABATA-TABATA (B/I) (GX) Pat 9-10 a.m. Yoga/Pilates (B) (DB) Deanna 9:30-10:30 a.m. Advanced Aqua (B/I/A) (DP) Kathy 9:45-10:45 a.m. Wake-up and Move (B/I) (Monterey Room) /Pat 10-10:45 a.m. Core Balance and Standing Abs (B) (GX) Sharon 10-11 a.m. Meditation Breathing (B) (DB) Deanna 10:45-11:30 a.m. ZUMBA Toning (B/I) (GX) Sharon 11:30 a.m.-12:15 p.m. ZUMBA Dance (B/I) (GX) Sharon 6:30-7:30 p.m. Yoga/Pilates (B/I) (GX) Deanna	27 8-9 a.m. Body Works (B/I/A) (GX) Kathy 9-10 a.m. Myofascial Release Stretch (B) (GX) Joele 9:30-10:30 a.m. Aqua Fit (B) (VP) Denise 10-11 a.m. Beginning Pilates (B/I) (GX) Joele 11 a.m.-12 p.m. Sit & Get Fit (B) (GX) Joele 12-1 p.m. Fitness Friends (B) (GX) Joele 3-4 p.m. Advanced Aqua (B/I/A) Kathy	28 8:30-9:30 a.m. WOW – TABATA – BOOM (B/I) (GX) (Pat) 9:30-10:30 a.m. Aqua Fit (B) (DP) Denise 9:30-10 a.m. Standing Stretch Flow (B/I) (GX) Joele 10-11:30 a.m. Hot ZUMBA (I/A) (GX) Prescy 6:30-7:30 p.m. Balance Ball (GX) Deanna	29 9-10 a.m. Core Stretch (B) (GX) Joele 9-10 a.m. Tai Chi (B/I) (GX) Lillian 9:30-10:30 a.m. Advanced Aqua (B/I/A) (DP) Joele 11 a.m.-12 p.m. Sit & Get Fit (B) (GX) Joele 12-1 p.m. Fitness Friends (B) (GX) Joele 3-4 p.m. Aqua Fit (B/I) Denise	30 8:30-9:30 p.m. WOW-TABATA-BOOM (B/I) (GX) Pat 9-10 a.m. Yoga/Pilates (B) (DB) Deanna 9:30-10:30 a.m. Aqua Fit (B/I/A) (DP) Denise 10-10:45 a.m. Core Balance and Standing Abs (B) (GX) Sharon 10-11 a.m. Balance Ball (DB) Deanna 10:45-11:30 a.m. ZUMBA Toning (B/I) (GX) Sharon 11:30 a.m.-12:15p.m. ZUMBA Dance (B/I) (GX) Sharon	

Specialty Classes are not on the Fitness Calendar. Please look for their Flyers at Vista or Delta Clubs:
Aging Backwards • Continuation Intro to Yoga • Balance N Motion • The Practice of Meditation
Gentle Aqua • Yoga 101 Fundamentals • Relax! Restore! Renew!

June 2017 Club and Activity Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 8a.m. Social Tennis 8:30a.m. Women's 18-Hole Golf 9a.m. Eagle Point Village ARC (D) 9:30a.m. Cera.m.ics (D) 9:30a.m. Women's Fellowship (V) 10:30a.m. Pickleball (courts 3 & 4) 12:15p.m. Ponytail Canasta (V) 1p.m. Good Sa.m.aritans (D) 2p.m. Genealogy Club (V) 2:30 Theater Group Actors Studio (D) 5p.m. Table Tennis (D) 5p.m. Tai-chi for Beginners (V) 6p.m. Yuan-chi & Fan Dance (V) 6p.m. Pinochle (V) 6:30p.m. Theater Group- <i>Dixie Swim Club</i> (V) 7p.m. Photography Club (V) 7p.m. Ballroom Dance-Adv (V) 8p.m. Ballroom Dance-Beg (V)	2 8a.m. Social Tennis 8:50a.m. Cycling Club (Delta Parking Lot) 9a.m. Model Club (V) 9a.m. Walk & Talk (V) 10a.m. Rubber Sta.m.p Card Making (D) 10:30a.m. Country Line Dancing (D) 10:30a.m. Pickleball (courts 3 & 4) 11a.m. Book Club: 66 Bible Books (V) 12p.m. Watercolor Painting-Adv (D) 12:15p.m. Friday Bridge (V) 1p.m. Asian A.m.erican Club (V) 2p.m. Training Class: Dwelling Live (V) 6p.m. Joy Luck Mah-Jongg (V) 6:30p.m. Theater Group- <i>Dixie Swim Club</i> (V)	3 8a.m. Motorcycle Club (Off-site) 8a.m. Tea.m. Tennis (Tennis Courts) 9a.m. Model Club-Garden Railway (V) 9a.m. Table Tennis (D) 9:30a.m. Hiking Club (V) 3p.m. Private Use (D) 6p.m. Texas Hold'em/Omaha Poker (D) 6:30p.m. Theater Group- <i>Dixie Swim Club</i> (V)
4 12p.m. Private Use (D) 2p.m. Theater Group- <i>Dixie Swim Club</i> (V) 6p.m. Singles Club Barbeque (D)	5 8a.m. Social Tennis 8:30a.m. Woodcarving (D) 9a.m. Blood Drive (D) 9a.m. Walk & Talk (V) 11a.m. Garden Club Planning (V) 12p.m. TAG-Open Painting (D) 12:30p.m. Rip, Stitch & Bitch (V) 12:30p.m. Mah Jongg (V) 1p.m. TAG Monthly (D) 2:30p.m. Pickleball (courts 3 & 4) 3p.m. Guitar Club (V) 3p.m. Oakmont Village RC Social Com (V) 5p.m. Whist Planning (V) 6p.m. Soul Line Dance (D) 6p.m. Poker (D) 6p.m. Dra.m.a Club Rehearsals (V) 6:30p.m. Ga.m.e Night (V)	6 8a.m. Social Tennis 8:30a.m. Radio Club (V) 9:30a.m. Women's 9-Hole Golf 10:30a.m. Country Line Dancing (V) 10:30a.m. Pickleball (courts 3 & 4) 11:30a.m. TRVMEN Golf 12p.m. Watercolor Painting-Beg (D) 12:15p.m. Hand & Foot Canasta (V) 12:30p.m. Dominoes (D) 4:15p.m. Table Tennis (D) 5p.m. Billiards Club Tourna.m.ent (V) 5p.m. Tai-chi & Yuan-chi (V) 5:30p.m. Couples Canasta (D) 6p.m. Theater Group Rehearsals (V) 6p.m. Administrative Policy Review Com (V) 7:00p.m. Religions of the World (D) 6:30p.m. Olympic Village HOA (D) 7:15p.m. Classical Ballet	7 8a.m. Social Tennis 8a.m. TOPS (D) 8:30a.m. Sr. Men's Golf 9a.m. Walk & Talk (V) 9:30a.m. Bridge Lessons (V) 9:30a.m. Men's Fellowship (D) 10a.m. Village Riviera ARC (D) 10a.m. Stained Glass (D) 10:30a.m. Pickelball (courts 3 & 4) 11a.m. Ukulele Club (V) 11a.m. Horseshoes (Brockton Park) 12:30p.m. Fat Quarters Quilters (D) 1:30p.m. Jazz Band (V) 2p.m. Card Design/Open Painting (D) 2p.m. Saddle Rock RC (V) 4:30p.m. Table Tennis (D) 4:30p.m. Soul Line Dancing (V) 5p.m. Delta Harmony (V) 6p.m. Dra.m.a Club Rehearsals (V) 7p.m. Square Dance (D) 7p.m. Billiard Club Membership Meeting (V)	8 8a.m. Social Tennis 8:30a.m. Women's 18-Hole Golf 9a.m. Blood Pressure Check (D) 9:30a.m. Cera.m.ics (D) 9:30a.m. Women's Fellowship (V) 10a.m. Council for the Arts (V) 10:30a.m. Pickleball (courts 3 & 4) 12p.m. Table Tennis (D) 12:15p.m. Ponytail Canasta (V) 1p.m. Advanced Hearing Services (V) Actors Studio (D) 5p.m. Tai-chi for Beginners (V) 6p.m. Olympic Village-Mexican Fiesta (D) 6p.m. Yuan-chi & Fan Dance (V) 6p.m. Pinochle (V) 6p.m. Garden Club (V) 7p.m. Ballroom Dance-Adv (V) 8p.m. Ballroom Dance-Beg (V)	9 8a.m. Social Tennis 8:50a.m. Cycling Club (Delta Parking Lot) 9a.m. Walk & Talk (V) 9p.m. Village 1 ARC (V) 10a.m. Rubber Sta.m.p Card Making (D) 10:30a.m. Country Line Dancing (D) 10:30a.m. Pickleball (courts 3 & 4) 11a.m. Book Club: 66 Bible Books (V) 11:30a.m. Asian A.m.erican Club (V) 12p.m. Watercolor Painting-Adv (D) 12:15p.m. Friday Bridge (V) 2p.m. Guitar Club Beg Workshop (V) 2p.m. Training Class:Dwelling Live (V) 7p.m. Bunco (D)	10 8a.m. Tea.m. Tennis (Tennis Courts) 8:30a.m. Hiking Club (V) 9a.m. Model Club-Garden Railway (V) 4p.m. Riviera RC-An Evening at the Races (D) 4p.m. Private Use (V) 6p.m. Texas Hold'em/Omaha Poker (D)
11 9a.m. Table Tennis (V) 11:30a.m.Private Use (D) 7p.m. Dance Club-Afterglow (V)	12 8a.m. Social Tennis 8:30a.m. Woodcarving (D) 9a.m. Olympic Village ARC (V) 9a.m. Walk & Talk (V) 9:30a.m. Village Riviera Kare Bears (D) 10a.m. Village Oakmont ARC (V) 11p.m. Rip, Stitch & Bitch (V) 12p.m. Open Painting (D) 12p.m. Duplicate Bridge (V) 2p.m. TRVMA Executive Session (V) 2:30p.m. Pickleball (courts 3 & 4) 5p.m. Whist Planning (V) 6p.m. Soul Line Dancing (D) 6p.m. Poker (D) 6p.m. Dra.m.a Club Rehearsals (V) 6:30p.m. Ga.m.e Night (V) 7p.m. Model Club-RC Aircraft (V)	13 8a.m. Social Tennis 8:30a.m. Radio Club (Offsite) 9:30a.m. Women's 9-Hole Golf 10:30a.m. Book Club (V) 10:30a.m. Country Line Dancing (D) 10:30a.m. Pickleball (courts 3 & 4) 11:30a.m. TRVMEN Golf 12p.m. Cooking Club (D) 12p.m. Watercolor Painting-Beg (D) 12:15p.m. Hand & Foot Canasta (V) 1p.m. Training Class: Dwelling Live* (V) 2p.m. Master Association Board Mtg (V) 4p.m. Table Tennis (D) 5p.m. Billiards Club Tourna.m.ent (V) 5p.m. Tai-chi & Yuan-chi (V) 6p.m. Emergency Action Com (V) 7p.m. Classical Ballet (V)	14 8a.m. Social Tennis 8a.m. TOPS (D) 8:30a.m. Sr. Men's Golf 9a.m. Walk & Talk (V) 9:30a.m. Bridge Lessons (V) 9:30a.m. Men's Fellowship (D) 10a.m. Stained Glass (D) 10a.m. Computer Class-iPhone, Level 1 (V) 10:30a.m. Pickleball (courts 3 & 4) 11a.m. Horseshoes (Brockton Park) 11a.m. Ukulele Club (V) 12:30p.m. Fat Quarters Quilters (D) 12:30p.m. Computer Class-iPhone, Level 2 (V) 1:30p.m. Jazz Band (V) 2p.m. Card Design Class / Open Painting (D) 3:30 Sr Men's Golf Board (V) 4:30p.m. Table Tennis (D) 4:30p.m. Soul Line Dancing (V) 5p.m. Administrative Policies Com (V) 5p.m. Delta Divas (V) 6p.m. Dra.m.a Club Rehearsals (V) 7p.m. Square Dance (D) 7p.m. Singles Club (V)	15 8a.m. Social Tennis 8:30a.m. Women's 18-Hole Golf 9a.m. Eagle Point ARC (D) 9:30a.m. Cera.m.ics (D) 9:30a.m. Women's Fellowship (V) 10:30 Eagle Point RC & Helping Hands (V) 10:30a.m. Pickleball (courts 3 & 4) 12:15p.m. Ponytail Canasta (V) 2p.m. Genealogy Workshop (V) 2:30p.m. Theater Group Actors Studio (D) 4p.m. Village Riviera RC (V) 5p.m. Table Tennis (D) 5p.m. Tai-chi for Beginners (V) 6p.m. Yuan-chi & Fan Dance (V) 6p.m. Pinochle (V) 7p.m. Ballroom Dance-Adv (V) 8p.m. Ballroom Dance-Beg (V)	16 8a.m. Social Tennis 8:50a.m. Cycling Club (D) 9a.m. Walk & Talk (V) 10a.m. Rubber Sta.m.p Card Making (D) 10:30a.m. Country Line Dance (D) 10:30a.m. Pickleball (courts 3 & 4) 11a.m. Book Club: 66 Bible Books (V) 12p.m. Watercolor Painting-Adv (D) 12:15p.m. Friday Bridge (V) 2p.m. Writers Club (V) 2p.m. Training Class: Dwelling Live (V) 6p.m. Joy Luck Mah-Jongg (V) 7p.m. Whist Club (D) 7p.m. Open Mic Night (V)	17 7:30a.m. 3-2-1Trilogy Triathlon (Delta Pkg Lot) 8a.m. Tea.m. Tennis (Tennis Courts) 8:30a.m. Hiking Club (V) 9a.m. Model Club-Garden Railway (V) 12p.m. Juneteenth Celebration (D) 5p.m. Table Tennis (D) 6p.m. Texas Hold'em/Omaha Poker (D)
18 10a.m. - 3p.m. Trilogy Produce Market (D) 6p.m. Singles Club Barbeque (D)	19 8a.m. Social Tennis 8:30a.m. Woodcarving (D) 9a.m. Walk & Talk (V) 10a.m. Council of Village Presidents (V) 10a.m. Saddle Rock Village ARC (V) 12p.m. Open Painting (D) 12:30p.m. Mah Jongg (V) 12:30p.m. Rip, Stitch & Bitch (V) 2:30p.m. Pickleball (courts 3 & 4) 2:30p.m. A.m.enities Com (V) 3p.m. Guitar Club (V) 5p.m. Whist Planning (V) 6p.m. Soul Line Dancing (D) 6p.m. Poker (D) 6p.m. Dra.m.a Club Rehearsals (V) 6:30p.m. Ga.m.e Night (V) 7p.m. Fishing Club (D) 7p.m. Hiking Club (V)	20 8a.m. Social Tennis 8:30a.m. Radio Club (V) 9a.m. Garden Club Workshop (D) 9a.m. CPR/AED-1st Aid Training (V) 9:30a.m. Women's 9-Hole Golf 10:30a.m. Country Line Dancing (D) 10:30a.m. Pickleball (courts 3 & 4) 11:30a.m. TRVMEN Golf 12p.m. Watercolor Painting - Beg (D) 12:15p.m. Hand & Foot Canasta (V) 12:30p.m. Dominoes (D) 4:15p.m. Table Tennis (D) 5p.m. Billiards Club Tourna.m.ent (V) 5p.m. Tai-chi & Yuan-chi (V) 5:30p.m. Couples Canasta (V) 6p.m. Administrative Policy Review (V) 7p.m. Classical Ballet (V)	21 8a.m. Social Tennis 8a.m. TOPS (D) 8:30a.m. Sr. Men's Golf 9a.m. Walk & Talk (V) 9:30a.m. Bridge Lessons (V) 9:30a.m. Men's Fellowship (D) 10a.m. Village Riviera ARC (D) 10a.m.-Computer Class, Microsoft Excel, Level 1 (V) 10a.m. Stained Glass (D) 10:30a.m. Pickleball (courts 3 & 4) 11a.m. Ask A Board Member (V) 11a.m. Horseshoes (Brockton Park) 11a.m. Ukulele Club (V) 12:30p.m. Fat Quarters Quilters (D) 12:30p.m. Computer Class, Microsoft Excel, Level 2 (V) 1:30p.m. Jazz Band (V) 2p.m. Card Design Class/ Open Painting (D) 4p.m. Labyrinth Walkers (V) 4:30p.m. Soul Line Dancing (V) 6p.m. Dra.m.a Club Rehearsal (V) 6:30p.m. Saddle Rock Village RC-Board Election (D) 7p.m. Square Dance (D)	22 8a.m. Social Tennis 8:30a.m. Women's 18-Hole Golf 9:30a.m. Cera.m.ics (D) 9:30a.m. Women's Fellowship (V) 10:30a.m. Pickleball (courts 3 & 4) 11a.m. Biggest Mover Summer Potluck (V) 12:15p.m. Ponytail Canasta (V) 2:30p.m. Theater Group Actors Studio (D) 3p.m. Table Tennis (D) 5p.m. Tai-chi for Beginners (V) 6p.m. Yuan-chi & Fan Dance (V) 6p.m. Pinochle (V) 7p.m. Theater Group (D) 7p.m. Ballroom Dance-Adv (V) 8p.m. Ballroom Dance-Beg (V)	23 8a.m. Social Tennis 8:50a.m. Cycling Club (D) 9a.m. Village 1 ARC (V) 9a.m. Walk & Talk (V) 10a.m. Rubber Sta.m.p Card Making (D) 10:30a.m. Country Line Dance (D) 10:30a.m. Pickleball (courts 3 & 4) 11a.m. Book Club: 66 Bible Books (V) 12p.m. Watercolor Painting-Adv (D) 12:15p.m. Friday Bridge (V) 2p.m. Training Class: Dwelling Live (V) 2p.m. Guitar Club-Beginners Workshop (V) 6:30p.m. Bingo (D)	24 8:30a.m. Hiking Club (V) 9a.m. Model Club-Garden Railway (V) 9a.m. Table Tennis (D) 9a.m. Shibori Shirt Workshop (D) 4p.m. Private Use (D) 6p.m. Texas Hold'em/Omaha Poker (D) 7p.m. Concert on the Patio-Jim Anderson (V)
25 9a.m. Shibori Shirt Workshop (D) 6p.m. This 'N' That Coffee House (V)	26 8a.m. Social Tennis 8:30a.m. Woodcarving (D) 9a.m. Olympic Village ARC (V) 9a.m. Walk & Talk (V) 10a.m. Village Oakmont ARC (V) 10a.m. Eagle Point Village RC-Board Mtg (V) 12p.m. Open Painting (D) 12p.m. Bocce Mid-Season BYOS (D) 12:30p.m. Rip, Stitch & Bitch (V) 12:30p.m. Mah Jongg (V) 2:30p.m. Pickleball (courts 3 & 4) 3:30p.m. Access Com (D) 5p.m. Whist Planning (V) 6p.m. Poker (D) 6p.m. Soul Line Dancing (D) 6p.m. Dra.m.a Club Rehearsal (V) 6:30p.m. Ga.m.e Night (V)	27 8a.m. Social Tennis 8:30a.m. Radio Club (V) 9:30a.m. Women's 9-Hole Golf 10:30a.m. Country Line Dancing (D) 10:30a.m. Pickleball (courts 3 & 4) 11:30a.m. TRVMEN Golf 12p.m. Watercolor Painting-Beg (D) 12:15p.m. Hand & Foot Canasta (V) 12:30p.m. Bocce Mid-Season BYOS (D) 12:30p.m. Dog Club (V) 2p.m. Saddle Rock RC Exe Com (V) 4p.m. Village Document Revision (V) 4:15p.m. Table Tennis (D) 5p.m. Billiards Club Tourna.m.ent (V) 5p.m. Tai-chi & Yuan-chi (V) 6p.m. Emergency Action Com (D) 7p.m. Dra.m.a Club Membership Mtg (D) 7p.m. Classical Ballet (V)	28 8a.m. Social Tennis 8a.m. TOPS (D) 8:30a.m. Sr. Men's Golf 9a.m. Walk & Talk (V) 9:30a.m. Bridge Lessons (V) 9:30a.m. Men's Fellowship (D) 10:30a.m. Pickleball (courts 3 & 4) 11a.m. Horseshoe (Brockton Park) 11a.m. Ukulele Club (V) 12:30p.m. Fat Quarters Quilters (D) 1:30p.m. Jazz Band (V) 2p.m. Card Design Class / Open Painting (D) 4:30p.m. Soul Line Dancing (V) 4:30p.m. Table Tennis (D) 6p.m. Singles Club (V) 6p.m. Dra.m.a Club Rehearsal (V) 7p.m. Square Dance (D)	29 8a.m. Social Tennis 8:30a.m. Women's 18-Hole Golf 9:30a.m. Cera.m.ics (D) 9:30a.m. Women's Fellowship (V) 10:30a.m. Pickleball (courts 3 & 4) 12:15p.m. Ponytail Canasta (V) 1p.m. Community Advisory Com Mtg (D) 2:30p.m. Theater Group Actors Studio (D) 5p.m. Table Tennis (D) 5p.m. Tai-chi for Beginners (V) 6p.m. Yuan-chi & Fan Dance (V) 6p.m. Pinochle (V) 7p.m. Ballroom Dance-Adv (V) 8p.m. Ballroom Dance-Beg (V)	30 8a.m. Social Tennis 8:50a.m. Cycling Club (D) 9a.m. Walk & Talk (V) 10a.m. Tennis Club Mtg (D) 10a.m. Rubber Sta.m.p Card Making (D) 10:30a.m. Country Line Dance (D) 10:30a.m. Pickleball (courts 3 & 4) 11a.m. Book Club: 66 Bible Books (V) 12p.m. Watercolor Painting-Adv (D) 12:15p.m. Friday Bridge (V) 2p.m. Training Class: Dwelling Live (V) 5p.m. Bocce Mid-Season BYOS (D)	

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Billiards

The next Billiards Club meeting is Wednesday, June 7, at 7 p.m. in the Monterey Room at the Vista Club. Tournaments are every Tuesday, starting at 5 p.m. We play 8-ball or 9-ball, depending on the week of the month.

Club Officers: President Al Bergoust, VP Mike Quihuiz, Treasure Jack Clark, Secretary Victoria Munoz, Membership Chair Dave Stewart. Recent winners:

April 4, 8-Ball

1st Richard Gutierrez
2nd Jim Rosteck
3rd Abam Tavis

April 11, 9-Ball

1st Mike Quihuiz
2nd Al Banga
3rd Jack Clark

April 18, 8-Ball

1st Diego Cassone
2nd Charles Hoffman
3rd Jack Clark

April 25, 8-Ball Partners

1st Jack Clark-Roy Aquino
2nd Richard Gutierrez-Charles Hoffman
3rd Lee Durham-Gene Ivy

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

Bingo

Bring friends and enjoy Bingo games with a special giveaway in June. Mark your calendar for the fourth Friday of the month (June 23) for Bingo at the Delta Club. Games begin promptly at 7 p.m. Buy-in for each person is \$10 for 12 games. We have one early-bird special: one card for \$1. The prize money for each game is \$50, and the blackout prize is \$250. For more information, call Irene at 707-374-6999.

Bocce

Believe it or not, we are approaching the halfway point of the regular bocce season. The mid-season social event dates, times, and places are set. Mark your calendars and plan to attend. All three Bring Your Own Stuff (BYOS) social events will be held in the Delta Club. The Wednesday/Friday morning league will get together on Monday, June 26, and the Tuesday/Thursday morning league will get together on Tuesday, June 27. Both the morning groups have the rooms from noon to 4 p.m. The night league will get together on Friday, June 30 in the Delta Club at 5 p.m. Don't forget to bring your own tableware and beverages of choice to all events.

We have accepted an invitation, as a club, from Trilogy at the Vineyards to participate in a Play Day Invitational event at their facility in Brentwood on Saturday, August 12. Details to follow, but mark your calendar now if you would like to be part of the Invitational happening.

Remember to roll often, throw straight and have fun; that's what it's all about. For more information, contact Joe Downes, 707-734-7520.

Book



The Book Club meets the second Tuesday of each month at 10:30 a.m. in the Sonoma Room at the Vista Club. The next meeting is June 13, and the book selection is *The Liberty Club* by local author Marianne Aleck. July's book selection is *Breakfast at Sally's* by Richard LeMieux. There is no requirement to have read the selected book. Everyone is welcome

to stop by and join in. For more information, contact Adrienne 707-374-5576.

Bridge – Duplicate

Duplicate Bridge meets the second Monday of each month at 12:15 p.m. in the Sonoma Room at the Vista Club. Please mark your calendars for our game on Monday, June 12. 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 707-374-6136.

April's winners: Regular players: 1st: John Fashing and Jim Nash; Tie for 2nd and 3rd: Bob Wiskotzil / Wilma Powell and Sue Vogtlin / Lois Brusen. Novice players: 1st: Alan Carter and Angie Jones; 2nd: Peter and Bonnie Carisetti

Bunco

Let's get together and have some fun. Bunco is a fun game for everyone. Come join us for Bunco to meet new friends. We meet the second Friday of the month at the Delta Club at 7 p.m. Bunco is an easy game to learn; just a roll of the dice. We sit at tables with four players at each table; we make introductions, and when the room is ready, we start. At the end of each round, two people from each table move to another table, then we play again. We have refreshments during the break. We look forward to seeing you there. For further information, please call Anna Hoerz at 707-374-2239.

Classical Ballet

All residents are welcome to join the new Classical Ballet Club. Club dancers will use various ballet DVDs to practice technique and strengthen their bodies. Previous classical ballet training is recommended, however, any man or woman is welcome to follow along as we work through the DVDs. We are starting at the beginner level with strengthening and review ballet classes. Proper at-

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tire is tights or leggings, and ballet shoes or socks. Bring your yoga or exercise mat if you have one. The Ballet Club meets every Tuesday from 7:15 - 8:45 p.m. in the Group Exercise studio at the Vista Club. For more information, please call Maryann Mowat at 707-374-6082, or email mastersresearch@yahoo.com.

Community Connections



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

Our next meeting will be at 7 p.m. on Thursday, June 22, and will feature a guest speaker from Damsel in Distress. Joanne Stangl will host the event in her home. We will also discuss where our next outing will take us and choose a short-term service project to assist. Light refreshments will be served. We would love to meet you! Please RSVP to the event to either robiejw@hotmail.com or rwjoe@hotmail.com. For more information about Community Connections, contact Robie at 650-454-4299 or robiejw@hotmail.com.

Cooking

Hello from the Cooking Club. We are a group of cooking enthusiasts who meet once a month to taste themed dishes prepared by our members, and to share recipes, and learn new techniques and trends. The dishes are based on a theme the members find interesting and want to explore new and interesting versions.

For our June meeting, we will sample BBQ. Club members Mike, Rich, Don, and Joann will prepare their take on BBQs dishes, while the other members will bring a recipe for a BBQ dish they have made to let us know what they like about it and share the experience with the group.

We are all home cooks, and we welcome all other home cooks to join us, whether you are an experienced chef or a budding novice. We encourage you to come by and share your passion. If you have questions, please contact Gary Swieso at 707-374-5859. We meet the second Tuesday of each month at noon in the River Room of the Delta Club. June's meeting will be on the 13.

All are welcome. Saddleback, Eagle Point, and other new Trilogy residents—that means you! Bring your suggestions for dishes/styles to try out, or outside trips to take. We are also considering some upcoming in home meetings to teach, demonstrate, and learn. We are looking at a pie dough demonstration and cake-frosting demonstrations coming up. See you in June at the Delta!

Council for the Arts

The 2018 Music of the Night theme will likely be discussed and finalized at our June meeting. Stop in to participate in the selection process.

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

Council for the Arts meets on Thursday, June 8, at 10 a.m. in the Monterey Room at the Vista Club. For information about the club, call Judy Calpo at 707-374-2924.

Cycling



The new meeting time for the months June-September is 7:50 a.m., when we meet in front of the Delta Club. Fitness, fun, friendship, and adventure are the goals for the cycling club. Rides are 20-25 miles, with more or fewer miles as an option. There are plenty of regroupings; no one is left behind. Helmets are required. Bring money for a coffee and snack stop. Al and Mar-

cia Morrison restarted the Cycling Club two years ago. It has been a pleasure to meet so many social, healthy, and fitness-minded individuals. We hope to continue the club as long as there is an interest. For more information, contact Marcia or Al at 707-374-5177 or marcialsj@netscape.net.

Wednesday Casual Ride: Meet at 9 a.m., ready to go with helmets on. All types of bicycles are okay. The ride features easy Summerset loops within Trilogy. Ride as far as you wish and at your own pace. Contact Michael Gaertner at 808-281-7540 or gaertnersr@aol.com for more information.



Dog



Dog Club member Donna Nail's wrote a touching tribute to her beloved Toby after his recent passing: "Rest In peace, Toby Nail, August 2002 - December 2016, my most beloved dog. Toby was so lucky to have so many friends in Trilogy....two-legged and

four-legged. He loved his playdates at the Vista Club. He lived for rides in the golf cart, sitting up so straight with the wind blowing through his hair. He would come bounding out his doggie door, so excited to greet his caring audience on Summerset (20+ times a day!). Toby was the light of my life, my faithful friend, and companion for 15 years. Because of Toby, my life has been blessed."

Monthly off-leash playtimes have changed slightly because of the abundance of small dogs: large dogs still 9-10 a.m., but small dogs' playtimes have been split: small-dog owners with first letter of last name A-L, 10-10:45 a.m., followed by owners M-Z 10:45-11:30 a.m. Featured guest speaker at our May meeting was Keegan McFadden, manager of Sycamore Lane Kennels, an award-winning, pet-boarding resort with a tranquil country feel, who shared with us the many features his Lodi property offers. The June 27 meeting speakers will be fellow Trilogians Elaine Wisz and Marilyn King, who are active volunteers with the NorCal Poodle Rescue group.

Recently-elected Dog Club 2017-2018 Board Members include President Sharon Primeau, Vice President Warren Rucker, Treasurer Jean Galbraith, and Secretary Claudia Serviss.

Canine Quote of the Month: "I've seen a look in dog's eyes -- a quickly vanishing look of contempt -- and I'm convinced that dogs basically think humans are nuts." Source, John Steinbeck

Dominoes

Do you recall the gentle sway of the cars? The deep-throated whistle when approaching a crossing or a station? The slow change in acceleration when pulling up a grade? Well, none of these occur in Mexican Train Dominoes, but you can imagine and remember. The game is played at the Delta Club on the first and third Tuesdays at 12:30 p.m.. For more information, please call Shirley at 707-374-9984.

Drama

We have selected our next melodrama with performances scheduled August 9, 10, 11, and 12. The show is a delightful melodrama – it's *My Fair Lady* meets the Old West in

this fantastically clever spinoff of the Shaw classic. Our cast of characters has started rehearsals, so put the play dates on your calendars.

On April 28 and 29, three members of the Drama Club of Trilogy – Willie Stapp, Cathy-Anne Yekel and Dela Phillips – along with Julie Jacobs, a volunteer with the Rio Vista Police Department, and her friend, Laurie Johnson, did the makeup for "Every 15 Minutes" program at Rio Vista High School to demonstrate the dangers and potentially severe consequences of drinking and driving. We are very proud of their contributions to our community. Check out these URLs:

<http://www.dailyrepublic.com/solano-news/rio-vista/rio-vistas-real-life-tragedy-brings-truth-to-every-15-minutes-drama/> and

<https://www.youtube.com/watch?v=32iDtZ23elg>.

We welcome inspiring new members with or without any experience, because you will absolutely have the most fun with our cast of characters. All interested Trilogy residents can attend our next membership meeting on June 27 at 7 p.m. at the Delta Club. Please contact Judy Calpo at 707-374-2924 for more information.

Fat Quarter Quilters

We are a group that gets together to work on our own quilting and sewing projects. Join us, meet new friends, and share the love of sewing. We meet every Wednesday from 12:30 to 3:30 p.m. at the Delta Club. There are no dues or fees. For more information, contact Esther Young at 707-273-2639.

Fishing

Our next meeting will be on Monday, June 19 at 7 p.m. in the River Room at the Delta Club, when a coast guardsman from the Rio Vista Coast Guard station will speak. We will discuss club group trips. We will caravan to or meet at the various locations, including Comanche Lake; Bridgeport reservoir trip, including the East Walker River; Los Vaqueros reservoir; California Striper and Halibut trips; and Rockfish potluck trips on the California Dawn party boat.

If you would like to sign up for our annual club picnic at the Rio Vista Marina at the patio picnic area on August 26, please call Ed Moreland at 707-330-0358 or email him at sturgeon55@aol.com. Our BBQ is catered and the food is very good. We will discuss the menu and cost at the meeting.

We welcome suggestions for scheduling other club trips. We will have a raffle for several prizes. We will also have our 50/50 drawing, and coffee and cookies. We wel-

come everyone to join the Fishing Club for great events throughout the year. For more information, contact Ed Moreland at 707-330-0358 or John at 408-931-0857.

Garden



The Garden Club has been enjoying the spring blooms and getting vegetable gardens ready as we rapidly approach summer. There also have been field trips to UC Davis Rose Days and visits to local gardens for inspiration.

Speaking of vegetable gardens, the Garden Club is busy planting and maintaining the community planter boxes at the RE Church on Highway 12. This project started with RioVision building the planter boxes in 2015. We hope the crops grow and are plentiful as the vegetables harvested from the garden will be donated to the Rio Vista Food Pantry. If you would like to help with this project, drop us an email at trilogygardenclub@gmail.com.

Our June 8 monthly meeting is in the evening, so mark your calendar so you don't forget! Join us at 6 p.m. in the Diablo Ballroom at the Vista Club, when Howard Ruddy of Isleton will discuss bees and honey. The presentation will be followed by a question-and-answer period. We will serve some wonderful refreshments and have a drawing for a door prize raffle.

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

Please contact trilogygardenclub@gmail.com for additional information or to answer any questions.

Genealogy

It's all too easy to make mistakes in your genealogy. You may make research mistakes that give you inaccurate results, mistakes that keep you from being able to find what you need in your genealogy files, or mistakes that prevent you from knowing where you got a particular piece of information. You want your research to be professional in quality. It will make it easier for you to use and add to it, and be a better family heirloom and resource for future generations.

Here are some mistakes and tips on how to avoid them. 1) Record your sources as you go. If you don't know where

you got it, you won't be able to use it to prove a genealogical theory or use it alongside other evidence. 2) Organize your genealogy research. Use binders and plastic sleeves to eliminate the confusion of finding what you need when you need it. 3) Copy information from online family trees. Just because someone posts a family tree online doesn't mean the information is correct. Be sure to double-check its accuracy. Research their research. 4) Relying on your family's oral history. While most family history stories have a grain of truth to them, details get changed, either on purpose by someone wanting to conceal potential embarrassing information or by accident, such as someone hearing or remembering the details wrong or an attempt to make the story more interesting. Always research the facts behind family history stories before recording them on your official family tree.

The Club meeting takes place the first Thursday of the month at 2 p.m. in the Monterey Room, Vista Club. The Workshop is held the third Thursday at 2 p.m. in the Learning Center, Vista Club. For more information, contact Carolyn at wncbridges@comcast.net or cell 510-334-0912. Beginners are welcome to attend both monthly meetings.

Golf – Men's Executive Nine

The Rio Vista Men's Executive Nine golf club is comprised of members who enjoy playing nine holes of golf and then socializing after the game. We play each Tuesday mid-morning. The format varies each week, with individual "straight" golf play two Tuesdays of the month and individual and team tournament events on the alternate Tuesdays. We would like to welcome new members Jim Kelley and Allen Lunn to the Club. If you would like to join us, pick up an application form in the Pro Shop Club Room or contact our Membership Chairman Mike Warr by phone at 253-312-8371 or email at mwarr48@gmail.com.

There were two Tuesday Tournament events in April. The winning foursome members of the April 11 tournament were John Lodge, Al Orton, Gerry Smith, and Robert Fable. The winning foursome members for the April 25 tournament were Dennis Germano, Hugh Denton, Dave Larsen, and Steve Strom. Harold Rowe shot both the low gross and low net scores of the day.

We look forward to a full schedule of tournament and straight golf in June. The first tournament of the month is a "3-3-3" tournament on June 13. The second tournament is June 27. Play on that day will be followed by the Club's Summer Quarterly meeting at Sir Flairs Restaurant.

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



Golf – Senior Men's

The Golf Course conditions have certainly improved. Fairways are lush and starting to roll out and the bunkers are coming along. All conditions are ripe for continued great play. It's time to enjoy the fun, competition, and camaraderie by joining the Senior Men's Golf Club.

Looking ahead to our June Golf Schedule: June 14th is a Straight Golf Tournament. Pick your teams or allow our tournament director to team you by handicap. June 23 will have the Club Qualifying NCGA Senior Net Amateur Tournament, with June 28 the always unpredictable 2-Man Hi/Lo Net Tournament. Sign up for these tournaments accessing eClubhouse at www.ghin.com/eClub/ngcarvsmgc.

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

Golf – Women's 9-holers

April 4 was our Play Day and 72 people came. Everybody won! We had so much fun. We had goodies for everyone to take home, including the cutest multi-purpose bags made by our own Linda Baptista. Thank you, Linda. The committee worked very hard to make this a wonderful event and it was. Many attendees said they were looking forward to coming back to our Invitational in October.

April finally produced some good golfing weather, and the course is really shaping up.

Our Net Play game winners were: Flight one Eila Ballard; Flight two Cathy Warr. Nancy Weaver won the Low Putt Game with 17 Putts. The rest of us paid for our holiday party with putts three and more.

We had two Flight winners on the game of Mutt and Jeff: Flight one Debi Petteruti, Flight two Eila Ballard. Eila also broke 50 that day. Way to go Eila! Trixie Roque had par on holes 8 and 9, Nancy Weaver on 5, and Barb Bellamy, Monika Danielson, and Patty Harrison on 8. We also had chip-ins this month by Eila Ballard and Monika Danielson. This was Eila's Month!

If you're interested in seeing what we are all about, check in with our membership Chairperson Debi Petteruti, nsdme2012@gmail.com or call 707-374-5797. We meet on Tuesdays at 8:30 a.m. at Sir Flairs.

If you already have a GHIN number and handicap, you may be able to join right away or join us as a guest.

Golf – Women's 18-holers



Sandra Ferrario, PWGA Niners director, and crew

Our first Thursday of the month—rain! But, nevertheless, 14 hearty ladies played golf and had a great time. Jan Benner got a birdie, Marsha Berry a chip in and Linda Barlesi shot an 80.

Twenty-two RVWGC members travelled to Davis on April 10 for our first Sacramento Area Play Day of the season. Of the 11 flights, we brought home five awards: Linda Barlesi, Terri Anisko, and

Debby Carroll were first-place winners in their flights. Joanne Smith placed second, and Sharon David third. Congratulations, Ladies!

April 13: and it rained again! Five golfers started to play; and then there were three. In between the rain drops, it was a beautiful nine holes of golf.

April 20: Ace of the Month/Low Putts. Ace of the Month: Lois Dutcher, net 63 Congratulations, Lois! No Birdies. Chip ins: Rowe, Davis, and James. Closest to the Pin: Berry. Broke 100: Javier 98, Sargent-Natour 99. Low Putts Winners: Flight A: First: Barlesi, 32 Flight B: First: Carroll 34 Flight C: First: Scholz 29 Flight D: First: Tie Kistler, Renner 34.

April 24: Paradise Valley Spring Invitational. A four-person best ball. Rogers The Barlesi-Sabye-Rexford Team placed second, and Gingrass-Sutter-Staley-Davis placed third. Diane Scholz, Closest to the Pin. Jackie Evans, The Most Accurate Drive.

April 29: We hosted the RV Nine Holers/Step Aside Scramble. Everyone really enjoyed the day. Winners were: First: Brown, Carroll, Roque, Petronzio Second: Barlesi, Renko, Bellamy, Rogers Third: Clark, Grace, Ballard, Renner Fourth: Traver, J. Evans, Swarbrick, Griffin Fifth: Fashing, Masterson, Dutcher, Eremian.

If you are interested in joining, please contact Sharon David at 925-518-8511.

Good Samaritans

The Good Samaritans congratulate all men who are working diligently to be good fathers, whether they are biological fathers, stepfathers, or spiritual fathers. The Good Samaritans also give glory and honor to God for His grace and mercy. When we meet for our Father's Day Luncheon,

our model prayer will be "The Lord's Prayer," which reads, "Our Father which art in heaven..." Matthew 6:9-15

It has been a blessing to meet loving and caring fathers in the Trilogy community. Many are retired veterans and retired from employment that helped them raise their family, along with their helpmate. We thank the men in our community who share their wisdom, knowledge, experiences, and understanding with one another.

The following are encouraging words to bless all fathers on Father's Day.

1. "You are the light of the world -- like a city on a hilltop that cannot be hidden." Matt. 5:14
2. "Do to others whatever you would like them to do to you..." Matt. 7:12

The Good Samaritans Bible Study Group meets the first Thursday each month at 1 p.m. at the Delta Club/ Marina room. 9fellowship@gmail.com.

Father's Day Scriptures of the Month: Matthew 5:3-12

Guitar



Roger Kohn

This 'n That Coffee House returns on Sunday, June 25. Our April coffeehouse was jam packed with new talent and most of our regulars. Starting at 6 p.m., we somehow managed to squeeze in 16 musical sets and one poetry set into 2 hours and 45 minutes, including a 10-minute break. Come and listen to your neighbors perform at the Coffee House. They will amaze you. You're welcome to bring your own refreshments, but we also offer free coffee and snacks. Best of all, admission is free! It all starts Sunday, June 25 at 6 p.m. in the Diablo Ballroom at the Vista Club and ends around 8:30 p.m.



George Sasaki

This 'n That Coffee House returns on Sunday, June 25. Our April coffeehouse was jam packed with new talent and most of our regulars. Starting at 6 p.m., we somehow managed to squeeze in



Denny & Karen Rogers

The Guitar Club meets in the Diablo Ballroom on the first Monday of the month from 3 to 5 p.m., and meets in the Monterey Room on the third Monday from 3-5. For those two hours we play, sing, talk, and have a good time. We welcome beginners and non-players.

If you are interested in learning

to play guitar, need help changing strings or just need some advice, consider coming to our Beginners Workshop on the second and fourth Fridays of the month in the Diablo Ballroom from 2 to 4 p.m.

If you have questions about the club or events, contact Roger Kohn at 707-374-2737 or email Rich Victor at thatsrich@gmail.com or email us at guitarclubTRV@gmail.com.

Havurah Friends

Havurah Friends is a social and educational club, open to all who are interested in exploring Jewish history and culture through discussion, books, special events, and traditional holiday gatherings. On May 19, we had a lovely Shabbat dinner. Many of us enjoyed the delicious homemade potluck and candle lighting.

We will not meet in June, due to many celebrations among club members. Please watch for details on our events planned for the rest of the year! We have lots of new, exciting things on our calendar, including picnics, discussions, book club, daytrips, visiting Rabbi speaker, etc.

We welcome new members as we expand our group of friends. For more information, please call Pam at 707-374-3161 or email her at karatpah@yahoo.com.

Hiking Club

The Hiking Club is one of the oldest and largest clubs in Trilogy, formed 13 years ago, and with a current membership of more than 250 people. The Club offers a wide variety of hiking, special interest and social events; Membership and most hikes are free. A nominal fee is charged for our special events.



Hiking: The club's mainstay activity is our Saturday Hikes. In the past 13 years, we have conducted nearly 500 hikes and events. We offer a varied assortment of trips, ranging from short hikes on paved surfaces, to long single trail hikes for those more adventurous. A monthly member newsletter describes each hike in detail in advance of the hike date.

All hikes depart at 8:30 a.m. from the Vista Club, where we hold a pre-trip meeting and make carpool arrangements. No reservations are needed.

Special Interest Events: These range from day trips to places such as the Mines at Black Diamond, Sacramento's Underground, Vasco Caves to multi-night trips to Pt. Reyes, Lassen or Yosemite. This year's Yosemite trip is May 23-26.

Social Events: Club members gather monthly at a member's home for a potluck, followed by an evening of socializing and playing card or board games.

June Saturday trips are:

June 3 – Bay Point Regional Shoreline -Pittsburg - Easy

June 10 – Stebbins Canyon - Vacaville - Moderate

June 27 – Lynch Canyon Open Space – Fairfield - Easy/Moderate

June 24 – Consumnes River Preserve Galt- Easy

If you have questions or would like to be put on the mailing list, please contact Vic Thiry vic@thiry.us or 707-374-3749.

Labyrinth Walkers



Join the Labyrinth Walkers on the Vista Patio on Wednesday, June 21, at 4 p.m. as we celebrate the Summer Solstice. Summer Solstice is a midway point in our year. Some walkers use the Summer Solstice as an

opportunity to re-focus or release goals and objectives set early in 2017. For others, walking the labyrinth is an opportunity to reflect on dreams and inspirations.

On June 20, the full moon appears on the same night as the summer solstice, which is rare. Take a look if you are outdoors that night. Please contact Gerry Swan at 510-507-4080 or Elaine Wisz at 707-374-4310 to let them know you will join us.

Model

Why do you enjoy modeling? We in the Model Club feel that prior to our retirement, most residents of Trilogy Rio Vista held a position of responsibility, requiring organizational and people skills to complete their working day.

We often worked in medium to large organizations, with little opportunity to develop skills of beauty, and community pride. Modeling seems to bring out the best latent skills of individual imagination and workmanship, plus teamwork and vision. We welcome your suggestions for how to improve a scene. Now we are nearing a phase of selected gardening and scene refinement for the spring season.

On June 17 we are proud to again stage our "Model Club Extravaganza." On the Vista Lawn we will operate and display a wide range of model trains, planes, boats, and cars for your inspection and enjoyment. We have again invited Larry the New York Hot Dog Guy to provide, at a nominal fee, his menu of delicious eatable treats and drinks. Music and fun for the entire family. We hope these efforts will encourage others to attend our Model Club meeting and bring new encouragement and skills to our attention.

Why Model? Because Model Railroad, and other hobbies, gives us great satisfaction to provide enjoyment to the residents and their families of Trilogy. Stop by our Model Club meeting the first Friday of each month in the Monterey Room at the Vista Club. If you have any questions, please contact the Club President Ted Tome 925-691-4676.

Motorcycle



L to R: John Oakley, Wil Bridges, Bob Sparks, Bill de Manincor, Bob Azbell

The Motorcycle Club riders meet the first Saturday of every month for an all-day ride. The May 6 ride was offered as a long and short version. Seems everyone was in the mood to ride, so the long version to the coast won the choice. We headed to Dublin for breakfast at Zac's for a little old-fashioned country fare. The wind through Vasco was interesting as was 'the blow' once we got to the coast at Pescadero. Weather was interesting, 62 degrees in Rio Vista, 48 on top of the Skyline ridge and the coast, and a hearty 82 by coffee time in Suisun. The back roads from Alice's Restaurant to the coast are just a delight, with awesome scenery, smells, and curves.

In Half Moon Bay, we decided to return home via Highway 1 across the Golden Gate Bridge. We made a quick stop at the Pacifica pier for a photo-op and check out some huge wave action from the wind. Approaching the GG Bridge on 19th Avenue was, to put it bluntly, yucky! Clutch fingers went numb, one bike died due to low speed and the alternator not meeting the electrical needs. It was decided that any mention of future rides on 19th Avenue will be met with being hog-tied and tossed off the Pacifica pier! Not a bad day overall though, some 240 miles, great weather variations and the roar of the surf....a pretty good biker day!

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. June 3, the destination TBD, based on weather. For more info, contact Bob Pastorino at 707-734-6556 or Larry Nelson 707-734-2967.

Movers & Shakers

This is a support group for those with Parkinson's, Essential Tremor, Dystonia, or any other movement disorder. We meet once a month at 7 p.m. For date and location, call Audrey Kinser 707-734-7506.

Nature

Due to winter and spring rains and flooding, we had to postpone our January tour of the Yolo Bypass and re-schedule it for Tuesday, June 6. The Yolo Bypass Wildlife Area, Vic Fazio Unit, is a critical link in the Central Valley's chain of wetlands used by a wide variety of migrating and wintering birds. This is primarily an auto tour with short stops at designated locations for wildlife viewing. Bring water, snacks, and a hat as it could be warm. Our destination is about an hour away, approximately six miles east of Davis on I-80 toward Sacramento. Turn off at Exit 78 for East Chilies Road (32B), go east about 1/4 mile to the west levee access and the parking lot.

Meet in the Vista parking lot at 9 a.m. to carpool/caravan.

The Yolo Basin Bat Walk and Talk evenings are in June and July. Check their website yolobasin.org to sign up for this most fascinating evening. Or use Northern California Bats at norcalbats.org/plans8.2.1index.cgi.

No monthly meetings or field trips are scheduled for the months of June, July or August, but if something interesting comes up, we will send an email advisory to members. Our next scheduled monthly meeting will be Wednesday, September 13, at 6:30 p.m. in the Monterey Room at the Vista Club. Join us, share your wildlife observations, and help us plan for the next season of wildlife field trips. Call Gail at 707-374-2718 with questions.

Photography



Photo by Yvonne Camper

The Photography Club welcomes everyone who loves to take pictures, regardless of their skill level, so we can share knowledge and improve our skills. Besides this monthly meeting, we have exciting classes to learn how to use various editing apps on your phones and tablets. We meet on the first Thursday of the month at 7 p.m. in the Learning Center at the Vista Club, and our next meeting is June 1.

With all the rain we have had this year, we are planning a few photo field trips to capture the beautiful landscapes dotted with flowers, plants, and various birds, as well as walking tours of our historic town. Many of our residents have spent years exploring our vast Delta waterways, so we appreciate all suggestions. We share our photos of our field trips at the following meeting by bringing a flash drive.

Our guest speaker last month was Greg Mitchell, Rio Vista's long-time resident known as the "RV Bridgeman," and the room was filled to capacity. Everyone enjoyed his presentation and pictures, and we look forward to inviting him back.

Congratulations to Doris Noriega and Diane King, two members of our photography club. Doris wrote an article about great coffee in Rio Vista, and one of Diane's bridge pictures is on the cover of the current "Discover Rio Vista" magazine. Both members have photos throughout the magazine as well. For more information about classes or field trips, and to be added to our email notification list, please contact Yvonne Camper at 408-690-4524 or yvonnecamper@att.net.

Pickleball

Did you know that the Pickleball Club has more than 49 members? Some members play several times a week, while others play whenever they can. What they all have



in common is their desire to be active, socialize, and enjoy some fun and friendly competition. Pickleball is played on tennis courts 3 and 4, Mondays 2:30-4:30 p.m., and Tuesday - Fridays 10:30 a.m. – 1 p.m. Beginners are always welcome, and extra paddles are available for play.

If you are unfamiliar with pickleball, there are many seasoned players willing to teach you the game and offer helpful hints. Pickleball is not as physically demanding as some other court sports. However, it still provides a great workout and a chance to exercise in the sunny outdoors. Spring/summer is the perfect time to stop by and check out the newly resurfaced courts.

YouTube is a great source of videos that demonstrate pickleball rules and playing strategies. Also, check the USA Pickleball Association (USAPA) at www.usapa.org. The Trilogy Rio Vista Pickleball Club has its own website, www.trvpc.com, containing all the information you need to get started playing here at Trilogy. For more information, contact Pickleball Club President Linda Pagliaroli 916- 835-3801.

Pinochle

Not busy on Thursday? Join our Pinochle Club. We meet every Thursday, 6-9 p.m. in the Sonoma Room of the Vista Club. We play double deck pinochle and have no dues. We just enjoy getting together with other pinochle players. Come join us, even if you have not played in years. For more information about our club, contact Shirley Grijalva at 707-374-6752.

Radio

Our club was formed to provide a means of communication locally in the event of an emergency in the immediate area of Trilogy, our town of Rio Vista, and within Solano County in a situation that disrupts our AC power and cell or land-line phones. Situations that could require our means of communication could include flood, earthquake, weather-related, major vehicle accident on highway 12, aircraft accident, individual resident medical emergency and fire. In those cases, we could provide communications in the community and the ability to summon help and information from State emergency services. We are also organized to provide emergency communications to the Trilogy at Rio Vista Emergency Action Committee group. HAM radio books are available to prepare for formal training that we must complete to obtain a Federal Communication Commission license to legally operate our equipment. We meet and practice weekly to maintain the skill edge and equipment readiness to provide this vital service to the residences of our community.

To learn more, the Radio Club meets most Tuesdays in the Vista Club Monterey Room at 9 a.m. for informal discussions. Please stop by or call club president Dean Lattman at 707-374-3967.

Religions of the World (ROW)



Our June meeting will be Tuesday, June 6, at 6:30 pm, in the River Room at the Delta Club. Abaan Shumays and Dave Bellamy will give a presentation on the

Zoroastrian Religion. The speakers will give an introduction to the first monotheistic religion, established about 3,500 years ago, then review the life and revelations of Prophet Zarathustra, and discuss the influence of Zoroastrian Religion on other world religions. The migration of Zoroastrian Parsis from Iran to India and their early history, tradition of charity, symbols, and temples will be presented. Important milestones and celebrations in the life of Zoroastrians, from birth to final passage, will be highlighted. The status and trends of Zoroastrian populations around the world will be summarized. Excerpts from a recent video on "People of the Flame" will be used throughout the presentation.

The ROW Club is a diverse group of Trilogy residents interested in learning about religions of the world, their history, beliefs, and practices. We normally meet the first Tuesday of each month at 6:30 pm. Our club is not a forum for recruiting members to any belief system. All residents are welcome. For more information, contact Don Cooper 510-909-5049 or Dave Bellamy 707-374-6670.

Singles



New faces and new friends in this new place! Whether you moved here two weeks ago or have been here for years, we'd love to meet you. Singles are invited to join the esprit de corps of

this growing group of active and fun-loving participants. There is always lively conversation, punctuated by bursts of laughter at our gatherings.

We get together for cards and games on the second Wednesday at the Vista Club from 7 to 9 p.m. in the Sonoma Room and from 6 to 9 p.m. on the fourth Wednesday in the same location. Don't forget to bring your favorite beverage to quench your thirst. Bring a sweet or savory to share, if you wish, but it's not required.

The Singles Club also enjoys meeting new friends at our Meet & Greet Potlucks. Please join us the first and third Sunday of the month at 6 p.m. in the Marina Room at the

Delta Club. Bring something to grill or a dish to share, something to drink, and get ready to enjoy an evening of great conversation and laughs. For those who are daring, don't forget your swimsuit in case you want to take a dip in the pool or relax in the hot tub!

Don't forget to check out the local community website Nextdoor, where the singles also post spontaneous, impromptu activities.

If you have any questions, or need more information, contact Robie Williams at robiejw@hotmail.com or Doug Littrell at littreldouglas66@gmail.com.

Square Dance

The Rio Vista Grand Squares (aka The Square Dance Club) now has its own website. To see the goings on, check out www.riovistagrandsquares.com. The site shows our class schedule, current call status, as well as links to other instructional sites. We are currently dancing at the beginner to mainstream levels. If you are an experienced square dancer, come join us on any Wednesday. Have a snack and watch the dancers in action. Sessions start at 6:30 p.m. in the Rio Vista room at the Delta Club.

The club has engaged the services of Scot Byars, a nationally-known professional caller and teacher, at a cost of \$5 per dancer per session. We are also considering offering "round dance" classes, which are a simplified version of ballroom dancing. If you are interested in either square or round dancing, please stop by our Wednesday session. We are gathering names of interested dancers and will open a new beginner class soon. Groups, couples, and singles are welcome. Dress is casual. For further information on our sessions or about the club, call Judy Lentz, 707-374-6506, or Ron Kott, 650-464-2071.

Be there and be square.

Table Tennis



Active living is an essential factor for good health and happiness. For most of us, this realization was a primary factor for coming to Trilogy. Table Tennis is uniquely suited to seniors. It provides physical and mental exercise that enlivens body and mind. It improves memory and reasoning while enhancing reflex actions, endurance, and balance. Recreation and socializing are added benefits. The sport is easy to learn and inexpensive to practice.

We recently met several residents who came to observe and admire the skills of club members playing table tennis. While most of them prefer to be spectators rather than participants, a few take the plunge and enjoy the

experience. The reluctance of those who stay on the sidelines stems from a common human tendency to be afraid of underperforming. Fear is a primary barrier that inhibits progress in sports and in all aspects of life. The remedy is simply to take the right action without expectations for the fruits of action.

Since our club's inception in 2005, advanced players have striven to achieve a balance between playing with their peers and nurturing newcomers to help them acquire the skills and mindset to become joyful participants in the sport. All Trilogy residents are invited to join us and feel the delight. Prior experience is not required.

To learn more please visit <http://trvtt.wordpress.com> or contact: Tom Barnes, president 707-290-6293; Sherry Jasara, vice president 916-758-7674; Ruth Barnes, treasurer 707-372-9956; Hans Puppig, secretary 858-735-5108; Glenn Hom, tournament director 925-915-9249.

Tennis

As we round the corner into summer, here are two tennis firsts from the Internet: The first women to play in the Wimbledon Tournament wore full-length dresses, and Henry "Bunny" Austin was the first player to wear shorts at Wimbledon, in 1932.

It is also notable that our first Inter-Community Tournament with the Vineyards will be June 24, and our first Intra-Community Tournament is July 15. In addition Team Tennis continues this month with matches scheduled for the Saturdays of June 3, 10, and 17. For more information on all of these events, please contact Bill Kienzel bk4849@gmail.com and be the first to sign up.

As always, daily Social Tennis is Monday-Friday from 8 – 10:30 a.m., and we welcome anyone, member of the club or not, to join us. Just be sure that your shoes are "court" shoes that do not leave marks on the court surfaces.

For more information about our club, attend our next club meeting at 10 a.m. on Friday, June 30, at the Delta Club or contact Claude Trottier at crtrottier92@gmail.com. You can also visit our website www.frontiernet.net/~courtjesters.

Remember: "Love means nothing in tennis, but it's everything in life."

Trilogy Art Guild

TAG members meet the first Monday of each month at 1 p.m. in the Marina Room at the Delta Club. Last month we were treated to a wonderful presentation by artist and teacher, Sherry Cummings, on cubism. Following our June meeting, there will be a special class by Harriet Burge for members (pre-signup and fee required for this



clubs + groups

one) contact Alma if interested at 707-374-3064. We welcome new members to our group. For more information regarding TAG, please contact Maren Waddill at 707-374-3954 or Richard Laswell at 559-359-1248.

You don't have to be a TAG member to try your hand at something creative. Check out some of our classes taught by several of our talented TAG members; no experience is required and beginners are welcome. Please contact the instructor if you are interested in signing up for their class. Classes are held in the Marina Room in the Delta Club:

Mixed Media on the fourth Monday 1 - 4 p.m.

Contact Ann at 707-374-2768.

Beginning Watercolor on Tuesdays at 12 p.m.

Contact Anna at 707-374-3560.

Card Design with Wilda on Wednesdays 2 - 4 p.m.

Contact Alma at 707-374-3064.

Cardmaking with Shari on Fridays at 10 a.m.

Contact Shari at 707-363-9752.

Advanced Watercolor on Fridays, at 12 p.m.

Contact Anna at 707-374-3560.

Monthly Shibori Workshops

Contact Lori at 707-374-6196 for dates and times.

Theater Group

If you've had a chance to see him perform, you may have



already guessed that Alan Levine has an extensive background in theater. He joined TTG shortly after moving to Trilogy and took the lead role in our very first show. Since then, he has appeared in several dramatic and comedy productions, including "Hallelujah Girls," "Sylvia," "The

Unexpected Guest," "All My Sons," and "The Altos," our first dinner theater presentation. "As an actor," Alan says, "TTG gives me the support to create a wide range of characters. But the best part of the group is ...the great people, fond memories, and a whole lot of fun."

Kevin Kennedy is directing the club's next production, "The Dixie Swim Club," written by Jessie Jones, Nicholas Hope, and Jamie Wooten. The production is presented by special arrangement with the Dramatists Play Service, Inc. The show runs June 1-4. Thursday, Friday, and Saturday performances are at 6:30 p.m., and the Sunday matinee is at 2 p.m. Please watch for announcements on Next Door about sold-out performances. Seat reservation forms can be found on our clubhouse lobby billboards or you may contact George Doner at 707-374-3989.

All Trilogy residents are cordially invited to attend our regular membership meetings to find out more about TTG. We meet at 7 p.m. on the fourth Thursday of each month. For more information about the 2017 season and/or any other group activities, contact TTG President Kevin Kennedy at 408-921-2607.

TOPS

(Take Off Pounds Sensibly)

Spring has finally arrived and it's time to spend outdoors enjoying the weather and all of the wonderful activities that Trilogy has to offer – golf, walking, tennis, bocce ball, or any activity to get your body moving. The Trilogy TOPS group weighs weekly and, thanks to member Jim Hodges, everyone records exercises they did during the past week. Jim then plots members' miles on a map as we travel through all of the United States' national parks. It's just another way for TOPS members to Take Off Pounds Sensibly. So come to a TOPS meeting Wednesday mornings at the Delta Center. Weigh-ins are from 8 - 8:45 a.m., the meeting starts at 9, and ends no later than 9:45. For more information, call Leader Pat Burkhart 925-240-5119 or Co-leader Dave Bellamy 707-374-6670. See you there!

Ukulele

We meet every Wednesday in the Diablo Ballroom at the Vista Club. The beginners' class starts at 11 a.m., followed by the performance group practice at noon. All interested Trilogy residents are invited to drop in, listen, play, and sing along with us. Bring your ukulele if you have one. You don't need to know how to read music or have any prior musical experience. You'll be playing songs after your first session!

Don't miss our next jam session at The Point Restaurant on Sunday, June 18, from 1:30 - 3:30 p.m. Bring your ukulele, guitar, tambourine, washboard, kazoo, banjo, accordion, harmonica, fiddle and/or mandolin, and join us for a fun-filled afternoon of making lively music!

Please contact our club coordinator Claire McKean at 1chanteuse@frontier.com for more information.

Whist

"How far you go in life depends on your being tender with the young, compassion for the aged, sympathetic with the striving and strong, Because someday in your life you have been all of these."

--George Washington Carver,
American educator and scientist

June, the month of flowers, promised to us by the April rains. Also, the month of weddings and graduations, for our grands and great grands. We look forward to a great summer and hope you join us at our Juneteenth celebration.

If you are efficient, productive, professional, hardworking, dedicated, and friendly, the Whist Club asks you to join with us to bring more presentations to the Trilogy community. A lot of you are retired from your careers and looking forward to be active in a hobby or new career. The Whist Club seeks your participation in our presentation of annual celebrations in 2017. Come and share your viewpoint, interact, and share your thoughts with us on Mondays at 5 p.m. at the Vista Club. Call Hattie Walker for the meeting room.

You are welcome to have fun with us every third Friday of the month at 7 p.m. at the Delta Club. Bring a dish to share. The food is always plentiful and tasty. We play cards and Dominoes. The Mexican Train game is the most popular game. Some people sit, exchange information, and give their views for a better country. We are looking for Pinochle players to join us.

We offer encouragement and support for each other. Remember, genius does what it must, and talent does what it can. For more information, call Hattie Walker, chairperson, at 707-374-3699.

Writers

This month's optional topic: From a Pet's Perspective.



It is said that two people who witness the same incident can possess two entirely different opinions of what happened. But what about our pets? Does your dog, cat, gerbil or pot belly pig see things the same

way as you? Though some consider their animals as family members, do they have the same outlook on life as you? This month, let's step into our pets' paws, hooves, fur or feathers to write from their point of view. If that doesn't sound inspiring to you, please share whatever is on your mind. Just write! We look forward to listening to the various interpretations of Trilogy Writers' Club members. On Friday, June 16, you'll find us in the Monterey Room of the Vista Club from 2 - 4 p.m. Whether published or not, novices or experienced, authors or poets, all are welcome.

For further information, contact Suzi 925-231-5213, Judy 707-374-3973 or Zoe 707-374-3676.

**Friday
June 16
7pm ~ Free**



Open Night

Diablo Ballroom

Performers Sign Up At Member Services

Tuesday, June 20, 2017



It is good to know how to help someone in trouble. It could be your spouse or your grandchild.

The class provides a two-year certification in CPR/AED & First Aid. A great value. Limited Space.

**Vista Club Diablo Room
9 a.m. - 1 p.m.**

Sign Up at Member Services ~ \$60



Trilogy Resident Golf Tournament



The Resident Tournament for June includes a Father's Day Celebration and a Shamble. For dinner after at Sir Flairs, we will have a BBQ ribs, sliced turkey, mashed potatoes and gravy, with a Caesar salad. Plus a special surprise dessert.

The Resident Golf Tournaments provide a social fun event and a place for new residents to come out and meet some of our current residents. Last month we enjoyed the company of 12 new residents to Trilogy. We all had a great time.

In total there will be seven tournaments from April through October and they generally fall on the third Sunday of the month (except for April due to Easter and June due to Father's day).

The Resident Tournament is open to all golfers with a GHIN number and handicap. It is recognized and supported by all the golf clubs here at Trilogy.

We will also have a Pairing Party on the Friday before, at 4 p.m., in Sir Flairs, to see with whom you are playing. Come, enjoy the festivities, and then stay for dinner.

Look for the flyers in the Pro shop. Cutoff for the June tournament is June 18. Come as a single or couple, have your spouse join you for the dinner or ride with you on the course.

Future Tournaments are: July 16, August 20, September 17, and October 15. Flyers come out approximately a month before the cutoff.

For more information, call Linda Rowe 925-286-1555 or Harold Rowe 925-818-1124

Trilogy Blood Drive

Join friends and neighbors from 9 a.m. to 1 p.m. on June 5 to save lives by donating to the Trilogy Blood Drive. You can make reservations through Darlene Wiskeman at 707-374-6211 or at wiskeman2@yahoo.com. Walk-ins are welcome but reservations have priority.

A big "Thank You" to all regulars who join us each drive and a big "Welcome" to those of you who will join us to once again save lives!



Thanks to the Trilogy Family

Our family wants to thank each of you who gave your thoughts, prayers, and encouragement to us during this difficult time in our lives.

Larry Reece was a wonderful husband, father, grand- and great-grandfather, brother, and friend.

We appreciate your kindness and caring.

He is missed.

~ Billie Reece, Scott Reece,
Lorri Ruggiero and Leanne McNeil



Thank you Trilogy at Rio Vista

Once again the Trilogy community has come through in helping Meals on Wheels of Solano County and Rio Vista to ensure that "no senior goes hungry" through the donations of raffle items at the Spring Gift, Craft and Art Faire. We greatly appreciate your continued support.

Roger Wiskeman - President
Board of Directors
Meals on Wheels of Solano County

Family Support Group



The Family Support Group is available to organize a memorial service for any family member who incurs the loss of a Trilogy resident. For more information, please call

Chairperson Claudette Gartner at 707-439-6116, or email her at xbirdlady@myifp.com, or call Barbara Sherison at 707-374-6845, or call Betty Bowley at 707-374-5613.



Rio Vista Food Pantry Needs Volunteers!

- Receptionist M-F, 9 a.m.-1 p.m.
- Pick up from Fairfield Food Bank weekly (Wed) 8 a.m.-11 a.m.
- Sort/date check donations Wed or Fri

For more information see the web site RioVistaFoodPantry.org or call 374-5706. For donations, please designate Rio Vista Food Pantry, 1105A Airport Blvd., Rio Vista, CA 94571.

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 3rd Friday of each month from 9:30 to 11:00 AM at the Senior Center located at 25 Main St. in Rio Vista. Contact meeting facilitator Nat Marcoccio (RVALZSG@yahoo.com) for more information.

Computer Class 90-Minute Opportunities

June 2017 Sign Up at the Vista Club Member Services - Pay by Check or Credit Card

Dwelling Live Welcome Center Access Control ~ FREE	June: Monthly 2nd Tuesday 1:00 p.m. and Weekly Fridays 2:00 p.m. **NEW CLASS** <i>Access Committee Instructors and Contacts: Debra Schwab 707-374-4381 or Ron Steiner 408-386-4055</i> Quick and easy on-line access to speed your visitors and guests through the front gate. No class prerequisite for this free training class.
iPhone - Level 1 \$10 ea. Bring your own Apple iPhone	June 14, Class 10:00 a.m. to 11:30 a.m. **NEW CLASS** <i>Instructors: Dory Peri & Kathryn Querry</i> Learn the basics of using your Apple iPhone as a phone, camera, set up your contacts, text, Siri, connect to WiFi, and learn about mobile device security and etiquette. Fun and easy! <u>Bring your own Apple iPhone – fully charged.</u> This class is <u>only for Apple iPhones</u> , not any other brand of smartphone.
iPhone - Level 2 \$10 ea. Bring your own Apple iPhone	June 14, Class 12:30 p.m. to 2:00 p.m. **NEW CLASS** <i>Instructors: Dory Peri & Kathryn Querry</i> A bit beyond the basics of using your Apple iPhone. Learn to use your camera, share contacts, send a group message, AIR DROP, download music and games from the Apple Store. <u>Bring your own Apple iPhone – fully charged.</u> This class is <u>only for Apple iPhones</u> , not any other brand of smartphone.
Microsoft Excel – Level 1 \$7 ea.	June 21, Class 10:00 a.m. to 11:30 a.m. Instructor: Kathryn Querry If you are the treasurer for a club, this class will help you feel comfortable working in Excel. Navigate in Excel and learn to use math operations by creating a simple budget.
Microsoft Excel – Level 2 \$7 ea.	June 21, Class 12:30 p.m. to 2:00 p.m. Instructor: Kathryn Querry If you manage a club's membership list, this class is for you! Work with a name and address database in Excel. You will learn to quickly find one individual's information, alphabetize the list, sort and filter by any category, format to print any portion of the list.

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

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

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

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





Trilogy at Rio Vista HOME BASED BUSINESS DIRECTORY

All Occasion Travel

Full Service Travel Agency
Joan Greene, CLIA, ARTA, 707-374-2440
Certified Travel Specialist
www.alloccasiontravel.net

Mary Kay

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

Mary Kay Cosmetics

Independent Beauty Consultant
Sharon McDougall 435-669-5137
Marykay.com/smcDougall1

Nuskin & Pharmanex Products

New innovative anti-aging skin-care system
Uniquely blends ingredients customized for you.
Diane King Independent Consultant US8301618
erasewrinkles@att.net or 925-324-1062

Rodan & Fields Skin Care Products

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

Trilogy Uber & Lyft Drivers

Free price quote & help with
Uber & Lyft Smart Phone Apps
Need a ride? Call Nita 707-315-6670
Or Richard 925-918-1374

SERVICES

AAA+ Quality Cleaning

Weekly, biweekly, monthly or once.
Move in/out services. Call Carmen
Martinez, Trilogy resident at 707-
398-8345 for a free estimate.

Airport Transportation

In my Mustang convertible I will
take ONE PERSON ONLY to airports,
BART, medical appointments. Top
up/down your choice. PS, Can take
two to airports with basic luggage.
Serving Trilogy residents since
2005. Call Ralph 707-374-3941.

All Transportation

Need a ride, call Nita 707-
315-6670. Long time Trilogy
resident—13 years Trilogy driver:
one-way, round trip, out of town
or local pick-ups and drop-offs
24-7. Up to 4 riders welcome.

Alterations

And mending for adults, pets and
children. Won first place at State
Fair for sewing and baking. Non-
smoker and pet-free environment.
Bus. #9452. Call Carol 559-314-5039.

SERVICES

Bicycle Repair

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

Cleaning

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

Computer A+ Assistance

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

Computer Aid

I can fix your PC, including
viruses and malware. New PC
setup with file transfers and
tutoring on Windows 10, wireless
printers and Netflix connections.
Kathy Barker 707-374-6850.

SERVICES

Facials

European Facials,
Microdermabrasion, Glycolic
Facials, Seaweed Treatments,
Four Layer Facial, gentle chemical
peels on face, arms, hands, etc.,
vitamin treatments, waxing, many
more treatments. All treatments
up to 2 hrs. Call Nina 707-374-
3414. Gift certificates available.

Handyman

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

Handyman

A Trilogy resident to help
with those handyman jobs
you can't or don't want to do.
Plumbing, electrical, window
treatments, assembly, etc.
Call Scott 707-374-6013.



SERVICES

Hauling

Ed & Bill's Hauling: Clean-ups, Dump runs, Move furniture, Load and unload trucks, Rain gutters cleaned, Trim bushes. References available. Free estimates. 707-330-0358.

Home for the Elderly

Goldenstar Home for the Elderly 707-374-4087 or 707-631-0010: Staff are background checked, TB tested, and CPR trained. Care in the facility or in your own home.

Impeccable Improvements & Repair

Established retired general contractor. . .tile and wood floors, bath & kitchen remodels, water leak repairs, drywall damage, privacy walls, iron fences, French doors, indoor/outdoor Jacuzzi tubs, storm doors, cat/dog doors, fireplaces, mantels. 12 year resident. Big or small, I do them all! References available. Your one stop shop in Trilogy. Dominic 707-322-9476.

Jewelry

Bob and Sandra's Jewelry Depot: Specializing in Artisan crafted jewelry, expert cleaning and polishing. 45 years jewelry experience. 707-386-3803.

Moving?

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

Want to Run a Classified Ad?

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

SERVICES

Notary

My home or yours. Servicing Trilogy for the past 14 years. Please call Eileen Griffin at 707-374-2684. Thank you.

Notary Public

Certified Notary, fast, professional and reliable service. \$15 per signature with 20% discount. Please call Jeffrey 707-374-7541. Thank you.

Notary to Go

Only \$10 per notarization in Trilogy. Loan documents signing no additional charge. Since 1984. Call Warren at 707-374-3477.

Notary Services

\$15 per signature per page/ discounts for multiple pages. Trilogy resident Elaine Wisz 707-374-4310.

Painting & Drywall

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

Pest & Termite Services

Trilogy resident and owner operated. General pest control services include monthly or bi-monthly services to meet your needs. Termite inspections. Specializing in real estate and refinance. Recent merger with Graybill Pest Solutions. Please call Ron Yocum—owner, R & D Termite and Pest Control 925-323-5211 or home office 707-320-1277. reyocum@yahoo.com. Goal: to serve our Trilogy neighbors and adjacent neighborhoods.

Pet Care

Loving Pet Care Services since 2007. Cats: 1-2, two visits \$15. Dogs: 1-2 (or combos of dogs/ cats), five visits \$20 a day. Meds etc. negotiable. Advance vacation reservations, short notice welcomed. Includes: feed, scoop, play and brush. Mimi 707-374-4343.

SERVICES

Pet Care

Happy Home Pet Sitting Services Cathy Vickers: Free estimates. Dog walking available. Trilogy resident, dog owner, loves animals. 707-416-8394 or jsv.cav@gmail.com.

Pet Care

I will take care of your dog or cat while you are away. I will care for your pet four times a day at \$25 a day. Ken 707-374-3842 or email kenatkins7@aol.com.

Photo-Statuettes

Full-Color Photo "Statuettes" of pets, Bocce players, Tennis & Pickle Ball players, grandchildren, etc. Have camera & will travel. . . or made from your email and/or existing photos. Call Harlan @ 707-438-5759.

Ron the Painter

Fences, mailboxes, interior home. Trilogy resident. Good work, good price. Call Ron 707-430-3135.

Rain Gutters Cleaned

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

Transportation

Reserve Your Ride. Trilogy resident will drive you anywhere: airports, BART, train, ferry, cruise terminal and more. Call Joanne 415-823-7575.

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



SERVICES

Transportation

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

Transportation

Dave's Transportation since 2009. I will take Trilogy residents to planes, boats and trains. Very dependable. Call 707-374-3192 or cell 949-412-8452.

Transportation

Retired peace officer will provide safe and comfortable transport to travel terminals, destinations and medical appointments within 200 miles. Sandra 707-249-1567

Weed Pulling

Weed Pulling: Don't break your back; keep your yard tidy. Trimming, weeding, general cleanup, plant new plants. Laurie 707-374-6305 or 925-301-7389.

Window Cleaning

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

WANTED

Room to Rent

Hi, I am Ron The Painter looking for a bedroom and shower in Trilogy. If you know me, let's talk. Ron 707-430-3135.

Sporting Goods

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

Volunteers

Volunteers needed for Trilogy Triathlon on Saturday, June 17. Free T-shirt! Contact Kathy Erwin 707-734-4205.

TRILOGY PRODUCE MARKET

SUNDAY

May 28

June 18

10am - 3pm

Delta Club



**Fruits, Vegetables
& Other Specialties**

Trilogy's 40th JULY Celebration

Presented by Trilogy and All Villages

10:30 SUMMERSET PARADE - CLOCKWISE

Parade is Staged 9:30 a.m. & Starts At Vista Club

11:00 Purchased Food Tickets Available at Delta Club

ORDER TODAY AT DELTA CLUB BOX "9"

No walk-up sales available!

HOT DOG, CHIPS & BEVERAGE

ICE CREAM SOCIAL

(Served 11:00 -1:00 Delta Club)

11:30 DJ MUSIC AT THE POOL (11:00 -2:30)

12:00 PARADE AWARDS PRESENTATION



Contact Member Services (374-4200) or Debbie Dorn ddorn@actionlife.com.



GET READY THE PARADE IS COMING!

REGISTER NOW! Delta Club Box #9

***FORMS AT VISTA OR DELTA CLUBS!**

CONTACT PARADE CHAIR SADDLE ROCK RICH LARSEN WITH QUESTIONS RICHARDLARSEN@YAHOO.COM (707-580-8122)

ESCORT CONVERTIBLES & DRIVERS NEEDED!

**Enter A Golf Cart For The Contest
OR Join With Any Other Type Entry!**

**Associations, Committees, Clubs, family
event, or go solo join in the parade fun!**

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

- Alain Pinel Realtors is ranked 5th largest independent real estate broker in the nation, for the 5th consecutive year.
- Over 30 offices to serve YOU, throughout the area including Sonoma, Napa, Tahoe & San Francisco.
- Offering personalized marketing plans for each home, including Professional Photography, Virtual Tours, Custom Marketing Materials, Staging and more.
- On-Line Marketing includes Property Websites, Domestic & International.

HOME PRICES CONTINUE TO RISE!!! CALL TODAY FOR A MARKET ANALYSIS OF YOUR HOME.

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



Kathie Bleier
925.683.7084
KBLEIER@APR.COM
BRE 01063281



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

ADVERTISING INFORMATION

DEADLINE: All final ads and checks are due by the fifth of the month prior to the month of publication. For example: July 2017 ads and checks are due by June 5, 2016. All late submissions will run in the August 2017 issue of *Trilogy Living*.

REGULAR SIZES AND RATES:

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

PREMIUM SIZES AND RATES:

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

DISCOUNTS:

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

To place an ad, contact Joan Azlant at joanazlant@comcast.net or 707.374.2620. If you need ad design, contact Tania Fardella at indigodesign@att.net or 925.324.9988. Additional fees will apply for design, scanning, and edits.



Window fashions that have every style covered.

HunterDouglas 

Hunter Douglas offers a wide variety of window fashions in an array of fabrics, textures and colors. Contact us today. We're the Hunter Douglas experts, guiding you in the selections that'll make your home even more beautiful—whatever your style.

Ask us about:

- Free Design Consultation
- Free measuring and installation
- 10% off Fabric when purchasing draperies



**Window
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California, Inc.**

Solano Window Fashions

125 Grobic Ct. Suite A
Fairfield, CA 94534
(Near Pearson's Appliance)

Monday through Friday 9-5
Saturday 10-3

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