

# Trilogy Living



*Photo Courtesy of Trilogy Dance Club*

Celebrating their fourth anniversary, the Trilogy Dance Club (formerly known as the Trilogy Ballroom Dance Club) is hosting a special dance on July 8. They have recently expanded their repertoire to include easy rock & roll every other month. Music is provided by the Trilogy Jazz Band and the new Solid Gold Band. Music spans classic ballroom, swing, country, oldies, and more. For more information, see Note from the Editor on page 4.

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# Join Us In July!



**Wednesday, July 4**  
**11:30 am – 6:00 pm**

## ***Annual All-American BBQ***

Enjoy our yearly event with live entertainment provided by *Jeremy the Juggler* from 1:00 to 2:00 pm.

*RSVP by June 28.*



**Saturday, July 14 & 28 • 3:30 pm**

## ***Happy Hour, Refreshments & Live Music***

Join us to celebrate the weekend!

*RSVP two days prior.*



**Wednesday, July 25 • 4:30 – 8:30 pm**

## ***Family Bingo Night & Spaghetti Feed Fundraiser***

Live Entertainment at 4:30 pm

Bingo starts at 6:00 pm

Dinner: \$9.50/person

Bingo Cards: \$5.00/ea

All proceeds benefit the  
*Alzheimer's Association.*

*RSVP by July 19.*



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## From the Master Association



### Carol Benkie

President

The Trilogio Rio Vista Master Association Board of Directors meeting was held in the Diablo Ballroom of the Vista Club on June 12, 2012.

#### An Executive Session convened prior to the MA meeting and actions taken:

- Executive Session Minutes for May 8, 2012 were unanimously approved.
- After conversing on lien filings and foreclosures the need regarding foreclosure property lawn eye-appealing was discussed. Individual villages may cut or weed from time to time via various landscape contractors, but due to city policy, villages may not pay for just water bills without also having to pay the sewer rate as well, which is cost prohibitive.
- The Rio Vista Golf Course condition was discussed. Although there are CC&Rs for the course, any enforcement action requires legal action. With the course for sale, it was agreed to delay further action. Authorization, just given, will separate the electric meters, which will make the golf course responsible for future electricity use on #9 and #18 circulation pond pumps.
- The Trilogio Waste Water Treatment Plant – No further negotiations will be made with the City of Rio Vista until full decommission of the WWTP. A 25-page Onsite Soils Test Report was received today (June 12, 2012) on the WWTP.

#### Actions taken by the board at the June Regular Meeting included:

- Unanimous approval was given for the consent calendar; regular meeting minutes of May 8, 2012.

#### Unfinished Business:

- Upon recommendation from the Access and Adult Committees, there was a unanimous decision from the board to have the Delta Club door unlocking hours set from 7 a.m. to 11 p.m. The hours will coincide with the Welcome Center "change of guard."

#### New Business:

- Amenities Committee Charter was tabled until the July 2012 meeting.

The Master Association's next regular meeting is on July 10, 2012 at 2 p.m. in the Vista Club. Your ideas and suggestions are welcome; please attend.

## TRILOGY AT RIO VISTA

D I R E C T O R Y

### Master Association Board of Directors

Carol Benkie, President (3316)  
Warren Oglove, Vice President (3477)  
Tom Moore, CFO (5772)  
Bernie Dehn, Secretary (4764)  
Lorna Bewick, Director (2093)

### District Delegates

Village I – Carol Benkie (3316)  
Village Oakmont – Tom Moore (5772)  
Village Riviera – Lorna Bewick (2093)  
Olympic Village – Joel Auslen (5808)  
Saddle Rock Village – Mary Ann Butts (3099)

### Committees

Adult – Helen Bergoust, Chair (2436)  
Access – Dave Bewick, Chair (2093)  
Disaster Preparedness – Jim Larsen (4382)

### Village Board Presidents

Village 1 – Bernie Dehn (4764)  
Village Oakmont – Walt Manos (2827)  
Village Riviera – Don Seyk (6407)  
Olympic Village – Robert Sonnenburg (925) 550-3832

### Association Administration

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

### Club Numbers

**Vista:** Front Desk (4200) Fax (1099)  
**Delta:** Admin Office (4843) Fax (4891)

### Trilogio Living Editorial Board

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

### Commercial Advertising Manager

Joan Azlant, joanazlant@comcast.net (707) 374-2620

### Resident Classified Advertising

Kathy Nilsson, knilsson@actionlife.com (4200)

### Welcome Center/Front Gate (4306)

trvwelcomecenter@gmail.com

### Cyber Café (4202) Nines (4400) Golf Course (2900)

### Shea Customer Service 1-866-535-9989



## *From the Editor*



### **Andrea Stuart**

It's said that music opens the heart. July has imbued us with a plethora of sonic beauty and offers us an opportunity to enjoy the entertainment that comes with it. On the cover this

month we are featuring the Trilogy Dance Club. You once knew them as the Trilogy Ballroom Dance Club; however, in addition to ballroom dance music, they've expanded their horizons and are now boogying down to a variety of other genres. Trilogy Jazz Band and the Solid Gold Band provide the music for many of their events. In July, they're celebrating four years of fun with a special dance. Doors open at 6 p.m. on July 8. Dances are held on the second Sunday evening of each month. Locate schedules at the Vista Club one or more weeks in advance of the dance. Entry is \$5, which pays for the music. The schedule is also posted on the bulletin board at the Delta Club. Reservations aren't required and no membership dues are paid. So put on your dancing shoes and cut some rug!

Need more Solid Gold Band? See them at the Concert on the Patio on July 28. It's their one-year birthday; come celebrate with them!

Begin the fun with the Fourth of July extravaganza that Trilogy has planned. See page 7 for details. Then, continue your summer groove with some sunshine and refreshments at the Olympic Village Kare Bears Lazy Summer Day event. And don't forget about Thursday night Movie in the Park on July 13, 20, and 27 at Rio Vista City Park. The movies begin at 8 p.m. Bring your grandkids and a blanket! For more information, visit [riovista.org](http://riovista.org) and click on the events calendar.

Happy summer, everyone!

**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 Homeowner's Association, Inc., the Board of Directors, its officers, or management.

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

## *From the Activities Director*



### **Debbie Dorn**

We had a wonderful Travel Discovery presented by Hema and P.C. Kumar who captivated the room by sharing their amazing South African Odyssey adventures. The entertaining DVD, which

P.C. designed, revealed their fascinating journey full of wild-life, natural beauty, and points of historical interest. That was a real treat and was complemented by the unique African items from the area displayed and shared by Sharon Conlon.

Joni Morris serenaded Trilogy with songs by legendary ladies of country music. A mighty performer and truly a dazzling entertainer, Joni transported us back into the Golden Years of the late-50s and 60s, up through current day. Joni's polished, rollicking, and often soulful country-western music show came to us by special arrangement. By popular demand, we will try to get her back.

The folks at Karaoke Night produced sing-a-long good times making for a relaxed evening of spontaneous fun and entertainment. Karaoke comes to you quarterly, usually the third Friday of the month. So, make note of the next Karaoke gathering on the last Friday in August.

It's summer, and July is an exciting month of celebration! Join in the July 4th festivities as we celebrate our country's birthday and our independence. There is something for everyone. Volunteering is an easy and fun way to participate; call Member Services (4200) if you want to lend a hand. Comedy Night returns and there is a special Trilogy treat for our Concert on the Patio series. Trilogy's own Solid Gold band will make it a must-attend party as we celebrate their one-year birthday. Sales are limited. See details in this issue or view flyers at the clubs. Call Debbie Dorn with your questions or comments at (4204), or send an email to [ddorn@actionlife.com](mailto:ddorn@actionlife.com). My mailbox is always open.

## **Concert on the Patio ~ Solid Gold Band**

**Saturday, July 28, 7 – 9 p.m., Vista Club Patio ~ \$10**

It is a celebration! Trilogy's own Solid Gold Band will be "one" year new! Solid Gold will perform the music we grew up with from the 50's, 60's and 70's in four-part vocal harmony! The group has entertained for a variety of functions during the year available for corporate, family, and private events. We are fortunate to have Solid Gold perform for us as we celebrate their first birthday! Bring family, friends, outdoor attire, your comfortable chair and favorite provisions for this spectacular performance! Sales are limited. Separate seating areas for performance viewing and dance will be available. Sign up today at Member Services, Vista Club.



## **Farmer's Market ~ Have you experienced Trilogy's Market Place?**

Sunday, July 22, 10 a.m. – 3 p.m., Delta Club ~ Free

Bring your neighbors and support your locally grown fresh fruits and vegetables from our own Trilogy Farmer's Market. Petrill's Produce Farmer's Market provides wonderful produce and other specialties. It's easy to keep a fresh supply of fruits and vegetables on hand without leaving Trilogy. And, you'll receive a free apple with purchase for visiting the market!

## **Grapevine Chat!**

Tuesdays, July 10, 6 p.m. & July 24, 5 p.m. ~ Free  
Grand Living Room, Vista Club

Are you new to Trilogy or a seasoned resident who enjoys great company, an inviting atmosphere, and good conversation? Join the social gathering at the

big fireplace. It's a warm and casual setting where you can "get the scoop" on all things Trilogy, and share experiences with your neighbors. Bring your favorite beverage and snacks if you'd like. No sign-up required.

## **Comedy Night with Geoff Bolt**

Friday, July 20, 7 p.m., Diablo Ballroom, Vista Club ~ \$10

Everyone enjoys a good laugh and you will find plenty of laughter here. Geoff Bolt is an improviser in the world of sketch comedy. Geoff has appeared on stages around the country in costume and in standup, as well as on almost every national and cable TV network, and in an occasional feature film. You may have heard him on any one of over 500 radio and television commercials, or on NPR's West Coast Live. His writing talents have been recognized with a number of awards including: the British Design, Gold Lion at Cannes, The One Show, the Best of the West, as well as, CBS's Best Commercials of the Year. Bring your favorite beverage, snack for an enjoyable and humorous show. Sign up at Member Services.



Vista Club Grand Living Room

## **Are You Watching Your Blood Pressure?**

Did you know . . . you can have your blood pressure checked on the second Thursday of every month at the Delta Club Library between 9 – 10a.m. Share your appreciation for this free service when you see Ruth. She has been volunteering this service to Trilogy residents for many years!



## Culinary Food & Wine Tour at Murphys, California

Tuesday, August 21, Bus Departs 8:30 a.m. Returns 5:30 p.m.  
at Delta Overflow Parking Lot ~ \$85/pp All-Inclusive



Enjoy the finest wine and food in gorgeous Murphys! Trilogy and Local Roots Food Tours have teamed up once again, offering another food and wine adventure. Aptly named "Queen of the Sierras," and one of Sunset Magazine's "Top Ten Coolest Small Towns," Murphys is a superb destination for fine dining and wine tasting. This tour shows you the best of both worlds. Stroll along 1800s-era Italian brick and among stone buildings where talented chefs and vintners produce mouth-watering dishes and award-winning vintages. Our easy three-hour walking tour includes up to seven stops at the best restaurants and shops. You'll eat unique fare made from fresh, locally-sourced produce. You'll also taste fabulous, locally-made wines. *Bus driver and tour guide gratuity is an individual option.* Sign up at Member Services. Contact Debbie (4204).



### Do you have some extra time on your hands?

Volunteer for the July 4<sup>th</sup>  
Celebration Party! We could  
use a little help with several

activities from decorating to serving the hot dogs. There is still time, so call Member Services (4200) if you want to help while having some fun!

## Travel Discovery ~ Sailing the British Virgin Islands

Thursday August 23, 6:30 – 7:30 p.m.  
Diablo Ballroom Vista Club ~ Free

Join Ed Vitrano as he takes you on an entertaining sailing adventure sharing tips and options to design your perfect vacation. Ed will share insider-planning tips for the trip from home and back again, covering all things luxury and economy for a totally splendid experience. See magnificent sights, shore-side attractions and outrageous beaches from the slideshow. Learn about chartering and cruising the BVI, along with planning your sailing itinerary! You'll come to see why the BVI have been dubbed, "Nature's Little Secret," as they are simply breathtaking, yet arguably the most popular of all Caribbean destinations. Bring along your favorite beverage and provisions to enjoy during your enlightening journey. Sign-up at Member Services. Contact Debbie Dorn (4204) for more information.

## The Cash Tribute Show

Saturday, September 1, 7–9 p.m ~ \$15/pp  
by Special Arrangement

A classy and authentic production, The Cash Tribute Show featuring James Garner, honors the life and music of the legendary "Man in Black," Johnny Cash. With strong conviction and stunning accuracy, Garner and his band perform Cash's music, combining it with historical accounts and personal anecdotes about America's most beloved singing storyteller. The show is a fun, toe-tapping trip down memory lane honoring Cash's life and the boom-chicka-boom sound of his longtime backing band, the Tennessee Three. Bring family, friends, outdoor attire, a comfortable chair and your favorite provisions for this spectacular performance. Sales are limited. Separate seating areas for performance viewing and dance will be available. Sign up today at Member Services, Vista Club.

Mark your calendar to sign up next month.

### Fend Off the Flu ~ Sutter's Flu Shot Clinic is coming to Trilogy

Sunday, September 23, 9–2 p.m., Delta Club  
Free for Medicare Part B Holders

# Trilogy "Celebrating Our Freedom"

**Wednesday, July 4th, 2012**

**10:30am—2:30pm Presented by:**

**Village 1, Oakmont, Riviera KB & Saddle Rock**



**10:30 SUMMERSET PARADE**  
(LINE UP AT DELTA CLUB)

**11:30 HOT DOG, CHIPS & BEVERAGE**  
**ICE CREAM SOCIAL**  
(SERVED 11:30—1:30 DELTA CLUB)

**DANCERS & SINGERS**  
**DJ MUSIC AT POOL**



**12:30 DECORATED GOLF CART AWARD PRESENTATION**

**Contact Debbie (4204) or Antoinette (5154) with questions**

Please return this lower portion with check attached to Delta Club Box #8

Name(s):

Phone Number:

Today's Date:

THE UNITED STATES FLAG - PAST AND PRESENT

**Make checks payable to VORC**

**RSVP by Friday June 29:**

Number Hot Dogs # \_\_\_\_\_ X \$5 = \$ \_\_\_\_\_

Ice Cream Sundaes # \_\_\_\_\_ X \$3 = \$ \_\_\_\_\_



Regular # \_\_\_\_\_ Sugar-Free # \_\_\_\_\_

Total Check Amount Enclosed: \$ \_\_\_\_\_

**Served 11:30—1:30**

**(non-refundable)**

Can you volunteer to help? ☐ Yes ☐ No Number of "Diet" Soda? # \_\_\_\_\_

**Parade Registration:**

Will You Have A Golf Cart Entry? ☐ Yes ☐ No

Other Entry? If so, what is your entry? \_\_\_\_\_

The first flag of the United States had 13 stars and 13 stripes to signify the original 13 colonies. Today's flag still has the 13 stripes, one star for each of the states.





## Assessment Notice

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

### Assessments for the month:

**Master Association \$118.29**

**Master Association \$80.39**

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

**Village I \$4.00**

**Village Oakmont \$4.00**

**Olympic Village \$4.20**

**Village Riviera \$4.50**

**Saddle Rock Village \$0**  
(None until dormancy ends)

**Club Hours** – The Delta Club is open at 7 a.m. for entry with members' keys. It is open from 8 a.m. to 5 p.m. for entry without keys and from 5 p.m. until 11 p.m. for entry with keys. From 11 p.m. until 7 a.m., there is no entry. The Vista Club is open from 6 a.m. to 9 p.m.

**Suspicious Activities regarding Landscape Contractors** – The administrative office is receiving more reports that landscape contractors/gardeners are stealing plants from, and/or dumping clippings, both grass and trimmings, at vacant home. Please be aware of actions around these properties if you live near one. Try to get a name/phone number of any suspicious commercial-style/looking vehicles and immediately report them to the Welcome Center (4306) or the Administrative Office at (4848).

**Electronic Communication** – The Association is no different than other organizations in leaning more on electronic communication to its Members. As you may know, the Master Board recently agreed that distribution of the monthly meeting agenda would be distributed by electronic methods. There are two ways you can assist in reducing costs to the Master and Village Associations.

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

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

Thanks for considering both options.

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

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

**Reserve Tables and/or Chairs** – Contact Debbie Dorn Activities Director, Vista Club (4204)

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

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

**Residential Ads Submitted in the Trilogy Living** - Kathy Nilsson, Member Services, Vista Club (4200)

**Help!!!! We Want to Live** – Coffee and other beverages, gum wrappers, food etc. kill the plants when the pots are used as garbage receptacles. The plants are expensive to replace and all Members pay for replacements.

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

**Free Shredding Day** – Shredding will take place onsite on Saturday, July 21st 10 a.m. – 2 p.m. in the Delta Parking Lot between the tennis courts and the golf cart barn.





**You Might Be Missing Important Information: Electronic Notices** – You are encouraged to give your email address to the Administrative Office, if you haven't already. More and more information is being disseminated through email blasts rather than tubing.

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

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

**Parking in front of mailboxes** – Thank you for not parking in front of mailboxes and for asking your service providers to park elsewhere. This makes it easier for our mail carrier delivering your mail. It also allows our staff to deliver flyers and gives your neighbors easy access to their mailboxes.

**Irrigation** – Please adjust your sprinkler system to reflect weather conditions and look for standing water as it is mosquito season again.

**Anonymous Notes to the Administrative Office/HOA** – Please sign all Administrative Communication Forms. The office only takes action on signed forms.

**Dumping Trash** – Thank you for using your own trash receptacles rather than using other's receptacles throughout the community. Thank you also for not putting soda cans, water bottles, and other trash in the doggie waste disposal receptacles. Reminder: All residents are required to have garbage service.

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

**Pets in the Clubs** – No pets are allowed in either the Delta or Vista Clubs with the exception of service dogs. Service dogs are allowed only if they have been registered with the Administrative Office and have a TRVMA identification card. They must have their vest and TRVMA card on them at all times when they are in the clubs and they

must be accompanied by the person for whom they are providing a service. If you do not comply with a request from a staff member to show them the TRVMA card, you will be required to leave the club until you present it. Therapy dogs are not allowed in the clubs at any time. They are not service dogs and are not protected under the ADA.

**Animals** – Please do not feed any animals outdoors whether domestic or wild. The wild animal situation can only be controlled with the help of all members.

**It's Your Money** – Please help cut down on avoidable expenses:

1. Thanks to all members who put down umbrellas at the bocce courts, the Delta back patio, and especially the Delta pool area when you are leaving and no one else is around. When the wind catches the umbrellas they are often damaged and must be replaced. If they are on the glass tables in the outdoor pool area, not only are they damaged but the glass table tops are shattered. This costs time of the maintenance staff who must assure that all glass is cleaned up as well as the expense of replacing the table tops. The table tops and umbrellas are quite expensive. Again, thank you for saving all members the cost of replacing them.

2. Several items are missing from the clubs. Please report any theft to the Administrative Office/HOA. Remember that when anyone takes something, all members pay for the replacement. We need your help in cutting down on theft.

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

**Architectural Applications** – Important reminder: Applications must be submitted for work being done on the exterior of your home and yard. If you do not submit an application, a \$500 application fee may be charged.

**Delta and Vista Pool: Family Swim Times** – Children under the age of 18 are allowed in the pools during the hours of 11 a.m. and 3 p.m. and must be out of the pool area by 3:15 p.m. All guests to the pools regardless of their age are to be accompanied by a member.

**RV/Boat Passes** – You must enter through the front gate with your recreational vehicle and obtain a pass. Reminder: you may not have these vehicles in the community longer than 48 hours and they cannot be occupied while in the community. They are to be parked at your home, not in any common or undeveloped areas of the community.



Golf Carts – Remember golf carts must:

- A. Yield to overtaking vehicular traffic
- B. Be operated by a person with who is at least 18 years old
- C. Be covered under sufficient liability insurance

***Golf carts must obey all traffic signs that other vehicles must adhere to, including following the directions of the arrows on asphalt in parking lots.***

**For Your Safety** – If you are walking in the street, please yield to vehicles. Wear light colors and carry a flashlight when walking or biking at night or early mornings.

**Street Lights** – Report all street lights that are out to the Administrative Office at (4843).

**Visitors to the Vista Club** – If you have guests, please remember the following rules apply to your guests using the Vista Club:

**Signing In** – The Master Association Board of Directors requires all residents and invitees to sign in. This is for the safety of members and employees, and for the protection of our assets. This may be accomplished by using your ID card or by signing in. Members who are accompanied by guests must sign in instead of using their ID card. Guests who come without their sponsoring homeowner must sign the homeowners name on the sign-in sheet and are limited to using of the Cyber Café and Grand Living Room. Please help us keep your club private and safe by observing this policy

**Billiard Room** – a resident must be with their guests when they use the Billiard Room. All guests must be at least 18 years of age.

**Cyber Café** – all guests may use the Cyber Café.

## Meeting Calendar

### Master Association Board Meeting

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

### Village Riviera HOA Meeting

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

### Village 1 HOA Meeting

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

### Olympic Village HOA Meeting

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

### Village Oakmont HOA Meeting

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

### Adult Committee Meeting

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

**Cyber Café computers** – available for residents and their guests over the age of 10. Guests between the ages of 10 and 18 must be accompanied by a member. There are no parental controls on these computers.

**Fitness Room, Group Exercise studio, walking track, and the Learning Center** – available for residents only.

**Pool** – all guests must be accompanied by a resident. Guests under the age of 18 may only swim during family swim time, 11a.m. – 3 p.m. daily.

## educational opportunities through computer classes

### July 2012 Computer Class Schedule

CLASS	DATE & TIME	INSTRUCTOR
Microsoft Word	Wednesday, July 25, 10 a.m. - Noon	Judy Carter

Sign up at Member Services (4200).

Still Looking for Volunteer Computer Instructors.

If you are interested in teaching a computer class, please call Debbie (4204).



## Adult Committee

The Adult Committee met on May 31. A recommendation was sent to the Master Board to leave the Delta Club unlocked between the hours of 7 a.m. and 11 p.m. The Aesthetic Sub-Committee reported that two benches have been placed at the Garden Railroad and a third will be installed soon. The Pool Sub-Committee reported that an additional Aqua Fit class has been added to the Delta pool schedule.

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

The next meeting is on July 26. For more information, you may contact Helen Bergoust at alhelenb@aol.com or (707) 374-2436.

## Village Riviera Board News

Did you know you can save money for Riviera by simply agreeing to receive your budget and other paperwork that we are required to send out by email? To do this, complete the form titled "Consent to the Use of Electronic Means of Transmission for Communications." You can opt in to receive a whole list of items by email (list is on the form). This will save significant sums of money for Riviera, and you won't be overloaded with paper to store. You can save the documents in a folder on your computer.

To get the form, call the HOA Office at (4843) and request that they email the form to you, or email Debbie at dlacroix@actionlife.com and request that she email the form to you. Once you have it, print it out (if you got it by email), fill it out and return it to the HOA Office by hand delivery or U.S. mail. You may even put it in the HOA box in the hallway of the Delta Club. It is so easy.

Our next Village Riviera Board meeting is on July 5, 6:30 p.m. at the Delta Club.



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## Olympic Village



The Famous Pasta Dinner on June 5 was a sell-out success thanks to the efforts of Al and Rhoda Sbranti plus over a dozen other energetic and gracious OVRC volunteers. Guests feasted on delicious pasta, Caesar salad, wine and dessert (cake and ice cream sundaes). The red and white checkered décor and wine bottle

centerpieces gave the room the ambience of an Italian festival. We thank everyone who made it such a lovely evening.

Our next OVRC meeting is July 18 from 7-9 p.m. in the Monterey Room at the Vista Club. The agenda includes planning for the Fall Prevention Seminar on Sept. 20 where we will be assisting our Kare Bears to provide vital health and safety information for Trilogy residents.

In June, revised Olympic Village Residents' Club Bylaws were adopted by the Board and are now available for your review upon request. Changes were adopted to make the bylaws more flexible, consistent with the fact that we are primarily a social club.

Our next OVRC social event is scheduled for Nov. 3 and we will be forming committees to plan and put it together at our July meeting. Your ideas and energy are important for the success of our club. Join us for fun and friendship. Questions? Want to volunteer? Call Linda Jensen (5542). Have a great summer!

## Village Oakmont

Welcome to the beginning of summer! The sun and breezes are warming things up for outdoor activities. We are working to put together a great Trilogy Fourth of July Golf Cart Parade. We are still looking for more decorated golf carts to make this year's "Celebrating Our Freedom" the best one yet. Be sure to get your form in with your entry and your food selection with your check. Put it in Box #8 at the Delta Club. Extra flyers are in the Vista and the Delta Clubs. It's not too late to participate! We thank Veronica and our Social Committee for a wonderful International Potluck. The food was delicious and the decorated tables were awesome. We really have some great cooks, and it just takes a little time and sharing to make everyone feel happy and put smiles on their faces. The next Social Committee meeting

is on Wed., August 1 at 3 p.m. in the Monterey Room at the Vista Club. There is no Social Committee or Residents' Club meeting during the month of July. For more information or to make suggestions for our club, contact Antoinette at (5154) or [apsunflower@hotmail.com](mailto:apsunflower@hotmail.com).

## Village Riviera

The Sock Hop was a blast from the past. The music from DJ Dennis McGuire of Shall We Dance 4 Fun brought back lots of memories, and the food by ABC Grill Catering, Ed Donegan, was delicious. Those folks who love to dance and those who just wanted to hear the music that we grew up with all had a great time.

Wow! The Treasure Hunt is coming... the Treasure Hunt is coming! Clues are being assembled. Hiding places (in plain sight of course) are being sought out, routes are being determined, and the dinner, catered by our own George Burkhardt is "to die for." Get your team ready for another crazy ride around Trilogy. Be prepared to be puzzle-challenged. Linda and George Robinette never disappoint. This event takes place July 21. You should have signed up by the time you read this, but if not, do not delay another day. Get that flyer from the Delta or Vista Clubs if you did not receive one in your tube. Turn it in with the names of team members and your check(s) for your team.

After the Treasure Hunt, the Residents' Club takes a well-deserved breather until October when we have a wine tasting event with a secret theme (translation: the writer does not have a clue what the theme is going to be). But it will be tasty, fun, and a great place to visit with lots of folks, sample good wines, and have a nibble.

Hunt carefully and responsibly, but keep laughing. The Residents' Club meets the third Thursday of every month at 7 p.m. at the Vista Club. For more information, email Coralie Leder at [coralie.leder@gmail.com](mailto:coralie.leder@gmail.com).

## Village I

The next VORC general membership meeting is set for Wed., July 11 at 7:30 p.m. in the River Room at the Delta Club. The primary focus of this meeting is to discuss VORC's charity activity for 2013. We have already decided to devote the proceeds of the planned Feb. 15, 2013 Crab Feed event to our charity account. We need input from the VORC membership regarding what charity or charities to allocate the money. If you have a favorite charity and would like the board to consider said charity as a possible recipient, come to the July 11 meeting and make your thoughts known. If you cannot make the meeting, submit a suggestion in writing, no later than Tues., July 10, by sending your request and reasoning for your suggestion to Joe Downes at 460 Cypress Drive or email [josephdownes@citlink.net](mailto:josephdownes@citlink.net). Remember this is your club, make it work for you.





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**Call (707) 374-2878**

**or visit us online at**

**[www.deltabreeze.org](http://www.deltabreeze.org)**

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## Treating Heartburn Naturally

**Naturopathy Lecture Series with Trilogy's own  
Naturopathic Doctor Paulina Caban**



*Paulina Caban*

Heartburn is a common issue and there are several methods for relieving the condition. Dr. Paulina Caban, a licensed naturopathic doctor, will help you determine the best approach for you. Learn how to compare different over-the-counter nutritional and herbal supplements and what to consider in combining them

with common prescription medications. Most importantly, learn how to support a healthy digestive system with the food you eat and other naturopathic techniques you can incorporate into your every day life.

### Treating Heartburn Naturally

**July 17th, 7:00 p.m.**

Application of diet, lifestyle, and information on drugs and supplements

**FREE, no sign-up necessary**

## SAVE THE DATE!

**Saturday, Sept. 22, 2012**

**6<sup>th</sup> Annual Health & Wellness Fair**

Delta Club 9 a.m. – 2 p.m.

For vendor information, contact Anna Chunn at [achunn@actionlife.com](mailto:achunn@actionlife.com)  
or Kathy Erwin at (4205) or [kerwin@actionlife.com](mailto:kerwin@actionlife.com)



## Spa Specials for July + August

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**80 minutes \$70**

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80 minutes

**Regularly \$90 now \$80**

### 2 TRILOGY SIGNATURE

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**Two 40-minute facials \$70**



## Trilogy Health & Wellness Center Swim Lessons with Terry Kelly

These classes are designed for children and adults who have not had swimming lessons. You will learn to submerge your face, float, flutter kick, and gain confidence in the water.

Terry holds certifications as a Swim Instructor from the American Red Cross and YMCA.

She is a certified Lifeguard & Trained Water Safety Instructor, is the Rio Vista Sharks Coach, and is with the Masters Swimming Program for seniors. She has 14 years experience in teaching.



Terry gives participants success with fundamental skills. Goals: Enter and exit water using ladder, steps or side; fully submerge and hold breath; bobbing; open eyes under water and retrieve submerged objects; front, jellyfish and tuck floats; front and back glides and floats; recover to vertical position; roll from front to back and back to front; change direction of travel while swimming on front or back; tread water using arm and leg actions; combined arm and leg actions on front and back, finning arm action.

### Punch Cards Available for Swim Lessons

#### Youth & Adults

\$80 for 10 30-minute Lessons

\$40 for 5 30-minute Lessons

#### Kids Fees

\$25 per session or \$15 per session per child for multiple children in a family.

These lessons are given only during family swim time (11 a.m. -3 p.m. daily).

**For more information call Terry at the Vista Club  
707. 374. 4200**

*Spa specials available for purchase through August 31, 2012.  
May be redeemed anytime.*





## Trilogy Council for the Arts

Our mission as a Club here at Trilogy is "To assist and promote current organizations devoted to the arts as well as encourage new art organizations. The organization shall also help coordinate the various art programs to maximize the arts exposure to, and for, Trilogy at Rio Vista residents." Our funds for such projects come from the proceeds of our annual Music of the Night show.

We are currently discussing how we can help Trilogy obtain a sound system that works for all occasions. We are also thinking about a theme for next year's Music of the Night show.

Enjoy the summer, but think about joining us if you can sing, dance, or just want to be an "extra" in an amazing production put on by an amazing group of folks. Auditions are in October. It is never too early to start practicing. Join us at our monthly meeting, held the second Thursday of each month at 10 a.m. in the Monterey Room of the Vista Club. If you have questions, call Judy Calpo at (2924).

## Drama Club

Did you know there is an Italian restaurant here at Trilogy called Luigi's Italian Restaurant, and it will be on stage at the Delta in our August play *Who Poisoned His Meatball?* The performances are on August 16, 17 and 18 at 7 p.m. plus a matinee on August 19 at 2 p.m. Our Trilogy members have transformed themselves into Italian chefs, waiters, and of course, customers from a wide variety of backgrounds. There is no admission charge, so get your reservations turned in as soon as you get your flyer. All good restaurants require reservations. We are no exception.

Do you want to eat there since the meatball was poisoned? Was it accidental or deliberately? Who was it intended for? Who is the murderer? You are just going to have to come to the play to find out. Don't you love a good mystery... especially when it's funny?

We thank the tubers of each village in advance for their instant willingness to help the Drama Club by handling the tubing for us so that you may get your flyers. Watch for yours in the middle of this month. It is this kind of cooperation of various groups that helps to make Trilogy at Rio Vista so special.

Don't forget to make a reservation for Luigi's by choosing which performance you would like to attend. The restaurant is very popular and fills up fast, so don't delay.

For more information about the Drama Club and how you can be part of the fun of entertaining others, call Debby DuBrow at (6706). Ciao!

## Fat Quarter Quilters

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

## Scrapbooking Club

Are you taking pictures of your family and friends and of the special times you have enjoyed but you never see them? Why are you missing those memories?

Join our group to work on your own scrapbook photo album in a group setting. You will meet new friends and share ideas. We can help you get started! Just bring your photos. We meet the second Thursday of every month from 10 a.m. – 5 p.m. at the Delta Club. There are no dues or fees. For more information, contact Marti Rogers (6859) or Diane Andrade (0777).

## TOPS

Members of the Trilogy (Taking Off Pounds Sensibly) TOPS Chapter 2357 received word that their long time member Mae Church passed away Sat., June 1. She will be missed by all of her TOPS and KOPS (Keeping Off Pounds Sensibly) friends. Our sympathy is extended to Mae's family.

On July 4, our KOPS King, Woody Woodard and our Queen, Laverne Thompson will be honored at the California Recognition Day with all the new California KOPS Royalty at the Convention Center in San Diego. Then on Friday, July 6, they will graduate with new KOPS from all over the USA and Canada at the International Recognition Day. The International Queen and King will be crowned on Saturday, July 7. (The KOPS King and Queen are the two members who lost the most weight for the year 2011.)

We were pleased to welcome three new members to our group in May. Good times were reported from the June 20 Casino Bus trip to Red Hawk Casino.

Those who would like to take off a few pounds sensibly are welcome to come to the Delta Club any Wednesday at 8 a.m. to check out our program. Call Leader Minnie Howell at (5786) or Co-leader Peggy Smith at (1366) for more information about chapter activities.

## Trilogy Art Guild for Artists

Our Annual Juried Art Show for Trilogy Artists is on Saturday, Aug. 25 and Sunday, Aug. 26. Get your artistic juices flowing and create some new art for the show. All entries must be original art created by the entrant. We will have a display area for art done in a class. Classroom art cannot be juried, but will be appreciated as a developing artist. Ellen LaVac-



care was accepted in the Vacaville juried show and won two awards for two of her pieces, and our very own co-president Anna Chunn is also the featured Artist of the Month at C&R Framers in Brentwood. Congratulations to both ladies for your artistic abilities.

Our next meeting will focus on the Art Show and how everyone can help make it successful. We will discuss ideas or changes to the show. We meet July 2 at 2 p.m. in the Marina room at the Delta Club. For more information, contact Anna Chunn (3560) Marie Aquino (5151).

## Trilogy Jazz Band

The band plays for the Ballroom Dance Club's monthly dance on Sunday evening July 8, in the Vista Club Diablo Ballroom. We have added several new danceable tunes to our repertoire during the past few weeks, and we look forward to performing some of them for our audience on this occasion.

Full-band rehearsals are held every Wednesday from 2:30 to 5 p.m. following vocal rehearsals from 1:30 to 2:30 p.m., at the Vista Club Diablo Ballroom. Observers are welcome. The band is currently at full capacity, but we always like to meet

anyone interested and qualified to be a substitute player and possibly fill a future opening. For more information, contact Jim Lucas (7567) or Marti Rogers (6859).

## Trilogy Theater Group

The Trilogy Theater Group will have its first "get acquainted" meeting on July 26 from 7 – 8:30 p.m. in the Monterey Room at the Vista Club. If you've ever wanted to be involved with a theatrical production, please join us. We will have a need for people who are interested not only in being on stage but also in support positions. The need for set designers/painters, props, music/sound, costumes, make-up, hair/wigs, production assistants and those who work back stage is ever present for any group wanting to put on a play. No experience? No problem. If you're willing to learn, we're willing to teach you to be the best you can be and have fun at the same time. As you will soon learn, there is a place in theater for anyone who is willing to work a bit and end up feeling proud of the production and their role in it.

To learn more, join us on the July 26 for our initial meeting or call Louise Mitchell (6876).

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## Adult Grief Support

Rio Vista has an Adult Grief Support group that meets at the Rio Vista Library the first and third Wednesday of each month. The group is sponsored by NorthBay Hospice. There is no fee. This group is offered as a community service. If you are interested, please call Lynne at (6079) for more information.

## Relay for Life

Saturday, August 11 & Sunday, August 12

**Trilogy Terminator III Team, are you ready to relay?**



We need team members who have been on the team in the past. New members who are interested in joining us also make a difference. Every contribution is valuable! We help make life better for cancer patients. The money raised through Ameri-

can Cancer Society's Relay goes to help those afflicted in so many positive ways, from supplying a ride to the doctor, to giving them a wig and make-up, classes, or to help relieve some of the stress they are under. It goes toward research to help find a cure. The administration costs are one of the lowest of all the non-profit groups. ACS is mainly run by volunteers and relatively few staff. Honor your loved ones by decorating a luminaria bag and/or by making a contribution to the team. Sign up to be on the Terminator III Team to walk in remembrance of the fight against cancer in memory of a loved one or, to celebrate life for the one who is fighting the fight to beat this awful disease. If you are a cancer survivor, please call to sign up for our opening ceremony, which honors survivors and caretakers.

We hope everyone will come out to D. H. White Elementary School on August 11 and 12 to share in the good time of social activities and fundraising that will take place by the various teams. We need help to make this a successful event. If you can spare a few hours to help in any of the booths or can sign up to walk for an hour, you will make a difference. We need you and want you!

Contact Antoinette Pestana (5154) or [apsunflower@hotmail.com](mailto:apsunflower@hotmail.com) to sign up for the walk, purchase a luminaria bag to decorate, or to sign up for the Survivor Walk.

## Rio Vista CARE

Cowboy Up For CARE, Rio Vista CARE's major fundraising benefit on Sept. 8, 2012 at the Rio Vista area ranch of Ian and Margaret Anderson. Guests at this boot-scootin' event will enjoy western music, cowboy poetry and line dancing along with a sumptuous barbeque dinner. The Silent Auction will feature one-of-a-kind items sure to tempt every cowboy and cowgirl in the crowd. Joe Gates, local auctioneer, will return this year to entertain and encourage bidders to make the event's "live" auction extra lively. And, of course, there will be a big winner in the 50/50 Raffle, which netted last year's winner over \$500! All proceeds benefit Rio Vista CARE. Dust off your hat, put on your boots and polish your belt buckle. Tickets are \$50 each and are available at the CARE office 125 Sacramento Street, Rio Vista. Want to volunteer your time to help with this event or other CARE activities? Call (5243).

## AARP Driver Safety Refresher Course

**July 28, 2012**

**9 a.m. to 1:30 p.m.**

**Vista Club**

*Completion of the full eight hour course  
is required within the last four years.*

## Alzheimer's/Dementias Support Group Meeting

The monthly Alzheimer's and Related Dementias Support Group meet the third Friday, of each month 9:30 – 11 a.m. at the Senior Center located at 25 Main St. All caregivers are welcome to attend.

Contact meeting facilitator Nat Marcoccio ([RVALZSG@yahoo.com](mailto:RVALZSG@yahoo.com)) for more information.



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



## Olympic Village

One of the best ways to better health is relaxation. Olympic Village Kare Bears is hosting a Lazy Summer Day event for our residents. Join us for light refreshments and sunshine on the Delta Patio. Remember, Olympic Village Kare Bears can help in times of need. If you need assistance, please contact Marian Maksimowicz (5020) or Mackie Webster (5837).

### Lazy Summer Day

July 17, 2012  
Delta Club  
1 - 2:30 p.m.

## Village Oakmont

Don't forget to save your treasures for the October 6, 2012 Trilogy Garage Sale. Last year it was held at Penny Couser's home and was a tremendous success. Your donations enable us to help our neighbors and to give back to our Rio Vista Community. Please note: there will be no Oakmont Kare Bears meetings in July and August. Have a summer filled with sunshine and play! Your Oakmont Kare Bear President is Virginia Albertson (6823) and our Sr. Coordinator is Ruth Joseph (0777).

## Village Riviera

This spring, the Riviera Kare Bears received an invitation to attend a Kare Bear luncheon taking place at Summerset Orchards in Brentwood. On a windy day in May, a dozen of us made the trek to Brentwood. After the arduous journey over the river and through the woods

we arrived for the affair, where warm welcomes and cold mimosas greeted us at the door. We were seated amongst their delightful decorations and were served delicious dishes by the members' husbands. Beautiful and fun photos of people's pets were projected during the meal as a tie-in to the service dogs that were the subject of the upcoming lecture. The guest speaker had authored a book about a heroic service dog that saved the life of his blind owner and many others. This courageous dog led all of these people to safety from one of the burning towers on September 11. The caring conversation made for an absolutely lovely luncheon. Our thanks to every one of the Summerset Orchards' Kare Bears and their president Shirley Krouse. We will host the cross river luncheon next spring and will strive to serve up an experience that will brighten their days as they did ours.

And while on the subject of serving, remember to come to the Fourth of July Ice Cream Social, where the Riviera Kare Bears are serving the ice cream. The proceeds will allow us to continue to serve our brand of Kare to those who need it. Good deeds and ice cream, too, only winners on this one!



## FAMILY SUPPORT COMMITTEE

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

For more information, please call Chairperson

Claudette Gartner (707 ) 439-6116,

[xbirdlady@myifp.com](mailto:xbirdlady@myifp.com),

Coordinator Barbara Sherison (6845)

or Betty Bowley (5613).

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# Trilogy Living

## Fitness Class Schedule for July 2012

All classes require either a Trilogy Fitness Punch Card at \$60 for 20 punches or \$30 for 10 punches. **SPECIAL BUY 2 \$60 PUNCH CARDS AND SAVE 10%.** Each class requires one punch except Specialty Classes which require two punches. Get your cards at the Member Services Desk. Call Fitness & Spa Director Kathy Erwin at (4205) if you have questions. All classes are held in the Vista Group Exercise Studio unless otherwise noted. Last month’s Punch Card raffle winner was **Barbara Downs**.

**July Fitness Orientations: July 14, 11 a.m., July 25, 6 p.m.**

Key  
**Bold = New/Change**  
*Italic = Specialty Class*  
(B)eginning (I)ntermediate (A)dvanced

*\*\* Please note that Joele will be out due to knee surgery. Look for her classes starting again in August.*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>2</b> <b>7:30-8:30am Step Aerobics (B/I/A) Pat</b> 8:30-9:30 am. Workout w/ Weights (B) (GX) (Pat) 9-10 am. Yoga/Pilates (B) (DB) Deanna 9-10am Advanced Aqua (B/I/A) (DP) Kathy 9:30-10:30 am. Wake-up & Move (B/I) (RV) Anna 10-11 am. Aqua Fit (B) (DP) Denise 9:45-10:30 am. Core Balance & Standing Abs (B) (GX) Sophie 10-11 am. Meditation Breathing (B) (DB) Deanna 10:30 -12 pm. ZUMBA “Power 90” (B/I) (GX) Sophie 12-1pm. ZUMBA Gold Beginner (B/I) (GX) Sophie 3-4pm Circuit Training Combo Balance (B/I) (GX) Susan 4-5pm Stretch & Flex (B/I) (GX) Susan 6:30-7:30 pm. Yoga/Pilates (B/I) (DB) Deanna	<b>3</b> 9:30-10:30am. Aqua Fit (B) (VP) Denise 11-12 pm. Arthritis Program (B) (GX) Beverly 1-2pm Sit & Get Fit (B) (GX) Beverly 3-4pm Advanced Aqua <b>(B/I/A) (DP) Kathy</b>	<b>4</b> 7-8 am. Early Yoga (B) (DB) Tammy 7:30-8:30 am. Low Impact (B/I) (GX) Pat 8:30-9:30 am. Workout w/ Weights (B/I) (GX) Pat 9:30-10:30 am. Wake-up & Move (B/I) (RV) Anna <b>9:30-10:30am Body Works (B/I/A) (GX) Kathy</b> 9:30-10:30 am. Aqua Fit (B) (DP) Denise 12-1pm Stretch & Flex (B/I) (GX) Susan <b>1:30-2:30 pm. Adaptive Yoga Workout (B) (GX) Deanna</b> 7-8pm Relax & Get Fit (B/I) (SR) Anna	<b>5</b> 9-10 am. Tai Chi (B/I) (DB) Lillian 9-10am Advanced Aqua (B/I/A) (DP) Kathy 10-11am. Aqua Fit (B) (DP) Denise 11-12 pm. Arthritis Program (B) (GX) Beverly 1-2pm Sit & Get Fit (B) (GX) Beverly 2:30-3:30pm Yoga (B/I) (DB) Tammy 3-4pm Aqua Fit (B) (DP) Denise	<b>6</b> 7-8 am. Early Yoga (B) (DB) Tammy <b>7:30-8:30am Step Aerobics (B/I/A) Pat</b> 8:30-9:30 am. Workout w/ Weights (B/I) (GX) Pat 9-10 am. Yoga/Pilates (B) (DB) Deanna 9:30-10:30 am. Aqua Fit (B) (VP) Denise 9:45-10:30am Core Balance & Standing Abs (B) (GX) Sophie 10:30-12 pm. ZUMBA Power 90 (B/I) (GX) Sophie 12-1 pm. ZUMBA Gold Beginners (B/I) (GX) Sophie	<b>7</b> 11-12 pm. ZUMBA (B/I) (GX) Sophie 12-1pm ZUMBA Gold Beginners (B/I) (GX) Sophie
<b>9</b> <b>7:30-8:30am Step Aerobics (B/I/A) Pat</b> 8:30-9:30 am. Workout w/ Weights (B) (GX) (Pat) 9-10 am. Yoga/Pilates (B) (DB) Deanna 9-10am Advanced Aqua (B/I/A) (DP) Kathy 9:30-10:30 am. Wake-up & Move (B/I) (RV) Anna 10-11 am. Aqua Fit (B) (DP) Denise 9:45-10:30 am. Core Balance & Standing Abs (B) (GX) Sophie 10-11 am. Meditation Breathing (B) (DB) Deanna 10:30 -12 pm. ZUMBA “Power 90” (B/I) (GX) Sophie 12-1pm. ZUMBA Gold Beginner (B/I) (GX) Sophie 3-4pm Circuit Training Combo Balance (B/I) (GX) Susan 4-5pm Stretch & Flex (B/I) (GX) Susan 6:30-7:30 pm. Yoga/Pilates (B/I) (DB) Deanna	<b>10</b> 9:30-10:30am. Aqua Fit (B) (VP) Denise 11-12 pm. Arthritis Program (B) (GX) Beverly 1-2pm Sit & Get Fit (B) (GX) Beverly 3-4pm Advanced Aqua <b>(B/I/A) (DP) Kathy</b>	<b>11</b> 7-8 am. Early Yoga (B) (DB) Tammy 7:30-8:30 am. Low Impact (B/I) (GX) Pat 8:30-9:30 am. Workout w/ Weights (B/I) (GX) Pat 9:30-10:30 am. Wake-up & Move (B/I) (RV) Anna <b>9:30-10:30am Body Works (B/I/A) (GX) Kathy</b> 9:30-10:30 am. Aqua Fit (B) (DP) Denise 12-1pm Stretch & Flex (B/I) (GX) Susan <b>1:30-2:30 pm. Adaptive Yoga Workout (B) (GX) Deanna</b> 7-8pm Relax & Get Fit (B/I) (SR) Anna	<b>12</b> 9-10 am. Tai Chi (B/I) (DB) Lillian 9-10am Advanced Aqua (B/I/A) (DP) Kathy 10-11am. Aqua Fit (B) (DP) Denise 11-12 pm. Arthritis Program (B) (GX) Beverly 1-2pm Sit & Get Fit (B) (GX) Beverly 2:30-3:30pm Yoga (B/I) (DB) Tammy 3-4pm Aqua Fit (B) (DP) Denise	<b>13</b> 7-8 am. Early Yoga (B) (DB) Tammy <b>7:30-8:30am Step Aerobics (B/I/A) Pat</b> 8:30-9:30 am. Workout w/ Weights (B/I) (GX) Pat 9-10 am. Yoga/Pilates (B) (DB) Deanna 9:30-10:30 am. Aqua Fit (B) (VP) Denise 9:45-10:30am Core Balance & Standing Abs (B) (GX) Sophie 10:30-12 pm. ZUMBA Power 90 (B/I) (GX) Sophie 12-1 pm. ZUMBA Gold Beginners (B/I) (GX) Sophie	<b>14</b> 11-12 pm. ZUMBA (B/I) (GX) Sophie 12-1pm ZUMBA Gold Beginners (B/I) (GX) Sophie
<b>16</b> <b>7:30-8:30am Step Aerobics (B/I/A) Pat</b> 8:30-9:30 am. Workout w/ Weights (B) (GX) (Pat) 9-10 am. Yoga/Pilates (B) (DB) Deanna 9-10am Advanced Aqua (B/I/A) (DP) Kathy 9:30-10:30 am. Wake-up & Move (B/I) (RV) Anna 10-11 am. Aqua Fit (B) (DP) Denise 9:45-10:30 am. Core Balance & Standing Abs (B) (GX) Sophie 10-11 am. Meditation Breathing (B) (DB) Deanna 10:30 -12 pm. ZUMBA “Power 90” (B/I) (GX) Sophie 12-1pm. ZUMBA Gold Beginner (B/I) (GX) Sophie 3-4pm Circuit Training Combo Balance (B/I) (GX) Susan 4-5pm Stretch & Flex (B/I) (GX) Susan 6:30-7:30 pm. Yoga/Pilates (B/I) (DB) Deanna	<b>17</b> 9:30-10:30am. Aqua Fit (B) (VP) Denise 11-12 pm. Arthritis Program (B) (GX) Beverly 1-2pm Sit & Get Fit (B) (GX) Beverly 3-4pm Advanced Aqua <b>(B/I/A) (DP) Kathy</b>	<b>18</b> 7-8 am. Early Yoga (B) (DB) Tammy 7:30-8:30 am. Low Impact (B/I) (GX) Pat 8:30-9:30 am. Workout w/ Weights (B/I) (GX) Pat 9:30-10:30 am. Wake-up & Move (B/I) (RV) Anna <b>9:30-10:30am Body Works (B/I/A) (GX) Kathy</b> 9:30-10:30 am. Aqua Fit (B) (DP) Denise 12-1pm Stretch & Flex (B/I) (GX) Susan <b>1:30-2:30 pm. Adaptive Yoga Workout (B) (GX) Deanna</b> 7-8pm Relax & Get Fit (B/I) (SR) Anna	<b>19</b> 9-10 am. Tai Chi (B/I) (DB) Lillian 9-10am Advanced Aqua (B/I/A) (DP) Kathy 10-11am. Aqua Fit (B) (DP) Denise 11-12 pm. Arthritis Program (B) (GX) Beverly 1-2pm Sit & Get Fit (B) (GX) Beverly 2:30-3:30pm Yoga (B/I) (DB) Tammy 3-4pm Aqua Fit (B) (DP) Denise	<b>20</b> 7-8 am. Early Yoga (B) (DB) Tammy <b>7:30-8:30am Step Aerobics (B/I/A) Pat</b> 8:30-9:30 am. Workout w/ Weights (B/I) (GX) Pat 9-10 am. Yoga/Pilates (B) (DB) Deanna 9:30-10:30 am. Aqua Fit (B) (VP) Denise 9:45-10:30am Core Balance & Standing Abs (B) (GX) Sophie 10:30-12 pm. ZUMBA Power 90 (B/I) (GX) Sophie 12-1 pm. ZUMBA Gold Beginners (B/I) (GX) Sophie	<b>21</b> 11-12 pm. ZUMBA (B/I) (GX) Sophie 12-1pm ZUMBA Gold Beginners (B/I) (GX) Sophie
<b>23</b> <b>7:30-8:30am Step Aerobics (B/I/A) Pat</b> 8:30-9:30 am. Workout w/ Weights (B) (GX) (Pat) 9-10 am. Yoga/Pilates (B) (DB) Deanna 9-10am Advanced Aqua (B/I/A) (DP) Kathy 9:30-10:30 am. Wake-up & Move (B/I) (RV) Anna 10-11 am. Aqua Fit (B) (DP) Denise 9:45-10:30 am. Core Balance & Standing Abs (B) (GX) Sophie 10-11 am. Meditation Breathing (B) (DB) Deanna 10:30 -12 pm. ZUMBA “Power 90” (B/I) (GX) Sophie 12-1pm. ZUMBA Gold Beginner (B/I) (GX) Sophie 3-4pm Circuit Training Combo Balance (B/I) (GX) Susan 4-5pm Stretch & Flex (B/I) (GX) Susan 6:30-7:30 pm. Yoga/Pilates (B/I) (DB) Deanna	<b>24</b> 9:30-10:30am. Aqua Fit (B) (VP) Denise 11-12 pm. Arthritis Program (B) (GX) Beverly 1-2pm Sit & Get Fit (B) (GX) Beverly 3-4pm Advanced Aqua <b>(B/I/A) (DP) Kathy</b>	<b>25</b> 7-8 am. Early Yoga (B) (DB) Tammy 7:30-8:30 am. Low Impact (B/I) (GX) Pat 8:30-9:30 am. Workout w/ Weights (B/I) (GX) Pat 9:30-10:30 am. Wake-up & Move (B/I) (RV) Anna <b>9:30-10:30am Body Works (B/I/A) (GX) Kathy</b> 9:30-10:30 am. Aqua Fit (B) (DP) Denise 12-1pm Stretch & Flex (B/I) (GX) Susan <b>1:30-2:30 pm. Adaptive Yoga Workout (B) (GX) Deanna</b> 7-8pm Relax & Get Fit (B/I) (SR) Anna	<b>26</b> 9-10 am. Tai Chi (B/I) (DB) Lillian 9-10am Advanced Aqua (B/I/A) (DP) Kathy 10-11am. Aqua Fit (B) (DP) Denise 11-12 pm. Arthritis Program (B) (GX) Beverly 1-2pm Sit & Get Fit (B) (GX) Beverly 2:30-3:30pm Yoga (B/I) (DB) Tammy 3-4pm Aqua Fit (B) (DP) Denise	<b>27</b> 7-8 am. Early Yoga (B) (DB) Tammy <b>7:30-8:30am Step Aerobics (B/I/A) Pat</b> 8:30-9:30 am. Workout w/ Weights (B/I) (GX) Pat 9-10 am. Yoga/Pilates (B) (DB) Deanna 9:30-10:30 am. Aqua Fit (B) (VP) Denise 9:45-10:30am Core Balance & Standing Abs (B) (GX) Sophie 10:30-12 pm. ZUMBA Power 90 (B/I) (GX) Sophie 12-1 pm. ZUMBA Gold Beginners (B/I) (GX) Sophie	<b>28</b> 11-12 pm. ZUMBA (B/I) (GX) Sophie 12-1pm ZUMBA Gold Beginners (B/I) (GX) Sophie
<b>30</b> <b>7:30-8:30am Step Aerobics (B/I/A) Pat</b> 8:30-9:30 am. Workout w/ Weights (B) (GX) (Pat) 9-10 am. Yoga/Pilates (B) (DB) Deanna 9-10am Advanced Aqua (B/I/A) (DP) Kathy 9:30-10:30 am. Wake-up & Move (B/I) (RV) Anna 10-11 am. Aqua Fit (B) (DP) Denise 9:45-10:30 am. Core Balance & Standing Abs (B) (GX) Sophie 10-11 am. Meditation Breathing (B) (DB) Deanna 10:30 -12 pm. ZUMBA “Power 90” (B/I) (GX) Sophie 12-1pm. ZUMBA Gold Beginner (B/I) (GX) Sophie 3-4pm Circuit Training Combo Balance (B/I) (GX) Susan 4-5pm Stretch & Flex (B/I) (GX) Susan 6:30-7:30 pm. Yoga/Pilates (B/I) (DB) Deanna	<b>31</b> 9:30-10:30am. Aqua Fit (B) (VP) Denise 11-12 pm. Arthritis Program (B) (GX) Beverly 1-2pm Sit & Get Fit (B) (GX) Beverly 3-4 Advanced Aqua <b>(B/I/A) (DP) Kathy</b>				<b>Class Locations:</b>  (GX) Group Exercise Studio (DB) Diablo Ballroom (VP) Vista Pool (DP) Delta Pool (RV) Rio Vista Room –Delta (SR) Sonoma Room-Vista (FC) Fitness Center

# Trilogy Living

## July 2012 Club and Activity Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b>	<b>2</b> 8am Social Tennis 9am Watercolor Painting (D) 9:30am Walk & Talk (V) 1pm Rip, Stitch & Bitch (V) 1pm Mah Jongg (V) 2pm TAG Monthly Mtg. (D) 6pm Soul Line Dancing (D) 7pm Poker (D)	<b>3</b> 8am Social Tennis 8:30am Radio Club (V) 9am Golf - Women's 9-Hole 10:30am Country Line Dancing (D) 11:30am Golf - TRVMEN 9-Hole 12:15pm Canasta - Hand and Foot (V) 12:30pm Watercolor Painting (D) 12:30pm Dominoes (D) 5pm Table Tennis (D) 5pm Billiards Club Tournament (V) 6pm Tai Chi & Yuan Chi Dance (V) 7pm Drama Club Rehearsal (D)	<b>4</b> <b>HOA Office closed all day</b>  <b><i>Independence Day Celebration!</i></b> <b><i>10:30 a.m. Parade Around Summerset Drive</i></b>  <b><i>11:30 a.m. Hot Dogs &amp; Ice Cream Social (please pre-order)</i></b>  <b><i>Entertainment &amp; DJ (D)</i></b>  8am Social Tennis 4:30pm Table Tennis (D)	<b>5</b> 8am Social Tennis 8:30am Golf - Women's 18-Hole 9:30am Ceramics (D) 12:15pm Canasta - Ponytail (V) 1pm Good Samaritans (D) 2pm Genealogy Club (V) 5pm Table Tennis (D) 5pm Cycling Club (V) 6pm Tai Chi & Yuan Chi Dance (V) 6pm Pinochle (V) <b>6:30pm Village Riviera HOA Mtg. (D)</b> 7pm Photography Club (V) 7pm Drama Club Rehearsal (D)	<b>6</b> 8am Social Tennis 9am Model Club (V) 9am Village 1 Arch. Com. Mtg. (V) 9:30am Walk & Talk (V) 12pm Bridge (V) 12:30pm Watercolor Painting (D) 4pm Beginners Ballroom Dancing Lessons (V) 5pm Advanced Ballroom Dancing Lessons (V)	<b>7</b> 8am Motorcycle Club (Off-site) 8:30am Hiking Club (V)
<b>8</b> 7pm Trilogy Dance Club – Patriotic Tribute (V)	<b>9</b> 8am Social Tennis 9am Watercolor Painting (D) 9:30am Walk & Talk (V) 12:15pm Bridge – Duplicate (V) 1pm Rip, Stitch & Bitch (V) 3pm Village Oakmont Arch. Com. (D) 6pm Soul Line Dancing (D) 7pm Poker (D)	<b>10</b> 8am Social Tennis 8:30am Radio Club (V) 9:30am Women's 9-Hole Golf 10:30am Country Line Dance Class (D) 10:30am Book Club (V) 11:30am RVMEN 9-Hole Golf 12pm Recipe Club (D) 12:15pm Canasta - Hand & Foot (V) 12:30pm Watercolor Painting (D) 1pm Stroke/Head Injury Support Group (V) <b>2pm Master Association Board. Mtg. (V)</b> 5pm Billiards Club Tourn. (V) 5pm Table Tennis (D) 6pm Tai Chi & Yuan Chi Dance (V) <b>6pm Grapevine Chat (V)</b> 7pm Drama Club Rehearsal (D)	<b>11</b> 8am Social Tennis 8am TOPS (D) 9am Olympic Village Arch. Com. Mtg. (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) 10am Kare Bears – Village 1 (D) 10am Kare Bears – Village Oakmont (D) 12:30pm Fat Quarters Quilting (D) 2pm Bergren Art (D) 2pm Card Class (D) 2:30pm Jazz Band (V) 4:30pm Table Tennis (D) 6:30pm Nature Club Gen. Mtg. (V) 7pm Billiards Club Mtg. (V) 7:30pm Village 1 RC Mtg. (D)	<b>12</b> 8am Social Tennis 8:30am Golf - Women's 18-Hole 9am Blood Pressure Check (D) 9:30am Ceramics (D) 10am Scrapbooking (D) 10am Council for the Arts (V) 12:15pm Canasta - Ponytail (V) 1pm Good Samaritans (D) 4pm Golf - Sr. Men's Board Mtg. (D) <b>4pm Village 1 HOA Mtg. (D)</b> 5pm Table Tennis (D) 6pm Tai Chi & Yuan Chi Dance (V) 6pm Pinochle (V) <b>6:30pm Olympic Village HOA Mtg. (D)</b> 7pm Drama Club Rehearsal (D)	<b>13</b> 8am Social Tennis 9:30am Walk & Talk (V) 12pm Bridge (V) 12:30pm Watercolor Painting (D) 4pm Beginning Ballroom Dancing Lessons (V) 5pm Advanced Ballroom Dancing Lessons (V) 7pm Bunco (D)	<b>14</b> 8:30am Hiking Club Mtg. & Hike (V) 11am Table Tennis (D)
<b>15</b>	<b>16</b> 8am Social Tennis 9pm Watercolor Painting (D) 9:30am Walk & Talk (V) <b>10am Council of Village Presidents (D)</b> 1pm Mah Jongg (V) 1pm Rip, Stitch & Bitch (V) 6pm Soul Line Dancing (D) 7pm Poker (D) 7pm Fishing Club (D)	<b>17</b> 8am Social Tennis 8:30am Radio Club (V) 9:30am Golf - Women's 9-Hole 10:30am Country Line Dancing (D) 11:30am Golf - TRVMEN 9-Hole Golf 12:15pm Canasta - Hand & Foot (V) 12:30pm Dominoes (D) 12:30pm Watercolor Painting (D) 1pm Kare Bears -Village Olympic Summer Luncheon (D) 5pm Billiard Club Tournament (V) 5pm Table Tennis (D) 6pm Tai Chi & Yuan Chi Dance (V) 7pm Treating Heartburn Naturally (V) 7pm Drama Club Rehearsal (D)	<b>18</b> 8am Social Tennis 8am TOPS (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) 12:30pm Fat Quarters Quilting (D) 1pm Village Riviera Arch. Com. Mtg. (D) 2pm Bergren Art (D) 2pm Card Class (D) 2:30pm Jazz Band (V) 4:30pm Table Tennis (D) 7pm Olympic Village RC Mtg. (V)	<b>19</b> 8am Social Tennis 8:30am Women's 18-Hole Golf 9:30am Ceramics (D) 11am Dog Club (D) 12:15pm Canasta – Ponytail (V) 1pm Good Samaritans (D) 2pm Genealogy Workshop (V) <b>2pm TRVMA Vision Mtg. (D)</b> 4pm Golf – Sr. Men's Mtg (D) 5pm Table Tennis (D) 6pm Pinochle (V) 6pm Tai Chi & Yuan Chi Dance (V) <b>7pm Village Oakmont HOA Mtg. (D)</b> 7pm Village Riviera RC Mtg. (V) 7pm Drama Club Rehearsal (D)	<b>20</b> 8am Social Tennis 9am Village I Arch. Com. Mtg. (V) 9:30am Walk & Talk (V) 12pm Bridge (V) 12:30pm Watercolor Painting (D) 4pm Beginners Ballroom Dancing (V) 5pm Advanced Ballroom Dancing (V) 7pm Whist Club (D) <b>7pm Comedy Night – Geoff Bolt (V)</b>	<b>21</b> 8:30am Hiking Club (V) <b>10am – 2pm Free Shredding Day (Delta Parking Lot)</b> 11am Table Tennis (D) 3pm – 9pm Riviera Treasure Hunt & Dinner (D)
<b>22</b> <b>10am – 3pm Farmer's Market (D)</b>	<b>23</b> 8am Social Tennis 9pm Watercolor Painting (D) 9:30am Walk & Talk (V) <b>1pm Access Committee Mtg. (D)</b> 1pm Mah Jongg (V) 1pm Rip, Stitch & Bitch (V) 3pm Village Oakmont Arch. Com. Mtg. (D) 6pm Soul Line Dancing (D) 7pm Poker (D)	<b>24</b> 8am Social Tennis 8:30am Radio Club (V) 9am Golf - Women's 9-Hole Mtg. (D) 10:30am Country Line Dancing (D) 11:30am Golf - TRVMEN 9-Hole 12:15pm Canasta - Hand & Foot (V) 12:30pm Watercolor Painting (D) 5pm Billiards Club Tournament (V) <b>5pm Grapevine Chat (V)</b> 5pm Table Tennis (D) 6pm Tai Chi & Yuan Chi Dance (V) 7pm Drama Club Rehearsal (D)	<b>25</b> 8am Social Tennis 8am TOPS (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am MS Word computer class (V) 10am Stained Glass (D) 10am Olympic Village Arch. Com. Mtg. (D) 12:30pm Fat Quarters Quilting (D) 2pm Bergren Art (D) 2pm Card Class (D) 2:30pm Jazz Band (V) 4:30pm Table Tennis (D)	<b>26</b> 8am Social Tennis 8:30am Golf - Women's 18-Hole 9:30am Ceramics (D) 12:15pm Canasta - Ponytail (V) <b>1pm Adult Committee Mtg. (D)</b> 1pm Good Samaritans (D) 5pm Table Tennis (D) 6pm Tai Chi & Yuan Chi Dance (V) 6pm Pinochle (V) 7pm Theater Group (V) 7pm Drama Club Rehearsal (D) <b>7pm Saddle Rock Village Delegates' Mtg. (D)</b>	<b>27</b> 8am Social Tennis 9:30am Walk & Talk (V) 9:30am Tennis Club Mtg. (D) 12pm Bridge (V) 12:30pm Watercolor Painting (D) 4pm Beginning Ballroom Dancing Lessons (V) 5pm Advanced Ballroom Dancing Lessons (V) 7pm Bingo (D)	<b>28</b> 8:30am Hiking Club (V) 9am – 1:30pm AARP Refresher Course (V) 10am – 2pm Garden Railroad “Steamup” (V) 11am Table Tennis (D) <b>6:30pm Concert on the Patio: Solid Gold (V)</b>
<b>29</b>	<b>30</b> 8am Social Tennis 8:30am – 4:30pm Disaster Committee AED/ CPR Training (D) 9am Watercolor Painting (D) 9:30am Walk & Talk (V) 1pm Mah Jongg (V) 1pm Rip, Stitch & Bitch (V) 6pm Soul Line Dancing (D) 7pm Poker (D)	<b>31</b> 8am Social Tennis 8:30am Radio Club (V) 9:30am Golf - Women's 9-Hole 10:30am Country Line Dancing (D) 11:30am RVMEN 9-Hole Golf 12:15pm Canasta - Hand and Foot (V) 12:30pm Watercolor Painting (D) 5pm Billiards Club Tournament (V) 5pm Table Tennis (D) 6pm Tai Chi & Yuan Chi Dance (V) 7pm Drama Club Mtg. & Rehearsal (D)				

# Escape completely<sup>®</sup> in 2013 with Princess Cruises<sup>®</sup>

**\*\*GROUP SPACE HELD\*\***

March 5, 2013	10 day Mexico - San Francisco Roundtrip Interior starting at \$1099 per person double occupancy Balcony starting at \$1649 per person double occupancy
July 9, 2013	10 day Alaska Inside Passage w/ Glacier Bay - SFO Roundtrip Interior starting at \$1549 per person double occupancy Balcony starting at \$2599 per person double occupancy
September 21, 2013	32 day Alaska Far East - Whittier to Singapore Interior starting at \$3599 per person double occupancy
September 25, 2013	15 day Panama Canal - San Francisco to Fort Lauderdale Ocean view starting at \$1949 per person double occupancy
October 19, 2013	7 night Coastal - San Francisco Roundtrip Interior starting at \$799 per person double occupancy Balcony starting at \$1199 per person double occupancy

\*Fare applies to a minimum lead-in category on a space-available basis at time of booking. Fares are per person, non-air, cruise-only, based on double occupancy and apply to the first two passengers in a stateroom. These fares do not apply to singles or third/fourth-berth passengers. Call the above agency for more details. Government fees and taxes are additional and subject to change. Princess reserves the right to impose a Fuel Supplement of up to \$9 per person per day on all passengers if the NYMEX oil price exceeds \$70 per barrel, even if the fare has already been paid in full. This offer is capacity controlled and may not be combinable with any other public, group or past passenger discount, including shipboard credits. Offer is not transferable and is available to residents of the 50 United States, Canada, Puerto Rico, Mexico and the District of Columbia who are 21 years of age or older and receive this offer. Fares quoted in U.S. dollars. See the applicable Princess Cruises brochure or princess.com for terms, conditions and definitions that apply to all bookings. ©2011 Princess Cruises. Ships of Bermudan registry



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Linda Feins  
710 Kellogg Street  
Ste. A  
Suisun City, CA 94585  
3559 or 707-422-9777

## TRIPS AND TOURS

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



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

**July 3, A's Baseball, Dinner  
and Fireworks, Sold Out**

**July 19, Ethel's Mystery Trip/Tour  
and Lunch, \$69 pp**

Something we've never done as a group before. No boats involved!

**Aug. 23, Night Time at  
Red Hawk Casino, \$28 pp**

A special 6:00-11:00 p.m. package of "Stay and Play" with 5 great restaurants and an entire non-smoking floor for your comfort and enjoyment. Enjoy an estimated \$15 bonus package.

**Sept. 5-7, Reno/Virginia City  
(3-days/2-nights), \$272 pp**

We have acquired a second motor coach and booked extra rooms and tours for the over-flow attendees. Highlights Of Trip: Apple Hill tour and BBQ lunch, "Oh What A Night" stage show at El Dorado showcasing the music of Frankie Valli and the Jersey Boys, Carson City Railroad Museum and a one-way excursion on an authentic steam train to Virginia City, and, of course, plenty of free time at Silver Legacy, El Dorado and Nugget to test your skills with "Lady Luck."

**Oct. 7, Hornblower Luncheon Cruise,  
Sold Out**

**Oct. 21, Hayride, Pumpkins,  
Lunch, Theatre, \$98 pp**

Come along for a day of fun visiting a Miwok Village, navigating your way through a corn maze, dancing to

spooky musicians, going on a hayride and picking out your own pumpkin to take home. We'll enjoy a hosted lunch at Tahoe Joe's Steakhouse and reserved seating at the Leshner Theater for a hilarious production of Steve Martin's "The Underpants." A Fun day!

**Nov. 21, Victorian Xmas in  
Nevada City, \$32 pp**

**Dec. 6, Thunder Valley Casino, \$30 pp**

**Just announcing an 11-day  
Mexican Riviera Cruise**

Round trip out of San Francisco, visiting Catalina Island, Puerto Vallarta, Mazatlan, Cabo San Lucas and San Diego. Call for prices and brochure.

**For further information  
or sign-ups Call  
Ethel (374-7548) or Eileen (374-2684)**





## Billiards Club



*Dave Stewart is the winner of the 2011 Tournament of Champions.*

The next Billiards Club meeting is on Wed., July 11, at 7 p.m. in the Monterey Room of the Vista Club. Tuesday Evening's tournament start times are 5 p.m.

The first and third Tuesdays of the month the format is 8-ball round robin with no handicaps for B players. The second Tuesday of the month the format is handicap 9-ball with a round robin format. In order to get a win, a player must beat his opponent two out of three games. The club has again made a list of B players. For that Tuesday evening, the B players get a one-game handicap while playing an A player, so the B player only needs one win in three games while competing against an A player. The format for the fourth Tuesday is 8-ball and the club will split the tournament into A& B players. There will be a first and second place winner in each group. The fifth Tuesday is 9-ball with no handicap for B players.

Officers: President Al Bergoust, Vice President Joe Mattos, Treasurer Jack Clark, Secretary Dallas Salomon, and Membership Chairman Dave Stewart.

### Latest weekly tournament winners

#### May 1, 8-Ball

- 1<sup>st</sup> Dave Stewart
- 2<sup>nd</sup> Oscar Grissom
- 3<sup>rd</sup> Al Bergoust

#### May 8, Handicap 9-Ball

- 1<sup>st</sup> Bon Puno
- 2<sup>nd</sup> Rich Garcia
- 3<sup>rd</sup> Jim Neill

#### May 15, 8-Ball

- 1<sup>st</sup> Jack Clark
- 2<sup>nd</sup> Rich Garcia
- 3<sup>rd</sup> Percy Osibin

#### May 22, 8-Ball A& B

##### A Division

- 1<sup>st</sup> Al Bergoust
- 2<sup>nd</sup> Dave Stewart

##### B Division

- 1<sup>st</sup> Ben Bautista
- 2<sup>nd</sup> Geno Toscano

#### May 29, 9-Ball no handicap

- 1<sup>st</sup> Al Bergoust
- 2<sup>nd</sup> Ben Bautista
- 3<sup>rd</sup> Bon Puno

For more information regarding the Billiards club, contact Oscar Grissom at [crpntrboy@aol.com](mailto:crpntrboy@aol.com).

## Bingo

Summer is in full bloom. Come out and have fun! Mark your calendar for the fourth Friday of the month (July 27) for bingo at the Delta Club. Games begin promptly at 7 p.m. Buy-in for each person is \$10 for 12 games. We have one early bird special: one card for \$1 and an extra blackout card for \$1. The prize money for each game is \$50 and the blackout prize is \$250. Bring a friend and enjoy the company. For more information, call Irene (6999).

## Bocce Club

Both the morning and night leagues have started their second round of play. This year's league champions will be decided based on the teams with the best overall record; no league playoffs unless we have ties. We have decided to reschedule our one-day tournament for later in the year, after the end of bocce league play. Think of it as a new Fall Classic. Volunteer organizers and workers are still needed. Call Joe Downes (7520) for details.

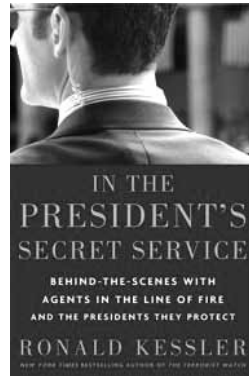
The End of Season social events for both the MBL and NBL are being organized. The MBL event is in the Vista Club on Tuesday, Aug. 28 at noon and the NBL event will be held in the Delta Club on Sat., Sep. 8 at 5 p.m. Details to follow. The Winter Bocce Federation (WBF) will start its formation process in August, more details next month. Remember to roll often, throw straight and have fun, that's what it's all about.





## Book Club

The Book Club meets the second Tuesday of each month at 10:30 a.m. in the Vista Club Sonoma Room. The next meeting is on July 10. The book selection is *In the President's Secret Service* by Ronald Kessler. August's book selection is *Left to Tell* by Steve Erwin. There is no requirement to have read the selected book. Everyone is welcome to join. Feel free to stop by. For more information, contact Adrienne (5576). Happy Fourth of July.



## Bridge - Duplicate

Duplicate Bridge meets the second Monday of each month at 12:15 p.m. in the Sonoma Room at the Vista Club. Mark your calendars for our game on Monday, July 9. All Trilogy residents who are interested in playing duplicate bridge are welcome. If you need a partner, we'll find one for you. For more information, contact Sue (6136).

**May's results:** 1st - Lynn Fortner and Choeta Heid; 2nd - Brian Kimball and Sue Vogtlin; 3rd - John Shick and Run Wan

## Computer Club

The next meeting of the Trilogy Computer Club is Sep. 18 in the Diablo Ballroom at the Vista Club. Many of our members are taking vacations during the summer months. Therefore, your board is also taking a hiatus for the next two months. Look for more exciting meetings in the fall. If you wish to become a member of the club, or for the latest information on many computer-related subjects, meetings and other interesting items you may visit the club website at [www.tccrv.org](http://www.tccrv.org). Simply complete and print a copy of the application and give it to our membership chair, Judy Carter ([judydalan@frontiernet.net](mailto:judydalan@frontiernet.net)) with the annual dues of \$12. You may also sign up at any meeting.

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

## Fishing Club

Our next meeting is Monday, July 16 in the Marina Room at the Delta Club at 7 p.m. We have a lot to discuss including our second S.F. Bay party boat trip. We will finalize details of our August BBQ/Picnic. We will take orders for the new

supply of our club caps. We will have our usual coffee, tea and cookies. Hope to see you there!

Everyone is welcome to join the Fishing Club. We have great events throughout the year. For more information, call Al Silva at (3791).

## Genealogy Club

At our June meeting, we had a great time discussing the adventures of the "bad boys and girls" of the old days in Missouri and surrounding states. Belle Starr's adventures as well as those of Charles Quantrill, Jesse James, Cole Younger and many others were the subject of a lively discussion for two of our members. Their families originally came from the areas that these notorious outlaws came from and in some instances may have involved their families. Rhoda Fone brought us old newspaper articles and pamphlets, which were of great interest and full of information. Patty Kohn brought in two autographed books belonging to her great, great grandfather and other members of her immediate family. These books were popular during the early and latter part of the 1800s. They can contain valuable information such as in Patty's case of finding birth dates and marriage dates. Great find!

Our workshop discussed and reviewed Heritage Quest, a genealogical database with access to census data, family records, and local histories. This is a free site with a complete set of U.S. Census records from 1790 - 1930. Other data includes Revolutionary War pension information, bounty land records and Freedman's Bank records, covering 1865 -1874, founded to serve the African American population. All states are available including Indian Territory. To use this site you must have a library card from the Solano county library that includes an assigned barcode on the back of the card. This site is well worth your time.

The Genealogy Club is open to all residents of Trilogy. There is no fee to become a member. Our regular meeting is held on the first Thursday of every month at 2 p.m. in the Vista Ballroom. For more information, contact Rhoda at (7542). The Genealogy Workshop is held on the third Thursday of every month at 2 p.m. at the Vista Club in the computer room. For more information about the workshop, contact Carolyn at [wncbridges@comcast.net](mailto:wncbridges@comcast.net).

## Good Samaritans

Happy 4th of July/Independence Day

Thomas Jefferson was the principal author of the Declaration of Independence, the document that declares our independence from Great Britain. The Fourth of July celebrates this freedom.

John Adams, the second president, signed the Declaration



of Independence and wrote many letters to his wife Abigail. One celebrated the Fourth of July. John Adams wrote: "I am apt to believe that it will be celebrated by succeeding generations, as the Great Anniversary Festival. It ought to be commemorated as the Day of Deliverance by solemn Acts of Devotion to God Almighty."

Approximately 187 years later, Dr. Martin Luther King, Jr.



wrote about Freedom in his I Have a Dream speech. He stated: "When the architects of our great republic wrote the magnificent words of the Constitution and the Declaration of Independence, they were signing a promissory note to which every American was to fall heir. This note was a promise that all men, yes, black men as well as white men, would be

guaranteed to the inalienable rights of life liberty and the pursuit of happiness."

For more than 200 years, the American flag has been the symbol of our nation's strength and unity. It's been a source of pride and inspiration for millions of citizens. The Good Samaritans Bible Study is every Thursday at 1 p.m. at the Delta Club.

**Scriptures of the Month:** John 8:31-32, John 14:6 & Philipians 4:8

## Model Club

We had a great day sailing and power boating on May 20th. It was a great opportunity to display the results of our model building skills. One resident asked,

"Why do you enjoy modeling?" The question requires such a complex answer that it will be the topic of next month's newsletter. Please stand by.

The Sacramento Live Steamers are again coming to town. Four years ago, this very accomplished club accepted our invitation to set up and run live steam engines when we were on the Shea site. They are interested in returning now that we have found a permanent home on the Vista lawn. We will operate on Saturday, July 28 from approximately 10 a.m. until we run out of fuel. We have also invited Larry the New York Hot Dog guy, so bring your friends and family to see these intricate machines. Oh yes, bring your appetite. Remind your neighbors and grandkids to set aside this

day. By the way, time is running out for you to sign up for the bus tour of Reno, Carson, and Virginia City, Nevada. We are taking a tour of the Virginia and Truckee Railroad and riding the historic rails up the mountain and back. This trip is in September; however, you must make advance reservations. A second bus has been reserved, so it will be a great trip for Trilogy residents.

Stop by our Model Club meeting. For more information, contact Club President Mr. John Harder (3646). Join us at our monthly meeting, the first Friday of each month in the Vista Club Monterey Room.

## Motorcycle Club

The Trilogy Motorcycle Club riders meet the first Saturday of every month for an all-day ride. The June 2 ride headed



out to Gorilla BBQ in the coastal city of Pacifica. Seventeen bikes and 18 riders departed McDonald's in slightly gusty but otherwise great riding weather. The route took us south on Hwy 160, across the Antioch Bridge with a beautiful clear view of the delta (alright, it included the smokestacks too). Proceeding south via Vasco Road we made a coffee/stretch stop at Hwy 580 before tackling the mad traffic of the freeway. We lost one of the new riders near Airport Road with a flat tire we couldn't fix on the spot. Arrangements were made for towing. The ride across the San Mateo Bridge was uneventful. The next stop in Half Moon Bay was for fuel and allowed Bob Azbell to rejoin the group. Bob had stayed behind to render assistance to the disabled bike.

Departing Half Moon Bay, we headed north on Hwy 1 to chow down on BBQ at Gorilla BBQ which is a diner in a caboose that was once featured on Diners, Drive Ins and Dives. Much to our surprise, it is now a "take out" only joint, but being enterprising folks we created a banquet table in the parking lot....what a great photo-op!

We continued north on Hwy 1 through San Francisco and across the Golden Gate Bridge, again, another gorgeous



view of the bay and city. The ride north on Hwy 101 was easy cruising, made you want to crank up the stereo, lean back against the back rest, feet up on the pegs and adopt a "smoke 'em if ya got 'em" attitude. Exiting 101 onto Hwy 37 brought us to Hwy 80 and a quick ride east to Fairfield and a Starbucks coffee stop in Suisun. It wasn't a long ride at just over 320 kilometers, but good weather, good "Q" and great camaraderie made for a very nice ride.

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

"For some there's therapy, for the rest of us there's motorcycles." — Anon

## Nature Club

On Saturday, July 21, from 10 a.m. – 1 p.m. the Nature Club is going to Rush Ranch, which is hosting an event appropriate for all mobility levels. A guided tour of the tidal marsh, upland grasses, and native plant garden walk will be offered. In addition, there will be a visit to the Rush Ranch Blacksmith Shop with a demonstration. Resources permitting, a horse-drawn wagon ride will take place. The wagon is equipped with a solar powered wheel chair lift. Please go to [Solanolandtrust.org/events](http://Solanolandtrust.org/events) calendar for what to bring and directions. For more information, contact [kathystiner@gmail.com](mailto:kathystiner@gmail.com).

Next Meeting: Wednesday, July 11 at 6:30 p.m. Monterey Room/Vista Club.

## Recipe Club

The theme for our July 10 noon meeting is Main Course Salad. Our chefs are Carol Dugger, Patty LaFleur, and Sandy Price. The coffee hostess is Molly Woodworth. The Recipe Club is open to all residents. If you enjoy cooking and sharing recipes, feel free to join us. We meet at noon the second Tuesday of each month in the Delta Club. If you have questions, call Patty LaFleur (3159).

Monthly tip: Sugaring sliced lemons and then mashing them to release their flavorful oils creates the best lemonade ever. Although you can mash the lemons with a potato masher or wooden spoon, here are two ways to work more quickly. Place the sliced lemons and sugar in the bowl of a standing mixer fitted with the paddle attachment. Turn the mixer to low and mix for about 45 seconds. (Longer mixing can mash the lemons too much and make the lemonade bitter.) To prevent splatters, drape a kitchen towel over the mixer. An alternative method is to let sugared lemon slices macerate for about 15 minutes, or until softened, and then mash

them in batches with a potato ricer. Set the ricer right over the lemonade pitcher.

## Rio Vista Roamers RV Club

Our yearly meeting was June 5. We welcomed new members Christine and Doug, welcomed back Rich and Pat May, and said goodbye to the members we lost last year. All but three of the months for next year have wagon masters, so give Doyle a call with the dates you can host.

Wilma and Ken Powell took us to French Camp in May. Golf was right there to enjoy and places to explore were nearby. The wineries were visited, the chocolate outlet enjoyed, and lots of good eating and cards were on the agenda. We thank Wilma and Ken.

Bob Pasterino took us to Casini Ranch in Duncan Mills on June 11. This spot is east of Sebastopol on the Russian River. Fishing, golf, and sights along the coast kept us busy. More to come on that next month.

We are staying close to home in July at the KOA camp out on the Delta Loop. Sandra and Manny Santos (3538) are your hosts for July 16-19 and will need your first night's deposit of \$35 by July 1.

August 13-15 we will be at Durango in Redding. John and Anne will host and will need the first night deposit of \$43 by August 1. Please make the checks out to John Waggoner. This is an exceptional park and is close to Shasta and Lassen Park, so keep this in mind.

Rio Vista and Brentwood clubs are doing a campout together in September in Quincy. Frank Reid is our wagon master. There will be more information for you next month.

As always, anyone who would like to join us is more than welcome. We are a fun loving group and the first outing is a chance to see if you would like to join our club. For more information, contact Sandra Santos (3538) or Doyle Ellington (5276).

## Men's Executive Nine

We held our own with the Brentwood Rough Riders on May 22. We had an excellent turnout with 30 Rough Riders and 33 RVMEN participating. The Cha-Cha-Cha format was won by the combined team of Dennis French and Reid Yapple from the RVMEN and Bob Massone and Vic Garnett from the Rough Riders. The May 8 Mutt and Jeff tournament was won by the team of Ron Kott, Bill Price, George Cattey and Dave Hampton. Congratulations to the winners and thanks to everyone who participated.

Our club plays every Tuesday starting at 11:30 a.m. We have two tournaments each month and the other Tuesdays are straight golf. On July 10 we are holding our yellow ball





tournament and on July 24 we are playing a tournament from the green tees. Watch for the sign-up sheets in the posting room and don't miss playing in these fun events.

We are still in need of a few volunteers to fill the board positions that will become vacant next year. The election for 2013 will be held during our Sept. 25 general meeting. If you are interested in serving, please see Ron Kott for details.

If you are interested in joining our nine hole golf club, pick up an application form in the posting room or contact membership chairman Dick Talbott at (225-0077).

## Senior Men's Golf Club

Our club traveled to Brentwood on May 16 to compete in the first half of the Millennium Cup tournament. Although we came up a bit short, we will have a chance to recover and retain the Cup when we host the second half of the tournament at Rio Vista on Sept. 26. The Las Vegas scramble and the first and worst tournaments proved to be interesting formats and were well received by the participants.

Although our July tournament schedule will be shortened due to the July 4 holiday, we still have a few interesting formats ahead. Note that the ad hoc will be held on July 11 instead of the first Wednesday of the month. On July 18, we are holding the RVSMGC Invitational followed by the July 25 AB/CD Chapman Alternate Shot tournament. Watch for the sign-up sheets. On July 26, we will have our away tournament with Napa. This is a popular event and fills up quickly, so watch for the flyer and sign-up promptly.

Our club plays each Wednesday morning. Sign-up sheets are available in the posting room or through our e-Clubhouse website. Check it out at [rvsmgc.ghinclub.com](http://rvsmgc.ghinclub.com) for the latest news and tournament results.

We hold our general membership meeting on the third Thursday of each month at 4 p.m. in the Delta Club main meeting room. Please plan on attending and supporting your club. The next meeting is on July 19. If you have any other questions about our club, contact Club President George Barlesi at (4032) or e-mail George on [gbarlesi@comcast.net](mailto:gbarlesi@comcast.net).

## Stroke, Head & Brain Injury Club

Did you know that a stroke occurs every 40 seconds in the United States? Did you know that over 7 million adults in the U.S. have suffered a stroke? In 2012, more than 800,000 people in the U.S. will be affected by stroke and the number of people affected keeps growing. Stroke is the fourth leading cause of death in the U.S. for all age groups combined.

Our group provides help, useful tips, and current information on how to cope with the various short and long term physical as well as emotional side effects that are unique to your situation. Since each person who experiences these maladies can suffer from feeling alone, helpless, and/or impaired by some physical and/or emotional limitation, the support that we can provide each other can be very important to adapting and living successfully with these constraints.

Our goal is to have fun, too. We are planning various extracurricular activities for the group in the surrounding areas. Most recently, we had a wine/cheese/dessert party that everyone enjoyed. If you or someone in your family has had a stroke, any kind of brain malfunction, and/or dementia, and would like to join, contact Dr. Cheryl Bellrose (6619). We encourage caregivers and families to join as well.

Note: We have changed the time for meetings and are now meeting on the first Tuesday of each month from 2-4 p.m. at the Vista Club in the Monterey Room. However, due to the Fourth of July, this month the meeting will take place on July 10. Hope to see you there!

## Supper Club

The next Supper Club is in August. If you are unfamiliar with our group, we meet every other month through October. On these occasions, you can meet our members and get to know them in a small group setting (usually six to 10). We are not limited to a formal dinner menu. We also consider brunch, luncheons and theme parties

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

If you are interested in joining us, or have any questions, contact either Maureen Gingrass (3803) or Cheryl Bellrose (6619). We always have room for new members, and of course, we'd love to meet you.

## Tennis Club

Team Tennis was a great success in the spring. Team Orlando came back from starting out in last place and ended up winning by one game over the second place team. No cost was spared as we lavished our participants with tasty gifts from the 99 Cent Store. The ladies are running the next round of Team Tennis, which runs through July.





We took a loss on our first competitive tournament of the year against Rossmoor. Several of our regular players were unable to play, but the replacement players did a good job of filling in. We lost by only six games and now look for some payback when we play again in August. Our next competitive tournament was on June 8, against Summerset in Brentwood.

You've heard that clothes make the man. Cora Velasco has taken it one step further. She knows that a new tennis outfit also makes the woman a better tennis player. Her game continues to improve and her outfits get better. We may need to consider more time shopping and less time practicing if we want to remain competitive.

July brings our club a brand new slate of officers. At the June meeting we approved the list of members who were nominated by the election committee. Good luck to all of the new board members. For more information about our club, contact Wally Beckman at beckman-wally@hotmail.com.

## Women's 9-Holers

We meet at The Nines every Tuesday at 8:30 a.m. for a 9 a.m. tee time. The sign-up sheet is picked up on Sunday at noon. If you need to cancel, call Ruth Almgren 507-5244, Karen Adams Tournament Chairman at (4610), or the Pro Shop (2900).

### Tuesday Play Day Results

#### May 1, 2012:

Chip-ins: Eileen O, #13 Lois D., #16.

Putting tournament winners: Judy R., Lois D., lowest putts 17 Way to go Ladies.

Runners up: Second Place with 18 - Eileen O, Maureen L., Blaine F. Next Runners up with 19 putts - Karen N., Donna B., Karen A., Georgette R., Norma D., Billie R. Pars - Nancy W., #11 and #13, Judith A., #12 Gay F., #16

#### May 8, 2012:

Birdie on #5, Suzi M. Pars on #5 & #9, Billie R. Pars on #5 Carol (broke 60), Par on #8 Blaine. Par and a Chip-in on #7, Eileen. Chip-in on #3 Judy

#### May 15, 2012:

Hosted the Ladies 18 Holers. Congratulations to Ingrid C. for winning our pot for a beautiful Chip-in. Congratulations to Eileen O. for her Chip-in on #7 after getting out the sand.

First Place: Tie (score 59): Debbie Carroll, Marilyn Rogers, Maureen Gingrass, Rowena Jefferson, Diana Staley, Bessie Dunn, JoAnne Smith, Jennifer Spearman.

Second Place: (Score 62): Linda Barlesi, Paula Davis, Eileen Owen, Suzie Masterson.

Third Place: (Score 64): Chris Sabye, Charlotte Godsey, Fran Silva, Blaine Foltz.

#### May 22, 2012:

Chip-Ins #2 Georgette R., #5 Rowena J. Birdie #5 Arla. Pars #8 Karen N., #5 Blaine F., Eileen O., #8 Suzi M.

**May 29, 2012: Play day with the Green Tree Ladies.** First place winners: Score of 41 and 5 Pars. Team 11A: Arla Gustafson, Nancy Schlesinger, Kitty Lockwood, Eila Ballard. Second place: Score 43 and 5 Pars. Team 13A: Georgette Rodriguez, Pat Alvestad, Jacque Welch, Rowena Jefferson. Teams 12A and 10B tied (Score 43): Billie Reece, Marilee Schauff (3 Pars), Jeanie Renner, Bessie Dunn, Kay Harwin (4 Pars), Blaine Foltz, Suzi Masterson.

To join the Women's 9-Holer's, call Georgette Rodriguez, Membership Chairman, at (2683).

## Women's 18-Holers



*Alma Renko was the winner of the Captains Cup trophy.*

The other winners are - A Flight First Place: Cindy Brown. A Flight Second Place: Vicky Riddle. A Flight Third Place: Lucille Rhodes. B Flight First Place: Diane Staley. B Flight Second Place: Ladell Manion. B Flight Third Place: Karen Nash. C Flight First Place: Terri Anisko. C Flight Second Place: Maureen Gingrass. C Flight Third Place: Lynn Grace. The first place winners were given beautiful trophies.

#### May 17: Straight Golf

A Flight First Place: Vicky Riddle. A Flight Second Place: Linda Barlesi/ Frankie Freese.

B Flight First Place: Ida Shannon. B Flight Second Place: Debby Carroll. B Flight Third Place: Angie Jones. B Flight Fourth Place: Joan O'Connor.



*Trixie Roque was presented a trophy for her hole-in-one last month.*

C Flight First Place: Trixie Roque. C Flight Second Place: Doris Sundly. C Flight Third Place: Maureen Gingrass / Donna Martella. D Flight First Place: Helen Swarbrick

D Flight Second Place: Lynn Grace. D Flight Third Place: Bessie Dunn. D Flight Fourth Place: Charlotte Godsey

#### **May 24: Straight Golf**

A Flight First Place: Linda Barlesi, Lucille Rhodes, Vicky Riddle, Ulla Ulmonen.

B Flight First Place: Joan O'Connor. B Flight Second Place: Debby Carroll. B Flight Third Place: Angie Jones. B Flight Fourth Place: Trixie Roque. B Flight Fifth Place: Roni Teixeira.

C Flight First Place: Charlotte Godsey. C Flight Second Place: Terry Sutter. C Flight Third Place: Karen Nash. C Flight Fourth Place: Paula Davis.

D Flight First Place: Lynn Grace. D Flight Second Place: Helen Swarbrick. D Flight Third Place: Bev Dunn. D Flight Fourth Place: Joanne Smith

#### **May 31: Straight Golf**

A Flight First Place: Angie Jones and Ida Shannon. A Flight Second Place: Vicky Riddle. B Flight First Place: Diana Staley and Doris Sundly

B Flight Second Place: Trixie Roque. B Flight Third Place: Donna Martella.

C Flight First Place: Terri Sutter. C Flight Second Place: Charlotte Godsey. C Flight Third Place: Anna Bogucki. C Flight Fourth Place: Terri Anisko/Paula Davis.

D Flight First Place: Joanne Smith. D Flight Second Place: Bessie Dunn/Helen Swarbrick.



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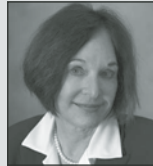
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[www.dentistryofthedelta.com](http://www.dentistryofthedelta.com)



*Dr. Mel Pearson*

**Century 21**  
M & M and Associates  
#1 Franchise

241 Main St.  
Rio Vista CA  
94571



Carla Harden  
(707) 330-0808

Top Selling  
Agent, 2011

Responsive  
Resourceful  
Knowledgeable

## Your Trilogy Resale Specialist

### Thinking of Selling?

- Market to Ready Buyers with Extensive Internet Exposure
- Detailed Transaction Monitoring from offer to close
- Short Sales Successfully Negotiated

### Get the Competitive Edge

- Free Roof Inspection on all Listings
- Free Exterior Window Washing
- Resources Available to Clean & Repair
- Staging Assistance to Enhance Space
- Landscape Consult to Maximize Appeal

*Call for Your  
Free Market Analysis Today*

Search all homes for sale at:  
**[www.RioVistaProperty.com](http://www.RioVistaProperty.com)**

## Let the Fresh Air In & Keep the Bugs Out!

**Your Complete Mobile Door & Window  
Screen Service – We Come to YOU!**

Window & Door Screens • Retractable Screens  
Re-Screening • Repairs

### Solar Screens

Add Privacy • Reduce Glare  
Block 80% of UV Rays • Stop Fading  
Reduce Heating & Cooling Costs!



**PHANTOM**  
SCREENS  
Authorized Dealer

**(800) 361-2512**

or

**(707) 374-6994**

**TOP OF THE TOWN**  
SCREEN COMPANY  
*Locally Owned & Operated Since 1994*

## WANT TO SUPPORT YOUR LOCAL NONPROFIT AND GET A TAX DEDUCTION?

### DONATE YOUR VEHICLE TO RIO VISTA CARE!

Running or not, your vehicle will be  
towed from its location at **no cost** to you.

### CALL TOLL FREE

**1-877-CARS-4-US, EXT 2852**

or go to **[www.donationline.com](http://www.donationline.com)**

and select **Rio Vista CARE**

as your charity.

(Have the title with you.)



*Donation line accepts: Cars, Boats, Trucks, RV's, Motorcycles,  
Snowmobiles, Vans, Jet-skis, Motor-homes, and even Buses!*

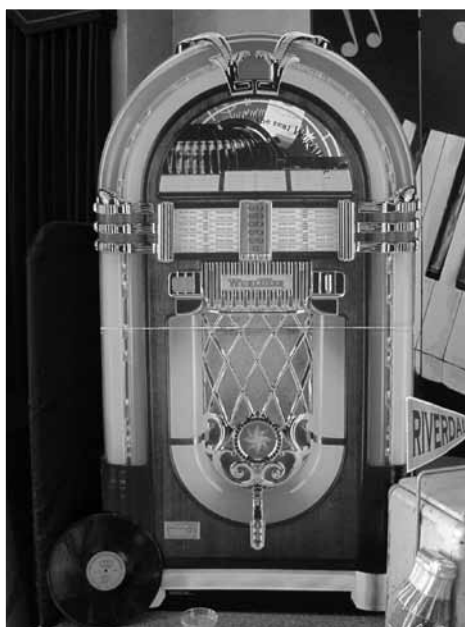


# Sock Hop

Photos by Arthur Fox

Poodle skirts, Oxfords, lettermen sweaters, oh my!  
The Village Riviera Sock Hop on June 9 brought out old fashioned fun.









## SolanoLifeHouse

*A Residential Care Facility for the Elderly,  
specializing in memory care.*

Located in Dixon; serving Solano County

(707) 678-1651 [www.SolanoLifeHouse.com](http://www.SolanoLifeHouse.com)

## Shafer Real Estate

"The most experienced Trilogy  
resellers in Northern California"

(707) 374-5222

We're delighted to announce....

### Drew Haisley

has joined the Shafer team!

With her years of dedicated Shea Homes  
at Trilogy sales experience, we're very  
excited to have Drew in our office!



Call Drew  
today at... (925)-482-4556

We're also pleased to announce...

### We've Moved!

Stop by & visit our new location at:

121 Montezuma Street  
Rio Vista, CA 94571



View Listings, Search for Properties, Get Maps, and much more at:

[www.ShaferRealEstate.net](http://www.ShaferRealEstate.net)

## ADVERTISING INFORMATION

**DEADLINE:** All final ads and checks are due by the fifth of the month prior to the month of publication. For example: August 2012 ads and checks are due by July 5, 2012. All late submissions will run in the September 2012 issue of *Trilogy Living*.

### REGULAR SIZES AND RATES:

- |   |                        |             |
|---|------------------------|-------------|
| • <b>NEW:</b> 1/8 page ad   | 3 1/2" wide X 2" tall  | \$90/month  |
| Scan your horizontal business card at 300 dpi, and e-mail it as a pdf, jpg or tiff file to Tania Fardella at <a href="mailto:indigodesign@att.net">indigodesign@att.net</a> . |                        |             |
| • 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:

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

### DISCOUNTS:

- 10% off pre-paid ads for 3 months or more
- 10% off for businesses owned by residents of Trilogy at Rio Vista

To place an ad, contact Joan Azlant at [joanazlant@comcast.net](mailto:joanazlant@comcast.net) or (707) 374-2620. If you need ad design, contact Tania Fardella at [indigodesign@att.net](mailto:indigodesign@att.net). Additional fees will apply for design, scanning, and edits.





## Trilogy at Rio Vista

### HOME BASED BUSINESS DIRECTORY

#### **All Occasion Travel**

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

#### **Amway Business**

Amway Products, Private Labels  
& Affiliate Shopping Sites  
Personal Franchise Opportunities Available  
209-986-5758  
www.amway.com/tomspivey

#### **Avon**

Have Dawn or Claire fulfill  
All of your Avon needs  
Cell 707-628-4235  
Home (5239)

#### **Avon**

Independent Sales Rep  
Zoe Marie Mrdeza (3676)  
Cell 925-768-0485  
zoemariems@gmail.com

#### **Cruise Adventures Unlimited**

A Proud Member of the Signature Travel Network  
Terri Anisko (374-6277)  
Accredited Travel Specialist  
oceans@myifp.com

#### **Get Water @ 5 cents/Gallon**

Install a filter or BE the filter!  
707-507-5255  
sales@arrowater.com  
Call for free test.

#### **Mary Kay Cosmetics**

10% discount on New Lash Primer  
or Lash/Brow Serum  
Donna M. Hoenie 925-263-6914

#### **Mary Kay**

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

### **ANNOUNCEMENTS**

#### **Gambling Trip**

Red Hawk Casino: Night time 6-11 pm Saturday. September 22. Cost \$28. Contact Carmen Martinez (3259).

### **FOR RENT**

#### **Home for Rent**

Belmont model on golf course. Furnished or unfurnished. Nice clean home. No smokers/No pets. 2br/2ba, office. \$1400/month. 925-285-9162

#### **Home for Rent**

Would you like grandchildren close by? How about five minutes? 4br/2ba in Homecoming. Near park. Mature fruit trees. Available July 1. Owner Trilogy resident. (3396)

#### **Home for Rent**

Spinnaker model with gas fireplace, den, covered patio. HOA and gardener included. No smokers. Call Pat 208-1788.

### **FOR RENT**

#### **Home for Rent**

2br/2ba plus den \$1000/month. Washer/Dryer/Fridge. HOA paid. 707-246-3936.

#### **Home for Rent**

Yountville former model home near Vista Club: 2541 sq. ft., 3br/2.5ba, landscaped corner lot, 3-car garage, \$1595/mo. No pets. Owner pays HOA. Call Harry 650-588-1801.

#### **Room for Rent**

Room for rent: \$500 including utilities. No smoking. Call for details 650-922-3716.

#### **Room for Rent**

Room for rent: \$500 per month. Call Jan at 688-9338. No smoking.

### **FOR SALE**

#### **Furniture**

Green sectional sofa \$350, Game table \$100, Glass and brass coffee table \$100, Glass TV entertainment table \$100, Projection TV 47 inch \$50. Call 398-4105.

### **FOR SALE**

#### **Queen Mattress**

Tempurpedic Queen Mattress with free basic platform foundation. Has velour washable zipper cover. Cost \$1500. Yours for \$750/OBO. No refunds or returns accepted. (5248)

#### **Scarves**

Bonita Stewart Designs: I make hand knitted scarves, cowls, hats and fabric handbags. See my complete inventory at [www.etsy.com/shop/bonitastewart](http://www.etsy.com/shop/bonitastewart) or call (4368).

#### **Scooter**

Never used three-wheel scooter. Fits into trunk. \$1200. Call Linda(2490).

#### **Window Coverings**

Custom Designed window coverings for Calistoga model. Includes blinds and shades, \$500. for all. Call 510-396-0009 for further info and details.



## SERVICES

### Airport Transportation

I'll get you to any airport or SF port on time and pick you up on return. TRV residents only. 7 yrs. experience. Here is how I charge: IRS mileage + tolls + \$7.50/hr. Call Ralph Hatch (3941).

### Assistance w/ Heavy Lifting

When you need an extra pair of strong arms for projects such as rotating mattresses, hanging holiday lights, we can help. We are experienced, reliable, motivated and properly equipped. No job too small. For hire with or without truck. Call 707-410-7070.

### Assistant for Females

Available Monday -Thursday 9-5: Meal preparation, errands, transporting to pharmacy, post office, groceries, appointments, shopping, visiting friends, movies, etc. Contact Brenda (4617) or cell 816-0964 tmb1weed5000@aol.com.

### Audio/Video

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

### Audio/Visual

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

### Auto/Home Detailing

Star Shine Mobile Detailing is now providing auto, motorcycle, boat, RV and upholstery detailing. Also offering home driveway pressure washing services to Trilogy residents 410-7070.

### Bicycle Maintenance

Trilogy resident will help with preventative maintenance and minor repairs to keep your bicycle operating smoothly. Can make house calls. (5727)

## SERVICES

### Bilingual Assistant

English/Spanish speaking retired social worker would love to assist you in enjoying life in Trilogy. Will do errands, transport to shopping, appointments, friends, light housekeeping. 320-1995

### Caregiver

Need a few hours respite when caring for a loved one? Anticipating upcoming surgery or hospitalization? I'm a registered nurse. Reasonable rates. Call Sherry at (4864).

### Carpentry

Finished carpentry: fireplace mantels, crown molding, book cases, window sills/casings/trim. Call Randy Updegraff 334-3460 or 260-2821. References & samples available.

### Carpet and Upholstery Cleaning

B&B Carpet and Upholstery Cleaning. Trilogy resident will clean carpets and upholstery in your home, mobile home, RV, boat, or car. Home carpets: \$30 per room, \$15 per hall. For the best service, call Bill (6125) or cell (707) 718-4994.

### Carwash

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

### Cleaning

House cleaning with an expert eye to details. We offer one-time cleaning, budget cleaning and full service cleaning. Moving in & out cleaning & special projects also available. All work satisfaction guaranteed. Twelve year resident. All Nita 315-6670.

### Cleaning

By Fluff & Buff. Reliable, trustworthy house cleaning. Several years in Rio Vista. Excellent references. Bonded, Licensed. Flexible: move-ins/outs; weekly, bi-weekly, monthly, etc. Kali 925-451-9655 anytime.

## SERVICES

### Clock Repair

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

### Computer Doctor

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

### Computer Help

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

### Computer/Wireless

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

### Countertops Galore

Granite—Corian—Marble: Specializing in kitchen & bath installation. Trilogy Resident Larry Reece, 30 years experience, free estimates. (3338) home or 707-208-3703 cell "You can take Larry for granite."

### Crown Molding

Specializing in crown molding, mantels, all interior trim, front door installation. Trilogy Resident. Free estimate. Call Bob (4902).

### Custom Cabinets

Specializing in new custom cabinets, entertainment centers, bookcases, media niches. Roll out shelves. Trilogy Resident. Free estimates. Call Bob (4902).

### DJ Available

DJ music for indoor and outdoor events. Contact Jose (5248).



## SERVICES

### Electrical

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

### Enhanced Improvements & Repairs

Established Retired General Contractor. tile, wood floors, water leaks/drywall damage, kitchen & bath remodel/repair, patio re-design, entry/screen doors, fireplace mantels. . . Big or small—I do them all! 7 year resident/ references. Dominic 322-9476.

### Faux Finishing @ Its Best

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

### Free Classifieds

<http://www.theriovista.com> Totally free during our test trial. Try us out! Feedback is appreciated! 707-340-3788.

### Gardening

Need garden pruning or sprinkler repairs? Trilogy resident and former Golden Gate Park gardener offers 25% discount to Trilogy residents. Call Mike (2349).

### Hairstyling

Haircuts & styling done in the comfort of your home. Over 35 years experience. Call for appt. Myrna Home: (3725) Cell: 408-309-0083. Men also. Trilogy resident.

### Handyman

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

## SERVICES

### Handyman

Trilogy resident has over 40 years of home maintenance experience, MOEN faucet specialist, ceiling fan and chandelier installations, electrical trouble-shooting and GFCI problems, plumbing leaks, garbage disposal change-outs. Free estimates. City business license #1654. Call Bob Bailey (3391).

### Home Maintenance

Wash windows, including tracks & screens. Wash patio & patio cover. Clean dryer vents, rain gutters, most honey-dos. Some hauling. Victor 398-6610.

### Housecleaning

Sit back & relax. Leave the cleaning to me. (4902).

### Household Assistance

Clean house, wash car, cook meals, drive far. Be friends, computer fix, organize clutter, pet sit. Paint walls, small repairs, pack house, relieve cares. Jody (5735).

### Housesitting

Make sure your house is safe and secure while on vacation. I would be delighted to house-sit for you anytime. Call Ann (0252). References available.

### Impeccable Improvements & Repairs

Established Retired General Contractor. . .tile, wood floors, water leaks/drywall damage, kitchen & bath remodel/repair, patio re-design, entry/screen doors, fireplace mantels. . . Big or small—I do them all! 7 year resident/ references. Dominic 322-9476.

### Income Tax Services and Planning

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

## SERVICES

### In-Home Care

For male or female. We are sensitive, caring, discreet and dependable! We are Trilogy residents with 8 years combined experience and would like to assist you too. 12 year resident. Call Nita 315-6670.

### Knitterbug

Handknit Designer Scarves. Let's create the perfect scarf! Choose from a collection of yarns, ribbons, colors. Private knitting lessons or help with specific questions. 386-7921

### Landscape & Design

My name is Jim Gilly, a new Trilogy resident. [www.gotgilly.com](http://www.gotgilly.com). An easy and pretty website to browse. I will visit your home, consult, and install. Ask how you can save money by you being the contractor if you so choose. 925-260-5780

### Landscape Maintenance

Call StarShine of Rio Vista for all of your yard and homecare needs. 410-7070.

### Lawnmower Repair

Service & repair on lawnmowers, weed eaters, blowers, rototillers, etc. Sharpen garden tools. Rates moderate. Call Stan (3163).

## Want to Run a Classified Ad?

Pick up an ad application form at Member Services. Turn in your completed form by the fifth of the month preceding the month you wish the ad to run. Cost is \$5 for 25 words. Additional words are \$.25 per word. Checks only. Late ads will run in the next issue.



## SERVICES

### Mobile Notary Services

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

### Notary Public

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

### Notary

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

### Notary to Go

Only \$7.50 per notarization. Discounts for numerous documents. Since 1984. Call Warren (3477).

### Painting

Ron the Painter for Hire. Quality work at a good price. All types of painting: fences, mailboxes, interiors, homes. References. Trilogy resident 707-580-6616.

### Painting and Drywall

Repaint exterior & interior. Color and texture our specialty. Free estimates. 38 years experience. R. P. Painting, Trilogy resident CA St. Lic. # 422737. Call today (5954).

### Personal Organization

Haven't seen the top of your desk lately? Can't close the closet door anymore? Let ClutterNOT help you make the "hard decisions" of what to keep and what to donate or discard. Experienced, confidential and sensitive de-cluttering. References available. Trilogy resident, Carol Kern, 925-286-2398 or [www.clutternot.com](http://www.clutternot.com) for free consultation.

### Pet Care

Loving care for your pet while you are away. Includes walking, feeding, mail brought in, garbage out, etc. Call Trilogy resident Andrea 209-201-8143.

## SERVICES

### Pet Care

Kitty care services while you are away. Includes feline's play, feed, meds, clean litter, trash out/in, newspapers, mail, and water plants. Call Mimi (4343) or cell 707-567-5910. Since 2007.

### Photography

Preserve your memories. Photo and slide restoration, retouching. Photography for events, family portraits, advertising or passports. [www.digitaldreemz.com](http://www.digitaldreemz.com) Call June (6830).

### Rain Gutters Cleaned

Patio covers washed and rain gutters cleaned. Call Trilogy resident Danny at 209-570-0302.

### Real Estate

Selling, Buying and/or Property Management. No obligation evaluation on current Trilogy market. Short sale consultation. Maggie, Broker. Delta Bridge Homes Trilogy office (6395). [maggiecatt@frontier.com](mailto:maggiecatt@frontier.com). Cal DRE #00789865. Roll out Shelves Make your life easier with roll out shelves. Save your knees and back. Call Bob (4902) Trilogy Resident.

### Sliding Door and Screen Repair

Stop Fighting Your Sliding Door and Screen!... If it does not Slide, I will make it Glide...Replacement or Repair of Rollers, Handles and Locks on all Patio, Screen, Shower Enclosure and Wardrobe Doors. For a free estimate, call Jonathan (2736).

### Stained Glass

Custom Stained Glass by Jan: Windows, Panels, Gifts. Your design or mine. 40 plus years experience. Call 707-374-3612 or 707-718-2463. Trilogy Resident.

### Streaming Video

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

## SERVICES

### Transitions

Assisting families to a smoother road with the passing or moving of a loved one. Includes: packing, organizing, down-sizing, cleaning and hauling. Also assistance with labeling items to be sold or donated. Call Nita 315-6670. 12 year resident.

### Transportation

Your car or my car. Anytime, anywhere. Victor 398-6610.

### Transportation

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

### Weed Pulling

Get rid of those ugly weeds. Don't break your back. We'll keep your yard tidy. Cheap. Call Laurie (6305) or cell 925-301-7389.

## VACATION RENTAL

### Tahoe Condo

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

## WANTED

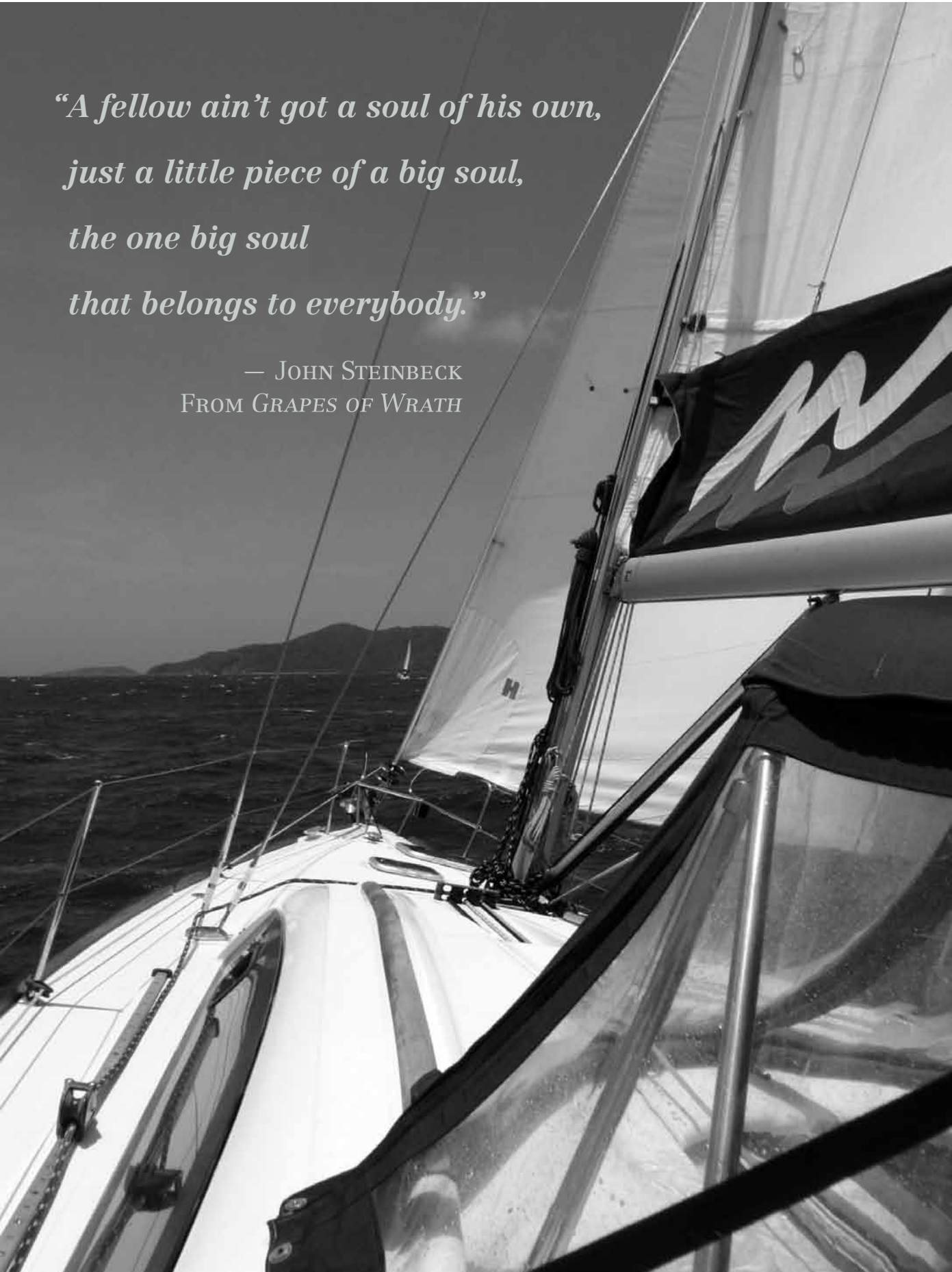
### Recipes

Recipes that incorporate foods grown or raised in the California Delta region for a new Discover The Delta Foundation cookbook. Contact Blaine (0717) [bffoltz@yahoo.com](mailto:bffoltz@yahoo.com).

### 501 Levis

Levis 501 Button Front, straight leg, boot cut. Any condition, any size (1349) or 925-216-6300.





*“A fellow ain’t got a soul of his own,  
just a little piece of a big soul,  
the one big soul  
that belongs to everybody.”*

— JOHN STEINBECK  
FROM GRAPES OF WRATH



## EMERITUS SENIOR LIVING

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

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

*Our Family is Committed to Yours.®*

**Emeritus at Rancho Solano, nestled in the rolling hills of Solano County’s wine country, offers a little bit of everything. Sample the wine or coffee at the new Bistro or relax in the Lake Tahoe-like lounge; there’s something for everyone!**



**EMERITUS**  
—at Rancho Solano—

**(707) 425-3588**

**Call today to schedule your free  
tour & learn more about the  
many benefits we have to offer!**

3350 Cherry Hills Court, Fairfield • [www.Emeritus.com](http://www.Emeritus.com)

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