# PUBLISHED BY THE TRILOGY AT RIO VISTA MASTER ASSOCIATION

Trilogy Iving

JOELE SWIFT
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the New Year

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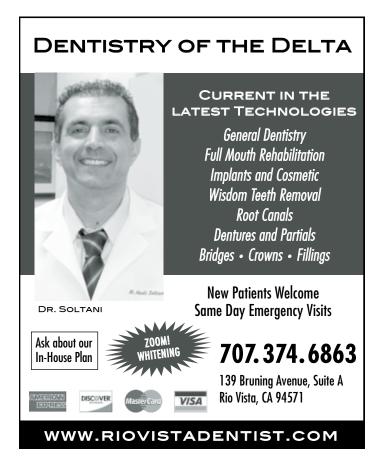
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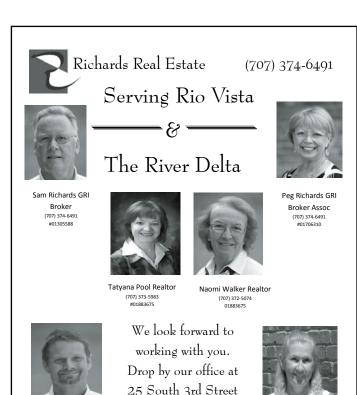
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# From the Master Association

# Don Love

President

### President's Report, December 8, 2015

**Legal Updates:** A review for the final LLD funds transfer indicates that the process will probably be closed soon.

A Wells Water Rights attorney has been engaged by the Association to review our rights to Ag Well Water.

**Personnel:** Salary Schedule Adjustments were discussed in preparations for the upcoming budget.

**Formation of Contracts:** Street/Parking Lot Lighting: Initial discussion of what contract structure for changing to LLD lighting and maintenance would likely look like. A presentation was given by Horizon Lighting. Huge annual savings and a short payback period for such a switch seems desirable yet much needs to be discussed prior to getting bids.

Lanscape/Summerset Median: We are awaiting updated bids. Ninety thousand dollars has been set aside in the past budget, which was delayed during the summer due to the water restrictions in place.

## **General Master Board Meeting**

**Holiday Decorations:** In the President's report I announced that the Board was in complete agreement for diversity decorations during the Holiday Season and would be proactive in purchasing and storing decorations for each faith in the same manner as the tree.

**Learning Center:** Discussion was held on replacing the computers and tables in the learning center while also replacing computers in the Vista Member Services Office. The cost of conversion is within the amount allowed for in reserves. The final discussion was tabled until the next meeting.

**Street Lights:** A short presentation was given detailing the issues around making a change to LED lighting in our street lights and parking lots. A trial of a few different lighting styles will be installed in some of our lights (5 or 6) to provide options for a conversion. The General Manager has been in contact with several other Associations who have made the switch and the results have been extremely positive.

**Code of Conduct:** A first reading was presented for the Code of Conduct for Board Members.

**Separate Notation on Amenities:** At a recent Village one takeaway was that the pending new amenities building that Shea is building and giving to us would be on a well site. The projected 8,500 square-foot building will not be on a well site while some landscaping or perhaps parking may be on the well site as is the parking and the Bocce courts near the Tennis courts.

# TRILOGY AT RIO VISTA

DIRECTORY

#### **Master Association Board of Directors**

Don Love, President (707) 374-6882 Noel O'Brien, Vice President (925) 348-4097 Melissa Coleman, CFO (707) 374-6874 Joel Auslen, Secretary (707) 374-5808 Patty Kohn, Director at Large (707) 374-2737

#### **District Delegates**

Village 1 - Melissa Coleman, (707) 374-6874 Village Oakmont - Walt Manos (707) 374-2827 Village Riviera - Ron Waite (707) 374-6714 Olympic Village - Joel Auslen (707) 374-5808 Saddle Rock Village - Roger Kohn (707) 374-2737 Eagle Point Village - Teresa Fraser (415) 407-8563

#### **Committee Chairs**

Adult - Harish Chinai (707) 374-2643 Administrative Policies - Melissa Coleman (707) 374-6874 Document Revision - Bob Sather (707) 374-1384 Emergency Action – Alan Levine (707) 718-7907 Access - Art Darden (707) 374-3455

#### **Village Board Presidents**

Village 1 - Larry Mork (707) 374-3389 Village Oakmont - Walt Manos (707) 374-2827 Village Riviera - Donald Seyk (707) 374-6407 Olympic Village - Joel Auslen (707) 374-5808 Saddle Rock Village - Art Darden (707) 374-3455 Eagle Point - Teresa Fraser (415) 407-8563

#### Association Administration /HOA (707) 374-4843

General Manager: Ed Vitrano (707) 374-4869 evitrano@actionlife.com

Assistant General Manager: Catherine Patrick cpatrick@actionlife.com (707) 374-4843
Activities Director: Debbie Dorn (707) 374-4204 ddorn@actionlife.com

Fitness & Spa Director: Kathy Erwin (707) 374-4205 kerwin@actionlife.com

Maintenance Director: Michael Oestreich (707) 374-4895 moestreich@actionlife.com

Member Services Coordinator: Cheryl Lucas (707) 374-4203 clucas@actionlife.com

Communications Coordinator: Andrea Stuart stuarttrv@gmail.com

Architectural Coordinator: Debbie La Croix (707) 374-4843

#### Club Numbers

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

#### **Trilogy Living Editorial Board**

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

#### **Commercial Advertising Manager**

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

#### **Resident Classified Advertising**

Kathy Nilsson, knilsson@actionlife.com (707) 374-4200

Welcome Center/Front Gate (707) 374-4306

Guest Registration - community.dwellinglive.com

Café Vista (707) 374-4202

Sir Flair's (707) 374-4400

Golf Course (707) 374-2900

Shea Customer Service 1-866-535-9989

# From the Editor



## Andrea Stuart

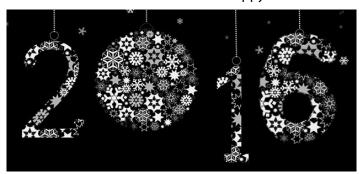
What's in a New Year's resolution? It's a very personal matter. Some of us resolve to improve upon ourselves in one way or another. Some of us resolve to do one thing we haven't been

doing. Others of us resolve to simply stick to something that we resolve for a change. Whether you're picking up where you left off from last year or starting fresh, may the coming year bring you the joy you deserve.

If one of your resolutions is to create a new fitness or health routine or continue on the beautiful path you are on, you'll want to check out the fitness section in this issue. There are some amazing classes and offerings; something for everyone. Beginning in January, Joele Swift brings Cardio Scupt class, Anna Chunn offers her Relaxation Class, Deanna Araya brings Yoga Continuation, and Aqua Joint with Beverly Shilich sign-ups begin.

Trilogy also offers naturopathic services by Dr. Kimberly Gilmore, acupuncture and Chinese medicine by Dr. Charles Peri, and Reiki with Danielle Mayer. If you see any of them as you walk through the Vista Club or around Trilogy, stop and say hello. They would be happy to share their experiences and information with you.

AS you know, we're smack in the middle of winter. Sometimes the best way to keep warm is to start from the inside. The Riviera Residents' Club is hosting its 8<sup>th</sup> Annual Soup Potluck on January 30. Turn to page 38 to learn more about the event. And of course check out the events in the Activities and Clubs sections of this issue. Happy New Year!



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

# From the Activities Director



# **Debbie Dorn**

Happy New Year Trilogy! I hope that you, your families, and friends found your holidays enriched by the holiday season's community events. The volunteers and sellers' donations

from the Gift, Craft & Art Faire plus the Jewelry Show raised \$940 for the local Meals on Wheels. Rio Vista Community Services' Christmas 94571 program helps us to share with those less fortunate in the local area, through their donation tree displayed annually at the Vista Club. This year, 170 Trilogy residents supplied all requests in less than two weeks. The festive Decorating Social, Tree Lighting Ceremony, Drama Club's Christmas Play, and Trilogy Holiday Show are just a few events made possible by too-many-to-name volunteering residents and staff who present such delightful memories.

Looking ahead, here are more special events to get you going into the New Year!

- Jan 01 Polar Bear Plunge ~ Spectacular for Participants and Spectators!
- Jan 03 Trilogy Produce Market
- Jan 08 Open Mic Night
- Jan 10 Solid Gold Dance ~ Dance Club
- Jan 15 Comedy Night ~ Chicago Steve Barkley
- Jan 17 Trilogy Produce Market
- Jan 18 Martin Luther King Jr. ~
   A Tribute Co-sponsored with the Whist Club
- Jan 21 Enrichment Series: Age Well & Drive Smart
- Jan 22 Bingo Returns!
- Jan 23 Dance Concert Featuring Decades
- Jan 24 This 'n That Coffee House ~ Guitar Club

#### **Get Ready...**

Feb 07 Super Bowl 50 Party

Club activities are continuous throughout the year, so be sure to catch what's happening from their articles! Stop by the Vista Club to pick up a brochure with clubs and contacts listed to find what might pique your interest. Your comments and suggestions are always valued. Send an email anytime to ddorn@actionlife.com. My mailbox is always open! May the warmth and joy from the holiday season be with you throughout the coming year!



# Computer Class Program Sustainability Review

Learning Center, Vista Club

The Computer Class Development Focus Group has supported this computer instruction class program now for one year. Although we have experienced large class participation at times, there are open seats for most classes. Given the community population, classes should be filled. Class subject development has been based on resident recommendations. Given consideration of the people and time resources required to provide this programming, we will evaluate program continuance during the next two months and request your input. If discontinuance of computer class instruction would be of concern, we need to hear from you. Submit your comments in writing to include examples and suggestions to Debbie Dorn at ddorn@ actionlife.com. The focus group does plan for further research, possibly offering classes on other subject matter not related to computer class instruction. Your additional thoughts about that would be helpful to shape future offerings. See page 39 for the January computer class schedule.

# The Polar Bear Plunge

Friday, January 1, 10 a.m., Delta Club Pool ~ Free

Let the fun begin, the plunge is at 10 a.m. sharp; come early to check in! For those of you who want to cross something off your bucket list or just want to challenge yourself in a new way, join fellow Trilogy residents and take the plunge at the Delta pool. How do you prepare? You don't. The essence of plunging is the group energy. You must go all the way under to qualify! It's exhilarating. Afterwards, warm yourself in the hot tub, then enjoy hot chocolate and refreshments in the Delta Club Marina Room. Those who plunge will receive a 2016 Polar Bear Plunge tee-shirt! Collect them from year to year. Sign up at Member Services at the Vista Club, or call 707-374-4200, and be sure to mention your shirt size!

# **Trilogy Produce Market**

Sunday, January 3 & 17, 10 a.m. – 3 p.m., Delta Club



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



# Dance Concert Featuring Decades

Saturday, January 23, 7 — 9:30 p.m., Diablo Ballroom, Vista Club ~ \$15

Diablo Ballroom, Vista Club ~ \$15

Incredible pitch-perfect renditions
of hits from Chuck Berry to Katy
Perry! Amazingly entertaining,
these recording artists perform at
casinos, and corporate and private
venues. Decades is ready to rock
Trilogy! Let's dance! Visit their web
site at www.musicfromthedecades.
com. Bring your own refreshments
to enjoy during this talent-filled
show and dance! Sign up at
Member Services at the Vista Club.

Email Debbie Dorn with questions at ddorn@actionlife.

# **Open Mic Night Returns!**

Friday, January 8, 7 - 8:30 p.m., Diablo Room, Vista Club  $\sim$  Free

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

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

Monday, January 11, 1 - 5 p.m. Diablo Ballroom, Vista Club  $\sim $60$ 

It is good to know how to help someone in trouble. It could be your spouse or it could be your grandchild. The class provides a two-year certification in CPR/AED and First Aid at a great value. Limited space is available. Sign up with Member Services by January 7, at the Vista Club.

# **Blood Pressure Check ~ Free**

Thursday, January 14, 9 - 10 a.m., Library, Delta Club

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

# Comedian Chicago Steve

Friday, January 15, 7 p.m., Diablo Room, Vista Club  $\sim$  \$15



Chicago Steve Barkley has been making audiences laugh in comedy clubs, on cruise ships and for corporate clients for more than 40 years. With his high-energy delivery punctuated with sound effects and an animated style, Chicago Steve never fails to deliver big laughs while keeping his show corporate clean! You are welcome to bring refreshments to enjoy during the show. Sign up at Vista Club's Member Services.

# Dr. Martin Luther King Jr. Tribute

Monday, January 18, 2 − 4 p.m., Diablo Room, Vista Club ~ Free

Together with the Whist Club, join us in celebration of Dr. Martin Luther King Jr. Guest speaker, entertainment, and refreshments will follow. For more information, contact Hattie Walker 707-374-3699 No sign up required.



# Enrichment Series ~ Driving Awareness Seminar

Thursday, January 21, 1 - 4 p.m., Diablo Ballroom, Vista Club  $\sim$  Free

Mobility matters! Driving reflects our independence, lifestyle, and in some cases our self-image. Senior drivers may have to make adjustments. This seminar will enlighten your awareness, and position you with resources to increase your options. Develop an informed view of warning signs and solutions for aging well and driving longer, from presentations by representatives from the Motor Vehicle Department and Solano Transportation Authority. California Highway Patrol officer David Harvey will close the seminar with discussion, questions and answers. Certificates of participation will be available on request which may offer a vehicle insurance discount. This program is a cooperative effort between the CHP, the Department of Motor Vehicles and the older driving community. Light refreshments will be served or you are welcome to bring your own. Sign up at Member Services to reserve your place at this enlightening seminar.

# **Super Bowl 50 Party**

Sunday, February 7, Diablo Ballroom, Vista Club ~ Free 12 p.m. ~ Pre-Game Program, 3 p.m. ~ Kick Off!



Put your game face on and join the Super Bowl Party! Bring your own provisions to enjoy while cheering your favorite team on the big screen! Sign up for table seating at the Vista Club Member Services desk.



# Karaoke ~ An Evening of Spontaneous Fun!

Friday, February 19, 7 - 8:30 p.m. Diablo Ballroom, Vista Club ~ Free

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

# Dance Concert Featuring Jim Anderson and the Rebels

Saturday, February 27, 7 p.m., Vista Club Patio ~ \$15

This is one magnificent show that you will not want to miss! Jim Anderson and the Rebels return by popular request, and are sure to fill the house once again with their signature Elvis Tribute! These amazing artists



headline main stages everywhere performing Elvis, Country and Oldies to the delight of all music fans. Their show is family friendly and favors all ages. Bring family, friends, your dance shoes, and favorite refreshments! Sign up early at Member Services, Vista Club.

# Wine, Belle Voci, and Visual Arts Festival

Saturday, March 5, 1 - 5 p.m., Diablo Ballroom, Vista Club  $\sim$  Art Show is Free

Charge for wine tasting ~ Six wine tastings \$5, payable to Van Ruiten Winery

Enjoy an afternoon of wine, music, and art. Trilogy Art Guild (TAG) and the Photography Club will display their art, the acapella Bell Voci Quartet will delight with their vocal harmonies, and there will be wine tasting. Set your palate for an artful fun time and come on over for a charming afternoon. No registration required.



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# **Visiting Physician Service**

In-home medical consultations for Trilogy Residents 707-419-6026



**Raymond Donovan, M.D.**, is a Family Medicine physician with more than 40 years of experience in the Bay Area, and a Trilogy resident since 2014.

In the privacy and convenience of your own home, Dr. Donovan will be your medical advocate by listening to your concerns, and assisting you in understanding your medical options.

## A typical visit might include:

- · Providing a home safety evaluation
- Checking your vital signs
- Reviewing your medications and side effects
- Reviewing imaging and lab test results
- · Assessing nutritional status
- Offering physician-to-physician communication

Please call for an initial complimentary meeting.





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# Assessment Notice

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

# Assessments for the month: Master Association \$126.51

The developer subsidy, as it applied to less than 200 original owners of Village I, expired as of May 2015. From June 2015 forward, all members, including past subsidy recipients, are responsible for the Master Association Assessment of \$126.51 plus the appropriate Village Assessment below.

Village I \$5.25

Village Oakmont \$5.20

Olympic Village \$5.10

Village Riviera \$5.25

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

**Eagle Point** \$0 (None until dormancy ends)

\*食\*

**HOLIDAY DECORATIONS – Reminder –** All holiday decorations must be down by January 15.



**Office** – It is important to let 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.

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

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

**Club Hours** – The Delta Club is open at 7 a.m. for entry with members' keys. It is open from 8 a.m. to 11 p.m. for entry without keys. From 11 p.m. until 7 a.m., there is no entry. The Delta Club pool, spa and patio are open 24 hours daily. The Vista Club is open from 6 a.m. to 9 p.m.

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

Mail Theft – The Administrative Office has been receiving an unusually large number of reports from members of their mail being stolen. Members are encouraged to put outgoing mail in the mail box in front of the Delta Club. Putting it in your mail box and raising the flag makes it very easy for thieves to know which mailboxes to target. When away for a couple of days or longer, be sure to put a stop on mail delivery with the post office. If you see unusual activity near mailboxes, call the Rio Vista police immediately. If a vehicle is involved, try to get a license plate number. Once the individual(s) leave, there isn't much that can be done. Check with the post office regarding locking inserts that can be put inside your current mailbox. Try to be at home when having parcels delivered to your front door.

**Parking in front of mailboxes** – Thank you for helping our mail carrier deliver your mail, our staff deliver fliers and giving your neighbors easy access to their mailboxes by not parking in front of mailboxes and asking your service providers to park elsewhere also.

**Street Lights** – Please report all street lights that are out to the Administrative Office/HOA. Please have the light pole #, the street and the nearest cross street when reporting lights that are out or not working properly. It is quite expensive to hire the boom truck. Therefore, until there are 10 lights needing work, we do not hire the truck. This could mean several weeks between the time you report the light and the actual repair.

**RV/Boat Passes** – You do not need to bring your RV to the Welcome Center each time you need a pass. If you have registered your RV on Dwelling Live,



you can simply go to the gate and pick up the 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. NEW - You can now get a 24 or 48 hour pass for RVs/Boats. Be sure to let the Welcome Center attendant know which you need.

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

**E-Alerts** – Submit your email address to the Member Services desk at the Vista Club. This will get your information such as special announcements, monthly agendas and most important, the weekly e-newsletter, which updates you as to activities in Trilogy and the 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 statement, etc. To do that you must go to the Administrative Office and sign a form authorizing delivery by electronic methods. Thank you for considering both options.

You have signed up for e-Alerts and Disclosure Opt-in but are not receiving them - Some of you may notice from time to time that you stop receiving the MTL e-Newsletters and/or the TRVMA e-Alerts. If this happens, please contact Jacquie and she will work with the email team to make sure that you're on the 'active' list in the email system. Emails can be removed from the 'active' list in several ways: a user may click the 'unsubscribe' link on an email, a user may uncheck the newsletter subscription box on his/her profile on MTL, or, more often, a user's email service (i.e. Hotmail, MSN, and Gmail) may confuse the e-newsletters for junk and automatically reject all ongoing mail. This last scenario results in our email address being automatically moved off of the 'active' list in our systems. If you contact Jacquie at jroche@actionlife.com, she will have the email team move you back to 'active,' but we also suggest that you add the e-newsletter email address - noreply@actionlife.com - to your "safe senders" or "friends" list in your email settings to reduce the odds of problems.

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

Reserve Tables and/or Chairs – Member Services – Vista Club (707-374-4200)

Have Copies Made, Send a Fax and/ or Receive a Fax – Member Services – Vista Club (707-374-4200)

**Pick up a Residents' Directory** – Member Services – Vista Club (707-374-4200)

**Submit Residential Ads for the** *Trilogy Living* – Kathy Nilsson – Member Services – Vista Club (707-374-4200)

**Indoor Plants** – Please do not use the potted plants as garbage receptacles and do not water plants. A contractor takes care of the plants and when well-meaning members decide to help, it often makes matters worse. The plants are expensive to replace and all members pay for replacements.

**Anonymous Notes to the Administrative Office/HOA** – Please sign all Administrative Communication Forms as we only take action on signed forms.

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

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

**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.

Late Charges on Assessments – Assessments are due on the first of each month. Many members treat the 15th as the due date and then request a waiver of the late fee when payment is not received by the 15th. If you are paying your assessments through your bank or mailing a check yourself, it is recommended that you move the date of payment to the 23rd of the month so that the payment is actually received by the first when the assessments are due. Many banks are batching payments before sending them out, so even though your account may show a payment on a particular date, the payments are not being mailed on that date. In addition, the post office has closed facilities and laid off employees. This is



resulting in longer times for mail to reach its destination. If you schedule payments through your bank or mail your check without adequate time allowed for delivery, you run the risk of being charged a late payment.

Welcome Center/Dwelling Live – Please make sure that your guests and vendors have your full name and/or address to give the Welcome Center attendants; otherwise they will not be given access. The Welcome Center attendants are grateful to those members who enter guests on Dwelling Live, call the Welcome Center or email them when expecting guests and especially when having a party and expecting several guests. They don't want to deny access to anyone you are expecting but have no choice if they haven't been notified and they can't reach you to get your authorization upon your guests' arrival. Instructions for using Dwelling Live are available at the Vista and Delta Clubs.

**Irrigation** – Please adjust your sprinkler system to reflect weather conditions and the Governors Executive Order to water only twice per week.

**Suspicious Behavior** – Trilogy is a private community but not a secured one. Please keep your doors and windows locked when away from home and lock your car. If you observe unusual behavior that warrants a call to the police, please do so.

**Dumping Trash** – Thank you for using your own receptacles for disposing of trash rather than any others throughout the community, and for not putting soda cans, water bottles and other trash in the doggie waste disposal receptacles. 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.

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

1. Thanks to all members who put down umbrellas at the bocce courts, the Delta Club back patio, and especially the Delta Club 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 and also 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. Please report any theft to the Administrative Office/ HOA. Remember that when something is stolen, 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 should bag all clippings/leaves 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 can be charged.

**Delta and Vista Pools** – All guests must be accompanied by a resident. Children under the age of 18 are allowed in the pools during the hours of 11 a.m. - 3 p.m. and must be out of the pool area by 3:15 p.m.

#### **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 coverage

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.

**Bicycles Riders** – Bicycle riders must also obey all traffic signs.

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

**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 use of the Café Vista and Grand Living Room. Please help us keep your club private and safe by observing this policy

**Billiards Room:** Guests must be accompanied by a resident when using the Billiards Room. All guests must be at least 18 years of age.

Café Vista: All guests may use the Café Vista.



**Café Vista Computers:** These computers are 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: These areas are available to residents only.

# **Access Committee**

### **Planning for Our Future Access Needs**

The Access Committee has submitted recommendations for better access control to the Master Association Board. They provided estimated costs with their recommendations so the board can consider the proposals and their impact on future budgets.

The committee received much input from residents over the past few years regarding access concerns. They investigated options available to control access, considered what other communities are doing, and finalized their recommendations. Living in a diverse community such as ours, resident opinions spanned the gamut from "we live in a safe area and should just leave our gates open" to "we should do everything we can to keep everyone out except those we invite in."

The Committee proposals include installing Lift Arm Gates at each resident entrance as they are by far the most effective method to prevent unauthorized tail-gating. By moving from the remotes we use today for gate activation to RF ID tags permanently attached to resident vehicles, this will stop the sharing of the remotes with others. Installation of new readers at the resident gates will allow our invited guests to enter through the remote gates while preventing unauthorized access.

The committee looks forward to community support as these proposals are implemented and is available for advice and training where needed. Ideas for improvement or questions are always welcome at the committee meetings.

# **Emergency Action Committee**

### **Are You Prepared Yet?**

Each time there is a power outage we say we should make sure we have enough batteries. The power is restored and we go back to enjoying the mild, sunny days, which is a big reason we enjoy living here. We read or see TV reports of disasters happening somewhere else and are thankful those things don't happen here. Well disasters have happened here, and they will again.

Weather scientists predict one of the largest El Nino events on record and El Nino normally means a much wetter winter for northern and central California. The Master Association Board sponsored two vision meetings in December where the Emergency Action Committee presented information to help residents prepare. Did you attend? Have you followed up on their recommendations? Do you need information?

The Emergency Action Committee is available to make presentations at village or club meetings, provide handouts, other information, and to help you prepare. All of their information and advice is free to you. They are a committee of the Master Board, supplemented by volunteers standing ready to help in times of community emergency.

Do you need help or education regarding your preparations? Do you think you may need assistance when the disaster happens? The Emergency Action Committee is here to help now or in a disaster but they need to hear from you. Let them know if you would like them to check on your wellbeing when an incident happens.

Current committee contacts can be found in the front of this magazine or from the Administrative Office at the Delta Club.

An incident can be an inconvenient adventure if you're prepared, or a real disaster if you're not.

# Saddle Rock Village Board News



This month it is time for our annual meeting and election. Each village has their meeting planned and is encouraging their residents to complete and

return their ballots. Saddle Rock has yet to reach the number of residents to qualify as an active village so the only positions on our ballot are for Delegate and Alternate Delegate to the Master Association.

Two things every resident should understand. First, under the current Master Association CC&R's and By-Laws, our delegate votes on our behalf to elect Master Board members and at other times throughout the year as necessary to represent our community. Secondly, each delegate's vote is not equal, they carry with them the number of votes equal to the number of official ballots returned. Note, this is not the number who voted for them but the total number who voted.

Your vote is very important, please complete and return your ballot. Your community needs the power your vote provides.

Your village board in partnership with the Saddle Rock Resident's Club is holding a Meet-the-Candidate's night on January 6 in the Rio Vista Room of the Delta Club at 7 p.m.

The Annual Meeting and election is January 20 at 6:30 p.m. in the Rio Vista Room of the Delta Club.

Join us at both of these important meetings.

# Village Oakmont Kare Bears

Happy New Year, everyone! After a brief holiday break, the Village Oakmont Kare Bears are back and raring to go. At the January 13 meeting, we will be discussing new and old ideas and plans and activities for the coming year. Are you a new resident of Trilogy and living in the Village Oakmont neighborhood? Come and join us at our next meeting and meet some new people and neighbors and share your ideas. We would love to welcome you!

Everyone really enjoyed the All Kare Bear holiday potluck luncheon hosted by the Village Riviera Kare Bears. A good time was had by all. Thank you, ladies.

The next Village Oakmont Kare Bear meeting will be held on Wednesday, January 13, at 10:30 a.m. in the Delta Club. Come early to enjoy coffee and goodies, and share your ideas.

# Village One Residents' Club

Happy New Year! A brand new year is a good time to reflect on the year that just ended, and we had a great year! In review, in February we hosted our 2nd Annual New Resident Get-together attended by 28 new residents. In March, we served libations for Music of the Night. Our Cinco de Mayo fundraiser drew a crowd of 120 guests and raised \$600 for the Rio Vista Fire Department. In July, Jim Wichmann and his band of merry volunteers coordinated the July 4 parade—no simple task. In October, generous Village One residents donated miscellaneous linens and kitchen items as well as \$200 in cash to the Rio Vista Fire Department's Volunteers Hot Shot Program at our pregarage sale collection. Our Christmas party was a huge success. We hope all who attended enjoyed the delicious catered dinner and festivities. A special Thank You goes to Michael Mahrous, the outgoing President, for all his hard work.

And now it is time to look forward to 2016! On Wednesday, January 13, we will hold our quarterly meeting in the River Room of the Delta Club at 7:30 p.m. Come visit your neighbors and help us plan some fun social activities for the New Year. For more information contact Tess Felte at 707-374-4778.

# Village Riviera Board News

As everyone is putting their Christmas holiday decorations away, it is time for you to get out and vote for the people that you would like to represent you in Village

Riviera. There are 526 homes in Riviera, but because only 46% of our residents voted in 2015 our delegate could only cast 242 votes when he voted for the Master Board. 2016 may be the year that delegates will vote more than ever before, so please vote so we will have more representation. Ballots will be accepted by mail or hand delivered to 990 Summerset Drive until 5 p.m. on Thursday, January 7. Please join us at the Annual Meeting on Thursday, January 7, in the Delta Club at 6:30 pm. Ballots may be hand delivered at the meeting.

Every Village Riviera household has three votes for the Riviera Board of Directors and may cast them among the candidates or all for one candidate. There are three candidates running; Carolyn Azbell, Martin Plavin and Ronald Waite.

Each household will also be casting one vote for the Village Riviera District Delegate. A Board of Directors member may also be the Riviera Delegate or Alternate Delegate. Three candidates are running; Minnie Howell, George Robinette, and Carolyn Azbell. The Alternate Delegate will be nominated and elected at the annual meeting.

Finally each household votes for or against the allocation of excess funds to the subsequent year's operating budget as recommended by the Board of Directors. If you have any questions or concerns, call Don at 707-374-6407.

# Village Riviera Residents' Club

Village Riviera's Annual Soup Potluck will be held on Saturday, January 30 at the Delta Club from 6 - 8 p.m. Doors will open at 5:30 p.m. This event is open to all Trilogy residents and there will be a 50/25/25 Raffle. Please watch for flyers or pick one up at Box #4 in the Delta Club, for more information and registration.

The social committee meets on the third Thursday of the month at 5 p.m. in the Monterey Room at the Vista Club. Please join us; it's a great way to work with friends and neighbors and to have fun planning our Village events. Contact President Patty Ramos at 707-377-4410 or pscramos@yahoo.com for more information.

# Village Riviera Kare Bears

We would like to thank our Village Riviera Kare Bears for helping to make 2015 a better year for neighbors who may have needed assistance. We are having a Kare Bear block coordinators get-together on January 11 at 11 a.m. to help our new block coordinators get started and talk about some of our street coordinators successes and challenges. The meeting will be at Carolyn's house at 515 Twin Lakes Lane. If you are a Village Riviera street coordinator or are thinking about becoming one, please join us.

Because the *Trilogy Living* article is due prior to the vote for the Riviera Kare Bear officers, the new officers will be announced in the February *Trilogy Living* issue.

If you or a neighbor needs assistance because of surgery or an illness call your Riviera Kare Bear block coordinator for assistance. If you don't know who your Riviera block coordinator is, please get in touch with Valerie at either jonvalk@gmail.com or 707-374-6942. If you live in anoth-

er village and need a Kare Bear, please call the front desk at the Vista Club at 707-374-4200. They will be able to help you get in touch with the Kare Bear for your village.

Village Riviera Kare Bears meet the second Monday of even months at 10 a.m. at the Delta Club. Our next meeting is February 8. If you live in Riviera and think you can help, come meet your neighbors and join us at a meeting. Any questions call Geraldine Swan at 510-507-4080.

# **Meeting Calendar**

#### **Master Association Board**

Tuesday, January 12, 2 p.m. Diablo Ballroom, Vista Club

## **Village Riviera Association Annual**

Thursday, January 7, 6:30 p.m. Rio Vista Room, Delta Club

## **Olympic Village Association Annual**

Monday, January 11, 6:30 p.m. Rio Vista Room, Delta Club

#### **Special Board Meeting - Budget**

Monday, January 11, 2 p.m. Rio Vista Room, Delta Club

#### **Village I Association Annual**

Thursday, January 14, 6:30 p.m. Rio Vista Room, Delta Club

#### **Budget Workshop - Member**

Monday, January 18, 7 p.m. Monday, January 25, 2 p.m. Diablo Ballroom, Vista Club

#### Saddle Rock Village Annual

Wednesday, January 20, 6:30 p.m. Rio Vista Room, Delta Club

### **Village Oakmont Association Annual**

Thursday, January 21, 7 p.m. Rio Vista Room, Delta Club

#### **Eagle Point Village Annual**

Thursday, January 28, 6:30 p.m. Rio Vista Room, Delta Club

# **Council of Village Presidents**

Monday, January 18, 10 a.m. River Room, Delta Club

#### **Access Committee**

Monday, January 25, 1 p.m. River Room, Delta Club

### **Administrative Policy Review Committee**

Thursday, January 28, 5 p.m. Monterey Room, Vista Club

#### **Adult Committee**

Thursday, January 28, 1 p.m. Rio Vista Room, Delta Club

#### **Amenities Committee**

Monday, January 18, 3:30 p.m. River Room, Delta Club

#### **Document Revision Committee**

Monday, January 4, 11, 18, and 25, 9:30 a.m. Monterey Room, Vista Club

#### **Document Revision with the Master Board**

Thursday, January 14, 10 a.m. Rio Vista Room, Delta Club

#### **Emergency Action Committee**

Tuesday, January 12 and 26, 7 p.m. River Room, Delta Club

#### **House Renovation Committee**

Monday, January 11 and 25, 3 p.m. Monterey Room, Vista Club





Kathy Erwin Fitness & Spa Director

# JANUARY SPA SPECIAL: REIKI

25 minutes for \$25 (was \$30) 50 minutes for \$50 (was \$55)



# **Beat The Bulge**

By Dr. Kimberly Gilmore, ND



Happy New Year! After the holidays, many of us make a resolution to shed a few pounds or start a diet or exercise program. As many have learned, short-term commitments are not sustainable and do not work for the long-term. Forget the same ol' New Year's resolution and make a New Life resolution! Resolve to live a healthy life every day.

Get rid of belly fat. Many of us just want to fit into those skinny jeans or that favorite outfit from days gone by but there is an even more important reason to banish belly fat. Belly fat, or the "beer belly", is also known as visceral fat. This fat makes chemicals that can adversely impact your health and can increase your risk for heart disease, diabetes, and even cancer.

Measure your waist to find out if you are at risk. Use a measuring tape around your waist at the belly button or at the top of your hipbones. If your number is more than 35 inches, it may be time to pay attention to the bulge. Even in persons of normal weight, women with waist greater than 35 inches and men with waist greater than 40 inches are at increased risk for type 2 diabetes, hypertension, and cardiovascular disease.

Stress is a large contributor to belly fat. Our body naturally makes a hormone called cortisol in response to normal amounts of stress. When we are under chronic physical or mental stress, cortisol becomes out of balance and can encourage fat storage around the belly. I often recommend testing for cortisol imbalances and other hormones to assess whether this may be sabotaging your weight loss efforts.

Don't worry, there are things you can do to slowly but surely melt the pounds away for the long term. Eating the right foods can make a big difference and so can exercise. Additionally, it can be helpful to understand the root cause. Some of the culprits are eating a high sugar diet, chronic stress, physical injury, and some metabolic disorders. In addition to diet changes, there are also herbal and nutritional therapies that can be helpful.

Contrary to what many people think, eating healthy fats can actually help battle the bulge! Eating healthy fats has gotten a bad rap in the past but we now know that eating healthy fats is essential for many aspects of health – including burning belly fat. Eating monounsaturated fatty acids or MUFAs can help reduce belly fat. Some foods to add to your diet that are rich in MUFAs include olive oil, avocado, and nuts.

# LIVE WELL WORKSHOP

- Jump start your weight loss
- Commit to long term healthy living
- Learn which foods to eat to lose weight without going hungry
- Learn more about foods that burn fat
  - Diet that helps reset metabolism

January XX, 2015

## WEIGHT LOSS SUPPORT GROUP

-Monthly weight loss support group -Recipes

-Must be a patient of Dr. Gilmore or have been to one of her workshops.



# **Aqua Joint Sign-ups Begin**

Aqua Joint is now offered on Mondays and Thursdays. Choose 8 classes by signing up at Member Services.

\$45 for 8 classes
Beginning January 4, 2016
Instructor Beverly Shilich

# **Deanna's Yoga Continuation**

Strength, Muscle Tone, Pain Prevention, Better Breathing, Mental Flexibility, Calmness, Body Awareness

\$35 (Pre-register at Member Services)
January 9 – February 13, 2016
Saturdays 9:30-10:30 a.m.
Diablo Ballroom Vista Club

# NEW CLASS! Cardio Sculpt

Tuesdays from 10-11 a.m.

FREE intro class on Tuesday, January 5.

Instructor: Joele Swift

# The Practice - 2016

# "Stress Free Life"

with Anna Chunn

Learn skills that will help you keep stress free.

The first hour will be devoted to exercise for your daily practice. The last 20 minutes will be for a group meditation.

Cost: \$45 minimum 9 people

Days/Times: Mondays from 3:00 - 4:30pm

6 Week Class/Workshop: January 4, 18, 25,

Feb. 1, 15 & 23 (No class January 11 & February 8)

Location: Sonoma Room Vista Club

For more information contact Member Services 4200



# NEW! Massage Therapist & Reiki Practitioner



**Danielle Mayer** 

My name is Danielle Mayer, I'm proud to introduce myself as the newest member of the Trilogy Spa staff. You may already know my parents, David & Ann Mayer. They are recent additions to Trilogy in the Saddle Rack community, and have shared their high regard for the friendly neighbors & quality amenities here. When I heard about the opportunity available at the spa, it called to me to spend more time here in Rio Vista!

The healing arts have been a passion

for the past seven years. My journey began with birth assisting as a certified doula in the San Francisco Bay Area. I have been honored to witness the awesome strength of the human body and the powerful effect of presence & touch in a supportive role.

In 2014, I attended two fabulous schools to become certified as a Massage Practitioner- Diamond Light School of Massage and Harbin School of Healing Arts. Both schools taught an embodied, holistic approach to caring for the human body, while underscoring the validity of the benefits of massage through scientific research and understanding.

There is overwhelming support that massage can dramatically improve your quality of life and help the body heal & be whole. I offer a variety of treatments; including a Traditional Swedish Massage, Medium to Firm Swedish Massage (similar to Deep Tissue), Reflexology and Reiki- a new treatment here at Trilogy!

I am available Sundays alternating 11am-7pm & 1pm-7pm and Mondays 9am-12:30pm. I'm honored for the chance to be a valuable part of your path of health, wholeness and happiness.

Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing by encouraging the balanced flow of vital forces. Hands are placed on key centers of the body and remain in stillness for an extended period of time, allowing the nervous system to relax deeply.

Reiki is a simple, natural and safe method of spiritual healing and self-improvement that everyone can use. It has been effective in helping in the recovery from illness and can create a beneficial effect for those seeking relief from mental or physical discomfort.

Treatments can feel like a wonderful glowing radiance that flows through and around you. Reiki treats the whole person including body, emotions, mind and spirit creating many beneficial effects that include relaxation and feelings of peace, security and well-being.



# **Acupuncture and Oriental Medicine** for Musculoskeletal Issues

By Charles Peri



The musculoskeletal system consists of connective tissues, including joints, ligaments, and tendons. Problems with the musculoskeletal system can result in inflammation and pain reducing the body's overall health. Acupuncture is a good therapy choice because it has no side effects and can be helpful for all types of pain. Some

studies have shown the pain relief provided by acupuncture can last for months.

Magnetic resonance imaging (MRI) of the brain before and after acupuncture treatment for pain shows dramatic decreases in brain activity, up to 70 percent. This decrease in brain activity in certain areas of the brain is thought to be the reason for the reduction of pain caused by the acupuncture treatments. Some musculoskeletal issues that have been successfully treated with acupuncture and Oriental medicine include the following:

#### **Low Back Pain**

Low back pain is an extremely common concern, affecting anywhere from 75 to 90 percent of people at some point in their lives.

In a German study published in the Archives of Internal Medicine, researchers reported that acupuncture provided relief and lasting benefit to nearly twice as many lower back pain patients as drugs and exercise.

In another recent study published in the Annals of Internal Medicine, researchers from the University Of Maryland School Of Medicine analyzed 33 studies covering more than 2,100 patients from around the world on acupuncture for low back pain. They found acupuncture provided definite pain relief sustained for three weeks after the end of the acupuncture sessions.

#### **Arthritis**

Arthritis comprises more than 100 distinct conditions and can affect people at any stage of life. Two of the most common forms are osteoarthritis and rheumatoid arthritis. While different, they often share a common symptom, persistent joint pain. Acupuncture and Oriental medicine have been found to be extremely effective at treating the pain and inflammation associated with all types of arthritis.

#### **Chronic Fatigue Syndrome**

Chronic fatigue syndrome (CFS) is far more than just being tired. Characterized by extreme fatigue that may worsen with physical or mental activity and does not improve with rest, CFS can interfere with a person's day to day activities, with some becoming severely disabled. Chronic fatigue syndrome may encompass a wide range of symptoms, including but not limited to headaches, flu-like symptoms, and chronic pain.

Exceptional for relieving aches and pains, acupuncture and Oriental medicine treatments can improve immunity and aid in recovery while increasing vitality and stamina.

#### **Repetitive Stress Injuries**

Repetitive stress injuries (RSI) are responsible for the highest number of days lost among all work-related injuries. Symptoms of repetitive stress injuries include tightness, stiffness, pain, tingling, numbness, coldness and loss of strength. Acupuncture is extremely effective for treating repetitive stress injuries including carpal tunnel syndrome (CTS); eliminating the need for surgery or the use of anti-inflammatory drugs or corticosteroids. Recent studies suggest that acupuncture may be more effective than corticosteroids in treating CTS.

#### **Temporomandibular Joint Disorder (TMJ)**

Temporomandibular joint and muscle disorders are problems or symptoms of the chewing muscles and joints that connect your lower jaw to your skull. Research conducted at the Ribeirão Preto Dental School, São Paulo University in Brazil, found that after three months of acupuncture, patients with TMJ experienced significantly less pain, increased strength of their bite, and decreased EMG activity of the masticatory muscles.

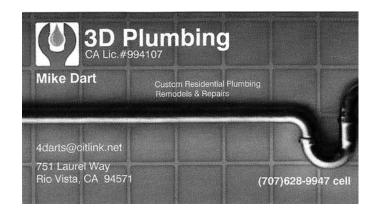
# **January Fitness Orientations**

Saturday, January 9 at 11 a.m. Wednesday, January 13 at 6 p.m. Saturday, January 23 at 11 a.m.

New members are required to attend one of our free monthly Fitness Orientations before using the Fitness Center.













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Key **Bold = New/Change**(B)eginning

(I)ntermediate

(A)dvanced

Trilogy iving

Fitness Class Schedule for January 2016

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

Last Month's Punch Card Raffle Winner: Karen Bereta

January Fitness Orientations: Sat., Jan. 9 at 11 a.m., Wed., Jan. 13 at 6 p.m., Sat., Jan. 23 at 11 a.m. If you plan to make a (ROM) Range of Motion appointment for a later date, please bring a \$20 check with you to the orientation. Thank you!

# CLASS LOCATIONS (GX) Group Exercise Studio

(DB) Diablo Ballroom
(VP) Vista Pool
(DP) Delta Pool
(RV) Rio Vista Room–Delta
(SR) Sonoma Room-Vista
(FC) Fitness Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Happy New Year artwork NO CLASSE	2 NO CLASSES
3:30-9:30am WOW-TABATA-TABATA (B/I) (GX) (Pat) 9:00-10:00am Yoga/Pilates (B) (DB) Deanna 9:00-10:00am Advanced Aqua (B/I/A) (VP) Kathy 10:00-11:00am Aqua Fit (B) (VP) Denise 9:45-10:45am Wake-up and Move (B/I) (RV) /Pat 10:00-10:45am Core Balance and Standing Abs (B) (GX) Prescy/Sophie 10:00-11:00am Meditation Breathing (B) (DB) Deanna 10:45-11:30am ZUMBA Toning (B/I) (GX) Prescy/Sophie 11:30-12:15pm ZUMBA Dance (B/I) (GX) Prescy/Sophie 1:00-5:00pm Stretch and Flex (B/I) (GX) Tammy 6:30-7:30pm Yoga/Pilates (B/I) (GX or DB) Deanna	8:00-9:00am Body Works (B/I/A) (GX) Kathy 9:00-10:00am Myofascial Release Stretch (B) (GX) Joele 10:00-11:00am Cardio Sculpt (B/I/A) (GX) Joele (Introductory FREE CLASS Today only) 9:30-10:30am Aqua Fit (B) (VP) Denise 11:00-12:00pm Feel Good Class (B) (GX) Beverly 1:00-2:00pm Sit and Get Fit (B) (GX) Beverly	7:00-8:00am Early Yoga (B) (DB) Tammy 8:00-9:00am Back To Basics Yoga (B/I) (DB) Tammy 8:30-9:30am WOW — TABATA — BOOM (B/I) (GX) (Pat) 9:30-10:00am Intro to Dance Aerobics (B/I/A) (GX) Joele 9:30-10:30am Aqua Fit (B) (VP) Denise 10:00-11:00AM Balance Boogie (GX) Joele 11:00-12:30pm Hot ZUMBA (I/A) (GX) Prescy 6:30-7:30pm Balance Ball (GX) Deanna	8:00-9:00am Body Works (B/I/A) (GX) Kathy 9:00-10:00am Core/Stretch (B) (GX) Joele 9:00-10:00am Tai Chi (B/I) (GX) Lillian 9:30-10:30am Advanced Aqua (B/I/A) (VP) Kathy 10:00-11:00am Step Aerobics (B/I/A) (GX) Pat 11:00-12:00pm Feel Good Class (B) (GX) Beverly 1:00-2:00pm Sit and Get Fit (B) (GX) Beverly 2:30-3:30pm Yoga (B/I) (GX) Tammy	7:00-8:00am Early Yoga (B) (DB) Tammy 8:30-9:00am TABATA (B/I) (GX) (Pat) 9:00-9:30am Body Pump (B/I/A) Pat 9:00-10:00am Yoga/Pilates (B) (DB) Deanna 9:00-10:00am Advanced Aqua (B/I/A) (VP) Kathy 10:00-11:00am Aqua Fit (B) (VP) Denise 10:00-10:45am Core Balance and Standing Abs (B) (GX) Prescy/Sophie 10:00-11:00am Balance Ball (DB) Deanna 10:45-11:30am ZUMBA Toning (B/I) (GX) Prescy/Sophie 11:30-12:15pm ZUMBA Dance (B/I) (GX) Prescy/Sophie	9 8:30-9:30am Step Aerobics (GX) Pat NO ZUMBA
3:30-9:30am WOW-TABATA-TABATA (B/I) (GX) (Pat) 9:00-10:00am Yoga/Pilates (B) (DB) Deanna 9:00-10:00am Advanced Aqua (B/I/A) (VP) Kathy 0:00-11:00am Aqua Fit (B) (VP) Denise 9:45-10:45am Wake-up and Move (B/I) (RV) /Pat 0:00-10:45am Core Balance and Standing Abs (B) (GX) Prescy/Sophie 0:00-11:00am Meditation Breathing (B) (DB) Deanna 0:45-11:30am ZUMBA Toning (B/I) (GX) Prescy/Sophie 1:30-12:15pm ZUMBA Dance (B/I) (GX) Prescy/Sophie 1:00-5:00pm Stretch and Flex (B/I) (GX) Tammy 9:30-7:30 Yoga/Pilates (B/I) (GX or DB) Deanna	8:00-9:00am Body Works (B/I/A) (GX) Kathy 9:00-10:00am Myofascial Release Stretch (B) (GX) Joele 10:00-11:00am Cardio Sculpt (B/I/A) (GX) Joele 9:30-10:30am Aqua Fit (B) (VP) Denise 11:00-12:00pm Feel Good Class (B) (GX) Beverly 1:00-2:00pm Sit and Get Fit (B) (GX) Beverly	7:00-8:00am Early Yoga (B) (DB) Tammy 8:00-9:00am Back To Basics Yoga (B/I) (DB) Tammy 8:30-9:30am WOW – TABATA — BOOM (B/I) (GX) (Pat) 9:30-10:00am Intro to Dance Aerobics (B/I/A) (GX) Joele 9:30-10:30am Aqua Fit (B) (VP) Denise 10:00-11:00AM Balance Boogie (GX) Joele 11:00-12:30pm Hot ZUMBA (I/A) (GX) Prescy 6:30-7:30pm Balance Ball (GX) Deanna	8:00-9:00am Body Works (B/I/A) (GX) Kathy 9:00-10:00am Core/Stretch (B) (GX) Joele 9:00-10:00am Tai Chi (B/I) (GX) Lillian 9:30-10:30am Advanced Aqua (B/I/A) (VP) Kathy 10:00-11:00am Step Aerobics (B/I/A) (GX) Pat 11:00-12:00pm Feel Good Class (B) (GX) Beverly 1:00-2:00pm Sit and Get Fit (B) (GX) Beverly 2:30-3:30pm Yoga (B/I) (GX) Tammy	7:00-8:00am Early Yoga (B) (DB) Tammy 8:30-9:00am TABATA (B/I) (GX) (Pat) 9:00-9:30am Body Pump (B/I/A) Pat 9:00-10:00am Yoga/Pilates (B) (DB) Deanna 9:00-10:00am Advanced Aqua (B/I/A) (VP) Kathy 10:00-11:00am Aqua Fit (B) (VP) Denise 10:00-10:45am Core Balance and Standing Abs (B) (GX) Prescy/Sophie 10:00-11:00am Balance Ball (DB) Deanna 10:45-11:30am ZUMBA Toning (B/I) (GX) Prescy/Sophie 11:30-12:15pm ZUMBA Dance (B/I) (GX) Prescy/Sophie	16 8:30-9:30am Step Aerobics (GX) Pat 11:00am-12:30pm ZUMB, Power (GX) Sophie
1:30-9:30am WOW-TABATA-TABATA (B/I) (GX) (Pat) 1:00-10:00am Yoga/Pilates (B) (DB) Deanna 1:00-10:00am Advanced Aqua (B/I/A) (VP) Kathy 0:00-11:00am Aqua Fit (B) (VP) Denise 1:45-10:45am Wake-up and Move (B/I) (RV) /Pat 0:00-10:45am Core Balance and Standing Abs (B) (GX) Prescy/Sophie 0:00-11:00am Meditation Breathing (B) (DB) Deanna 0:45-11:30am ZUMBA Toning (B/I) (GX) Prescy/Sophie 1:30-12:15pm ZUMBA Dance (B/I) (GX) Prescy/Sophie 1:30-7:30 Yoga/Pilates (B/I) (GX or DB) Deanna	8:00-9:00am Body Works (B/I/A) (GX) Kathy 9:00-10:00am Myofascial Release Stretch (B) (GX) Joele 10:00-11:00am Cardio Sculpt (B/I/A) (GX) Joele 9:30-10:30am Aqua Fit (B) (VP) Denise 11:00-12:00pm Feel Good Class (B) (GX) Beverly 1:00-2:00pm Sit and Get Fit (B) (GX) Beverly	7:00-8:00am Early Yoga (B) (DB) Tammy 8:00-9:00am Back To Basics Yoga (B/I) (DB) Tammy 8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat) 9:30-10:00am Intro to Dance Aerobics (B/I/A) (GX) Joele 9:30-10:30am Aqua Fit (B) (VP) Denise 10:00-11:00AM Balance Boogie (GX) Joele 11:00-12:30pm Hot ZUMBA (I/A) (GX) Prescy 6:30-7:30pm Balance Ball (GX) Deanna	8:00-9:00am Body Works (B/I/A) (GX) Kathy 9:00-10:00am Core/Stretch (B) (GX) Joele 9:00-10:00am Tai Chi (B/I) (GX) Lillian 9:30-10:30am Advanced Aqua (B/I/A) (VP) Kathy 10:00-11:00am Step Aerobics (B/I/A) (GX) Pat 11:00-12:00pm Feel Good Class (B) (GX) Beverly 1:00-2:00pm Sit and Get Fit (B) (GX) Beverly 2:30-3:30pm Yoga (B/I) (GX) Tammy	7:00-8:00am Early Yoga (B) (DB) Tammy 8:30-9:00am TABATA (B/I) (GX) (Pat) 9:00-9:30am Body Pump (B/I/A) Pat 9:00-10:00am Yoga/Pilates (B) (DB) Deanna 9:00-10:00am Advanced Aqua (B/I/A) (VP) Kathy 10:00-11:00am Aqua Fit (B) (VP) Denise 10:00-10:45am Core Balance and Standing Abs (B) (GX) Sophie 10:00-11:00am Balance Ball (DB) Deanna 10:45-11:30am ZUMBA Toning (B/I) (GX) Sophie 11:30-12:15pm ZUMBA Dance (B/I) (GX) Sophie	8:30-9:30am Step Aerobics (GX) Pat 11:00am-12:30pm ZUMB. Power (GX) Sophie
25 :30-9:30am WOW-TABATA-TABATA (B/I) (GX) (Pat) :00-10:00am Yoga/Pilates (B) (DB) Deanna :00-10:00am Advanced Aqua (B/I/A) (VP) Kathy 0:00-11:00am Aqua Fit (B) (VP) Denise :45-10:45am Wake-up and Move (B/I) (RV) /Pat 0:00-10:45am Core Balance and Standing Abs (B) (GX) Sophie 0:00-11:00am Meditation Breathing (B) (DB) Deanna 0:45-11:30am ZUMBA Toning (B/I) (GX) Sophie 1:30-12:15pm ZUMBA Dance (B/I) (GX) Sophie :00-5:00pm Stretch and Flex (B/I) (GX) Tammy :30-7:30 Yoga/Pilates (B/I) (GX or DB) Deanna	8:00-9:00am Body Works (B/I/A) (GX) Kathy 9:00-10:00am Myofascial Release Stretch (B) (GX) Joele 10:00-11:00am Cardio Sculpt (B/I/A) (GX) Joele 9:30-10:30am Aqua Fit (B) (VP) Denise 11:00-12:00pm Feel Good Class (B) (GX) Beverly 1:00-2:00pm Sit and Get Fit (B) (GX) Beverly	7:00-8:00am Early Yoga (B) (DB) Tammy 8:00-9:00am Back To Basics Yoga (B/I) (DB) Tammy 8:30-9:30am WOW — TABATA — BOOM (B/I) (GX) (Pat) 9:30-10:00am Intro to Dance Aerobics (B/I/A) (GX) Joele 9:30-10:30am Aqua Fit (B) (VP) Denise 10:00-11:00AM Balance Boogie (GX) Joele 11:00-12:30pm Hot ZUMBA (I/A) (GX) Prescy 6:30-7:30pm Balance Ball (GX) Deanna	8:00-9:00am Body Works (B/I/A) (GX) Kathy 9:00-10:00am Core/Stretch (B) (GX) Joele 9:00-10:00am Tai Chi (B/I) (GX) Lillian 9:30-10:30am Advanced Aqua (B/I/A) (VP) Kathy 10:00-11:00am Step Aerobics (B/I/A) (GX) Pat 11:00-12:00pm Feel Good Class (B) (GX) Beverly 1:00-2:00pm Sit and Get Fit (B) (GX) Beverly 2:30-3:30pm Yoga (B/I) (GX) Tammy	7:00-8:00am Early Yoga (B) (DB) Tammy 8:30-9:00am TABATA (B/I) (GX) (Pat) 9:00-9:30am Body Pump (B/I/A) Pat 9:00-10:00am Yoga/Pilates (B) (DB) Deanna 9:00-10:00am Advanced Aqua (B/I/A) (VP) Kathy 10:00-11:00am Aqua Fit (B) (VP) Denise 10:00-10:45am Core Balance and Standing Abs (B) (GX) Sophie 10:00-11:00am Balance Ball (DB) Deanna 10:45-11:30am ZUMBA Toning (B/I) (GX) Sophie 11:30-12:15pm ZUMBA Dance (B/I) (GX) Sophie	8:30-9:30am Step Aerobics (GX) Pat 11:00am-12:30pm ZUMB Power (GX) Sophie

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

Fitness & Friends with Joele Swift 8 Steps to a Healthy Back with Beverly Shilich Continuation of Yoga with Deanna Araya

The Practice - 2016 The Goal: Stress Free Life with Anna Chunn

Aqua Joint with Beverly Shilich



	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	SUNDAT	MONDAY	TOESDAT	WEDNESDAT	IHUKSDAI	1	2
						HAPPY NEW YEAR  8am Social Tennis 9:30am Walk & Talk (V) 10am Polar Bear Plunge (Delta Pool) 10am Rubber Stamp Card Making (D) 12pm Adv Watercolor Painting (D) 6pm Joy Luck Mah Jongg (V)	8am Motorcycle Club (Off-site) 9am Model Club — Garden Railway (V) 9am Table Tennis (D) 9:30am Hiking Club (V) 6pm Poker — Texas Hold'em /Omaha (D)
22	3 10am – 3pm Trilogy Produce Market (D)	8am Social Tennis 9am Woodcarving (D) 9:30am Walk & Talk (V) 9:30am Document Revision Com (V) 10am Village Oakmont ARC (V) 10:30am Garden Club Com Mtg (V) 11am Saddle Rock Village ARC (V) 12pm Art: TAG Open Painting (D) 12:30pm Riph, Stitch & Bitch (V) 12:30pm Mah Jongg (V) 1pm Art Guild (TAG) Mtg (D) 2:30pm Pickleball (Tennis Cts 3 & 4) 3pm Guitar Club (V) 3pm Oakmont Village RC Social Com (V) 5pm Whist Planning (V) 6pm Soul Line Dancing (D) 6pm Poker (D) 6:30pm Game Night (V) 6:30pm MOTN Rehearsal (V)	8am Social Tennis 8:30am Radio Club (V) 9:30am Golf: Women's 9-Holers 10:30am Country Line Dancing (D) 11am Pickleball (Tennis Cts 3 & 4) 11:30am Golf: TRVMEN 12:15pm Beginning Watercolor Painting (D) 12:15pm Canasta: Hand & Foot (V) 12:30pm Dominoes (D) 1:30pm Golf: Women's 9-Holers Mtg 2pm Stroke/Head Injury Support Group (V) 4pm Horseshoe Pit Play (Brockton Park) 4:15pm Table Tennis (D) 5pm Billiards Club Tournament (V) 5pm Tai-chi & Yuan-chi (V) 5:30pm Canasta: Couples (V) 6:30pm Religions of the World (D)	8am Social Tennis 8am TOPS (D) 8:30am Golf: Sr. Men's 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) 11am Ukulele Club (V) 12:30pm Fat Quarters Quilters (D) 1pm Village Riviera ARC (D) 1:30pm Jazz Band (V) 2pm Art: Bergren Oil & Acrylic Painting (D) 2pm Card Design Class (D) 2pm Saddle Rock RC Social Com Mtg (V) 4:30pm Table Tennis (D) 5:30pm MoTN Rehearsal (V) 6:30pm MoTN Rehearsal (V) 6:30pm Soul Line Dancing (D) 7pm Billiard Club Membership Mtg (V) 7pm Saddle Rock Meet the Candidates (D)	8am Social Tennis 8:30am Golf: Women's 18-Holers 9am Eagle Point Village ARC (D) 9:30am Ceramics (D) 11am Pickleball (Tennis Cts 3 & 4) 12:15pm Canasta: Ponytail (V) 1pm Good Samaritans (D) 1pm Sailing Club (V) 2pm Genealogy Club (V) 4pm Horseshoe Pit Play (Brockton Park) 4pm Book Club: 66 Bible Books (V) 5pm Table Tennis (D) 5pm Tai-chi for Beginners (V) 6pm Yuan-chi & Fan Dance (V) 6pm Village Riviera BOD (D) 6:30pm Village Riviera Annual Mtg (D) 6:30pm Pinochle (V) 7pm Ballroom Dance - Adv (V) 8pm Ballroom Dance - Beg (V)	8 8am Social Tennis 8:50am Cycling Club (D) 9am Model Club (V) 9:30am Walk & Talk (V) 10am Rubber Stamp Card Making (D) 10:30am Country Line Dance (D) 12pm Adv Watercolor Painting (D) 12:15pm Bridge: Friday (V) 2pm Guitar Club: Beginners Workshop (V) 3:30 — 5:30pm Shibori Workshop Prep (D) 7pm Bunco (D) 7pm Open Mic Night (V)	9 8:30am – 4pm Shibori Workshop Prep (D) 9am Model Club – Garden Railway (V) 9am Table Tennis (D) 9:30am Hiking Club (V) 6pm Poker – Texas Hold'em /Omaha (D)
	8:30am – 11:30am Shibori Shirt Workshop (D) 12:30 – 4pm Supper Club Brunch (D) 7pm Dance Club – Solid Gold (V)	8am Social Tennis 9am Woodcarving (D) 9am Olympic Village ARC (V) 9:30am Walk & Talk (V) 9:30am Document Revision Com (V) 12pm Art: TAG Open Painting (D) 12pm Bridge: Duplicate (V) 12:30pm Rip, Stitch & Bitch (V) 1 – 5pm CPR Class (V) 2:30pm Pickleball (Tennis Cts 3 & 4) 3pm House Renovations Com (V) 5pm Whist Planning (V) 6pm Soul Line Dancing (D) 6pm Poker (D) 6pm Olympic Village BOD (D) 6:30pm Olympic Village Annual Mtg (D) 6:30pm Game Night (V) 7pm Model Club: RC Aircraft (D)	8am Social Tennis 8:30am Radio Club (V) 9:30am Golf: Women's 9-Holers 10am Comp Class: Creating & Working w/ Files (V) 10:15am Book Club (V) 10:30am TRYMA Executive Session (V) 11am Pickleball (Tennis Cts 3 & 4) 11:30am Golf: TRYMEN 12pm Recipe Club (D) 12:15pm Beg Watercolor Class (D) 12:15pm Canasta: Hand & Foot (V) 12:30pm Comp Class: Facebook Navigation (V) 2pm Master Association Board Mtg (V) 2:15pm Comp Focus Group (V) 4pm Horseshoe Pit Play (Brockton Park) 4:15pm Table Tennis (D) 5pm Billiards Club Tournament (V) 5pm Tai-chi & Yuan-chi (V) 7pm Emergency Action Committee (V)	8am Social Tennis 8am TOPS (D) 8:30am Golf: Sr. Men's 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Kare Bears — Village Oakmont (D) 10am Stained Glass (D) 11am Ukulele Club (V) 12:30pm Fat Quarters Quilting (D) 1:30pm Trilogy Jazz Band (V) 2pm Art: Bergren Oil & Acrylic Painting (D) 2pm Card Design Class (D) 4:30pm Table Tennis (D) 5:30pm Delta Harmony Rehearsal (V) 6:30pm MOTN Rehearsal (V) 6:30pm Nature Club (V) 6:30pm Soul Line Dancing (D) 7:30pm VORC Mtg (D)	8am Social Tennis 8:30am Golf: Women's 18-Holers 9am Blood Pressure Check (D) 9:30am Ceramics (D) 10am C,C & R Rewrite Com (D) 11am Pickleball (Tennis Cts 3 & 4) 12:15pm Canasta: Ponytail (V) 1pm Gorden Club (V) 1pm Good Samaritans (D) 3:30pm Book Club: 66 Bible Books (V) 4pm Horseshoe Pit Play (Brockton Park) 4pm Golf: Sr Men's Board Mtg (D) 5pm Table Tennis (D) 5pm Tai-chi for Beginners (V) 6pm Yuan-chi & Fan Dance (V) 6pm Village I Board Mtg (D) 6:30pm Pinochle (V) 7pm Comp Class: Tips & Tricks (Not for Beginners)(V) 7pm Writers' Club (V) 7pm Ballroom Dance - Adv (V) 8pm Ballroom Dance - Beg (V)	8am Social Tennis 8:50am Cycling Club (D) 9:30am Walk & Talk (V) 9:30am Village 1 ARC (V) 10am Rubber Stamp Card Making (D) 10:30am Country Line Dance (D) 12pm Adv Watercolor Painting (D) 12:15pm Bridge: Friday (V) 6pm Joy Luck Mah-Jongg (V) 7pm Whist Club (D) 7pm Comedy Night — Chicago (V)	9am Model Club — Garden Railway (V) 9am Table Tennis (D) 9:30am Hiking Club (V) 6pm Poker — Texas Hold'em /Omaha (D)
23	17  10am – 3pm Trilogy Produce Market (D)	8am Social Tennis 9am Woodcarving (D) 9:30am Walk & Talk (V) 9:30am Document Revision Com (V) 10am Village Oakmont ARC (V) 10am Council of Village Presidents (D) 11:30am Saddle Rock Village ARC (V) 12pm Art: TAG Open Painting (D) 12:30pm Mah Jongg (V) 12:30pm Rip, Stitch & Bitch (V) 2pm Martin Luther King Tribute (V) 2:30pm Pickleball (Tennis Cts 3 & 4) 3pm Guitar Club (V) 3:30pm Amenities Com (D) 6pm Soul Line Dancing (D) 6pm Poker (D) 6:30pm Game Night (V) 7-9pm Theater Group Auditions "Play-On" (V) 7pm Fishing Club (D) 7pm Budget Workshop (V)	8am Social Tennis 8:30am Radio Club (V) 9:30am Golf: Women's 9-Holers 10am Comp Class: MS Word (V) 10:30am Country Line Dancing (D) 11am Pickleball (Tennis Cts 3 & 4) 11:30am Golf: TRVMEN 9-Hole 12:15pm Beg Watercolor Painting (D) 12:15pm Canasta: Hand & Foot (V) 12:30pm Dominoes (V) 12:30am Comp Class: MS Word Next Level (V) 2:15pm Computer Focus Group (V) 4pm Horseshoe Pit Play (Brockton Park) 4:15pm Table Tennis (D) 5pm Billiards Club Tournament (V) 5mm Tai-chi & Yuan-chi (V) 5:30pm Canasta: Couples (V) 7-9pm Theater Group Auditions "Play-On" (V)	8am Social Tennis 8am TOPS (D) 8:30am Golf: Sr. Men's 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) 11am Ukulele Club (V) 12:30pm Fat Quarters Quilting (D) 1pm Village Riviera ARC (D) 1:30pm Jazz Band (V) 2pm Art: Bergren Oil & Acrylic Painting (D) 2pm Card Design Class (D) 4:30pm Table Tennis (D) 5:30pm Delta Harmony Rehearsal (V) 6:30pm Soul Line Dancing (D) 6:30pm Saddle Rock Village BOD (D) 6:30pm Saddle Rock Village RD (D) 6:30pm MOTN Rehearsal (V) 7pm Olympic Village RC Mtg (V) 7:30pm Saddle Rock Village RC Mtg (D)	8am Social Tennis 8:30am Golf — Women's 18-Holers 9am Eagle Point ARC (D) 9:30am Ceramics (D) 11am Pickleball (Tennis Cts 3 & 4) 12:15pm Canasta: Ponytail (V) 1pm Good Samaritans (D) 1pm Driving Awareness Seminar (V) 2pm Genealogy Workshop (V) 3:30pm Book Club: 66 Bible Books (V) 4pm Golf: Sr. Men's Mtg (D) 4pm Horseshoe Pit Play (Brockton Park) 5pm Table Tennis (D) 5pm Village Riviera RC Mtg (V) 5pm Tai-chi for Beginners (V) 6:30pm Pinochle (V) 6:30pm Village Oakmont BOD (D) 7pm Village Oakmont Annual Mtg (D) 7pm Comp Class: Working w/ Digital Photos (V) 7pm Ballroom Dance - Adv (V) 8pm Ballroom Dance - Beg (V)	8am Social Tennis 8:50am Cycling Club (D) 9:30am Walk & Talk (V) 10am Rubber Stamp Card Making (D) 10:30am Country Line Dance (D) 12pm Adv Watercolor Painting (D) 12:15pm Bridge: Friday (V) 2pm Guitar Club: Beginners Workshop (V) 7pm Bingo (D)	9am Model Club — Garden Railway (V) 9am Table Tennis (D) 9:30am Hiking Club (V) 6pm Poker — Texas Hold'em /Omaha (D) 7pm Concert: Decades the Band (V)
	6:30pm This 'N That Coffee House (V)	8am Social Tennis 9am Woodcarving (D) 9am Olympic Village ARC (V) 9:30am Walk & Talk (V) 9:30am Document Revision Com (V) 12pm Art: TAG Special "Pottery" Class (D) 12:30pm Rip, Stitch & Bitch (V) 12:30pm Mah Jongg (V) 1pm Access Com (D) 2pm Budget Workshop (V) 2:30pm Pickleball (Tennis Cts 3 & 4) 3pm House Renovations Com (V) 5pm Whist Planning (V) 6pm Poker (D) 6pm Soul Line Dancing (D) 6:30pm MOTN Rehearsal (V)	26 8am Social Tennis 8:30am Radio Club (V) 9:30am Golf — Women's 9-Holers 10am Comp Class MS Excel (V) 10:30am Country Line Dancing (D) 11am Pickleball (Tennis Cts 3 & 4) 11:30am Golf: TRVMEN 9-Hole 12:15pm Beg Watercolor Painting (D) 12:15pm Canasta — Hand & Foot (V) 12:30pm Comp Class MS Excel Next Level (V) 4pm Horseshoe Pit Play (Brockton Park) 4:15pm Table Tennis (D) 5pm Billiards Club Tournament (V) 5pm Tai-chi & Yuan-chi (V) 7pm Drama Club Membership Mtg (V) 7pm Emergency Action Committee (D)	8am Social Tennis 8am TOPS (D) 8:30am Golf: Sr. Men's 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) 11am Ukulele Club (V) 12:30pm Fat Quarters Quilting (D) 1:30pm Jazz Band (V) 2pm Art: Bergren Oil & Acrylic Painting (D) 2pm Card Design Class (D) 4:30pm Table Tennis (D) 5:30pm Delta Harmony Rehearsal (V) 6:30pm Soul Line Dancing (D) 6:30pm MOTN Rehearsal (V)	8am Social Tennis 8:30am Golf — Women's 18-Holers 9:30am Ceramics (D) 11am Pickleball (Tennis Cts 3 & 4) 12:15pm Canasta: Ponytail (V) 1pm Adult Com Mtg (D) 1pm Good Samaritans (D) 3:30pm Book Club: 66 Bible Books (V) 4pm Golf: Sr. Men's Mtg (D) 4pm Horseshoe Pit Play (Brockton Park) 5pm Table Tennis (D) 5pm Admin Policies Com (V) 5pm Tai-chi for Beginners (V) 6pm Yuan-chi & Fan Dance (V) 6pm Eagle Point Village BOD (D) 6:30pm Eagle Point Village Annual Mtg (D) 6:30pm Pinochle (V) 7pm Theater Group (D) 7pm Ballroom Dance - Adv (V) 8pm Ballroom Dance - Beg (V)	8am Social Tennis 8:50am Cycling Club (D) 9:30am Walk & Talk (V) 10am Rubber Stamp Card Making (D) 10am Tennis Club Mtg (D) 10:30am Country Line Dance (D) 12pm Adv Watercolor Painting (D) 12:15pm Bridge: Friday (V)	9am Model Club — Garden Railway (V) 9am Table Tennis (D) 9:30am Hiking Club (V) 6pm Poker — Texas Hold'em /Omaha (D) 6pm Village Riviera RC Soup Potluck (D)



# **DELTA DRAPERY DESIGNS**



Custom-made
Draperies, Shutters,
Blinds And Shades,
Owner Operated from
Consultation through
Installation, Award
winning designers
with over 1 Million
windows covered

"The #1 Choice for all my clients" – Shafer Real Estate

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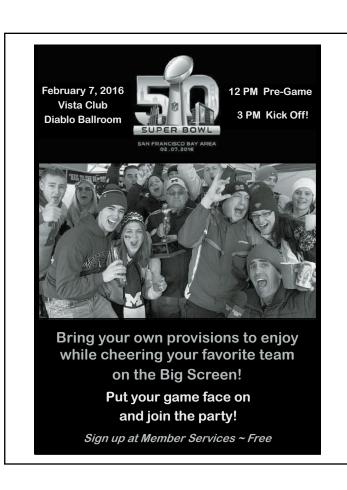


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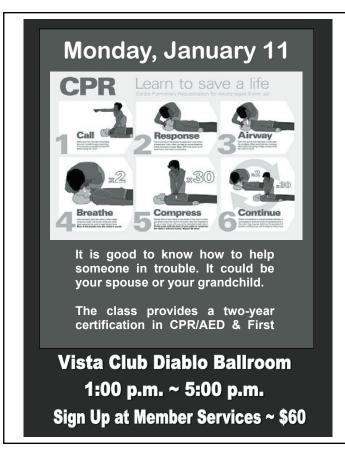
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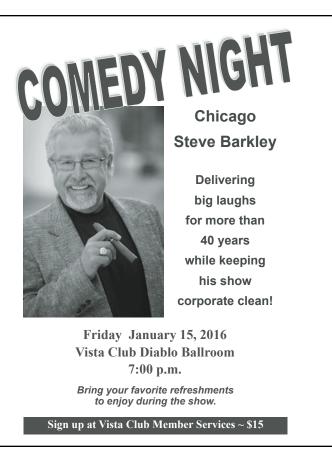
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# **Billiards**

The next Billiards Club meeting is on Wednesday, January 6 at 7 p.m. in the Monterey Room at the Vista Club. Tournaments are every Tuesday, starting at 5 p.m. We play 8-ball or 9-ball depending on the week of the month. On November 14, we played a 3-team, 8-ball tournament, with Pinole Senior Center and Fairfield Senior Center. Results: Pinole first, Trilogy second, and Fairfield third. Officers: President Al Bergoust, Vice President Dennis Pool, Treasurer Jack Clark, Secretary Dallas Salomon, and Membership Chairman Dave Stewart.

## Latest weekly tournament winners:

Nov. 3, 8-Ball	Nov. 17, 8-Ball
1st Al Bergoust	1st Ken Guillory
2 <sup>nd</sup> Ken Guillory	2 <sup>nd</sup> Al Bergoust
3 <sup>rd</sup> Dave Stewart	3 <sup>rd</sup> Dennis Pool

Nov. 10, 9-Ball Nov. 24, 8-Ball Partners

1st Bob Powell1st Ken Guillory2nd Al Bergoust2nd Al Bergoust3rd Ken Guillory3rd Dennis Pool

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

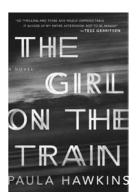
# Bingo

We are back! Get your Bingo return gift at the door. Mark your calendar for the fourth Friday of the month (January 22) for Bingo at the Delta Club. Games begin promptly at 7 p.m. Buy-in for each person is \$10 for 12 games. We have one early-bird special: one card for \$1. The prize money for each game is \$50 and the blackout prize is \$250. For more information, call Irene at 707-374-6999.

# **Bocce**

The Bocce Club has reserved the Rio Vista and River rooms plus the kitchen, at the Delta Club, on Tuesday, Wednesday and Thursday, February 16 - 18 and will host mid-season socials for each of the three Winter Bocce Federation (WBF) play-day groups. Since we have 31 teams participating (over 280 members) we cannot host the entire league at the same time or place, thus the three separate events. Teams scheduled to play on Tuesdays will socialize on Tuesday, Wednesday teams on Wednesday and Thursday teams on Thursday. The socials will be Bring Your Own Stuff (food, beverage & tableware) events however the club will provide dessert. The event is scheduled for 12 p.m. each day however if a team wants to cover or decorate its table, the rooms will be available at 11:30 a.m. Mark your calendar now, so you won't miss out on a fun time. Team reservations will be required to allow for proper table set-up. More to follow via e-mail. Depending on the then extended weather forecast we should be able to announce, at the socials, the second half WBF playing schedule. February and March will be busy months for the bocce community as we prepare for the 2016 morning and night league seasons. A captains meeting will be held on Saturday, February 27 and a general membership meeting on Saturday, March 5, both at 10 a.m. New member and new team sign-ups will take place during February. Details to follow. Remember to roll often, throw straight and have fun, that's what it's all about. Questions? Contact Joe Downes at 707-374 7520.

# Book



The Book Club meets the second Tuesday of each month at 10:30 a.m. in the Sonoma Room at the Vista Club. The next meeting is January 12. The book selection is *The Girl on the Train* by Paula Hawkins. February's selection is *The Boys in the Boat* by Daniel James Brown. There is no requirement to have read the selected book. Everyone is welcome to

join; feel free to stop by. For more information, contact Adrienne at 707-374-5576. Happy New Year!

# **Book: 66 Bible Books**

Book Club: 66 Bible Books is off to a great start. It is hard to believe that we have met over 10 times and will be going into the fourth month of meetings. With the first meeting being very insightful and successful, all subsequent meetings have followed in the same vein. We are very pleased with the growth and overall interest in our club. With over 30 people registered for the club, from many backgrounds and experiences, the club is experiencing many insightful key points during the weekly meetings. As always, everyone is encouraged to participate with all key points listened to and discussed. If you have a desire to read the Bible and discuss key points in a safe and friendly environment please come and join us.

We meet each Thursday at 3:30 p.m. except for the first Thursday of each month when we meet at 4 p.m. in the Monterey room at the Vista Club. For any additional information please contact Gary or Deb Dunham at 707-374-5324, or GMDunham1@hotmail.com, DebDunham@hotmail.com.

# **Bridge - Duplicate**

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



day, January 11. All Trilogy residents who are interested in playing duplicate bridge are welcome. If you need a partner; we'll find one for you. Please contact Sue at 707-374-6136 with any questions.

**November's winners:** Regular game: 1st: Bob Wiskotzil and Lars Ortenblad; 2nd: Betty Magnoli and Jack Krebs; 3rd: Sue Vogtlin and Lois Brusen. Novice game: 1st: Cyndy Schroeder and Tammy Woodworth; 2nd: Judit Havadtoy and Woody Woodard.

# Bridge - Friday

Friday Bridge Club meets Every Friday at 12:15 p.m. in the Vista Club, Sonoma Room. All levels of players are welcome. Please let us know you are coming by 12 p.m. on the Wednesday of that week. Sign-up book is in the Sonoma Room in the middle top drawer of credenza at the left side of the room. On the second Friday there will be duplicate bridge, all levels welcome. Same sign up book. There is no bridge on January 1. For more information, call Larry Epner at 707-374-3511.

# **Ceramics**



Robie Williams found more stars to paint on this wizard than she thought possible. (Photo taken by Linda Robinette)

Happy New Year! Where will 2016 bring you? Maybe you will come to the Ceramics Club meetings this year where you can enjoy meeting new people while you explore your creative side. Who knew that you could glaze something that you would end up treasuring. You will never know unless

you try it. What will 2016 bring to you? It could just be that special vase or garden sculpture that makes you happy. Perhaps you will personalize a platter or decorate a dish. You are welcome to join us.

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

# **Community Connections**

Community Connections is resuming regular meetings, but we're doing it a whole new way, and a little bit late! Come to our first 2016 meeting and let us all share

ideas. It will be held at 1:30 p.m. on February 3 at the home of Kathleen Moeller. Some meetings will be held in homes, some at the Vista Club, some in the afternoon, and some in the evening. We are a social group, ready to meet people, share local events, attend day trips, and have meals at different restaurants, with guest speakers, and easy service projects. We will post full details in next month's *Trilogy Living*. For more information, contact Donna at 707-374-2461 or Pam 707-374-3161.

# **Council for the Arts**

Your neighbors that are singing and playing in our annual musical revue "Music of the Night" begin rehearsals this month. The theme is Americana. The director has yet to reveal any details. Look for more information about the show next month. The reservation flyer will be in a future *Trilogy Living* issue. Though we've added a fourth show this year, you should plan on signing up early because seats sell out quickly.

The Council for the Arts advocates for and offers financial grants to organizations and clubs in Trilogy that are involved in the many aspects of the arts. Our primary source of the funds used to support the arts is the revenue raised by "Music of the Night."

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

# **Couples Canasta**

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

# Cycling

Meet on Friday at 8:50 a.m. in front of the Delta Club. Ride to get fit, have fun and meet new friends to cycle with. The ferry will be down for maintenance in January, so we plan on carpooling to other areas to ride on some of the Fridays. If you're not on our email list, please call for updates before joining us.





Rides are 20-25 miles, but you can ride more or fewer miles if you want. There are plenty of regroups; no one is left behind. Helmets are required. Bring money for a possible coffee stop. For more information, contact Marcia or Al Morrison at 707-374-5177 or marcialsj@netscape.net.

# Dog



This is Jacko, the cutest six-year old papillon in Trilogy. Rescued from the Vacaville SPCA two and a half years ago by Carol Yoon and Peter Galton on Vintage, he loves to play. His favorite words are ball, walk and treat.

Check out the Halloween photos on our Facebook page at www.facebook.com/tdcrv.Thanks to Karen Bereta for posting information on our Trilogy Dog Club at Rio Vista page.

If you missed September's meeting, Don Love, President of the Master Board of Directors, provided an update on the Dog Park location. As you turn right out the Diamond Hills Street exit, you will notice a level area near the street on Church. The new dog park will be between Diamond Hills Road and the new water feature. There will be a few angle parking spaces off of Diamond Hills Road. Let Don know how much his support is appreciated next time you see him.

Our 4th Annual Valentine's Champagne Brunch is on Valentine's Day this year, Sunday, February 14 from 9 - 1:30 at the Delta Club. Priced at \$14 per person, the meal includes ham, eggs, sausage, potatoes, biscuits and gravy, fruit, coffee, orange juice or mimosa's, plus a sweet surprise. Help is always needed and appreciated. Contact Linda Rowe at 925-286-1555. Mark your calendars now and reserve early through our box system in the Delta Club.

Dates to remember: Club meeting: Tuesday, January 26 at 12:30 p.m. at the Delta Club (always the fourth Tuesday of the month). Club play date: Saturday, January 16, large dogs 9 - 10:30 a.m., small dogs 10:30 - noon (always at the Vista Park). For more information, contact President Mona Elliott at 707-374-4057

# Drama

Happy New Year, Trilogy. Thank you for the wonderful support of the holiday production of *Ho Ho Ho!* We all had a good time. Much gratitude to all who donated food to Rio Vista Community Services. After installing officers in January we will move on to planning and preparation for the April Pasta Feed. More to come. The Drama Club meets the last Tuesday of the month at 7 p.m. at the Delta Club. New members always welcome. For more information, please contact Debby Dubrow at 707-374-6706.

# Garden



The holidays are now behind us and the Trilogy Garden Club is excited about the New Year and the events being planned! Our first event is January 14 at 1 p.m. in the Diablo Ballroom in the Vista Club where Bob

Tanem, America's Happy Gardener™ and award winning KSFO Radio host will be sharing his knowledge of Northern California gardening. Bob has also kindly offered to autograph his new book, *Gardening Month by Month in Northern California*, which you can purchase at the event or bring your own copy with you. This event is open to all Trilogy residents and we've invited the folks from core Rio Vista as well, so let your neighbors and friends know.

Trilogy's Garden Club isn't just for experienced gardeners! It's neighbors sharing their knowledge and love of gardening with each other through education and networking. Our meetings are held the second Thursday of the month at 1 p.m. in the Diablo Ballroom at the Vista Club.

With over 2,500 homes here in Trilogy, and more being built, the Garden Club would love to see more of our neighbors joining in to share, learn and participate in the upcoming events that are being planned. For more information, or if you have any questions, please email Harish Chinai at hc707@outlook.com.

# Genealogy

It's a new year and a great time for new beginnings. It's also a great time to start the family research you've been putting off. So gather all your information and join us for one or both of the meetings we have monthly. The first Thursday of each month, Rhoda Fone leads a round



table meeting located in the Monterey Room at 2 p.m. This is a great time to toss those brick walls out to the group (15-20 people) to see who has had a similar problem and get suggestions on how to proceed. Or if you're new to research let us know and we have forms, pedigree charts and lots of help to get you started. Most of the members have over 20+ years' experience (Rhoda has 40), and we love to help and share our experiences in order to help you along. The Genealogy Workshop is held the third Thursday of each month and is led by Carolyn Bridges in the Learning Center. This is the time for handson learning, each of us has a computer and follow along on the chosen site. We explore different genealogy sites and show how to move around in them to get the most information possible. Our favorites are Ancestry.com and FamilySearch.org, but there are always others the members have expressed an interest in and we will explore those as well. We also look at DNA testing and assist in finding the best test for the individual. The club has lots of information to share and we would love to see you at our next meeting.

There are no club dues, we are open to all Trilogy residents, we do not sell our services or our information - it is given freely and with much pleasure. Come and participate in the thrill of the hunt and the experience of discovery. We enjoy the time we spend on research and look forward to helping you.

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

# **Good Samaritans**

Have a blessed New Year. The Good Samaritans' New Year resolution will be to continue serving and growing in the knowledge of God. We thank everyone who has been keeping our Bible study group in prayer throughout our 10 years at Trilogy.

The Good Samaritans will pray for the leadership and guidance in the coming year for the Trilogy Board of directors, district delegates, committee chairs, village board presidents, association administration/HOA, *Trilogy Living* editorial board, all groups & Café Vista. We will also pray for the sick and shut-in and all Trilogy residents.

The Good Samaritans spiritual text for the New Year: 1. When you need courage, read Joshua 1:5, 2. When in sorrow, read John 14:1, 3. When you worry, read Matthew 6:25-34, 4. When you are discouraged, read Isaiah 40:31, 5. When doubts come upon you, read John 20:27, 6. When

lonely or fearful, read Psalm 23, 7. When you need more faith, read Hebrews 11.

In the month of January we recognize Dr. Martin Luther King, Jr.'s Birthday, which is a national holiday. We will always remember the "I Have a Dream" speech, which in part says, "When we let freedom ring, when we let it ring from every village and every hamlet, from every state and every city, we will be able to speed up that day when all God's children, Black Men and White Men, Jews and Gentiles, Protestants and Catholics, will be able to join hands and sing in the words of that old Negro spiritual, "Free at Last! Tree at Last! Tree at Last!"

The Good Samaritans will start the New Year out with a New Year's message on Tuesday, December 29 at 1 p.m. at the Delta Club, River Room. Email 9fellowship@gmail. com for more information.

## **Scripture of the month: Philippians 4:8**

# Guitar

Our popular This 'n That Coffee House returns on Sunday, January 24. We expect many of your favorites to be returning. Plan on stopping by and listening to your neighbors. It's a night of music and the spoken word. Coffee and snacks are free and there is no admission. The first song begins at 6:30 p.m. The Coffee House is not an Open Mic event. If you are interested in taking to the stage, come to any of our Guitar Club meetings or workshops to audition.

Guitar Club meets regularly on the first and third Mondays of the month in the Diablo Ballroom from 3 - 5 p.m. For those two hours we play, sing, talk and have a good time. Beginners and non-players are always welcome to all our meetings. For those that are interested in learning to play, need help changing strings or just advice, consider coming to our Beginners Workshops on the second and fourth Fridays of the month in the Diablo Ballroom from 2 - 4 p.m.

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

# Horseshoe

The Horseshoe Club is in the process of regrouping, you may have noticed that we now have four new horseshoe courts located in Brockton/Rutland Park right off of Summerset Drive. We have set up new times to play; we'll now play on Tuesdays and Thursdays starting at 4 p.m. We are taking a break due to the holidays, resuming in January, weather permitting. If you are interested in joining

the club or just want to come and give it a try, we will welcome you, men and women. You can visit the one and only Saddle Rock Residents' Club website by clicking on the horseshoe club logo at: http://saddlerock.tk or contact Richard Larsen at 707-580-8122. On behalf of the Horseshoe Club we would like to wish everyone in Trilogy a safe and happy holiday season. Hope to see you at the pits.

# Men's Executive Nine Golf

The Rio Vista Men's Executive Nine Golf Club is comprised of members who enjoy playing nine holes of golf and then socializing after the game. We play each Tuesday mid-morning. The format varies each week, with individual "straight" golf play two Tuesdays of the month, and, with a few exceptions, individual and team tournament events on the alternate Tuesdays. Our club currently has 120 members. If you would like to join us, pick up an application form in the Pro Shop posting room or contact our Membership Chairman, Rolf Sabye, at 707-374-5053.

Because of the Thanksgiving Holiday, there was only one Tuesday Tournament held in November. The winning foursome of the "Average Best 3 Score" tournament on November 17 were David Wyen, Joe Lasusky, Jimmy Neill and Andy Barber.

There will be two Tuesday Tournaments in January. On January 12, the club will hold a "Green Tee/Low Net" tournament, and on January 26 we will play a "Traditional Scramble" tournament. We invite you to come out and join us for a good time with a great group of guys.

# Motorcycle



From L to R.: Charlie Coleman, Mike Oestrich, Bob Pastorino, Stacy Cade, Frank Cable, John Stapp, Wil Bridges, Jack Phifer, John Oakley, Bob Azbell, Randy Scott

The Trilogy Motorcycle Club riders meet the first Saturday of every month for an all-day ride. The December 5 ride started with 11 riders braving 39 degree weather to

head to Santa Cruz to check out an eatery featured on to a few months ago. The route taken was down to Vasco Road with a much needed warm-up stop at Starbucks in Livermore. An uneventful ride took us to the San Mateo Bridge and on to Skyline Drive where we headed south to Alice's Restaurant, as another warm-up was needed. Following Highway 9 south and over to Big Basin Park was a gorgeous ride with matching scenery of majestic redwoods, damp-woods scents, and the weather was actually warming up! An easy cruise to Santa Cruz found us at the Santa Cruz Diner, with a menu to match any taste from country fried steak, Denver omelet, Pho or the regular bacon-cheeseburger fare. There is an art to slurping noodles without splashing one's nose!

The return trip was Highway 17 to San Jose. This was actually a nice ride, not too busy and lots of curves. We had to fight the drudgery of Highway 680 North until breaking off on Highway 84 to Livermore and again to Vasco Road for a stretch break. By this time, it was dark so we enjoyed a night ride back to Trilogy. All in all, a nice day, a little long at 245 miles, but great scenery and for some of us, new roads traveled . . . just doesn't get any better.

We invite the other motorcycle riders in Trilogy to join us on any of the monthly rides. The next ride will meet at McDonald's in Rio Vista at 8 a.m. on January 2, the destination to be determined based on weather. For more information, contact Bob Pastorino at 707-374-6556 or Larry Nelson 707-374-2967.

# **Movers & Shakers**

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

# Nature

Nature Club will meet Wednesday, January 13 at 6:30 p.m., at the Monterey Room, Vista Club. On Thursday, January 21, Nature Club travels to the Suisun City Wildlife Center and Rush Ranch. Please join us, meeting at 9 a.m. in the Vista Club parking lot to carpool and caravan. If it is good weather, bring a brown bag lunch to eat at Rush Ranch picnic tables. This is about a 30-minute drive and easy walking.

Independent outings this month could include the Snow Goose Festival in Chico, January 27-31 (check out http://www.snowgoosefestival.org/). Wintering cranes, swans, geese, ducks, and shorebirds are here, and can easily be viewed at a number of nearby wildlife areas such as Cosumnes River Preserve, Staten Island, Stone Lakes National Wildlife Refuge, Grizzly Island, San Pablo NWR, and flooded farm fields and ponds around Rio Vista.



Club members look forward to the San Francisco Bay Flyway Festival, February 19-21, and possibly a Dolphin Charters Delta boat tour in February. Stay tuned for more information on these and other events. Questions? Please call Gail at 707-374-2718.

# **Photography**



Photo courtesy of Diane King

We're a group of Trilogy residents who enjoy taking pictures and sharing our work with one another. Members in our group range from novice to professional. We share our knowledge and experience, learning new techniques and fresh ways of looking at subjects. Some of us use startof-the-art equipment, some of us

use only smart phone cameras! It's all about capturing an image that means something to us. We meet on the first Thursday of each month at 7 p.m. in the Monterey Room at the Vista Club. This month's meeting is on January 7. For more information about our club activities, email c.a.wavrick@gmail.com.

If you plan to share your photos during the "show and tell" portion of the meeting please arrive by 6:45 p.m. to upload your pictures. Remember to 1) label your flash drive and 2) limit the files on it to only those to be viewed during the meeting; this frees up time so that everyone's work can be shared and enjoyed.

Many of us look forward to getting the next "homework assignment"; this motivates us to get out and take pictures. Topics for upcoming "show and tell" segments are January: statues; timepieces (clocks, watches, sundials, hourglasses, etc.) and shadows; February: "the look of love;" March: umbrellas, benches, footwear; April: reflections, hats, musical instruments.

# Recipe

Now, while the weather calls for comfort food, the Recipe Club at Trilogy will have soup as our theme for January.

We are encouraging all, from the timid cook to the trend-setter, to come join us. Our chefs for January are Pam Traylor, Nancy Zimmer and Jenan Afaneh. We are calling all cooks, foodies and want-to-be cooks to join us at the Recipe Club's monthly meeting in the Delta Club in the River Room on Tuesday, January 12 at 12 p.m. Please bring a soup recipe (that you have cooked at least once) to share. Looking forward to seeing everyone in the New Year to share soup recipes and thaw out a little! If you have questions or would like to join us, please contact Kathy Nakashima at 707-374-3345.

Monthly tip: Fast Fixes/Tips for Soup: When making beef soup in a hurry with leaner beef, add gelatin to mimic the richness extracted from long-simmered beef bones. Add about 1 tbsp. gelatin powder per 8 cups liquid. To mellow soup that is over-seasoned stir in a bit of butter. To thicken chowder or other hearty soups neatly and efficiently, drain them. Thicken the stock, then stir the solids back in. When serving cold soup, chill the bowls.

# **Rio Vista RV Roamers**



On November 22, 40 plus RV Roamers met at the Delta Club and celebrated Thanksgiving. A huge thank you to Sharon and Mel Schatz and Sharon and Gary Fredericks, who worked

tirelessly to put on such a nice event. Thanks to those who attended. A short meeting was held where President Richard Larsen introduced the new members and prospective members. Carolyn Thomas, Vice President, reminded the members of the holiday party and boat parade to take place at The Point Restaurant on December 5.

Upcoming activities include: January: Pauline Crews 707-374-3050 is planning a dinner on January 11 at 5 p.m. at Tao San Jin Chinese Restaurant in Antioch. She will need your \$22 per person by January 6. February: Nancy Shirley 707-374-5229 has the luncheon for February to celebrate Valentine's Day. This will be a champagne buffet for \$22.95 at the Lone Tree Golf Course in Antioch on Sunday, February 14 at 11:30 a.m. March: Sandy Santos will host Saint Patrick's Day. More to come on that next month. Corned beef and cabbage! MMMM. July: Richard and Janice Larsen have reserved campground sites for us during the Gilroy Garlic Festival. Other events are scheduled for the rest of the year and more events will be added.

Janice Larsen, Treasurer, announced dues are now \$6 until June 2016, so we encourage those who have not yet joined the RV Roamers to call Richard Larsen at 707-580-8122 and he will get the forms to you.

# Senior Men's Golf

Members gathered for the penultimate 19th hole of the year at the RVSMGC Annual Awards and Officer Installation Banquet held at the Vista Club on November 21. President Ken Higaki presided over the festivities and introduced the new Club Officers. Three major awards were annuanced.

Ron Chalmers, past Club President and current Trilogy Golf Community Liaison to the Warrior Golf Club, was presented the Distinguished Service Award. This award is presented annually to the individual who, through contributions and actions on and off the golf course over an extended period of time, represents the best the RVSMGC has to offer. Well deserved, Ron, and congratulations from ALL your golfing friends – even those you consistently beat. Fred Butler was presented the Most Improved Golfer Award. Congratulations on your hard work (and improved [foot] wedge play) this year Fred! This marks the second consecutive year that Fred has seen an award. Last year he was recognized as "Sandbagger of the Year." (Just kidding!) Finally Joe Martella was recognized as the 2015 Club Champion for his Club Championship Tournament win. Unfortunately, Joe was unavailable to receive his recognition in person; he was purported to be beating golf balls on a sunny range somewhere in preparation for defending his title next year.

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

# **Table Tennis**

We wish everyone at Trilogy a happy and healthy New Year. At our General Meeting in November, members elected a new Board of Directors to manage our club in



2016. We are grateful to the board that served us well in 2015, and welcome the new board members whose names appear below.

We asked club members to give us their reasons why they play table tennis: 82% of respondents cited "Social

interactions, friendship and a sense of belonging," 73% said they play for "physical exercise." 64% play for "recreation and fun," and one member added "It's a ball." Fiftyfive percent said they are attracted by competition and

the challenge of developing advanced playing skills, 45% listed "brain exercise, improved alertness and mind body coordination," 36% liked the ready accessibility, 27% said they sleep better after playing Table Tennis, 18% said the sport is an easy way to lose weight, 10% noted that Table Tennis is "low cost" compared to other sports. Others praised the feeling of exhilaration and of becoming physically fit. One member, recalling Nixon's Table Tennis diplomacy with China, noted that the sport is a catalyst to world peace. Imagine the possibilities!

We invite Trilogy residents to consider these benefits of Table Tennis. To learn more, please visit http://trvtt.word-press.com or contact Len Latorre, President 707-374-3983; Mimi Petersen, Vice President 707-374-2219; Rod Armas, Treasurer 707-374-5989; Saiman Hui, Secretary 707-374-4883; Tom Barnes, Tournament Director 707-812-7112; Ruth Barnes, Member-at-large 707-812-7112.



Tennis Club hams it up for Halloween.

# **Tennis**

Welcome to 2016! In an effort to keep all of our present and future players feeling good and playing strong, we will start this new year with safety facts (courtesy of George Sablan). The first one

to be discussed is tennis elbow. Tennis elbow is indicated by pain located on the outer side of the elbow. It can be caused by vibration, overuse of the muscle, poor technique and poor or wrong equipment. Effective treatment involves placing a strap/wrap three fingers below the painful area, not on the area itself. This keeps the vibration of the racket from further damaging the muscle.

If you are plagued by this very common tennis ailment, contact George at 707-863-1082. He will be happy to check out your equipment, as well as help you with your technique. He is also available to give customized lessons, whether you are a beginner or just wanting to get back in the game.

Reserve March 13 for the next Daylight Savings Tournasocial. The November games were a lot of fun; you don't want to miss the next chance to play.

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

For more information about our club, our next club meeting is scheduled at 10 a.m. on Friday, January 29, at the Delta Club or contact Claude Trottier at crtrottier92@gmail.com.

# **Theater Group**



We're heading into our fifth season of bringing quality entertainment to Trilogy Rio Vista. Our monthly membership meetings are held on

the fourth Thursday at 7 p.m. in the Delta Club, River Room. Our first meeting of 2016 is on January 28. All Trilogy residents are welcome to drop in and check out what we're all about. A full-length play production is a huge team effort; everyone's skills and talents are essential to its success.

If you have curiosity about, or even some prior experience with, event promotion/publicity, sound/lighting equipment, costumes/make-up, set design, staging, computer skills, hospitality and reception, we have a "role" for you! Most of us discovered our new love for the performing arts after moving to Trilogy!

A riotous comedy, *Play On*, by Rick Abbott, is our first production of the 2016 season. Performances are set for April 28 - May 1. Open auditions are being held on Monday, January 18 and Tuesday, January 19, at 7 p.m. in the Vista Club, Diablo Room. Those trying out for a part must be present on both dates. To review the play script or for more information about the audition process, contact Louise Mitchell at sspm1939@gmail.com or 707-374-3541.

# TOPS (Take Off Pounds Sensibly)



Santa has come and gone, and now it's time to take off those extra pounds we all gained enjoying our holidays. Need help in this endeavor? Consider joining our TOPS meetings Wednesday mornings

at the Delta Club. Weigh-ins are from 8 - 8:45 a.m. with our meeting starting at 9 a.m. and ending no later than 9:45 a.m. Attached is a picture of our TOPS members who participated in the Walktober event. Just one way we encourage and help one another as we Take Off Pounds Sensibly! For more information about TOPS, call Leader Elouise (Ella) Brice, 707-374-1499 or Co-leader Jim Hodges, 925-368-5795. We look forward to seeing you at our next Wednesday morning TOPS meeting.

# **Trilogy Art Guild for Artists**

Trilogy Art Guild is a club made up of art lovers and artists of many different mediums. We meet the first Monday of each month at 1 p.m. in the Delta Club. We often conclude our meetings with a guest speaker or demonstration for our members. We would love to invite you to join our club.

If you would like to learn something new this year, stop by and check out some of our classes (TAG membership not required). All classes are held in the Delta Club.

## Tuesday, 12 p.m.

Beginning Watercolor with Anna at 707-374-3560

## Wednesday, 2 p.m.

Art Class with Gary, contact Alma at 707-374-3064

#### Wednesday, 2 p.m.

Card Design with Wilda, contact Alma at 707-374-3064

#### Friday, 10 a.m.

Rubber Stamp Cardmaking with Shari 707-363-9752

Watch the calendar for Shibori Workshops, Lori at 707-374-6196

# Trilogy Jazz Band

To celebrate the new year how about a relaxed and creative way to expand your horizons? Want some new friends, a chance to play great music that includes Big band, jazz, 60s, 70s and 80s hits? Come take a listen to the Trilogy Jazz Band on a Wednesday afternoon from 1:30 - 5 p.m. and check us out. Just because you haven't played your instrument since the long-ago day of high school, don't let that get in the way. Don't be bashful, because some of us hadn't played for 46 years before joining the band and now we're back in the groove making music! It's good for the soul! "Yes, Virginia, there are miracles."

We learn together, practice weekly in the Vista Club Ball Room, and have lots of fun playing for various community events. Currently the band is in need of brass and woodwind players so dust off that old horn you've been saving in the garage for your grandchild and come join us. You are needed! Call Jim Lucas at 707-374-7567 with questions.

# Whist

Thank you for your continued support of our endeavors. Our plans for 2016 will keep you engaged and informed.

In most organizations, a few people do all of the planning and work. The problem with that is these people will quickly wear down. In order for the organization to accomplish its goals, and be effective, each one of us has to be willing to contribute talents and time.

You are welcome to meet with us each third Friday of the month at 7 p.m. in the Delta Club. Bring a dish to share. The food is always good and plentiful. We play cards, Dominos, and a game that you can bring and teach us. Some people sit and exchange information. Come interact and share your thoughts with us on designated Mondays (see the Activity Calendar). We offer encouragement and support for each other. Contact Madalene Turner, Chairperson at 707-374-3361 or Jean Robertson at 707-374-0086.

# Women's 9-Holers



November had a mix of weather with occasional fog, showers, frost delays, one rainout and several cart-path-only days. November 3 was a straight golf game because only a few

women joined in. There were pars by Kathy Moore, Cathy Warr and Lynn Traver. November 10 was also straight golf because of the numbers. Pars were made by Anna Bogucki and Lynn Traver. November 17 was a better weather day, therefore more golfers. Subsequently, we held our "fun net play" game. November birthdays were celebrated by treats Connie Eremian provided. Pars were made by Pam Fashing, Linda Rowe, Sharon David, Kathy Moore, Cathy Warr and Debi Petteruti. Fran Silva had our only chip-in. The winners of the "fun net game" were: Flight 1 - Kathy Moore, Sharon David, Lois Dutcher; Flight 2 – Fran Silva, Cathy Warr, Eila Ballard. November 24 was a rain-out; nine golfers were ready to tee off but rain ended the day.

November 11 was the joint installation of new officers for the Women's 9-Holers and Women's 18-Holers. Elected officers for the 9-Holers are: Betty Bowley (Captain); Pat Lususky (Co-Captain); Barb Downs (Secretary); Judy Dye (Treasurer); Linda Rowe (PWGA); Fran Silva (Handicap); Pam Fashing (Tournament); Debi Petteruti (Membership). Appointed officers are: Cathy Warr (Rules); Barb Bellamy (Historian); Nancy Biles (Asst. Tournament); Eila Ballard (Sunshine); Sylvia Vannucchi (Past Captain).

We would like to invite women golfers to join our club, whether you're a new resident or have lived in Trilogy for a while. Join us on Tuesday mornings at 9 a.m. For more information, contact Debi Petteruti at 707-374-5797 or nsdme2012@gmail.com. See you on the links!

# Women's 18-Holers



November brought us fog and frost delays, but all-in-all good weather for golf. Our Ace-of-the-Month winners who all tied with a net 69 were Anna Bogucki, Cindy Brown and Denise Sargent-Na-

tour. Closest to the pin on November 5 was Bessie Dunn. We had a fun team game on November 12. Closest-to-the pin that day was Anna Bogucki. November 19 was our annual Turkey Shoot and after the game, the winners were awarded special prizes for their Thanksgiving Tables. Angie Jones was closest-to-the-pin and won a bottle of wine, dressed in a little turkey sweater. Bessie Dunn won a carton of turkey gravy for being furthest away from the hole. To start our festivities off, we had a raffle and names were drawn to win Harvest Spice candles. Winners were Marsha Berry, Ladell Manion, Elaine Love, and Anna Bogucki. Winners of the sweeps won cans of black and green olives (5th place); sparkling cider and a bag of flavored kettle chips (4th place); bags of fresh cranberries and bag of sugar (3rd place); cans of pumpkin puree, can of evaporated milk, and Reddi-Whip (2nd place). The first place winners got the Turkeys. Winners were Angie Jones, Bessie Dunn, Suzi Masterson, and Marilyn Rogers. We had our installation of officers along with the Nine Holers' Club at Sir Flair's Restaurant on November 18.

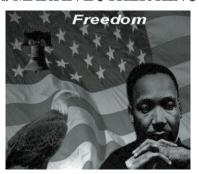
New Residents: If you have an index of 40.1 or below and are interested in joining our club, please contact us. You may join us as a guest before you decide. We meet each Thursday at 8 a.m. If interested please contact Carol Petronzio at 707-374-2740.

# **Writers**

Webster defines "delicious" as very pleasing; delightful; and a red or yellow variety of apple. How do you define it? Our optional topic for January is "Delicious!" Our novelists, poets, essayists, and lyricists always use their vivid imaginations while composing. You are invited to join us on Thursday, January 14 at 7 p.m. to share your composition. We'll meet in the Monterey Room of the Vista Club. Come and share your version of "Delicious!" If that subject doesn't inspire you, just write as your pen or keyboard leads you. For further information, contact Judy 707-374-3973, Zoe 707-374-3676 or Suzi 925-231-5213.



# A TRIBUTE TO DR. MARTIN LUTHER KING JR.



Together with the Whist Club join us in celebration of Dr. Martin Luther King Jr.

Guest Speaker, Entertainment, and Refreshments

Monday January 18, 2016 2:00-4:00 PM

For information contact Hattie Walker 374-3369 No Signups Required

# DRIVING AWARENESS SEMINAR

Part of TRVMA's Enrichment Series Programming

CALIFORNIA HIGHWAY PATROL

Keys to

Driving Safer and

Driving Longer

**Mobility Matters!** 

Driving reflects our independence and lifestyle.

Develop an informed view of warning signs and solutions for aging well and driving longer.

Presentations by:

**Driver Motor Vehicle Department** 

**Solano Transportation Authority** 

And

California Highway Patrol Officer David Harvey will close the seminar with discussion, questions and answers.

January 21, 2016
Vista Club Diablo Ballroom
1:00 - 4:00 p.m. ~ Free

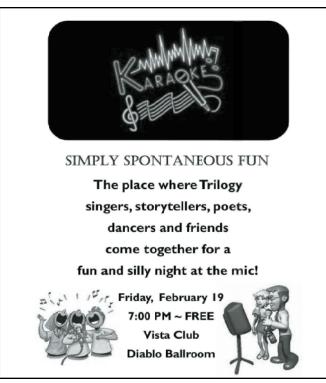
Light Refreshments Served, Or Bring Your Own Sign Up At Member Services



# 8th Annual Soup Potluck

It's cold outside and nothing is better than hot soup on a cold day. How about some great salad and dessert to go with it? On January 30, Riviera Residents' Club invites all Trilogy residents to join in our Soup Potluck. What you bring depends on the first letter of your last name. Please pick up a flyer at the Vista or Delta Clubs for details. You must sign up so we can be sure we have sufficient seating. Hope to see you there! For questions, call Barb Downs at 707-507-5026.





# Christmas 94571

Rio Vista Community Services offers their appreciation for the contributors to this year's program. The angel tree stood at the Vista Club for less than two weeks and more than 170 Trilogy residents participated. Gifts were given in the spirit of the season for low income families. If you have any questions, call Skeets Williamson at 707-374-5453.

# Rio Vista Community Service Food Bank needs your help!

Commit your Tuesdays (8:30 - 11:30 a.m.) one per month or any combination that works for you. Must be able to lift 40-50 pound items on occasion. Help a team pick up the weekly donated food items with a provided van. Contact 707-374-2358 with questions. Thank you.

# Alzheimer's/Dementias Caregivers' Support Meeting

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

# **Family Support Group**



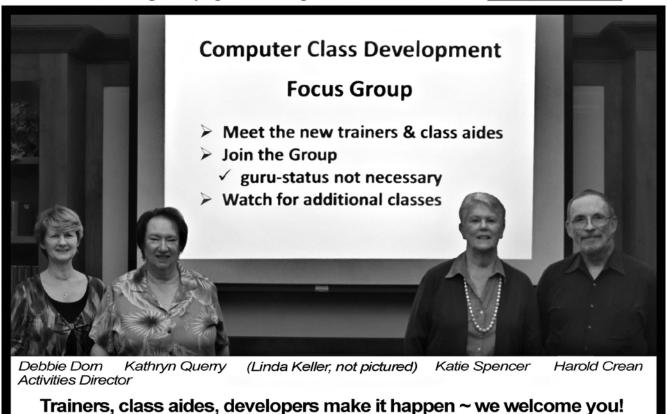
Family Support Group
is available to organize
a memorial service for
any family member
who incurs the loss of a
Trilogy member. For more
information, please call

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

# Computer Class 90-Minute Opportunities Sign Up At Vista Club Member Services (374-4200) (save your place sign up today and pay by check or credit card)

(eave year price eight up today and pay by entert er erealt early)				
Creating, Finding	January 12, Class 10:00 a.m. to 11:30 a.m.			
& Working with	Where to save your work, how to retrieve your files, transfer pictures from phone			
Your Files ~ \$5 ea.	or camera to computer, and transfer files to a USB memory stick for portability.			
Facebook- Bring				
your logon info! Basic Facebook navigation, security, upload pictures, and custom pa				
\$7 ea.	You will logon to and work in your own existing Facebook account! If			
<b>47 54.</b>	using your own computer, public wireless network cautions apply!			
Computing Tips	January 14, EVENING CLASS 7:00 p.m. to 8:30 p.m.			
Tricks ~ \$7 ea.	Impress your grandkids with general MS Windows Tips and Tricks! Fun and			
	useful tools to enhance efficiency and productivity. Class is not for beginners.			
Microsoft Word	soft Word January 19, Class 10:00 a.m. to 11:30 a.m.			
\$5 ea.	Word processing programs use a computer to create, edit, and print			
	documents. Of all programs, word processing is the most common.			
Microsoft Word	soft Word January 19, Class 12:30 p.m. to 2:00 p.m.			
Next Level ~ \$7 ea.	Polish your documents! Learn to use page number-section breaks-page orien-			
-	tation-margins-styles-headers/footers-spell/grammar tools, text format & more.			
Working with	January 21, EVENING CLASS 7:00 p.m. to 8:30 p.m.			
Pictures ~ \$7 ea.	Getting pictures from your camera into your computer; working with pictures			
	using Picasa 3, a free photo editing program; finding & organizing your pictures.			
Microsoft Excel	January 26, Class 10:00 a.m. to 11:30 a.m.			
\$5 ea.	Why? Three common uses for spreadsheets are sorting data, producing			
•	graphs/charts, & budgeting with auto-tabulated mathematical equations.			
MS Excel - The	el - The January 26, Class 12:30 p.m. to 2:00 p.m.			
Next Level ~ \$7 ea.	Taking Excel to the next level, design your own spreadsheets, learn how			
	formulas produce amazing results! Class is definitely not for beginners!			

Computer Basics class next February is mandatory or equivalent knowledge for all other classes. Limited Class Size ~ Repeating classes is recommended. Class subject suggestion list available! Interested in training or helping others during class? Email Debbie Dorn at <a href="mailto:docume.com">ddorn@actionlife.com</a>.





# Trilogy at Rio Vista <u>HOME BASED BUSINESS DIRECTORY</u>

#### **All Occasion Travel**

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

# **Angel's House Cleaning Service**

Affordable, Reliable, Professional See what people are talking about 707-673-6608

#### "At Your Service"

We Clean Beautiful Homes For Nice People Free Estimates Carmen Martinez 707-398-8345

### **Mary Kay**

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

#### **Nuskin/Pharmanex**

Look and feel years younger Guaranteed anti-aging products Diane King, Consultant US8301618 erasewrinkles@att.net 925-324-1062

#### **Rodan & Fields Skin Products**

Anti-Aging, Wrinkle, Brown Spots, Sensitive Skin & Acne Products Lupe Finch, Executive Consultant 707-374-2466 or LupeandMarcy@gmail.com

# **ANNOUNCEMENTS**

### **Cat Adoption**

Adopt a cat or kitten: Pretty, sweet, adorable, friendly, neutered, spayed with shots: Lily (F) Brown tabby with green eyes; Apricot (M) Cute orange and white tabby; Gabriel (M) Soft, pale orange and white. Call to see. No obligation. Free to a good home 707-330-0808.

# **FOR RENT**

## Maui Kaanapali Condo

2 Kaanapali Beach Whaler condos: 1) 1BD/2BA oceanfront, sleeps 5 from 6/24/2016 thru 7/8/2016, \$350 per night. 2) Studio sleeps 3 from 7/11/2016 thru 7/25/2016 \$150 per night. Jill or Pat 707-374-5598.

## **SERVICES**

### **Airport Transportation**

I'll get you to any airport or SF port on time and pick you up on return. TRV residents only. One way fares: SFO \$115, OAK \$90, SMF \$65, PORT \$100/ Call Ralph Hatch 707-374-3941.

# **SERVICES**

#### Audio/Video

Certified on-Q Installer working with Trilogy customers for over 10 years under license 819067. Estimates are free. Give us a call. Michael 707-374-2800.

#### **Bicycle Repair**

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

#### Caregiver

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

### **Cleaning AAA**

We clean beautiful homes for nice people. Excellent references, 5 star service, highly trained personnel. Guarantee satisfaction. For free estimates, please call Carmen Martinez 707-398-8345.

# **SERVICES**

### **Computer Aid**

I can fix your PC, including removing viruses and malware. New PC setup with file transfers and tutoring on Windows 8. Wireless printer, wireless connections for Netflix. Home theatre. Kathy Barker 707-374-6850.

#### **Computer A+ Assistance**

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

#### **Computer Doctor**

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

#### Cleaning

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



# **SERVICES**

## **Clock Repair**

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

#### **Electrical**

Licensed electrical contractor working with Trilogy customers over 10 years under license 819067. Estimates are free. Give us a call. Michael 707-374-2800.

#### **Facials**

Licensed Esthetician—Keep your skin beautiful with facials, microdermabrasion, vitamin treatments and more. Call Nina 707-374-3414.

### Faux Finishing @ Its Best

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

# Handyman

Save water; Install Watts hot water recirculation systems; electric repairs, plumbing, knick knacks, curtain rods, ceiling fans. Call Bob Coons 707-628-0889.

#### Handyman

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

# **Housekeeping and Errands**

Trilogy resident available for housekeeping, gardening, sorting and organizing, bookkeeping/clerical, correspondence, making phone calls, pet care, driving (your car) for appointments, errands, etc. Reasonable rates, flexible scheduling. Jesse 925-683-7193.

# **SERVICES**

## **Hypnotherapy**

Explore your inner mind to become a happier, healthier you in 2016. One guided meditation opens new worlds. \$50-\$75. Karen Lamberto 707-374-2938 master hypnotherapist since 1986.

#### **Income Tax**

Income Tax Preparation Individual Partnership and Corporate Income Tax Returns. Jim Castress 707-374-3590 samster.cas@gmail.com

# Income Tax Services & Planning

Serving Trilogy since 1999; individual, trusts, business. Consultation in your home or my Trilogy office. Ron Auger, CPA 707-374-3068.

## Landscaping

Gilly's Landscape, your local Trilogy resident is available for your landscape and hardscape needs. We are now installing synthetic lawns. Jim Gilly 925-260-5780

#### Moving?

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

#### **Notary**

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

### **Notary Public**

Certified Notary, fast, professional and reliable service. Eight dollars per signature per page for Trilogy residents. Please call Jeffrey 707-374-7541. Thank you.

#### **Notary to Go**

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

# **SERVICES**

### **Painting**

Ron the Painter, a Trilogy resident and painter for 10 years is back. Interior painter, fences, mail boxes. Good price, good work. Call Ron 707-430-3135

### **Painting & Drywall**

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

#### **Pest & Termite Services**

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

# Want to Run a Classified Ad?

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



# **SERVICES**

#### **Pet Care**

Happy Home Pet & House Sitting Services: Cathy 707-416-8394. email: jsv.cav@gmail.com. Retired Business Professional. Trilogy resident, dog owner, loves animals. Free estimates.

#### **Pet Care**

Kitty care and small dogs (no walking) services. Include play, meds, trash, mail and plants. Hourly "dog sitting" available in your home. Short notice OK. Call Mimi 707-374-4343.

#### **Rain Gutters Cleaned**

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

#### **Transportation**

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

#### **Transportation**

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

### Video, Computer, Audio Services

TV, Cable, DVD, Stereo, Software, Updates, Backups, Photo Albums, Website, Travel or Family Presentations. General handy work also! Leave message: cell 707-364-7499.

### **Weed Pulling**

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

# SERVICES

# Your Personal Travel Concierge

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

## WANTED

#### **Golf Carts**

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

#### **Partner**

I buy income real estate. Occasionally I need a business partner. Interested in looking at a deal with me, Hunter. Qtrant@gmail.com

# **WANTED**

## **Sporting Goods**

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

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

# TRLOGY PRODUCE



January
3 & 17
10am - 3pm
Delta Club

Sunday





Fruits,
Vegetables
& Other
Specialties







- Dr. Kimberly Gilmore, ND
- Detox after holiday indulgences
  - Reset your metabolism
- Commit to daily healthy living
- Jump start your weight loss
- Learn which foods to eat to lose weight without going hungry
  - Learn more about foods that help you burn fat
    - Learn about nutrition
    - Stress buster tips and more!

#### Mark your calendar & sign up at Member Services:

Date: February 3rd, 2016 Time: 9:00am – 12noon

Fee: \$125 (Special Price \$99 if registered before January 14)

# ADVERTISING INFORMATION

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

#### **REGULAR SIZES AND RATES:**

• 1/8 page ad  $3\frac{1}{2}$ " 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 indigodesign@att.net.

¼ page ad
 ½ page ad
 ½ 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:**

¼ page ad Inside Front or Back Cover \$185/month
 ½ page ad Inside Front or Back Cover \$285/month

January 1, 2016

Delta Club Pool

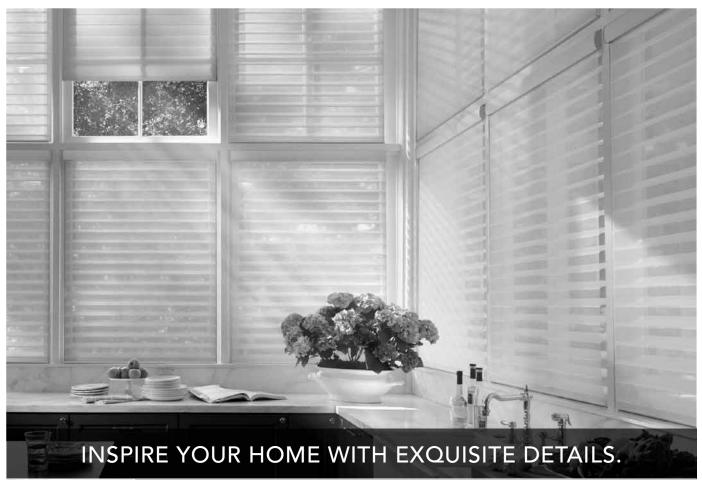
10:00 a·m·

INSIDE FRONT COVER
 INSIDE BACK COVER
 OUTSIDE BACK COVER
 7.5" wide X 10" tall
 \$445/month
 OUTSIDE BACK COVER
 7.5" wide X 10" tall
 \$500/month

#### **DISCOUNTS:**

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

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





# THE ALUSTRA® COLLECTION FROM EXCLUSIVE HUNTER DOUGLAS DEALERS.

When looking for room-defining style, those who seek out the best in design turn to the distinctive, inspiring Alustra® Collection. Featuring exclusive fabrics and design options that heighten sophistication in any home. Visit us to learn more about the Alustra product difference.











# Window Fashions of Northern California

125 Grobric Court, Suite A Fairfield, CA 94534

Monday-Friday: 10:00 AM - 5:00 PM Saturday: 10:00 AM - 3:00 PM

Sunday: 10:00 AM - 3:00 Sunday: Closed

(707) 429-5156 www.wfnc.gallery



