

Trilogy *Living*

TRILOGY *Spring* *Garage Sale!*



They say X marks the spot. On May 4 at Trilogy, balloons mark the spot. The Trilogy Community Garage Sale has been a staple event for over a decade, etching itself into TRV history. So, get ready for the treasure hunting spectacular. The sale begins at 9 a.m. Learn more on page 5.

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From the Master Association

Warren Oglove

President

A special executive session was held on Monday, April 8 to interview six candidates for the available seat on the Master Board. We found each to be well qualified. A special master board meeting convened at 12:30 p.m. to elect the candidate. After discussion, Noel O'Brien was voted on to the Master Board.

An executive session took place on April 9 prior to the Master Board meeting.

Trilogy Rio Vista's attorney, Steve Weil, was present. Items discussed revolved around the possible purchase of the golf course. A revised letter of intent was adopted as was a revised memorandum of understanding with CourseCo. The president explained the two loans being offered by the Bank of Rio Vista in detail. Delinquent accounts were not discussed due to some accounting changes.

The Master Board meeting took place on April 9 at 7 p.m.

At the evening Master Board meeting, it was a full house. Discussion revolved around the golf course and other business at hand. A request for club status was denied to a group called Community Clipboard. It was felt the group was more of a "classroom" than a club. The Board approved the president moving ahead with the documentation required for the loan(s) from The Bank of Rio Vista, signing the revised letter of intent and revised memorandum of understanding. The Board also approved the funding of up to \$1,700 to enable the City of Rio Vista to mail notices to all Trilogy Residents informing them of a city council meeting to hear the request from the Master Board for police enforcement of traffic laws within the gates of Trilogy.

FREE Shredding Service

It is that time again, the shredding truck will be in the parking lot near the tennis courts on Saturday, May 18th between the hours of 9:00 am and Noon. The shredding will take place on site. This service will be provided through Rio Vista Sanitation but will actually be done by Shred It. Once the truck is full no more materials will be accepted, so come early.

TRILOGY AT RIO VISTA

DIRECTORY

Master Association Board of Directors

Warren Oglove, President (3477)
Tom Moore, Vice President (5772)
Bernie Dehn, CFO (4764)
Noel O'Brien, Director (925) 348-4097
Joel Auslen, Secretary (5808)

District Delegates

Village I – Bernie Dehn (4767)
Village Oakmont – Lee Puryear (3510)
Village Riviera – Dante Miles (6445)
Olympic Village – Joel Auslen (5808)
Saddle Rock Village – Noel O'Brien (925) 348-4097

Committees

Adult – Helen Bergoust, Chair (2436)
Access – Dave Bewick, Chair (2093)
Disaster Preparedness – Alan Levine (718-7907)

Village Board Presidents

Village 1 – Bernie Dehn (4764)
Village Oakmont – Walt Manos (2827)
Village Riviera – Don Seyk (6407)
Olympic Village – Mike Dubrow (6706)

Association Administration

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

Club Numbers

Vista: Front Desk (4200) Fax (4210)
Delta: Admin Office (4843) Fax (4891)

Trilogy Living Editorial Board

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

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Resident Classified Advertising

Kathy Nilsson, knilsson@actionlife.com (4200)

Welcome Center/Front Gate (4306)

trvwelcomecenter@gmail.com

Café Vista (4202) **Nines** (4400) **Golf Course** (2900)

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From the Editor



Andrea Stuart

By now, most of us are into the swing of spring. Swaying with Mother Nature's exhalations, we are inexplicably energized by the season's rebirthing process. It's only natural that we be-

come more active ourselves, slipping out of winter's heaviness, shedding a dark, looming sky for its sapphire cousin garlanded in white pillows.

It's a great time of year to get outside. Brannan Island is in full operation. If you enjoy boating, fishing, camping, and being outdoors and you especially like to stay local, swing over to the island. Hard core campers will enjoy roughing it at campsites while those who enjoy a little more luxury can rent cabins or bunk down in their own RVs. My husband and I camped in our five-person tent last season. While the hefty delta breezes (more like wind storms) could have blown our 7-pound doxie away, ample fire pits and sizeable lots made it easy to set up camp and live like we were hundreds of miles from home.

Other neat, local day trips near the water include gathering the grandkids and taking a day on Fishhookers Sports Fishing boat, kicking it up a notch at Sheldon KiteBoarding, or getting in touch with your inner sailor by taking sailing lessons at Delta Sailing School in Isleton.

When you get home, relax into some Trilogy fun. Check out the Clubs and Sports, Arts, and Community sections. And take a peek at the following pages to see what's on the Trilogy agenda. There's truly something for every pace of life.

Member Services Number Change

Please update your phone lists and programmed fax machines to the new Vista Club fax number:

(707) 374-4210

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

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

From the Activities Director



Debbie Dorn

April brought many activities to Trilogy residents. We hope you caught them all including the e-tablet enrichment, China Travel Discovery, the comedian/mentalists, Las Vegas Skelton

Tribute, and other musical dance events. Thank you Gift, Craft & Art Faire sellers for another grand faire! Once again, your donations made a record-raffle fundraiser possible for our local Meals on Wheels organization.

The new Photo Processing series classes in the Learning Center fill fast. If you would like to learn how to work with photo projects, this series is for you. Did you miss the introductory class in April? Not to worry, as long as you have basic computing skills. Check with Member Services (4200) if room is available.

Mark your calendars now to be sure you don't overlook these special events!

- 5/04 Community Garage Sale
- 5/12 Holiday: Mother's Day
- 5/12 Dance Trilogy Jazz Band ~ Dance Club
- 5/17 Karaoke Night
- 5/18 Concert: On The Rocks
- 5/19 Farmers' Market
- 5/21 Computer Class (1): Photo Processing ~ Beginning
- 5/21 Computer Classes (2): Photo Processing ~ Intermediate
- 5/24 Bingo
- 5/27 Holiday Memorial Day
- 5/30 Trilogy Experience New Residents' Orientation
- 6/02 Farmers' Market

I thank the clubs and groups for all the events presented to Trilogy and offering something for everyone. A list of clubs and groups is available with contact information from Member Services at the Vista Club as well as under the "Clubs" tab on mytrilogylife.com. Your comments and suggestions are always valued. Send an email anytime ddorn@actionlife.com. My mailbox is always open!



Call to Action for Clubs and Groups

Special event reservation forms are required often before the room layout or other setup requests can be known. Those details are needed at least 3 weeks prior to your event. That will minimize chance for oversight and allow staff the best opportunity to support your event success! Initial seating layout is based on your estimated attendance submitted for your event. The numbers can be adjusted anytime closer to your event date. Any requested setup change can be made by email. Please send changes to both Debbie Dorn ddorn@actionlife.com and Cheryl Lucas clucas@actionlife.com. Thank you!

Trilogy Community Garage Sale

Saturday, May 4, 9 a.m. – 3 p.m.

Everyone can participate! Sellers help buyers find your sale. Call Member Services (4200) **prior to April 27**, to give your address for your block to be highlighted on the community map. The map will be emailed to residents by May 3, and made available at the Welcome Center the day of the sale to visiting buyers. Copies will be available at the Vista Club Saturday only. You do not have to be included on the map to sell. There are three points all sellers need to do:

1. Obtain a garage sale permit for \$1 from the City of Rio Vista, downtown at City Hall **prior to Friday, May 3**. It's a city requirement. City Hall is closed Fridays and weekends.
2. Tie an inflated balloon to your mailbox or tree.
3. Open your garage door.

When you finish selling, remove the balloon and close your garage door. The sale is open to the public, advertised in the local papers and flyers distributed. Outside buyers will be allowed through the gates at 9 a.m. Residents are asked to postpone their shopping until 9 a.m. in consideration of sellers setting up for the sale. The semi-annual garage sales have become enormously popular with almost half the residents either buying or selling. Some villages also use the event for fundraising. If you have questions, contact Member Services (4200) or email Debbie Dorn ddorn@actionlife.com.

Blood Pressure Check ~ Free

Thursday, May 9, 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. Ruth Hammell began this service back in 1999. Although she has retired, her services will continue thanks to a few qualified residents willing to carry on her work. Stop by and meet the new faces while you keep that blood pressure in check!



Concert on the Patio: The Cash Tribute Show

Saturday, June 29, 7 – 9 p.m.

\$15/pp by Special Arrangement

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



Grapevine Chat!

Tuesday, May 14, 6 p.m. & May 28, 5 p.m.
Grand Living Room, Vista Club ~ Free

Are you new to Trilogy or a seasoned resident who enjoys great company, an inviting atmosphere, and good conversation? Join the gathering at the big fireplace. It's a warm and casual setting where you can "get the scoop" on all things Trilogy while you get to know your neighbors. Bring wine, glasses, and snacks to share with others if you'd like. No sign-up required.

Karaoke Night ~ NEW SONGS!

Friday, May 17, 7- 8:30 p.m.
Diablo Ballroom Vista Club ~ Free

Enjoy open dancing and performances by your neighbors. Song lyrics will be displayed on the big screen for some sing-a-long good times as well. There will be storytellers, special dancers, folk singers, and more. There will be a variety of entertainers...perhaps even you. Bring your favorite snacks, beverages, and come over for a relaxed evening of spontaneous fun and entertainment. No sign-up is required.

Concert: On the Rocks

Saturday, May 18, 7 p.m. – 9 p.m.
Diablo Ballroom Vista Club ~ \$10 pp

Music is in the air. On the Rocks, a six-piece ensemble that will transport you back to the good old days of that Old Time Rock-n-Roll, specializes in rock and pop hits from the '60s and '70s to the present. On the Rocks has performed in some of the best live venues in California & Nevada and is happy to visit Trilogy. Join in the good times. Bring your favorite refreshments. Sign up at Member Services.

Computer Classes: Photo Processing ~ A Series!

Tuesday, May 21, Learning Center Vista Club

- Beginning Class 12:30 – 2 p.m. ~ \$3
- Intermediate Class 10 – 11:30 a.m.
- OR 7 - 8:30 p.m., ~ \$5

Michael Bouyer will lead a unique series of classes to guide you through working with photos from beginning to advanced level. Learn to download, resize, crop, and transfer. Also, learn more advanced editing developments that may be applied to make scrapbooks or other projects. **Prerequisite: basic computer skills.** Sign up at Member Services.

Dance Party Social with DJ Jose LaTorre

Saturday, May 25, 7 – 9 p.m.
Diablo Ballroom Vista Club ~ \$3 pp

DJ Jose will be taking requests for your favorite music. You may also bring your CDs. Bring your dancing shoes, friends, along with your favorite beverage and snacks. Sign up at Member Services. For more information, call (4200).

Complimentary Hearing Screening and Assessment

Thursday, June 13, 1- 3 p.m.
Diablo Ballroom Vista Club ~ Free

Advanced Instrument Hearing Aid Centers are offering complimentary hearing screenings and assessment to members. Also offered are cleanings for your aids, tube changing, adjustments, and repairs on a complimentary basis. Please keep in mind that some repairs may have a fee depending on the severity of the repairs/parts needed to bring the aid(s) back to complete restoration. They look forward to serving your needs on an ongoing basis. Depending on need, their services are offered quarterly the second Thursday of every third month beginning March 8. You will need to contact them directly to make an appointment at (707) 428-1313, although walk-ins are welcome.

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

Friday, June 21, 7 – 8:30 p.m.
Diablo Room, Vista Club ~ Free

Trilogy is taking the stage and sharing their artistic expressions in a setting as intimate as your living room. Watch as family and community cheer you to the next level! Spectators are 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, and new artists having a place that inspires work. It's about a lot of things. Bring your favorite provisions and come check it out! Performers sign in at Member Services.

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



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

Sunday, May 19, 10 a.m. – 3 p.m., Delta Club ~ Free



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

TRIPS AND TOURS

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



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

May 11, Golden Gate Fields Turf Club, \$59/pp

Special "Stakes Races" at Golden Gate Fields where Kentucky Derby class thoroughbreds are featured. Hosted lunch and prime seating included.

June 8, Date Night At Red Hawk, \$30/pp

Carmen Martinez & Ethel Ott have joined forces and will be taking 2 buses to Red Hawk Casino for an evening of fun, fine dining and live entertainment. So grab your favorite

partner and join the gals for this festive night out. Receive a \$15 bonus package. (We'll leave Trilogy at 3:30 pm and return at 11:30 pm).

June 29, Sweet Summer's Day \$115/pp

Enjoy a guided tour, wine tasting and gourmet luncheon at the fabulous Ironstone Vineyards in Murphy's. Then we'll travel to the quaint town of Columbia for a live, toe-tapping performance of the award winning musical "Oklahoma."

July 3, A's Baseball Game & Fireworks, \$72/pp

We'll have great seating between home plate and first base. Everyone will get a \$10 food coupon to use in Plaza Court at your choice of restaurants. We'll enjoy awesome fireworks after game.

July 25, Black Oak Casino, \$30/pp

Our usual 4-5 hours "Stay & Play," movies shown en-route and a \$15 bonus package.

Aug. 23, SF day with Craig Smith, \$89/pp

San Francisco tour guide, Craig Smith, will take us on a journey through the recently opened Disney Museum and then onto the Presidio for more tours and lunch at the Officer's Club. We will spend the Afternoon at some of Craig's favorite historic sites. A special day with a special guy!!!

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



Assessment Notice

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

Assessments for the month:

Master Association \$120.00

Master Association \$80.39
(Only for original residents (<100)
in a developer subsidy agreement)

Village I \$4.50

Village Oakmont \$4.50

Olympic Village \$4.20

Village Riviera \$4.50

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

Village Riviera Board News

Spring has sprung and construction is everywhere. Are you planning an exterior improvement to your property? Don't forget to get architectural approval. Forms are available in the HOA Office or hanging on the wall in the hallway of the Delta Club. If interested in joining this committee, call Don Seyk on (6407).

Will the Board discuss neighbor approval for such architectural changes at the May meeting? Come and see, and if they do, you can provide your input.

Feral cats are an ongoing issue. Homeowners are allowed two indoor pets per household. Feeding feral cats violates the rules by which we have agreed to live by.

The next meeting of the Village Riviera Board is on Thursday, May 2, 2013, 6:30 p.m. in the Delta Club. If you have questions or issues you wish to share before the meeting, call Don Seyk (6407). Otherwise, join us and share your issues...we welcome your input.

Meeting Calendar

Master Association Board Meeting

Tuesday, May 14, 2:00 p.m.
Diablo Room at the Vista

Village Riviera Board Meeting

Thursday, May 2, 6:30 p.m.
Marina Room at the Delta

Village I

Thursday, May 9, 4:00 p.m.
Marina Room at the Delta

Olympic Village

Thursday, May 9, 6:30 p.m.
Marina Room at the Delta

Saddle Rock Village

Wednesday, May 15, 6:30 p.m.
Rio Vista Room at the Delta

Village Oakmont

Thursday, May 16, 7:00 p.m.
Marina Room at the Delta

Council of Village Presidents

Monday, May 20, 10:00 a.m.
River Room at the Delta

Access Committee

Monday, May 20, 1:00 p.m.
River Room at the Delta

Adult Committee

Thursday, May 30, 1:00 p.m.
Rio Vista Room at the Delta

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Village I

There were no board candidate nominations at the April meeting, so the existing board voted to take VORC into dormancy until such a time as a new board is elected. Being in dormancy means that no new activities will be sponsored or hosted by VORC. If you have questions, would like to get involved, or want to host an event contact anyone of the following people: Sandy Dehn (4764), Joe Downes (7520), Lynne Galletta (6079), Nancy Vickers (3946) or Naomi Walker (1465). The next opportunity for a board election is the scheduled, Wednesday, July 10 quarterly membership meeting in the Delta Club at 7:30 p.m. VORC is your village club, get involved and make it work for you.

On a positive note, VORC provided the beverage service for the Music of the Night March event and netted \$761.64, which was split 50/50 with the Council for the Arts. Thanks to the following members for their involvement; Bernie & Sandy Dehn, Byron & Nancy Whitney, Diane & Don Kelley, Lynne Galletta, Mickey Downes, Naomi Walker, Rev Vickers and Teri Malkin. The outgoing board also voted to continue its support of the Senior Men's prostate cancer golf tournament with a contribution of \$100.

Village Oakmont

Thank you to all the Oakmont Village residents who volunteered to bring us a successful and delicious St. Patrick Pancake and Champagne Breakfast. There were over 160 attendees on Sunday morning, March 10. A number of attendees commented about how much they liked the pancakes and especially the sausages cooked on the outdoor grill! The strawberries and whipped cream were a big hit. The tables were beautifully decorated. All the cooks kept the food going at a good pace, even surviving the after church rush. Thanks to Ruth Joseph for alerting us that our 100-cup coffee maker was not percolating correctly. Antoinette Pestana and Ruth came up with a solution that kept the coffee flowing. All the volunteers pitched in and got everything cleaned up and put away quickly, allowing us to go home and take our shoes off and relax. Thank you very much to our volunteers, without your efforts this event would not have gone so smoothly and been so well received.

Some of the breakfast volunteers on the previous night had also assisted at Rio Vista's Princess Ball put on by the Lion's Club for the town's five to 13-year-old girls, who were escorted by their fathers, grandfathers, brothers, or uncles. The girls were so cute in their fancy dresses and their escorts were so proud of them.

Our next event is the International Potluck Dinner on June

9 at 5 p.m. at the Delta Club. Get out your favorite family recipes and start gathering the ingredients. Planning for the Trilogy Fourth of July Parade began on April 12. If you are an armed services veteran, get those uniforms out and see if they still fit. Your caps will help distinguish the service branch in which you served.

The next Social Committee Meeting is May 1 at 3 p.m. in the Marina Room at the Vista Club. We welcome everyone to come to our meetings and look forward to hearing your ideas for making our events even better. For more information, call Cyndy Schroeder (2480) or email ms2762@sbcglobal.net.

Village Riviera

Get ready to rock 'n roll! The sixth annual Sock Hop is going to be real groovy. Neat-o things are the haps, starting with a vintage car show. Check out super cool cars while enjoying Rolling Rock beer, soda pop, and munchies. Larry's Hot Dog Cart will serve hot dogs and Polish sausages along with chips, potato salad, green salad, soda, and root beer floats. Can you dig it? There will be lots of nifty new, fun things. The joint will be jumpin' to Solid Gold Band playing your favorite oldies. Brush up on the twist, mashed potatoes, pony, limbo, and enter the dance contest. Get out those poodle skirts, rolled up jeans, letter sweaters, saddle shoes and bobbie socks. Dress to win the costume contest. This is going to be a peachy-keen event. Be there or be square! The Sock Hop is on Saturday, June 15, 5:30 p.m. to 9:30 p.m. at the Vista Club. Price is \$20 per person. Flyers will be out early May. Reservations will be accepted in person, Wednesday, May 15, 10 a.m. at the Delta Club on a first-come, first-serve basis. Seating is limited and sells out fast. When making your reservation, bring along a copy of your high school picture for our slide show. Or even better, email it to Dick Talbott at Dick0449@gmail.com. Be sure to include your name and date it was taken. Have a classic car? Let Dick know that too. For more information, contact Maureen Talbott at maurentalbott@gmail.com.

Our next event is the Treasure Hunt on July 13. Don't miss out on all the fun. You will be shaking your head in disbelief. How can anyone come up with this stuff? So gather your team of three to five people and be ready to search for hidden treasure.

Remember to mark your calendars for these other Riviera events coming soon: Bunco and Beans on Sept. 7, Wine Event on October 26, and the Black and White Holiday Affair on Dec. 14.

We are always looking for new committee members. Come join the fun. Contact Coralie Leder at coralie.leder@gmail.com.

Trilogy Spring



**GARAGE
SALE**

Sat. May 4, 2013

9 a.m.—3 pm.

Locally Advertised!

General Public Allowed after 9 a.m.

Have Question? Want to Participate?

Call (707) 374-4200

1. Obtain a garage sale permit for \$1 from City Hall **prior to Friday May 3.**
2. Tie a balloon to your mailbox or tree.

On The Rocks Concert

7–9 p.m.

Diablo Ballroom

\$10

BYOB

May 18!



On the Rocks, a 6-piece ensemble specializing in Old Time Rock & Roll, has played Harrah's Casino Lake Tahoe and Reno, Cache Creek Casino, Thunder Valley Casino, Black Oak, and now they're coming to TRV!

Sign up at Member Services

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Saturday, June 22, 2013

Sign up today individually or as a 3-person team

at Vista Club Members Service Desk!

For more information or to volunteer,

contact Kathy Erwin at (4205)

Still not involved in the Biggest Mover Contest? What's the delay?

It's a great incentive to get free gifts while you exercise!
Sign up at the Vista Club and receive your 12 cards and
start MOVING in the Biggest Mover Contest.

*"The doctor of the future
will give no medicine
but will interest his patients
in the care of the human frame,
in diet and in the
prevention of disease."*

~ THOMAS EDISON

Fitness Punch Card prices as of April 1, 2013

New 30 punch card = \$95

20 punch card = \$65

10 punch card = \$35

Payment by check only

Make out to TRVMA

No refunds or replacements.

Available at Member Services

Start your fitness program with a personalized ROM

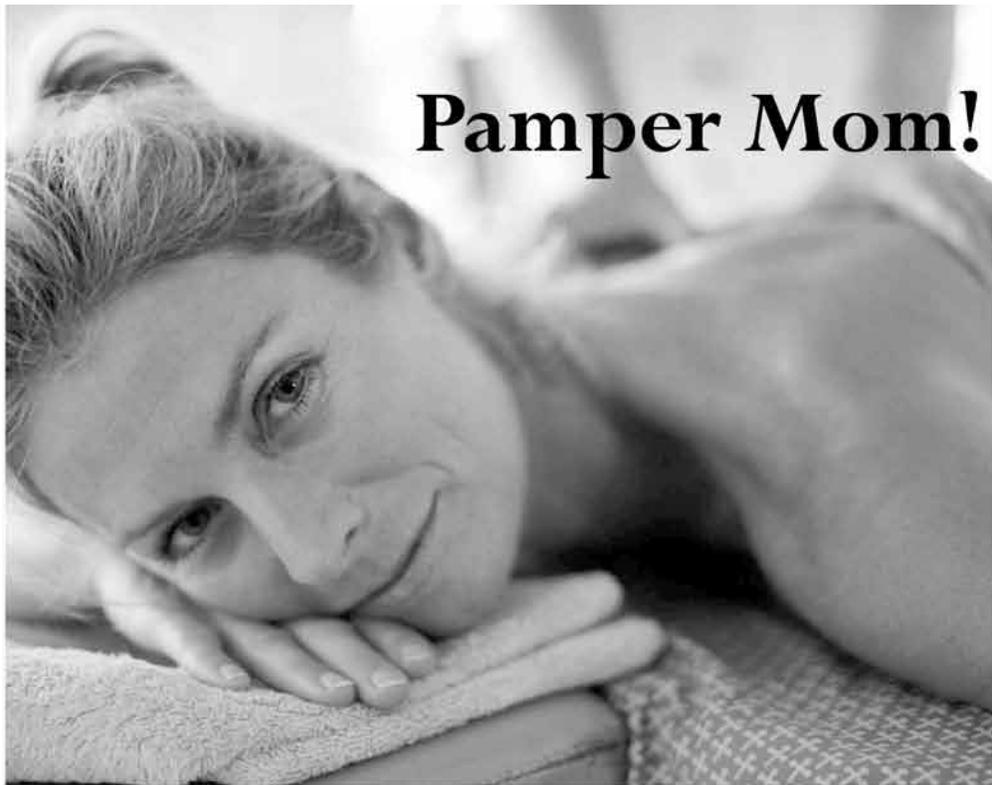
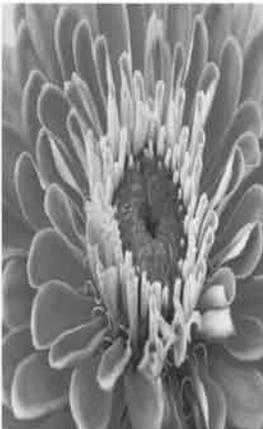
(Range of Motion) appointment with one of our personal trainers, Susan or Bev, to make sure you are properly set up for an effective and safe workout. A Range of Motion requires a one-time \$20 fee. You'll have one-on-one with your trainer. Once you are set up, the strength training machines will remember your settings and track your workouts.

Upcoming new member

Fitness Orientations:

Wednesday, May 1 at 5:15 p.m.

Saturday, May 18 at 11 a.m.



Pamper Mom!

Mother's Day SPA Package & Gift

Good for purchase May 1 - 31

Redeem by 12-31-13

This relaxing blend will fill the senses and soothe the spirit. Pamper her with 80 minutes of pure delight.

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

Your Choice:

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

Purchase all SPA services at Member Services.

Her gift is awarded by the therapist at the time of her service.

Pampering Mother's Day SPA Package

\$79



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



FAMILY SUPPORT COMMITTEE

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

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

Oakmont Village

The Oakmont Kare Bears are busy welcoming spring with a wealth of new ideas and projects. If you are a resident of Oakmont Village, come join us at our next meeting and share your ideas with us. The next meeting is on Wednesday, May 8 at 10:30 a.m. at the Delta Club. If any Oakmont residents have not received or need another "Vial of Life" packet, please call one of the numbers below, and we will get these to you. The information on these "Vial of Life" forms is vital for emergency personnel to assist them with any emergency situation that might occur. For more information, call Kathy (2969) or Marti (6859). Also, those needing transportation to doctor appointments, etc., call Elaine Juhola (5310) or Carol Fischer (5764). Hope to see you at the meeting on the 8th. Come early and join us for coffee and goodies.

Kare Bears Olympic Village

The drug take back was a success, thank you Trilogy. Over 100 pounds of drugs were turned over to the Rio Vista Police Department to be safely destroyed. It was a big step toward keeping our Delta clean. Mackie Webster and Kay Johnston were presented with a commendation for the Kare Bears in recognition of the group's good work. The next meeting is June 5, 2013. Themed as Lazy Summer Days, refreshments will be served. For more information, contact Mackie at 5837.

Kare Bears Village Riviera

April has passed after appeasing the flowers with showers and the Kare Bears with fresh funding, which will allow us to fulfill future requests for assistance. We thank all of the kind patrons who participated in the bake sale, and apologize to those who missed out. To paraphrase an old adage: in Trilogy "the early bird gets the cookies." Spring has now matured into May, nature's warm invitation to enjoy the outdoors. Longer days and moderate temperatures beckon everyone. To take advantage of this lovely scenario the Trilogy Kare Bears are hosting a luncheon for fellow Kare Bears from Summerset in Brentwood. This will be a social event that allows an exchange of ideas on how to better accomplish our mission, which brings to mind another adage, (again, slightly modified) "you can teach an old bear new tricks!" For further enlightenment, drop by our next meeting on Monday, June 10 in the Delta Club. Additional knowledge may be garnered by contacting Myra at (3660) or Valerie at (6942).

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DELTA & VISTA SWIMMING POOL & SPA RULES

The outdoor swimming pool and spa are reserved for the exclusive use of residents and invited guests of owners within Trilogy at Rio Vista. Please observe these rules:

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

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

MAY 1 – SEPTEMBER 30, 2013				
Indoor / Outdoor Pool Schedule				
Aqua Fit & Advanced Aqua Class Schedule				
Monday	9-10 a.m.	Advanced Aqua	Kathy	Delta Pool
	10-11 a.m.	Aqua Fit	Denise	Delta Pool
Tuesday	9:30 a.m.	Aqua Fit	Denise	Vista Pool
	3-4 p.m.	Advanced Aqua	Kathy	Delta Pool
Wednesday	9:30 a.m.	Aqua Fit	Denise	Delta Pool
Thursday	9-10 a.m.	Advanced Aqua	Kathy	Delta Pool
	10-11 a.m.	Aqua Fit	Denise	Delta Pool
	3-4 p.m.	Aqua Fit	Denise	Delta Pool
	3-4 p.m.	Aqua Movement	Kathy	Vista Pool
Friday	9:30 a.m.	Aqua Fit	Denise	Vista Pool



2nd Annual Slow Food Rio Vista Festival

Slow Food Rio Vista will hold its 2nd Annual Slow Food Festival, Saturday, June 22, 2013. Slow Food Rio Vista is a chapter of Slow Food USA, an international non-profit organization that focuses on educating people on healthy eating.

This "Farm to Fork" event will highlight the foods grown in our region. Featured speakers will include McCormack Sheep & Grain Co-Owner Jeannie McCormack and Live-stock and Pasture Manager Ellen Skillings, California Endive Founder Rich Collins, and wine expert Fred LeDrew. The festival will also feature tastings from many local wineries and cooking demonstrations using local ingredients by local chefs with tastings to follow each demonstration.

Learn more about foods that are produced in our region and ideas for how to prepare them for your family's enjoyment. Proceeds from the event will go to our local food bank and other charities.

Tickets for this event may be purchased at Pets 4 All, 167 Main Street or at www.slowfoodriovista.org.

Calling All Mare Island Shipyard Employees

Calling all former Mare Island Naval Shipyard employees living in TRV! There's an informal meeting (date TBD) at the Delta Club or Nines Restaurant.

When Mare Island was put on the Base Closure List back in 1995, the Shipyard Commanding Officer called all employees to the ship building ways in front of the Old Pipe Shop Bldg. 46. He informed all of us that the shipyard would be closed in three years and he challenged us, by telling us how better off we all would be when in six years after the shipyard closed.

If you ever worked at Mare Island Naval Shipyard, or you just want to hear about its verbal history and memories, please join us for an hour or two to hear firsthand information from its former employees, and how better off we really are now after its closure!

We will also put out information about the Mare Island Museum: <http://mareislandhpf.org/museum.html> and how you can be a part of it or just visit it, during operating hours. For more information about the meeting, contact Tom Watson 507-5249.

Disaster Preparedness

If someone was having a heart attack or a stroke, could you help? You could if you were a member of the Disaster Preparedness Committee. Be part of the team in our community at Trilogy, which trains in life saving techniques. Be instructed in Cardio Pulmonary Resuscitation (CPR) and First Aid. Our committee is designed to prepare for a safe and effective response to emergencies within Trilogy. We are being trained as first responders to help support life saving efforts. Come and be part of something special! Our next meeting is on May 2 at the Delta Club, River Room from 11 a.m. - 12 noon. For additional information, please call Alan Levine at (707) 718-7907.

Labyrinth Walk

Summer begins in the Northern Hemisphere on June 21, 2013, at 1:04 A.M. (EDT). The word solstice is from the Latin solstitium, from sol (sun) and stitium (to stop), reflecting the fact that the sun appears to stop at this time (and again at the winter solstice).

In temperate regions, we notice that the sun is higher in the sky throughout the day, and its rays strike Earth at a more direct angle, causing the efficient warming we call summer. In the winter, just the opposite occurs: The Sun is at its southernmost point and is low in the sky. Its rays hit the Northern Hemisphere at an oblique angle, creating the feeble winter sunlight.

The Sun is directly overhead at its most northern point at "high-noon" on the summer solstice, creating more sunlight in the Northern Hemisphere on this day than any other.

Join us as we walk the Labyrinth on June 21 at 5 p.m. to welcome the Summer Solstice. Contact Elaine Wisz at (4310) or Gerry Swan at (510) 507-4080 to let them know you will be joining this solstice celebration.

New Connections

New Connections meets on May 15 (the third Wednesday of the month) at 1 p.m. at the home of Donna Armanino, 724 Brookside Lane. Please bring a friend, a small snack, if you wish, and join us in "getting to know you." In case you're unfamiliar with this group, we gather casually in each others' homes to meet new friends and neighbors. It's a wonderful time to learn about Trilogy. Rio Vista and points beyond (there IS life beyond the gates). If you have any questions, call Barb at (707) 637-0210 or email stolie47@hotmail.com.



2013 Prostate Cancer Benefit Golf Tournament

On June 12, the Rio Vista Senior Men's Golf Club will hold its 4th bi-annual Prostate Cancer Benefit Golf Tournament at the Golf Club at Rio Vista. It seems everyone knows a family member or friend who has dealt with cancer. This golf tournament is one way everyone can help while having a good time.

Sponsorships available! Would your club, your business or organization like to sponsor a hole? It's possible for as little as \$50. If you would like to sponsor a hole, contact Antoinette Pestana (5451). Please make your check out to American Cancer Society.

Donations accepted! Do you have something of value to donate for the raffle or silent auction? If so, contact Dennis Dolan (7569). Some existing prizes include two 32" TVs and a two-night stay at The Atlantis Casino in Reno, NV. See the contact number below if you want to purchase raffle tickets.

Join us for a straight scramble! Foursomes and singles invited. Play price is \$60 plus green fees of \$25 and includes a continental breakfast before and lunch at The Nines after golf. (Golf Club pass holders will not pay green fees.) A portion of the fees will go to the American Cancer Society. You could win a car on the Hole-in-One par three holes sponsored by Abel Chevrolet.

Deadline to get your flyer and check in is June 2. If you have a question or need assistance, call Eddie Davis at (6816) or Dick Popham at (4701).

TOPS

The Trilogy TOPS (Take Off Pounds Sensibly) Chapter is sponsoring a Bus Trip to Thunder Valley Casino on May 1. For information, call Leader Ella Brice at (1499) or Co-leader Pat Voelker at (5150). Our new Officers were installed at a luncheon at The Nines on April 17 by Area Coordinator Mickey Drake of Napa. Mickey gave a very inspiring installation for Leader-Ella Brice, Co-leader Pat Voelker: Secretary Lynn Richards (Assistant Fay Ford), Tres. JoAnne Stangl (Assist. Sally Cicka), Weight Recorder Thelma Martin and Anna Stevers, Contest Coordinators Minnie Howell and Gladys LaBeaux, Greeter Ann Thomas, Sunshine Chairman-Veronica Bush, Historian Valerie Wyingler, and Publicity Laverne Thompson. Congratulations to all our new leaders! Welcome new members Linda Gill and Barbara Bellamy. All you Trilogy ladies and gents who want a support group to get rid of those extra pounds are welcome to come and look us over on Wednesday at 8 a.m. at the Delta Club. We meet every Wednesday. For more information, call Leader Ella Brice at (1499) or Co-leader Pat Voelker at (5150). Happy travels everyone!



Trilogy Jazz Band

The band has been working on some new (for us) selections and old favorites to be included when we play for the Dance Club's May dance on Sunday evening May 12 (Mother's Day). We always enjoy playing for our community's dancers. The Dance

Club welcomes new members and guests. Check their article and posters for more details.

If you play a band instrument and are interested in being part of the Jazz Band, please contact the band's Music Director Jim Lucas (7567). We encourage everyone with experience on any band instrument to call and learn about this opportunity for music and fun. There is currently a spot available in the trombone section, and we like to meet everyone interested in this or future openings.

Full-band rehearsals are held in the Vista Club Diablo Ballroom most Wednesday afternoons, 2:30 – 5 p.m. following vocal and combo practice at 1:30 p.m. Observers are welcome. For more information, contact Jim Lucas (7567) or Marti Rogers (6859).

Woodcarving Club

Individuals, both men and women, with an interest in woodcarving are needed to form a Trilogy Woodcarving Club. All skill levels are welcome. Novice carvers will learn the basics of carving. Guidance will be provided on obtaining various types of tools and materials to begin carving. Samples of carving will be provided to generate ideas. Woodcarving is one of the oldest art forms. Examples are present in everyday life in the form of large and small sculptures, adornment of buildings (i.e. entrance doors), furniture, and small items used daily.

All carvers will have weekly carving time to encourage camaraderie, sharing tips, ideas, patterns, examples, and experiences. Meetings will be held Monday mornings at the Delta Club. This is not a formal club with officers, rules, by-laws, or dues. The only rule is to clean up after yourself.

Since the first article appeared in last month's *Trilogy Living* several people have expressed interest in forming a woodcarving group. Sessions will be held every Monday morning (excluding holidays) from 8:30 – 11 a.m. in the Marina Room (next to the pool) at the Delta Club. For more information, contact John at (5730).





World Religions Study Group

Are you interested in learning about the major religions of the world? If so, you are invited to join others like you in a World Religions Study Group on the first Tuesday of each month. The May meeting is on Tuesday, May 7, at 6:30 p.m. at the Vista Club in the Monterey Room. At our April meeting, the consensus of the group was to study the religions in chronological order of their appearance. Thus, Zoroastrianism, one of the oldest organized religions that pre-dates written history and is still being practiced today will be the primary focus in May.

This study group is nondenominational and open to everyone who has a desire to learn about the tenets of the religions practiced by believers around the world today. The study group will be conducted as an unbiased, open meeting, and will not be a forum for recruiting or converting participants to any specific belief system. The mission will be to open our hearts and minds to understand the beliefs on which religions are based. For more information, contact Barbara Bellamy at (303) 898-9279 or bjunebell@comcast.net; or Don Cooper at (510) 909-5049 or Don.Cooper5@gmail.com.



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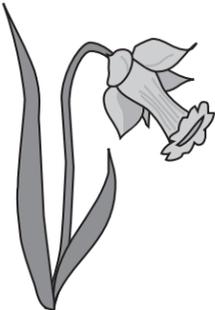
Fitness Class Schedule for May 2013

New Trilogy Fitness Punch Card Choices: All classes require one of three card choices: either a 30 Punch for \$95, a 20 punch for \$65, or a 10 punch for \$35. Each class requires one punch. Get your cards at Member Services. Call Fitness & Spa Director Kathy Erwin at (4205) if you have questions. All classes are held in the Vista Group Exercise Studio unless otherwise noted. Last Month's Punch Card Raffle Winner: **Miriam Nitenson**

May Fitness Orientations: Wednesday, May 1 at 5:15 p.m., Saturday, May 18 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!

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Class Locations</p> <p>(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</p>		<p>1</p> <p>7-8am Early Yoga (B) (DB) Tammy 8-9am Back To Basics Yoga (B/I) (DB) Tammy 8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat) 9:30-10:30am Wake-up and Move (B/I) (RV) Anna 9:30-11am Qi Dance Plus (B/I/A) (GX) Joelle 9:30-10:30am Aqua Fit (B) (DP) Denise 11-12pm ZUMBA (B/I) (GX) Lisa 3-4pm Circuit Training / Combo Balance (B/I) (GX) Susan 4-5pm Stretch and Flex (B/I) (GX) Susan</p>	<p>2</p> <p>7:30-8:30am Body Works (B/I/A) (GX) Kathy 9-10am Simply Stretch (B/I) (DB) Joelle 9-10am Tai Chi (B/I) (GX) Lillian 9-10am Advanced Aqua (B/I/A) (DP) Kathy 10-11am Aqua Fit (B) (DP) Denise 10-11am Qi Dance (B/I/A) (GX) Joelle 11-12pm Arthritis Program (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly 2:30-3:30pm Yoga (B/I) (DB) Tammy 3-4pm Aqua Movement (VP) Kathy 3-4pm Aqua Fit (B) (DP) Denise</p>	<p>3</p> <p>7-8am Early Yoga (B) (DB) Tammy 7:30-8:30am Step Aerobics (B/I/A) Pat 8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat) 9-10am Wake-up and Move (B/I) (RV) Anna 9-10am Yoga/Pilates (B) (DB) Deanna 9:30-10:30am Aqua Fit (B) (VP) Denise 9:45-10:30am Core Balance and Standing Abs (B) (GX) Sophie 10-11am Balance Ball (DB) Deanna 10:30-11:45am ZUMBA Power (B/I) (GX) Sophie 11:45-12:45pm Intro to ZUMBA (B/I) (GX) Sophie</p>	<p>4</p> <p>8:30am-9:30am Step Aerobics (GX) Pat 11-12:15pm ZUMBA (B/I) (GX) Sophie/Lisa 12:15-12:45pm Pilates/Stretch (B/I) (GX) Sophie/Lisa</p>
<p>6</p> <p>8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat) 9-10am Yoga/Pilates (B) (DB) Deanna 9-10am Advanced Aqua (B/I/A) (DP) Kathy 9:30-10:30am Wake-up and Move (B/I) (RV) Anna 9:45-10:30am Core Balance and Standing Abs (B/I) (GX) Sophie 10-11am Aqua Fit (B) (DP) Denise 10-11am Meditation Breathing (B) (DB) Deanna 10:30-11:45am ZUMBA Power (B/I) (GX) Sophie 11:45-12:45pm Intro to ZUMBA (B/I) (GX) Sophie 3-4pm Circuit Training / Combo Balance (B/I) (GX) Susan 4-5pm Stretch and Flex (B/I) (GX) Susan 6:30-7:30pm Yoga/Pilates (B/I) (DB) Deanna</p>	<p>7</p> <p>8-9am Body Works (B/I/A) (GX) Kathy 9-10am Simply Stretch (B) (GX) Joelle 9:30-10:30am Aqua Fit (B) (VP) Denise 10-11am Qi Dance (B/I/A) (GX) Joelle 11-12pm Arthritis Program (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly 3-4pm Advanced Aqua (B/I/A) (DP) Kathy</p>	<p>8</p> <p>7-8am Early Yoga (B) (DB) Tammy 8-9am Back To Basics Yoga (B/I) (DB) Tammy 8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat) 9:30-10:30am Wake-up and Move (B/I) (RV) Anna 9:30-11am Qi Dance Plus (B/I/A) (GX) Joelle 9:30-10:30am Aqua Fit (B) (DP) Denise 11-12pm ZUMBA (B/I) (GX) Lisa 3-4pm Circuit Training / Combo Balance (B/I) (GX) Susan 4-5pm Stretch and Flex (B/I) (GX) Susan</p>	<p>9</p> <p>7:30-8:30am Body Works (B/I/A) (GX) Kathy 9-10am Simply Stretch (B/I) (DB) Joelle 9-10am Tai Chi (B/I) (GX) Lillian 9-10am Advanced Aqua (B/I/A) (DP) Kathy 10-11am Aqua Fit (B) (DP) Denise 10-11am Qi Dance (B/I/A) (GX) Joelle 11-12pm Arthritis Program (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly 2:30-3:30pm Yoga (B/I) (DB) Tammy 3-4pm Aqua Movement (VP) Kathy 3-4pm Aqua Fit (B) (DP) Denise</p>	<p>10</p> <p>7-8am Early Yoga (B) (DB) Tammy 7:30-8:30am Step Aerobics (B/I/A) Pat 8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat) 9-10am Wake-up and Move (B/I) (RV) Anna 9-10am Yoga/Pilates (B) (DB) Deanna 9:30-10:30am Aqua Fit (B) (VP) Denise 9:45-10:30am Core Balance and Standing Abs (B) (GX) Sophie 10-11am Balance Ball (DB) Deanna 10:30-11:45am ZUMBA Power (B/I) (GX) Sophie 11:45-12:45pm Intro to ZUMBA (B/I) (GX) Sophie</p>	<p>11</p> <p>11-12:15pm ZUMBA (B/I) (GX) Sophie/Lisa 12:15-12:45pm Pilates/Stretch (B/I) (GX) Sophie/Lisa</p>
<p>13</p> <p>8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat) 9-10am Yoga/Pilates (B) (DB) Deanna 9-10am Advanced Aqua (B/I/A) (DP) Kathy 9:30-10:30am Wake-up and Move (B/I) (RV) Anna 9:45-10:30am Core Balance and Standing Abs (B/I) (GX) Sophie 10-11am Aqua Fit (B) (DP) Denise 10-11am Meditation Breathing (B) (DB) Deanna 10:30-11:45am ZUMBA Power (B/I) (GX) Sophie 11:45-12:45pm Intro to ZUMBA (B/I) (GX) Sophie 3-4pm Circuit Training / Combo Balance (B/I) (GX) Susan 4-5pm Stretch and Flex (B/I) (GX) Susan 6:30-7:30pm Yoga/Pilates (B/I) (DB) Deanna</p>	<p>14</p> <p>8-9am Body Works (B/I/A) (GX) Kathy 9-10am Simply Stretch (B) (GX) Joelle 9:30-10:30am Aqua Fit (B) (VP) Denise 10-11am Qi Dance (B/I/A) (GX) Joelle 11-12pm Arthritis Program (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly 3-4pm Advanced Aqua (B/I/A) (DP) Kathy</p>	<p>15</p> <p>7-8am Early Yoga (B) (DB) Tammy 8-9am Back To Basics Yoga (B/I) (DB) Tammy 8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat) 9:30-10:30am Wake-up and Move (B/I) (RV) Anna 9:30-11am Qi Dance Plus (B/I/A) (GX) Joelle 9:30-10:30am Aqua Fit (B) (DP) Denise 11-12pm ZUMBA (B/I) (GX) Lisa 3-4pm Circuit Training / Combo Balance (B/I) (GX) Susan 4-5pm Stretch and Flex (B/I) (GX) Susan</p>	<p>16</p> <p>7:30-8:30am Body Works (B/I/A) (GX) Kathy 9-10am Simply Stretch (B/I) (DB) Joelle 9-10am Tai Chi (B/I) (GX) Lillian 9-10am Advanced Aqua (B/I/A) (DP) Kathy 10-11am Aqua Fit (B) (DP) Denise 10-11am Qi Dance (B/I/A) (GX) Joelle 11-12pm Arthritis Program (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly 2:30-3:30pm Yoga (B/I) (DB) Tammy 3-4pm Aqua Movement (VP) Kathy 3-4pm Aqua Fit (B) (DP) Denise</p>	<p>17</p> <p>7-8am Early Yoga (B) (DB) Tammy 7:30-8:30am Step Aerobics (B/I/A) Pat 8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat) 9-10am Wake-up and Move (B/I) (RV) Anna 9-10am Yoga/Pilates (B) (DB) Deanna 9:30-10:30am Aqua Fit (B) (VP) Denise 9:45-10:30am Core Balance and Standing Abs (B) (GX) Sophie 10-11am Balance Ball (DB) Deanna 10:30-11:45am ZUMBA Power (B/I) (GX) Sophie 11:45-12:45pm Intro to ZUMBA (B/I) (GX) Sophie</p>	<p>18</p> <p>11-12:15pm ZUMBA (B/I) (GX) Sophie/Lisa 12:15-12:45pm Pilates/Stretch (B/I) (GX) Sophie/Lisa</p>
<p>20</p> <p>8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat) 9-10am Yoga/Pilates (B) (DB) Deanna 9-10am Advanced Aqua (B/I/A) (DP) Kathy 9:30-10:30am Wake-up and Move (B/I) (RV) Anna 9:45-10:30am Core Balance and Standing Abs (B/I) (GX) Sophie 10-11am Aqua Fit (B) (DP) Denise 10-11am Meditation Breathing (B) (DB) Deanna 10:30-11:45am ZUMBA Power (B/I) (GX) Sophie 11:45-12:45pm Intro to ZUMBA (B/I) (GX) Sophie 3-4pm Circuit Training / Combo Balance (B/I) (GX) Susan 4-5pm Stretch and Flex (B/I) (GX) Susan 6:30-7:30pm Yoga/Pilates (B/I) (DB) Deanna</p>	<p>21</p> <p>8-9am Body Works (B/I/A) (GX) Kathy 9-10am Simply Stretch (B) (GX) Joelle 9:30-10:30am Aqua Fit (B) (VP) Denise 10-11am Qi Dance (B/I/A) (GX) Joelle 11-12pm Arthritis Program (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly 3-4pm Advanced Aqua (B/I/A) (DP) Kathy</p>	<p>22</p> <p>8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat) 9:30-10:30am Wake-up and Move (B/I) (RV) Anna 9:30-11am Qi Dance Plus (B/I/A) (GX) Joelle 9:30-10:30am Aqua Fit (B) (DP) Denise 1100-12pm ZUMBA (B/I) (GX) Lisa 3-4pm Circuit Training / Combo Balance (B/I) (GX) Susan 4-5pm Stretch and Flex (B/I) (GX) Susan</p>	<p>23</p> <p>7:30-8:30am Body Works (B/I/A) (GX) Kathy 9-10am Simply Stretch (B/I) (DB) Joelle 9-10am Tai Chi (B/I) (GX) Lillian 9-10am Advanced Aqua (B/I/A) (DP) Kathy 10-11am Aqua Fit (B) (DP) Denise 10-11am Qi Dance (B/I/A) (GX) Joelle 11-12pm Arthritis Program (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly 2:30-3:30pm Yoga (B/I) (DB) Tammy 3-4pm Aqua Movement (VP) Kathy 3-4pm Aqua Fit (B) (DP) Denise</p>	<p>24</p> <p>7:30-8:30am Step Aerobics (B/I/A) Pat 8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat) 9-10am Wake-up and Move (B/I) (RV) Anna 9-10am Yoga/Pilates (B) (DB) Deanna 9:30-10:30am Aqua Fit (B) (VP) Denise 9:45-10:30am Core Balance and Standing Abs (B) (GX) Sophie 10-11am Balance Ball (DB) Deanna 10:30-11:45am ZUMBA Power (B/I) (GX) Sophie 11:45-12:45pm Intro to ZUMBA (B/I) (GX) Sophie</p>	<p>25</p> <p>11-12:15pm ZUMBA (B/I) (GX) Sophie/Lisa 12:15-12:45pm Pilates/Stretch (B/I) (GX) Sophie/Lisa</p>
<p>27</p> <p>NO CLASSES</p> <p>MEMORIAL DAY</p>	<p>28</p> <p>8-9am Body Works (B/I/A) (GX) Kathy 9-10am Simply Stretch (B) (GX) Joelle 9:30-10:30am Aqua Fit (B) (VP) Denise 10-11am Qi Dance (B/I/A) (GX) Joelle 11-12pm Arthritis Program (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly 3-4pm Advanced Aqua (B/I/A) (DP) Kathy</p>	<p>29</p> <p>7-8am Early Yoga (B) (DB) Tammy 8-9am Back To Basics Yoga (B/I) (DB) Tammy 8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat) 9:30-10:30am Wake-up and Move (B/I) (RV) Anna 9:30-11am Qi Dance Plus (B/I/A) (GX) Joelle 9:30-10:30am Aqua Fit (B) (DP) Denise 1100-12pm ZUMBA (B/I) (GX) Lisa 3-4pm Circuit Training / Combo Balance (B/I) (GX) Susan 4-5pm Stretch and Flex (B/I) (GX) Susan</p>	<p>30</p> <p>7:30-8:30am Body Works (B/I/A) (GX) Kathy 9-10am Simply Stretch (B/I) (DB) Joelle 9-10am Tai Chi (B/I) (GX) Lillian 9-10am Advanced Aqua (B/I/A) (DP) Kathy 10-11am Aqua Fit (B) (DP) Denise 10-11am Qi Dance (B/I/A) (GX) Joelle 11-12pm Arthritis Program (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly 2:30-3:30pm Yoga (B/I) (DB) Tammy 3-4pm Aqua Movement (VP) Kathy 3-4pm Aqua Fit (B) (DP) Denise</p>	<p>31</p> <p>7-8am Early Yoga (B) (DB) Tammy 7:30-8:30am Step Aerobics (B/I/A) Pat 8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat) 9-10am Yoga/Pilates (B) (DB) Deanna 9:30-10:30am Aqua Fit (B) (VP) Denise 9:45-10:30am Core Balance and Standing Abs (B) (GX) Sophie 10-11am Balance Ball (DB) Deanna 10:30-11:45am ZUMBA Power (B/I) (GX) Sophie 11:45-12:45pm Intro to ZUMBA (B/I) (GX) Sophie</p>	

Trilogy Living

May 2013 Club and Activity Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 8am Social Tennis 8am TOPS (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) 12:30pm Fat Quarters Quilting (D) 1pm Village Riviera Arch. Com. Mtg. (D) 2pm Bergren Art (D) 2pm Card Making Class (D) 3pm Village Oakmont RC Social Com. Mtg. (V) 4:30pm Table Tennis (D) 5:30pm Delta Harmony Rehearsal (V) 7pm Billiards Club Member Mtg. (V)	2 8am Social Tennis 8:30am Golf – Women's 18-Hole 9:30am Ceramics (D) 11am Triage Team (D) 12:15pm Ponytail Canasta (V) 1pm Good Samaritans (D) 2pm Genealogy Club (V) 5pm Cycling Club (V) 5pm Tai Chi & Yuan Chi Dance (V) 5:30pm Table Tennis (D) 6:30pm Pinochle (V) 7pm Drama Club Rehearsal (V) 7pm Photography Club (V)	3 8am Social Tennis 9am Model Club (V) 9am Village 1 Arch. Com. Mtg. (V) 9:30am Walk & Talk (V) 10:30am Country Line Dance (D) 12pm Bridge (V) 12pm Adv. Watercolor Painting (D) 4pm Ballroom Dance Lessons – Beginner (V) 5pm Ballroom Dance Lessons – Advanced (V) 6:30pm Joy Luck Mah-Jongg (V)	4 8am Motorcycle Club (Off-site) 8:30am Hiking Club (V) 9am – 3pm Community Garage Sale 9am Table Tennis (D) 7pm Poker Open Tournament (D)
5	6 8am Social Tennis 9:30am Walk & Talk (V) 12pm Open Painting (D) 1pm Mah Jongg (V) 1pm Rip, Stitch & Bitch (V) 2pm TAG Mtg. (D) 3pm Guitar Club (V) 5pm Whist Club Event Planning Mtg. (V) 6pm Soul Line Dancing (D) 7pm Poker (D)	7 8am Social Tennis 8:30am Radio Club (V) 9:30am Women's 9-Hole Golf 10:30am Country Line Dancing (D) 11:30am Golf – TRVMEN 9-Hole 12pm Beginning Watercolor Class (D) 12:15pm Hand & Foot Canasta (V) 12:30pm Dominoes (D) 2pm Stroke / Head Injury Support Group (V) 3:30pm Table Tennis (D) 5pm Billiards Club Tournament (V) 5pm Tai Chi & Yuan Chi Dance (V) 6:30pm World Religions Study Group (V) 7pm Drama Club Rehearsal (V)	8 8am Social Tennis 8am TOPS (D) 9am Olympic Village Arch. Com. Mtg. (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) 10am Kare Bears – Village Oakmont (D) 12:30pm Fat Quarters Quilting (D) 12:30pm Jazz Band (V) 2pm Bergren Art (D) 2pm Card Making Class (D) 4pm Sr. Men's Golf Tournament Planning Mtg. (V) 4:30pm Table Tennis (D) 5:30pm Delta Harmony Rehearsal (V) 6:30pm Nature Club Gen. Mtg. (V)	9 8am Social Tennis 8:30am Golf – Women's 18-Hole 9am Blood Pressure Check (D) 9:30am Ceramics (D) 10am Council for the Arts (V) 12:15pm Ponytail Canasta (V) 1pm Good Samaritans (D) 4pm Golf – Sr. Men's Board Mtg. (D) 4pm Village 1 HOA Mtg. (D) 4pm Table Tennis Membership Mtg. (D) 5pm Table Tennis (D) 5pm Tai Chi & Yuan Chi Dance (V) 6:30pm Pinochle (V) 6:30pm Olympic Village HOA Mtg. (D) 7pm Drama Club Rehearsal (V)	10 8am Social Tennis 9:30am Walk & Talk (V) 10:30am Country Line Dance (D) 12pm Bridge (V) 12pm Adv. Watercolor Painting (D) 4pm Ballroom Dance Lessons – Beginner (V) 5pm Ballroom Dance Lessons – Advanced (V) 7pm Bunco (D)	11 8:30am Hiking Club Mtg. (V) 9am Table Tennis Tournament (D)
12 Mothers' Day 7pm Dance Club Event (V)	13 8am Social Tennis 9:30am Walk & Talk (V) 12pm Open Painting (D) 12:15pm Duplicate Bridge (V) 1pm Rip, Stitch & Bitch (V) 3:30pm Village Oakmont Arch. Com. Mtg. (D) 5pm Whist Club Planning Mtg. (V) 6pm Soul Line Dancing (D) 7pm Poker (D)	14 8am Social Tennis 8:30am Radio Club (V) 9:30am Women's 9-Hole Golf 10:30am Country Line Dancing (D) 10:30am Book Club (V) 11:30am Golf – TRVMEN 9-Hole 12pm Recipe Club (D) 12pm Beginning Watercolor Class (D) 12:15pm Hand & Foot Canasta (V) 2pm Master Association Board Mtg. (V) 3:30pm Table Tennis (D) 5pm Billiards Club Tournament (V) 5pm Tai Chi & Yuan Chi Dance (V) 6pm Grapevine Chat (V) 7pm Drama Club Rehearsal (D)	15 8am Social Tennis 8am TOPS (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) 12:30pm Fat Quarters Quilting (D) 12:30pm Jazz Band (V) 1pm Village Riviera Arch. Com. Mtg. (D) 2pm Bergren Art (D) 2pm Card Making Class (D) 4:30pm Table Tennis (D) 5:30pm Delta Harmony Rehearsal (V) 6:30pm Saddle Rock Village Board (D) 7pm Saddle Rock Village Residents' Club (D) 7pm Olympic Village RC Mtg. (V)	16 8am Social Tennis 8:30am Golf – Women's 18-Hole 9:30am Ceramics (D) 11am Triage Team (D) 11:30am All Village Kare Bear Luncheon (V) 12:15pm Ponytail Canasta (V) 1pm Good Samaritans (D) 2pm Genealogy Workshop (V) 4pm Golf – Sr. Men's Mtg. (D) 5pm Table Tennis (D) 5pm Tai Chi & Yuan Chi Dance (V) 6:30pm Pinochle (V) 7pm Village Oakmont HOA Mtg. (D) 7pm Village Riviera RC Mtg. (V) 7pm Drama Club Rehearsal (D)	17 8am Social Tennis 9am Village 1 Arch. Com. Mtg. (D) 9:30am Walk & Talk (V) 10:30am Country Line Dance (D) 12pm Bridge (V) 12pm Adv. Watercolor Painting (D) 4pm Ballroom Dance Lessons – Beginner (V) 5pm Ballroom Dance Lessons – Advanced (V) 6:30pm Joy Luck Mah-Jongg (V) 7pm Whist Club (D) 7pm Karaoke Night Redesigned (V)	18 8am Tennis Tournament with Rossmoor 8:30am Hiking Club (V) 9am Table Tennis (D) 9am Free Shredding Service (Delta Parking Lot) 6:30pm Concert: On the Rocks (V)
19 10am – 3pm Farmer's Market (D)	20 8am Social Tennis 9:30am Walk & Talk (V) 10am Council of Village Presidents (D) 12pm Open Painting (D) 1pm Rip, Stitch & Bitch (V) 1pm Mah Jongg (V) 1pm Access Committee (D) 3pm Guitar Club (V) 5pm Whist Club Planning Mtg. (V) 6pm Soul Line Dancing (D) 7pm Poker (D) 7pm Fishing Club (D)	21 8am Social Tennis 8:30am Radio Club (V) 9:30am Golf – Women's 9-Hole 10am Computer Series – Intern. Photo Processing (V) 10:30am Country Line Dancing (D) 11:30am Golf – TRVMEN 9-Hole 12pm Beginning Watercolor Painting (D) 12:15pm Hand & Foot Canasta (V) 12:30pm Beginning Photo Processing (V) 12:30pm Dominoes (V) 2pm Nature Club Workshop (V) 3:30pm Table Tennis (D) 5pm Billiards Club Tournament (V) 5pm Tai Chi & Yuan Chi Dance (V) 7pm Computer Club (V) 7pm Computer Series – Intermed. Photo Processing (V) 7pm Drama Club Rehearsal (D)	22 8am Social Tennis 8am TOPS (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) 10am Olympic Village Arch. Com. Mtg. (D) 12:30pm Fat Quarters Quilting (D) 12:30pm Jazz Band (V) 2pm Bergren Art (D) 2pm Card Making Class (D) 4:30pm Table Tennis (D) 5:30pm Delta Harmony Rehearsal (V)	23 8am Social Tennis 8:30am Golf – Women's 18-Hole 9:30am Ceramics (D) 12:15pm Ponytail Canasta (V) 1pm Good Samaritans (D) 5pm Table Tennis (D) 5pm Tai Chi & Yuan Chi Dance (V) 6:30pm Pinochle (V) 7pm Writers Club (V) 7pm Drama Club Rehearsal (D)	24 8am Social Tennis 9:30am Walk & Talk (V) 10:30am Country Line Dance (D) 12pm Bridge (V) 12pm Adv. Watercolor Painting (D) 4pm Ballroom Dance Lessons – Beginner (V) 5pm Ballroom Dance Lessons – Advanced (V) 7pm Bingo (D)	25 8:30am Hiking Club (V) 11am Table Tennis (D) 7pm DJ Dance Party (V)
26	27 Memorial Day 8am Social Tennis 9:30am Walk & Talk (V) 12pm Opening Painting (D) 1pm Mah Jongg (V) 1pm Rip, Stitch & Bitch (V) 5pm Whist Planning Mtg. (V) 7pm Poker (D)	28 8am Social Tennis 8:30am Radio Club (V) 9:30am Golf – Women's 9-Hole 10:30am Country Line Dancing (D) 11:30am Golf – TRVMEN 9-Hole 12pm Beginning Watercolor Painting (D) 12:15pm Hand & Foot Canasta (V) 1:30pm Dog Club (D) 3:30pm Village Oakmont Arch. Com. Mtg. (D) 3:30pm Table Tennis (D) 5pm Billiards Club Tournament (V) 5pm Tai Chi & Yuan Chi Dance (V) 5pm Grapevine Chat (V) 7pm Drama Club Membership Mtg. & Rehearsal (D)	29 8am Social Tennis 8am TOPS (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) 12:30pm Fat Quarters Quilting (D) 12:30pm Jazz Band (V) 2pm Bergren Art (D) 2pm Card Making Class (D) 4:30pm Table Tennis (D) 5:30pm Delta Harmony Rehearsal (V)	30 8am Social Tennis 8:30am Golf – Women's 18-Hole 9:30am Ceramics (D) 12:15pm Ponytail Canasta (V) 1pm Adult Committee (D) 1pm Good Samaritans (D) 5pm Table Tennis (D) 5pm Tai Chi & Yuan Chi Dance (V) 6:30pm Pinochle (V) 7pm Drama Club Rehearsal (D)	31 8am Social Tennis 9:30pm Tennis Club Mtg. (D) 9:30am Walk & Talk (V) 10:30am Country Line Dance (D) 12pm Bridge (V) 12pm Adv. Watercolor Painting (D) 4pm Ballroom Dance Lessons – Beginner (V) 5pm Ballroom Dance Lessons – Advanced (V) 5:30pm Hispanic Club Meeting & Potluck (D)	

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Drama Club

Once again, our Trilogy family and friends were out in full support of our Pasta Feed on April 6, 2013. The Delta Divas were there to entertain us, and so many wonderful volunteers from the Drama Club were there to feed us. And of course, so many guests went home with surprises from the raffle. We are now ready to move in to full swing to prepare and present *Foible Follies* in August. Watch for news and more information in the coming months. Putting on theatrical events is always challenging, but here in the Trilogy Drama Club it is mostly fun. And funny! So, join the group if you want to share the experience. Meetings are on the last Tuesday of the month at the Delta Club at 7 p.m. For more information, contact Debby Dubrow at (6706).

Fat Quarter Quilters

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

Trilogy Art Guild for Artists

We welcome guest artist Nikki Davis to our next meeting on May 6 in the Marina Room at the Delta Club at 2 p.m. She will do a demonstration on Plein Air Painting and possibly set up a workshop for those interested. Our meetings are getting more attendance than ever now and our membership is growing with every meeting. Joining before June gives you a break on entry fees for the annual art show in August, so we welcome you to join now for just \$15 for the year. We will have special guest artists the following month, TBA in next month's article. August 3 and 4 are the dates for our annual Juried Art Show this year. So, get your creative juices flowing and prepare to enter and share your talent with your friends. For more information, contact Alma (3064) or Patti (3510).

Trilogy Theater Group

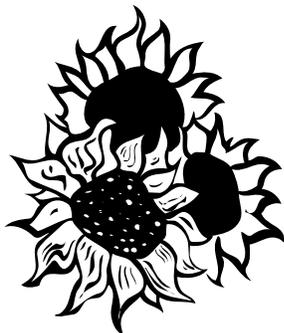
Thank you to the wonderful audiences who attended our recent Readers' Theater presentation, *Dearly Departed*. Three sold out performances filled with laughter truly inspired the actors. We look forward to returning with our next theatrical experience soon. Are you ready to join us onstage or behind the scenes? Do you have ideas for future productions? Don't wait for our next meeting, Thursday, July 25. Call President Louise Mitchell (3541) today! Entertaining your friends and neighbors is very rewarding. Join us and be a part of the fun!

The Trilogy Art Guild

Presents

THE 11TH ANNUAL JURIED

ART SHOW AND WINE TASTING



“MEET THE ARTISTS” RECEPTION:

SATURDAY, AUGUST 3, 5 PM - 8:30 PM

TRILOGY RESIDENTS AND INVITED GUESTS

SHOW OPENS TO THE PUBLIC:

SUNDAY, AUGUST 4, 10 AM TO 3:00 PM

REFRESHMENTS; RAFFLE FOR ART AND BASKETS

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Billiards Club

The next Billiards Club meeting is on Wednesday, May 1, at 7 p.m. in the Monterey Room of the Vista Club. Tuesday evening's tournament start times are 5 p.m. The first and third Tuesdays the format is 8-ball round robin with no handicaps for B players. The second Tuesday of the month the format is handicap 9-ball with a round robin format. In order to get a win, a player must beat his opponent two out of three games. The club has made a list of B players. For that Tuesday evening the B players will get a one-game handicap while playing an A player, so the B player only needs one win in three games while competing against an A player. The format for the fourth Tuesday is 8-Ball. The club will split the tournament into A&B players. There will be a first and second place winner in each group. The fifth Tuesday is 9-ball with no handicap for B players. Officers: President Al Bergoust, Vice President Richard Garcia, Treasurer Jack Clark, Secretary Dallas Salomon, and Membership Chairman Dave Stewart.

Latest weekly tournament winners:

March 5, 8-Ball

- 1st Neil Brodhead
- 2nd Oscar Grissom
- 3rd Al Bergoust

March 12, Handicap 9-Ball

- 1st Ron Grenier
- 2nd Randy Freese
- 3rd Geno Toscano
- 4th Mike Quihuiz

March 19, 8-Ball

- 1st Dave Stewart
- 2nd Marlin Horner
- 3rd Bob Powell
- 4th Randy Freese

Feb. 26, 8-Ball A&B

A Division

- 1st Oscar Grissom
- 2nd Chuck Lebue
- 3rd Bob Powell

B Division

- 1st Diego Cassone
- 2nd Percy Osibin

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

Bingo

Spring is the start of new beginnings! Bring a friend and join us at bingo. Mark your calendar for the fourth Friday of the month (May 24) for Bingo at the Delta Club. Games begin promptly at 7 p.m. Buy-in for each person is \$10 for 12 games. We have one early bird special: one card for \$1 and an extra blackout card for \$1. The prize money for each game is \$50 and the blackout prize is \$250.

Come have fun and support the youth of Rio Vista. We just donated \$1,500 to the Rio Vista Little League. For more information, call Irene (6999).

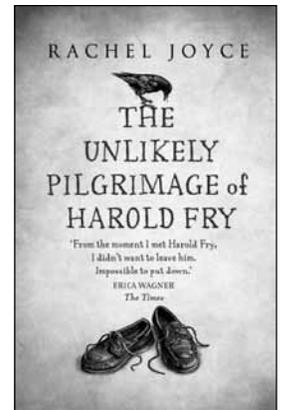
Bocce Club

The 2013 bocce season is in full swing. We have 16 teams playing in the morning and 20 teams playing at night for a total of 403 dues-paying members. The champion of the MBL will be decided by the team with the best record for their 30 matches. The NBL champion will be decided by a play-off round between the top six teams with the best records. If ties exist, the results of the regular season matches will decide the top team(s). Rounds one and two of the NBL championship take place on Sept. 4 and 5 with the final championship match on Saturday, Sept. 7.

We are in the process of arranging mid-season BYOS events for both leagues and the traditional End of Season socials for both groups. We are also planning a second Self Funding One-Day Tournament for those who have an interest in participating. More next month. Remember to roll often, throw straight and have fun, that's what it's all about.

Book Club

The Book Club meets the second Tuesday of each month at 10:30 a.m. in the Sonoma Room at the Vista Club. The next meeting is May 14. The book selection is *The Unlikely Pilgrimage of Harold Fry* by Rachel Joyce. June's book selection is *The Tortilla Curtain* by T.C. Boyle. There is no requirement to have read the selected book. Everyone is welcome! Feel free to stop by. For more information, contact Adrienne (5576).



Bridge – Duplicate

Duplicate Bridge meets the second Monday of each month at 12:15 p.m. in the Sonoma Room at the Vista Club. There will be no game in May because Sue is not available on the second Monday.

March's winners: 1st - Lynn Fortner and Choeta Heid; 2nd - Run Wan and Betty Magnoli; tie for 3rd and 4th - Larry Epner & John Shick. and Sue Vogtlin & Lois Brusen



Computer Club

The next meeting of the Computer Club is on Tuesday, May 21 at the Vista Club. This is an open meeting for all Trilogy residents. Lynne Hansen will tell us steps to take when we think there is a virus or malware on our computer. She will ask what programs you are using and lead a discussion about your experiences with them.

If you wish to become a member of the club you can go to the club website at www.tccrv.org to complete and print a copy of the application and give it to any of the directors with the annual dues of \$12. You may also sign up at any meeting.

We welcome all levels of expertise, from those thinking of getting a computer to those who have spent years working with computers and related software.

Reminder: check the Computer Club website at www.tccrv.org for the latest information on many computer related subjects, meetings, and other interesting items. For more information, contact Lynne Hansen (4060).

Dog Club

Dog owners within Trilogy received some good news recently when it was announced that Shea would be building a dog park within our community. The planned dog park will be off Diamond Hills in an area that is scheduled for future development. While this is great news, it may be a couple of years, or more, before this happens. In the interim, the Trilogy Dog Club will continue to pursue alternate sites that could be made available to us in a timelier manner.

Forty-two percent of respondents to the recent Amenities Committee survey said they wanted a dog park. If we assume that this is a representative sample of the total population, close to half of our households may have need for a dog park. We now have over 200 households registered with our club, but we know that there are many more dog owners within Trilogy.

We believe that having a dog park within our community would be a tremendous gain. Not only would we be able to exercise and socialize our dogs, but we would have a new social outlet for our resident dog owners. A dog park would allow many of us to visit with friends and neighbors, and meet new friends, while providing our dogs much needed exercise.



In order to assist with future dog park development costs, we have recently completed a number of fundraising activities. Thanks to our volunteers, and many of you, we're off to a great start. Our next fundraiser is on May 4, at which time we will participate in the Community Garage Sale. If you have any items that you'd like to donate to us, please call Linda Rowe at (925) 286-1555.

If you'd like to join our club, call Karen Bereta at (3505). Be sure to ask about our very successful lost and found dog database. As a result of this network, we are reuniting an average of 4 – 5 dogs per month with their owners. Our next meeting is on May 28 at 1:30 p.m. at the Delta Club. We'd love to have you join us.

Fishing Club

Our next meeting is Monday, May 20 at 7 p.m. in the Marina Room at the Delta Club. Hopefully a lot of you can attend as we will be finalizing our trip on the party boat, California Dawn, for drift fishing for halibut and stripers with live bait in S.F. Bay. We will also discuss our trip to Kennedy Meadows Resort on the Stanislaus River. We will show a video that was acquired from the California Department of Fish & Wildlife. We have a lot of other items to go over as well. We will have our 50/50 drawing and refreshments. Everyone is welcome to join our fishing club. We have great events throughout the year. For more information, call Al Silva at 3791. Good luck fishing!

Genealogy Club

Our last meeting was such fun! We explored the website producing family military land records that were just released. This website is so easy to use and has such wonderful information. After you've put in your ancestor's name the screen with the information produces an interactive map. By adjusting the guide to the left of the screen you see a map of the land purchased by your ancestor. Using information from the map, one can use Google maps to get an aerial of the property today. The site is glorerecords.blm.gov.

We've also been exploring the cemeteries in the Rio Vista area including the old Japanese cemetery near the Catholic cemetery on the hill near Lira's. Since the cemetery has no sign to indicate its existence, it can be difficult to locate. The gravestones are an unusual size and shape and written in Japanese. We are in the process of translating them. We have active members of Find-a-Grave in our club that will go on the site. We've also visited the beautiful cemetery on Shiloh road just outside of Susiun. The old church stands in front of the cemetery and the graves are of the early settlers of this area. The graves date back to early and mid 1800s. The Bird family



of Birds Landing is interred there.

Don't forget to document your work. Record your sources and keep good records. Over the years, information we've collected becomes ordinary and an everyday thing until we're asked by family members for specifics. We've collected the ancestry line and documented that but omitted the biography. Were they Royalist or Rascals, or maybe just pioneering spirits that built this country?

The Genealogy Club is open to all residents of Trilogy. There is no membership fee. Regular meetings take place the first Thursday of the month at 2 p.m. in the Vista Club Monterey Room. For more information, contact Rhoda (7542). The Genealogy Workshop is held the third Thursday of each month at 2 p.m. at the Vista Club Computer Room. For more information, contact Carolyn Bridges at wncbridges@comcast.net.

Good Samaritans Bible Study

On Thursday, May 2 at 1 p.m., The Good Samaritans will join the nation for the 62nd Annual National Day of Prayer. This year's theme is "Pray for America" and the scripture theme is "In His name the nations will put their hope," (Matthew 12:21). The annual day is designated by the United States congress. The National Day of Prayer calls on all people in the United States to pray for the nation and its leaders.

On May 9, we will honor mothers with a Mother's Day Prayer. The beauty of a mother comes in many different ways and doesn't always mean giving birth to a child. As Mothers in our community, we can reach out to our children, grandchildren, great-grandchildren, friends, family, neighbors and children in need of love.

The fourth Thursday of May we will honor Americans who died as heroes for the profound contributions they have made to secure our nation's freedom. We will be having a special prayer for all Americans who have served in the past wars and those serving in the military now. This Memorial Day observance represents a simple and unifying way to commemorate our history and honor the struggle to protect our freedom.

Scripture of the Month: 2 Chronicles 7:14

Hispanic Club

A few of us were able to make the Corned Beef and Cabbage dinner at St. Joseph's on March 16: a great meal at a great price for a great cause! We are now planning our May 31 potluck and general meeting at 5:30 p.m. so mark your calendars. The potluck's theme will be "foods from Latin America" and we encourage all of you to try and bring something from either your own country or a

country in Latin America that you may have visited and liked. Googling "Foods of Latin America," one can find great recipes! We will try to contact all of you via email and/or phone calls to both invite you to the potluck and confirm your attendance.

A summary of the short survey taken during our last meeting will be posted on MyTrilogyLife.com as soon as it is available. Please watch out for it. We will also try to email this summary to all our members. For June, we're thinking of a poolside BBQ, date to be announced.

If you have any questions or need to hand in dues (\$12 for individuals, \$20 for couples), please call or email any of the following board members.

Ricky Martinez (President) 209-552-9131
email: ricky5529131@yahoo.com

Ada Parrales Stack (vice-President) 374-3406
email: chana1447@comcast.net

Cecilia Reyes Spiritosanto, (Member At Large), 374-1484
email: ceciliareyes77@gmail.com

Teresa Hamner (Treasurer), 646-1610
email: thamner@aol.com

Vicky Riddle (Secretary), 374-3684
email: viriddle98@yahoo.com

Mah Jongg

We meet every Monday except the second Monday of the month at the Sonoma (card) Room from 1 - 3 p.m. We play the Hong Kong version. If you know a different version or have never played the game, we have several good players and any one of them will help you learn this version of the game. Come join us. Call Molly Martinez (3417) for more information.

Men's Executive Nine

We have two tournament results to report. The March 19 four-club tournament winners are: high handicap winner, Paul Shultz; mid handicap winner, Charles Hoffman; low handicap flight was a three-way tie between Larry Reece, Bill Price and Jim Copley. The April 2 four-ball was won by the team of John Aleck, Hugh Denton, Alex Winkler and Bud Brock. Congratulations to the winners and thanks to all who participated and supported our club.

The May tournament schedule includes an Irish Stabelford scheduled for May 7 and our annual tournament with the Brentwood Rough Riders at Rio Vista scheduled for May 21. Watch for the flyer on the Brentwood tournament as the shotgun start will be followed by a buffet. There will be an early cut-off date for this tournament, so don't be late. Also, please note that the sign-up sheets for play on



Tuesday are now being picked up on Sunday evening instead of Monday evening.

Congratulations to Harold Rowe. Harold eagled the 7th hole. Harold will be happy to provide the details. Remember to get your suggestion for a club "nick name" to Ron Kott. All suggestions will be presented at our next club meeting in June.

If you are interested in becoming a new member, pick up an application form in the posting room or contact membership chairman Dick Talbott at 225-0077.

Motorcycle Club



The Trilogy Motorcycle Club riders meet the first Saturday each month for an all-day ride. The April 6 ride was attended by 10 riders on 9 bikes and the destination was to find new roads and perhaps a lost reservoir in the foothills. A familiar route up Hwy 160 to Walnut Grove and east on Twin Cities soon brought us to lone and a photo-op at the purportedly haunted Preston Castle (once featured on SyFy's Ghost Hunters). Then, back on the bikes and on to Martell for a real stretch break. We spotted a couple of back roads leading eastward outside of Plymouth that looked interesting. The first leg from Plymouth was a great little road called Shenandoah Road that was dotted with dozens of small boutique wineries. This became Mt. Aukum Road, another scenic bit of hilly country worth riding and beckons another ride to continue on to Jenkinson Lake and the Morman Emigrant Trail. We elected to turn around at Sly Park Road and backtrack to Omo Ranch Road to Hwy 88 for a short run to Cooks Station for lunch. A sign just outside of Cooks indicated 5,000 feet elevation, but it was still quite comfortable weather despite being overcast. The usual fare of chili, burgers, and pancakes fueled the riders for the return trip.

An easy "feet on pegs" cruise west bound on Hwy 88 brought us back to Lodi and a coffee stop. It afforded us the opportunity to recap the ride and inspired spirited

conversation as to the merits of buying the golf course. We cruised about 210 comfortable miles through nice scenery and cheated the rain showers for a great day riding. We welcome new recent riders Charlie Coleman and John Stapp to the group.

We invite the other motorcycle riders in Trilogy to join us on any of the monthly rides. The next ride meets at McDonald's in Rio Vista on May 4 at 8 a.m. The destination is TBD based on weather. For more information, contact Bob Pastorino at (6556) or Larry Nelson (2967).

Movers & Shakers

This is a support group for Parkinson's, essential tremor, dystonia, and other movement disorders. We meet once a month at 7 p.m. For date and location, call Audrey Kinser (7506).

Nature Club

May Fun Facts; The Black-tailed Jackrabbit

Black-tailed Jackrabbits, which live here in Trilogy, are hares and not true rabbits. Unlike true rabbits, whose young are born naked, helpless and blind, jackrabbit young (or leverets) are born fully furred with eyes open and ready to move. True rabbits are born in protected burrows, whereas jackrabbit young are born in shallow scrapes or grassy depressions on top of the ground. Black-tailed jackrabbits eat twigs, grasses, weeds and leafy plants. They are eaten by coyotes, foxes, bobcats, hawks, snakes, and killed by domestic dogs. Did you know black-tailed jackrabbits can leap as far as 20 feet and they can run up to 40 miles an hour in a zigzag pattern? Please keep in mind, while exercising your dogs in the local open fields during the spring season that there are wild animals nesting on the ground including jackrabbits, meadowlarks, horned larks and burrowing owls.

Birding Trip: Possible dates are: Wednesday, May 8 or Friday, May 17. Deb Bartens will lead a Delta Loop trip to observe nesting egrets and herons. She always has great information to share with attendees. We will meet at the Vista Club entrance. Please let Gail know your preference at (2718).

Nature Club Workshop Meeting: Tuesday, May 21 at 2 p.m. in the Vista Club Monterey Room. Please join us to plan upcoming au natural events including bird walks in Trilogy. Knowledgeable bird, wildlife, and habitat people are needed for field work with the Watson Hollow Beavers and Marks Channel Swale turtles. Field work dates will be planned.

The regular Nature Club meeting is Wednesday, May 8, 6:30 p.m. at the Vista Club, Monterey Room.



Recipe Club

We meet the second Tuesday of each month at noon in the Delta Club. One of our members has graciously offered her home on Tuesday, May 14, for a sampling of delicacies from her home country. She will need an accurate count to purchase the food. If you are interested in attending and have not signed up, please call to RSVP and get directions no later than May 7. For more information, contact Patty LaFleur (3159).

Monthly tip: Can you over-knead pizza dough, or any bread dough for that matter? It's possible to over-knead both pizza dough and bread dough, and the end product will be dense and tough. You should knead dough just until it feels smooth and elastic and is no longer sticky. Properly kneaded dough should also have some spring to it without being too tight. When you poke it with your fingertip, it should feel as soft as the side of your cheek and should spring back about halfway. If you're kneading with an electric mixer, stop the motor frequently and poke the dough to check its firmness.

Rio Vista Roamers RV Club



Gary and Sharon Frederick took us to River Point Landing in Stockton last month. I have told you in past articles about finding jewels on the delta. This spot is one of those special places. It is located right on the deep water channel going into the port of Stockton and there were huge ships sailing just feet from us and a seal entertaining us. We all really enjoyed ourselves and this park is on our agenda for a short, laid back, relaxing time.

April 16 -19 found us at Marina Dunes RV Park in Marina. This was a fun, busy trip. We'll tell you all about it next month.

French Camp is on the agenda for May 28 – 31. Wilma and Ken Powell (4034) are hosting at \$42.50 per night. Golf is right there and places to explore are close by. This outing will need the first night deposit.

Our yearly meeting will be on June 5 at 4 p.m. in the Diablo Room at the Vista Club. Bob Pastorino is taking us to Casini Ranch on June 11. A flyer is coming out soon. Please put these dates on your calendars. As always, anyone who

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

Senior Men's Golf Club



Photo: Ray Ulmonen, Membership Director, and friend. Photo by Jim Nash

"Oh Lord, it's hard to be humble, when you're perfect in every way." ~ Mac Davis

We're talking about the weather, silly. Although the state needs rain, March's weather was perfect for golf, and we had a lot going on. One of the few rainy days in the month caused a postponement of Ad Hoc, but the second week of the month announced that spring had arrived, with temps in the 70s, and it stayed that way.

On the notable achievement front, Joe Martella had a Hole-in-One on #5 at the Trilogly course. He watched a 6-iron fall into the hole. Way to go, Joe! You'll never forget it. Then, Hans Slade made a Hole-in-One on #4 at the Rossmoor course. He sustained a considerable bar bill, with three clubs competing that day. Nevertheless, it seemed to be his lucky day: he won a lottery prize of \$40 to ease his pain. Hope you caught the next plane to Vegas, Hans. Winners of the Low Net Qualifier were George Benkie, Ed Smith and Bob Williamson. Good luck in the next round! Thirty-six of us enjoyed great weather at Elkhorn GC, an older layout with tree-lined fairways, six par fours averaging over 400 yards from our tees, and three short but devilish holes. Scores were not great, but the camaraderie made up the difference. The only elk we saw was on the front porch.

Speaking of Rossmoor, 26 members attended a festive tournament that included golfers from Mira Vista. We were well fed that day! The next event in the Home & Home series had Rossmoor visiting us on April 17. This series is capably managed by Tony Peters. The eagerly anticipated trip to Silverado occurred on April 9; more about that event next month. In addition, the 7th Annual Rio Vista HS Tournament was held on April 23. Thanks to Doug Littrell for his steadfast support of the high school.

New members are Phillip Jones, John Maddox and Don Love. Our regular membership meeting is on the third Thursday at 4 p.m. at the Delta Club. For more information, contact our Membership Director Ray Ulmonen at (4070) or rayauu@gmail.com.



Stroke, Head & Brain Injury Club

Stroke Club supports those who have had or are living with someone who has been affected by stroke or a brain injury. We also assist those suffering from dementia, regardless of the cause. Our group provides help, useful tips, and current information on how to cope with the various short and long term physical as well as emotional side effects that are unique to each individual's situation. Since those who experience these conditions can suffer from feeling alone, helpless, and/or impaired by some physical and/or emotional limitation, the support that we can provide each other can be very important to adapting and living. Each month, we discuss a new topic and try to learn more about subjects that are of interest to members.

We also conduct various extracurricular activities for the group both within Trilogy and in nearby communities so that we can have fun together as well. If you or someone in your family has had a stroke, any kind of brain malfunction, and/or dementia, and would like to join, contact Dr. Cheryl Bellrose (6619). We encourage caregivers and families to join. We meet on the first Tuesday of each month from 2 - 4 p.m. at the Vista Club in the Monterey Room. Our next meeting is Tuesday, May 7. Please join us.

Supper Club

Supper Club meets every other month from February through October in each other's homes for tasteful (and tasty) dining, fun and conversation. On these occasions, you can meet your neighbors and get to know them in a small group setting (usually six to 10 people). We are not limited to a formal dinner menu. We may also have an afternoon barbeque, a brunch, or a luncheon.

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

Since summer is coming and the weather is getting nicer, this is the perfect time to join and enjoy the company of new friends and good food. If you would like to become a member, contact Cheryl Bellrose (6619) or Susan Collier 372-5489 (cell) as early as possible so we can add you to the June schedule. Looking forward to hearing from you.

Table Tennis Club

April and golf...our table tennis players who also golf (or not) gathered for a friendly tournament on April 11. Thanks to Tom Barnes for organizing this at the suggestion of one of our members. Results from this tournament will be posted in our website as soon as available. If this takes off, our group will not only play Table Tennis but also bocce and golf. What next, swimming? Marathons? We are surely an active bunch.

Our next in-house tournament is scheduled for May 18. More information will be available during playing times and also posted in our website as time nears. Mark your calendar for our next social event. Tom Surh as our Social Coordinator has tentatively set June 8, 1 - 5 p.m., for the Summer Picnic and Bocce Ball event at Cypress Park. More detailed information will be available in our website as well as during playing times.

If anyone wants to know more about our club, please check out the information appended onto the Robo-Pong storage box usually in the Rio Vista Room at the Delta Club.

If you are a member and wish to be informed about news, schedule changes, and events, subscribe to the website at <http://trvtt.wordpress.com>. If you are a user/browser of the e-magazine MyTrilogyLife.com, you will find a hyperlink to this website under "clubs."

For more information, contact Larry Mork, President (3389); Ricky Martinez, Vice-President (209 552 9131); Vicky Riddle, Treasurer (3684); Kim Russell, Secretary (2046); Tournament Director: Michael Mahrous (3216), Tom Barnes, At Large (4395).

Tennis Club

We are only weeks away from starting our competitive 2013 tennis season. Our goal is tennis dominance of the East Bay Senior Communities. Last year, we were slowed down with injuries, but this year, we have improved and are a healthier team. Saturday, May 18, is our first match of the season against Rossmoor, at Walnut Creek.

Not everyone wants to be on a competitive tennis team and our club wants to be able to provide tennis for all levels of players from beginners to social players to advanced players. If you have never played, we want you. If you played in high school, but haven't played since, we want you. If you just enjoyed hitting the ball a few times in the past, we want you. If you were an advanced player in the past, but haven't played in 30 years, we really want you. There are few restrictions on playing tennis if you have the desire to give it a try.



Social tennis is held daily during the week from 8 - 10 a.m. and is a lot of fun. For those of you interested in some advanced play, come after 10 a.m. for advanced matches. George Sablan, our resident guru of tennis instruction, is willing to give beginner classes if we can get a group of people together. This is your golden opportunity to have some fun and get in the swing of things.

After a team tennis match, there were several plastic water bottles in the court 4 trash container. There were seven water bottles on the other three courtside areas. As a reminder to everyone, we have a large recycle bin for plastic bottles and cans at court 2. The money received for these bottles is used for purchasing new balls and funding other club activities. Please put your bottles in the recycle bin or they will end up in the landfill. Our recycle bin is open to any Trilogy resident who would like to recycle their plastic bottles or aluminum cans. For more information about our club, contact Wally Beckman at beckmanwally@hotmail.com.

Whist Club

The Whist Club is getting ready to plan for the 11th Annual Juneteenth Celebration, if anyone is interested in helping us with the planning, please join us with your input on Monday evenings at 5 p.m. at the Vista Club.

Other games are available for those not interested in playing cards, including dominoes, backgammon, and checkers. Those who have other board or table game preferences may share (e.g. Scrabble and Monopoly). We also welcome those who just want to socialize. The club gathers once each month, usually on the third Friday at 7 p.m. at the Delta Club. Check the monthly *Trilogy Living* for date/time changes. You may contact Madalene Turner (3361) or Jean Robertson (0086) for more information.

Women's 9-Holers

The weather tells us it is spring and are we ever ready! Women's 9-Holers meets every Tues morning at 8:30 a.m. for a 9 o'clock tee time. Call Suzi Masterson at (6149) or Betty Bowley at (5613) if you have questions.

March 3: Georgette Rodriques won Low Putts with 17! She was also our big winner of the chip in pot! She even got a chip in on #16! Pars: Jeanie Renner #11 and #13, Ruth Almgren #11, Karen Nash #13, Suzi Masterson #14, and Lois Dutcher on #13.

March 12: We hosted the Men's 9-Hole Group; everyone had a great time!

March 19: Charm Day winner Lois Dutcher. Chip Ins: Barb Downs #10, Blaine Foltz #15, Eila Ballard #17, Fran Silva got 2 chip in's #10 and #13. Pars: Jeannie #14, Blaine #15 and Diane Staley #13.

March 26: In spite of the chilly weather we had fun. Pars: Arla Gustefson #5, Diane Staley #5, Lois Dutcher #7, Billie Reece #8 and Suzi Masterson #3.

Women's 18-Holers

Women's 18-Holers is busy planning their 2013 Invitational. It doesn't happen until October, but it takes a lot of planning and hard work to get to the end result. If anyone would like to sponsor a golf hole for their business, etc., contact Lynn Grace at (4938). The cost to sponsor a hole is only \$25.

Our Club welcomes three new members. They are Doris Currie, Diane Scholz and Toni Maddox. We now have 50 members. We would like to extend a warm welcome to each of you. One of the highlights of the month was another record breaking round by Linda Barlesi. She shot a 75 on March 28th. Congratulations to Linda. Other winners for the month of March were...

March 7: Low Putts and Charm Day. The low net winner gets to choose a charm. A Flight: 1st Linda Barlesi and Vicky Riddle each had 33 putts; 3rd Lucille Rhodes 34 putts. B Flight: 1st Ulla Ulmonen 30 putts; 2nd Almo Renko 35; 3rd Karenann Evans 38. C Flight: 1st Charlotte Godsey 32; 2nd Lynn Grace 37; 3rd tie with Karen Nash and Darl McCarthy with 38 putts. The charm winner for the month was Lynn Grace with a net 67. Congratulations to all.

March 14: The 18 Hole Women's Club hosted the 9 Hole Women's Club. 1st place Linda Barlesi, Sally Thomas, Suzi Masterson and Jeanie Renner 112; 2nd Paula Davis, Karenann Evans and Diana Scholz 117; 3rd Debby Carroll, Trixie Roque, Sue Clark and Ulla Ulmonen 119; 4th Chris Sabye, Alma Renko, Carol Petronzio and Kathy Moore 119.

March 21: Only the Odd Holes counted. Using 1/2 handicaps. A Flight: 1st Donna Nunes 31; 2nd Angie Jones 32; 3rd Lucille Rhodes 35.5. B Flight: 1st Roni Teixeira 30.5; 2nd Ulla Ulmonen 32.5; 3rd Karenann Evans 35. C Flight: 1st tie Paula Davis and Darl McCarthy 33.5; 3rd Karen Nash 35.

March 28: Low Net in each flight. A Flight: 1st Linda Barlesi 66; 2nd Marsha Berry 71; 3rd tie Lucille Rhodes and Alma Renko 76. B Flight: 1st Joanne Smith 68; 2nd Carol Petronzio 69; 3rd Lynn Grace 70.



Anyone interested in joining our Women's Golf Club can attend our Thursday 8:30 a.m. pre-tournament meeting in the Nines Restaurant, or call Marilyn Rogers for membership information at (5746).

Writers' Club

What is your favorite fantasy? Would you live on a deserted, tropical island? What about discovering a cure for a dreaded ailment? Would you like to meet a star athlete or speak with an historical figure? Do you dream of writing a best-selling novel? Whatever your fantasy, write about it and share it with other Trilogy writers on Thursday, May 23 in the Marina Room of the Delta Club. We meet at 7 p.m. to listen to and encourage each other.

Each month, we have an optional topic, so if you'd like to write about something else this month, feel free to write about whatever inspires you. If you're interested but still unsure, come to the meeting to listen and ask questions. Whether you write poetry, essays, fantasy stories, memoirs, or would like to try your hand at writing and need some ideas, join us. It's free, fun and open to all Trilogy residents. For more information, contact Beth (2186).

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Dorothy said it best! And we agree. There's no place like Trilogy, where beautiful landscaping and architecture are accented by an endless supply of activities and fabulous neighbors.





The Pressure's Off!

Ruth Hammell began offering monthly blood pressure checks to Trilogy residents in 1999. Now, she's passing on the torch, or blood pressure monitor, to three other volunteers: Georgette, Mary, and Maryanne. Visit Ruth on her last blood pressure event Thursday, May 9, 9 – 10 a.m, Library Delta Club .





ADVERTISING INFORMATION

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

REGULAR SIZES AND RATES:

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

PREMIUM SIZES AND RATES:

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

DISCOUNTS:

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

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



Trilogy at Rio Vista

HOME BASED BUSINESS DIRECTORY

All Occasion Travel

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

Avon

Have Dawn or Claire fulfill
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Cell 707-628-4235
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Unique Jewelry & Accessories
www.divaswithpizzazz.com
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Sueann Novotny (5624)
snovotny@citlink.net

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Lupe Finch, Independent Consultant (2466)
www.MakeMySkinGlow.MyRandF.com
Call for free consultation

ANNOUNCEMENTS

Gambling Trip

Red Hawk Casino gambling trip,
night time June 8, Cost \$30.
Leaving Trilogy parking lot 3:30
p.m. Five hour stay, bonus \$10
cash/\$5 food. Reservations call
Carmen (3259) or Ethel (7548). New
remodeled lounge for dancing.

FOR RENT

Home for Rent

Two bedroom home for rent with
den and covered patio. HOA dues
& ½ landscaping included. \$1150.
Contact Zandra 650-922-3716.

Room for Rent

Master bedroom for rent. No
smoking. No pets. 650-922-3716.

Room for Rent

\$500 a month. No smoking
Call Jan 688-9338.

FOR SALE

Adult Trikes

Adult tricycles are fun & good
exercise. Single speed, dual brakes
and basket. 4 colors and 2 sizes:
26" and 24". EZ to ride. Jose (5248).

Camera

Canon Rebel T3i Camera: Lens,
Battery Charger, Cables. Best
offer. All offers accepted.
Contact Pat (2879).

Furniture

Four piece sectional: sage color
ultrasuede washable fabric.
Includes sleeper sofa, recliner
and chaise. Glass top coffee
table; Computer desk and office
chair. Pictures and price list at
Delta Clubhouse. Sale continues
at garage sale Saturday 5/4/13
at 615 Twin Lakes off Black
Diamond. Phone 398-6610.

Furniture

Dining room table w/ leaf & 4
chairs \$350. Upright Kenmore
freezer, 6 months old, \$150; 2008
EZ Go RXV Golf Cart w/ cover
\$3750 firm. Moving Sale (4921).

FOR SALE

Garage/Estate Sale

May 4 at 1078 Waterwood Drive:
Fridge, stove, washer, dryer,
plantation shutters for Catamaran
model, bedroom suite, tables, rugs,
misc. household items. (2684).

Moving Sale

633 Meadowbrook: Antique
dining set, bedroom set, couch,
household and garage items.
Call beginning May 1 or garage
sale May 4. Call Nita 315-6670.

Scarves

Lovely scarves for warmth and
fashion. Faux fur chokers with
gorgeous new Czech buttons!
Design your scarf. Choose your
colors, yarns and patterns. Jamie
386-7921 knitterbugdesigns@
yahoo.com

Trailer

Small trailer for motorcycle or
small car. Lockable compartment
\$350 OBO. Like new. Approx 500
lb. capacity. 510-917-9098.



FOR SALE

Treat Holders

Handcrafted decorative treat holders for any occasion. You choose the favor theme: birthday, wedding, fundraiser, baby shower, any holiday. Carmen (5248)

SERVICES

Airport Transportation

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

Alterations & Custom Sewing

Clothing, Home Decoration, Private Sewing Lessons and/or Coaching for your problem projects. Experienced! References. Bonnie Bowen 322-5875 or 812-7874.

Appliance Repair

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

Assistance w/ Heavy Lifting

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

Audio/Visual

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

Auto/Home Detailing

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

SERVICES

Business Help

Have a small business that needs help? I'm available for data entry, filing, bookkeeping, etc. Resume available; email: reneajohnson@aol.com or call (4399).

Cabinet Roll out Shelves

Make your life easier with roll out shelves. Save your knees and back. Call Bob (4902) Trilogy Resident.

Carpet & Upholstery Cleaning

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

Caregiving

Experienced Caregiver. Call Janice 688-9338

Caregiving

Caregiving, housekeeping and meals prepared. Many household tasks. Ask for Vera. 916-398-0921

Carwash

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

Chef & Personal Assistant

I will assist you with every aspect that will help your life run smoothly. I can prepare meals to your taste. I will run errands and do market shopping. Cherie (3151).

Cleaning

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

Clock Repair

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

SERVICES

Clutter

Clutter? Not! Let me help you tackle your nagging problems. An overflowing closet? Moving boxes still packed? Car won't fit in the garage? Call or email me for free consultation. Trilogy resident Carol Kern 925-286-2398 or www.clutternot.com

Computer Assistance

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

Computer Doctor

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

Computer Help

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

Computer/Wireless

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

Crown Molding

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

DJ Available

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

Electrical

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



SERVICES

Errands

Grocery shopping, errands of all types. Save money, save time. My car, my gas! Library trips: books, DVD's. I'm helpful! Karen (5129)

Faux Finishing @ Its Best

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

Gardening

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

Gardening & Yard Maintenance

Bowers Gardening Service: Horticulturist, Full Yard Maintenance, Reasonable rates. Servicing Trilogy on Tuesdays. Call Scott Bowers 916-683-1406.

Hairstyling

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

Handyman

Minor plumbing and electrical installations and repairs; furniture and closet shelf assembly and repair; blind, drapery rod and wall décor installation. Call Ron (2227).

Handyman

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

SERVICES

Handyman

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

Home Decorating

I have years of experience decorating and updating homes with a variety of decors. I can unclutter an area of your home for a relaxed and serene mood. Cherie (3151).

Housecleaning

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

Income Tax Preparation

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Income Tax Services & Planning

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

In Home Care

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

SERVICES

Lawnmower Repair

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

Moving and Organizing Services

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

Moving Help

Moving? Need help? Call us. Reliable, experienced, affordable. In Trilogy/Rio Vista or anywhere in Northern California. Brandon 707-410-7070.

Notary Public

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

Notary

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

Notary to Go

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

Painting & Drywall

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

Pet Care

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



SERVICES

Pet Care

Loving care for your pet while you are away. Includes walking, feeding, mail brought in, garbage out, etc. Call Trilogy resident Andrea 831-278-1173.

Pet Care

Kitty care and small dog (no walking) services while you are away. Includes play, feed, meds, clean litter, trash out/in, newspapers, mail, and water plants. Call Mimi (4343) or cell 707-567-5910. Since 2007.

Pressure Washing

Patio Covers, driveways and outside of house washed. Trilogy resident Danny 209-570-0302.

Shower Door Cleaning

An amazing process removes hard water stains from shower doors. Works on clear glass only. For a free evaluation and estimate call Gary (3488).

Sliding Door & Screen Repair

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

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

Transportation

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

Weed Pulling

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

Window Cleaning

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

Window Washing

Wash windows inside/outside, screen and tracks cleaned. Included: hose down patios, sidewalks and front door. Give your home a clean, appealing look. Victor 398-6610 or 510-334-9667.

VACATION RENTAL

Hawaii Condo

Trilogy resident has beautiful ocean view condo for rent. Short or long term available. 45 minutes to Honolulu, 10 minutes to Ko'Olina. 925-285-9162

Tahoe Condo

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

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

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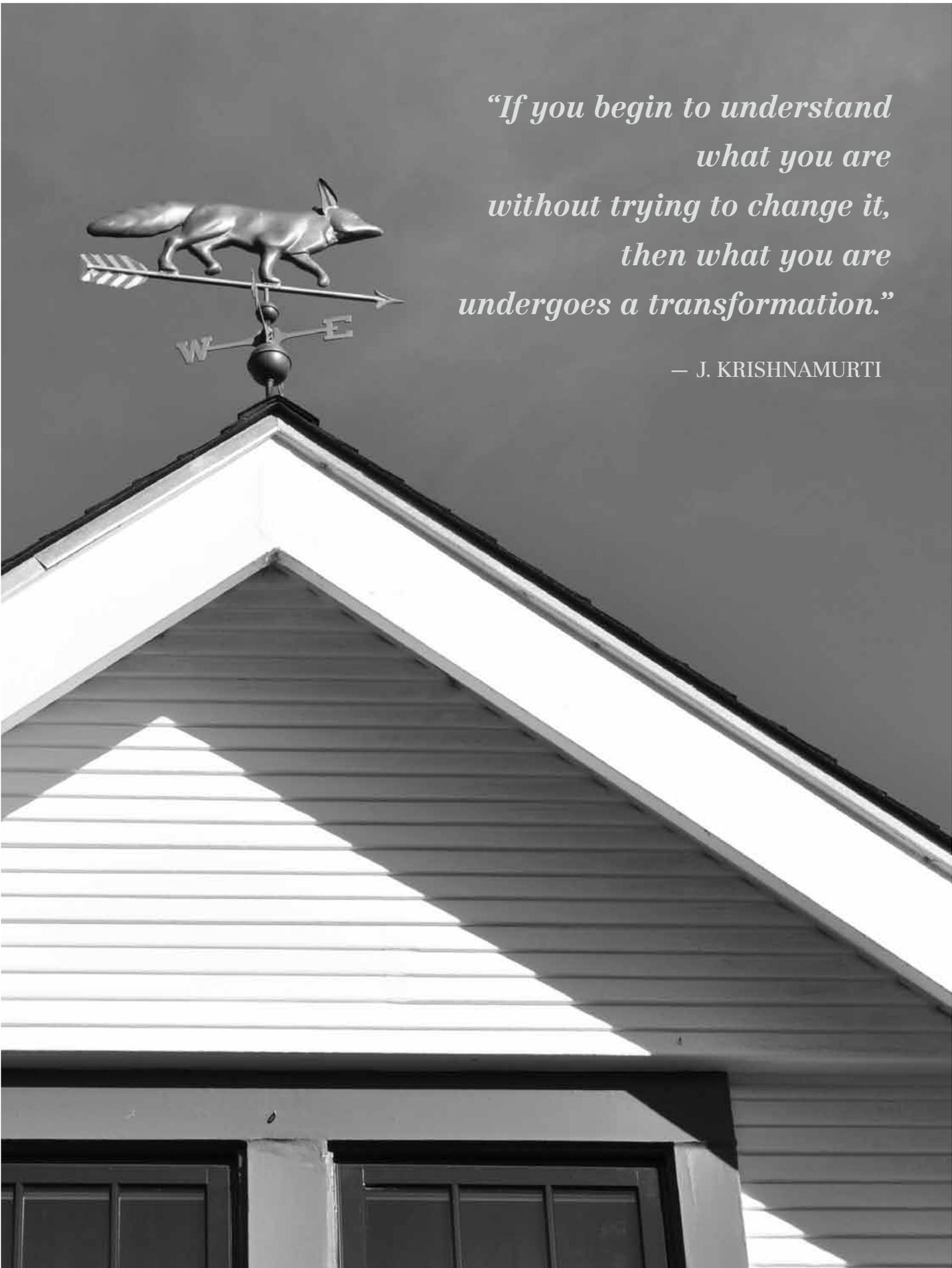
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what you are
without trying to change it,
then what you are
undergoes a transformation.”*

— J. KRISHNAMURTI



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