

# TrilogyLiving



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PATRIOTISM



*The 2015 unveiling of Trilogy's Veterans Memorial paid tribute to veterans and their families.*

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# *From the Master Association*

## **Melissa Coleman**

*President*

**Executive Session:** The Executive Session was held on 10/10/16 in the Monterey Room. Items acted upon in the General Session are reported under that session.

### **Legal/Litigation**

- **Amenities Negotiations/MOU:** the Board discussed points to be negotiated and set objectives.
- **Beer & Wine License:** continue to gather information and feasibility of the Association obtaining a Beer and Wine license.

### **Personnel**

#### • **Staffing:**

**Levels – Administration:** Management reported on current staffing levels and concerns regarding the need for additional staff hours. Due to the increased number of new homeowners and work needed to be completed, the Board has acknowledged the Administrative Payroll budget line item will be over budget and approved additional 20 hours a week for a new temporary employee to perform inspections.

**Minimum Wage Impacts:** discussion regarding available options to address and budget for the increased requirements. This has been continued to another meeting.

- **Reservation Process Ratification:** the Board continues to work with staff and the Production Clubs to define scheduling. Permanent days and times have been allocated for Rehearsals and length of stage setup. All Productions will be held in the Vista Club – due to possible remodel of the Delta Club.
- **Library Operation:** directed Management to work with the library support group to formalize as a Club.

### **Formation of Contracts**

- **Landscape Maintenance Contract Review:** the current Landscape contract was reviewed and discussion of current level of maintenance. The scope of work will be reviewed, updated, and prepared to send out for bids.

### **General Session:**

#### **Consent Calendar:**

- **2017 Budget Time Line/Executive Budget Committee:** Executive Committee is comprised of the Association President, Chief Financial Officer and the General Manager. Meetings will be held from December through January. The presentation of the preliminary budget will be January 16th, 2:00 Delta Club
- **2017 Write-Offs \$10,856:** yearly action on Uncollectable debts on issues such as bankruptcies/foreclosures.

### **Unfinished Business:**

- **Document Distribution to Members:** the law requires the Association to distribute the new governing documents by U.S Mail, or electronically to those that have signed an Opt-In Form and submitted it to the Administration Office. Discussion took place regarding whether the document

*(continued on p. 16)*

## **TRILOGY AT RIO VISTA**

### **D I R E C T O R Y**

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

Melissa Coleman, President 707-374-6874  
Patty Kohn, Vice President 707-374-2737  
Teresa Fraser, CFO 415-407-8563  
Joel Auslen, Secretary 707-374-5808  
Don Love, Director at Large 707-374-6882

#### **District Delegates**

Village 1 - Melissa Coleman 707-374-6874  
Village Oakmont - Don Love 707-374-6882  
Village Riviera - Minnie Howell 510-866-8786  
Olympic Village - Joel Auslen 707-374-5808  
Saddle Rock Village - Roger Kohn 707-374-2737  
Eagle Point Village - Mark Weiss 925-980-7249

#### **Committee Chairs**

Adult - Bill de Manincor 707-374-6404  
Administrative Policies - Arthur Fox 707-374-0068  
Document Revision - Bob Sather 707-374-1384  
Emergency Action - Barry Fraser 415-407-8529  
Access - Art Darden 707-374-3455  
Amenities - Joe Downes 707-374-7520

#### **Village Board Presidents**

Village 1 - Larry Mork 707-374-3389  
Village Oakmont - Walt Manos 707-374-2827  
Village Riviera - Donald Seyk 707-374-6407  
Olympic Village - Richard Pettijohn 707-374-3065  
Saddle Rock Village - Art Darden 707-374-3455  
Eagle Point - Mark Weiss 925-980-7249

#### **Association Administration /HOA 707-374-4843**

**General Manager:** Ed Vitrano 707-374-4869  
evitrano@actionlife.com  
**Assistant General Manager:** Catherine Patrick  
cpatrick@actionlife.com 707-374-4843  
**Activities Director:** Debbie Dorn 707-374-4204  
ddorn@actionlife.com  
**Fitness & Spa Director:** Kathy Erwin 707-374-4205  
kerwin@actionlife.com  
**Maintenance Director:** Michael Oestreich 707-374-4895  
moestreich@actionlife.com  
**Member Services Coordinator:** Cheryl Lucas 707-374-4203  
clucas@actionlife.com  
**Communications Coordinator:** Andrea Stuart  
stuarttrv@gmail.com  
**Architectural Coordinators:** Victoria Jeune 707-374-4843  
vjeune@actionlife.com, Debbie La Croix 707-374-4843  
dlacroix@actionlife.com

#### **Club Numbers**

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

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

Andrea Stuart, Ed Vitrano, Debbie Dorn, Cheryl Lucas,  
Joan Azlant, Kathy Erwin, Bill de Manincor

#### **Commercial Advertising Manager**

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

#### **Resident Classified Advertising**

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

#### **Welcome Center/Front Gate 707-374-4306**

Guest Registration - community.dwellinglive.com

#### **Café Vista 707-374-4202**

#### **Sir Flair's 707-374-4400**

#### **Golf Course 707-374-2900**

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

## From the Editor



### Andrea Stuart

November is a patriotic time for our country. It's a time that we celebrate individuals who have helped build and support a country with the ideals and values instilled to create a united nation, including freedom and liberty. Veterans Day celebrates the men and women who have served our country through military action.

On November 11, 1918, "the war to end all wars" ceased, providing solace to the world and offering peace between nations, originally known as Armistice Day. When it was created, the idea was to honor efforts toward world peace and to recognize WWI veterans. However, according to the U.S. Department of Veterans Affairs, Veterans Day evolved and is now recognized as "A celebration to honor America's veterans for their patriotism, love of country, and willingness to serve and sacrifice for the common good."

#### On the cover

*Upper Left photo - left to right: Don Seyk, Joe McKeown, Ron Waite. Upper right photo - Trilogy Memorial. Bottom photo: Trilogy Veterans.*

Remember to check out the Veterans Day activities in the Activities pages up next!

### Priority List for Emergencies

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

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

## From the Activities Director



### Debbie Dorn

The Vista Club was buzzing with 46 Trilogy clubs on hand during Club Awareness Day to share their purpose and activities with residents. If you missed the event, pick up a

brochure from the Vista Club Rotunda listing club contacts to learn more about your special interest groups. The semi-annual Gift, Craft, Art Faire & Jewelry Show are sure to be a big hit this month—it is truly a unique shopping experience! The holidays are just ahead and your community is filled with a variety of enjoyable activities throughout the season!

Mark your calendars and watch for these special events!

#### Holiday Break ~ No Computer Classes November & December

- 11/03 AED / CPR and First Aid training
- 11/06 *Daylight Saving Time Ends ~ Turn Your Clocks Back!*
- 11/08 *Election Day poll at the Delta Club*
- 11/13 Trilogy Produce Market
- 11/07 Registration begins for Trilogy's New Year's Eve Grand Ball!
- 11/11 Veterans Day Tribute Afternoon Program
- 11/11 Veterans Evening Ball
- 11/19 Gift, Craft, Art Faire & Jewelry Show
- 11/19 3JB Jazz Band Entertainment in the Grand Living Room
- 11/20 Dance to Afterglow ~ Dance Club
- 11/22 Coffee House Players in the Grand Living Room ~ Guitar Club
- 11/24 Thanksgiving Day Holiday
- 11/26 Holiday Tree Decorating Social
- 11/26 Holiday Decorations Sell & Shop with 2015 Seasonal Slideshow
- 11/26 Seasonal Tunes by Pianist Jim Hurt
- 11/27 Tree Lighting Ceremony

Your comments and suggestions are always valued. Send an email any time to [ddorn@actionlife.com](mailto:ddorn@actionlife.com). My mailbox is always open! Trilogy, I wish you and yours a very special and memorable Thanksgiving.

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



## Club Ornaments for the Delta Club Holiday Tree



Trilogy clubs and groups, here's another opportunity to share your message! Get creative, gear up for the holiday spirit and get your club represented on the tree! Clubs can craft two ornaments no larger than six inches each. Drop them off at the Member Services desk by Monday, November 21. Questions, email or phone Debbie Dorn: ddorn@actionlife.com, 707-374-4204.

## ANNOUNCEMENTS:

- 11/6/16 – Daylight Saving Time ends ~ fall back
- Holiday schedule adjustments:
  - The Adult Committee will combine November & December meetings to be held on 12/8, 1 p.m. at the Delta Club, Rio Vista Room.
  - Bingo will not meet November or December, to return on January 27.
- Nov 11 -- *Veterans Day Holiday*
- Nov 24 – *Thanksgiving Holiday* ~ Vista Club and Delta Club HOA Administrative Office are closed.

## EVENTS:

### Computer Classes ~ Holiday Break

No classes in November or December—paused for holiday events!

### Trilogy Produce Market

Sunday, November 13, 10 a.m. – 3 p.m., Delta Club



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

### Blood Pressure Check ~ Free

Thursday, November 10, 9 – 10 a.m., Library Delta Club

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

### Save a Life with CPR/AED & First Aid instruction!

Thursday, November 3, 9 a.m. – 1 p.m., Monterey Room Vista Club ~ \$60

It is good to know how to help someone in trouble. It could be your spouse, or it could be your grandchild. This class provides a two-year certification in CPR/AED and First Aid at a great value. Limited space available. Sign up with Member Services by October 28 at the Vista Club.



## Trilogy Veterans Ball

Friday, November 11, 6 – 10 p.m.  
Diablo Ballroom Vista Club ~ \$35

Whether you enjoy a finely catered dinner, live music, dancing or just the camaraderie you had in the service, plan to attend the Veterans Ball. This is the fourth annual Veterans Day Ball for Trilogy veterans and their guests. Registration is open to Trilogy residents and their guests. The reception begins at 6 p.m. with dinner at 7 p.m. Music and dancing will follow. This is a semi-formal affair, or service dress uniform. Bring your own adult beverages of choice and prepare for a fun-filled evening with your fellow service members and guests. Seating will be limited, and expect this to sell out quickly. Sign up at the Member Services desk in the Vista Club. Sign up as a group if you want to sit with others. For further information, contact Ron Waite at 707-374-6714 or 925-216-7488.



## Registration for New Year's Eve Celebration

Monday, November 7, 10:30 – 12 p.m.

Monterey Room, Vista Club ~ \$70, And Entrée Selection

Gather your friends to sign up at the Vista Monterey room to reserve your place with table selection. Limited seating is available and late sign-ups will be accepted while space lasts. Large groups are encouraged to send one person to sign up with full names of those they are signing up, along with their entrée selection. Selection includes 6 oz. Herb Roasted Chicken Breast, 6 oz. Grilled Maple Red Wine Salmon, 8 oz. New York Steak (variations of medium rare or medium well). Table selection will be available. For more information, email or phone Debbie at 707-374-4204 or Member Services at 707-374-4200.

## New Year's Eve Grand Ball ~ An Elegant Evening

The ball drops live from Times Square at Midnight

December 31, 6 p.m. – 12:30 p.m.,

Diablo Ballroom, Vista Club ~ \$70

Your special evening begins with a delicious hors d'oeuvres reception and leads into a scrumptious, all-inclusive dinner served at your table. The Trilogy 2016 picture slideshow displays on the big screen while soft music complements conversation. Later, dance through the night, to bring in the New Year with the great sound of Gary Bohannon & The Bad Habits Band! Share the New York Times Square countdown on the big screen at midnight, to toast the New Year while we sing along to "Auld Lang Syne!" Private label champagne will be provided for toasting. Coffee, iced tea and water will be available or bring your own beverage of choice to enjoy through the evening. Ice will be provided. Register early for this grand event! For more information email or phone Member Services at 707-374-4200 or contact Debbie Dorn at 707-374-4204 or ddorn@actionlife.com.

## Concert Dance to Tri Tip Trio with the Soul Line Dancers

Saturday, October 29, 6:30 – 9:30 p.m.

Vista Club Diablo Ballroom ~ \$15



Bruce Gordon and Lloyd Meadows first combined their musical chemistry in 1991 forming Zydeco Flames. Their magic sounds come alive today as the Tri Tip Trio. Lloyd's

mesmerizing washboard, harmonica & soulful vocals, Bruce's funky, bluesy accordion, and Louie Rodriguez on drums will keep you dancing on your feet or in your seat! Bring family, friends, dance shoes, and favorite refreshments! Check in begins at 5:30 p.m. Limited sales, so sign up early at Member Services, Vista Club.

## Family Halloween Party

Sunday, October 30, 2 – 4 p.m., Delta Club

\$10 per family, plus \$1 for each child participant



Plan for a great party with the family! Kids can join in a costume parade, plenty of laughs, good times, family pictures and a treat bag! Cost is \$10 per family plus \$1 per child. Sign up at the Vista Club Member Services.

Would you like to volunteer to help with this fun event? Contact Debbie Dorn at ddorn@actionlife.com or 707-374-4204.

## Veterans Day Tribute

Friday, November 11, 1 – 3 p.m.

Diablo Ballroom, Vista Club ~ Free

This day is the anniversary of the signing of the armistice, which ended the World War I hostilities between the Allied nations and Germany in 1918. Since 1954, Veterans Day is declared a day of thanksgiving to honor and thank all military personnel who served the United States, particularly living veterans. Join us to honor all veterans. Presentation by the Color Guard, music by Trilogy Jazz Band, Delta Breeze Chorus, and special guest speaker. No sign up required. All Veterans are asked to remain for the group photo immediate following the program.

## Fall Gift, Craft, & Art Faire Plus Jewelry Show ~

with Entertainment by 3JB Jazz Band

Saturday, November 19, 10 a.m. – 3 p.m., Vista Club

Don't miss out on this convenient yet unique selling and shopping experience at Trilogy in time for the holidays! Plus, 3JB Jazz Band will perform in the Grand Living Room 11 a.m. until 2 p.m., and the Café Vista will be open until 3 p.m.! Raffle sales and drawings are held throughout the event with all proceeds to benefit Meals on Wheels.

Would you like to receive the vendor registration notice for the next semi-annual faire? Ask Member Services at the Vista Club to add you to the email list. Questions, call Member Services at 707-374-4200 or email Debbie Dorn at ddorn@actionlife.com.



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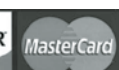
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## Open Mic & Karaoke Nights return January & February!

These two popular events will return, they're simply rescheduled from November and December to make way for this eventful holiday season! Watch for the return for amazing entertainment along with spontaneous sing-a-long good times specially designed for your fun and enjoyment!

## Tree Decorating Social ~ with Pianist Jim Hurt

Saturday, November 26, 10 a.m. – 1 p.m.

Grand Living Room, Vista Club

It's an old fashioned get-together and decorating social for the holidays! There is plenty of space needing your decorative touch! Light refreshments will be served and the Café Vista will be serving until 3 p.m. This is sure to be a great time sharing the holiday spirit! Sign up with Member Services at 707-374-4200 and gather at the Monterey Room.

## Holiday Decorations Sell & Shop

**Plus ~ 2015 Seasonal Events Slideshow  
will show on the big screen!**

Saturday, November 26, 10 a.m. – 1 p.m.

Diablo Ballroom, Vista Club

Do your holiday decorations need a change? Looking for ideas? Here is your perfect opportunity to sell your decorations, shop for new ones or swap your items for others! Sign up for a table to present your decorations. This opportunity isn't limited to only this season's decorations! You may find unique treasures to complete any theme! Get into the spirit of the season with holiday decorating and socializing with your neighbors! Light refreshments will be served. Sellers, sign up now for your free space on the Diablo Ballroom round tables at Member Services, 707-374-4200. If you have large items – no worries, bring photos for display!

## Tree Lighting Ceremony ~ It's an inspirational tradition

Sunday, November 27, 5 p.m.

Vista Club Grand Living Room ~ Free

Join in this Trilogy experience that will heighten your sensations of the holiday season through performances by Delta Breeze Chorus, Delta Harmony, Delta Divas and

an instrumental ensemble from Trilogy Jazz Band. No Signup Required.

## Trilogy Holiday Show ~ two performances

Wednesday, December 14, 4:30 p.m. and 7:30 p.m.

Vista Club ~ Free

Join together for a delightful experience of holiday performances hosted by Trilogy, the Trilogy Jazz Band, Delta Breeze Chorus, Delta Harmony, Delta Divas and Delta Tones. No signup required. Contact Member Services at 707-374-4200 with questions.

## The Polar Bear Plunge

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

Let the fun begin! For those of you who want to cross something off your bucket list or challenge yourself in a new way, join fellow Trilogy residents and take the plunge at the Delta pool. How do you prepare? You don't! The essence of plunging is the group energy. All participants line up around the pool to jump at 10 a.m. – don't be late! You must go all the way under to qualify! It's exhilarating! Afterwards, warm yourself in the hot tub before enjoying hot chocolate and refreshments in the Delta Club Marina Room. Those who plunge will receive a 2017 Polar Bear Plunge t-shirt! Collect them from year to year. Sign up at Member Services at the Vista, and be sure to mention your shirt size!

*Polar Bear*

# PLUNGE



**Let the fun begin!**

**Take the "Plunge" with your Trilogy neighbors!**

*\*Enjoy a dip in the spa and hot cocoa afterwards\**

Sign up at Member Services ~ There's No Fee

Remember to provide your t-shirt size!

Check in at the Delta Club Marina Room by 9:45 a.m.

The PLUNGE is at 10:00 a.m. SHARP!

*Light refreshments served and spectators are welcomed!*



**January 1, 2016**

**10:00 a.m.**

**Delta Club Pool**



## Assessment Notice

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

**Assessments for the month:**  
**Master Association \$125.60**  
**Plus the appropriate Village Assessment below:**

<b>Village I</b>	<b>\$5.25</b>
<b>Village Oakmont</b>	<b>\$5.20</b>
<b>Olympic Village</b>	<b>\$5.10</b>
<b>Village Riviera</b>	<b>\$5.25</b>
<b>Saddle Rock Village</b>	<b>\$6.00</b>
<b>Eagle Point</b>	<b>\$0</b>
(None until dormancy ends)	

**Minutes and Financial Statements** - Minutes of the Master Board Meetings, Village Board Meetings, Committee Meetings, and Financial Statements are posted on My Trilogy Life (MTL) - [Mytrilogylife.com](http://Mytrilogylife.com) and VIVO - [vivoportal.com](http://vivoportal.com).

### Club Hours

- Delta Club interior is open from 7 a.m. to 11 p.m.
- Delta Club pool, spa and patio are open 24 hours daily.
- Vista Club is open from 6 a.m. to 9 p.m.

### Credit Cards – Accepted at:

- Café Vista & Member Services for food, events, fitness cards, personal training, spa services, etc.
- Administrative Office/HOA for transponders, keys and payment plans. Cards cannot be used to pay monthly assessments but may be paid on VIVO with credit cards.

### Mail Theft –

- Members are encouraged to place outgoing mail in the mail box in front of the Delta Club. Mail in a mail box with a raised flag makes it very easy for thieves to know which mailboxes to target.
- When away for a couple of days or longer, be sure to put a stop on mail delivery with the post office.
- If unusual activity near mailboxes is witnessed, call the Rio Vista police immediately. If a vehicle is involved, try to get a license plate number. Once the individual(s) leave, there isn't much that can be done.
- Check with the post office regarding locking inserts that can be put inside your current mailbox. Try to be at home when having parcels delivered to your front door.

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

**Street Lights** – Report all street lights which are not working to the Administrative Office/HOA with the light pole number, street name and the nearest cross street. Due to high expense of callouts, when 10 lights need repair, service is called. This could mean several weeks between the time you report the light and the actual repair.

**RV/Boat Passes** – Taking an RV to the Welcome Center each time you need a pass is unnecessary. If an RV has been registered on Dwelling Live, a resident can simply go to the gate and pick up the pass. Reminder: an RV may be parked no longer than 48 hours and they cannot be occupied while in the community. They are to be parked on your street, not in any other Common Area or undeveloped areas of the community.

**NEW** – You can now get a 24 or 48 hour pass for RVs/Boats. Be sure to let the Welcome Center attendant know which pass you need.

**Electronic Communication** – The Association is no different than other organizations in leaning more towards electronic communications to its members. Thanks for considering both of the following options:

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

**Disclosure Opt-in** – To reduce costs, required documents can be delivered electronically by signing an authorization form at the Administrative Office.

Have you signed up for eNotices and Disclosure Opt-in but are not receiving them?

If you stop receiving the MTL e-Newsletters and/or the TRVMA e-Alerts, please contact Jacquie at jroche@actionlife.com or at the Member Service Desk and she will work with the email team to make sure that you're on the "active" list in the email system. It is also suggested that you add the eNewsletter email address – noreply@actionlife.com - to your "safe senders" or "friends" list in your email settings to reduce the odds of problems.

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

- Reserve tables and/or chairs – Member Services – Vista Club, 707-374-4200.
- Have copies made, send a fax and/or receive a fax – Member Services – Vista Club.
- Pick up a Residents' Directory – Member Services – Vista Club.
- Submit residential ads for the *Trilogy Living* – Member Services – Kathy Nilsson – Vista Club, 707-374-4200.

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

**Anonymous Communication** – Only signed communication forms will be accepted and can be submitted to the Administrative Office

**Violations** – Please do not register complaints to the Administrative Office/HOA without making sure you have the correct address of the alleged violator. Example of what not to report – two houses down from the corner of a particular street.

If you receive a violation notice, please contact the HOA office.

## Association Meeting Calendar November 2016

### Master Association Board Meeting

Tuesday, November 8, 2 p.m.  
Diablo Ballroom, Vista Club

### Eagle Point Board Meeting

Monday, November 21, 6:30 p.m.  
Rio Vista Room, Delta Club

### Oakmont Village Board Meeting

Thursday, November 17, 7 p.m.  
Marina Room, Delta Club

### Olympic Village Board Meeting

Thursday, November 10, 6:30 p.m.  
Marina Room, Delta Club

### Village I Board Meeting

Thursday, November 10, 4 p.m.  
Marina Room, Delta Club

### Village Riviera Board Meeting

Thursday, November 3, 6:30 p.m.  
Marina Room, Delta Club

### Saddle Rock Village Board Meeting

Wednesday, November 16, 6:30 p.m.  
Rio Vista Room, Delta Club

### Council of Village Presidents

Monday, November 21, 10 a.m.  
River Room, Delta Club

### Access Committee

Monday, November 28, 1 p.m.  
River Room, Delta Club

### Administrative Policy Review Committee

Thursday, November 9 and 23, 5 p.m.  
Sonoma Room, Vista Club

### Adult Committee

No Meeting in November

### Amenities Committee

Monday, November 21, 2:30 p.m.  
Diablo Room, Vista Club

### Emergency Action Committee

Tuesday, November 8 and 22, 7 p.m.  
River Room, Delta Club

### House Renovation Committee

Monday, November 14, 3 p.m.  
River Room, Delta Club  
November 28, 3 p.m.  
Monterey Room, Vista Club



**Your Pets – Your Responsibility** – Thank you to those who are considerate of neighbors by keeping their pets on a leash at all times and carrying bags when pets are exercised or by using the bags provided in dispensers throughout the community to pick up after your pets. Only take 1-2 bags at a time, not enough for the life expectancy of your dog.

**Pets in the Clubs** – Pets are prohibited in both the Delta and Vista Clubs, with the exception of service dogs. Service dogs are allowed only if they have been registered with the Administrative Office and have a TRVMA identification card. They must have their vest and TRVMA card on them at all times when they are in the clubs and they must be accompanied by the person for whom they are providing a service. If you do not comply with a request from a staff member to show them the TRVMA card, you will be required to leave the club until you present it. Therapy dogs are not allowed in the clubs at any time. They are not service dogs and are not protected under the ADA.

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

**Late Charges on Assessments** – Assessments are due on the first of each month. Many members treat the fifteenth as the due date and then request a waiver of the late fee when payment is not received by the fifteenth. If paying assessments through a bank or mailing a check, it is recommended that date of payment be moved to the twenty-third of the month so that the payment is actually received by the first when the assessments are due. Many banks are batching payments before sending them out, so even though your account may show a payment on a particular date, the payments are not being mailed on that date. In addition, the post office has closed facilities and laid off employees. This is resulting in longer times for mail to reach its destination. If payments are scheduled through a bank or mail without adequate time allowed for delivery, there is a risk of being charged a late payment.

**Welcome Center/Dwelling Live** – Please make sure that your guests and vendors have your full name and/or address to give the Welcome Center attendants: otherwise, they will not be given access. The Welcome Center attendants are grateful to those members who enter guests on Dwelling Live, call the Welcome Center or email them when you are expecting guests and especially when you are having a party and expecting several guests. They don't want to deny access to anyone you are expecting, but have no choice if they haven't been notified and

## Family Support Group



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

please call Chairperson Claudette Gartner at 707-439-6116, or email her at [xbirdlady@myifp.com](mailto:xbirdlady@myifp.com), or call Barbara Sherison at 707-374-6845, or call Betty Bowley at 707-374-5613.

they can't reach you to get your authorization upon your guests' arrival. Instructions for using Dwelling Live are available at the Vista and Delta Clubs.

**Dumping Trash** – Thank you for using private receptacles for disposing of trash rather than any others throughout the community, and for not putting soda cans, water bottles and other trash in the doggie waste disposal receptacles. By city ordinance, all properties are required to have garbage service.

### It's Your Money –

- Thanks to all members who put down umbrellas at the bocce courts, the Delta back patio, and especially the Delta pool area when you are leaving and no one else is around. When the wind catches the umbrellas they are often damaged and must be replaced. If they are on the glass tables in the outdoor pool area, not only are they damaged but the glass table tops are shattered. This costs time of the maintenance staff who must assure that all glass is cleaned up and also the expense of replacing the table tops. The table tops and umbrellas are quite expensive. Again, thank you for saving all members the cost of replacing them.
- Please report any theft to the Administrative Office/HOA. Remember that when something is stolen, all members pay for the replacement. The Association needs help from all residents in cutting down on theft.

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

**Architectural Applications** – Applications must be submitted for improvements to the exterior of your home and yard. If you do not submit an application, a \$500 late



application fee can be charged.

**Delta and Vista Pools** – Guests must be accompanied by a resident. Children under the age of 18 are allowed in the pools from 11 a.m. to 3 p.m. and must exit the pool area by 3:15 p.m.

**Golf Carts/Bicycles** – Must be operated under the California Vehicle Code; golf carts may not be driven by anyone under 18 years of age.

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

**For non-delivery of newsletter** – Please contact Member Services at 707-374-4200.

## **Amenities Committee**

The next meeting of the Master Amenities Committee (MAC) is set for Monday, November 21 in the Vista Ballroom from 2:30 to 4 p.m. Topics to be discussed include the conversion of the existing design center into the Health and Wellness Center, planning for the new clubhouse, Delta and Vista club space utilization and other topics related to the final build-out amenities. All residents are invited to attend. Additional information can be found at the amenities committee link on [mytrilogylife.com](http://mytrilogylife.com). Alternatively, feel free to contact any member of the committee, as listed on the MTL website, or call Joe Downes at 707-374-7520 or email [josephdownes@citlink.net](mailto:josephdownes@citlink.net).

## **Emergency Action Committee**

Is your home 10 years old or older? Experts recommend replacing smoke alarms every 10 years! Have you changed your smoke alarms since they were first installed? If not, now is the time! Your Trilogy Emergency Action Committee is initiating a program in partnership with the Rio Vista Fire Department to replace all smoke alarms 10 years or older. If you want to find out more about this program, call the Trilogy Emergency Action Committee at 707-374-6736. Please leave your name, phone number, address and the age of your home. One of our members will call you back. The Trilogy Emergency Action Committee is an all-volunteer group focused on the safety of our community and preparation for emergencies. We meet on the second and fourth Tuesday of every month in the River Room at the Delta Club at 7 p.m. We invite you to attend and perhaps become a volunteer for this very worthwhile committee. For further information, you can call Chairperson Barry Fraser at 707-374-6736.

## **Eagle Point Village Residents' Club**

The board was introduced at the first Eagle Point Village Residents' Club meeting, which immediately followed the Eagle Point HOA meeting on September 22.

The board consists of Marlene Swieso, President; Mimi Hawawini, Vice President; Nancy Tolentino, Secretary; and Linda Pagliaroli, Treasurer. For several months the Residents' Club progress and activities were reported at the HOA meeting. But going forward, the Residents' Club bimonthly meeting will convene immediately following the HOA meeting.

The Residents' Club's first social event, a Meet and Greet Potluck, was held at the Delta Club on September 10. It was so successful that with 125 attending, we ran short of seating, but people had a great time and the feedback was very positive.

Our next social will be a Pancake Breakfast on Sunday, November 6 at the Rio Vista Room in the Delta Club. It will begin at 8 a.m. and run till 11 a.m. or until we're sold out. Tickets are \$10 each and it's open to all of Trilogy. If you have any questions please contact Marlene Swieso, President, at 714-317-9688.

Eagle Point will assist the Oakmont Residents' Club in presenting a Holiday Dinner/Dance at the Vista Club on December 4. Tickets will go fast, so be sure to check your tube for a future flyer.

Our next Residents' Club meeting will take place on Monday, November 21 at 7:30 p.m., immediately following the Eagle Point HOA meeting, which starts at 6:30 p.m. The change from our customary meeting day is due to Thanksgiving.

## **Olympic Village Residents' Club**

The Olympic Village Potluck Get Together was held on Sept 20 from 5 to 7 p.m. at the River Room/Kitchen at the Delta Club. Olympic Village provided beverages, including white and red wine. A wonderful time was had by all of the Olympians that attended. Another gourmet success!

The Olympic Village Residents Soup and Salad Get Together indoor dinner event is scheduled for October 27 from 5:30 to 7:30 p.m. Food (soup/salad/bread) signup is posted at the Delta Club by the village boxes in the hall. Activities will include eating, meeting old and new friends, raffles, prizes, games, and many other fun events. Please get this important date on your calendar ASAP. A reminder flyer will be "tubed" as we get closer to the big event.



If you would like to participate in the planning of these events or if you need additional information, please contact Rich Pettijohn, OV President, at 707-374-3065 or Lee Ann Frable at 1-484-707-0935.

## **Olympic Village Kare Bears**

The re-activated Olympic Village Kare Bears provided Area Agency on Aging: Serving Napa and Solano (AAOA), paratransit eligibility, and transportation information to some of our Olympians. We also provided a wheelchair to a needy party. Olympic Village Kare Bears is available to all of our residents. If you or a neighbor is in need of help with rides to appointments, home help, and/or meals due to medical reasons please do not hesitate to call. If you would like to be an Olympic Village Kare Bear or if you need help, please contact Rich Pettijohn at 707-374-3065.

## **Saddle Rock Village Board News**

Saddle Rock Village has come out of dormancy - which in a nutshell grants unto the Village the right to set its own budget and elect its own governing Board of Directors. Eight residents stepped forward to be considered for the five positions on the board. Previously mailed ballots were counted on September 21, 2016 and the results were announced to a standing-room-only crowd for this historic event. The following five residents, receiving the most votes, were inducted into this inaugural SRV Board: Roger Kohn, Richard Larsen, Rayno Niemi, Joe Perpetuo and Allen Owens. Although two of the successful candidates were not in attendance, the three present and newly elected directors constituted a quorum to conduct the Board's first meeting. Joe Perpetuo was elected President and Richard Larsen Vice-President. Positions of the Treasurer and Secretary to be filled at the next scheduled SRV Board meeting on November 16. Saddle Rock Village looks forwards to the future with its new leadership, with a goal of making SRV the most active and desirable residence village within Trilogy to live.

## **Village Oakmont Residents' Club**

At the Oakmont August Residents' meeting we revised our by-laws. The changes are available for viewing at *Trilogy Living*. We will be voting to approve the changes at the Residents' Meeting on December 5.

Our Holiday Dinner/Dance is Sunday, December 4. Sign-ups are available at the Delta Club at the Oakmont Box in the hallway. Deadline for signing up is either when we have 160 sign-ups or November 23. Menu is the same as

last year and we will have the Delta Divas for entertainment along with Solid Gold. Posters for more information are in the Vista and Delta Clubs.

Oakmont residents are decorating their mailbox posts and having a short Open House from 2 - 4 p.m. on Sunday, December 11. Flyers and sign-ups were tubed in October. There will be a map with designated homes participating in the Delta Club prior to December 11.

Please come to our social meeting on November 7 at 3 p.m. in the Monterey Room at the Vista Club for final planning of the Holiday Dinner/Dance and nominations for the Oakmont Board for 2017. Our next Residents' Meeting will be December 5 at the same place and time. Any questions, please call Linda Bingham at 760-486-9178 or email at [linda.bingham@gmail.com](mailto:linda.bingham@gmail.com).

## **Village Oakmont Kare Bears**

The Oakmont Kare Bears are busily planning for 2017 with new ideas, activities and fundraisers, and hopefully some new faces.

We are planning our annual holiday luncheon to be held on Wednesday, November 9. At the time of this writing,



the location has not been decided. More info will be coming, and all members will be informed. We are also planning our annual election of officers in February,

and anyone interested in running for an office should contact Annelie Voit at 707-374-4968 or Kathy Russo at 707-374-2969. We are also possibly looking for persons interested in helping as directors of food and transportation coordinators for the needs of our neighbors. If you are interested or need more information, please call the above numbers.

If you live in the Oakmont neighborhood and need or know of a neighbor in need of short term help due to illness or injury, please also call the above numbers. This help can include: transportation to medical appointments or shopping, meals if unable to do your own, help at home, etc. Don't hesitate to call the above numbers.

The next Oakmont Kare Bear meeting will be held on Wednesday, January 11, at 10:30 a.m. in the Delta Club. There will be no meeting in November due to the holiday luncheon, and also no meeting in December due to the holidays.

## **Village One Residents' Club (VORC)**

Our busy October has come and gone and we now look forward to the holiday season. Christmas is just around



the corner, and all of Village One is invited to join the festivities at the annual Christmas Party. An elegantly served dinner of grilled tri-tip, chicken breast, salad, garlic mashed potatoes, vegetables and artisan bread will be again catered by Ed Donegan of ABC Catering. Watch for the flyer in your tube and save the date, December 10.

Best wishes to all for a bountiful Thanksgiving. Remember always to count your blessings. For questions or information contact Tess Felte at 707-374-4778 or VillageOneRC@gmail.com

## Village Riviera Board News

The Village Riviera HOA meetings are on the first Thursday of odd-numbered months at 6:30 p.m. in the Marina Room at the Delta Club. Our next meeting is November 3, 2016. The board would like to invite you to join us. If you have questions or concerns, call Don at 707 374-6407. Article by Carolyn Azbell.

## Village Riviera Residents' Club

Fall arrived as predicted, and not a minute too soon. Meanwhile, members of the Residents' Club are busy planning the final touches for the room and table decor for our holiday dinner--The Black & White Affair.

Did you already sign up for this, our most spectacular event, by calling Barb Downs in October to sign up as a group, a couple, or as an individual? If so, thanks for helping us plan our floor plan from an earlier date. If you didn't sign up yet, but would like to attend, just call Barb to check availability of seating. She can be reached at 707-507-5026.

We have our favorite band, Solid Gold, playing popular tunes (well, popular a long time ago) for dancing the night away or just for your listening pleasure. You'll be able to enjoy the dinner and music however you wish to. The cost for the evening remains at \$45/per person.

We are taking January off to recover and to diet, but February 25 will be our annual Soup Potluck with lots of soups, salads and desserts. You'll see a flyer on this in January. In the meantime, have a wonderful Thanksgiving with family and friends.

The Village Riviera Residents' Club meets the third Thursday of every month, 5 p.m. in the Monterey Room of the Vista Club. New members are always welcome, and new ideas are treasured. If you have any questions, please call Barb at 707-507-5026.

## Village Riviera Kare Bears

Wow! Can't believe that it is November already. As we look forward hopefully to rainy weather it is even more important that we are ready to assist our neighbors in need. Also, just a reminder to change the batteries in your smoke alarms and replace heater filters. Remember that the fire department can help with these tasks. And don't forget to turn your clock back an hour on November 6.

Since this article was submitted before our October meeting, we cannot tell you the new slate of officers for 2017. Check here next month. We do know that Valerie Krummer will be stepping down as chairperson. Thank you Valerie for your many years of devoted service to Riviera Kare Bears. We so appreciate your cheerful and enthusiastic attention to detail and thoughtful planning of meetings and events. Joanne Stangl is our co-chair. Her phone number is 374-4342.

Our next event will be our holiday lunch on December 12 after our monthly meeting. All Riviera residents are Kare Bears but if you would like to become more involved or would like to start a Kare Bear group in your village, come to our next meeting on December 12 at 10 a.m. at the Delta Club. If you or a neighbor is in need of assistance because of illness or surgery, please contact your street coordinator or call Joanne at 707-374-4342.

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

would be printed to paper or delivered on an USB drive. Approval of the majority was to be USB drive. For those of you who have not Opted In to received documents electronically, you will be able to obtain a printed copy at the Administration Office.

**Opt-In Campaign:** Director Kohn designed the Opt-In Campaign to reach out to as many Members as possible to encourage those that wanted to, to sign up to receive their documents electronically. Opt-ing In saves the association money and is environmentally sensitive. From the campaign, 223 Members signed up. All Members who have Opt-In were eligible for three \$25 gift cards, which were awarded.

- **Stop Sign:** A traffic engineer reviewed three requests regarding either installing or relocating stop signs. The Board approved the following: 1) Relocating the Stop sign on Summerset and Edgewood to Summerset and Marks Rd – to be consistent with a 3-way stop at each of the roads that enter into Trilogy 2) Installing a stop sign at Birch Ridge Drive and Silver Ridge Drive. Due to the short distance from vehicles turning right onto Silver Ridge from Diamond Hills, signage will be included "Traffic from the right does not stop"

## New Business:

### • Committee Appointments:

**Adult:** There is currently a position open on the Adult Committee. If you are interested, obtain and submit an application to the Administration Office.

- **Village Document Revision:** Each Village Board appointed a representative to the committee. This committee will be working on rewriting the Village Documents. The Master Board will not have any input regarding the documents. The Master Association will be funding the project. (i.e.: initial legal expenses and delivery of the documents). Each Village will be responsible for any legal expenses necessary to address any Village specific issues or needs and the balloting expenses.

- **Delta Club Renovation:** authorized Management to contact professional Architects/Construction Consultants, invite them to an informational/tour meeting of the Delta Club, and solicit Design/Costs bids for renovation of the Delta Club. At this time, it is to acquire professional ideas on the renovation options.

Minutes of all meetings are posted on MyTrilogyLife.com. If you have any questions about this meeting or any meeting, please feel free to contact me directly.

**The next meeting is November 8, 2016**



For more than 11 years **C & C Cleaning** has been serving clients in Trilogy Homes in Rio Vista.

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**Kathy Erwin**  
Fitness & Spa Director



## Holiday Fitness Tickets



Come to as many classes as you can November 1–December 14. For every class you take, you will receive a ticket to be entered into a drawing for prizes. Put ticket in the Holiday Box at Member Services, Vista Club. Please **PRINT** your name and phone number prior to placing in box. One ticket will be given for every class you attend from November 1–December 14, 2016.

**SAVE THE DATE:** Thursday, December 15. This is the Annual Holiday Potluck Luncheon, where we will give away over 80 door prizes to the ticket winners!

### November New Member Fitness Orientations

All new members are required to attend one of our fitness orientations, which includes an informative overview of the fitness facility, its safety rules, as well as answering any questions you may have. This is also an opportunity to make an appointment for your ROM (range of motion).

#### Next Orientation Dates:

Saturday, November 5 at 11 a.m.  
Wednesday, November 16 at 6 p.m.  
Saturday, November 26 at 11 a.m.

### Fitlinxx Program Range of Motion (ROM)

At your Fitlinxx ROM appointment, a certified trainer will discuss your health history and design your exercise and fitness program for your individual needs and introduce you to the Fitlinxx System. Even if you have exercised for many years, this is a very helpful appointment. A trainer will set up your ROM on each piece of exercise equipment. A onetime fee of \$20 is charged for this set up appointment, paid to TRVMA by check or credit card.



### Dr. Charles Peri Doctor of Oriental Medicine

Acupuncture Information:

\*For your first appointment, please arrive 15 minutes early to fill out health history paperwork provided at the front desk.

Same day appointments may be available. For cancellations, advance notice of 48 hours is requested to avoid any fees.

**Dr. Charles Peri is available every Thursday from 9 a.m.-6 p.m.**  
**To make appointments contact Member Service Desk: 707-374-4200**

#### Acupuncture Prices:

Initial visit (up to 60 minutes) \$120  
Acupuncture follow up (up to 45 minutes) \$90  
6 Acupuncture treatments (\$80 each) \$480  
12 Acupuncture treatments (\$70 each) \$840

**Packages must be paid in full.**

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



### Dr. Kimberly Gilmore, ND Naturopathic Doctor

Kimberly Gilmore, Naturopathic Doctor, is available for nutrition and naturopathic consultations on the third Wednesday of the month. Please contact the front desk to make an appointment. Schedule will vary depending on the demand.

Initial Visit (75 min) \$175  
Follow Up Visit (50 min) \$125  
Brief Visit (25 min) \$65  
Craniosacral Therapy (an initial visit is not needed for this appointment) \$125

## November Spa Specials



### Fall Spice Aromatherapy Massage

Indulge your senses this fall with a fall spice massage that combines a relaxing, de-stressing massage with fall scented aromatic oils.

**50 minutes for \$45**

*Purchase from November 1-30, 2016*



### 2 Facials

Express Vitamin C Brighteners

**45 Minutes Each \$90**

*Purchase from November 1– 30, 2016*

### Holiday Bliss Facial

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

**75 minutes for \$70**

*Purchase from November 1– December 31, 2016*

### Personal Trainer on Floor Duty

**Every Wednesday from 10 to 11 a.m.**

**Meet Personal Trainer Joele Swift**



Do you have a question about how to work out or use the fitness equipment at the Vista Club Fitness Center? Did you suffer an injury? Ask our Personal Trainer on Duty to get tips from a trained professional at no extra cost to you! You can find our Personal Trainer on Duty in the Fitness Center at certain peak times. Instructors, times and dates change each month.

You have a goal: you want to get your body in better shape or go to the next level of fitness. The Vista Club Fitness Center certified personal trainers will help you get the best results out of your workout. They can lead you on your quest to gain energy, increase endurance and strength, lose weight or sculpt your body, and feel better about yourself. You can get help no matter your age or your current condition. Personal trainers work with you to set appointments that fit your schedule. Package rates also are available. To schedule an appointment, call 707-374-4200 or email [kerwin@actionlife.com](mailto:kerwin@actionlife.com).

**To schedule an appointment, call 707-374-4200  
or email [kerwin@actionlife.com](mailto:kerwin@actionlife.com).**

### Signing in to Fitness Classes

Part of the day-to-day operation of our gym and group exercise program is tracking. Below are several reasons why we track attendance:

1. It's necessary to know how many people are using the facility in order to determine what kind of equipment and facility maintenance is needed.
2. The number of people attending classes determines what classes are added or cancelled.
3. We track each member's classes in part so we can notify members when classes are cancelled due to an instructor's absence.
4. We require each member to provide full first name, last name and phone number (with area code and prefix) when signing in to a class for the aforementioned reasons.

If your phone number changes, that information is updated in the month that you provide it. Please use one line per person when signing in to attend your favorite class. Your cooperation in providing us with the most accurate information helps us do our job better.

## Walktober 2016

This year, nature worked with us long enough to give us a small window of time between rain storms for the event. The temperature was perfect and the autumn colors were spectacular.

What is Walktober? Walktober is an annual event at Trilogy that inspires everyone to make walking a priority throughout the year. Walktober is designed to inspire participants to walk more by providing fun, motivating tools that make it easy to set goals, track progress, share success, and support other participants while getting outside to experience autumn. Trilogians walked with their loved ones and pets, and were seen on their scooters and wheelchairs.

317 registered participants enjoyed this eighth annual event. There were door prizes as well as a variety of refreshments, fruit, and bagels.

Thanks to the Walktober Volunteers for giving their time and serving the needs of the event by helping with registration, check points, first aid, warm-up exercises, refreshments, food preparation and welcoming walkers.

### A special thank you to Trilogy's very own Emergency Action Committee, and to all the following volunteers:

Octavia McConnell, Betty Andersen, Pat Puryear, Joele Swift, Richard Larsen, Janice Larsen, Prescy Dela Cruz, Nick Erwin, Taylor Villanueva, Marlene Percivale, Dorothy Busuttil, Denise Rubiaco, Sheila Crosby, Bev Hiatt, Bill Hiatt, Jackie Sigrand, Lorle Kennedy, LaDonna Kerton, Ray Loiselle, Carol Courtemanche, Fran Loiselle, Deborah Waterford, Catalina Carreon, Lilly Russell, Mamie Smith



### Deanna's Yoga Series



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

**INSTRUCTOR: DEANNA ARAYA**

When: Saturdays 9:00-10:00am NEW TIME

October 29 – December 3, 2016

Where: Diablo Ballroom Vista or Group Ex Studio

Fee: \$35 (Must Pre-Register Member Services Desk)





# Walktober

October 15, 2016



Our Agency is Proud to Announce...

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# Trilogy of Rio Vista!

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# Your Home...

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Key

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

TrilogyLiving

Fitness Class Schedule for November 2016

CLASS LOCATIONS

(GX) Group Exercise Studio

(DB) Diablo Ballroom

(VP) Vista Pool

(DP) Delta Pool

(RV) Rio Vista Room–Delta

(SR) Sonoma Room-Vista

(FC) Fitness Center



All classes require one of three card choices: a blue 20-punch for \$70, a yellow 10-punch for \$35 or an Unlimited Monthly Punch Card for \$85 so you can attend as many classes as you want that month! Get your cards at the Member Services. Please call Fitness & Spa Director Kathy Erwin at 707-374-4205 if you have questions. All classes are held in the Vista Group Exercise Studio unless otherwise noted.

Last Month’s Punch Card Raffle Winner: **Gail Sullenger**

**November Fitness Orientations: Sat. Nov. 5 at 11 a.m., Wed. Nov. 16 at 6 p.m., Sat. Nov. 26 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!**

**Outdoor Aqua Classes at the Delta Pool ended outside as of October 31, 2016**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1</b> 8-9am Body Works (B/I/A) (GX) Kathy 9-10am Myofascial Release Stretch (B) (GX) Joele <b>9:30-10:30am Aqua Fit (B) (VP) Denise</b> 10-11am Beginning/Intermediate Pilates (B/I) (GX) Joele 11-12pm Feel Good Class (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly	<b>2</b> 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) <b>9:30-10:30am Aqua Fit (B) (VP) Denise</b> <b>9:30-10am Dancercize (B/I) (GX) Joele</b> <b>10-11:30am</b> Hot ZUMBA (I/A) (GX) Prescy 6:30-7:30pm Balance Ball (GX) Deanna	<b>3</b> 8-9am Body Works (B/I/A) (GX) Kathy 9-10am Core/Stretch (B) (GX) Joele 9-10am Tai Chi (B/I) (GX) Lillian <b>9:30-10:30am Advanced Aqua (B/I/A) (VP) Kathy</b> 10-11am Step Aerobics (B/I/A) (GX) Pat 11-12pm Feel Good Class (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly 2:30-3:30pm Yoga (B/I) (GX) Tammy	<b>4</b> 7-8am Early Yoga (B) (DB) Tammy 8:30-9:30pm WOW-TABATA-BOOM (B/I) (GX) Pat 9-10am Yoga/Pilates (B) (DB) Deanna <b>9:30-10:30am Advanced Aqua (B/I/A) (VP) Kathy</b> 10-10:45am Core Balance and Standing Abs (B) (GX) Sophie/Prescy/Sharon 10-11am Balance Ball (DB) Deanna 10:45-11:30am ZUMBA Toning (B/I) (GX) Sophie/Prescy/Sharon 11:30-12:15pm ZUMBA Dance (B/I) (GX) Sophie/Prescy/Sharon	<b>5</b> <b>8-9am</b> Step Aerobics (GX) Pat <b>10:15am-11:45am</b> ZUMBA Power (GX) Sophie/Prescy/Sharon
<b>7</b> 8:30-9:30am WOW-TABATA-TABATA (B/I) (GX) Pat 9-10am Yoga/Pilates (B) (DB) Deanna <b>9-10am Advanced Aqua (B/I/A) (VP) Kathy</b> <b>10-11am Aqua Fit (B) (VP) Denise</b> 9:45-10:45am Wake-up and Move (B/I) (RV) /Pat 10-10:45am Core Balance and Standing Abs (B) (GX) Sophie/Prescy/Sharon 10-11am Meditation Breathing (B) (DB) Deanna 10:45-11:30am ZUMBA Toning (B/I) (GX) Sophie/Prescy/Sharon 11:30-12:15pm ZUMBA Dance (B/I) (GX) Sophie/Prescy/Sharon 4-5pm Stretch and Flex (B/I) (GX) Tammy 6:30-7:30 Yoga/Pilates (B/I) (GX or DB) Deanna	<b>8</b> 8-9am Body Works (B/I/A) (GX) Kathy 9-10am Myofascial Release Stretch (B) (GX) Joele <b>9:30-10:30am Aqua Fit (B) (VP) Denise</b> 10-11am Beginning/Intermediate Pilates (B/I) (GX) Joele	<b>9</b> 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) 9:30-10am Stretch (GX) (Joele) <b>9:30-10:30am Aqua Fit (B) (VP) Denise</b> <b>10-11:30am</b> Hot ZUMBA (I/A) (GX) Prescy 6:30-7:30pm Balance Ball (GX) Deanna	<b>10</b> 8-9am Body Works (B/I/A) (GX) Kathy 9-10am Core/Stretch (B) (GX) Joele 9-10am Tai Chi (B/I) (GX) Lillian <b>9:30-10:30am Advanced Aqua (B/I/A) (VP) Kathy</b> 10-11am Step Aerobics (B/I/A) (GX) Pat 2:30-3:30pm Yoga (B/I) (GX) Tammy	<b>11</b> 7-8am Early Yoga (B) (DB) Tammy 8:30-9:30pm WOW-TABATA-BOOM (B/I) (GX) Pat 9-10am Yoga/Pilates (B) (DB) Deanna <b>9:30-10:30am Advanced Aqua (B/I/A) (VP) Kathy</b> 10-10:45am Core Balance and Standing Abs (B) (GX) Sophie/Prescy/Sharon 10-11am Balance Ball (DB) Deanna 10:45-11:30am ZUMBA Toning (B/I) (GX) Sophie/Prescy/Sharon 11:30-12:15pm ZUMBA Dance (B/I) (GX) Sophie/Prescy/Sharon	<b>12</b> <b>8-9am</b> Step Aerobics (GX) Pat <b>10:15am-11:45am</b> ZUMBA Power (GX) Sophie/Prescy/Sharon
<b>14</b> 8:30-9:30am WOW-TABATA-TABATA (B/I) (GX) Pat 9-10am Yoga/Pilates (B) (DB) Deanna <b>9-10am Advanced Aqua (B/I/A) (VP) Kathy</b> 10-11am Aqua Fit (B) (DP) Denise 9:45-10:45am Wake-up and Move (B/I) (RV) /Pat 10-10:45am Core Balance and Standing Abs (B) (GX) Sophie/Prescy/Sharon 10-11am Meditation Breathing (B) (DB) Deanna 10:45-11:30am ZUMBA Toning (B/I) (GX) Sophie/Prescy/Sharon 11:30-12:15pm ZUMBA Dance (B/I) (GX) Sophie/Prescy/Sharon 4-5pm Stretch and Flex (B/I) (GX) Tammy 6:30-7:30 Yoga/Pilates (B/I) (GX or DB) Deanna	<b>15</b> 8-9am Body Works (B/I/A) (GX) Kathy 9-10am Myofascial Release Stretch (B) (GX) Joele <b>9:30-10:30am Aqua Fit (B) (VP) Denise</b> 10-11am Beginning/Intermediate Pilates (B/I) (GX) Joele 11-12pm Feel Good Class (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly	<b>16</b> 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) 9:30-10am Stretch (GX) (Joele) <b>9:30-10:30am Aqua Fit (B) (VP) Denise</b> <b>10-11:30am</b> Hot ZUMBA (I/A) (GX) Prescy 6:30-7:30pm Balance Ball (GX) Deanna	<b>17</b> 8-9am Body Works (B/I/A) (GX) Kathy 9-10am Core/Stretch (B) (GX) Joele 9-10am Tai Chi (B/I) (GX) Lillian <b>9:30-10:30am Advanced Aqua (B/I/A) (VP) Kathy</b> 10-11am Step Aerobics (B/I/A) (GX) Pat 11-12pm Feel Good Class (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly 2:30-3:30pm Yoga (B/I) (GX) Tammy	<b>18</b> 7-8am Early Yoga (B) (DB) Tammy 8:30-9:30pm WOW-TABATA-BOOM (B/I) (GX) Pat 9-10am Yoga/Pilates (B) (DB) Deanna <b>9:30-10:30am Advanced Aqua (B/I/A) (VP) Kathy</b> 10-10:45am Core Balance and Standing Abs (B) (GX) Sophie/Prescy/Sharon 10-11am Balance Ball (DB) Deanna 10:45-11:30am ZUMBA Toning (B/I) (GX) Sophie/Prescy/Sharon 11:30-12:15pm ZUMBA Dance (B/I) (GX) Sophie/Prescy/Sharon	<b>19</b> <b>8-9am</b> Step Aerobics (GX) Pat <b>10:15am-11:45am</b> ZUMBA Power (GX) Sophie/Prescy/Sharon
<b>21</b> 8:30-9:30am WOW-TABATA-TABATA (B/I) (GX) Pat 9-10am Yoga/Pilates (B) (DB) Deanna <b>9-10am Advanced Aqua (B/I/A) (VP) Kathy</b> 10-11am Aqua Fit (B) (DP) Denise 9:45-10:45am Wake-up and Move (B/I) (RV) /Pat 10-10:45am Core Balance and Standing Abs (B) (GX) Sophie/Prescy/Sharon 10-11am Meditation Breathing (B) (DB) Deanna 10:45-11:30am ZUMBA Toning (B/I) (GX) Sophie/Prescy/Sharon 11:30-12:15pm ZUMBA Dance (B/I) (GX) Sophie/Prescy/Sharon 4-5pm Stretch and Flex (B/I) (GX) Tammy 6:30-7:30 Yoga/Pilates (B/I) (GX or DB) Deanna	<b>22</b> 8-9am Body Works (B/I/A) (GX) Kathy 9-10am Myofascial Release Stretch (B) (GX) Joele <b>9:30-10:30am Aqua Fit (B) (VP) Denise</b> 10-11am Beginning/Intermediate Pilates (B/I) (GX) Joele 11-12pm Feel Good Class (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly	<b>23</b> 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) 9:30-10am Stretch (GX) (Joele) <b>9:30-10:30am Aqua Fit (B) (VP) Denise</b> <b>10-11:30am</b> Hot ZUMBA (I/A) (GX) Prescy 6:30-7:30pm Balance Ball (GX) Deanna	<b>24</b> <div>NO CLASSES WISHING EVERYONE A HAPPY THANKSGIVING</div> 	<b>25</b> 7-8am Early Yoga (B) (DB) Tammy 8:30-9:30pm WOW-TABATA-BOOM (B/I) (GX) Pat 9-10am Yoga/Pilates (B) (DB) Deanna 10-10:45am Core Balance and Standing Abs (B) (GX) Sophie/Prescy/Sharon 10-11am Balance Ball (DB) Deanna 10:45-11:30am ZUMBA Toning (B/I) (GX) Sophie/Prescy/Sharon 11:30-12:15pm ZUMBA Dance (B/I) (GX) Sophie/Prescy/Sharon	<b>26</b> <b>8-9am</b> Step Aerobics (GX) Pat <b>10:15am-11:45am</b> ZUMBA Power (GX) Sophie/Prescy/Sharon
<b>28</b> 8:30-9:30am WOW-TABATA-TABATA (B/I) (GX) Pat 9-10am Yoga/Pilates (B) (DB) Deanna <b>9-10am Advanced Aqua (B/I/A) (VP) Kathy</b> 10-11am Aqua Fit (B) (DP) Denise 9:45-10:45am Wake-up and Move (B/I) (RV) /Pat 10-10:45am Core Balance and Standing Abs (B) (GX) Sophie/Prescy/Sharon 10-11am Meditation Breathing (B) (DB) Deanna 10:45-11:30am ZUMBA Toning (B/I) (GX) Sophie/Prescy/Sharon 11:30-12:15pm ZUMBA Dance (B/I) (GX) Sophie/Prescy/Sharon 4-5pm Stretch and Flex (B/I) (GX) Tammy 6:30-7:30 Yoga/Pilates (B/I) (GX or DB) Deanna	<b>29</b> 8-9am Body Works (B/I/A) (GX) Kathy 9-10am Myofascial Release Stretch (B) (GX) Joele <b>9:30-10:30am Aqua Fit (B) (VP) Denise</b> 10-11am Beginning/Intermediate Pilates (B/I) (GX) Joele 11-12pm Feel Good Class (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly	<b>30</b> 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) 9:30-10am Stretch (GX) (Joele) <b>9:30-10:30am Aqua Fit (B) (VP) Denise</b> <b>10-11:30am</b> Hot ZUMBA (I/A) (GX) Prescy 6:30-7:30pm Balance Ball (GX) Deanna			

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

Fitness & Friends with Joele Swift, 8 Steps to a Healthy Back with Beverly Shilich, Continuation of Yoga with Deanna Araya,  
Balance n Motion with Anna Chunn, Aqua Joint with Beverly Shilich

November 2016 Club and Activity Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>1</b> 8am Social Tennis 8:30am Radio Club (V) 9:30am Women's 9-Hole Golf 10:30am Country Line Dancing (V) 11am Pickleball (Tennis Courts 1 & 2) 11:30am TRVMEN Golf 12:15pm Beg Watercolor (D) 12:15pm Hand & Foot Canasta (V) 12:30pm Dominoes (D) 4:15pm Table Tennis (D) 5pm Billiards Club Tournament (V) 5pm Tai-chi & Yuan-chi (V) 5:30pm Couples Canasta (D) 6:30pm Religions of the World (D)	<b>2</b> 8am Social Tennis 8am TOPS (D) 8:30am Sr. Men's Golf 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Men's Fellowship (D) 10am Horseshoe Pit Play (Brockton Park) 10am Stained Glass (D) 11am Ukulele Club (V) 11am Pickleball (Tennis Courts 1 & 2) 12:30pm Fat Quarters Quilters (D) 1pm Village Riviera ARC (D) 1:30pm Jazz Band (V) 2pm Bergren Oil & Acrylic Painting (D) 2pm Card Design Class (D) 2pm Saddle Rock RC Social Com (V) 4:30pm Table Tennis (D) 5:30pm Delta Harmony Rehearsal (V) 7pm Delta Breeze Rehearsal (V) 7pm Billiard Club Membership (V) 7pm Singles Club (V) 7pm Square Dance (D)	<b>3</b> 8am Social Tennis 8:30am Women's 18-Hole Golf 9am Eagle Point Village ARC (D) <b>9am – 1pm AED/ CPR/ 1<sup>st</sup> Aid Training (V)</b> 9:30am Ceramics (D) 9:30am Women's Fellowship (V) 11am Pickleball (Tennis Courts 1 & 2) 12:15pm Ponytail Canasta (V) 1pm Good Samaritans (D) 1pm Sailing Club (D) 2pm Genealogy Club (V) 5pm Table Tennis (D) 5pm Tai-chi for Beginners (V) 6pm Yuan-chi & Fan Dance (V) <b>6:15pm Village Riviera BOD (D)</b> <b>6:30pm Village Riviera HOA (D)</b> 6:30pm Pinochle (V) 7pm Photography Club (V) 7pm Ballroom Dance - Adv (V) 8pm Ballroom Dance - Beg (V)	<b>4</b> 8am Social Tennis 8:50am Cycling Club (Delta Parking Lot) 9am Model Club (V) 9:30am Walk & Talk (V) 9:30am Village1 ARC (V) 10am Rubber Stamp Card Making (D) 10:30am Country Line Dancing (D) 11am Book Club: 66 Bible Books (V) 11am Pickleball (Tennis Courts 1 & 2) 12pm Adv Watercolor (D) 12:15pm Friday Duplicate Bridge (V) 2:30pm Veterans Day Focus Group (V) 6pm Joy Luck Mah-Jongg (V)	<b>5</b> 8am Motorcycle Club (Off-site) 9am Model Club – Garden Railway (V) 9am Table Tennis (D) 9:30am Hiking Club (V) 6pm Texas Hold'em / Omaha Poker (D)
<b>6</b> <b>FALL BACK – Daylight Savings Time ends</b> 8am – 12pm Eagle Point Pancake Breakfast (D) 5pm Tennis Tournasocial (D)	<b>7</b> 8am Social Tennis 8:30am Woodcarving (D) 9:30am Walk & Talk (V) <b>10:30am – 12pm Registration for NYE Grand Ball (V)</b> 10:30am Saddle Rock Village ARC (V) 12pm Open Painting (D) 12:30pm Rip, Stitch & Bitch (V) 12:30pm Mah Jongg (V) 1pm TAG Monthly (D) 2pm Garden Club Planning Com (D) <b>2pm TRVMA Executive Session (V)</b> 2:30pm Pickelball (Tennis Courts 1 & 2) 3pm Guitar Club (V) 3pm Oakmont Village RC Social Com (V) 5pm Whist Planning (V) 6pm Soul Line Dancing (D) 6pm Poker (D) 6:30pm Game Night (V)	<b>8</b> <b>7am – 8pm Election Day – Polls Open (D)</b> 8am Social Tennis 8:30am Radio Club (Offsite) 9:30am Women's 9-Hole Golf 10:30am Book Club (V) 11am Pickleball (Tennis Courts 1 & 2) 11:30am TRVMEN Golf 12pm Cooking Club (D) 12:15pm Beg Watercolor (D) 12:15pm Hand & Foot Canasta (V) <b>2pm Master Association Board (V)</b> 4:15pm Table Tennis (D) 5pm Billiards Club Tournament (V) 5pm Tai-chi & Yuan-chi (V) <b>7pm Emergency Action Com (D)</b>	<b>9</b> 8am Social Tennis 8am TOPS (D) 8:30am Sr. Men's Golf 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Men's Fellowship (D) 10am Horseshoe Pit Play (Brockton Park) 10am Kare Bears – Village Oakmont (D) 10am Stained Glass (D) 11am Ukulele Club (V) 11am Pickleball (Tennis Courts 1 & 2) 12:30pm Fat Quarters Quilting (D) 2pm Open Oil & Acrylic Painting (D) 2pm Card Design Class (D) 4:30pm Table Tennis (D) <b>5pm Admin Policies Com (V)</b> 5:30pm Delta Harmony Rehearsal (V) 6:30pm Nature Club (V) 7pm Singles Club (V) 7pm Square Dance (D)	<b>10</b> 8am Social Tennis 8:30am Women's 18-Hole Golf 9am Blood Pressure Check (D) 9:30am Ceramics (D) 9:30am Women's Fellowship (V) 10am Council for the Arts (V) 11am Pickleball (Tennis Courts 1 & 2) 12:15pm Ponytail Canasta (V) 1pm Garden Club (V) 1pm Good Samaritans <b>3:45pm Village 1 BOD (D)</b> <b>4pm Village 1 HOA (D)</b> 4pm Sr. Men's Golf Board (D) <b>5pm Admin Policies Com (V)</b> 5pm Tai-chi for Beginners (V) 5:30pm RV Roamers Thanksgiving Social (D) 6pm Yuan-chi & Fan Dance (V) <b>6:15pm Olympic Village BOD (D)</b> <b>6:30pm Olympic Village HOA (D)</b> 6:30pm Pinochle (V) 7pm Writers' Club (V) 7pm Ballroom Dance - Adv (V) 8pm Ballroom Dance - Beg (V)	<b>11</b> <b>Veterans Day</b> 8am Social Tennis 8:50am Cycling Club (Delta Parking Lot) 9:30am Walk & Talk (V) 10am Rubber Stamp Card Making (D) 10:30am Country Line Dancing (D) 11am Book Club: 66 Bible Books (V) 11am Pickleball (Tennis Courts 1 & 2) 12pm Adv Watercolor (D) 12:15pm Friday Bridge (V) <b>1pm Veterans Day Tribute (V)</b> 2pm Guitar Club Beg Workshop (D) <b>6pm Veterans Ball (V)</b> 7pm Bunco (D)	<b>12</b> 9am Model Club – Garden Railway (V) 9am Table Tennis (D) 9:30am Hiking Club (V) 6pm Texas Hold'em / Omaha Poker (D)
<b>13</b> <b>10am – 3pm Trilogy Produce Market (D)</b>	<b>14</b> 8am Social Tennis 8:30am Woodcarving (D) 9am Olympic Village ARC (V) 9:30am Walk & Talk (V) 10am Village Oakmont ARC (V) 11:30pm Rip, Stitch & Bitch (V) 12pm Open Painting (D) 12pm Duplicate Bridge (V) 2:30pm Pickleball (Tennis Courts 1 & 2) 2:30pm Veterans' Day Focus Group Wrap Up (V) <b>3pm House Renovations Com (D)</b> 5pm Whist Planning (V) 6pm Soul Line Dancing (D) 6pm Poker (D) 6:30pm Game Night (V) 7pm Model Club - RC Aircraft (D)	<b>15</b> 8am Social Tennis 8:30am Radio Club (V) 9am Garden Club Workshop (D) 9:30am Golf – Women's 9-Hole 10:30am Country Line Dancing (D) 11am Pickleball (Tennis Courts 1 & 2) 11:30am Golf – TRVMEN 9-Hole 12:15pm Beg Watercolor (D) 12:15pm Hand & Foot Canasta (V) 12:30pm Dominoes (D) 1:30pm Golf–Women's 9-Holer Mtg (D) 2:30pm Celtic & Zen Tangle Drawing (D) 4pm Couples Canasta Holiday Party (V) 4:15pm Table Tennis (D) 5pm Billiards Club Tournament (V) 5pm Tai-chi & Yuan-chi (V)	<b>16</b> 8am Social Tennis 8am TOPS (D) 8:30am Sr. Men's Golf 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Men's Fellowship (D) 10am Horseshoe Pit Play (Brockton Park) 10am Stained Glass (D) 11am Ukulele Club (V) 11am Pickleball (Tennis Courts 1 & 2) 12:30pm Fat Quarters Quilting (D) 1pm Village Riviera ARC (D) 1:30pm Jazz Band (V) 2pm Bergren Oil & Acrylic Painting (D) 2pm Card Design Class (D) 4:30pm Table Tennis (D) 5:30pm Delta Harmony Rehearsal (V) <b>6:15pm Saddle Rock Village BOD (D)</b> <b>6:30pm Saddle Rock Village HOA (D)</b> 7pm Delta Breeze Rehearsal (V) 7pm Singles Club (V) 7pm Square Dance (D) 7:30pm Saddle Rock Village RC (D)	<b>17</b> 8am Social Tennis 8:30am Women's 18-Hole Golf 9am Eagle Point ARC (D) 9:30am Ceramics (D) 9:30am Women's Fellowship (V) 11am Pickleball (Tennis Courts 1 & 2) 12:15pm Ponytail Canasta (V) 1pm Good Samaritans (D) 2pm Genealogy Workshop (V) 4pm Golf: Sr. Men's General (D) 5pm Table Tennis Quarterly (D) 5pm Village Riviera RC (V) 5pm Tai-chi for Beginners (V) 6pm Yuan-chi & Fan Dance (V) 6:30pm Pinochle (V) <b>6:45pm Village Oakmont BOD (D)</b> <b>7pm Village Oakmont HOA (D)</b> 7pm Ballroom Dance - Adv (V) 7:30pm Eagle Point Village RC (D) 8pm Ballroom Dance - Beg (V)	<b>18</b> 8am Social Tennis 8:50am Cycling Club (Delta Parking Lot) 9:30am Village 1 ARC (V) 9:30am Walk & Talk (V) 10am Rubber Stamp Card Making (D) 10:30am Country Line Dance (D) 11am Book Club: 66 Bible Books (V) 11am Pickleball (Tennis Courts 1 & 2) 12pm Adv Watercolor (D) 12:15pm Friday Bridge (V) 6pm Joy Luck Mah-Jongg (V) 7pm Whist Club (D)	<b>19</b> 9am Model Club – Garden Railway (V) 9am Table Tennis (D) 9:30am Hiking Club (V) <b>10am – 3pm Gift, Craft &amp; Art Faire (V)</b> <b>10am – 3pm Jewelry Show (V)</b> <b>11am – 2pm GLR Entertainment – 3JB (V)</b> 6pm Sr Mens Golf Annual Awards Banquet (V) 6pm Texas Hold 'em/ Omaha Poker(D)
<b>20</b> 6pm Singles Club Barbeque (D) 7pm Dance Club – Afterglow (V)	<b>21</b> 8am Social Tennis 8:30am Woodcarving (D) 9:30am Walk & Talk (V) <b>10am Council of Village Presidents (D)</b> 10:30am Saddle Rock Village ARC (V) 12pm Open Painting (D) 12:30pm Rip, Stitch & Bitch (V) 12:30pm Mah Jongg (V) 2:30pm Pickleball (Tennis Courts 1 & 2) <b>2:30pm Amenities Com (V)</b> 3pm Guitar Club (V) 5pm Whist Planning (V) 6pm Poker (D) <b>6:15pm Eagle Point Village BOD (D)</b> <b>6:30pm Eagle Point Village HOA (D)</b> 6:30pm Game Night (V) 7pm Fishing Club (D) 7pm Hiking Club (V) 7:30pm Eagle Point Village RC (D)	<b>22</b> 8am Social Tennis 8:30am Radio Club (V) 9:30am Women's 9-Hole Golf 10:30am Country Line Dancing (D) 11am Pickleball (Tennis Courts 1 & 2) 11am Coffee House Players (V) 11:30am TRVMEN Golf 12:15pm Beg Watercolor (D) 12:15pm Hand & Foot Canasta (V) 12:30pm Dog Club (D) 4:15pm Table Tennis (D) 5pm Billiards Club Tournament (V) 5pm Tai-chi & Yuan-chi (V) <b>7pm Emergency Action Com (D)</b>	<b>23</b> 8am Social Tennis 8am TOPS (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Horseshoe Pit Play (Brockton Park) 10am Men's Fellowship (D) 10am Stained Glass (D) 11am Ukulele Club (V) 11am Pickleball (Tennis Courts 1 & 2) 12:30pm Fat Quarters Quilting (D) 1:30pm Jazz Band (V) 2pm Open Oil & Acrylic Painting (D) 2pm Card Design Class (D) 4:30pm Table Tennis (D) <b>5pm Admin Policies Com (V)</b> 5:30pm Delta Harmony Rehearsal (V) 7pm Delta Breeze Chorus (V) 7pm Singles Club (V) 7pm Square Dance (D)	<b>24</b> <b>Thanksgiving Holiday</b> <b>Vista Club &amp; HOA Admin Office Closed</b>	<b>25</b> 8am Social Tennis 8:50am Cycling Club (D) 9:30am Walk & Talk (V) 10am Tennis Club (D) 10am Rubber Stamp Card Making (D) 10:30am Country Line Dance (D) 11am Pickleball (Tennis Courts 1 & 2) 11am Book Club: 66 Bible Books (V) 12pm Adv Watercolor (D) 12:15pm Friday Bridge (V) 2pm Guitar Club Beg Workshop (V) 7pm Bingo (D)	<b>26</b> 9am Model Club – Garden Railway (V) 9am Table Tennis (D) 9:30am Hiking Club (V) <b>10am – 2pm Holiday Decorations Shop &amp; Swap (V)</b> <b>10am – 1pm Christmas Tree Decorating (V)</b> <b>10:30am – 1:30pm Piano Entertainment by Jim Hurt (V)</b> 6pm Poker – Texas Hold'em /Omaha (D)
<b>27</b> <b>5pm Tree Lighting Ceremony (V)</b>	<b>28</b> 8am Social Tennis 8:30am Woodcarving (D) 9am Olympic Village ARC (V) 9:30am Walk & Talk (V) 10am Village Oakmont ARC (V) 12pm Open Painting (D) 12:30pm Rip, Stitch & Bitch (V) 12:30pm Mah Jongg (V) <b>1pm Access Com (D)</b> 2:30pm Pickleball (Tennis Courts 1 & 2) <b>3pm House Renovations (V)</b> 5pm Whist Planning (V) 6pm Poker (D) 6pm Soul Line Dancing (D) 6:30pm Game Night (V) 7pm Havurah Friends (V)	<b>29</b> 8am Social Tennis 8:30am Radio Club (V) 9am Garden Club Workshop (D) 9:30am Women's 9-Hole Golf 10:30am Country Line Dancing (D) 11am Pickleball (Tennis Courts 1 & 2) 11:30am TRVMEN Golf 12:15pm Beg Watercolor (D) 12:15pm Hand & Foot Canasta (V) 4:15pm Table Tennis (D) 5pm Billiards Club Tournament (V) 5pm Tai-chi & Yuan-chi (V) 7pm Drama Club Membership (D)	<b>30</b> 8am Social Tennis 8am TOPS (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Horseshoe Pit Play (Brockton Park) 10am Men's Fellowship (D) 10am Stained Glass (D) 11am Ukulele Club (V) 11am Pickleball (Tennis Courts 1 & 2) 12:30pm Fat Quarters Quilting (D) 1:30pm Jazz Band (V) 2pm Open Oil & Acrylic Painting (D) 2pm Card Design Class (D) 4:30pm Table Tennis (D) 5:30pm Delta Harmony Rehearsal (V) 7pm Delta Breeze Chorus (V) 7pm Singles Club (V) 7pm Square Dance (D)			

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## Join the Soul Line Dancers Dance Concert with TRI TIP TRIO



Bruce Gordon and Lloyd Meadows first combined their musical chemistry in 1991 forming Zydeco Flames. Their magic sounds come alive today as the Tri Tip Trio.

Lloyd's mesmerizing washboard, harmonica & soulful vocals, with Bruce's funky, bluesy accordion, and Louie Rodriguez on drums will keep you dancing on your feet or in your seat!

Tri Tip Trio is a fireball of hot dance hall music.

Bring family, friends, & your favorite refreshments!  
Check in begins 6:00 p.m.

October 29, 2016  
Diablo Ballroom,  
Vista Club  
6:30 - 9:30 p.m.  
\$15 per person



Sign up at Vista Club Member Services (reservations limited)

## FAMILY HALLOWEEN PARTY

Sunday, October 30

2:00 - 4:00 p.m.

Seating Begins at 1:45 p.m.

Delta Club

*Kids Costume Parade!*

*Family Pictures & Games!*

*Treat Bags & Prizes!*

**\$10 per family plus**

**\$1 for each child participant**

Sign up number attending at Member Services

No plans for the day?

Volunteer for this fun event!

Contact Debbie Dorn 374-4204



## Thursday Nov. 3, 2016

### CPR

Learn to save a life  
Cardio Pulmonary Resuscitation for Adults (ages 9 and up)



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

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

Vista Club Monterey Room  
9 a.m. - 1 p.m.

**Sign Up at Member Services ~ \$60**

## Join your Trilogy neighbors for the 14th Annual FALL Gift, Craft & Art Faire & Jewelry Show

\*Raffle proceeds benefit Rio Vista Senior Center Meals on Wheels.\*

Hourly  
Raffles!

Amazing  
Prizes!



Saturday, November 19, 2016

10am to 3pm

Just in time for the holidays! Don't miss out on this convenient and unique shopping experience at Trilogy's Vista Club! Denny James performs 11:00 a.m. - 2:00 p.m. in the Grand Living Room!

Open to the public!

Raffle tickets are \$1 each or #6 for \$5

Vista Café Open Until 3:00 PM



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## Billiards

The next Billiards Club meeting is on Wednesday, Nov. 2 at 7 p.m. in the Monterey Room at the Vista Club. Tournaments are every Tuesday starting at 7 p.m. We play 8-ball or 9-ball depending on the week of the month. On Saturday Oct 1, we played a tournament with the Pinole senior center. They were shooting better than us and won 29 to 21 games. We hosted a nice lunch for them at Al's. Officers: resident Al Bergoust, VP Mike Quihuiz, Treasurer Jack Clark, Secretary Victoria Munoz, Membership Chairman Dave Stewart. Recent winners:

<b>September 6, 8-Ball</b>	<b>September 13, 9-Ball</b>
1 <sup>st</sup> Dave Stewart	1 <sup>st</sup> Mike Quihuiz
2 <sup>nd</sup> Richard Gutierrez	2 <sup>nd</sup> Al Banga
3 <sup>rd</sup> Geno Toscano	3 <sup>rd</sup> Diego Cassone

<b>September 20, 8-Ball</b>	<b>September 27, 8-Ball Partners</b>
1 <sup>st</sup> Mike Quihuiz	1 <sup>st</sup> Al Bergoust-Victoria Munoz
2 <sup>nd</sup> Dave Stewart	2 <sup>nd</sup> Geno Toscano-Al Banga
3 <sup>rd</sup> Richard Gutierrez	3 <sup>rd</sup> Richard Gutierrez-Steve Warshaw

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

## Bocce

It took three games to decide the championship of the NBL. The winner was the Fireballs over the Paisanos with a final game score of 12 to 10. The Fireballs were crowned the 2016 champions at the leagues End of Season Dinner on Sunday, October 2. Another first for the club: the Harvest Bocce League (HBL) is up and rolling. The league consists of 25 teams with a total of 225 members who play one 3-game match per week at 9 a.m. on Tuesday, Wednesday or Thursday at the Summerset courts. If you would like to know more about bocce, stop by the courts during play, take a look and ask any questions. An early December HBL (BYOS) social is being planned. Members in attendance at the club's September annual meeting re-elected the existing board for another two-year term. Planning for 2017 has started and will be noticed here when finalized. Remember to roll often, throw straight and have fun, that's what it's all about. For more information, contact Joe Downes at 707-734-7520.

## Bridge – Duplicate

Duplicate Bridge meets the second Monday of each month at 12:15 p.m. in the Sonoma Room at the Vista Club. Please mark your calendars for our game on Monday, November 14, 2016. All Trilogy residents who are interested in playing duplicate bridge are welcome. If you need a partner, we'll find one for you. Please contact Sue at 707-374-6136.

September's winners: Regular game– First: John Mount and Bob Wiskotzil; Second: Sue Vogtlin and Lois Brusen. Novice game– First: Cyndy Schroeder and Tammy Woodworth.

## Bridge – Friday

Friday Bridge Club meets every Friday at 12:15 PM in the Vista Club, Sonoma room. All levels of players are welcome. Please let us know you are coming by noon on the Wednesday of that week. Sign-up book is in the Sonoma Room in the middle top drawer of credenza at the left side of the room. On the first Friday there will be duplicate bridge, all levels welcome. Same sign up book. For more information or any questions, please call Larry Epner at 707-374-3511.

## Bunco

We are going to have a rip-roaring time with the new Bunco fans that have moved into Trilogy Rio Vista and have had their first garage sale. Now is the time to meet the rest of the trilogy residents who have acquired "new" treasures. We meet at the TRV Delta Clubhouse on the second Friday of the month at 7 p.m. We still sit at tables with a total of four contestants at each table, make introductions, and when the room is ready, we start. At the end of each round, two persons each move to another table and again we play. I will continue to confirm the laughter, excitement and old fashioned good will among neighbors is there at each round. The easy rules of play and refreshments make it a fun evening. For further information, please call Shirley at 707-374-9984.

## Ceramics



*Sue Carlson and her delightful bears. Photo by Linda Robinette*

It is November and here come all the holidays. These little bears look like they are ready to celebrate and frolic in the snow. Maybe they will go to the mountains and slide down on sleds. These bears put a smile on your face. There are so many different things to choose when it comes to ceramics. There are plates, bowls, spoon rests, candle holders,

salt and pepper shakers, mugs, almost every animal or bird you might dream of and more. Think of all the possibilities. You can decide how to paint them and pick the colors you like. We welcome new members and we are

filling the room with chatter and laughter. Why don't you come and join us?

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

## Community Connections

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

As we will be celebrating Thanksgiving on our regular meeting date, November 24, the meeting for November is cancelled. We hope you enjoy family, friends and the spirit of Thanksgiving. We look forward to meeting you at future meetings! For more information, contact Robie at 650-454-4299 or robiejw@hotmail.com.

## Cooking

Welcome to the Cooking Club. The Club gathers once a month to share cooking experiences, recipes and a tasting that goes along with the theme for the month. We like to cook to a theme for our meeting, and in November the theme will focus on holiday pies with Kathy N, Carol D. and Alan H. providing the pies for tasting. Come and join us.

We were very pleased with the interest shown at the club event in September and had 22 people sign up as interested in the club. Last month's meeting had nine new attendees who we hope will be back for our next meeting. If you were unable to make last month's meeting, please make plans to attend a meeting soon. We would love to have you come and share your experience and passion for cooking.

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

If you have a great tip to share, bring it along too. Here's one from our last meeting:

- Leftover broth? Freeze it in ice cube trays and next time your dish calls for 1/3 cup, just throw in a couple of broth cubes.

All cooks and "wannabe" cooks are encouraged to join us. Everyone is welcome. Our next meeting is November 8th. Come and vote for your favorite pie and then watch the election results!

## Couples Canasta

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

## Cycling

Our winter starting time begins in November. Meet at 8:50 a.m. in front of the Delta Club on Fridays. We have frequent regroupings and no rider is left behind. Rides are 20-25 miles with the option to add or subtract miles from the ride. Bring money for a possible coffee and snack stop. For more information, contact Marcia or Al Morrison at 707-374-5177 or marcial-sj@netscape.net.



Mike Gaertner is pictured in this month's article. Mike started a Casual Bike Ride on October 5. It was started after the deadline for the October *Trilogy Living* Magazine. His first Wednesday bike ride in November is on November 2. Mike will meet on Wednesdays at 8 a.m. and will start and end at the Delta Club. Mike will lead easy Summerset loops within Trilogy. Ride as far as you wish at your pace. It will be a casual atmosphere for the new/novice rider. The ride will be within Trilogy and no rider will be left behind. All types of bicycles are okay. Helmets are required on all club rides. For more information, contact Mike Gaertner at 808-281-7540 or gaertnersr@aol.com.

In addition to our Friday bike ride, Mike Gaertner is starting a Casual Bike Ride on Wednesdays at 8 a.m. and will meet in front of the Delta Club.



## Dog

Hi, my name is Tawny Hollendonner, and my parents are Mike and Barbara. I am a Golden Retriever and will turn three in December. My Dad says I am the best thing since sliced bread. Sometimes my Mom says I am toast, usually after we have a battle of wills. Well, I am a teenager and a girl, to boot! I can't wait for the dog park to open so I can play with my four-legged friends and sit on a bench with my two-legged ones.



The guest speakers at our last meeting were Lee Nunes and Amber Jackson, co-owners of Delta Dawgs. Emphasizing the do's and don'ts of dog grooming and how to use the multitude of products on the market, they recommended several items for home grooming: a slicker brush, a matte splitter, Cowboy Magic (for removing knots), and a go-go, 13-tooth blade for dogs who shed.

Harlan Dalluge, a Trilogy resident, takes pictures of our dogs during play dates, enhances them in Photoshop as necessary, and then cuts the pictures out and mounts them on stands. They are for sale and he will come to your house for a private photo session.

The Dog Club had its Halloween Costume Dog parade in October and our annual Valentine's Day Brunch is already in the planning stages. Our next meeting will be Wednesday, November 23 at the Delta. The next scheduled play date falls during the holiday week so the exact date will be announced later by email. For more information, contact President Primeau at sl5prim@yahoo.com.

## Dominoes

The Conductor, not the Engineer is in fact in charge of the train. Conductor Shirley will be back from Hawaii, and the train will be in time to play Mexican train. You have to come to the station to board. The "station" is at the Delta Club on Tuesdays, the first of November and fifteenth of November at 12:30 p.m. If you are not familiar with the rules of play, you will be patiently helped by the others. They are simple, and the play is quick enough to keep everyone's interest. Don't miss out. For further information, please call Shirley at 707-374-9984.

## Drama

Our group will NOT be having our annual Christmas play this coming December due to many scheduling conflicts. Rest assured that we will be working with the Vista Scheduling Team towards getting the play on the calendar for next year. In the meantime, our play committee is actively looking for our next summer's box office hit.

Planning has already started for our annual Pasta Feed fundraiser that is scheduled for April 22, 2017 at the Delta Club.

We will not have membership meetings in November and December as we are taking a hiatus for the holidays. All interested Trilogy residents and all new signups from September's Club Awareness Day should come to our next membership meeting on Tuesday, January 31, 2017, at 7 p.m. at the Delta Club. Please contact Judy Calpo for more information at 707-374-2924.

## Fishing

Trilogy Fishing Club is open to men and women that enjoy the art of fishing. Come join us on the third Monday of the month at 7 p.m. in the Delta Marina Room. Come and socialize with others and share your fishing stories and pictures with us. This year is winding down, so we need to get together and plan events and fishing trips for next year. We have members that enjoy fresh water fishing and salt water fishing from beginners to experienced, so all are welcomed.

For information, contact John at 408-931-0857 or jjmcof@att.net, or Ed Moreland at 707-330-0358. See you there!

## Garden



*Julie's Cornhusk Wreath*

October has come and gone and we are on to an exciting November. The Club continues to grow, both in membership and knowledge!

Our November 10, 2016 meeting is all about gardening for seniors. Hey, we can relate to that! We all go through changes as we age, but we still like to participate in our favorite activities. Our speaker, Jenni

Dodini, is not just a Solano County Master Gardener; she's also a semi-retired Registered Nurse. Jenni utilizes her

skills in gardening and nursing to share with seniors how to garden safely to prevent accidents and still enjoy their garden. Don't forget to bring your questions, as there will be a question and answer period after the presentation! As always, there will be some of the best refreshments around for your enjoyment!

Save the date! Our December 8 meeting will be a Trilogy Garden Club potluck to share the spirit of the season with good friends and our fellow members. Our picture this month is of Garden Club member, Julie Jacobs, and her corn husk wreath made at our workshop.

Watch the lobby of the Vista and Delta Club for our posters announcing the details of our December 8 potluck and our holiday arrangement workshop that will be held on Tuesday, November 29 at 9 a.m. in the Marina Room at the Delta Club.

We hope you will come grow with us! Membership is only \$15 per household per year and entitles you to member's only benefits. Should you have any questions, please contact us at [trilogygardenclub@gmail.com](mailto:trilogygardenclub@gmail.com).

## Genealogy

It is our great pleasure that we get to recognize the person that was a co-founder of the Genealogy Club and has for some 16 years provided her leadership and expertise in developing the club we enjoy today. Rhoda Fone is passionate about genealogy research and she has developed a vast knowledge base of genealogy resources and techniques. Rhoda has now decided to hand over leadership of the club to Carolyn Bridges, but Rhoda's continued presence and contributions will be valuable assets for the club going forward. Rhoda, we all thank you for a job well done!

**The Civil War:** On April 16, 1862, The Confederacy passed the Conscription Act, the first effective general military draft in America. This Act, initially drafted healthy white men ages 18 to 35 for three-year terms. The federal government instituted its own draft a year later. This Enrollment Act called on men ages 20 to 45 to register for the draft. As in the South, substitutes were allowed, or else men could pay a \$300 commutation fee. Conscription was partially meant to encourage voluntary enlistment, as those who joined as volunteers were eligible to receive bounty money from states, counties, cities, and the federal government. To find your Civil War soldiers, try the Soldiers and Sailors Database provided and maintained by the National Park Service. To find land given as payment for service and possibly a note about their Military Unit, try [Glorecords.blm.gov](http://Glorecords.blm.gov). These are both free search sites.

## Good Samaritans



### "Have a Blessed Thanksgiving"

The Good Samaritans believe one of the keys to a beautiful Thanksgiving is an attitude of gratitude. We should be thankful every day. An attitude of gratitude is a biblical principle.

Then we ask ourselves, how do we develop an attitude of gratitude? We develop it as we grow from studying the Bible. The Good Samaritans believe in serving instead of being served, by showing love to others. To develop this type of attitude we reflect on God's goodness every day, and in every way. We found out the best method against discouragement is prayer and thanksgiving. Then we acknowledge all we have comes from God and that is why we have learned to be thankful in all situations.

Every year as we approach Thanksgiving Day, The Good Samaritans look for opportunities to reach out into our community. Our Thanksgiving outreach will involve reaching families going through a hardship, seniors, homeless and the lonely who need prayer and encouragement.

We pray to be able to reach the less fortunate with a Thanksgiving meal that will consist of a turkey and food items to prepare a dinner. If you would like to be a part of this year's Thanksgiving outreach, there is always an opportunity to bless someone. A turkey, food items or grocery gift card can be dropped off on November 10 or 17 at the Delta Club, Marina Room from 1 p.m. to 3 p.m., or e-mail us at [9fellowship@gmail.com](mailto:9fellowship@gmail.com) for a donation pick-up.

**Scripture of the Month: Col. 3:16-17**



## Havurah Friends

We will be having a social get-together on Monday, November 28 at 7 p.m. It will be in the Monterey Room at the Vista Club. In addition, there will be a short business meeting, to discuss future events. Please bring a small snack to share if you wish.

Havurah Friends is a social and educational club, open to all who are interested in exploring Jewish history and culture through discussion, books, special events and traditional holiday gatherings.

We plan to have a Chanukah Party on December 30, 2016! We will need committee members to help plan. In addition, we are always exploring new ideas for day trips, as well as interesting discussion topics and future events. Please come and give us more ideas to help make your club whatever you would like it to be!

We look forward to welcoming new members as we expand our group of friends. For more information, please call Pam at 707-374-3161 or email her at karatpah20@gmail.com.

## Hiking

The Trilogy Hiking Club is one of the oldest and largest clubs in Trilogy, formed 12 years ago with a current membership of over 250 members.

The Club offers a wide variety of hiking, special interest and social events; membership and most hikes are free. A nominal fee is charged for our special events.

**Hiking:** The club's mainstay activity is our Saturday Hikes. In the last 12 years close to 500 hikes and events have been conducted. We offer a varied assortment of trips ranging from short hikes on paved surfaces, to long single trail hikes for those more adventurous. A monthly member newsletter describes each hike in detail in advance of the hike date. All hikes depart at 9:30 a.m. from the Vista Club, where a pre-trip meeting is held and carpooling arrangements are made.

**Special interest events:** These range from day trips to places such as: the Mines at Black Diamond, Sacramento's Underground, and Vasco Caves to multi-night trips to Pt. Reyes, Lassen or Yosemite (traditionally we go to Yosemite in May and Pt Reyes in September).

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

## November's Saturday trips are:

November 5 - Carquinez Regional Shoreline - Martinez  
November 12 - Briones Regional Park - Pleasant Hill  
November 19 - Black Diamond Mines Regional Preserve  
November 26 - No hike: Thanksgiving holiday

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

## Jazz Band

The Jazz Band has been busily updating our music to reflect the more modern tastes of today's Trilogy residents. Not to say that we have forgotten our jazz-based roots, but we think you'll enjoy our music even more with some of the new material Director Jim Lucas is writing. Thanks to Jim for all his outstanding work! We will be playing for events around Christmastime and are always available to play for private parties.

Due to the illnesses of some of our members we desperately need trombone players, saxophonists, and trumpeters. The music is easy to play, the band has a lot of fun, and making music is very therapeutic for the soul. We hope that some of you newer folks to Trilogy have a rusty old horn stashed in your garage that is begging to be used again. Come join us and make music or just listen. We rehearse every Wednesday at the Vista Club Diablo Ballroom from 2:30 to 4:45 p.m., and we'd love to play for an audience. For further information about the band contact Director Jim Lucas at 707-374-5767.

## Model Club

Local field trips are in the planning stage. There a number of interesting places to go and people to meet, along with flavorful local restaurants to try. Have you tried the Highway 12 Diner for breakfast or lunch? The Dutra Museum, Rio Vista Museum, the Western Railroad Museum and Old Town of Lock all have close-by, interesting places to visit. Any questions, please contact our Club President Mr. Ted Tome at 925-691-4676. Please join us at our monthly meeting the first Friday each month in the Monterey room at 9 a.m.

## Motorcycle

The Trilogy Motorcycle Club riders meet the first Saturday of every month for an all-day ride. The October 1 ride had a bit of competition from the Trilogy garage sale, flat tires and duck blind maintenance. However, a nice little group of 5 riders got to participate in a clam chowder run to Bodega Bay. Route was through the backroads to



L to R: Bill, Greg Graham, Phil Vaughn, Frank Cable, Randy Scott, Wil Bridges, Bob Azbell, John Stapp

Napa, over to Petaluma for a stretch, then to Bodega for lunch. The Dungeness Crab Sam'mich is mighty tasty! We headed back on a couple of roads with no names, got lost a couple of times, the GPS's on the bikes smoked and somehow we ended up on Hwy 12 going into Napa. What a wonderful ride, you just can't get lost on a motorcycle. In another vein, the Wednesday, September 5, coffee run morphed into an all-day ride to Yosemite with 9 riders ready to take on a 14-hour day and some 400+ miles just to have a cup'a joe in the Valley floor. The weather was supremely nice, views of Half Dome from the Glacier Point Road vantage point were marvelous and there are enough twisty roads to satisfy any rider's itch. We elected to exit the park to the south through Oakhurst, over to Mariposa, then Merced and an easy cruise up Hwy 99 to Stockton and home. This ride and the group photo in Yosemite are equally superb. Awesome day!

We invite the other motorcycle riders in Trilogy to join us on any of the monthly rides. The next ride will meet at McDonald's in Rio Vista at 8 a.m. November 5, the destination TBD based on weather. For more info, contact Bob Pastorino at 707-374-6556 or Larry Nelson at 707-374-2967.

## Movers & Shakers

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

## Nature

In September we enjoyed a visit to Big Break Regional Shoreline in Oakley. In October we explored the John Muir National Historic Site in Martinez, home of one of America's most revered conservationists.

Thursday, November 17 will be Cosumnes River Preserve where we expect to see a wide variety of fall migratory bird species, i.e., cranes, ducks, geese, swans and shorebirds. Meet in the Vista Club parking lot at 9 a.m. to carpool/caravan to our first stop, the visitor center at 13501 Franklin Blvd., north of Galt. You may bring snacks, lunch or water; picnic tables are available. Wear comfortable shoes for an easy walk.

Our monthly meeting is Wednesday, November 9, at 6:30 p.m. in the Monterey Room, Vista Club. Please join us to discuss possible outings for winter and spring. Notification about additional field trips will be sent to members via email. For questions, call Gail at 707-374-2718.

## Pickleball

What's Pickleball, you say...

The court is a combination of the badminton and tennis courts with a 34" net. Lightweight paddles and a plastic perforated ball (wiffle ball): that's all the equipment you need. Pickleball is very successful in retirement communities but has recently crossed the boundary to all age groups. It is not uncommon to see a 10-year-old child playing a 70-year-old grandparent and providing a very competitive game for each. Pickleball is easy to learn, easy to setup, inexpensive to play and provides a vigorous workout.

It's the best deal in Trilogy, with Pickleball Club membership at \$15 per fiscal year. Go to the Trilogy Rio Vista Pickleball Club website TRVPC.com for all the news, rules, schedules and membership application. We play Monday at 2:30 pm, Tuesday through Friday at 11 a.m., on Tennis Courts 1 and 2.

Pickleball Club news: Save the date Friday, December 2 for our first Pickleball Club Christmas party! Advanced play on Tuesdays and Thursdays 11 a.m. court #2. Beginner instruction on Thursdays at 11 a.m. For more information, call Linda Pagliaroli at (916) 835-3801.

## Radio

To further expand the Radio Club's knowledge and emergency experience, Jim designed and conducted an emergency communications drill to demonstrate our area of "reach" in our surrounding area. This is done in the event we need to respond to the needs of the Fire Department, Police Department, California Office of Emergency Response and most important, our own community here at Trilogy. We will publish the results of the drill next month. You too can become an active member of this important group. The Radio Club meets most Tuesdays in the Vista Club Monterey Room at 8:30 a.m. for demonstrations and technical discussions. Please stop by. We also conduct



a radio network using the Solano County ACS repeater most Monday evenings at 7 p.m. Questions? Call Club President, Dean Lattman for more information. He is available at 707-374-3967

## Men's Executive Nine Golf

The Rio Vista Men's Executive Nine golf club is comprised of members who enjoy playing nine holes of golf and then socializing after the game. We play each Tuesday mid-morning. The format varies each week, with individual "straight" golf play two Tuesdays of the month, and, with a few exceptions, individual and team tournament events on the alternate Tuesdays. We would like to welcome new members Jim Greco and Dean Dyes to our club. With the addition of these new golfers, we currently have 110 members. If you would like to join us, pick up an application form in the Pro Shop posting room or contact our Membership Chairman, Rolf Sabye, by phone at 707-374-5053 or email at [sabyegrp@frontiernet.net](mailto:sabyegrp@frontiernet.net).

During the month of September, the Club held two Tuesday Tournaments. The winners of the flighted "Four Club" tournament on September 13 were (A) Steve Baptista (B) Tom Kim (C) Bill Belzer. The winning foursomes of the "Low Net by Flight" tournament on September 27 were (A) Joe Devilbiss, Tony Swain, Jeff Culshaw, Bill Runions (B) Byron Lockhart, Hale Conklin, Gerard Eremian, Robert Azbell and (C) James Owen, Dave Hampton, Ralph Hatch, and Leo Jackson.

There will be three Tuesday Tournaments in November. The Tuesday Tournament on November 1 will utilize a "two man switch" format. This tournament will be followed by our Annual Awards luncheon at Sir Flair's restaurant. The tournament on November 15 tournament will be an "average 3 best scores" tournament. The month's play will close with an "eliminator" format tournament on November 29.

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

## RV Roamers

Rio Vista Roamers were down in Gilroy for the famous Garlic Festival the last weekend in July. We stayed at Casa de Fruta and they provided a bus to the festival, the only way to go! The weather was perfect, the garlic ice cream was tasty and we all had a great time. Last month, the RV roamers traveled to Jackson Rancheria Casino for a fun-filled weekend. Our next event is November 10, our annual Thanksgiving feast potluck. If you have an RV and not quite sure if you would like to join our club, you are welcome to join us at the potluck. Richard Larsen, our

president, created a website for the club. If you would like more information, you can contact Richard at 707-580-8122 or log onto the website: [rvroamers.net](http://rvroamers.net). It is time to renew your membership, the best deal around, \$12 a year. You may send your check to Janice Larsen, 510 American Falls Drive.

## Senior Men's Golf Club

The RVSMGC's Annual Match Play Championship concluded in late August with the following winners: Flight A (Noel Doyle); Flight B (Harold Rowe); Flight C (Don Love); and Flight D (Dave Warner). Congratulations are extended to all the "winners," but rather than allow them time to rest on their laurels, one must ask the ongoing question: "what have you accomplished lately?" Fame is fleeting, my friends!

The 2016 Club Championship season also continued into October with the Medal Play Club Championship, which was played in a Wednesday and Friday tournament format. Given the recent "punching and sanding" of the greens, excellent green conditions existed for all the competitors—non-winners were hard pressed to think up other excuses. October saw a group of members travel to nearby Napa Golf Course at Kennedy Park as part of our monthly Away Tournament schedule.

RVSMGC golfers traveled to Richmond CC on September 15 to play in the final Bay Area Senior Association (BASA) Home and Home tournament of the year. BASA represents a group of about 20 private country clubs. We are the only public club participating in this group, and our participation provides unique opportunity to play some excellent private golf courses, to which we would normally not have access.

The RVSMGC welcomes all Rio Vista men 50 and older to join our club. Membership forms can be found in the club room of the Pro Shop. For all other information concerning membership and activities, contact our Membership Director, Eric Bromell, at 925-685-7237 or [ebmixer@yahoo.com](mailto:ebmixer@yahoo.com).

## Singles

The Singles Group has been enjoying the camaraderie of old friends, meeting new people and having fun as the weather turns cooler.

We get together for cards and games on Wednesdays at the Vista Club from 7 to 9 p.m. in the Sonoma Room. Don't forget to bring your favorite beverage to quench your thirst! If you'd like to bring a sweet or savory to share you

can, but it's not required. We look forward to meeting you at the next event!

Our Meet and Greet BBQs are held the third Sunday of the month. Join us at 6 p.m. on November 20 in the Marina Room at the Delta Club. Bring something to grill, a side dish to share, something to drink and get ready to enjoy an evening of great conversation and laughs. Don't forget your swimsuit in case you want to take a dip in the hot tub.

If you have any questions, or require additional information, contact Robie Williams at [robiejw@hotmail.com](mailto:robiejw@hotmail.com) or Doug Littrell at [littrelldouglas66@gmail.com](mailto:littrelldouglas66@gmail.com).

## Table Tennis



"Life throws you curves. The most important thing of all: keep your eyes on the ball. Sometimes you hit, sometimes you miss... I'll show you how to win the game: you got to look before you take aim. Just have a little patience and it all will come... The most important thing

of all: keep your eyes on the ball." These are lyrics of a song by Raven Symone. They provide excellent advice for table tennis players.

Playing table tennis regularly develops the habit of keeping one's eyes on the ball, on and off the table. It promotes good health and self-confidence, improves mind-body coordination, and offers unique social interactions with like-minded, fun-loving people. To master and enjoy the sport, players must understand several aspects of the ball: spin, speed, trajectory, and effects of impact on the table and paddle. Besides intently watching the ball, one must also watch the opponent's position and movement. In competitive play, only a quarter of a second is available to observe the ball coming at you, formulate a response, and execute a play that gives you the advantage, possibly the winning shot. Come gaze at the ball with us. We promise an exhilarating experience.

To learn more about our club please visit [trvtt.wordpress.com](http://trvtt.wordpress.com) or contact: Len Latorre, President at 707-374-3893; Mimi Petersen, Vice President at 707-374-2219; Rod Armas, Treasurer at 707-374-5989; Saiman Hui, Secretary at 707-374-4883; Tom Barnes, Tournament Director 707-812-7112, Ruth Barnes, Member-at-large at 707-812-7112.

## Tennis

Some things to be thankful for this Thanksgiving: tennis coaches (high five to George); USTA leagues (where a lot of us got our start in competitive tennis); tennis friends (our great club); the volunteers that staff our club board and help with club events (gold stars for all of you); sweet



tennis gear (we may never get over Sport Mart closing); our tennis facilities (with or without lights); Djokovic and Federer (who make TV tennis so entertaining); and the Williams sisters (who put the spotlight on women's tennis in a big, big way). Also we should be thankful that we still have what it takes to play the game!

Tournament update: Saturday, October 1, was our second attempt to vanquish The Vineyards. With a score of 12 to 10 we did just that and had some great tennis in the process.

Upcoming events: Daylight Savings Tournasocial, Sunday, November 6. Play starts at 9 a.m., potluck at 5 p.m. at the Delta. Team Tennis 3 starts Saturday, November 12. Contact Bill Kienzie at [bk4849@comcast.net](mailto:bk4849@comcast.net) if interested. Holiday Party, Friday, December 16, mark your calendar.

As always, daily Social Tennis is M-F from 8 - 10:30 a.m. and we welcome anyone, member of the club or not, to join us. Just be sure that your shoes are "court" shoes that do not leave marks on the court surfaces. Members Only: for help with the ball machine, please call Chuck at 707-374-6808 or George at 707-863-1082.

Because of the holiday, please note that our November meeting will be held on the third Friday, November 18, at 10 a.m. at the Delta. For more information about our club you can visit our website at [www.frontiernet.net/~courtjesters](http://www.frontiernet.net/~courtjesters).

## TOPS

### (Take Off Pounds Sensibly)

Now that we're heading into the holiday season, it might be wise to take some tips from people that have lost over one hundred pounds. Some of the wise thoughts are:

- \* Think about the reasons you want to maintain your weight and compare them to the reasons you absolutely must try this guilt-ridden piece of wonderfulness.
- \* Take one day at a time and focus on maintaining for the current week. Choose the best and leave the rest.



- \* Find out what exercise works best for you, and actually do it. There are no calories burned for talking yourself out of it.
- \* Try to portion control what you want to a more manageable size. Just enjoy the taste of something rather than feeling like you have to devour it in order to have truly enjoyed it.

To assist you in maintaining during the holidays, here's a recipe that just might help.

## Ham and Egg Pita Pocket

Serves One

2 egg whites + 1 egg  
1/8 tsp of paprika and pepper  
1 slice deli ham, chopped  
1 green onion, sliced  
2 tbsps shredded reduced-fat cheddar cheese  
2 whole wheat pita pocket halves

1. In a microwave-safe bowl, whisk egg whites, egg, and paprika and pepper. Stir in ham, green onion and cheese. Microwave, covered, on high for 1 minutes. Stir. Cook on high 30-60 seconds longer until set. Serve in pitas or on toast, whichever is easier for you.

To join in our festivities and to meet the wonderful people who are part of this group, we meet every Wednesday at the Delta Club. Weigh-in is from 8-8:45 with the meeting beginning at 9. We hope to see you there.

## Trilogy Art Guild

Trilogy Art Club (TAG) is a club made up of artists of any medium and art lovers. We meet the first Monday of the month at 1 p.m. in the Marina Room in the Delta Building. Quite often we conclude our meetings with a demonstration or guest speaker. In October, we were treated to a wonderful demonstration by members of our Trilogy Woodcarving Club. For more information, you may contact Maren Waddill at 707-374-3954 or Richard Laswell at 559-359-1248.

If you have never attempted creating an art piece, perhaps you would enjoy learning watercolor techniques. There are several pieces on display in the Delta Building done by students in both the Beginner and Advanced Watercolor Classes taught by Anna Chunn.

All Trilogy residents are welcome to attend classes taught by some of our talented TAG members, no experience is required, beginners are welcome. Please contact the instructor if you are interested in their class. Classes are held in the Marina Room in the Delta Building:

## Beginning Watercolor

Tuesdays at noon, Contact Anna at 707-374-3560.

## Oil and Acrylic Painting with Gary

First and third Wednesdays, 2 - 4:30 p.m.  
Contact Alma at 707-374-3064.

## Card Design with Wilda

Wednesdays, 2 - 4 p.m. Contact Alma at 707-374-3064.

## Cardmaking with Shari

Fridays at 10 a.m. Contact Shari at 707-363-9752.

## Advanced Watercolor

Fridays at noon. Contact Anna at 707-374-3560.

## Whist

The baseball season has been completed, and now we are in the middle of football season. We Look forward to seeing gutsy plays and heart-stopping events. How about taking some time to activate your mind and body to volunteer for emergency services or other community projects?

The Trilogy Whist Club seeks your participation in our presentation of annual celebrations in 2017. Share your expertise and historical viewpoint.

You are welcome to have fun with us every third Friday of the month at 7 p.m. at the Delta Club. Bring a dish to share. The food is always plentiful and tasty. We play cards, Dominoes and any game that you bring and teach to us. Some people sit, exchange information and give their views for a better country. Come, interact and share your thoughts with us on the first and third Mondays of each month. We offer encouragement and support for each other. Remember, genius does what it must, and talent does what it can. For additional info, call Hattie Walker, Chairperson at 707-374-3699 or Jean Robertson at 707-374-0086.

## Women's 9-Holers



Ulla Ulmonen, Carol Petronzio, Debi Petteruti, Alma Renko, Linda Barlesi

Fall has arrived and the ladies are having fun. Some of the ladies went to a fun golf event in Minden, Nevada put on by Bill and Debby Carroll, along with members of several of the other clubs. They golfed in Genoa, Nevada, one of the first settlements in Nevada. They had a wonderful time.

The first week was a regular game. The second week was a low putt day. The third week was a 4 clubs plus a putter. The fourth week was a fun net play day.

The TOCC winners are Pam Fashing for the Gross Player. The net players are Barb Bellamy and Lois Dutcher. The tournament is being played at Poppy Ridge on October 13. Congratulations and good luck ladies. We are very proud of you.

The Handicaps for September: 25-36 is Lynn Traver, 35.5; 37-41 is Nancy Biles with a 34.5; 42-55 is Monika Danielson with a 30.5. We had a total of 12 pars. Linda Rowe, Lois Dutcher, Loretta Larsen, Pam Fashing, Sharon David, Karen Nash, Nancy Biles, Lynn Traver, Eila Ballard, Diane Scholz, Ana Bogucki, Linda Baptista. Also, Lynn Traver made a birdie. We had 4 chip-ins this month and they went to Linda Batista, Pat Lasusky, Nancy Griffin and Lois Dutcher. Congratulations everyone.

**Trivia Rule:** It is permissible to play your tee shot from up to two club lengths behind the front line of the tee markers. (Rule 11-1)

a. True b. False

Come join us. Contact Debi Petteruti at 707-374-5797 or nsdme2012@gmail.com.

## Women's 18-Holers

The highlights of the month: the Two-Day, 36-hole Club Championship Tournament and the Ace of the Month Tournament. A first for the The Ace of the Month Tournament, a 4-way tie, Carroll, Moore, Staley and Ulmonen all with a net 72. Congratulations ladies!

Birdies: Bessie Dunn, Maureen Gingrass, Joan Rexford, Trixie Roque, Diana Staley and Lynn Traver. Chip-ins: Debbie Carroll, Paula Davis, Bessie Dunn, Des Javier, Darl McCarthy, Donna Nunes, Carol Petronzio, Marilyn Rogers, JoAnn Smith (2), Linda Van Nieuburg. Closest to Pin: Linda Barlesi, 11' 9", Bessie Dunn, 9' 6 1/2", Charr James, 6' 10", Carol Petronzio, 11' 4", Lynn Traver, 8' 1 1/2". Broke 90: Linda Barlesi (2), Marsha Berry (2). Broke 100: Marsha Berry, Des Javier (3), Elaine Love, Lynn Traver. Results of the Two-Day, 36-hole Club Championship Tournament: The 2016 Club Champion is Marsha Berry with a gross score of 182. Congratulations Marsha!

### Low Gross by Flights:

Flight 1: First: Linda Barlesi, 183 gross-Trophy. Second: Des Javier 194 gross. Flight 2: First: Ulla Ulmonen 201 gross-Trophy. Second: Elaine Love 202 gross. Flight 3: First: Jackie Evans 219 gross-Trophy. Second: Lynn Grace 221 gross. Flight 4: First: Diane Scholz 216 gross-Trophy. Second: Sharon David 217 gross. Low Net by Flights - Flight 1: Lynn Traver 148 net. Flight 2: Loretta Ortenblad 152 net. Flight 3: Linda Van Nieuwburg 160 net (tie decided by back 9 score). Flight 4: Joani Littrell 167 net. Congratulations to all of our 2016 Club Championship winners.

We meet every Thursday at Sir Flairs. If interested in joining our group, contact Carol Petronzio at 707-374-2740.

## Women's Fellowship

The Women's Fellowship continues to meet every Thursday from 9:30 - 11:30 a.m. at the Vista Club, Sonoma Room. We continue to welcome interested newcomers and we're always excited to have you join us in our devotion and attention to studying the Bible. Also, if you get an opportunity while visiting the Vista Club, please see our display across from the ATM machine representing our beliefs and faith in the Word.

Thursday, November 17 will conclude our fellowship for the 2016 year as we take a break to celebrate Thanksgiving followed by the Christmas season. Therefore, the Women's Fellowship would like to take this opportunity to extend our blessings and love to all and pray everyone's Thanksgiving is fruitful. Happy Thanksgiving!

## Writers

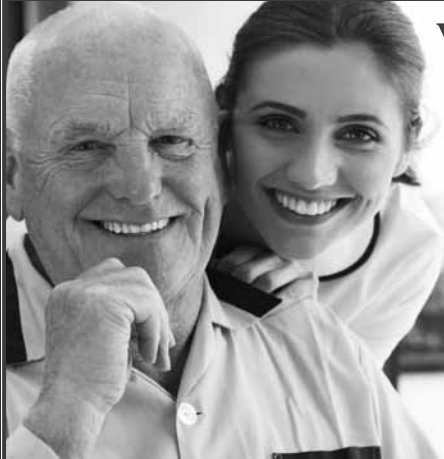
**Optional Topic for November: Once Upon a Time...**



Many fairy tales begin with the phrase "Once upon a time..." It informs us that the story takes place long, long ago. A biography might also start with that line. This month, you are encouraged to introduce your legend with this expression. Will it be factual or fictional? Will it feature talking animals and mythical creatures, or will it relate an incident from someone's life? That's up to you. Just write! Then join the Trilogy Writers' Club members on Thursday, November 10 to share your composition with us. You'll find us in the Monterey Room of the Vista Club at 7 p.m.

This is a safe place to share your thoughts and experiences. We also mention classes, seminars, conferences and contests that may be of interest to our members. For further information, contact Suzi at 925-231-5213; Judy at 707-374-3973; or Zoe at 707-374-3676. We look forward to your presence and participation.

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**As Trilogy home owners and full time residents ourselves**, our investment in the community is reflected in the attentive and personalized help we're always ready to provide to you - our neighbor - should you ever need us.

We're available 7 days a week if you have any questions or need answers. We hope you'll call us for all your real estate needs, and we look forward to meeting you!

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**Cheryl Wood**

Owner/ Broker  
Trilogy Expert  
Trilogy Resident

**510-220-1514**  
[woodrealestate@gmail.com](mailto:woodrealestate@gmail.com)  
BRE# 01002783



**Chris Boothe**

Realtor Associate  
Trilogy Resident


**916-798-7674**  
[pigboothe@yahoo.com](mailto:pigboothe@yahoo.com)  
BRE# 01419822



**Al Morton**

Realtor Associate  
Trilogy Resident

**925-786-3745**  
[altonmorton@yahoo.com](mailto:altonmorton@yahoo.com)  
BRE# 01960018



**Veterans Day Tribute**

**November 11**  
**Vista Club**  
**Diablo Ballroom**  
**1:00 p.m.**






*No Sign ups Required  
 Other than Veterans see below \**

**Trilogy Veterans Slideshow \***  
**USAF Honor Color Guard &  
 Guest Speaker**  
**Music by**  
**Trilogy Jazz Band**  
**Delta Breeze Choir**  
**Light Refreshments**

**Attention Trilogy Veterans Act Now:**

- ⇒ \* update slideshow information at the Vista front desk \*
- ⇒ register for the evening Veterans Ball at the Vista front desk

Group photo immediately follows and  
 Veterans are encouraged to wear their service uniform.

# Veteran's Ball

*Friday, November 11, 2016*


**6:00 – 10:00 p.m. Vista Diablo Ballroom**






*Doors Open & Reception at 6 p.m.*  
*Catered Old Glory Buffet at 7 p.m.*  
*Featuring Tri-tip Beef and Chicken Normandy*  
*Dance Music by AfterGlow*

*Bring Your Own Adult Beverage of Choice*  
*Military Service/Mess Dress or Semi-Formal*  
*No Hats Please*

*Sign up at Member Services at the Vista Club \$35 pp*  
*Sign up as a group if you wish to sit with others.*

*For more information, contact Ron Waite at (6714) or 925-216-7488*



## Budget Blinds

*a style for every point of view™*

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Add architectural style to your décor with custom shutters

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*with solid composite shutters, draperies, blinds and more!*

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*Signature Series*

Some restrictions apply. Not valid with other discounts. Financing on approved credit.

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*a style for every point of view™*  
**707-447-2494**  
CA Contractors License #911005



## Alzheimer's/Dementias Caregivers' Support Meeting

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

## Rio Vista Food Pantry Needs Your Help!

Drivers for Monday's Teams (8:30 – around 10 a.m.): deliver to shut-in seniors in Rio Vista. Wednesday's Teams (8 – around 11 a.m.): pick up Food Bank items from Fairfield. office receptionist (daily, 9 a.m. – 1 p.m.): answers phone, greets guests and clients, accepts donated items, and occasional typing. Food distribution (Sundays, 12:30 - 2 p.m.): in the warehouse at 1105A Airport Rd. Light house-keeping. Call 707-374-5706 for information. Thank You!

## Trilogy Labyrinth Walkers

There will be no organized group walk in November. The Trilogy Labyrinth Walkers Group wishes you a wonderful Thanksgiving holiday. We will meet on Wednesday, December 21 at 4:30 p.m. at the Vista Club for a Winter Solstice celebration walk. We hope to see you there.

We would like to thank those who joined the Trilogy Labyrinth Walkers' activities in 2016. We were fortunate to have the Vista Patio Labyrinth made available for solo

and group walks several times. Field trips augmented the walks and allowed us to see various styles and types of labyrinths in surrounding communities.

We plan to continue working with the H.O.A. to find a places within Trilogy for a labyrinth that would restore the 24/7 availability. Some have suggested that a meditation or contemplation garden might be a pleasant enhancement to a labyrinth. What do you think?

If you have suggestions or questions, contact Gerry Swan at 510-507-4080 or Elaine Wysz at 707-374-4310.

## Village Oakmont/Eagle Point Holiday Dinner

Sunday, December 4, Oakmont and Eagle Point Villages invite you to their Annual Holiday Dinner/Dance. Place: Diablo Ballroom at the Vista Club. Time: 5 - 9:30 p.m. Appetizers and buffet by PBS Catering. Menu will include marinated and roasted Angus Tri-tip beef, Eggplant Parmigiana, Potato Savoy, Emery Terrace Salad, and dessert. Sign-ups are available at the Delta Club Oakmont Box. Price is \$40. Solid Gold will be the band along with the Delta Divas singing holiday songs with various sing-alongs. Deadline for signing up is November 23. Any questions, please contact Linda Bingham at 760-486-9178 or linda.bingham@gmail.com.

WHEN YOU LOOK  
AT LIFE THROUGH  
THE EYES OF  
*gratitude*  
THE WORLD BECOMES A  
*magical & amazing*  
PLACE.

JENNIFER GAYLE

TRILOGY PRODUCE



**SUNDAY**

**November  
13  
10am - 3pm  
Delta Club**



**Fruits,  
Vegetables  
& Other  
Specialties**

# Holiday Decorations Sell & Shop

ANY HOLIDAY

HAVE LARGE ITEMS?  
BRING PHOTOS



**November 26**

Saturday 10 am - 1 pm

Vista Club Diablo Ballroom

Tired of your decorations?  
Need a new look?  
You may find unique treasures  
to complete any theme!  
Get into the spirit of the season with holiday  
decorating & socializing with your neighbors!

Festive music, tree trimming, and  
Café Vista will be open until 3 pm

Sellers sign up at Vista Club Member Services  
for free space on the round tables!

# Holiday Tree Decorating Social

November 26, 2016

10 a.m.—1 p.m., Vista Club

Tree Trimming  
Good Times  
Music And  
Refreshments  
Sign up at  
Member Services  
Vista 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: December 2016 ads and checks are due by November 5, 2016. All late submissions will run in the January 2017 issue of *Trilogy Living*.

### REGULAR SIZES AND RATES:

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

### PREMIUM SIZES AND RATES:

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

### DISCOUNTS:

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

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



## Trilogy at Rio Vista HOME BASED BUSINESS DIRECTORY

### All Occasion Travel

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

### Mary Kay

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

### Mary Kay Products

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

### Nuskin & Pharmanex Products

"Little Wrinkle Iron" Call for Demo:  
To turn back the "aging clock" now  
Diane King, Consultant US8301618  
erasewrinkles@att.net or 925-324-1062

### Rodan & Fields Skin Products

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

## FOR SALE

### Bicycle

Men's 18-speed bicycle  
with balloon tires. Helmet  
included. Good shape. \$100. /  
OBO. 707-374-0242 Jim

### Golf Clubs

Wilson Pro Staff Golf Set with kick  
stand. 12 clubs. Balls, tees included.  
Only used 3 times. \$190.00 OBO.  
Call Dave at 707-374-4810.

### Golf Cart

2-seater golf cart with curtains  
all around. Tires and batteries  
in good condition. \$2650/  
OBO. 707-374-0242 Jim

### Home Security System

Alliance Security (Monitronics):  
5 rooms including Health Plan.  
Take over contract \$39.99  
monthly. Will pay removal and  
install fees. Call 510-813-2372

## SERVICES

### Airport Transportation

I will take ONE PERSON ONLY to  
any airport, BART, RR, Medical  
appointments. Call Ralph 374-3941.

### All Transportation

One-way or round-trip or out  
of town pick up. All airports,  
Affordable prices. Help with  
Uber Icon download if needed.  
Call Nita 707-315-6670.

## SERVICES

### Assistance

Are you or someone you know  
seeking assistance with daily  
activities? I provide quality care  
with dignity and respect: good  
cooking, tidying, pet friendly.  
Many years' experience, clean  
DMV. Healthcare credentials.  
Call Dorothy 209-688-3413.

### Bicycle Repair

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

### Caregiver

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

### Caregiver

Stu Cares: LVN will come to your  
home for nursing including  
wound care, injections,  
medications, teaching, vital signs,  
coordination with family and  
doctor. All care within scope of  
practice. Transportation on a  
case-by-case basis. Call Trilogy  
Resident Stu 707-761-0846.

## SERVICES

### Cleaning

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

### Cleaning

AAA+ Service. Does your cleaning  
service know what products to  
use on your new marble surfaces?  
We do! For a free estimate, call  
707-398-8345. Trilogy resident  
Carmen Martinez. Reliable,  
Punctual, Quality oriented.

### Computer A+ Assistance

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

### Faux Finishing @ Its Best

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

### Gardening/Design

Tosh Bonsai Gardening and  
Design: Trilogy resident, full  
service gardener, master pruner  
(your roses will look amazing).  
Sprinkler installation and repair.  
Call Robert at 707-374-3427.



## SERVICES

### Golf Cart Covers

Attention all golf cart owners. Now available in Trilogy: golf cart covers installed starting at \$200. Call Larry for details at 707-208-9096 or 707-374-3338.

### Handyman

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

### Handyman

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

### Hauling

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

### Helping Hands

At your service: Helping you with your daily needs. Affordable prices, weekly, bi-weekly, monthly or occasional services. Call Karen, a Trilogy Resident, 707-656-8639.

## SERVICES

### Impeccable Improvements & Repair

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

### Income Tax Preparation & Notary

Individual and corporate tax returns. Reasonable prices. Jim Castress 707-374-3590 castress@sbcglobal.net

### iPhone Tutoring

Everything you need to know to operate your iPhone. Simple to understand. Easy to use. Fun to learn. Private or group lessons. Call Dory 707-326-6628

### Massage

Have Table Will Travel: Massage in the convenience and comfort of your own home. I will come to you. Eastern massage by Jessie Cong. Licensed and insured. 408-250-6497 or email: jessiecong@icloud.com.

### Moving?

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

## SERVICES

### Notary

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

### Notary Public

Certified Notary, fast, professional and reliable service. \$8 per signature. Please call Jeffrey 707-374-7541. Thank you.

### Notary to Go

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

### Notary Services

\$10 per signature per page/ discounts for multiple pages. Trilogy resident. Elaine Wisz 707-374-4310.

### Painting & Drywall

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

### Pest & Termite Services

Trilogy resident and owner operated. General pest control services include quarterly or bi-monthly services to meet your needs. Termite inspections. Specializing in real estate and refinance. Please call Ron Yocum, Owner, R & D Termite and Pest Control (*formerly Daniel Pest Management*) 925-323-5211.

## Want to Run a Classified Ad?

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

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



## SERVICES

### Pet Care

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

### Pet Care

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

### Pet Care

Desiree's (Desi) Personalized, Loving Dog & Cat Care: Going out of town? Need overnight house pet sitting? Compassionate & Caring Pet Nanny. Daily dog walks, medication as needed, water plants, mail in. Ph 707-374-3245, cell 925-822-8342

### Pet Care

Loving kitty and dog care includes play, meds, mail-in. Hourly pet sitting available. Short notice ok. Serving Trilogy pets since 2007. Accepting advance vacation reservations. Mimi 707-374-4343.

### Ron the Painter

Trilogy resident with 10 years' experience interior painting, fences, mailboxes. Good price, good work. Call Ron 707-430-3135.

### Rain Gutters Cleaned

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

### Sliding Door Repair

Sliding Door and Screen Door Repair: Stoop fighting your sliding door and screens. If it does not slide, I will make it glide. Repair screen rollers, patio door, patio screens, locks, handles, shower door enclosures and wardrobe doors. For a free estimate, please call Jonathan 707-374-2736.

### Tax Consultant

Need help in resolving tax issues? Retired IRS Certified Enrolled Agent can help. New Trilogy resident. Call Chuck at 408-823-6964.

## SERVICES

### Transportation

Reserve your Ride. Trilogy resident will drive you: to or from airports, trains, BART, ferry and medical (will wait). 415-823-7575 Joanne

### Transportation

Retired peace officer and Trilogy resident will provide safe transport to your plane, train, ship or BART. Defensive driver trained. Sandra 707-249-1567

### Transportation

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

### Transportation

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

## SERVICES

### Weed Pulling

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

## WANTED

### Golf Carts

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

### Sporting Goods

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

# 2017




*New Year's Eve Grand Ball*  
Trilogy

## Vista Club Diablo Ballroom

6:00 pm to 12:30 am

Indulge and Celebrate an Evening of Fine Dining  
Live Entertainment Featuring Gary Bohannon & the Bad Habits Band  
Enjoy the Spectacular Ball Drop from Time Square  
on the Big Screen to bring in the New Year

Pre-Registration: November 7, Monday 10:30 - 12:00 P.M.  
Vista Club Monterey Room ~ \$70 pp & Entree Selection  
Open Registration Follows As Available at Member Services

Entree Selections:  8 oz. New York Steak  
 Grilled Maple Red Wine Salmon  
 Herb Roasted Chicken Breast

*Join us to ring in 2017*

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

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



Kathie Bleier  
925.683.7084  
KBLEIER@APR.COM  
BRE 01063281



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



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**Office 925.969.0380 • Cell 925.381.8264**

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The FHA Insured Reverse Mortgage allows seniors, 62 years and older, to access the equity in their home to enhance their retirement years.

- Proceeds are non-taxable!
- No Principle and Interest payments required!
- You own your home, not the bank!
- Your Heirs inherit the equity!
- Pay off your current mortgage with a new HECM!
- No mortgage now? Create a line of credit or monthly income stream!
- FHA Insured!


*\* Taxes and insurance paid by owner. Must be primary residence and normal upkeep required.*

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**I live locally and I work locally!**





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of style  
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Order your shades now and be ready for holiday gatherings.

Beautiful Hunter Douglas window fashions are essential to an inviting home décor. What's more, savings are available right now on a wide range of styles. So, shop today, order early and have your window fashions professionally installed. All in time for your guests to arrive.

**\$100 REBATE** on select purchases of Hunter Douglas window fashions 9/17–12/12/16.\*



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Fairfield, CA 94534  
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[www.wfnc.gallery](http://www.wfnc.gallery)

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