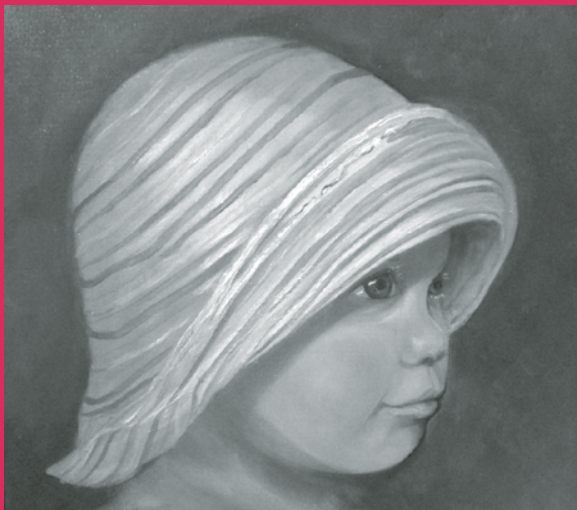


TrilogyLiving



ART TAKES TRILOGY BY STORM

Join the Trilogy Art Guild (TAG) on August 25 for their 10th Annual Juried Art Show. Celebrating their 10 year anniversary, TAG invites you to peruse the works by Trilogy artists and participate in the People's Choice Award. To read more about the event, turn to page 17.

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Who Poisoned His Meatball? Pg. 16
Relay for Life Pg. 13

Join Us In August!



Annual Luau

Saturday, August 18

4:00 – 6:00 pm

Enjoy live entertainment and a traditional island-style roast pig buffet.

RSVP by August 14



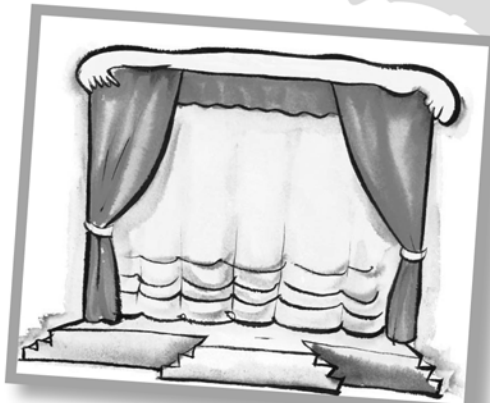
Happy Hour

Saturday, August 11 and

Saturday, August 25 • 3:30pm

Enjoy a late afternoon cocktail, refreshments and live entertainment.

RSVP two days prior



Madame Butterfly by Giacomo Puccini

Sunday, August 19 • 2:00 pm

bus leaves at 1:00 pm

Cost: \$10 per person

Space is limited; RSVP by August 13



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From the Master Association



Carol Benkie

President

The Trilogy Rio Vista Master Association Board of Directors meeting was held in the Diablo Ballroom of the Vista Club on July 10, 2012.

An earlier in-the-day

Executive Session convened. These actions were taken:

- Executive Session minutes for June 12, 2012 were unanimously approved.
- A review of in-house payment plans, lien filings, and foreclosures were discussed. The HOA is authorized to approve 6 month payment plans, all other plans are approved by the TRVMA Board.
- Joel Auslen was unanimously appointed to the Adult Committee.
- The Fitness Director responsibilities were reviewed regarding a proposal to exchange fitness vs. group exercise pay.
- A Cyber Café contract amendment was discussed.
- The Special Meeting Petition regarding the WWTP/Marks Channel was reviewed with legal counsel present.
- A review of Service Animal qualification procedures was reviewed. Service Dogs must wear vests, carry an ID on their collar and be licensed at the county. County license verification and Evidence of Training (not a Certification of Training) must be filed with the HOA.
- A date of October 26 was reported for the Nail vs. TRVMA Mediation effort.
- Action Property Management has a contract with the City of Rio Vista for the LLD. Management contract. Please use the following contact information for future needs for LLD issues: 800-400-2284 or lld@actionlife.com.

Actions taken by the Board at the July Regular Meeting included:

- There was unanimous acceptance of the CFO Budget/Financial Report for June 30, 2012.
- Unanimous approval was given for the Consent Calendar:

Regular meeting minutes of May 8, 2012

- four (4) Lien Filings
- Annual Audit conducted by: Levy, Erlanger & Company.

Unfinished Business:

- Unanimous approval was given for the Amenities Committee Charter.

New Business:

- Rod Baydaline of Baydaline and Jacobson Legal Firm discussed the Special Meeting Petition for the Wastewater Treatment Plant/ Marks Channel and the consideration of Petitioners' requests. Unanimous agreement was made to deny the request for a special meeting.
- Computer replacement/upgrades for the Administration/Member Services/Cyber and Welcome Center were discussed. Unanimous approval was made for purchase amount not to exceed \$12,000 (Reserves \$12,000 - \$20,000 Budgeted).
- Vista Club Group Exercise Room floor refurbishing was discussed. Unanimous approval was made not to exceed \$4,500 (Reserves \$3,000 Budgeted).

The Master Association's next regular meeting is on August 14, 2012 at 2 p.m. in the Vista Club. Please attend. We value your ideas and suggestions.

TRILOGY AT RIO VISTA

D I R E C T O R Y

Master Association Board of Directors

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

District Delegates

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

Committees

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

Village Board Presidents

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

Association Administration

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

Club Numbers

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

Trilogy Living Editorial Board

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

Commercial Advertising Manager

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

Resident Classified Advertising

Kathy Nilsson, knilsson@actionlife.com (4200)

Welcome Center/Front Gate (4306)

trvwelcomecenter@gmail.com

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From the Editor



Andrea Stuart

Summer is only half over and the weather is still pouring warmth over us. If you desire a little break from the sweat-inducing sunshine while adding some visual splendor to your life,

check out the 10th Annual Juried Art Show by Trilogy Art Guild (TAG). Founded 10 years ago by Harold Johnson, a watercolorist and Trilogy art instructor, TAG has 50-plus members and hosts the Juried Art Show each year in celebration of artists' perceptions of the world around us.

This year's judge is a teacher from Rio Vista High School. In addition, there is a people's choice award and a non-juried "Classroom" art exhibition, organized under the supervision of a teacher. For more information, see the TAG article on page 17.

Adding to the numerous fun activities presented by Trilogy (what's that, there's a culinary tour in Murphys on August 21?), there are a few other local events that might catch your attention.

Walk for the Cure with Relay For Life on August 11-12 at D. H. White Elementary School and fight the fight with other advocates for finding a cure for cancer.

Kick up your summer a notch by doing something educational. Become certified in CPR/AED and First Aid to save a life! See the community section for more information about certifying and becoming a lifesaver.

Finally, if you feel like relaxing out on the town, take the grandkids and head to Rio Vista Movie in the Park on Aug. 3, 10, and 17, from 8-9 p.m. The family-friendly event is free. Simply bring blankets and chairs for an old fashioned movie night. Upcoming movies include Wall-E, Tangled, and Ratatouille. See the Rio Vista Chamber of Commerce website for more information.

Pour a glass of lemonade, grab a lawn chair, and enjoy these warm summer nights.

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

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

From the Activities Director



Debbie Dorn

Hello folks. These summer days are certainly full of activity. We have had a variety of entertaining events with more to come! Thank you Soul Line Dancers; everyone enjoyed

our first Concert on the Patio with The Midnight Band! Open Mic night filled the Diablo Ballroom, and we look forward to seeing you back for the next on Sept. 21.

Community, friends and families joined together making the July 4th festivities a memorable celebration of our country's birthday and independence. Thank you focus-committee members and the many other volunteers who gave their time to make the day so enjoyable. Michael Lewis, Robert Frable, George Sasaki and Roger Kohn, thank you for sharing your amazing vocal and musical talents. You were each such a special part of the program.

Looking at the upcoming events, Karaoke returns on the fifth Friday this month only, so don't miss it! Also, sign up now for The Cash Tribute as sales are limited by space for their performance in the Diablo Ballroom. And, get ready for the Culinary Food and Wine Tour in Murphys mid-month. See details in this issue or the flyers at the clubs. Reviews indicate that it will be the best tour yet! Please share your thoughts with me, call (4204), or send an email to ddorn@actionlife.com. My mailbox is always open!

Culinary Food & Wine Tour at Murphys, California

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

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



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

Sunday, August 5, 10 a.m.–3 p.m., Delta Club ~ Free

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

Learn to Save a Life with CPR/AED & First Aid

Tuesday, August 7, 9 a.m.–1 p.m.

Diablo Ballroom Vista Club ~ \$60

It is good to know how to help someone in trouble, whether it is your spouse or grandchild. The class provides a two-year certification in CPR/AED & First Aid at a great value. Space is limited. Sign up with Member Services at the Vista Club. If you have questions, please contact Anna Chunn (3560).

Grapevine Chat!

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

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

Travel Discovery ~ Sailing the British Virgin Islands

Thursday, August 23, 6:30 – 7:30 p.m.

Diablo Ballroom Vista Club ~ Free

Join Ed Vitrano as he takes you on an entertaining sailing adventure, sharing tips and options to design your perfect vacation. Ed will share insider-planning tips for the trip from home and back again, covering all things luxury and economy for a totally splendid experience. See magnificent sights, shore-side attractions and outrageous beaches from the slideshow. Learn about chartering and cruising the BVI, along with

The Cash Tribute Show ~ \$15/pp by Special Arrangement

Saturday, Sept. 1, 7–9 p.m., Diablo Ballroom, Vista Club



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

planning your sailing itinerary. You'll come to see why the BVI have been dubbed, "Nature's Little Secret," as they are simply breathtaking, yet arguably the most popular of all Caribbean destinations. Bring along your favorite beverage and provisions to enjoy during your enlightening journey. Sign-up at Member Services. For more information, contact Debbie Dorn (4204).



County Line Trio

Saturday, Sept. 22, 7–9 p.m.

Diablo Ballroom, Vista Club ~ \$10

Captivating audiences for over 40 years, these recording artists perform their hilarious and entertaining “Salute to the Kingston Trio.” County Line Trio have opened shows for troubadour Glenn Yarbrough, the late comedian Pat Paulsen and the late singer songwriter John Stewart, a former member of the Kingston Trio. This rousing show includes original arrangements of their many hit songs. Bring your favorite beverage and provisions. Sign up at Member Services.

Fend Off the Flu ~ Sutter’s Flu Shot Clinic is coming to Trilogy!

Sunday, Sept. 23, 9–2 p.m.

Delta Club ~ Free for Medicare Part B Holders

A Sutter Care at Home Flu & Wellness Program nurse will administer shots: \$25 for non-Medicare Part B, and \$60 for pneumonia shots; \$60 for TDAP (pertussis vaccine). Sign up at Member Services and fill out a Medicare form to reserve your time slot. Act soon, space is limited. Bring your Medicare card, ID, and check with you in September.

Call to Action

All Club Status Groups!

Tuesday, October 2, 10:30 – 12 p.m.

Diablo Ballroom Vista Club

Mark your calendar, the Club Status Annual Support Planning meeting is coming. All groups with club status must be represented at the meeting. Sign up at Member Services.

Karaoke Night ~ NEW SONGS!

Friday, August 31, 7– 8:30 p.m.

Diablo Ballroom Vista Club ~ Free

Karaoke Night is coming on the last Friday of August only. Specially designed for your fun and enjoyment. Song lyrics will be displayed on the big screen for some sing-a-long good times. There will likely be storytellers, special dancers, folk singers—you’ll find quite a variety of entertainers. You might be one of them! Bring your favorite beverage and come out for a relaxed evening of spontaneous fun and entertainment. No signups required, just come ready to enjoy yourself!



COUNTRY CONCERT

AT CORTONA PARK!



Note Worthy Three

Join us at Cortona Park on August 29 as we host a free country concert featuring legendary local country artists, the Note Worthy Three. You won't want to miss this fun evening full of music and laughter! Local vendors will offer a variety of food and wine for you to enjoy. Make plans now to be here.

WEDNESDAY, AUGUST 29 ★ 7 TO 9 P.M.

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Information:
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by August 22**

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Assessment Notice

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

Assessments for the month:

Master Association \$118.29

Master Association \$80.39

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

Village I \$4.00

Village Oakmont \$4.00

Olympic Village \$4.20

Village Riviera \$4.50

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

Street Lights: All reports of street lights that are out should be reported to Customer Care for Action Property Management at 1-800-400-2284 or by email to lld@actionlife.com.

Adult Committee

The Adult Committee met on June 28. A recommendation was sent to the Master Board to install two bike racks that hold four bikes. This was requested by Chuck Williams. The Tennis Club will contribute 50 percent of the cost.

The committee meets the last Thursday of every month in the Delta Club at 1 p.m. All residents are encouraged to participate in these meetings. Your suggestions, comments and/or questions can be given to any committee member, left at the HOA office, or voiced during the residents input segment of each meeting. Applications to fill unexpected vacancies are accepted at any time. The next meeting is on August 30, 2012. For more information, contact Helen Bergoust at alhelenb@aol.com or (2436).

Village Riviera Board News

Our July 5 Riviera Board Meeting was well attended. This was surprising with so many residents out of town, but we were glad to see you all and hear your issues and concerns.

If there is a vacant home near you with overgrown grass, weeds and bushes that need attention, let the HOA office know. They will contact the owner and require attention to these items. It was pointed out that on the non-occupied properties that do have gardeners; the gardeners are doing the bare minimum. The HOA office will let the actual owners know that more is needed. On foreclosure homes, we (the village) will pay to have the lawn and bushes cut, but have chosen not to have the water turned on because we also have to pay the sewer fee. Sometimes adjoining neighbors will water a brown lawn. It is amazing how fast it again turns green. But, we are all paying more for water, so this is only what some have done. Please report these homes to the HOA Office so we can have the grass cut short, bushes trimmed, and weeds pulled until we can get the bank owner to turn the water on and take care of the property.

Sally Thomas is returning to the Administrative Office/HOA to a newly created position as Architectural Coordinator.

The Delta Club is now unlocked from 7 a.m. to 11 p.m. You will not need your key. It will be unavailable outside of those hours. Belated thanks to Kare Bears, Bob Sather and James Eckhardt, for representing Riviera at the July 4th event. Great job folks. For more information, email Coralie Leder at Coralie.Leder@gmail.com.

Meeting Calendar

Master Board Meeting

Tuesday, August 14, at 2 p.m.
Diablo Room at the Vista Club

Adult Committee

Thursday, August 30, 1 p.m.
Rio Vista Room at the Delta Club


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Olympic Village

Olympic Village residents are busy planning fall events during August. On August 21, we'll hold open auditions for *Trouble at the Tropicabana*, the hilarious mystery play that is being performed at our Murder Mystery Dinner event in November. We're looking for characters to play Lucy and Ricky Bicardi and their friends Ethel and Fred Schmertz, plus one or two bad guys and girls and some good ones too! Anyone (all villages) is welcome to try out for this fun play. Louise Mitchell, Olympic Village resident and leader of the Trilogy Theatre Group, will direct the production. Join the fun on August 21, 6:30-9 pm in the Monterey Room at the Vista Club.

Mark your calendars for Sept. 20 for the Olympic Village Health Care Seminar in the Vista Club Diablo Ballroom from 1:30-4:30 p.m. There will be three great health topics and speakers: 1) Rochelle Sherlock: Fall Prevention (Did you know that one out of every three seniors will fall this year? What can you do to protect yourself?) 2) Health Insurance Counseling and Advocacy Program: Presenting Information and Answering questions on Medicare and your options. 3) Cynthia Giaquinto RN, North Bay Hospital: Joint Replacement Program. All villages are invited to attend this informative event. OVRC is proud to join with our Kare Bears in presenting this important program for the entire Trilogy Community.

We will plan these events and have a great time at our August OVRC/Social Club meeting on August 15 from 7-9 p.m. in the Monterey Room at the Vista Club. Join us. Your ideas and energy are important. Call Linda Jensen, OVRC President (5542) with your questions or ideas.

Village 1

VORC's involvement in the community-wide Celebrating Our Freedom July 4th event went smoothly. A special thank-you is extended to the following VORC members for their involvement and team spirit: Pam Carlson, Sandy Dehn, Lynne Galetta, Marcia Lodge, Nancy Vickers and Naomi Walker. Everyone had a great time!

VORC is hosting the Beverage Bar Service at the Drama Club's August 18 and 19 presentation of *Who Poisoned His Meatball?* This is a revenue generator for us. Plus, don't forget to mark your social calendar for the next series of VORC events, which are set for October 5 (Old Fashion Potluck), December 14 (Holiday Social) and February 15 (Crab Feed charity event). Details will be tubed as the date approaches. Get your reservations in early. Each of these events is a sell-out and space is limited. VORC is your club, make it work for you. Want to get involved? Contact Joe Downes at (7520).

Village Oakmont

Oakmont Volunteers did an awesome job in putting on the Fourth of July decorated golf cart parade. Residents and guests were treated to a parade lead by Larry Nelson and members of the Motorcycle Club, followed by Rolf Sabye and members of the Rio Vista Corvette Club. The On-Duty Military Representatives from the Army, Air Force, Coast Guard, Marines and Navy were driven in convertibles by Betty Bowley, Julius Ramey, Travis Finch, Paul Peterson and Don Kelley who escorted our Grand Marshall Earl Smith, a Pearl Harbor survivor. He was driven by George and Linda Barlesi. Jim McCracken followed with the Vintage Police Car and brought out the Decorated Golf Carts decorated by our talented residents and families, also by the Red Hats, Whist Club, Drama Club and the Table Tennis Club. The Classic cars brought up the end of the parade with Dick Lyon, Uncle Sam and friends tossing candies to the folks cheering them around the parade route. The Military Representatives also performed as Judges and had the difficult task of selecting the winners for 2012. The winning entries (12 who stayed to be judged) were: 1st - The Table Tennis Club; 2nd - Sue Darden; 3rd - The Drama Club; 4th (tie) - Trudie Straub Red Hats & Carolyn Bridges; 6th - Sandra Santos Red Hats; 7th - Whist Club; 8th - Richard Cole; 9th - Barbara Lee; 10th - Stan & Mariann Melby; 11th - Cindy Schroeder; 12th - Debbie La Croix. Each won gift certificates to Lira's.

Many thanks to the following Oakmont volunteers: Pat Kruse, Derreth Lavin, Veronica Finch, Elaine Juhola, Lynne Traver, Paul Peterson and Andy Pestana. We appreciate your support and spirit. Job well done. The next Social Committee meeting is on Wed., August 1, at 3 p.m. in the Monterey Room in the Vista Club. Everyone is welcome. Happy Birthday America!!!

Village Riviera

The hunt has ended. The hunters are done for the year. Linda and George Robinette entertained and teased our brains and our funny bones with the tremendous help of Diane and David Griffin. Linda and George never disappoint us, and Diane and David remain tight-lipped about how it is all done. If you did not go on the Treasure Hunt, talk to someone who did. You will want to make it a "must attend" next year. It is one of our annual events that we won't give up as long as Linda and George with Diane and David are willing to keep doing it. We also want to thank George Burkhardt, who catered a wonderful dinner for the hunters. It was a great afternoon and evening.

So, what's next? Wine tasting was to have been our next event, but our date got trumped by another group, and no other date worked for the ladies in charge of this event, so maybe we'll have some sort of wine tasting event next year.



You never can tell what we may come up with.

Have you picked out your outfit for the Holiday Dinner to be held this year on Saturday, December 15? It is never too late to start thinking about this because the guests will compete for most glamorous room décor.

The Village Riviera Residents' Club is open to all Riviera residents. We meet the third Thursday each month at 7 p.m. in the Vista Club. For more information, email Coralie Leder at coralie.leder@gmail.com. Enjoy the rest of the Summer. As the song goes, "We'll see you in December."



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Adult Grief Support

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

Cowboy Up For CARE



Getting into their western gear - Lisa Wahn and Linda Soloman, Event Chairmen for Cowboy Up For CARE.

Here's your chance to enjoy an evening of western fun and help a local charity that benefits kids and families here in the Delta. Rio Vista CARE's major fall fundrais-

ing event has been moved this year to the Birds Landing Ranch of Ian and Margaret Anderson.

At "Cowboy Up For CARE" on Sept. 8, 2012 you'll enjoy an evening of western music, cowboy poetry and a sumptuous barbecue dinner. Enter to win valuable raffle prizes and bid on a variety of unique auction items. Joe Gates, local auctioneer, returns this year to entertain and encourage bidders to make the event's "live" auction extra lively. And, of course, there will be a big winner in the 50/50 Raffle, which netted last year's winner over \$500!

All of the proceeds will benefit Rio Vista CARE, a community-based counseling and family resource center committed to promoting healthy and productive lifestyles for the youth and families of the Delta area. Over 9,000 children, adults and families have received services including counseling, crisis intervention and home visitation. New referrals are received weekly and scarce funding has resulted in waiting lists for these vital services. As Rio Vista CARE is the only

agency of its kind in the Delta, your support is more important than ever to ensure they can continue to serve the community.

Rio Vista CARE is grateful for all the support that is received from Trilogy clubs and residents. Just this month, the Trilogy Whist Club gave a generous donation from the proceeds of their Juneteenth event. At Cowboy Up For CARE, you'll have an opportunity to help this worthy organization. Tickets are \$50 each and will be available at the CARE office: 125 Sacramento Street, Rio Vista. Want to volunteer your time to help with this event or other CARE activities? Call (5243).

Delta Breeze Chorus

Rehearsals begin soon for Delta Breeze, Trilogy's own men and women's chorus. We meet every Wednesday at 7 p.m. in the Diablo Ballroom, Vista Club starting on Wednesday, September 5. For more information, call Cheryl (7567).

Fourth of July at Trilogy

Submitted by the Fourth of July Focus Committee
Who says it takes one village to have a Fourth of July event? It takes an army of Trilogy villages to have a CELEBRATION!

Andy Pestana emceed our opening awards ceremony. Leading us in the Pledge of Allegiance were those who served in the military. Michael Lewis sang our national anthem. The military representatives were introduced and formed an honor guard in salute of Grand Marshall Earl Smith. A brief overview was given on Earl's naval career and there wasn't a dry eye in the crowd. Michael Lewis closed the ceremony with "God Bless America." The program continued with a variety of musical entertainment by Spectrum of Galt, Ca., followed by our own Robert Frable, George Sasaki, and Roger Kohn inside the Delta Club, while DJ Ron Covey kept the beat moving poolside.

It took many committee meetings lead by Activities Director Debbie Dorn to plan the event. Joe Downes (VORC) and his team designed the flyer, collected the funds and slips, bought the food and drinks, and checked in the guests at the Delta Club. Myra Samfeld and Valerie Krummer (Riviera Kare Bears), with their team, dished up ice cream. Marlene Percivalle (Saddle Rock) and her team welcomed Bob Sather and Jim Eckhardt grilling up the hot dogs and her team served us our lunch. Antoinette Pestana's Oakmont team began the festivities by registering the golf carts,

Volunteers Needed!

Do you enjoy health and fitness? Are you a helper at heart? Enjoy the best of both worlds by volunteering at the Trilogy Health and Wellness Fair on Sept. 22.

Contact Anna Chunn at achunn@actionlife.com or Kathy Erwin at (4205) or kerwin@actionlife.com.



staging all the groups and assembling our guests of honor. The decorations and accoutrements inside and outside inspired our patriotic spirit through song and camaraderie.

The day wouldn't have been complete without thanking our photographers Richard Draper and Bob Burns, who captured everything in pictures. Watch the slideshow in the Vista Rotunda!

Although the party lasted four hours, it took our Trilogy village community to put on the celebration and remind us not to take our freedom for granted. Happy Birthday America!

Raccoons in the House

During this time of year, mother raccoons take their young out to forage, so your kitchen may look inviting. What can you do?

First, make sure you don't leave any food for your own animals outdoors. Their favorite food is cat food. When you bring it inside, keep it in a place where the raccoons can't see it. If they think that food is easily available they may try to get in. Second, if they do get in, sometimes animals may not be able to leave the way they came in, so you may have to let them come through the house to find another exit. When this happens, open the windows and doors, leave the area and wait quietly for the animals to leave.

It is important to remain calm so that they don't panic and cause damage to the surroundings. Animals are sensitive and pick up on energy. Don't be aggressive toward the raccoons. If the mother is out and about with her young she will be more defensive than usual to protect her offspring from harm. Stay out of their way as much as possible. Third, shutting off the lights may help calm them. Make sure pets and children are kept out of the area as well. You can put out a treat for the raccoon(s) near the exit to lure it/them outside.

This is the last of the series on raccoons. Hopefully you found the information helpful in dealing with our masked bandits.

References: SPCA of Monterey County, Friends of Monterey Wildlife, University of California Publication 74116

Relay For Life

Walk for a cure!!! Our annual Relay For Life event is on August 11-12 at D. H. White Elementary School 500 Elm St. from 9 a.m. on Saturday to 9 a.m. on Sunday.

Everyone is welcome to join in the walk for a cure. We can't do it without each and every one of you, so please say yes and call today to sign up to walk. The Trilogy community is truly an awesome group of loving and caring individuals who have supported our fundraising activities. This is the end of summer and you can honor a loved one or friend who had/has cancer by purchasing a luminaria. Survivors

are invited to join us in the opening ceremonies. Call for your invitation. For more information, contact Antoinette (5154). Celebrate ~ Remember ~ Fight Back

Thank You

The family of Mae Church would like to thank everyone for their kind words and expressions of sympathy. Mom loved her friends, fellow poker players and the TOPS group members as much as she loved life. She would want you to know how much she appreciated everyone's support and prayers during her illness. Mom was a very special lady to all of us. She enjoyed her years of living in Trilogy with all the activities and events, (especially the bus trips to the casino).

Mom requested that no memorial service be held. A memorial contribution may be made in her name to her favorite charity, St. Jude Children's Research Hospital.

With love and many thanks from Mae's sons,

Mike, Pat, Ron and Jim Church

TOPS

We hope you all enjoyed the Fourth of July Holiday and got to see and/or partake in the Golf Cart Parade. Our gang opted out again this year but maybe next year we will come up with some fantastic decorating ideas! With all the new ideas our royalty and escorts brought back from the International Recognition Days at San Diego, we should have a great fall program. Due to perseverance and the inspiration from the Olympiads in London, England as they "go for the Gold," they have achieved their Goal. Maybe not at the top of the rung, but having qualified to participate in the Summer Games is a real achievement! With them in mind, let us all strive for our weight loss goals. Fall into the race, and hit your mark! Any of you Trilogians who want to join us in losing those extra pounds put on during all the summer festivities, come on over to Delta Club on Wednesday morning at 8 a.m. and learn more about our program. No diets! Just "Take Off Pounds Sensibly" with our TOPS gang to support you. For more information, call our Leader-Minnie Howell at (5786) or Co-Leader Peggy Smith at (1366). Have a fantastic fall season!

Trilogy Jazz Band

August is vacation month for the band. We will resume our weekly Wednesday afternoon rehearsals on Sept. 5 and will play for the dance club session on Sept. 9. We thank our many fans who have expressed appreciation for our music at this year's Music of the Night show and other performances. There will be more good music to come in the months ahead. For more information, contact Jim Lucas (7567) or Marti Rogers (6859).



By Kathy Erwin,
Fitness & Spa Director



Instructor: Susan Prince

NEW! Circuit Training Balance Combo Class Mondays at 3 p.m.

60 minutes of circuit training workout stations using bands, various balls, weights, step, versa loops etc. This class will help you:

- Improve your cardiovascular, body awareness
- Build strength & cardio
- Improve balance, flexibility and stability
- Develop a more powerful core
- Relieve back pain

Meets in Group Ex Studio

Sit & Get Fit



Instructor, Beverly Shilich

This class focuses on helping people who require exercise but have some form of temporary or permanent limitation. Class members start out sitting in chairs to do the exercises with opportunities for standing exercises when appropriate.

It is a perfect complement to the class that Beverly is currently teaching. All fitness levels and special needs are welcome so everyone can benefit in working out again and moving towards good health and wellness. It is a

stepping stone after injury, joint replacement surgery or illness before returning to a previous exercise level!

One client in Bev's class states, "You can't believe how many things you can do exercising in a chair." Another tells us: "I feel so much better using the breathing techniques that Beverly teaches. My blood pressure has been lowered."

Tuesday & Thursday, 1 - 2 p.m., Group X Studio

Wake Up & Move!



Instructor, Anna Chunn

The class is designed to improve balance, circulation, and relaxation using gentle movements.

The one hour class starts

with 25 minutes of exercise movements that take your joints through their ROM (range of motion), 15 minutes of gentle stretches and 10 minutes of relaxation. All set to relaxing music. The movements are easy to learn and relaxing in nature. This is a great class to start if you have not been very active, have balance or back issues. Come Wake Up & Move and start feeling great. Please bring your mat if you have one.

**Monday & Wednesday
9:30-10:30am
Rio Vista Room-Delta Club**

SAVE THE DATE!

**Saturday, Sept. 22, 2012
6th Annual Health & Wellness Fair**

Delta Club 9 a.m. – 2 p.m.

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

VOLUNTEERS NEEDED! PLEASE SIGN UP AT MEMBER SERVICES!



Trilogy Triathlon Highlights

June 23, 2012!

Christine Lane
Second Place, Individual



Gary Strange
First Place, Individual



Delia Phillips
Carolyn & Robert Azbell
Second Place, Team



Patty Evans
Paul Peterson
Barb Downs
First Place, Team



Trilogy Triathlon Participants





Ceramics Club



Ann's Spectacular Calla Lily vase

Here come those hot August days. You could be spending the time with us at the Delta Club in the Marina room every Thursday from 9:30 a.m. - 12 p.m. as we chat and stay cool. Right now, we are working on our annual donation for Rio Vista CARE. In the past, we have donated a ceramic chess set, stein floral arrangements, gecko art bowl, and several holiday decoration pieces. Come see how this year's project is turning out. You could always paint a small starter piece to see if you enjoy creating new things in ceramics. For more information, call Linda at (6978). See you Thursday!

Council for the Arts

Calling all artists! Our scenery displayed in the background along with the talented performances makes each show better than the last. How high can we go? We would love the help of people with artistic ability. Last year, a group of ladies from the Trilogy Art Guild assisted in creating the background scenery as drawn out by Debby DuBrow. We need that sort of help again this year. We are asking people as individuals who want to contribute in their own artistic way to let us know who you are and be ready to be part of something very special. You won't be turned loose. You will be supervised and the plans just need to be executed. It takes a village.

Our mission, as a club here at Trilogy, is "To assist and promote current organizations devoted to the arts as well as encourage new art organizations. The organization shall also help coordinate the various art programs to maximize the arts exposure to, and for, Trilogy at Rio Vista residents." Our funds for such projects come from the proceeds of our annual Music of the Night show. Our theme for next year is....is....you'll just have to wait until September to read about it, but we guarantee you won't be disappointed. Musical auditions will take place in October. Full detail on that will follow in the September Trilogy Living. Stay tuned, so to speak.

Join us at our monthly meeting held the second Thursday of each month at 10 a.m. in the Monterey Room of the Vista Club. If you have questions, call Judy Calpo at (2924).

Drama Club

The meatballs are almost cooked. Which one is the poisoned one? Don't mix the poisoned one with the other meatballs for our patrons. Be sure it gets to the designated victim. But, we still don't know who put the poison in the special meatball, or why. You will just have to come to the VIP Drama Club play *Who Poisoned His Meatball?* on August 16, 17, 18 at 7 p.m., or the matinee performance on August 19 at 2 p.m.

As always, the play is free, but donations are always welcome. Be sure to get your reservation in to Box #8 early to save your space for the performance you wish to attend.

You received your flyer in mid-July, and for that, we want to thank the people who tube for the village Residents' Clubs. These folks graciously agreed to tube the flyers for the Drama Club. The coordinators are Al and Rhoda Sbranti in Olympic Village, Dottie and Bill Pacuilla in Riviera Village, Antoinette Pestana in Oakmont Village, Ursula Joens in Village I and Mary Ann Butts for our newest village, Saddlerock. Thank you and all of your "tubers" for doing this for the Drama Club.

This who-done-it comedy will entertain as all the plays do, so get a group of friends together and sign up. And, for those who have not yet been bitten by the acting bug, but after seeing the play want to be part of this amazing group of fun folks, contact Debby DuBrow at (6706). The monthly meetings are held the last Tuesday of every month in the Marina Room of the Delta Club at 7 p.m.

Fat Quarter Quilters

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

Scrapbooking Club

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

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



Trilogy Art Guild for Artists

Welcome everyone to our 10th anniversary Annual Juried Art Show. Meet the artists at our opening reception, Saturday, Aug. 25, from 6 p.m. to 9 p.m. in the Diablo Ballroom. Enjoy sipping wine and hors d'oeuvres while viewing the many talented artists here in Trilogy. The art will be judged by a guest judge and will award the artists for composition, use of color, value and creativity. The show will continue on Sunday, Aug. 26, from 10 a.m. to 4 p.m. with refreshments for you to enjoy while you view the art on display. You will be able to vote for your favorite piece and also enter a drawing for any of the raffle prizes you choose on Saturday and Sunday. You do not need to be present to win. If you wish to enter the show, forms are at the Vista and Delta Clubs with guidelines for displaying art. Fill out the form and attach a check to be deposited in the TAG box at the Delta Club. You do not need to be a TAG member to participate. Trilogy Membership is \$15 for the year, January through December. Entry fee is \$5 per piece for members, \$10 per piece for non-members. Catego-

ries are: Watercolor, Oil/Acrylic, Collage, Charcoal/Pastel, Mixed Media, 3-Dimensional and Photography. It's show time. For more information, contact Anna Chunn (3560) or Marie Aquino (5151).

Trilogy Theater Group

Although we haven't had our first "official" meeting as a recognized group as of the deadline for the *Trilogy Living* publication, the board has made some progress. We have decided that our first presentation will be done in Reader's Theater style. We are currently reading plays in order to select one for our inaugural performance. If you have a favorite play that you would like to see performed here in Trilogy, contact one of our board members listed below or send an email to sspm1939@gmail.com. Stay tuned for more coming in the next *Trilogy Living*.

Board members are Louise Mitchell (6876), Murray Levitan (3424), Mary Buchanan (6413), and Suzi Cassone (925) 231-5213.



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29731



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



Village Oakmont

Did you know? Your neighbors are standing by ready and willing to help you in times of need through friendship, a ride to your doctor appointment, a hot meal and more.

These services are just a phone call away. We are your Oakmont neighbors and while we are taking a break from our August meeting we are still available to help you. Our next meeting is Wednesday, Sept. 12. 10:30 a.m. at the Delta Club. Come early and enjoy our delicious refreshments and learn how you too can be an Oakmont Kare Bear and/or be a recipient of our many support services. Enjoy the beautiful summer and we will see you soon! For more information, call Oakmont President Virginia Albertson (6823) and Senior Coordinator Ruth Joseph (0777).

Village Riviera

Our fabulous Fourth of July has come and gone, leaving all of us at Trilogy with warm memories (on a hot day) of the many all-American festivities that took place. It was a totally cool day for the Riviera Kare Bears as we served nearly two hundred bowls of ice cream to our friends and neighbors. We extend a sincere thank you to the Residents' Club for allowing us to use the Ice Cream Social as a Riviera Kare Bears fundraiser. Judging from all the smiles and kind comments, the sharing of ice cream on the Fourth put the fun into fundraising for all parties involved.

Speaking of getting involved, please join us at our next meeting to see how you might fit into the Kare Bear picture. The meeting takes place at 10 a.m. on August 13 in the Delta Club. For more information about the Kare Bears, call Myra (3660) or Valerie (6942).

**Get On
and Go!**



We can get you to Fairfield, Suisun City, Isleton, Antioch and Pittsburg/Bay Point BART Station, Monday – Saturday.

The bus will even come to your door upon request!

You can board the bus at Vista Clubhouse or at the corner of Summerset Drive & Summerset Road near the main gate at the yellow/black sign.

Call (707) 374-2878

or visit us online at

www.deltabreeze.org

for information and reservations!



FAMILY SUPPORT COMMITTEE

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

For more information, please call Chairperson

Claudette Gartner (707) 439-6116,

xbirdlady@myifp.com,

Coordinator Barbara Sherison (6845)

or Betty Bowley (5613).

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Trilogy Living

Fitness Class Schedule for August 2012

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

August Fitness Orientations: Saturday, Aug. 11 at 11 a.m., Wednesday, Aug. 22 at 6 p.m.

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>Class Locations:</div> <div>(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</div>	<div>Group Ex Studio is closed Aug. 15-19 due to floor refinishing!</div>	<div>1</div> <div>7-8 am. Early Yoga (B) (DB) Tammy 7:30-8:30 am. Low Impact (B/I) (GX) Pat 8:30-9:30 am. Workout w/ Weights (B/I) (GX) Pat 9:30-10:30 am. Wake-up & Move (B/I) (RV) Anna 9:30-11am Dance Aerobics (B) (GX) Joele 9:30-10:30 am. Aqua Fit (B) (DP) Denise 11-12pm Body Works (B/I/A) (GX) Kathy 12-1 pm. Stretch & Flex (B/I) (GX) Susan 1:30-2:30 pm. Adaptive Yoga Workout (B) (GX) Deanna 3-4pm ZUMBA Gold (B/I) (GX) Morgan 7-8pm Relax & Get Fit (B/I) (SR) Anna</div>	<div>2</div> <div>7:30-8:30am Body Works (B/I/A) (GX) Kathy 9-10 am Simply Stretch (B/I) (DB) Joele 9-10 am. Tai Chi (B/I) (GX) Lillian 9-10am Advanced Aqua (B/I/A) (DP) Kathy 10-11am. Aqua Fit (B) (DP) Denise 10-11 am. Dance Aerobics (B/I) (GX) Joele 11-12 pm. Arthritis Program (B) (GX) Beverly 1-2pm Sit & Get Fit (B) (GX) Beverly 2:30-3:30pm Yoga (B/I) (DB) Tammy 3-4pm Aqua Fit (B) (DP) Denise</div>	<div>3</div> <div>7-8 am. Early Yoga (B) (DB) Tammy 7:30-8:30am Step Aerobics (B/I/A) Pat 8:30-9:30 am. Workout w/ Weights (B/I) (GX) Pat 9-10 am. Yoga/Pilates (B) (DB) Deanna 9:30-10:30 am. Aqua Fit (B) (VP) Denise 9:45-10:30am Core Balance & Standing Abs (B) (GX) Sophie 10:30-12 pm. ZUMBA Power 90 (B/I) (GX) Sophie 12-1 pm. ZUMBA Gold Beginners (B/I) (GX) Sophie</div>	<div>4</div> <div>8:30-9:30am STEP Aerobics (B/I) (GX) Pat 11-12:30pm. ZUMBA (B/I) (GX) Sophie/Morgan 12:30-1pm Pilates/Stretch (GX) Sophie/Morgan</div>
<div>6</div> <div>7:30-8:30am Step Aerobics (B/I/A) Pat 8:30-9:30 am. Workout w/ Weights (B) (GX) (Pat) 9-10 am. Yoga/Pilates (B) (DB) Deanna 9-10am Advanced Aqua (B/I/A) (DP) Kathy 9:30-10:30 am. Wake-up & Move (B/I) (RV) Anna 9:45-10:30 am. Core Balance & Standing Abs (B/I) (GX) Sophie 10-11 am. Aqua Fit (B) (DP) Denise 10-11 am. Meditation Breathing (B) (DB) Deanna 10:30 -12 pm. ZUMBA “Power 90” (B/I) (GX) Sophie 12-1pm. ZUMBA Gold Beginner (B/I) (GX) Sophie 3-4 pm. Circuit Training / Combo Balance (B/I) (GX) Susan 4-5 pm. Stretch & Flex (B/I) (GX) Susan 6:30-7:30 pm. Yoga/Pilates (B/I) (DB) Deanna</div>	<div>7</div> <div>9-10 am Simply Stretch (B) (GX) Joele 9:30-10:30am. Aqua Fit (B) (VP) Denise 10-11 am. Dance Aerobics (B) (GX) Joele 11-12 pm. Arthritis Program (B) (GX) Beverly 1-2pm Sit & Get Fit (B) (GX) Beverly 3-4pm Advanced Aqua (B/I/A) (DP) Kathy</div>	<div>8</div> <div>7-8 am. Early Yoga (B) (DB) Tammy 7:30-8:30 am. Low Impact (B/I) (GX) Pat 8:30-9:30 am. Workout w/ Weights (B/I) (GX) Pat 9:30-10:30 am. Wake-up & Move (B/I) (RV) Anna 9:30-11am Dance Aerobics (B) (GX) Joele 9:30-10:30 am. Aqua Fit (B) (DP) Denise 11-12pm Body Works (B/I/A) (GX) Kathy 12-1 pm. Stretch & Flex (B/I) (GX) Susan 1:30-2:30 pm. Adaptive Yoga Workout (B) (GX) Deanna 3-4pm ZUMBA Gold (B/I) (GX) Morgan 7-8pm Relax & Get Fit (B/I) (SR) Anna</div>	<div>9</div> <div>7:30-8:30am Body Works (B/I/A) (GX) Kathy 9-10 am. Simply Stretch (B/I) (DB) Joele 9-10 am. Tai Chi (B/I) (GX) Lillian 9-10am Advanced Aqua (B/I/A) (DP) Kathy 10-11am. Aqua Fit (B) (DP) Denise 10-11 am. Dance Aerobics (B/I) (GX) Joele 11-12 pm. Arthritis Program (B) (GX) Beverly 1-2pm Sit & Get Fit (B) (GX) Beverly 2:30-3:30pm Yoga (B/I) (DB) Tammy 3-4pm Aqua Fit (B) (DP) Denise</div>	<div>10</div> <div>7-8 am. Early Yoga (B) (DB) Tammy 7:30-8:30am Step Aerobics (B/I/A) Pat 8:30-9:30 am. Workout w/ Weights (B/I) (GX) Pat 9-10 am. Yoga/Pilates (B) (DB) Deanna 9:30-10:30 am. Aqua Fit (B) (VP) Denise 9:45-10:30am Core Balance & Standing Abs (B) (GX) Sophie 10:30-12 pm. ZUMBA Power 90 (B/I) (GX) Sophie 12-1 pm. ZUMBA Gold Beginners (B/I) (GX) Sophie</div>	<div>11</div> <div>11-12:30pm. ZUMBA (B/I) (GX) Sophie/Morgan 12:30-1pm Pilates/Stretch (GX) Sophie/Morgan</div>
<div>13</div> <div>7:30-8:30am Step Aerobics (B/I/A) Pat 8:30-9:30 am. Workout w/ Weights (B) (GX) (Pat) 9-10 am. Yoga/Pilates (B) (DB) Deanna 9-10am Advanced Aqua (B/I/A) (DP) Kathy 9:30-10:30 am. Wake-up & Move (B/I) (RV) Anna 9:45-10:30 am. Core Balance & Standing Abs (B/I) (GX) Sophie 10-11 am. Aqua Fit (B) (DP) Denise 10-11 am. Meditation Breathing (B) (DB) Deanna 10:30 -12 pm. ZUMBA “Power 90” (B/I) (GX) Sophie 12-1pm. ZUMBA Gold Beginner (B/I) (GX) Sophie 3-4 pm. Circuit Training / Combo Balance (B/I) (GX) Susan 4-5 pm. Stretch & Flex (B/I) (GX) Susan 6:30-7:30 pm. Yoga/Pilates (B/I) (DB) Deanna</div>	<div>14</div> <div>8-9am Body Works (B/I/A) (GX) Kathy 9-10 am. Simply Stretch (B) (GX) Joele 9:30-10:30am. Aqua Fit (B) (VP) Denise 10-11 am. Dance Aerobics (B) (GX) Joele 11-12 pm. Arthritis Program (B) (GX) Beverly 1-2pm Sit & Get Fit (B) (GX) Beverly 3-4pm Advanced Aqua (B/I/A) (DP) Kathy</div>	<div>15</div> <div>7-8 am. Early Yoga (B) (DB) Tammy 7:30-8:30 am. Low Impact (B/I) (GX) Pat 8:30-9:30 am. Workout w/ Weights (B/I) (GX) Pat 9:30-10:30 am. Wake-up & Move (B/I) (RV) Anna 9:30-11am Dance Aerobics (B) (GX) Joele 9:30-10:30 am. Aqua Fit (B) (DP) Denise 11-12pm Body Works (B/I/A) (GX) Kathy 12-1 pm. Stretch & Flex (B/I) (GX) Susan 1:30-2:30 pm. Adaptive Yoga Workout (B) (GX) Deanna 3-4pm ZUMBA Gold (B/I) (GX) Morgan 7-8pm Relax & Get Fit (B/I) (SR) Anna</div>	<div>16</div> <div>7:30-8:30am Body Works (B/I/A) (GX) Kathy 9-10 am. Simply Stretch (B/I) (DB) Joele 9-10 am. Tai Chi (B/I) (GX) Lillian 9-10am Advanced Aqua (B/I/A) (DP) Kathy 10-11am. Aqua Fit (B) (DP) Denise 10-11 am. Dance Aerobics (B/I) (GX) Joele 11-12 pm. Arthritis Program (B) (GX) Beverly 1-2pm Sit & Get Fit (B) (GX) Beverly 2:30-3:30pm Yoga (B/I) (DB) Tammy 3-4pm Aqua Fit (B) (DP) Denise</div>	<div>17</div> <div>7-8 am. Early Yoga (B) (DB) Tammy 7:30-8:30am Step Aerobics (B/I/A) Pat 8:30-9:30 am. Workout w/ Weights (B/I) (GX) Pat 9-10 am. Yoga/Pilates (B) (DB) Deanna 9:30-10:30 am. Aqua Fit (B) (VP) Denise 9:45-10:30am Core Balance & Standing Abs (B) (GX) Sophie 10:30-12 pm. ZUMBA Power 90 (B/I) (GX) Sophie 12-1 pm. ZUMBA Gold Beginners (B/I) (GX) Sophie</div>	<div>18</div> <div>11-12:30pm. ZUMBA (B/I) (GX) Sophie/Morgan 12:30-1pm Pilates/Stretch (GX) Sophie/Morgan</div>
<div>20</div> <div>7:30-8:30am Step Aerobics (B/I/A) Pat 8:30-9:30 am. Workout w/ Weights (B) (GX) (Pat) 9-10 am. Yoga/Pilates (B) (DB) Deanna 9-10am Advanced Aqua (B/I/A) (DP) Kathy 9:30-10:30 am. Wake-up & Move (B/I) (RV) Anna 9:45-10:30 am. Core Balance & Standing Abs (B/I) (GX) Sophie 10-11 am. Aqua Fit (B) (DP) Denise 10-11 am. Meditation Breathing (B) (DB) Deanna 10:30 -12 pm. ZUMBA “Power 90” (B/I) (GX) Sophie 12-1pm. ZUMBA Gold Beginner (B/I) (GX) Sophie 3-4 pm. Circuit Training / Combo Balance (B/I) (GX) Susan 4-5 pm. Stretch & Flex (B/I) (GX) Susan 6:30-7:30 pm. Yoga/Pilates (B/I) (DB) Deanna</div>	<div>21</div> <div>9-10 am. Simply Stretch (B) (GX) Joele 9:30-10:30am. Aqua Fit (B) (VP) Denise 10-11 am. Dance Aerobics (B) (GX) Joele 11-12 pm. Arthritis Program (B) (GX) Beverly 1-2pm Sit & Get Fit (B) (GX) Beverly 3-4pm Advanced Aqua (B/I/A) (DP) Kathy</div>	<div>22</div> <div>7-8 am. Early Yoga (B) (DB) Tammy 7:30-8:30 am. Low Impact (B/I) (GX) Pat 8:30-9:30 am. Workout w/ Weights (B/I) (GX) Pat 9:30-10:30 am. Wake-up & Move (B/I) (RV) Anna 9:30-11am Dance Aerobics (B) (GX) Joele 9:30-10:30 am. Aqua Fit (B) (DP) Denise 11-12pm Body Works (B/I/A) (GX) Kathy 12-1 pm. Stretch & Flex (B/I) (GX) Susan 1:30-2:30 pm. Adaptive Yoga Workout (B) (GX) Deanna 3-4pm ZUMBA Gold (B/I) (GX) Morgan 7-8pm Relax & Get Fit (B/I) (SR) Anna</div>	<div>23</div> <div>7:30-8:30am Body Works (B/I/A) (GX) Kathy 9-10 am. Simply Stretch (B/I) (DB) Joele 9-10 am. Tai Chi (B/I) (GX) Lillian 9-10am Advanced Aqua (B/I/A) (DP) Kathy 10-11am. Aqua Fit (B) (DP) Denise 10-11 am. Dance Aerobics (B/I) (GX) Joele 11-12 pm. Arthritis Program (B) (GX) Beverly 1-2pm Sit & Get Fit (B) (GX) Beverly 2:30-3:30pm Yoga (B/I) (DB) Tammy 3-4pm Aqua Fit (B) (DP) Denise</div>	<div>24</div> <div>7-8 am. Early Yoga (B) (DB) Tammy 7:30-8:30am Step Aerobics (B/I/A) Pat 8:30-9:30 am. Workout w/ Weights (B/I) (GX) Pat 9-10 am. Yoga/Pilates (B) (DB) Deanna 9:30-10:30 am. Aqua Fit (B) (VP) Denise 9:45-10:30am Core Balance & Standing Abs (B) (GX) Sophie 10:30-12 pm. ZUMBA Power 90 (B/I) (GX) Sophie 12-1 pm. ZUMBA Gold Beginners (B/I) (GX) Sophie</div>	<div>25</div> <div>11-12:30pm. ZUMBA (B/I) (GX) Sophie/Morgan 12:30-1pm Pilates/Stretch (GX) Sophie/Morgan</div>
<div>27</div> <div>7:30-8:30am Step Aerobics (B/I/A) Pat 8:30-9:30 am. Workout w/ Weights (B) (GX) (Pat) 9-10 am. Yoga/Pilates (B) (DB) Deanna 9-10am Advanced Aqua (B/I/A) (DP) Kathy 9:30-10:30 am. Wake-up & Move (B/I) (RV) Anna 9:45-10:30 am. Core Balance & Standing Abs (B/I) (GX) Sophie 10-11 am. Aqua Fit (B) (DP) Denise 10-11 am. Meditation Breathing (B) (DB) Deanna 10:30 -12 pm. ZUMBA “Power 90” (B/I) (GX) Sophie 12-1pm. ZUMBA Gold Beginner (B/I) (GX) Sophie 3-4 pm. Circuit Training / Combo Balance (B/I) (GX) Susan 4-5 pm. Stretch & Flex (B/I) (GX) Susan 6:30-7:30 pm. Yoga/Pilates (B/I) (DB) Deanna</div>	<div>28</div> <div>8-9am Body Works (B/I/A) (GX) Kathy 9-10 am. Simply Stretch (B) (GX) Joele 9:30-10:30am. Aqua Fit (B) (VP) Denise 10-11 am. Dance Aerobics (B) (GX) Joele 11-12 pm. Arthritis Program (B) (GX) Beverly 1-2pm Sit & Get Fit (B) (GX) Beverly 3-4pm Advanced Aqua (B/I/A) (DP) Kathy</div>	<div>29</div> <div>7-8 am. Early Yoga (B) (DB) Tammy 7:30-8:30 am. Low Impact (B/I) (GX) Pat 8:30-9:30 am. Workout w/ Weights (B/I) (GX) Pat 9:30-10:30 am. Wake-up & Move (B/I) (RV) Anna 9:30-11am Dance Aerobics (B) (GX) Joele 9:30-10:30 am. Aqua Fit (B) (DP) Denise 11-12pm Body Works (B/I/A) (GX) Kathy 12-1 pm. Stretch & Flex (B/I) (GX) Susan 1:30-2:30 pm. Adaptive Yoga Workout (B) (GX) Deanna 3-4pm ZUMBA Gold (B/I) (GX) Morgan 7-8pm Relax & Get Fit (B/I) (SR) Anna</div>	<div>30</div> <div>7:30-8:30am Body Works (B/I/A) (GX) Kathy 9-10 am. Simply Stretch (B/I) (DB) Joele 9-10 am. Tai Chi (B/I) (GX) Lillian 9-10am Advanced Aqua (B/I/A) (DP) Kathy 10-11am. Aqua Fit (B) (DP) Denise 10-11 am. Dance Aerobics (B/I) (GX) Joele 11-12 pm. Arthritis Program (B) (GX) Beverly 1-2pm Sit & Get Fit (B) (GX) Beverly 2:30-3:30pm Yoga (B/I) (DB) Tammy 3-4pm Aqua Fit (B) (DP) Denise</div>	<div>31</div> <div>7-8 am. Early Yoga (B) (DB) Tammy 7:30-8:30am Step Aerobics (B/I/A) Pat 8:30-9:30 am. Workout w/ Weights (B/I) (GX) Pat 9-10 am. Yoga/Pilates (B) (DB) Deanna 9:30-10:30 am. Aqua Fit (B) (VP) Denise 9:45-10:30am Core Balance & Standing Abs (B) (GX) Sophie 10:30-12 pm. ZUMBA Power 90 (B/I) (GX) Sophie 12-1 pm. ZUMBA Gold Beginners (B/I) (GX) Sophie</div>	

TrilogyLiving

August 2012 Club and Activity Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 8am Social Tennis 8am TOPS (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) 12:30pm Fat Quarters Quilting (D) 2pm Bergren Art (D) 2pm Card Class (D) 3pm Village Oakmont RC Social Com. Mtg. (V) 4:30pm Table Tennis (D) 7pm Billiards Club Mtg. (V) 7pm Drama Club Rehearsal (D)	2 8am Social Tennis 8:30am Golf - Women's 18-Hole 9:30am Ceramics (D) 12:15pm Canasta - Ponytail (V) 1pm Good Samaritans (D) 2pm Genealogy Club (V) 5pm Table Tennis (D) 5pm Cycling Club (V) 6pm Tai Chi & Yuan Chi Dance (V) 6pm Pinochle (V) 7pm Photography Club (V) 7pm Drama Club Rehearsal (D)	3 8am Social Tennis 9am Model Club (V) 9am Beginning Oils (D) 9am Village 1 Arch. Com. Mtg. (V) 12pm Bridge (V) 12:30pm Watercolor Painting (D) 4pm Beginners Ballroom Dancing Lessons (V) 5pm Advanced Ballroom Dancing Lessons (V) 7pm Drama Club Rehearsal (D)	4 8am Motorcycle Club (Off-site) 8:30am Hiking Club (V) 11am Table Tennis (D)
5 10am – 3pm Farmer's Market (D)	6 8am Social Tennis 9am Watercolor Painting (D) 9:30am Walk & Talk (V) 10am Triage Team (D) 1pm Mah Jongg (V) 1pm Rip, Stitch & Bitch (V) 2pm TAG Monthly Mtg. (D) 3pm Village Oakmont Arch. Com. Mtg. (D) 6pm Soul Line Dancing (D) 7pm Poker (D) 7pm Drama Club Rehearsal (D)	7 8am Social Tennis 8:30am Radio Club (V) 9am Golf - Women's 9-Hole 10:30am Country Line Dancing (D) 11:30am Golf - TRVMEN 9-Hole 12:15pm Canasta - Hand and Foot (V) 12:30pm Watercolor Painting (D) 12:30pm Dominoes (D) 1pm Stroke/ Head Injury Support Group (V) 5pm Table Tennis (D) 5pm Billiards Club Tournament (V) 6pm Tai Chi & Yuan Chi Dance (V) 7pm Drama Club Rehearsal (D)	8 8am Social Tennis 8am TOPS (D) 9am Olympic Village Arch. Com. Mtg. (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) 12:30pm Fat Quarters Quilting (D) 2pm Bergren Art (D) 2pm Card Class (D) 4:30pm Table Tennis (D) 6:30pm Nature Club Gen. Mtg. (V) 7pm Drama Club Rehearsal (D)	9 8am Social Tennis 8:30am Golf - Women's 18-Hole 9am Blood Pressure Check (D) 9:30am Ceramics (D) 10am Scrapbooking (D) 10am Council for the Arts (V) 12:15pm Canasta - Ponytail (V) 1pm Good Samaritans (D) 2:45pm Disaster Preparedness (V) 4pm Golf - Sr. Men's Board Mtg. (D) 4pm Table Tennis Club Mtg. (D) 5pm Table Tennis (D) 6pm Tai Chi & Yuan Chi Dance (V) 6pm Pinochle (V) 7pm Drama Club Rehearsal (D)	10 8am Social Tennis 9am Beginning Oils (D) 9:30am Walk & Talk (V) 12pm Bridge (V) 12:30pm Watercolor Painting (D) 4pm Beginning Ballroom Dancing Lessons (V) 5pm Advanced Ballroom Dancing Lessons (V) 7pm Bunco (D) 7pm Drama Club Rehearsal (D)	11 8:30am Hiking Club Mtg. & Hike (V) 11:30am Tennis Club Rossmoor Tournament (D) 5pm Table Tennis (D)
12 6:30pm Ballroom Dance Club – Sock Hop (V)	13 8am Social Tennis 9am Watercolor Painting (D) 9:30am Walk & Talk (V) 10am Kare Bears – Village Riviera (D) 12:15pm Bridge – Duplicate (V) 1pm Rip, Stitch & Bitch (V) 6pm Soul Line Dancing (D) 7pm Drama Club Rehearsal (D) 7pm Poker (D)	14 8am Social Tennis 8:30am Radio Club (V) 9:30am Women's 9-Hole Golf 10:30am Country Line Dance Class (D) 10:30am Book Club (V) 11:30am RVMEN 9-Hole Golf 12pm Recipe Club (Offsite) 12:15pm Canasta - Hand & Foot (V) 12:30pm Watercolor Painting (D) 2pm Master Association Board Mtg. (V) 5pm Billiards Club Tournament (V) 5pm Table Tennis (D) 6pm Tai Chi & Yuan Chi Dance (V) 6pm Grapevine Chat (V) 7pm Drama Club Rehearsal (D)	15 8am Social Tennis 8am TOPS (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) 12:30pm Fat Quarters Quilting (D) 1pm Village Riviera Arch. Com. Mtg. (D) 2pm Bergren Art (D) 2pm Card Class (D) 4:30pm Table Tennis (D) 7pm Olympic Village RC Mtg. (V) 7pm Drama Club Dress Rehearsal (D)	16 8am Social Tennis 8:30am Women's 18-Hole Golf 9:30am Ceramics (D) 11am Dog Club (D) 12:15pm Canasta – Ponytail (V) 1pm Good Samaritans (D) 2pm Genealogy Workshop (V) 4pm Golf – Sr. Men's Mtg (D) 5pm Table Tennis (D) 6pm Pinochle (V) 6pm Tai Chi & Yuan Chi Dance (V) 7pm Village Riviera RC Mtg. (V) 7pm Drama Club Performance (D)	17 8am Social Tennis 9am Village 1 Arch. Com. Mtg. (V) 9am Beginning Oils (D) 9:30am Walk & Talk (V) 12pm Bridge (V) 12:30pm Watercolor Painting (D) 4pm Beginning Ballroom Dancing Lessons (V) 5pm Advanced Ballroom Dancing Lessons (V) 7pm Whist Club (D) 7pm Drama Club Performance (D)	18 8:30am Hiking Club (V) 7pm Drama Club Performance (D)
19 2pm Drama Club Performance (D) 6pm Drama Club Cast Party (D)	20 8am Social Tennis 9pm Watercolor Painting (D) 9:30am Walk & Talk (V) 10am Council of Village Presidents (D) 1pm Mah Jongg (V) 1pm Rip, Stitch & Bitch (V) 3pm Village Oakmont Arch. Com. Mtg. (D) 6pm Soul Line Dancing (D) 7pm Poker (D) 7pm Fishing Club (D)	21 8am Social Tennis 8:30 am – 5pm Culinary Food & Area Historical Tour Murphy, CA (offsite) 8:30am Radio Club (V) 9:30am Golf - Women's 9-Hole 10:30am Country Line Dancing (D) 11:30am Golf - TRVMEN 9-Hole Golf 12:15pm Canasta - Hand & Foot (V) 12:30pm Dominoes (D) 12:30pm Watercolor Painting (D) 5pm Billiard Club Tournament (V) 5pm Table Tennis (D) 6pm Tai Chi & Yuan Chi Dance (V)	22 8am Social Tennis 8am TOPS (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Olympic Village Arch. Com. Mtg. (D) 10am Stained Glass (D) 12:30pm Fat Quarters Quilting (D) 2pm Bergren Art (D) 2pm Card Class (D) 4:30pm Table Tennis (D)	23 8am Social Tennis 8:30am Golf - Women's 18-Hole 9:30am Ceramics (D) 12:15pm Canasta - Ponytail (V) 1pm Good Samaritans (D) 5pm Table Tennis (D) 6pm Tai Chi & Yuan Chi Dance (V) 6pm Pinochle (V) 6:30pm Travel Discovery with Ed Vitrano Sailing the British Virgin Islands (D)	24 8am Social Tennis 9am Beginning Oils (D) 9:30am Walk & Talk (V) 12pm Bridge (V) 12:30pm Watercolor Painting (D) 4pm Beginning Ballroom Dancing Lessons (V) 5pm Advanced Ballroom Dancing Lessons (V) 7pm Bingo (D)	25 8am – 5pm Table Tennis Rossmoor Tournament (D) 8:30am Hiking Club (V) 11am Table Tennis (D) 6pm – 9pm TAG Juried Art Show – Reception (V)
26 10am – 4pm TAG Juried Art Show (V)	27 8am Social Tennis 8:30am Walk & Talk (V) 9am Watercolor Painting (D) 1pm Mah-Jongg (V) 1pm Rip, Stitch & Bitch (V) 6pm Soul Line Dancing (D) 7pm Poker (D)	28 8am Social Tennis 8:30am Radio Club (V) 9:30am Golf - Women's 9-Hole 10:30am Country Line Dancing (D) 11:30am RVMEN 9-Hole Golf 12pm Morning Bocce End of Season Social (V) 12:15pm Canasta - Hand and Foot (V) 12:30pm Watercolor Painting (D) 5pm Billiards Club Tournament (V) 5pm Table Tennis (D) 5pm Grapevine Chat (V) 6pm Tai Chi & Yuan Chi Dance (V) 7pm Drama Club Mtg. (D)	29 8am Social Tennis 8am TOPS (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) 12:30pm Fat Quarters Quilting (D) 2pm Bergren Art (D) 2pm Card Class (D) 4:30pm Table Tennis (D)	30 8am Social Tennis 8:30am Golf - Women's 18-Hole 9:30am Ceramics (D) 12:15pm Canasta - Ponytail (V) 1pm Adult Committee Mtg. (D) 1pm Good Samaritans (D) 5pm Table Tennis (D) 6pm Tai Chi & Yuan Chi Dance (V) 6pm Pinochle (V)	31 8am Social Tennis 9am Beginning Oils (D) 9:30am Walk & Talk (V) 9:30am Tennis Club Mtg. (D) 12pm Bridge (V) 12:30pm Watercolor Painting (D) 4pm Beginning Ballroom Dancing Lessons (V) 5pm Advanced Ballroom Dancing Lessons (V) 7pm Karaoke Night – Redesigned (V)	

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(Double Occupancy)

14 Night Antarctic Cruise
Roundtrip Buenos Aires, Argentina
February 02, 2014

\$2109 per person Inside Stateroom
\$3199 per person Veranda Stateroom
(Double Occupancy)

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www.ShaferRealEstate.net

TRIPS AND TOURS

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



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

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

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

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

Highlights Of Trip: Apple Hill tour and BBQ lunch, "Oh What A Night" stage show at El Dorado showcasing the music

of Frankie Valli and the Jersey Boys, Carson City Railroad Museum and a one-way excursion on an authentic steam train to Virginia City, and, of course, plenty of free time at Silver Legacy, El Dorado and Nugget to test your skills with "Lady Luck." Waitlist available.

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

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

Come along for a day of fun visiting a Miwok Village, navigating your way through a corn maze, dancing to spooky musicians, going on a hayride and picking out your own pumpkin to take home. We'll enjoy a hosted lunch at Tahoe Joe's Steakhouse and reserved seating at the Leshner Theater for a hilarious production of Steve Martin's "The Underpants." A Fun day!

Please Note: Ethel is taking time away from Trips and Tours during the months of November and December, so Victorian Xmas in Nevada City, Thunder Valley Casino, and Beach Blanket Babylon trips are cancelled.

**March 31 - April 10, 2013
Mexican Riviera Cruise**

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

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



Billiards Club

The next Billiards Club meeting is on Wed., August 1, at 7 p.m. in the Monterey Room of the Vista Club. Tuesday Evening's tournament start times are 5 p.m.

The first and third Tuesdays the format is 8-ball round robin with no handicaps for B players. The second Tuesday of the month the format is handicap 9-ball with a round robin format. In order to get a win, a player must beat his opponent two out of three games. The club has again made a list of B players and for that Tuesday evening the B players will get a one-game handicap while playing an A player, so the B player only needs one win in three games while competing against an A player. The format for the fourth Tuesday is 8-ball and the club will split the tournament into A & B players. There will be a first and second place winner in each group. The fifth Tuesday is 9-ball with no handicap for B players. Officers: President Al Bergoust, Vice President Joe Mattos, Treasurer Jack Clark, Secretary Dallas Salomon, and Membership Chairman Dave Stewart.

Latest weekly tournament winners:

June 5, 8-Ball

1st Al Bergoust
2nd Dave Stewart
3rd Pete Percivalle

June 19, 8-Ball

1st Pete Percivalle
2nd Jack Clark
3rd Joe Mattos

June 12, Handicap 9-Ball

1st George Doner
2nd Bon Puno
3rd Al Bergoust

June 26, 8-Ball A & B

A Division
1st Oscar Grissom
2nd Ben Bautista
3rd Dave Stewart

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

Bingo Club

Don't let the summer go by without attending bingo on the fourth Friday of the month. The next game is on August 24. Win money, make new friends, and have fun! Games begin promptly at 7 p.m. at the Delta Club. Buy-in for each person is \$10 for 12 games. We have one early bird special: one card for \$1 and an extra blackout card for \$1. The prize money for each game is \$50 and the blackout prize is \$250. Everyone is welcome. For more information, call Irene (6999).

Bocce Club

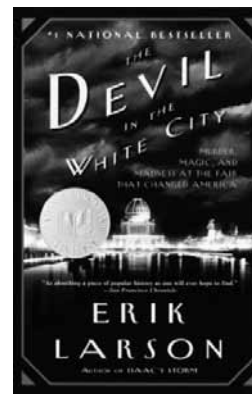
The Morning (MBL) and Night (NBL) Bocce Leagues will both hold End of Season Socials. The MBL social is in the Vista Ballroom at noon on Tues., August 28 and the NBL social is in the Delta at 5 p.m. on Sat., Sept. 8. Both socials

are BYOB events. Full details (cost and menu) plus sign-up directions will be emailed to all captains and posted at the Sunset bulletin board when details are finalized. We are also planning a general membership season wrap-up meeting for Sept. 15 at 9 a.m. in the Delta Club. Attend the meeting and let the board know what you liked or didn't like about the 2012 season to help them in planning the next season.

Sign-ups for the Winter Bocce Federation (WBF) will be taken during each of the End of Season Socials for existing teams. New teams will be able to sign up in September. See the September issue of *Trilogy Living* for details. The number of teams that sign up will determine the WBF play days, schedule and the season's start and stop dates. We are still in need of volunteers to champion, organize and manage the proposed self-funding one-day competitive tournament, now known as the One Day Fall Bocce Classic. If you are interested in working on this event, call Joe Downes (7520). Remember to roll often, throw straight and have fun, that's what it's all about.

Book Club

The Book Club meets the second Tuesday of each month at 10:30 a.m. in the Sonoma Room at the Vista Club. The next meeting is August 14. The book selection for August has been changed to *The Devil in the White City* by Erik Larson. September's book selection is *Girldchild* by Tupelo Hassman. There is no requirement to have read the selected book. Everyone is welcome to join in. Feel free to stop by. For more information, contact Adrienne (5576).



"I cannot live without books."

~ Thomas Jefferson

Bridge - Duplicate

Duplicate Bridge meets the second Monday of each month at 12:15 p.m. in the Sonoma Room at the Vista Club. Mark your calendars for our game on Monday, August 13. All Trilogy residents who are interested in playing duplicate bridge are welcome. If you need a partner, we'll find one for you. Contact Sue (6136).

April's results: 1st - Betty Magnoli and Run Wan; 2nd - John Shick and Feliza Senduk; 3rd - Nan Lowenstein and Mario Kucich.



Computer Club

The next meeting of The Trilogy Computer Club is on Sept. 18 in the Diablo Room at the Vista Club. Many of our members are taking vacations during the summer months. Therefore, your board is also taking a hiatus for the month of August. Look for more exciting meetings in the fall.

To become a member of the club, visit the website at www.tccrv.org to complete and print a copy of the application and give it to our membership chair, Judy Carter, with the annual dues of \$12. The website also offers the latest information on many computer-related subjects, meetings and other interesting items. You may also sign up at any meeting.

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

Fishing Club

Our next meeting is Monday, August 20 in the Marina Room at the Delta Club at 7 p.m. We will be viewing a video and photos of both our July 28 picnic/BBQ and our July S.F. Bay fishing trip on the party boat California Dawn. Our picnic/BBQ was great! The food was excellent and everyone had a good time. Rich Giangrosso again treated us to fresh oysters, which he barbequed. His vodka-based sauce was very good.

Our S.F. Bay fishing trip was also great. We caught halibut and striped bass. Come see the video. We will have our usual coffee, tea and cookies. Hope to see you there. Everyone is welcome to join our fishing club. We have great events throughout the year. For more information, call Al Silva at (3791).

Genealogy Club

At our July meeting of 12 attendees, we were treated to several presentations of pedigree charts. The charts ranged from five generations completed to works in progress. One member presented his chart and told of a whopping 27,000 people collected. One new attendee was intrigued by the previous *Trilogy Living* article that spoke of the "bad girls and boys" of Indian Territory and decided to join our group in the hopes of finding leads to his family who lived on Youngers Bend in Oklahoma in the late 1800s. One member wondered if we had explored the option of DNA searches. One member had done so some years ago with some success. There is a rumor that National Geographic will do another DNA project. Some expect the test will be \$25, currently it runs \$100 for the maternal through Ancestry.com.

In the workshop, one new site we discussed was D.A.R., (Daughters of the American Revolution). This site is helpful not only to find your patriot ancestor, but to explore the information provided by the submitter, who must provide documentation with date of birth, ancestor lineage, date of death, etc. This is vital information and great leads especially in the case of those brick walls. One member used the site, found her patriot, ordered the documentation online and received it immediately via PDF. We also explored USGENWEB. This site has been around for many years and gives you the opportunity to go into the state you are exploring. Once there, the counties are available, which may have information about marriages, deaths, cemeteries, and births offering a wide range of exploring.

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

Good Samaritans

The Good Samaritans stand for loving the Lord with all your heart and with all your soul and with all your strength and with all your mind, and loving your neighbor as yourself.

The Good Samaritan parable teaches four principles about loving our neighbor:

1. Our neighbor is anyone of any race, creed, or social background who is in need.
2. Love means acting to meet the person's need.
3. Lack of love is often easy to justify, even though it is never right.
4. It is easy to have good neighbors if you are one.

The Good Samaritans Bible Study meets every Thursday at 1 pm. at the Delta Club.

Scripture of the Month: Luke 10:25-37

Hispanic Club

The first informal gathering of people interested in forming a Hispanic Club in Trilogy at Rio Vista was held Wed., June 20 at 7 p.m. We had people from various Latin American countries: Mexico, El Salvador, Costa Rica, Puerto Rico, Panama, Colombia, Chile, Peru, and Argentina. The purpose of this first meeting was to figure out what kind of club we'd like to become and how we could go about



becoming a club in good standing in the Trilogy community.

It was determined that in order to do this, we will need to do the following:

1. Prepare and present to the Activities Committee a formal application,
2. Organize to create the appropriate number of officers, individuals willing to lead our activities.
3. Create a mission statement that encompasses the sharing of our culture in all of its facets: history, art, music, dance, food, literature, customs, and more.
4. Clarify our purpose to augment our own knowledge of Latin American countries as well as to share this knowledge with everyone interested within our community.
5. Devise activities that will accomplish our purpose, i.e. forming small groups of conversational Spanish, bringing in performers, establishing a Spanish Book Club, social gatherings, food tasting fairs, etc.

In order to continue this planning process we will invite interested people to meet in August. The date is not yet set but we will email all those who have already signed up. If you are interested in joining us at our next meeting or in finding out more about this future club, contact any of the following persons (contact the Martinez's in September):

Vicky Riddle, vriddle98@yahoo.com (3684)

Len Latorre, n1len1@frontiernet.net (3893)

Lily Martinez, lilymartinez@frontiernet.net (1345)

Ricky Martinez, ricky552913@yahoo.com (1345)

Men's Executive Nine

We held two tournaments in June. The first was an AB+CD, AC+BD, AD+BC format and was won by the team of Carrol Webb, Metz, Bob Bard and Jack Phifer. The second was a low net plus putts tournament. The first flight was won by Dennis Germano and the second flight was won by Jim Rodgers. Congratulations to the winners and thanks to everyone who participated.

Our club plays every Tuesday starting at 11:30 a.m. We usually have two tournaments each month and the other Tuesdays are straight golf. However, on August 7, we are starting our Match Play tournament. This bracketed format will extend over four weeks with the winners of each match moving forward in the bracket until only one in each flight remains. The winner of each flight will earn Club Champion honors for the year of 2012. Our club has never played this head-to-head format so it is an opportunity for our members to try something new. Watch

for the sign-up sheets in the posting room and don't miss playing in this unique event.

We held our quarterly membership meeting in June. In addition to getting a status report on the golf course, we also had a review of some of the rules of golf that relate to the different color stakes one sees while playing. The board is currently in the process of developing a slate of candidates for next year's board, which will be announced prior to our Sept. 25 quarterly meeting. If you are interested in serving, contact Ron Kott at (650) 464-2071 for details.

Currently we have 86 members and growing. If you are interested in joining our nine-hole golf club, pick up an application form in the posting room or contact membership chairman Dick Talbott at 225-0077.

Model Club

Hopefully you enjoyed the Sacramento Live Steamers exhibit on the Vista Lawn this month. It has been a pleasure preparing for them. We have nearly completed the optimistic spring 2012 scheduled efforts to complete the roundhouse, turntable and sawmill. With a flurry of activity several Model Club members have accomplished together something that no individual could. We thank the Master Association for providing the benches so that residents can linger and enjoy the railroad's unfolding operations. Enjoy the photo of the Sawmill trestle and track arrangement taken by Model Club member Rod Skillen.

One resident asked, "Why do you enjoy modeling?" Prior to our retirement, most residents of Trilogy Rio Vista held a position of responsibility, requiring organizational and people skills to complete their working day; often working in medium-to-large organizations, with little opportunity to develop items of beauty, and community pride. Modeling seems to bring out the best latent skills of individual imagination and workmanship, plus teamwork and vision. When our friends and neighbors stop by and comment to us what a great job we are doing for our community, it is with great pride others see beauty in our efforts. Your suggestions as to how a scene might be improved are very welcome. Now, we are nearing the





end of our present phase of track building, and moving in a phase of selected gardening and scene refinement. We hope these efforts will encourage others to attend our Model Club meeting and bring new encouragement and skills to our attention.

Time is running out for you to sign up for the September bus tour of Reno, Carson and Virginia City, Nevada. We will be taking a tour of the Virginia and Truckee Railroad and riding the historic rails up the mountain and back. You must make advance reservations.

For more information, contact the club president, Mr. John Harder, at (3646). Join us at our monthly meeting, the first Friday of each month in the Vista Club's Room.

Motorcycle Club

The Trilogy Motorcycle Club riders meet the first Saturday of every month for an all-day ride. The July 7 ride began uneventfully: 14 bikes and 16 riders. Little did we know what the end of day would bring! We headed up Hwy 160 to Walnut Grove, out Thornton Road to New Hope Road and into Galt. Here, we picked up Twin Cities for an easy ride into Lone and Hwy 88 into Martel for a Starbucks stretch break. Leaving Martel we traveled Shake Ridge Road through some nice back country scenery to pick up Hwy 88 again and arrive at the lunch destination of Cooks Station. We overwhelmed their lunch staff with 16 diners, but everyone eventually got their meals. Bob Pastorino used this as a turnaround point and the others rode on to Bear Reservoir for a photo.

The return trip through Jackson and over to Lodi was uneventful, save for the 100-degree temperature. The rolling golden brown hillsides did offer pleasant scenery. About half the group stopped in Lodi for a stretch and coffee and the others opted for an early arrival home...and that's when the fun started! The latter group got stuck on the Rio Vista Bridge for a few hours while the coffee drinkers blissfully enjoyed iced coffee. Upon hearing the bridge was closed, the coffee group headed back by way of Walnut Grove, and soon learned, two very backed up ferries. That was a mistake. We learned a lot about human behavior in the hot sun and the art of cutting in line. Let's just say that if you saw two entrances to a backed up freeway onramp, wouldn't you choose the shorter line? By about 8:30 p.m., we had all arrived safely back home, about a 220-mile, 12-hour mostly enjoyable day.

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



(L - R) John Bereta, Rich Giangrasso, Bill De Manicor, John and Judy Wilson, John Corria, Allan Levine, Guy de Jong, Bob Asbell, Jack Piefer, Jerry and Dottie Dale, Larry Nelson, John Oakley. Photo by Wil Bridges

Recipe Club

August 14 is our annual field trip to Larry's Produce in Fairfield. We will meet at 10 a.m. in the Delta parking lot to carpool. We will have brunch at the Joy of Eating Café in Suisun City and then travel to Larry's for the freshest produce at bargain prices. If you plan to attend, please let me know by Saturday, August 11, as we need an accurate count for the restaurant. For more information, contact Patty LaFleur (3159).

Monthly tip: Nothing brightens a bite of a summertime muffin quite like the burst of a fresh-baked blueberry, unless you discover the poor things have sunk to the bottom, where they have congregated into a mush. The cause of sinking is in a sense the season itself. In the heart of the summer, fat, ripe berries may be denser than batter, causing them to drop. A dash of flour will help blueberries defy gravity for the very simple reason that the flour makes them stick to the batter and stay put. Just toss blueberries with a tablespoon of flour before folding in. But use flour from the recipe—don't add extra; that will keep your ingredient ratios even. As always, be gentle when mixing the muffin batter. Overbeaten batters can thin out, exacerbating the problem and producing a poor crumb as well. If your batter seems a bit thin, try sprinkling some of the berries on top just before baking.

Rio Vista Roamers RV Club

Our July outing was cancelled because the Roamers were out roaming! Only three rigs could sign up so we will catch everyone next month at Durango in Red Bluff.

We thank Bob Pasterino for taking us to Casini Ranch in Duncan Mills in June. This campground is on the Russian River. We fished, swam, played golf, and slipped over to



Bodega Bay for seafood. There were great parks in the forests that some of us roamed to and a few antique shops to browse through. The coastal areas always keep us busy.

On August 13-15, we will be at Durango in Redding. John and Anne (6129) are hosting and will need the first night deposit of \$43 by August 1. Please make checks out to John Waggoner. This is an exceptional park and is close to Shasta and Lassen Park. You might remember a last minute trip some of us took there last year and we were all really impressed with the amenities.

Rio Vista and Brentwood clubs are doing a campout together September 24-28 in Quincy and Frank Reid is our wagon master. The fee for five nights is \$172.50 or four nights, \$142, payable in advance. If you prefer to go early or stay later, the cost is \$30.50 per day. Frank is out of town right now, so if you need a flyer, please contact Sandra (3538) and I will get one to you.

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

Senior Men's Golf Club

Our club held its member/guest tournament in June. There was a nice turnout and we got a chance to make new friends. We also played two new formats, the Eliminator and the Florida Scramble. Both proved to be challenging and fun. At the end of the golf season, our hard working tournament director will be looking for input regarding what tournament formats you liked and did not like, so keep notes.

We also had an away fun day at Hiddenbrooke Golf Club. Our entertainment chairman is trying to schedule an away fun day each month. Watch for the sign-up sheets.

Our August tournament schedule has a few new formats. On August 8, we play a Three Blind Mice format, and on August 29, we play a Mutt and Jeff format. Love these names. The August 15 "6-6-6-format" will also include a closest to the line driving contest. On August 22, we play a 3-2-1 best ball team event.

Our club plays each Wednesday morning with tee times starting at 8 a.m. Sign-up sheets are available in the posting room or through our e-Clubhouse at rvmgmc.ghinclub.com. You will find the latest news and tournament results.

We hold our general membership meeting on the third Thursday of each month at 4 p.m. in the Delta Club main meeting room. Attend and support your club. The next meeting is on August 16. If you have any other questions about our club contact club President, George Barlesi at

(4032) or e-mail George on gbarlesi@comcast.net.

Stroke, Head & Brain Injury Club

We at Stroke Club support those who have had or are living with someone who has been affected by stroke, a brain injury or one which results from a head injury that subsequently caused a brain injury. We also assist those who are suffering from dementia, regardless of the cause.

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

Our goal is to have fun as well. We are planning various extracurricular activities for the group in the surrounding areas. Recently, we went to Lodi, had lunch at Phillips Farm, and explored their beautiful garden. If you or someone in your family has had a stroke, any kind of brain malfunction, and/or dementia, and would like to join, please contact Dr. Cheryl Bellrose (6619). We encourage caregivers and families to join as well.

We have changed the time for meetings and are now meeting on the first Tuesday of each month from 2-4 p.m. at the Vista Club in the Monterey Room. Our next meeting is on August 7. Hope to see you there!

Supper Club

The next Supper Club is in August. If you are unfamiliar with our group, we meet every other month through October. On these occasions, you can meet our members and get to know them in a small group setting (usually six to 10). We are not limited to a formal dinner menu. We may also have a brunch, a luncheon or a theme party. In addition, every year we have a party for the entire group.

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

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



Table Tennis Club

We appreciate the organizational skills and enthusiasm of our social chair: Ruth Barnes. Our bocce social, held on Saturday, June 23, was a success. We thought we were seeing double when we saw Ruth's twin sister, Mary. We played bocce, socialized and had food aplenty. Good job, Ruth.

We had great fun before, during and after the Fourth of July Parade and that fun got us first place!!! Good job everyone. Thanks you everyone who participated, since it takes a group to come up with the ideas and implement them. Not surprisingly, a few of us ended the day at the Delta Club, playing table tennis. For more information and pictures, check out the website at <http://trvtt.wordpress.com/>.

Due to a conflict of dates regarding the usage of the Delta Club, our scheduled July 28 Tournament with Rossmoor had to be postponed to August 25. This postponement will give us more time to practice. At stake is a perpetual (traveling) trophy. If we win the match, the trophy will stay in Rio Vista until the next tournament with Rossmoor, hence a "traveling" trophy.

Our third general meeting of the year is scheduled for Thursday, August 9 at 4 p.m. at the Delta Club. Mark your calendars. Also, keep an eye on the website, since this is where updates and activity changes are posted.

MyTrilogyLife.com has a hyperlink to our website under "Clubs." Not all the content of the website is available for public viewing. Some of this content is password protected and only available to members. The public may still browse; better yet become a member so that you can see the entire website.

For more information, contact Tom Barnes, President (4395); Jeff Kennan, Vice-President (7541); Tom Silverman, Treasurer (318-4620); Kim Russell, Secretary (2046); Vicky Riddle, Publicity (3684), Mike Lewis At Large (4823).

Tennis Club

The nice thing about August is that it is the month we get to play Rossmoor again. After a close defeat in May, we get another chance to bring back the tennis trophy to its rightful home on Saturday, August 11. In competitive matches, we are now 1-1 for the season.

We now have a new board of directors for our tennis club. The iron fist of Len Latorre is now directing our efforts towards tennis domination in Northern California. Sandy Price is his back-up, Kathy Barker is scribe, and June Skvorzov is in charge of our chest of gold.

Our team tennis program seems to be a success. Each team started out playing just three sets per match and now we are at six sets per match. I'm glad everyone is enjoying this format. By the end of the year we should be playing the best three out of five sets in all three classes, men's doubles, women's doubles, and mixed doubles. Just kidding. We have added a few new players over the last three months, which is a good sign for any club. For those of you who have not played tennis or played in the past, come on out and find out if tennis is right for you. In spite of our goal of Northern California tennis domination, we are nice people and have a lot of fun on and off the courts. For more information about our club, contact Wally Beckman at beckmanwally@hotmail.com.

Whist Club

The 10th Annual Juneteenth Trilogy Whist Club Celebration was held on June 16 with great success. The food was delicious, catered by Mr. Arvell Howell. The entertainment (Motown's greatest) was wonderful. Thanks to everyone for their participation. The Whist Club donated \$300 to the Rio Vista Care Center.

The club gathers once each month, usually on the third Friday at 7 p.m. at the Delta Club. Please check the monthly *Trilogy Living* for any date/time changes.

Other games are available for those not interested in playing cards, including dominoes, backgammon, and checkers. Those who have other board or table game preferences may share (i.e. Scrabble and Monopoly). We also welcome those who just want to socialize.

The Trilogy Whist Club is also the vehicle through which other cultural activities have been organized, to which the entire Trilogy community and their families are invited. The next event is Martin Luther King Day. All events are intended to be educational, informative, and fun. Contact Madalene Turner (3361) or Jean Robertson (0086) for more information.



Women's 9-Holers

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



Tuesday Play Day Results

June 5, 2012: Chip-ins: Eileen O. #1, Karen A., #3, Jeanie R., #4, Lynne G., #6, Suzi M., #7.

Great Skill. Ladies Low Putts:

These Ladies came in with 14 putts, TA-DAH, Suzi M., Karen N., Judy R. Congrats to the low putter gals. Pars: Suzi M., #1, Georgette R., #5. Wow Ladies!

June 12, 2012: Pars: Donna B., #12 Karen N. and Nancy W., #13. Nice Paring.

June 19, 2012: Play Day Winners: First Place: Linda Barlesi, Donna Bjork, Helen Swarbrick, Rowena Jefferson. Second Place: Two Teams tied: Diana Staley, Lynn Grace, Betty Bowley, Delmy (Brentwood guest). Linda Seatt, Kathy Moore, Nancy Whitney, Lynne Galletta. Third Place: Fran Silva, Maureen Gringrass, Linda VanNeubergh, Ingrid Cavanaugh. A special thank you goes to the Play Day Team for making this event a great success.

June 26, 2012: What a Great Day to play golf, the weather was perfect. Pars: Nancy W., #13 and #15 TA-DAH Nice Golfing. Welcome Diane Schulz and Barb Downs to the Niner's.

Great Golfing! If you would like to join the Women's 9-Holers, please call Georgette Rodriguez, Membership Chairman at (2683).

Women's 18-Holers

June 7 Winners: A Flight: First: Angie Jones, Second: Linda Siatt, Third: Linda Barlesi, Fourth: Ulla Ulmonen, Fifth: Joan O'Connor. B Flight: First Pat Kistler, Second: Ida Shannon, Third: Debby Carroll, Fourth: Diana Staley, Fifth: Donna Martella. C Flight: First :Maureen Gingrass, Second: Charlotte Godsey, Third: Paula Davis, Fourth: Linda Van Nieubwburg Fifth: Terri Anisko. D Flight: First: Bessie Dunn, Second: Helen Swarbrick, Third: Carol Petronzio, Fourth: Joanne Smith, Fifth: Ella Cooper. Chip-Ins: Karen Nash, Vicky Riddle, Linda Barlesi, Diana Staley. Birdies: Linda Barlesi and Bessie Dunn Broke 90: Linda Barlesi and Linda Siatt. Broke 100: Angie Jones, Lucille Rhodes, Pat Kistler and Ulla Ulmonen. Closest to the Pin #13 was Bessie Dunn.

June 14 Winners: A Flight: First: Lucille Rhodes, Second: Frankie Freese. Third: Ida Shannon. B Flight: First: Linda Van Nieuwburg Second: Terri Anisko Third: Darl McCarthy. Fourth: Chris Sabye. Chip-ins: Terri Anisko, Joanne Smith,

Helen Swarbrick, Vicky Riddle. Karen Nash had two. Birdies: Vicky Riddle, Bessie Dunn, Frankie Freese and Lucille Rhodes. Broke 90: Lucille Rhodes, Linda Siatt, Frankie Freese, Vicky Riddle, Judy Zelmar. Ida Shannon.

June 21 Winners, Hosted by Brentwood: First Place: Donna Martella and Ida Shannon. Second Place: Debby Carroll and Trixie Roque. Third Place: Tie with Ulla Ulmonen, Joanne Smith and Linda Barlesi and Terry Sutter. Birdies: Trixie Roque, Paula Davis. Two holes had closest to the pin winners: Debby Carroll in 1-25 handicap and Terry Sutter 26-44 handicap. Next hole: Debbie Carroll in 1-25 handicap and Paula Davis 26-44 handicap. Ladies who played in Rio Vista Chip-ins were Donna Bjork and Darl McCarthy.

June 28 Winners: A Flight: First Judy Zelmar, Second: Des Javier Third: Roni Teixeira, Fourth Linda Barlesi. B Flight: First Doris Sundly, Second: Diana Staley, Third: Linda Van nieuwborg and Tie for Fourth was Karen Nash and Bessie Dunn. C Flight: First Char James, Second: Donna Bjork, Third Bev Dunn



Photo by June Skvorzov

Women's 18-holers wearing their new (blue) club shirts.

Tie for Fourth: Tie with Lynn Grace and Helen Swarbrick. Chip Ins: Joanne Smith, Linda Barlesi. Birdie: Linda Barlesi. Broke 90 Linda Barlesi. Broke 100: Judy Zelmar, Des Javier, Linda Siatt, Diana Staley, Doris Sundly, Roni Teixeira

Closest to the pin: Joan O'Connor.

M&E Metal

Ornamental Iron
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Providing a quality product for 30 years

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California License # 423581



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- Kitchen and bath remodeling
- Granite countertops
- Tile and wood floors
- Doors and arches
- Crown moulding
- Cabinets
- Exterior painting
- Plumbing
- Electrical/ceiling fans
- Concrete walks & patios

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209-327-7410

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Brian O'Connell's Barber Shop

251 Main St., Rio Vista
across from the
Bank of Stockton

Hair Cut Prices

Mens Regular - \$12.00

Seniors 55+ - 1.00 Off

Veterans 1.00 Off

Tues. - Fri. • 9am - 5pm

Sat. • 9am - 2pm

(707) 430-3354



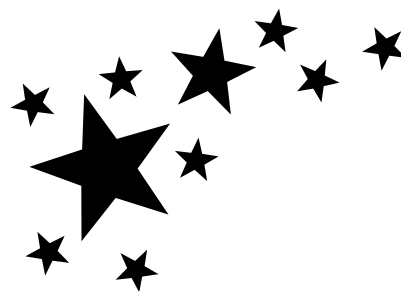
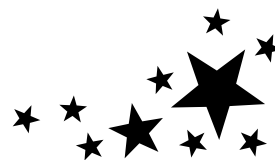
Vista Pool



Trilogy

4th of July CELEBRATION











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

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241 Main St.
Rio Vista CA
94571



Carla Harden
(707)330-0808

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Free Market Analysis Today*

Search all homes for sale at:

www.RioVistaProperty.com

ADVERTISING INFORMATION

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

REGULAR SIZES AND RATES:

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

PREMIUM SIZES AND RATES:

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

DISCOUNTS:

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

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



Trilogy at Rio Vista HOME BASED BUSINESS DIRECTORY

All Occasion Travel

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

Amway Business

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

Avon

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

Avon

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

Cruise Adventures Unlimited

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

Get Water @ 5 cents/Gallon

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

Mary Kay

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

ANNOUNCEMENTS

Gambling Trip

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

FOR RENT

Home for Rent

Beautiful 3br/2ba, 2053 sq.
ft. Trilogy residence. \$1300/
mo. Upgraded kitchen with
granite counter tops. Stainless
steel appliances. Like new.
Must see! Available now.
Call Yaoqi 415-407-4971.

Home for Rent

Belmont model 2br/2ba, great
room, separate office. Clean
home. No smokers/No pets.
Furnished with all appliances.
Option to rent one bedroom,
one bath. 650-430-7680

FOR RENT

Home for Rent

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

Home for Rent

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

Home for Rent

Hillsborough model, 1670 sq.ft.,
2br/2ba/den, backyard privacy.
Owner pays HOA & water/sewer.
Refrigerator, washer & dryer
provided. \$1100/mo. No pets/
no smoking. Call Claude (3964).

Home for Rent

2br/2ba, den, Pebble Beach
model: Bright & sunny. 1440
sq.ft. Landlord pays HOA, lawn.
Nonsmoking. Move-in special:
\$995 for first 3 months, then \$1095
thereafter. Trilogy resident Bob
310-322-5849. Available 9/1/12.

FOR SALE

Room for Rent

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

Room for Rent

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

FOR SALE

Furniture

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

Scarves

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



FOR SALE

Scooter

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

Window Coverings

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

Wood Blinds

2 inch wood blinds made for great room of San Carlos model. Custom inside mount. \$75/OBO, 2 are 34 wide x 70 long and 1 is 58 wide x 70 long. Call 507-5269.

SERVICES

Airport Transportation

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

Assistance w/ Heavy Lifting

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

Assistant for Females

Available Monday -Thursday 9-5: Meal preparation, errands, transporting to pharmacy, post office, groceries, appointments, shopping, visiting friends, movies, etc. Contact Brenda (4617) or cell 816-0964 tmbllweed5000@aol.com

Audio/Visual

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

SERVICES

Auto/Home Detailing

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

Bilingual Assistant

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

Caregiver

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

Carpet and Upholstery Cleaning

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

Carwash

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

Cleaning

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

Clock Repair

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

SERVICES

Computer Doctor

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

Computer Help

Trilogy resident will come to your home to correct computer problems and help with learning new programs including photo, email, etc. Call Bill 650-430-7680.

Computer Help

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

Computer/Wireless

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

Countertops Galore

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

Crown Molding

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

Custom Cabinets

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

Electrical

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



SERVICES

Enhanced Improvements & Repairs

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

Faux Finishing @ Its Best

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

Free Classifieds

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

Gardening

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

Hairstyling

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

Handyman

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

Handyman

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

SERVICES

Home Design

Gypsy Cowgirl Designs: Call Patty for help with redesigning your home or for staging. (4410).

Housecleaning

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

Housesitting

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

Impeccable Improvements & Repairs

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

Income Tax Services and Planning

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

In-Home Care

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

Knitterbug

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

SERVICES

Landscape & Design

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

Landscape Maintenance

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

Lawnmower Repair

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

Mobile Notary Services

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

Notary Public

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

Notary

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

Want to Run a Classified Ad?

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



SERVICES

Notary to Go

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

Knife Sharpening

O So Sharp—A Knife & Scissor & Gardening Tool Sharpening service has come to Trilogy. I can do European/American blades, Asian blades and serrated blades, Kitchen & Sewing Scissors. Call (3663) & ask for Rich G. 556 Birch Ridge Dr.

Painting

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

Painting and Drywall

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

Personal Organization

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

Pet Care

Kitty services: will bring in newspapers, garbage, will water plants. Responsible person. Shirley 925-642-6980

Pet Care

Pet sitting in Trilogy since 2007. Lovingly care for your pet as well as basic home care (mail, papers, trash, plants) while you're away. References. Due to injury, unable to walk dogs at this time. Call Kathleen Montemayor (4750) email: kamont1953@yahoo.com.

SERVICES

Pet Care

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

Rain Gutters Cleaned

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

Real Estate

Selling, Buying and/or Property Management. No obligation evaluation on current Trilogy market. Short sale consultation. Maggie, Broker. Delta Bridge Homes Trilogy office (6395). maggiecatt@frontier.com. Cal DRE #00789865.

Roll out Shelves

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

Sliding Door and Screen Repair

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

Stained Glass

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

Streaming Video

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

SERVICES

Transportation

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

Window Cleaning

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

VACATION RENTAL

Tahoe Condo

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

WANTED

Recipes

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

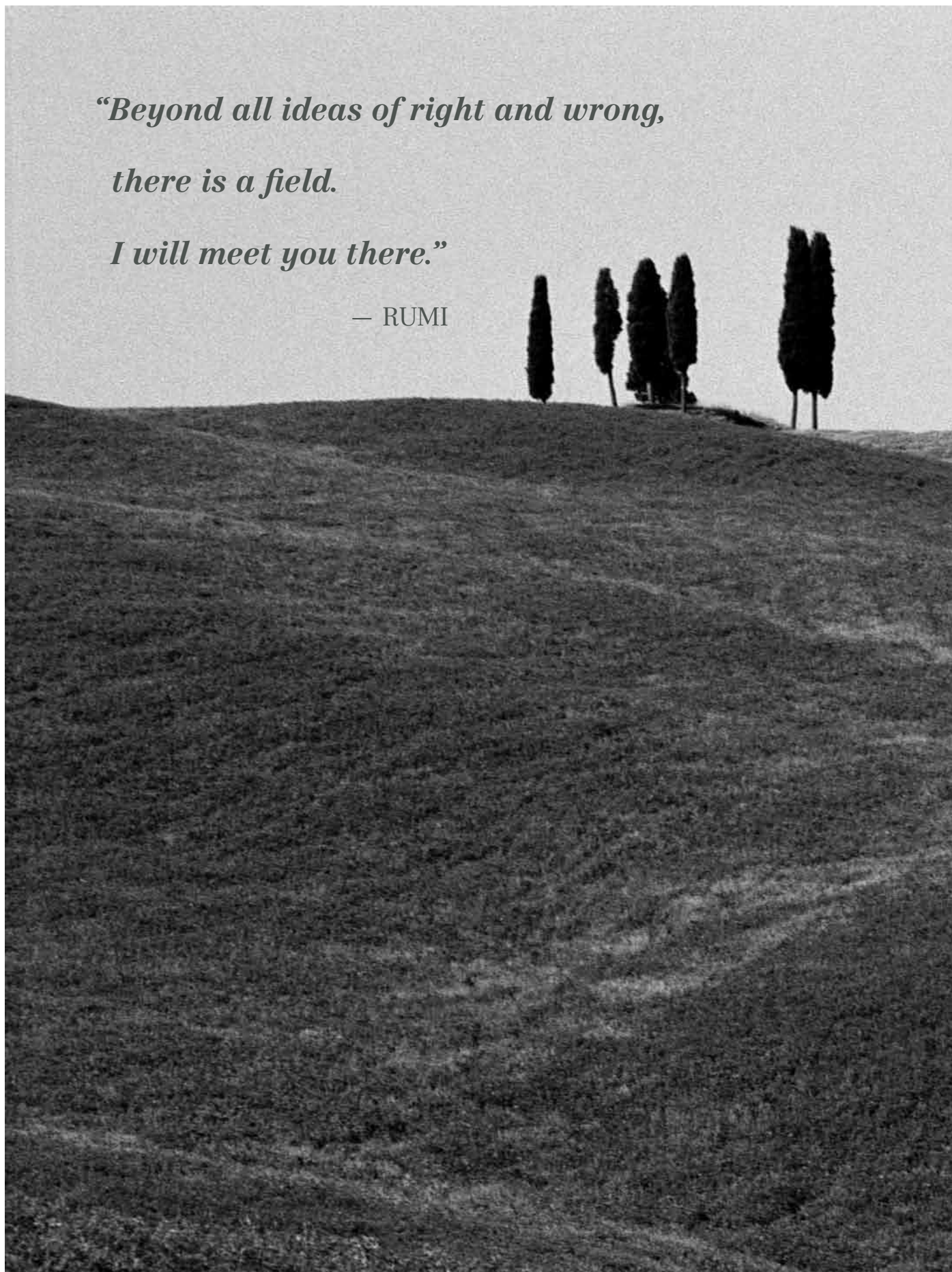
501 Levis

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

*“Beyond all ideas of right and wrong,
there is a field.*

I will meet you there.”

— RUMI





EMERITUS SENIOR LIVING

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

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

Our Family is Committed to Yours.®

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



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—at Rancho Solano—

(707) 425-3588

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tour & learn more about the
many benefits we have to offer!**

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