

# TrilogyLiving

*Trilogy  
wishes you  
a warm and happy  
holiday season!*

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# *From the Master Association*

## **Don Love**

*President*

### **Executive Session**

The Board authorized \$1,500 to get a legal opinion from a Water Rights attorney as to our rights to the Golf Course water as recommended by our Association attorney. We may wish to expand our rights agreement with the Golf Course for other usages in order to reduce dependence and cost on Rio Vista potable water for landscaping purposes.

The Board agreed to make the House Renovation committee a standing committee rather than an ad hoc committee and have them report directly to the Master Board.

The General Manager gave an update on information about the possibility of changing the lighting in the street lights to LED with a projected return on investment of less than two years. Projected saving would be in excess of \$60,000 to \$70,000 per year. Further study will be conducted to confirm the reliability of the estimate.

It was agreed to go to bid for the work on the Summerset Medium landscaping. The estimated \$90,000 for this project is in this year's budget but was delayed due to the drought.

### **Master Board Meeting**

The Board agreed to go to bid for 10 new computers and rolling desks in the computer room. There are ample funds in Reserve to pay for this upgrade. The computers will be All-in-One desk tops. Rolling tables will allow for different configurations of the room in case it is needed for other meeting purposes.

Two special requests were approved.

A Garden Club event with speaker was approved open to the public. No costs were involved.

At the request of the Mayor a consulting firm hired by the county will be allowed to set up two tables in the Vista Foyer in the morning of Nov 17th to ask Trilogy residents what they would like to see in upgrading the Delta Breeze bus service. The county is seeking a grant to upgrade the service. Please click on their info in the What's New at Trilogy notice and take their electronic survey.

Two Committee Charters were reviewed and approved. The Trilogy Amenities charter and the Emergency Action Committee was expanded from five to nine members. Nominations were reopened for the Emergency Action Committee and will remain open for 30 more days.

The Board gave a first reading on a new fine of \$250 for the dumping of rock/sand on roads. The homeowner is responsibility for the fine for any violation and the fine statement will be on all Landscaping application forms.

## **TRILOGY AT RIO VISTA**

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

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

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

#### **District Delegates**

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

#### **Committee Chairs**

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

#### **Village Board Presidents**

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

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

**General Manager:** Ed Vitrano (707) 374-4869  
evitrano@actionlife.com  
**Assistant General Manager:** Catherine Patrick  
cpatrick@actionlife.com (707) 374-4843  
**Activities Director:** Debbie Dorn (707) 374-4204  
ddorn@actionlife.com  
**Fitness & Spa Director:** Kathy Erwin (707) 374-4205  
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**Member Services Coordinator:** Cheryl Lucas (707) 374-4203  
clucas@actionlife.com  
**Communications Coordinator:** Andrea Stuart  
stuarttrv@gmail.com  
**Architectural Coordinator:** Debbie La Croix (707) 374-4843

#### **Club Numbers**

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

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

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

#### **Commercial Advertising Manager**

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

#### **Resident Classified Advertising**

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

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## *From the Editor*



### **Andrea Stuart**

Season's Greetings! The holidays are a favorite time of year for me. It's a time when I celebrate the people in my life.

The chill in winter air often beckons people to share spaces they otherwise wouldn't share. As a result, we might spend time with people whom we haven't seen in a while. We might even become aware of how much time has passed, feeling urgency to connect with people we care about. I can never resist the embrace of warmth from a crackling fire while sipping hot cocoa and snuggling up with my family.

I invite you to step outside of your usual routine this December and make a short list of things you don't usually do that you might enjoy. Perhaps it's seeing a show, checking out a club, exercising or exercising in a new way, or even calling friends or family. Whatever is on your list, make a goal to do at least one of them each week from December 1 through December 30. You might find that mixing things up inspires and energizes you during these chilly winter days.

Need some ideas on what to put on your list? We have you covered! As you know, Trilogy rocks the holiday season like no other. If you enjoy shopping, Trilogy has a Shop and Swap event. If the inner decorator in you is itching to get to work, perhaps the Tree Decorating Social is up your alley. Maybe you're looking for an opportunity to relax and take in some aesthetic beauty. The Tree Lighting Ceremony or Trilogy Holiday Show might be the answer. The activities section in the following pages has all the details on these and other events.

Oh, and don't forget that there are over 100 clubs at Trilogy, many of which have their own events and they love to share them with residents of Trilogy. May the holidays bring you warmth and love, allowing you to celebrate in your own wonderful way.

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

## *From the Activities Director*



### **Debbie Dorn**

Happy Holidays Trilogy! As our season of giving thanks continues, I pause to reflect on the Veterans Day afternoon program and evening ball from last month's highlights. Resi-

dent retired US Navy Donald Seyk honorably presented the Veterans Day program with acknowledgments for Trilogy's program founders, retired USAF Colonels Sally Ann and Stanley Brenner, and USMC Joseph McKeown, for their years of continued support of all veterans and their families in the community. This year's program closed with unveiling the Veterans Memorial Plaque positioned on the Vista Club's lawn by the flag poles to honor all of our Veterans. A hearty thank you to retired USAF Ron Waite for chairing the committee that made the memorial possible.

We are surrounded with festive activities. Don't let these special events pass you by!

- **11/28 Holiday Tree Decorating Social**  
**With Pianist Jim Hurt**
- **11/28 Holiday Decorations Shop & Swap**
- **11/29 Tree Lighting Ceremony**
- **12/03 – 12/05 Annual Christmas Play ~ Drama Club Presents "The Santa Claus Chronicles"**
- **12/16 Trilogy Holiday Show**
- **12/20 Holiday Dance with Solid Gold ~ Dance Club**
- **12/25 Christmas ~ Vista Club Closed**
- **12/31 Trilogy New Year's Eve Celebration**

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

- **January 1 Polar Bear Plunge**

Club activities are seasonably plentiful, offering much more holiday merriment. Catch what's happening from their articles! Christmas 94571 is back for a brief time offering a chance to help those less fortunate in the area. Stop by the Vista Club to learn more about the program before it ends December 4! You'll find more information at the tree positioned outside the Learning Center. Folks, I wish you many special blessings and warm memories throughout the holiday season.

**For non-delivery of *Trilogy Living*, contact Member Services at (4200).**





## ANNOUNCEMENTS:

- Holiday schedule adjustments:
  - The Adult Committee will combine November & December meetings is December 10, 2015 at 1 p.m. at the Delta Club, Rio Vista Room.
  - Bingo will not meet November or December but returns January 23.
- Dec 24 – Christmas Eve – VISTA CLUB CLOSSES AT 5 p.m.
- Dec 25 – Christmas Day – VISTA & DELTA CLUBS CLOSED

## Tree Decorating Social ~ with Pianist Jim Hurt

Saturday, November 28, 10 a.m. – 1 p.m. Grand Living Room, Vista Club

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

## Holiday Decorations Shop & Swap 2014 Seasonal Events Slideshow

Saturday, November 28, 10 a.m. – 1 p.m. Diablo Ballroom, Vista Club

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

## Tree Lighting Ceremony ~ It's an Inspirational Tradition

Sunday, November 29, 5 p.m. Vista Club, Grand Living Room ~ Free

Join in this Trilogy Experience that will heighten your sensations of the holiday season through performances by Delta Breeze, Delta Harmony and an instrumental ensemble from Trilogy Jazz Band. No sign-up required; contact Member Services at 707-374-4200 with any questions.

## Blood Pressure Check ~ Free

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

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



## Comedian Chicago Steve

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

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



## Complimentary Hearing Screening and Assessment

Thursday December 10, 1- 3 p.m., Monterey Room, Vista Club

Advanced Instrument Hearing Aid Centers offer a complimentary hearing screening and assessment at Trilogy generally the second Thursday of every third month. Also offered are cleanings for your aids, tube changing, adjustments, and repairs on a complimentary basis. Some repairs may have a fee depending on the severity of the repairs/parts needed to complete restoration. Contact them directly to make an appointment at 707-428-1313, although walk-ins are welcome.

## Trilogy Holiday Show

Wednesday, December 16, 7 – 8:30 p.m., Vista Club ~ Free

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

## 'Tis the Season for Reflection

Take a bow, applaud yourselves residents! Throughout the year you come together to volunteer your talents, time and expense to enhance Trilogy's lifestyle! Association boards, committees, club/group leaders, historical mentors, meeting/event organizers, developers, artists, promoters, communicators, producers, photographers, coordinators, bean counters, shoppers, cooks, decorators, cleanup, participants, along with others, all join to contribute enjoyable assortments of colorful activity and caring services! Additionally, many are musically gifted folks who have merged as groups to volunteer entertaining Trilogy through the year and particularly during the holiday season – Veterans Day, Tree Lighting Ceremony, and Trilogy Holiday Show to name a few.

***Thank you Residents ~ for all you do in such a special way to enrich your community's lifestyle!***

## Trilogy's New Year's Eve Celebration

Thursday, December 31, 6 – 11:30 p.m.,  
Diablo Ballroom, Vista Club ~ \$60

This year's party will be less formal attire, begins with couple photos, a delicious hors d'oeuvres reception, and leads into a scrumptious all-inclusive buffet dinner. The Trilogy 2015 picture slideshow displays on the big screen while melodies dance lightly to conversation. Later dance

through the night with Matt Applin and The Midnite Band! Share the count-down live at 9 p.m. from New York Times Square on the big screen with party favors, and toast the New Year while we sing along to Auld Lang Syne! Private label champagne will be provided for toasting. Coffee, iced tea and water will be available or bring your own beverage of choice to enjoy through the evening. Ice will be provided. This event may be sold out by the date of this release so check availability with Member Services (707-374-4200). For more information, email or call Debbie Dorn at ddorn@actionlife.com or 707-374-4204.

## Computer Classes

Learning Center, Vista Club

*No classes in December; will return in January.*

Computing Tips & Tricks, and Facebook classes return in January along with several other favorites. See ?? for more information. Limited space available, sign up at Member Services and pay by check or credit card the day of class. Are you interested in training or assisting during classes? We need you! Contact Debbie Dorn at ddorn@actionlife.com.

## The Polar Bear Plunge

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



Let the fun begin! For those of you who want to cross something off your bucket list or just to challenge yourself in a new way, join fellow Trilogy residents and take the plunge at the Delta pool. How do you prepare?

You don't. The essence of plunging is the group energy. You must go all the way under to qualify! It's exhilarating. Afterwards, warm yourself in the hot tub, then enjoy hot chocolate and refreshments in the Delta Club Marina Room. Those who plunge will receive a 2016 Polar Bear Plunge tee-shirt. Collect them from year to year. Sign up at Member Services at the Vista Club or call 707-374-4200, and be sure to mention your shirt size!

## Trilogy Produce Market to return January

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

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





## Open Mic Night Returns!

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

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

## Dr. Martin Luther King Jr. Tribute

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

Together with the Whist Club, join us in celebration of Dr. Martin Luther King Jr. Guest speaker, entertainment, and refreshments will follow. For more information, contact Madalene Turner at 707-374-3361 or Michael Dunn at 707-374-2547. No sign-ups required.

## Enrichment Series ~ Driving Awareness Seminar

Thursday, January 21, 1 – 4 p.m.,  
Diablo Ballroom, Vista Club ~ Free

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

## Dance Concert Featuring Decades

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



Incredible pitch-perfect renditions of hits from Chuck Berry to Katy Perry! Amazingly entertaining, these recording artists perform at casinos, corporate and private venues. Decades is ready to rock Trilogy! Let's Dance! Visit their web site at [www.musicfromthedecades.com](http://www.musicfromthedecades.com). Bring your own refreshments to enjoy during this talent-filled show and dance! Sign up at Member Services at the Vista Club. Contact Debbie Dorn with questions at [ddorn@actionlife](mailto:ddorn@actionlife).

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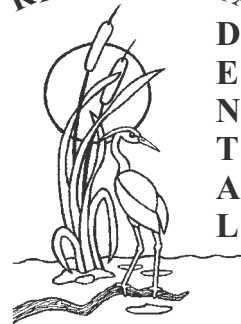
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## Assessment Notice

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](http://www.actionlife.com) to monitor their accounts 24/7. If you have questions or need help registering online, please call the Administrative Office 707-374-4843.

### Assessments for the month:

#### Master Association \$126.51

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

**Village I** \$5.25

**Village Oakmont** \$5.20

**Olympic Village** \$5.10

**Village Riviera** \$5.25

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

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

## Access Committee

We are into the holiday season and looking forward to visits from family and friends. This may be their first visit to our community or they may visit on occasion, but in either case they are often not familiar with entering at the Welcome Center. Here are a few tips to make their arrival enjoyable.

First remind them that our only visitor entrance is on Summerset Road. If their GPS takes them to entrances on Diamond Hills or Palisades, they will need to reroute themselves to Summerset Road via Highway 12.

Next we need to make sure our visitors are registered at the Welcome Center. Residents can log into the Welcome Center computer at any time to register visitors at [www.residentguest.com](http://www.residentguest.com) or speak to an attendant who will enter the information for us. The attendant can be reached by phone at the Welcome Center 24 hours a day. Preregistering our guests allows the attendant to focus on greeting our guests and giving them any needed directions. The attendant will not have to call us for approval to give them access to the community.

The Access Committee considers access issues into and throughout our community and welcomes input from residents. At this time of the year we hope everyone is able to enjoy the company of those close to them.

The Welcome Center is staffed 24 hours a day and can be reached at 707-374-4306. The Administrative Office is available during normal business hours to answer questions at 707-374-4843. The Access Committee can be reached through its Chair, Art Darden at 707-374-3455.

## Emergency Action Committee

We had a successful turnout for Trilogy's annual 'Walktober' that was held on October 17. Our group assisted Kathy Erwin, the director of the event.

We set up our medical and counseling tents. Our members were in charge of directing traffic and safety for the participants. We were able to patrol the route with carts and gave water and juice to those that needed it. Some of our members also participated in the walk with our radios so they were able to communicate to our incident commander if an emergency occurred. Fortunately, the event was incident free. We were also able to do blood pressure checks to those who requested it.

This was a wonderful and successful training event.

Our committee meets monthly on the second and fourth Tuesday from 7 - 9 p.m., in the Marina Room, Delta Club. We always welcome visitors and new members. For information contact: Alan Levine, Chair at 707-718-7907; Barry Fraser at 415-407-8529; and Art Darden, Co-Chair at 707-374-3455.

## Saddle Rock Village Board News

Another year is fast coming to conclusion and there are many opportunities for celebration and remembrance. Looking forward there will be new experiences to share. Saddle Rock Village needs your help.

Would you like to help your community grow and prosper? Please consider giving a few hours of your time each month to help guide your community into the future. There are many areas that can use your knowledge and energy. Don't know where you might fit in? Just ask someone.





Elections are coming up and we are looking for people who want to participate in the community. Each year we elect a delegate and an alternate delegate to the Master Board of the HOA. The alternate delegate only acts when the delegate is unavailable but this is a good place to start because it provides an opportunity to learn about our community governance without a large time commitment. The delegate will elect members of the Master Board, attend monthly Master Board Meetings, advise the Master Board when requested, attend Village Board Meetings, and provide a communication path between the Master Board and the village.

Are you interested? Pick up an application at the Administrative Office, complete and return it and you're on your way. Your input is valuable to our community.

## Saddle Rock Village Residents' Club

The holiday season is in full swing. The Thanksgiving turkey is all gone, but we are already thinking of the next holiday meal, Christmas.

The village was happy that our co-hosted holiday dinner-dance with Oakmont Village was a sell-out.

Our annual Christmas caroling will be held on Friday, December 11. We will leave from Patricia Hilaire's home at 401 Three Rivers Way at 6:30 p.m. We will walk through the village singing to our neighbors and wishing them a Merry Christmas.

Our Saddle Rock Village Residents' Club meeting is Wednesday, January 20 at 7:30 p. m. It always follows the Saddle Rock Village Executive Board meeting which starts at 6:30 p.m. We meet in the Delta Club, Rio Vista room. We are pleased to say our social hour following our meeting is always fun. A special thank you to Rayno Niemi, our Welcome Committee chair, for hosting good treats and drinks for all. For information, please contact Dana Hoover, President, 707-374-3455 or [time4dana@mindspring.com](mailto:time4dana@mindspring.com).

## Village Oakmont Kare Bears

The Village Oakmont Kare Bears celebrated the Christmas holidays with a great luncheon at The Point Restaurant on Tuesday, November 10. A good time was had by all after a short business meeting, followed by lunch. A big thanks to Janet McKimmy and Sue Carlson for the great decorations. Good job!

We also had a busy Thanksgiving working with the women of the Moose Club and other Kare Bear groups cooking and delivering Thanksgiving dinners to our homebound seniors.

We are looking forward to joining all Kare Bear groups at the December potluck hosted by the Village Riviera Kare Bears. It will be held on Monday, December 14, at the Delta Club at 11:30 a.m.

Our election of officers for the coming year is complete, with all the present officers staying on for another year, and 3 of our past chairpersons, Janet McKimmy, Kathy Russo, and, Virginia Albertson, agreeing to return and help acting Co-Chair Annelie Voit.

Due to the Christmas holidays, there will be no meeting in December. Our next meeting will be on Wednesday, January 13, at 10:30, at the Delta Club. Come early and enjoy coffee and goodies. HAPPY HOLIDAYS, EVERYONE!!!!

## Village One Residents' Club

Christmas is in the air! Don your gay apparel and join your neighbors at Village One Residents' Club's Holiday Party catered by ABC on December 12. When the doors open at 6 p.m. be ready to enter a Winter Wonderland and enjoy a Christmas dinner of tri-tip and chicken with all the trimmings. Groups of 6 or 8 can secure reserved seating by making a list of names of the people in the group, designating the name under which the reservation is to be held, attaching the checks, and placing the kit and caboodle in a single envelope in Box 3 by December 4. We cannot honor requests that do not come in a single submission since there is a limit to our organizational skills. Be ready for other Christmas surprises and delights! You should have received a flyer in your tube, or you can pick one up at Box 3.

At the well-attended quarterly meeting on October 21,



new officers were elected for 2016: President, Tess Felte; Co-Vice Presidents, Don Cooper and Robert Roncaglio; Secretary, Sandy Price; and Treasurer, Naomi Walker. It was so good to see so many new and returning faces. The officers and guests honored Ursula Joens, who has orchestrated Village One's tubing for over 10 years. Thank you, Ursula.

The next quarterly meeting is on January 13 at 7:30 p.m. in the River Room of the Delta Club. We will be planning the upcoming year's events, so join us! For more information contact Tess Felte at 707-374-4778.



## Village Riviera Board News

This is the time of year for parties, family, Christmas songs, and sometimes power outages. It is important that everyone has a plan in case of a power outage of up to 72 hours. Remember that your phone, refrigerator, heater, oven, and other items that require electricity will not work. If you have a generator the fumes can be toxic, so keep it outside and run an extension cord into the house. You should also check the drains around your home to make sure that they are clear.

At the January 7 meeting, three board members, a delegate, and an alternate delegate for Village Riviera Association will be elected. If you are interested in running for one of these positions fill out the application that was included in the November *Trilogy Living* magazine. The deadline to return your application is 5 p.m. on November 27. If you need an application you can get one at the HOA office. A tentative 'Meet the Candidate' reception is scheduled for December 9.

Riviera HOA meetings are on the first Thursday of odd-numbered months (January, March, May, July, September, and November). Our next meeting will be on January 7 at 6:30 p.m. in the Delta Club. We hope to see you there, and want you to know we welcome your questions or concerns regarding Village Riviera. Call Don at 707 374-6407 regarding any questions.

## Village Riviera Residents' Club

Village Riviera's Annual Black and White Holiday Dinner-Dance will be held on Saturday, December 12 from 5:30 - 10:30 p.m. in the Diablo Ballroom at the Vista Club. The cost is \$45 per person. There will be tasty nibbles and bubbly from 5:30 - 6:30 p.m. along with a raffle. A buffet dinner of Roasted Angus Tri-tip Beef or Chicken Veronique will be available from 6:30 - 7:30 p.m. followed by dessert and dancing to the music of Afterglow. Please bring your own beverage.

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

## Village Riviera Kare Bears

Village Riviera Kare Bears would like to wish everyone a happy holiday season. This can be a difficult time for those who have an ill spouse or are sick themselves. If you or a neighbor needs assistance because of surgery or an illness call your Riviera Kare Bear block coordinator for assistance. If

you don't know who your Riviera block coordinator is, please get in touch with Valerie at either jonvalk@gmail.com or 707-374-6942. If you live in another village and need a Kare Bear, please call the front desk at the Vista 707-374-4200 and they will be able to get you in touch with the Kare Bear coordinator for your village.

The next Kare Bear meeting will be at the Delta Club on December 14 from 10 - 11 a.m. Officers for 2016 will be elected at this meeting. If you are thinking about becoming a Kare Bear please join us and find out more about the organization. Our annual Kare Bear Christmas pot luck is also at the Delta Club on December 14 and includes Kare Bears from all villages. Tables can be decorated from 11 - 11:30 a.m. and lunch will follow.

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

### Meeting Calendar

#### Master Association Board Meeting

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

#### Council of Village Presidents

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

#### Access Committee

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

#### Administrative Policy Review Committee

Tuesday, December 10, 5 p.m.  
Monterey Room, Vista Club

#### Adult Committee

Tuesday, December 10, 1 p.m.  
Rio Vista Room, Delta Club

#### Amenities Committee

Monday, December 21, 3:30 p.m.  
River Room, Delta Club

#### Document Revision Committee

Monday, December 7, 14, 21, and 28, 9:30 a.m.  
Tuesday, December 29, 1 p.m.  
Monterey Room, Vista Club

#### Emergency Action Committee

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

#### House Renovation Committee

Monday, December 14 and 28, 3 p.m.  
Monterey Room, Vista Club



# **CAN DO GARAGE CABINETS**

## **Cabinet Storage**

**Show Special: Includes 17" Deep x 7' Tall Cabinets with adjustable shelves**

### **Garage Cabinets Installation Special!**



### **Custom Closets Installation Special!**



### **Custom Pull Out Trays Installation Special!**



**FREE Estimate**

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**Open 7  
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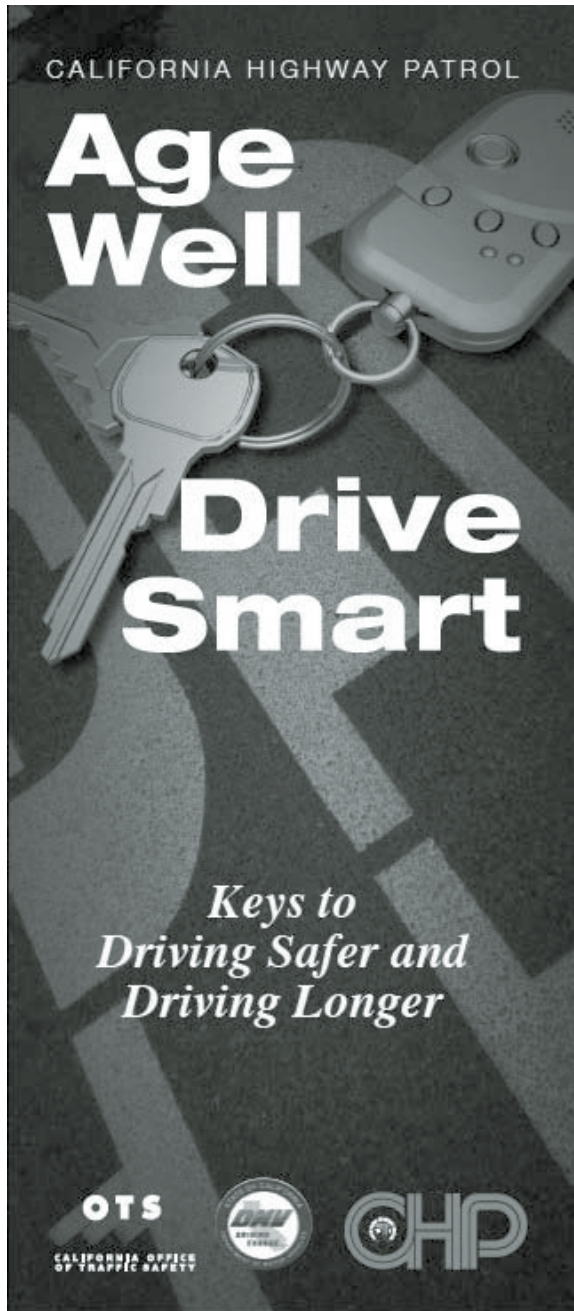
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# DRIVING AWARENESS SEMINAR

Part of TRVMA's Enrichment Series Programming



## Mobility Matters!

Driving reflects our independence and lifestyle.

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

### *Presentations by:*

Driver Motor Vehicle Department

Solano Transportation Authority

### *And*

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

**January 21, 2016**

**Vista Club Diablo Ballroom**

**1:00 - 4:00 p.m. ~ Free**

*Light Refreshments Served, Or Bring Your Own*

*Sign Up At Member Services*





# Trilogy Holiday Show

Featuring:

**Trilogy Jazz Band**

**Delta Breeze Chorus**

**Delta Harmony**

**Delta Tones**



**December 16, 7pm**

**Diablo Ballroom,**

**Vista Club**

*No Sign-ups Required*



**Kathy Erwin**  
Fitness & Spa Director

## The Christmas Spirit

*Life will be worth living, dreams will come true*

*if we keep the Christmas spirit the whole year through...*

Our Christmas greeting for all Class participants/residents

— Kathy, Anna, Sophie, Pat, Beverly, Lillian, Joele, Deanna, Denise, Tammy, Terry, Prescy, Marti, Sharon, Angela, Sharon, Kimberly, Charles

**No Group Exercise Classes December 22 - January 3, 2016**  
(Classes will return January 4, 2016)



## The Basic Three

*By Dr. Kimberly Gilmore, ND*

Which supplements should I take? What types of supplements and does it matter? How much should I take? How long should I take it? Many people are curious about nutritional and dietary supplements, and I get these questions frequently.



In addition to a whole foods diet with a variety of foods and plenty of fruits and vegetables, I generally recommend a probiotic, an omega-3, and a multivitamin. There are others that I may recommend on an individual basis but these basic three can be helpful for

most people. Of course, it is always best to check with your family physician or naturopathic doctor before adding any supplements or medications to ensure no drug interactions and specific dosages for your unique circumstance.

### PROBIOTIC

Probiotics are the “friendly” or “good” bacteria that live in our gut. We need healthy gut flora for a strong immune system, to metabolize certain foods and make nutrients, and to prevent growth of “bad” bacteria. Examples of “good” bacteria are *lactobacillus* and *bifidobacterium*, which along with 400 plus other species make up some of our healthy gut flora. These “good” bacteria can be found in some fermented foods although not all commercial products provide quality organisms. According to the American Academy of Microbiology “the quality of probiotics available to consumers in food products around the world is unreliable.” For this reason, it can be helpful to supplement the diet.

**Type:** I recommend a high quality probiotic from a repu-

table company. This is important because some studies have shown contamination or a lack of the correct ingredients in some products.

**Dose:** I recommend taking one capsule daily for one to three months, now and again, for general health. Probiotics can be especially useful for those who have taken antibiotics. Look for at least a billion Colony Forming Units (CFU). Probiotics can be taken safely for 6 to 15 months.

**Caution:** Individuals with a compromised immune system should not take probiotics without speaking to their doctor first.

### OMEGA-3 FATTY ACID

Omega-3 fatty acids help decrease inflammation in the body, help lower triglycerides, and are important for nerve function. They have been shown to protect against dementia, depression, inflammatory disorders, skin conditions, attention deficit and hyperactivity disorder (ADHD), allergies, and cardiovascular conditions. Omega-3 fatty acids can be found in a concentrated form in fish oil supplements. Omega-3 sources for vegans or vegetarians include flax seed oil and algae supplements.

**Type:** I strongly recommend a high quality fish oil supplement as the potential for contamination with Polychlorinated Biphenyls (PCBs) and mercury is of concern. There are several brands that test each and every batch for these contaminants to ensure a quality product. Additionally, some of my patients who have used high quality brands have been pleasantly surprised and reported reduced “repeating” or tasting the fish oil from burping. Fish oil can be taken as gel caps or in liquid form. Higher concentrations can be more easily achieved with the liquid form.

**Dose:** For omega-3s, it will depend on whether you eat fish and how much and often, but in general about 1





gram a day of combined eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) is recommended. Read the label for the correct dosing.

**Caution:** Because fish oil can make our blood less 'sticky,' it is recommended you speak to your doctor if you are taking blood thinners (warfarin, aspirin, heparin, etc.) to evaluate your unique circumstance.

### MULTIVITAMIN

Multivitamins must be absorbable to offer any nutritional benefit. The form of the vitamin or mineral is also important as this impacts bioavailability. Generally, I recommend taking a high quality multivitamin since our soil has become depleted and it is more difficult to get all of our nutrients from foods even when consuming a whole foods, nutrient-rich diet.

**Type:** A high quality multivitamin so you can trust that the research has been done to determine the best forms at the optimal doses. I generally recommend a capsule, rather than a compressed tablet, as they tend to be more absorbable.

**Dose:** The recommended dose on the label can often be cut in half since many multivitamins have a daily dose that requires 4-6 capsules. Again, it depends on each individual and the specific needs.

**Caution:** Certain ingredients such as iron or copper are needed in small amounts, but most of us get these from

our diet and too much of these metals can be toxic and increase oxidation.

### A NOTE ON SUPPLEMENT SOURCES

Not all supplements are created equally. There are guidelines called Good Manufacturing Practice (GMP) that some companies follow to help ensure their products are consistent and high quality. The problem is that it is not well regulated by the FDA, so consumers cannot be sure that all products follow GMP. As a naturopathic doctor, I rely on reputable supplement companies so I can trust the ingredients to achieve the desired results. I rely on independent third party certification programs (like NSF) and distributors that only sell these superior items. This helps confirm potency, efficacy, and quality. More importantly, it helps ensure safety as many herbs and raw ingredients can have contamination or toxicity.

Members of Rio Vista can have access to reputable distributors that screen companies and products to ensure the best products. These supplements may cost a little bit more but your health is worth it! Wouldn't you feel better consuming a product when you know that each batch has been tested for contaminants, pesticides, and bacteria? It is reassuring to know that the product you are buying is what the label says it is. This cannot be assumed for all nutritional supplements being sold at large discount stores or online. Please contact Dr. Gilmore to learn more about these high quality supplements.

**Dr. Kimberly Gilmore, Rio Vista Naturopathic Doctor, is at the Vista Spa on the 1st and 3rd Wednesday of each month offering B12 vitamin injections and naturopathic and nutritional consultation appointments. Schedule may vary.**

**Please contact member services to make an appointment.**

## Muscle Up for Good Health

A short, weekly bout of strength-training can help reduce body fat, improve bone density and control blood pressure, cholesterol and to prevent dementia. Two or three 20-45 minute sessions targeting the major muscle group is ideal.



**Pat Puryear**

Get started by attending a half hour Body Pump Class on Fridays at 9 a.m. with Pat.

This class is a good way to get started on the proper use of dumb bells and, as it is, a standing class has no floor work. It is as ideal for beginners as it is for hard core lifters.

## December Fitness Orientations

Saturday, December 5 at 11 a.m.

Saturday, December 19 at 11 a.m.

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

*It is a chance for us to get to know you and answer your questions. We'll have you fill out a Health and Fitness History form at the Orientation.*



## Three French Hens

3 Swedish  
Massages

\$150

Simplify your gift giving with this **three** treatment package of rejuvenating, full body massage treatments.

De-stress your holiday season, work out the knots and release the tension of the hustle and bustle that defines this time of the year.

**Offer expires for purchase  
12-31-15**

**Happy Holidays from  
Trilogy's Spa Staff**

Angela Grinnell Hall  
Joele Swift  
Sharon Stafford  
Marti Meyer

**Packages are sold as is**

# DECEMBER SPA SPECIALS



**Five Golden Rings...**

5 Swedish Massages

\$250

**Offer expires for purchase December 31, 2015**

## Holiday Bliss Facial

Relax & allow your Esthetician to customize a facial that personally addresses your skin. The facial cleanses, conditions, moisturizes, rejuvenates and relaxes tension in the face and is appropriate for all skin types!

Also includes a **Peppermint** Moisturizing  
Foot Treatment!!

**75 Minute**

**\$70**

**Offer expires for purchase 12-31-15**





## New Class in January

**Class: The Practice - 2016 The Goal: Stress Free Life!**

**Dates: Jan. 4, 18, 25, Feb 1, 15, 23,  
with one week breaks on Jan 11 and Feb 8.**

**Time: 3 to 4:30 pm.**

Let's start now getting control of the stress in your life. We will set realistic goals that you can live with. Learning skills that will help you stay on top of your stress, staying in control and deal with the stress that comes your way. The first hour will be devoted to exercise for your daily practice. The last 20 minutes will be for a group meditation.

## Aqua Joint Sign-ups Begin

Back by popular demand we are adding another choice of day Monday and/or Thursday. You pick 8 classes.

**Sign up at Member Services Desk**

**\$45 for 8 classes**

**Beginning January 4, 2016**

**Instructor Beverly Shilich**

## Farewell Terry Kelly

Thank you for your  
many years of serving  
Trilogy residents  
and their grandchildren  
with their swimming.



## Cardio Sculpt with Joele Swift

Thursdays from 10-11 a.m.

**FREE** intro class on  
Thursday, January 7.

It is a fusion of  
Pilates – Yoga – Movement

## Give the Gift of Wellness

**\$35 Punch Card**

**\$70 Punch Card**

**\$85 Unlimited Monthly Card**

**\$135 Personal Training Sessions**

**Many Spa Packages from Massages to Facials**

## Holiday Tickets



Come to as many classes as you can  
Nov. 1 - Dec. 16th.

Collect a ticket from your instructor. For every  
class you take you will receive a ticket & be  
entered into a drawing for prizes!

Put red ticket in Holiday Box @ Member Services Vista Club!  
Please PRINT your name & phone number prior to placing in box!

Tickets will be pulled on Thursday, December 17th during the  
Holiday Luncheon @ 12 noon!



## Holiday Fitness Potluck

Thursday, December 17

12 Noon Diablo Ballroom

**What do you Bring?**

**Go by Last Name:**

**A-F (Entrée)**

**G-L (Dessert)**

**M-R (Salad)**

**S-Z (Appetizer)**

**Sign Up @ Member Service**

**Fitness Department will  
provide : beverages, plates,  
napkins & silverware**

**Door Prizes/Fun/Friendship**

**Everyone may bring one guest who will need to  
bring a dish also!**



## Holiday Skin Care Product Sale

(See our Esthetician Angela Hall)

**Buy any 2 products  
Get the 3<sup>rd</sup>  
(of equal or lesser value)  
50% off**

**December 1 – December 31, 2015**

(Contact Member Services 707-374-4200 for more information)



## **BODY WORKS HOLIDAY MUSIC HOLIDAY FUN HOLIDAY WORKOUT**

**MIX OF  
WEIGHTS/BANDS/BALLS/  
BODY BARS/RESISTANCE  
TUBING**

**STEPS OPTIONAL**

**DECEMBER 1-17**

**TUESDAYS & THURSDAYS**

**8:00-9:00AM**

**INSTRUCTOR: KATHY ERWIN**



**Commit  
to be  
Fit**



**JOELE SWIFT**



**3 PT  
Sessions  
\$135**

**PAT PURYEAR**



**DUAL ADJUSTABLE  
PULLEY  
One-on-One Training**

**One Hour Session  
\$45**

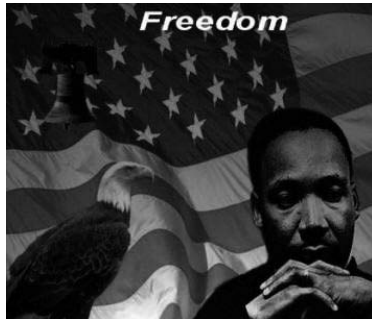
**Gift  
Certificates  
Available  
for  
Personal  
Training**



**BEVERLY SHILICH**

**MAKE YOUR APPOINTMENTS  
AT  
Members Services Desk  
707-374-4200**

## A TRIBUTE TO DR. MARTIN LUTHER KING JR.



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

Guest Speaker, Entertainment,  
and Refreshments

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

*No Signups Required*

No Registration Necessary

## Complimentary Hearing Screening and Assessment

Available Quarterly at Trilogy Provided By  
Advanced Instrument Hearing Aid Centers



Other services offered are  
cleanings for aids, tube changing  
& adjustments and repairs.

Some fees may apply.

Call for  
an appointment  
(707) 428-1313  
although walk ins  
are welcome.

Thursday  
December 10  
1:00 - 3:00 p.m.  
Vista Club  
Monterey Room

# Budget Blinds

*a style for every point of view™*

**VOTED #1** 2009 2010 2011  
2012 2013 2014  
**Best Window  
Treatment Company**

**HUGE  
Shutter  
Sale!**

Add  
architectural  
style to your  
décor with  
custom shutters

We do  
closet organizers  
and home storage

From **\$17.95** / sq. ft.  
Installed

You get more with Budget Blinds®.

- FREE in-home consultation • Personal Style Consultant
- Great selection of brands and styles
- "Expert Fit" measuring and installation
- Over 850 consultants nationwide

Add style and value to your  
home with Signature Series  
window coverings.

*We have the styles you love!*

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- Wood Blinds
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- Panel Tracks
- Roller Shades
- Vertical Blinds
- Woven Wood
- Silhouette
- And More!

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## Spruce Up & Insulate

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

**Up To 45% OFF**

Select Signature Series  
Window Treatments

*Signature  
Series*

Some restrictions apply.  
Not valid with other discounts. Exp. 7/31/15.  
Financing on approved credit

# Budget Blinds

*a style for every point of view™*

**707.447-2494**

CA Contractors License #911005





## *Buying, Selling or Relocating?*

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The People You Trust  
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For more than 11 years C & C Cleaning has been serving clients in Trilogy Homes in Rio Vista. We are known for the quality of our work, our honesty and for building strong relationships with our customers. Our reward is your recommendation. You will be pleased.

**Our Services:**  
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**Book now for your year end cleaning. Begin  
2016 with your home cleaner than it's ever  
been.**

We ♥ Pets!

Key

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

TrilogyLiving

Fitness Class Schedule for December 2015


**CLASS LOCATIONS**  
(GX) Group Exercise Studio  
(DB) Diablo Ballroom  
(VP) Vista Pool  
(DP) Delta Pool  
(RV) Rio Vista Room–Delta  
(SR) Sonoma Room-Vista  
(FC) Fitness Center

Trilogy Fitness Punch Card Choices: Blue 20-punch, \$70; yellow 10-punch, \$35; or Unlimited Monthly Punch Card, \$85 (good for that given month so you can attend as many classes as you want). Get your cards at Member Services. Call Fitness & Spa Director Kathy Erwin at 707-374-4205 if you have questions. All classes are held in the Vista Group Exercise Studio unless otherwise noted.

Last Month’s Punch Card Raffle Winner: **Marian Stone & Katherine Rice**

**December Fitness Orientations: Sat., Dec. 5 at 11 a.m., Sat., Dec. 19 at 11 a.m.**

**If you plan to make a (ROM) Range of Motion appointment for a later date, please bring a \$20 check with you to the orientation. Thank you!**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1</b> 8-9am Holiday Body Works (B/I/A) (GX) Kathy 9:30-10:30am Aqua Fit (B) (VP) Denise 10-11am Step Aerobics (B/I/A) (GX) Pat 11-12pm Feel Good Class (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly	<b>2</b> 7-8am Early Yoga (B) (DB) Tammy 8-9am Back To Basics Yoga (B/I) (DB) Tammy 8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat) 9:30-10:30am Aqua Fit (B) (VP) Denise 11-12:30pm Hot ZUMBA (I/A) (GX) Prescy 6:30-7:30pm Balance Ball (GX) Deanna	<b>3</b> 8-9am Holiday Body Works (B/I/A) (GX) Kathy 9-10am Tai Chi (B/I) (GX) Lillian 9:30-10:30am Advanced Aqua (B/I/A) (VP) Kathy 10-11am Step Aerobics (B/I/A) (GX) Pat 2:30-3:30pm Yoga (B/I) (GX) Tammy	<b>4</b> 7-8am Early Yoga (B) (DB) Tammy 8:30-9am TABATA (B/I) (GX) (Pat) 9-9:30am Body Pump (B/I/A) Pat 9-10am Yoga/Pilates (B) (DB) Deanna 9-10am Advanced Aqua (B/I/A) (VP) Kathy 10-11am Aqua Fit (B) (VP) Denise 10-10:45am Core Balance and Standing Abs (B) (GX) Sophie 10-11am Balance Ball (DB) Deanna 10:45-11:30am ZUMBA Toning (B/I) (GX) Sophie 11:30-12:15pm ZUMBA Dance (B/I) (GX) Sophie	<b>5</b> 8:30-9:30am Step Aerobics (GX) Pat
<b>7</b> 8:30-9:30am WOW-TABATA-TABATA (B/I) (GX) (Pat) 9-10am Yoga/Pilates (B) (DB) Deanna 9-10am Advanced Aqua (B/I/A) (VP) Kathy 10-11am Aqua Fit (B) (VP) Denise 9:45-10:45am Wake-up and Move (B/I) (RV) /Pat 10-10:45am Core Balance and Standing Abs (B) (GX) Sophie 10-11am Meditation Breathing (B) (DB) Deanna 10:45-11:30am ZUMBA Toning (B/I) (GX) Sophie 11:30-12:15pm ZUMBA Dance (B/I) (GX) Sophie 4-5pm Stretch and Flex (B/I) (GX) Tammy 6:30-7:30 Yoga/Pilates (B/I) (GX or DB) Deanna	<b>8</b> 8-9am Holiday Body Works (B/I/A) (GX) Kathy 9:30-10:30am Aqua Fit (B) (VP) Denise 10-11am Step Aerobics (B/I/A) (GX) Pat	<b>9</b> 7-8am Early Yoga (B) (DB) Tammy 8-9am Back To Basics Yoga (B/I) (DB) Tammy 8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat) 9:30-10:30am Aqua Fit (B) (VP) Denise 11-12:30pm Hot ZUMBA (I/A) (GX) Prescy 6:30-7:30pm Balance Ball (GX) Deanna	<b>10</b> 8-9am Holiday Body Works (B/I/A) (GX) Kathy 9-10am Tai Chi (B/I) (GX) Lillian 9:30-10:30am Advanced Aqua (B/I/A) (VP) Kathy 10-11am Step Aerobics (B/I/A) (GX) Pat 11-12pm Feel Good Class (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly 2:30-3:30pm Yoga (B/I) (GX) Tammy	<b>11</b> 7-8am Early Yoga (B) (DB) Tammy 9-10am Yoga/Pilates (B) (DB) Deanna 9-10am Advanced Aqua (B/I/A) (VP) Kathy 10-11am Aqua Fit (B) (VP) Denise 10-10:45am Core Balance and Standing Abs (B) (GX) Sophie 10-11am Balance Ball (DB) Deanna 10:45-11:30am ZUMBA Toning (B/I) (GX) Sophie 11:30-12:15pm ZUMBA Dance (B/I) (GX) Sophie	<b>12</b> 8:30-9:30am Step Aerobics (GX) Pat 11am-12:30pm ZUMBA Power (GX) Sophie
<b>14</b> 8:30-9:30am WOW-TABATA-TABATA (B/I) (GX) (Pat) 9-10am Yoga/Pilates (B) (DB) Deanna 9-10am Advanced Aqua (B/I/A) (VP) Kathy 10-11am Aqua Fit (B) (VP) Denise 9:45-10:45am Wake-up and Move (B/I) (RV) /Pat 10-10:45am Core Balance and Standing Abs (B) (GX) Sophie 10-11am Meditation Breathing (B) (DB) Deanna 10:45-11:30am ZUMBA Toning (B/I) (GX) Sophie 11:30-12:15pm ZUMBA Dance (B/I) (GX) Sophie 4-5pm Stretch and Flex (B/I) (GX) Tammy 6:30-7:30 Yoga/Pilates (B/I) (GX or DB) Deanna	<b>15</b> 8-9am Holiday Body Works (B/I/A) (GX) Kathy 9:30-10:30am Aqua Fit (B) (VP) Denise 10-11am Step Aerobics (B/I/A) (GX) Pat 11-12pm Feel Good Class (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly	<b>16</b> 7-8am Early Yoga (B) (DB) Tammy 8-9am Back To Basics Yoga (B/I) (DB) Tammy 8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat) 9:30-10:30am Aqua Fit (B) (VP) Denise 11-12:30pm Hot ZUMBA (I/A) (GX) Prescy 6:30-7:30pm Balance Ball (GX) Deanna	<b>17</b> 8-9am Holiday Body Works (B/I/A) (GX) Kathy 9-10am Tai Chi (B/I) (GX) Lillian 10-11am Step Aerobics (B/I/A) (GX) Pat 11-12pm Feel Good Class (B) (GX) Beverly 2:30-3:30pm Yoga (B/I) (GX) Tammy	<b>18</b> 7-8am Early Yoga (B) (DB) Tammy 8:30-9am TABATA (B/I) (GX) (Pat) 9-9:30am Body Pump (B/I/A) Pat 9-10am Yoga/Pilates (B) (DB) Deanna 9-10am Advanced Aqua (B/I/A) (VP) Kathy 10-11am Aqua Fit (B) (VP) Denise 10-10:45am Core Balance and Standing Abs (B) (GX) Sophie 10-11am Balance Ball (DB) Deanna 10:45-11:30am ZUMBA Toning (B/I) (GX) Sophie 11:30-12:15pm ZUMBA Dance (B/I) (GX) Sophie	<b>19</b> 8:30-9:30am Step Aerobics (GX) Pat 11am-12:30pm ZUMBA Power (GX) Sophie
<b>21</b> 8:30-9:30am WOW-TABATA-TABATA (B/I) (GX) (Pat) 9-10am Yoga/Pilates (B) (DB) Deanna 9-10am Advanced Aqua (B/I/A) (VP) Kathy 10-11am Aqua Fit (B) (VP) Denise 9:45-10:45am Wake-up and Move (B/I) (RV) /Pat 10-10:45am Core Balance and Standing Abs (B) (GX) Sophie 10-11am Meditation Breathing (B) (DB) Deanna 10:45-11:30am ZUMBA Toning (B/I) (GX) Sophie 11:30-12:15pm ZUMBA Dance (B/I) (GX) Sophie 4-5pm Stretch and Flex (B/I) (GX) Tammy 6:30-7:30 Yoga/Pilates (B/I) (GX or DB) Deanna			<div><div>FITNESS HOLIDAY POTLUCK 12 Noon Diablo Ballroom</div><div><b>Specialty Classes are not on the Fitness Calendar. Please look for their Flyers at both Clubs:</b> Fitness &amp; Friends with Joele Swift 8 Steps to a Healthy Back with Beverly Shilich Continuation of Yoga with Deanna Araya Holiday Relaxation Class with Anna Chunn Aqua Joint with Beverly Shilich</div></div>		

DECEMBER 22-JANUARY 3, HOLIDAY BREAK

CLASSES WILL RETURN MONDAY, JANUARY 4, 2016



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>1</b> 8am Social Tennis 8:30am Radio Club (V) 9:30am Golf: Women's 9-Holers 10:30am Country Line Dancing (D) 11am Pickleball (Tennis Courts 3 & 4) 11:30am Golf: TRVMEN 12:15pm Beginning Watercolor Painting (D) 12:15pm Canasta: Hand & Foot (V) 12:30pm Dominoes (D) 1pm Kare Bears — Olympic Village (V) 1:30pm Golf: Women's 9-Holers Mtg 2pm Stroke/Head Injury Support Group (V) 4pm Horseshoe Pit Play (Brockton Park) 4:15pm Table Tennis (D) 5pm Billiards Club Tournament (V) 5pm Tai-chi & Yuan-chi (V) 5:30pm Canasta: Couples (D) 6:30pm Religions of the World (D) 7pm Drama Club Rehearsal (V)	<b>2</b> 8am Social Tennis 8am TOPS (D) 8:30am Golf: Sr. Men's 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) 11am Ukulele Club (V) 12:30pm Fat Quarters Quilters (D) 1pm Village Riviera ARC (D) 1:30pm Jazz Band (V) 2pm Art: Bergren Oil & Acrylic Painting (D) 2pm Art Card Design Class (D) 2pm Saddle Rock RC Social Com Mtg (V) 4:30pm Table Tennis (D) 5:30pm Delta Harmony Rehearsal (V) 6:30pm Soul Line Dancing (D) 7pm Delta Breeze Chorus Rehearsal (D) 7pm Billiard Club Membership Mtg (V) 7pm Drama Club Rehearsal (V)	<b>3</b> 8am Social Tennis 8:30am Golf: Women's 18-Holers 9am Eagle Point Village ARC (D) 9:30am Ceramics (D) 11am Pickleball (Tennis Courts 3 & 4) 12:15pm Canasta: Ponytail (V) 1pm Good Samaritans (D) 1pm Sailing Club (V) 2pm Genealogy Club (V) 4pm Horseshoe Pit Play (Brockton Park) 4pm Book Club: 66 Bible Books (V) 5pm Table Tennis (D) 5pm Tai-chi for Beginners (V) 6pm Yuan-chi & Fan Dance (V) 6:30pm Pinochle (V) 7pm Drama Club Presents: "The Santa Claus Chronicles" (V) 7pm Photography Club (V) 7pm Ballroom Dance - Adv (V) 8pm Ballroom Dance - Beg (V)	<b>4</b> 8am Social Tennis 9am Cycling Club (D) 9am Model Club (V) 9:30am Village 1 ARC (V) 9:30am Walk & Talk (V) 10am Rubber Stamp Card Making (D) 10:30am Country Line Dance (D) 12pm Adv Watercolor Painting (D) 12:15pm Bridge: Friday (V) 6pm Joy Luck Mah-Jongg (V) 7pm Drama Club Presents: "The Santa Claus Chronicles" (V)	<b>5</b> 8am Motorcycle Club (Off-site) 9am Model Club — Garden Railway (V) 9am Table Tennis (D) 9:30am Hiking Club (V) 6pm Poker — Texas Hold'em /Omaha (D) 7pm Drama Club Presents: "The Santa Claus Chronicles" (V)
<b>6</b> 5pm Oakmont / Saddle Rock Holiday Dinner Dance (V)	<b>7</b> 8am Social Tennis 9am Woodcarving (D) 9:30am Walk & Talk (V) <b>9:30am Document Revision Com (V)</b> 10am Village Oakmont ARC (V) 10:30am Garden Club Com Mtg (D) 11am Saddle Rock Village ARC (V) 12pm Art: TAG Open Painting (D) 12:30pm Rip, Stitch & Bitch (V) 12:30pm Mah Jongg (V) 12:30pm Art Guild (TAG) Mtg & Annual Potluck (D) 2:30pm Pickleball (Tennis Courts 3 & 4) 3pm Guitar Club (V) 3pm Oakmont Village RC Social Com (V) 6pm Soul Line Dancing (D) 6pm Poker (D) 6:30pm Game Night (V)	<b>8</b> 8am Social Tennis 8:30am Radio Club (V) 9:30am Golf: Women's 9-Holers 10:15am Book Club (V) 10:30am Country Line Dancing (D) <b>10:30am TRVMA Executive Session (V)</b> 11am Pickleball (Tennis Courts 3 & 4) 11:30am Golf: TRVMEN 12pm Recipe Club (D) 12:15pm Beginning Watercolor Painting (D) 12:15pm Canasta: Hand & Foot (V) 1:30pm Golf: Women's 9-Holers Mtg <b>2pm TRVMA Board Mtg (V)</b> 4pm Horseshoe Pit Play (Brockton Park) 4:15pm Table Tennis (D) 5pm Billiards Club Tournament (V) 5pm Tai-chi & Yuan-chi (V) 7pm Emergency Action Com (D)	<b>9</b> 8am Social Tennis 8am TOPS (D) 8:30am Golf: Sr. Men's 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) 11am Ukulele Club (V) 12:30pm Fat Quarters Quilting (D) 2pm Art: Oil & Acrylic Open Painting (D) 2pm Art Card Design Class (D) 4:30pm Table Tennis (D) 5:30pm Delta Harmony Rehearsal (V) 6:30pm Nature Club (V) 6:30pm Soul Line Dancing (D) 7pm Delta Breeze Reheasal (V)	<b>10</b> 8am Social Tennis 8:30am Golf: Women's 18-Holers 9am Blood Pressure Check (D) 9:30am Ceramics (D) 10am Council for the Arts (V) 11am Pickleball (Tennis Courts 3 & 4) 12:15pm Canasta: Ponytail (V) <b>1pm Adult Com Mtg (D)</b> <b>1 — 3pm Advanced Hearing Aid Service (V)</b> 1pm Good Samaritans (D) 3:30pm Book Club: 66 Bible Books (V) 4pm Horseshoe Pit Play (Brockton Park) 4pm Golf: Sr Men's Board Mtg (D) <b>5pm Admin Policies Com (V)</b> 5pm Table Tennis (D) 5pm Tai-chi for Beginners (V) 6pm Yuan-chi & Fan Dance (V) 6:30pm Pinochle (V) 7pm Writers' Club (V) 7pm Ballroom Dance - Adv (V) 8pm Ballroom Dance - Beg (V)	<b>11</b> 8am Social Tennis 9am Cycling Club (D) 9:30am Walk & Talk (V) 10am Rubber Stamp Card Making (D) 10:30am Country Line Dance (D) 12pm Adv Watercolor Painting (D) 12:15pm Bridge: Friday (V) 2pm Guitar Club: Beginners Workshop (V) 5pm Tennis Club Holiday Party (D) 7pm Bunco (D)	<b>12</b> 9am Model Club — Garden Railway (V) 9:30am Hiking Club (V) 5:30pm Village Riviera RC Holiday Dinner (V) 6pm VORC Christmas Party (D) 6pm Poker — Texas Hold'em /Omaha (D)
<b>13</b> 2pm Motorcycle Club Holiday Party (V)	<b>14</b> 8am Social Tennis 9am Woodcarving (D) 9am Olympic Village ARC (V) 9:30am Walk & Talk (V) <b>9:30am Document Revision Com (V)</b> 10am Village Oakmont ARC (V) 10am Kare Bears: Village Riviera (D) 11am Kare Bears: All Kare Bear Villages Potluck (D) 12pm Art: TAG Open Painting (D) 12:15pm Bridge: Duplicate (V) 12:30pm Rip, Stitch & Bitch (V) 2:30pm Pickleball (Tennis Courts 3 & 4) <b>3pm House Renovations Com (V)</b> 6pm Soul Line Dancing (D) 6pm Poker (D) 6:30pm Game Night (V) 7pm Model Club: RC Aircraft (D) 7pm MOTN Mtg (V)	<b>15</b> 8am Social Tennis 8:30am Radio Club (V) 9:30am Golf: Women's 9-Holers 10:30am Country Line Dancing (D) 11am Pickleball (Tennis Courts 3 & 4) 11am Canasta: Hand & Foot Christmas Party (V) 11:30am Golf: TRVMEN 9-Hole 12:15pm Beg Watercolor Painting (D) 12:30pm Dominoes (V) 4pm Horseshoe Pit Play (Brockton Park) 4:15pm Table Tennis (D) 5pm Billiards Club Tournament (V) 5pm Tai-chi & Yuan-chi (V) 5:30pm Canasta: Couples (V) 6pm Adult Committee Only Social (D) 7pm Theater Group Play Reading Activity (D)	<b>16</b> 8am Social Tennis 8am TOPS (D) 8:30am Golf: Sr. Men's 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) 11:30am TOPS Christmas Dinner (D) 1pm Village Riviera ARC (D) 1:30pm Jazz Band (V) 2pm Art: Bergren Oil & Acrylic Painting (D) 2pm Art Card Design Class (D) 4:30pm Table Tennis (D) 6:30pm Soul Line Dancing (D) <b>7pm Trilogy Holiday Show (V)</b>	<b>17</b> 8am Social Tennis 8:30am Golf — Women's 18-Holers 9am Eagle Point ARC (D) 9:30am Ceramics (D) 11am Pickleball (Tennis Courts 3 & 4) 12:15pm Canasta: Ponytail (V) 1pm Good Samaritans (D) 2pm Genealogy Workshop (V) 3:30pm Book Club: 66 Bible Books (V) 4pm Golf: Sr. Men's Mtg (D) 4pm Horseshoe Pit Play (Brockton Park) 5pm Table Tennis (D) 5pm Village Riviera RC Mtg (V) 5pm Tai-chi for Beginners (V) 6pm Yuan-chi & Fan Dance (V) 6:30pm Pinochle (V) 7pm Theater Group (Vista Patio) 7pm Drama Club Rehearsal (V) 7pm Ballroom Dance - Adv (V) 8pm Ballroom Dance - Beg (V)	<b>18</b> 8am Social Tennis 9am Cycling Club (D) 9:30am Village 1 ARC (V) 9:30am Walk & Talk (V) 10am Rubber Stamp Card Making (D) 10:30am Country Line Dance (D) 12pm Adv Watercolor Painting (D) 12:15pm Bridge: Friday (V) 6pm Joy Luck Mah-Jongg (V) 7pm Whist Club (D)	<b>19</b> 9am Model Club — Garden Railway (V) 9am Table Tennis (D) 9:30am Hiking Club (V) 5pm Table Tennis Holiday Dinner (D) 6pm Poker — Texas Hold'em /Omaha (D)
<b>20</b> 7pm Dance Club with Solid Gold (V)	<b>21</b> 8am Social Tennis 9am Woodcarving (D) 9:30am Walk & Talk (V) <b>9:30am Document Revision Com (V)</b> 10am Village Oakmont ARC (V) <b>10am Council of Village Presidents (D)</b> 11:30am Saddle Rock Village ARC (V) 12pm Art: TAG Open Painting (D) 12:30pm Rip, Stitch & Bitch (V) 12:30pm Mah Jongg (V) 1pm Good Samaritans (D) 2:30pm Pickleball (Tennis Courts 3 & 4) 3pm Guitar Club (V) <b>3:30pm Amenities Com (D)</b> <b>4pm — 5pm Winter Solstice Labyrinth Walk (Vista Patio)</b> 6pm Soul Line Dancing (D) 6pm Poker (D) 6:30pm Game Night (V) 7pm Fishing Club (D)	<b>22</b> 8am Social Tennis 8:30am Radio Club (V) 9:30am Golf — Women's 9-Holers 10:30am Country Line Dancing (D) 11am Pickleball (Tennis Courts 3 & 4) 11:30am Golf: TRVMEN 9-Hole 12:15pm Beg Watercolor Painting (D) 12:15pm Canasta — Hand & Foot (V) 12:30pm Dog Club (D) 2pm Saddle Rock RC Executive Com (D) 4pm Horseshoe Pit Play (Brockton Park) 4:15pm Table Tennis (D) 5pm Billiards Club Tournament (V) 5pm Tai-chi & Yuan-chi (V) <b>7pm Emergency Action Com (D)</b>	<b>23</b> 8am Social Tennis 8am TOPS (D) 8:30am Golf: Sr. Men's 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) 11am Ukulele Club (V) 12:30pm Fat Quarters Quilting (D) 1:30pm Jazz Band (V) 2pm Art: Oil & Acrylic Open Painting (D) 2pm Art Card Design Class (D) 4:30pm Table Tennis (D) 5:30pm Delta Harmony Rehearsal (V) 6:30pm Soul Line Dancing (D)	<b>24</b> <b>HOA Admin office closed all day</b> <b>Vista Club closing @ 5pm</b> 8am Social Tennis 8:30am Golf — Women's 18-Holers 9:30am Ceramics (D) 11am Pickleball (Tennis Courts 3 & 4) 12:15pm Canasta: Ponytail (V) 2pm Genealogy Workshop (V) 4pm Horseshoe Pit Play (Brockton Park)	<b>25</b> <b>Happy Holidays!</b> <b>Vista Club &amp; HOA Admin Office closed all day</b>	<b>26</b> 9am Model Club — Garden Railway (V) 9am Table Tennis (D) 9:30am Hiking Club (V) 6pm Poker — Texas Hold'em /Omaha (D)
<b>27</b>	<b>28</b> 8am Social Tennis 9am Woodcarving (D) <b>9:30am Document Revision Com (V)</b> 9:30am Olympic Village ARC (V) 9:30am Walk & Talk (V) 12pm Art: TAG Open Painting (D) 12:30pm Rip, Stitch & Bitch (V) 12:30pm Mah Jongg (V) <b>1pm Access Com Mtg (D)</b> 2:30pm Pickleball (Tennis Courts 3 & 4) <b>3pm House Renovations Com (V)</b> 6pm Soul Line Dancing (D) 6pm Poker (D) 6:30pm Game Night (V)	<b>29</b> 8am Social Tennis 8:30am Radio Club (V) 9:30am Golf — Women's 9-Holers 10:30am Country Line Dancing (D) 11am Pickleball (Tennis Courts 3 & 4) 11:30am Golf: TRVMEN 9-Hole 12:15pm Beg Watercolor Painting (D) 12:15pm Canasta — Hand & Foot (V) 1pm Good Samaritans (D) 4pm Horseshoe Pit Play (Brockton Park) 4:15pm Table Tennis (D) 5pm Billiards Club Tournament (V) 5pm Tai-chi & Yuan-chi (V) 5pm Drama Club Membership Election Mtg (V) 7pm Emergency Action Committee (D)	<b>30</b> 8am Social Tennis 8am TOPS (D) 8:30am Golf: Sr. Men's 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) 11am Ukulele Club (V) 12:30pm Fat Quarters Quilting (D) 1:30pm Jazz Band (V) 2pm Art: Oil & Acrylic Open Painting (D) 2pm Art Card Design Class (D) 4:30pm Table Tennis (D) 5:30pm Delta Harmony Rehearsal (V) 6:30pm Soul Line Dancing (D)	<b>31</b> <b>New Year's Eve</b> 8am Social Tennis 8:30am Golf — Women's 18-Holers 9am Eagle Point ARC (D) 9:30am Ceramics (D) 11am Pickleball (Tennis Courts 3 & 4) 12:15pm Canasta: Ponytail (V) 3:30pm Book Club: 66 Bible Books (V) 4pm Horseshoe Pit Play (Brockton Park) 5pm Table Tennis (D) 5pm Tai-chi for Beginners (V) 6pm Yuan-chi & Fan Dance (V) <b>6-11:30pm NYE Celebration (V)</b> 6:30pm Pinochle (V)		





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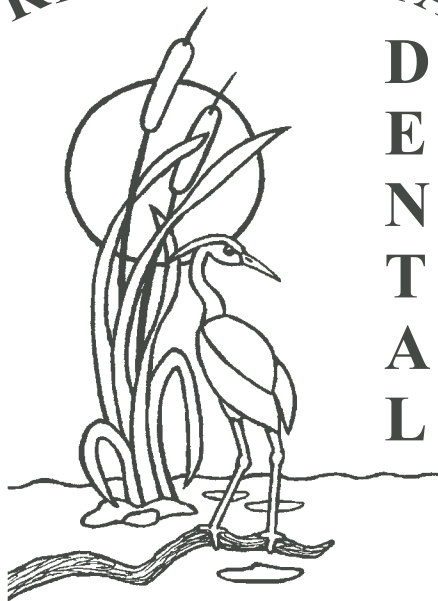
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## Club Ornaments for the Delta Club Holiday Tree

Trilogy clubs and groups, here's another opportunity to share your message! Get creative with the holiday spirit and get your club represented on the Delta Club holiday tree! The club ornaments for the Delta Club tree have become quite worn and need to be replaced. Try to come up with two ornaments no larger than six inches each delivered to the Member Services desk. Questions, email or phone Debbie Dorn [ddorn@actionlife.com](mailto:ddorn@actionlife.com).

*Happy  
Holidays!*

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[altonmorton@yahoo.com](mailto:altonmorton@yahoo.com)

BRE# 01960018





## Billiards

The next Billiards Club meeting is on Wednesday, December 2 at 7 p.m. in the Monterey Room at the Vista Club. Tournaments are every Tuesday at 5 pm. We play 8-ball or 9-ball depending on the week of the month. Officers: President Al Bergoust, Vice President Dennis Pool, Treasurer Jack Clark, Secretary Dallas Salomon, and Membership Chairman Dave Stewart.

### Latest weekly tournament winners:

#### Oct. 6, 8-Ball

1<sup>st</sup> Geno Toscano  
2<sup>nd</sup> Al Bergoust  
3<sup>rd</sup> Richard Garcia

#### Oct. 20, 8-Ball

1<sup>st</sup> Al Bergoust  
2<sup>nd</sup> Dennis Pool  
3<sup>rd</sup> Ken Guillory

#### Oct. 13, 9-Ball

1<sup>st</sup> Al Bergoust  
2<sup>nd</sup> Dennis Pool  
3<sup>rd</sup> Ken Guillory

#### Oct. 27, 8-Ball Partners

1<sup>st</sup> Ken Guillory  
2<sup>nd</sup> Richard Garcia  
3<sup>rd</sup> Jack Clark

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

## Bocce

The first round of the Winter Bocce Federation (WBF) play ended on November 19. We will issue the second half of the schedule in February, depending on the weather and the playing conditions. We are also planning social events for each of the WBF groups in February on the regular play day. The socials will be Bring Your Own Stuff type events but the club will provide dessert. More details will follow. Looking ahead to 2016 please note on your calendar that there will be a captains' meeting on Saturday, February 27 and a general membership meeting on Saturday, March 5, both at 10 a.m. The location will be announced. Again more details to follow. We are planning new member and new team sign-ups during the month of February. Notice of the sign-up process and procedure will be posted and publicized. Remember to roll often, throw straight and have fun, that's what it's all about. Contact Joe Downes at 707-374-7520 with questions.

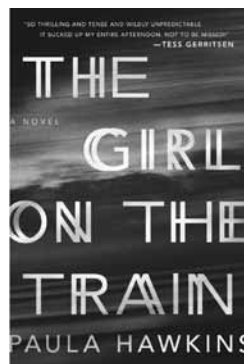
## Book – 66 Bible Books

We are pleased to introduce to Trilogy residents a new club. This new club will be called "Book Club – 66 Bible Books," and will meet every Thursday in the Monterey Room. The normal meeting time will be at 3:30 p.m. except for the first Thursday of each month when it will start at 4 p.m. As the title of our new club implies we will be reading the entire Bible, all 66 Books of the New King James Version. We will delve into the chapters from Genesis through Revelations, discussing key points while making insightful observations.

Our first club meeting was held on September 24 with 23 people in attendance. Everyone was engaged, sharing their key observations, promoting healthy conversation, while respecting one another and enjoying one another's company. This club is open to anyone who desires to learn what the Bible actually says while participating within a respectful environment. Guests and new members are welcome to come and join at any time. The Bible was one of, if not the first book printed on the newly invented printing press...referred to as the Gutenberg Bible, it was printed in the 1450's in what is now present day Germany ... and has been in print since. It is consistently a best seller with Guinness World Records estimating that over 5 billion, yes billion, copies have been sold.

Please come and join this fun and educational new club. For more information please contact Gary or Deb Dunham at 707-374-5324, GMDunham1@hotmail.com, DebDunham@hotmail.com.

## Book Club



The Book Club meets the second Tuesday of each month at 10:30 a.m. at the Vista Club in the Sonoma Room. The next meeting is December 8. This meeting will be a discussion on your favorite quotations, a book swap and cookies! January's book selection is *The Girl on the Train* by Paula Hawkins. There is no requirement to have read the selected book. Everyone is welcome to join, feel free to

stop by. For more information, contact Adrienne at 707-374-5576. Merry Holidays!

## Bridge – Duplicate

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

October's winners: Regular game: 1st: Betty Magnoli and Chandler Stauffer; 2nd: Lynn Fortner and John Fashing; 3rd: John Mount and John Shick. Novice game: 1st: Cyndy Schroeder and Tammy Woodworth; 2nd: Joanne Hess and Marlene Suieso.



## Bridge - Friday

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

## Bunco

Well, what are you waiting for? Fun, excitement and laughter are what you will get! This is not a spectator sport. Everyone will play multiple games, the rules are explained right at the table and it is fast moving. Dress is casual and everyone is in good spirits. If this does not sound interesting, I am sadly mistaken. Try an evening of Bunco and refreshments at the Delta Club. We meet the second Friday of the month at 7 p.m. For further information please call Shirley at 707-374-9984.

## Ceramics

December is the month of gift-giving holidays. We see candles, snowmen, angels, poinsettias, etc. Wouldn't it be fun to create your own gift for someone special? Each month, we enjoy sharing what our members have chosen and finished and they are always unique. Sometimes, people choose the same item, but, they never come out as duplicates. Each one-of-a-kind creation would be welcomed as a present from the heart. Please join us as we chat and laugh our way to the finished pieces.

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



Hema presents an adorable Mickey Mouse statue as well as an intricately detailed hummingbird feeder. Photos by Linda Robinette and Hema Kumar.

## Community Connections

Things are changing, and so is your Community Connections Club here at Trilogy. Look for our next meeting on Wednesday, January 27. Come and have input in our future plans. Specifics will be in your January *Trilogy Living* issue. No meeting in December. We wish you a wonderful holiday season with your families and friends! For more information, contact Donna at 707-374-2461 or Pam at 707-374-3161.

## Council for the Arts

A Trilogy favorite event, *Music of the Night*, opens March 30. As our community grows, demand for seats has grown as well. This year we have added a fourth evening performance. Plan on signing up early because even with the additional show, seats will sell out quickly. Casting is complete. Your neighbors who are singing and playing in the show will be enjoying the December holidays before the first rehearsal on January 4. The reservation flyer will be in a future *Trilogy Living* magazine issue.

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

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

## Couples Canasta

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

## Dog

Buddy, Milton and Trudi Gold's three-year-old golden-doodle, is our Dog of the Month. Buddy is an affectionate guy who never met a stranger. You can find Buddy in Village Riviera where he is not only the Gold's pet



but also Trudi's mobility assistance. Trudi says, "Buddy braces for me when I get up from sitting, picks up things I drop, loads and unloads the washer and dryer plus many other jobs."

At the October Dog Club meeting, prizes were awarded to winners of the Dog Parade held just before. The first place winners received a \$10 gift certificate to Pets 4 All. Lucy

and Annabel Bereta came in first among the small dogs; Shelton Lum won for the large dogs. A special thanks to the judges, Carolyn and Dave Thomas and Greg Graham, members of the Rio Vista Roamers RV Club.

The club's mission is to maintain a lost and found dog network, provide social opportunities for dog owners and their pets, and facilitate the building of a dog park within Trilogy Rio Vista. If you are new to Trilogy or have been here awhile and want to join, please send \$10 (yearly membership) or \$50 (one-time life membership) to our Treasurer, Linda Solomon, at 901 Michelbook Lane. This amount is for your household of one or two dogs. A membership card will be sent to you with discounts at Pets 4 All and Pizza Factory.

Dates to Remember: Doggie Play Day, December 19 (large dogs 9 - 10:30 a.m., small dogs 10:30 to noon). There will be no meeting in December. For more information, contact President Mona Elliott at 707-374-4057.

## Drama

Happy Holidays Trilogy friends and family. If you have not made your reservation for *Ho Ho Ho! The Santa Claus Chronicles*, there is still time. Reservation forms are at both the Delta and the Vista Clubs. Performances are December 5 through 7 at the Vista Club. Doors open at 6:15 p.m. and the play begins at 7 p.m. As is our tradition there is no charge for admission but we do ask that guests bring a non-perishable food item to be donated to Rio Vista Community Services. Our community has always been generous and we thank you.

Elections were held and new officers will be announced at the meeting in January. There is no meeting in December. Several new people joined our club this year and we hope to see more new faces next year. All are welcome. The Drama Club meets the last Tuesday of the month at the Delta Club, 7 p.m. For more information, contact Debby at 707-374-6706.

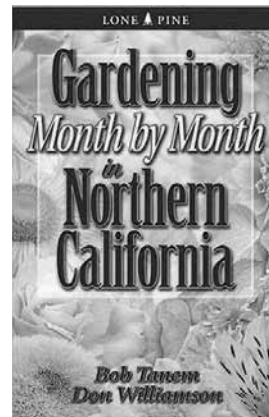
## Fat Quarter Quilters

We are a group getting together to work on our own quilting and sewing projects. Join us and meet new friends and share the love of sewing. We meet every Wednesday from 12:30 - 4 p.m. at the Delta Club. There are no dues or fees. For questions, call Esther Young at 707-374-2639.

## Fishing

It is that time of the year to spend with family and friends over the holidays. The fishing has slowed down some and sitting by the fire reminiscing about the times we had over the past year is upon us. Some of us will try our hand at Dungeness Crab in season and others will target sturgeon and stripers. There may be the occasional salmon as the season comes to a close. Our annual brunch at The Point was a success and we all had a great time. So, it is time to wish you all a Merry Christmas and a Happy New Year! Happy Holidays to all. We will not meet in December as it is time for family and friends to gather. If you are interested in joining, come to our next meeting in the Marina Room at the Delta Club on Monday, January 18 at 7 p.m. For more information, contact Noel O'Brien at obriennoel@rocket-mail.com or call 925-348-4097. Tight Lines!

## Garden



The Trilogy Garden Club is comprised of members sharing their knowledge and love of gardening through education, sharing resources and networking opportunities. Meetings are held the second Thursday of the month at 1 p.m. in the Diablo Room, Vista Club.

October's meeting was very well attended. The speakers were Debbie LaCroix, Architectural Coordinator for Trilogy

Master Association, and Jennifer Galarneau, owner of Wowie Worms! the Delta's #1 worm farm. Debbie discussed the various landscaping rules and regulations as outlined in the Master Association Handbook. Jennifer talked about the beneficial aspects of using worm castings, vermicompost and organic fertilizer in our gardens.

The club is very excited to have Bob Tanem, America's Happy Gardener (tm) and award-winning KSFO radio host as our speaker for the January 7 meeting. Bob will be talking about his new book, which brings all of his gardening know-how into a valuable new tool for the





Northern California gardener. *Gardening Month By Month in Northern California* is a beautiful perpetual calendar and month-by-month guide you can use year after year to keep track of your garden's progress. With 265 brilliant, color photographs this book is an absolute delight. This easy-to-use, sturdy book with its lay-flat binding contains great features on garden design, sprouting plants from seeds, container gardening, creating wildlife habitat, composting, house plants, pest control and many, many references and resources for the Northern California gardener. There will be a book signing following Bob's talk.

Everyone is welcome to attend. Remember, you don't have to have a green thumb to belong to the Trilogy Garden Club. For more information email Harish Chinai at [hc707@outlook.com](mailto:hc707@outlook.com)

## Genealogy

We had some new faces at our regular meeting; it is nice to see our club growing. Rhoda presented some interesting information about the National Digital Newspaper Program and we should all take a look. Typically the newspaper searches require a membership but this program offered a bit more and it's at no cost. The national Endowment for the Humanities and the Library of Congress have partnered to enhance access to historic newspapers for many years with the National Digital Newspaper Program. This long-term effort has developed an internet-based, searchable database of U.S. newspapers with descriptive information and select digitization of historic pages. Best of all, the information on the National Digital Newspaper Program is available free of charge. Millions of Newspaper pages are available. The National Digital Newspaper Program has now digitized all the earlier microfilms and also embarked on an ambitious program to scan and preserve many more newspapers. As a result, many more people now have easy access from home to this valuable information. The new program also provides an opportunity for institutions to select and contribute digitized newspaper content, published between 1836 and 1922, to a freely accessible, national newspaper resource. Search National Digital Newspaper Program for further information.

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

## Good Samaritans



Have a Blessed Christmas. The Good Samaritans find so much joy in visiting the local care homes in Rio Vista at Christmas time. As we share our love with the care home residents we get a chance to fellowship and discuss the true meaning of Christmas. We enter the homes singing Christmas carols, such as *Silent Night*, *Joy to the*

*World*, *Amazing Grace* and many more songs of joy. We all sit around the living room eager to hear the Christmas story. The Christmas story this year will be read from the Bible in Matthew 1:18-23.

If anyone is interested in helping with Christmas gifts for children in need, such as warm clothing, jackets, blankets, toys or any item, this would truly bless a child. You can email us at [9fellowship@gmail.com](mailto:9fellowship@gmail.com) and we can arrange to pick up the items before Christmas. Along with the gifts we also let the children know Jesus is the reason for the season. Thanks to those who helped provide a Thanksgiving dinner for families in need, which included a turkey with all the trimmings.

Good Samaritans would like to bless all Trilogy residents with a blessed Christmas and New Year and a special greeting to all the new residents who recently moved into Trilogy.

Good Samaritans meets every Thursday at 1 p.m. at the Delta Club, Marina Room. Check the calendar for the Christmas and New Year schedule.

**Scripture of the Month: John 3:16**

## Guitar

The Guitar Club meets and plays guitars in the Diablo Ballroom on the first and third Mondays of the month from 3 - 5 p.m. There will be just one Beginners Workshop on Friday, December 11 at 2 p.m. in the Diablo Ballroom. With so many holiday events this month, please check with us before planning to attend a meeting.



The October Coffee House was so well attended we ran out of coffee. There will be enough for everyone at the next This 'n That Coffee House on Sunday, January 24. Come on out and enjoy a night of music and the spoken word. Coffee and snacks are free and there is no admission. The first song begins at 6:30 p.m. The Coffee House is not an Open Mic event. If you are interested in taking to the stage, come to any of our Guitar Club meetings or workshops to audition.

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

## Men's Executive Nine Golf

The Rio Vista Men's Executive Nine Golf Club is comprised of members who enjoy playing nine holes of golf every Tuesday morning and then socializing after the game. This month we would like to welcome new members Gene Kennedy and John Tucker. Our club currently has 120 members. If you would like to join us, pick up an application form in the Pro Shop posting room or contact our Membership Chairman, Rolf Sabye at 707-374-5053.

There were two Tuesday tournaments held in October. The winning foursome for the "Four Man Shamble" tournament on October 13 were Lee Durham, Gunner Danielson, Al Sbranti and Larry Reece. A "Two-Man Switch" tournament was held on October 27. The winning foursome of this tournament included Rayno Niemi, Dale Moore, Rolf Sabye, and Peter Brauns.

The club's annual Awards Luncheon was held on October 27. Engraved trophies were awarded to the three (A-C) flight Club Champions: (A) Ron Kott (B) Jim McDermott and (C) Dennis Jones. Dennis (Vinnie) Germano was honored as this year's recipient of the George Aquino Memorial Trophy, awarded to our club's most inspirational player. Vinnie's dedication to assisting club members to improve their game, and his never-tiring encouragement to enjoy each other as we play, is a true devotion to both the game and to his fellow players.

There will be two Tuesday Tournaments in December (December 1 & 15). The club's fourth quarter meeting will be held after play on December 15. We invite you to come out and join us for a good time with a great group of guys.

## Model Club

We are extremely pleased to announce the Garden Railroad contingent of our club has forged a preliminary agreement with a member of the Trilogy Garden Club. The gardening member, Donna Moore, has agreed in principal to provide advice and guidance for plants and their arrangement to enhance the model railroad site. At her suggestion, we

have obtained and spread two bags of compost on two areas that have suffered this year due to reduced water. She explained the compost will hold the available water in a position to better nourish our existing, as well as new plants during the upcoming rainy season. She has backed up her commitment by obtaining and planting new growth in the "Town Lawn" of the South Mountain. The Model Club has responded with obtaining and laying new track ballast. Both of these efforts will make a good start on the beauty and functionality of the area.

As promised last month, the Model Club made a day trip to the Niles Canyon steam railroad exhibit near Pleasanton. We departed the Delta Club's parking lot for the 45 minute drive. When we arrived we found on exhibit live steam and diesel engines pulling vintage passenger cars. They are available for rides as well as photo opportunities. If you are too young to remember standing adjacent to a steam engine it is an experience you won't forget. If old enough, it will bring back memories you might have forgotten.

Our Model Club meeting is held on the first Friday of each month in the Vista Club, Monterey Room. Any questions, please contact our president, Mr. Ted Tome at 925-691-4676. Please join us at our monthly meeting.

## Motorcycle



The Trilogy Motorcycle Club riders meet the first Saturday of every month for an all-day ride. November's ride was the first since the cold weather and time change. Needless to say, we were all dragging a little. We decided to go west since there was snow to the east (and it was already cold enough). Without our usual fearless leaders, eight riders headed to Petaluma down Highways 12 and 116 for our first coffee stop. The decision was made for an early lunch at Pt. Reyes Station. Heading out D Street, we soon found ourselves on Point Reyes-Petaluma Road in especially bright sunshine and warmer air. On arrival, we discovered our favorite restaurant to be permanently closed. However, the ice creamery/deli across the street fit the bill.



Following lunch, and a group picture, the decision was made to “ride the redwoods” home: south on Highway 1 to Olema, east on Sir Francis Drake Boulevard, through the redwood groves near Lagunitas. Making a left onto Nicasio Valley Road, we again “carved the curves” through Roy’s Redwood Preserve. A right turn onto Lucas Valley Road led through yet more curves and redwoods, before breaking out into the oak-studded hills near Skywalker Ranch. We had a quick ride back to Suisun City for one final coffee break, then home at last.

We invite the other motorcycle riders in Trilogy to join us on any of the monthly rides. The next ride will meet at McDonald’s in Rio Vista at 8 a.m. on December 7. The destination is to be determined based on weather. For more information, contact Bob Pastorino at 707-374-6556 or Larry Nelson at 707-374-2967.

## Movers & Shakers

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

## Photography Club



*Photo courtesy of Dave Shephard*

We meet on the first Thursday of each month at 7 p.m. in the Monterey Room at the Vista Club. This month’s meeting is on December 3. If you plan to share your photos during the “show and tell” portion of the meeting, please arrive by 6:45 p.m. so they can be uploaded for display. Please label your flash drive with your last name and limit the files to only those being shared in the meeting.

Many of our members look forward to getting the next “homework assignment” that motivates them to get out and take pictures. Topics for upcoming “show and tell” segments are: December: holiday spirit; toys, wonderlands, January: statues, timepieces (clocks, watches,

sundials, hourglasses, etc.), shadows; February: “the look of love.” For more information about our club activities, email [c.a.wavrick@gmail.com](mailto:c.a.wavrick@gmail.com).

A happy, healthy holiday season to all! Capture those special moments of the heart and keep the really important stuff in focus throughout the new year. For more information about the club, email [c.a.wavrick@gmail.com](mailto:c.a.wavrick@gmail.com)

## Pickleball

Social Pickleball play is Monday 2:30 - 4:30 pm, and Tuesday and Thursday 11 a.m. - 1 p.m., on Tennis Courts 1 and 2. If you are interested in playing come out and watch, or come for beginners’ instruction on Tuesdays 11 a.m. - 12 p.m. We have extra paddles and wiffle balls for those who want to learn. Pickleball Club members may sign up to play on Wednesdays and Fridays 11 am - 1 p.m., on the court sign-up board. All you need to learn to play is a good attitude, comfortable athletic wear and tennis court shoes. Pickleball Club dues are only \$20 per year. For more information about the Pickleball Club contact Linda Pagliaroli at 916- 835-3801.

## Pinochle

The Pinochle Club meets every Thursday at 6:30 p.m. in the Sonoma Room of the Vista Club. Depending on attendance, we play single deck and double deck pinochle. Enjoy getting together with other pinochle players, even if you have not played in years. Contact Shirley Grijalva at [shirleygrij@frontier.com](mailto:shirleygrij@frontier.com) or 708-374-6752.

## Radio Club

The Radio Club members are working on checkouts of our community emergency communications equipment. This equipment includes fixed station radios, hand held radios, batteries to power them, antenna performance and operator training. If any of these elements break down or fail, we might be in serious trouble if the rain that is projected in the following months comes true. If you would like to know what you can do to prepare or assist, come on by and introduce yourself. We will be glad to talk to you and explain what goes on.

The Radio Club meets most Tuesdays in the Vista Club Monterey Room at 9 a.m. for demonstrations and technical discussions. Please stop by. Call Club President, Jerry Armanino for more information at 707-374-2461 .

## Recipe Club

Our holiday tradition is to have a cookie exchange for our December meeting. The only requirement is that the cookies must be homemade. So bake up a large batch of your favorite holiday cookies (three to four dozen) and





you will be able to go home with the same number of assorted cookies. Our meeting will be held Tuesday, December 8 in the Delta Club in the River Room at 12 p.m. Bring an empty container to take your cookies home. We will talk about our recipes and their memories of long ago. If you have questions or would like to join us for this yearly event, please contact Kathy Nakashima at 707-374-3345.

Monthly tip: Storing Cookies - (1) Let cookies cool completely before storing them. (2) Store similar cookies together, opposites apart. Separate dry and moist cookies, and those with clashing flavors. No biscotti with oatmeal cookies, or peppermint with gingerbread. (3) Keep most cookies in an airtight tub or tin at room temperature. Hard, crisp cookies can be stored between layers of waxed paper in a loosely covered cookie jar. (4) Arrange cookies in single layers in the tin, separated by parchment or waxed paper. (5) Revive stale cookies by heating them on a baking sheet in a 275 degree oven for 10 minutes. This even softens biscotti enough that they won't break your teeth, but the bad news is that the cookies tend to revert when they are cold again.

## Religions of the World Club

The Religions of the World (ROW) Club is a diverse group of Trilogy residents interested in learning more about the different religions of the world. We meet the first Tuesday of every month at 6:30 pm, at the Delta Club, River Room. Over two or so years, we have been informed of the history, beliefs and practices of these religions, and have been surprised about the similarity of beliefs among them.

In December, by special request, we will return to one of our earliest programs and revisit the Golden Rule. Sometimes called "the ethic of reciprocity," it can be found in the scriptures of nearly every religion. It is sometimes called the most concise and general principle of ethics. We hope you can join us at 6:30 p.m. on December 1, in the Delta Club, River Room.

This is not a forum for recruiting members to any belief system, and all Trilogy residents of any belief system are welcome. For more information, contact Don Cooper at 510-909-5049 or Barb Bellamy at 707-374-6670.

## RV Roamers



Richard Larsen (our president) started having short meetings every month at our campouts. Richard starts out telling a joke to get everyone laughing.

The RV Roamers had a wonderful time with 13 rigs present on our outing to the 49er RV Park in Plymouth October 19 - 22. Joe and Kathy Russo were excellent hosts and made the event so much fun with the meals, the shuffle-

board and corn hole contests, and dinner at the Imperial Hotel in Amador City. We had guests on this outing and they have now joined the club.

On November 22, we met at 5:30 p.m. in the Delta Club for a Thanksgiving feast. Please call Sharon Schatz at 707-374-6316 or Sharon Frederick at 707-374-4022 before November 13 for a reservation. They need a definite count so they know how many turkeys to buy.

On December 5, the RV Roamers will meet at 6 p.m. at The Point Restaurant for the annual Boat Parade and our Christmas dinner. Come a few minutes early to be sure to catch the parade. It is supposed to start at 6 but may leave the harbor earlier. Please call Carolyn Thomas at 707-374-3464 to save a spot.

Future events were discussed. In January we will have a Chinese dinner in a restaurant. February we may have a Valentine luncheon and March we will be back on the road and Sandra Santos will do her corned beef for St. Pat's Day.

Other outings are planned but if you would like to plan a trip, contact Richard Larsen at 707-580-8122.

## Senior Men's Golf



*Winners in the 2015 RVSMGC Club Championship included Hugh Denton (Flight 4) and Joe Martella [with caddy] (Club Champion). Other winners were presumably already busy spending their winnings and unavailable for a post-round photo (Photo by Ken Ausich)*

The 2015 RVSMGC Club Championship ended on a high note for several deserving participants after a highly competitive two-day tournament in late October. This year's overall Club Champion with the lowest gross score for the entire field was Joe Martella. Well played and congratulations Joe!

Four other golfers also distinguished themselves in winning their individual Flights by posting the lowest net scores per flight. Bill Ament won Flight 1; Bob Junge won Flight 2; Joe Lasusky won Flight 3; and Hugh Denton won Flight 4. Congratulations to all the Flight winners! And condolences should go out to all the other Club "also rans." Next year may (finally) be your year. As comedienne Judy Tenuta might say, "It coooooould happen."

As the de facto wrap-up to the 2015 season, the RVSMGC Annual Awards and Officer Installation Banquet and Dance was held in the Vista Ballroom on November 21.



Members enjoyed a non-competitive evening of good dining and dancing. It wasn't necessarily meant to be that way, but unfortunately it must be reported that there were no "winners" on the dance floor.

The RVSMGC welcomes all Rio Vista men 50 and older to join our club. If you are not playing with us currently, come and be part of the fun. Membership sign-ups for 2016 are now underway. Forms can be found in the club room of the Pro Shop. For all other information concerning membership and activities, contact our Membership Director, Eric Bromell, at 925-685-7237 or ebmixer@yahoo.com.

## Supper Club

Wondering what the Supper Club is all about? Our members are a group of people who enjoy sharing a meal and conversation with new people and existing friends in a small group setting where we can get to know each other. We come from all walks of life. Some of us are retired and others are still toiling away looking forward to that day. We are made up of singles and couples. And one thing we all have in common is our own story and a desire to make new connections. What is your story?

If you would like to join us or need more information, contact Susan Collier at 707-372-5489 or msnnomre@gmail.com, Pam Lewis at 707-372-1642 or flyprl@yahoo.com, Donna Armanino at 707-374-2461 or nanada47@gmail.com. A brunch for all the members to get together in January is in the planning stages and an email will be sent out to all members when our plans are finalized. Merry Christmas to all!

## Table Tennis



A new training program was initiated in October with the objective of improving table tennis skills of club members to increase their enjoyment of the sport and elevate their performance in tournaments. Weekly "Round-Robin" events, where each participant in a group of players plays one match against every other participant in the group, are scheduled during normal practice sessions every

Thursday. Weekly participation is limited to two groups of four players each. Each group has players of various skill levels. Several weeks are required to accommodate all interested members.

Another event to be conducted monthly is the "Ladies-Choice Doubles Competition," better known as "Sadie Hawkins," where lady players choose their male partners. The first such event was held on October 17, in conjunction with an in-house tournament. The event proved to be a delightful experience for all participants, shown in the attached group photo.

Other training sessions will entail viewing instructional videos of professional players performing the most common strokes, including serving and returning serves, so members can learn and practice the proper techniques of the sport. Also, physical and mental exercises will be incorporated into the program to further prepare members to optimize their performance during practice sessions and in competitive matches.

To learn more about our club, please visit <http://trvtt.wordpress.com> or contact: Ruth Barnes, President (707-812-7112); Len Latorre, Vice President (707-374-3983); Rod Armas, Treasurer (707-374-5989); Tom Surh, Secretary (707-374-5282); Kim Russell, Tournament Director (707-374-2046), Larry Mork, Member-at-large (707-374-3389); Brenda Hom, Social Director (925-915-2828).

## Tennis

Merry Christmas and Happy Holidays!! The Court Jester Tennis Club is capping off our great tennis year with the annual Holiday Party on Friday, December 11. Hors d'oeuvres will be served at 5 p.m. and dinner will begin at 6 p.m. We anticipate an excellent turnout and, with all the new members, look forward to making some new friends. Please bring an inexpensive gift (\$5 or less) for the gift exchange game.

Tournament update: a social tournament was held October 16 with both the Summerset and the Vineyards tennis clubs at their courts. In round one we competed with our own teams, then in the subsequent rounds, teams were split to include players from all the clubs. As a result there was some very good tennis which led to a good time had by all.

Please note that daily Social Tennis has changed to Monday - Friday from 8 - 10:30 a.m. We still welcome anyone, member of the club or not, to join us. Just be sure that your shoes are "court" shoes that do not leave marks on the court surfaces. Think you can't play tennis?, George will be happy to prove you wrong. Contact him at 707-863-1082 for free customized lessons, whether you are a beginner or just wanting to get back in the game.



Since there will be no formal meeting of the club this month due to the holidays, for more information about our club, contact Wally Beckman at [beckmanwally@hotmail.com](mailto:beckmanwally@hotmail.com) or Claude Trottier at [ctrrottier92@gmail.com](mailto:ctrrottier92@gmail.com).

## Trilogy Art Guild



Artist Pamela Anderson was our featured guest speaker at our November meeting. She gave a very informative lesson on how to get your paintings or photographs into public buildings; a job in itself. She talked about how part of her signature is "painting out of the box," which you can see in the photograph. She also designs wine labels and was gracious enough to bring a couple of bottles along with her olive oil. She also bottles and designs labels for the oil. She ended her visit by giving away the wine and oil to names she drew of the members attending.

Join our monthly meetings on the first Monday of the month at 1 pm. Membership for TAG (Trilogy Art Guild) is \$15 for the year, January – December. For more Information, call Dodi Phifer at 707-330-4666.

## Trilogy Jazz Band

We sure were busy these past couple of months, but we love playing for our residents. After our Veteran's Day Celebration and the November Christmas Tree Lighting, it will be the Holiday Concert on December 16, which includes our other musical groups. These two programs always get everyone in the mood for Christmas.

It's a busy time of year for all, but we would like to wish each of you a very Merry Christmas, a Happy Hanukkah and a Joyous Kwanzaa. For a New Year's resolution, how about thinking of pulling that dusty horn out of the closet and joining our band? If you find your horn, call Jim Lucas, our Director, at 707-374-7567.

## Trilogy Theater Group

Trilogy Theater Group (TTG) monthly membership meetings are held on the fourth Thursday at 7 p.m. in the River Room at the Delta Club. However, due to the busy holiday schedule there will be no meeting this month.

Our 2016 season begins with a comedy, *Play On*, by Rick Abbott, a hilarious "play within a play." There are many available parts for this production. Watch for notices about open auditions which will be held in early January.

We were granted 501c(3) non-profit status in 2014. Big thanks to the generous patrons who are supporting our work; it really helps! As you consider your 2015 year's end tax-deductible gift options please keep us in mind. Your donations help sustain our activities and allow us to continue to grow and to bring you new and exciting theatrical experiences right here in our own community. Donation forms are available by contacting TTG President Louise Mitchell at [sspm1939@gmail.com](mailto:sspm1939@gmail.com).

Happiest, healthiest greetings of the season to all!

## Ukulele



We play every Wednesday in the Diablo Room at the Vista Club. Beginning class meets at 11 a.m. and the intermediate/advanced class meets at 12 p.m. All Trilogy residents are welcome to drop

by, listen, play and sing along with us. No prior experience with musical instruments is required. Bring your ukulele if you have one and get ready to have fun! There's a reason for the surging international popularity of ukulele; it's easy to learn and a great way to make new friends and keep those brain cells tingling!

Our monthly jam sessions at the Lighthouse Marina on the Delta Loop are finished for the year; we'll resume next Spring. For more information, contact Claire McKean at 510-301-0479 or Loren Iversen at 209-477-9753.

## Whist

The Trilogy Whist Club wishes everyone a delightful Christmas and a very Happy New Year. May this time be everything you are looking forward to. Opportunity and benefits galore are waiting for you to take advantage of. Our club would love for you to meet with us, to play games and complain about old-age problems. The Whist Club is in need of young, new and inspiring members. You are welcome to meet with us each third Friday of the month at 7 p.m. in the Delta Club. Bring a dish to share. The food is always good and plentiful. We play cards, Dominos, and a game that you can bring and teach us.





Some people sit and exchange information. Come interact and share your thoughts with us on designated Mondays (see the Activity Calendar). Bring new ideas for fun and informational events. We offer encouragement and support for each other. Contact Madalene Turner, Chairperson at 707-374-3361 or Jean Robertson at 707-374-0086.

## Women's 9-Holers



*TOCC Winners Lynn Traver and Jeanie Renner*

October brought Indian Summer weather. Perfect weather for golf! Low Net was the game of choice on October 13. Winners: Flight 1-1st-Pam Fashing; 2nd-Kathy Moore; 3rd-Tie Jan Benner and Sharon David,. Flight 2-1st-Tie Barb Bellamy and Jeanie Renner; 2nd-Karen Nash. Flight 3-1st-Eila Ballard; 2nd-Betty Bowley; 3rd-Maureen Lamborn. The TOC was played October 15 at Poppy Ridge in Livermore. We brought home

two winners: Lynn Traver (2nd place Low Gross) and Jeanie Renner (3rd in Flight 3 low net). Congratulations!

Our general meeting, luncheon, and election of 2016 board members was held October 20. Prior to the meeting we played a low putt game. Winners: Flight 1- Diane Scholz and Flight 2 Barb Downs; great job ladies! Election Results, and congratulations to our new officers: Captain-Betty Bowley; Co-Captain-Pat Lasusky; Past Captain-Sylvia Vannucchi; Treasurer-Judy Dye; Secretary-Barb Downs; Tournament Chair-Pam Fashing; Handicap chair-Fran Silva; Membership-Debi Petteruti; PWGA Rep. Linda Rowe; Appointed Chairs-Historian Barb Bellamy, Sunshine-Eila Ballard. The new year begins December 1.

Pars for October (19 total), #5, #8, favorites. Par of the Month Club Members; Lynn Traver(3), Pam Fashing(3), Lois Dutcher(2), Anna Bogucki(2), Barb Bellamy(2), Fran Silva, Jeanie Renner, Kathy Moore, Eila Ballard, Karen Nash, Jan Benner, Connie Eremian. Congratulations!

Chip-ins this month: Pat Lasusky, Anna Stevens, Pam Fashing, Connie Eremian, Anna Bogucki, Marj Niemi.

Upcoming events: We look forward to our Christmas Luncheon to be held at The Point Restaurant in December. We had a great and busy year in 2015 and look forward to another great year for 2016. Come join us! For more information, contact Debi Petteruti at 707-374-5797 or nsdme2012@gmail.com.

## Women's 18-Holers

Debby Carroll shot a net 70 to win the Ace of the Month (on her birthday, no less). This qualifies her to play in the Ace of Aces competition in December. Ulla Ulmonen won closest to the pin, two weeks in a row. Lynn Traver had a milestone day on October 22 as she broke 90 with a gross score of 89. Congratulations, Lynn. Closest to the pin that day was Denise Sargent-Natour.

We celebrated Halloween with a Trick-or-Treat game from the good and the bad witches (Jan Benner and Marsha Berry). We won't say who was what. All in all, it was a lot of fun and laughter. Closest to the pin on number 5 went to Marsha Berry. A special prize of two Halloween kitchen towels went to Loretta Ortenblad for furthest away from the pin. The Good Witch declared a Hole-in-One if you got in one of the many bunkers on #13. So there were 8 golfers who had Holes-in-One. Some of the girls wore some creative costumes. Before we went out to play, there was a raffle for 3 pumpkins that the witches used on the course. The winners were Anna Bogucki, Terry Sutter and the biggest one of all went to Donna Nunes.

We meet each Thursday at 8 a.m. at Sir Flairs Restaurant. If interested in joining our club please contact Linda Siatt at 707-374 5364.

## Writers



Each month, members of Trilogy Writers' Club write and share whatever has inspired them. Usually, we have an optional topic, to get us started. Some begin as soon as the subject is announced, many

wait until our monthly magazine has arrived in their tube to read this article, and others procrastinate until the last minute. The beautiful part of it being optional is that you can write about whatever is on your mind when you're ready to compose. Just write! You're invited to join us on Thursday, December 10, at 7 pm in the Monterey Room of the Vista Club. Our optional topic this month is "Saying Goodbye." For further information, contact Zoe (707-374-3676), Judy (707-374-3973) or Suzi (925-231-5213).

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

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

*Computer Basics class next February is mandatory or equivalent knowledge for all other classes. Limited Class Size ~ Repeating classes is recommended. Class subject suggestion list available! Interested in training or helping others during class? Email Debbie Dorn at [ddorn@actionlife.com](mailto:ddorn@actionlife.com).*

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## Polar Bear PLUNGE



Let the fun begin!

Take the "Plunge" with your Trilogy neighbors!

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

Sign up at Member Services ~ There's No Fee

Remember to provide your t-shirt size!

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

*Light refreshments served and spectators are welcomed!*



January 1, 2016

10:00 a.m.

Delta Club Pool



**THE  
TRILOGY  
SPECIALISTS!**

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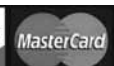
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## TRIPS AND TOURS

*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)**

**Dec.10, Christmas Story Musical at the Orpheum Theatre and Dinner, \$159/pp**  
Orchestra seating for this heart-warming saga of a little boy's wish for a special Xmas present; and, how he schemes to get it. Full of delightful songs and splashy production numbers. Great holiday family show! Hosted dinner included.

**Jan. 5, "Get Outta Town"  
Special, \$30/pp**

We're going to Jackson Rancheria Casino Resort for 4-5 hours of "Stay and Play" with a \$20 bonus. We'll stop over at the Lockford Meat Market for some of their delicious sausages to take home.

**Jan. 16 – Feb. 3, A 16 day Hawaii/  
Mexico Cruise, Call for brochure**

**Feb. 23, Craig Smith San Francisco  
Tour & Lunch, \$82/pp**

Craig is back and ready to guide us on another of his fabulous and informative SF tours. This one will be his customized "Follow the Seagull" tour. It's crazy, it's fun and it's packed with San Francisco scenic wonders and land.

**March 6 –10, Five days in Southern CA.,  
\$878/ pp**

Trip Highlights: Lunch and a special viewing of "Vatican Splendors" at the Ronald Reagan Presidential Library; Madonna Inn Luncheon; Great American Melodrama dinner show; Fess Parker Winery Tour & Tasting; Danish Smorgasbord and Shopping in Solvang; BBQ and Exhibition Trick Riding and Roping by the Riata Ranch Cowgirls; Dinner at the 94th Aero Squadron in Van Nuys; Tachi Palace Casino Resort and more!

**April 12, Gamblers' Special –  
Black Oak Casino, \$30/pp**

Our usual 4-5 hours of "stay and play." Movies will be shown on-board the bus and there will be a \$20 bonus package.

**For further information call Ethel (7548) or Eileen (2684).**





## Christmas In December? Yes!

The countdown has begun for RioVision's Holiday Home Tour on Saturday, December 5. VIP Reception tickets are sold out! A limited number of tickets are available for the Home Tour Only. Tickets can be purchased at Pets 4 All, [www.riovisionholidayhometour.eventbrite.com](http://www.riovisionholidayhometour.eventbrite.com), or by emailing [holidaytour6@gmail.com](mailto:holidaytour6@gmail.com). Tickets will also be sold on Saturday, December 5, from 10:30 a.m. - 2:30 p.m. at the Rio Vista Senior Center at 25 Main Street, next to City Hall. A huge heartfelt thanks to everyone for making the RioVision's Holiday Home Tour an amazing success. The Planning Committee members, Home Tour Hosts, Auction and Raffle Prize donors and the myriad of others who truly made the difference in seeing Donna Hamilton's vision come to fruition. Rio Vista is definitely the best place on earth to live!

## Labyrinth Walkers

### Winter Solstice Walk: December 21

Winter Solstice has been celebrated in cultures the world over for thousands of years. This start of the solar year is a celebration of light and the rebirth of the Sun. In old Europe, it was known as Yule, from the Norse, Jul, meaning wheel.

Today, many people in Western-based cultures refer to this holiday as "Christmas." Yet a look into its origins of Christmas reveals its Pagan roots. Emperor Aurelian established December 25 as the birthday of the "Invincible Sun" in the third century as part of the Roman Winter Solstice celebrations. Shortly thereafter, in 273, the Christian church selected this day to represent the birthday of Jesus, and by 336, this Roman solar feast day was Christianized. January 6, celebrated as Epiphany in Christendom and linked with the visit of the Magi, was originally an Egyptian date for the Winter Solstice.

Let us honor our 2015 Winter Solstice with a group walk on our Vista Patio at 4 p.m. on Monday, December 21. As you walk and contemplate the last month of the year, you may remember having set goals, projects or simple tasks to achieve in 2015. Now is the time to review them and acknowledge those you have achieved. Be proud of your accomplishments and celebrate. For those that are still hanging, review each one and decide if it is a goal, project or simple task to take with you into 2016 or is it time to let go.

Please let Elaine Wisz 707-374-4310 or Gerry Swan 510-507-4080 know that you will be joining us.

## Rio Vista Community Services

Hello, Friends! The leaves are turning, the air is cooling and it looks like fall has arrived. As we approach the holidays, there are folks in and around Rio Vista that need our help. Rio Vista Community Services is reaching out to you to assist us in meeting these needs. As our economy has shifted and changed, grant organizations have changed their requirements, resulting in fewer grant opportunities and a decrease in operating funds. Always keeping our mission in mind, to help people move toward self-sufficiency by providing food and services to low-income families in the Rio Vista area, we are asking for donations to help us accomplish this task. Keeping a location that houses the food for families as well as the offices for administration of Rio Vista Community Services is costly.

As you prepare for a beautiful Thanksgiving feast and a Christmas filled with gifts, please remember those in need in our community, and send what you can to Rio Vista Community Services, 1105A Airport Road, Rio Vista, CA 94571. Rio Vista Community Services is a 501(c)3 organization, so all monetary donations are tax deductible. We thank you in advance for your generosity! Have a safe and blessed holiday season! Gratefully, Rio Vista Community Services, Board of Directors

## Trilogy Resident Tournament



*Halloween Resident  
Tournament  
Special Guest*

The October Tournament was held on the 18th with a Halloween Theme. Costumes were allowed. Dinner consisted of Pork and Chicken, Caesar Goo Salad, Smashed Potatoes, Slimy Green Beans and very special Halloween cupcakes and cookies for dessert. This was our last tournament for the season so it was a special scary event. Each hole on the back nine was a little different game with tricks and treats. The banquet room at Sir Flairs was done up in a spooky theme. Fun was had by all. There were raffle prizes and a 50-25-25 drawing. Plus we collected canned foods to donate to the Food Bank for the upcoming holiday season; 137 pounds of food was collected and delivered.



Thanks for a great season; it is a great experience to meet golfers in a relaxed and fun setting. Thank you to Liz and Joe Devilbiss, Linda and Dennis French and all the volunteers who helped throughout the season. Thanks to Kelliann Vickory, Byron Cone and Chef Michael, from Sir Flairs. Everything was a big hit! Have a wonderful holiday and see you next year!

The Resident Tournament is open to all golfers with a GHIN number and handicap. It is recognized and supported by all the golf clubs here at Trilogy. The first 2016 Season tournament is scheduled for April 17. Look for flyers around the March time frame. We will advertise as this event gets closer.

For more information, call Linda Rowe at 925-286-1555 or Harold Rowe at 925-818-1124.

## Christmas 94571

Rio Vista Community Services will be placing the tree in the Vista Club. Sign up to purchase toys for low income families. Toy tags will be available by gender for a child between the ages of newborn and twelve years old. Next to the tree will be the instructions and a log sheet to register. Please limit the gift value to \$20. Wrapped gifts should be delivered by December 4, to the Rio Vista Fire Station or the Delta Dollar Store by the bridge. Be sure the ornament tags are securely attached to each gift. If you have any questions, call Skeets Williamson at 707-374-5453.

## Volunteers Needed: Rio Vista Community Service Food Bank

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

## Alzheimer's/Dementias Caregivers' Support Meeting

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

## Family Support Group



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

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



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Decades is ready to rock Trilogy! Let's Dance!  
Visit their web site at [www.musicfromthedecades.com](http://www.musicfromthedecades.com)

Saturday, January 23  
Vista Club Diablo Ballroom  
7:00 - 9:30 p.m.

Sign up at Member Services ~ \$15 per person  
Bring family, friends, and your favorite  
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707-374-2466 or LupeandMarcy@gmail.com

## FOR SALE

### Ability Lift

Bruno Joey Ability Lift and hardware with wiring harness \$3500. Call 707-374-2165 or 510-332-6934. Will fit a van or truck. Was installed in a 2014 Chrysler Town & Country.

### Bicycles

Two men's bicycles: one Schwinn (full tune-up done); one Huffy (practically new). Sale price \$170 for both. Call Willie at 707-374-3529.

### Boxes

Moving—Plastic boxes with lids \$3 each. 209-419-0931

### Ukulele

Brand new ukulele "Islander" MC-4. Hawaiian made, handcrafted by Hanelea. Case and tuner included. \$250. 707-374-3477

## FOR SALE

### Airport Transportation

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

## SERVICES

### Audio/Video

Certified ON-Q Installer operating in Trilogy for over 10 years under license 819067. Estimates are free. Give us a call 707-374-2800.

### Beauty Services

Hair and nails in my home. Experienced. Satisfaction guaranteed. Call for appointment. 707-673-6608.

### Bicycle Repair

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

### Caregiver

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

### Cleaning

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

## SERVICES

### Cleaning AAA

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

### Clock Repair

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

### Computer Aid

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

### Computer A+ Assistance

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

### Computer Doctor

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





## SERVICES

### Computer for Christmas?

I can set up your computer you received for Christmas. Woody 707-416-6064.

### Electrical

Licensed electrical contractor operating in Trilogy for over 10 years under license 819067. Estimates are free. Give us a call 707-374-2800.

### Facials

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

### Faux Finishing @ Its Best

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

### Fishing Trip

Fall and winter Delta striper and sturgeon fishing. Leaving from Suisun City marina. Up to six people. Warm and comfortable boat. Military and senior discounts. Call Fish Hookers 916-777-6498 or 707-374-6486.

### Genie's Housekeeping Service

The best for less. Licensed, experienced. See what people are talking about.. Happy holidays. 707-673-6608

### Handyman

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

### Handyman

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

## SERVICES

### Impeccable Improvements & Repair

Established retired general contractor. . .Tile, wood floors, water leaks, drywall damage, kitchen & bath remodels/repairs, privacy walls, iron fences/French doors, indoor/outdoor Jacuzzi tubs, storm doors, fireplaces, dog/cat doors, mantels. 10 year resident. Big or Small—I Do Them All! References available. Dominic, Your One Stop Shop in Trilogy 707-322-9476

### Income Tax

Income Tax Preparation Individual Partnership and Corporate Income Tax Returns. Jim Castress 707-374-3590 [HYPERLINK "mailto:samster.cas@gmail.com"](mailto:samster.cas@gmail.com) samster.cas@gmail.com

### Income Tax Services & Planning

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

### Landscaping

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

### Moving?

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

### Moving Furniture

Arranging and moving furniture and appliances in or out of your home or storage. No job too small. Reasonable and careful. Call Neal at 707-624-9374.

### Notary

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

## SERVICES

### Notary Public

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

### Notary to Go

Only \$8 per notarization at Trilogy. Discounts for numerous documents. Since 1984. Call Warren at 707-374-3477.

### Painting

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

### Painting & Drywall

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

## Want to Run a Classified Ad?

Pick up an ad application form at Member

Services. Turn in your completed form

by the fifth of the month preceding the

month you wish the ad to run. Cost is

\$10 for 25 words. Additional words are

\$.25 per word. Checks only. Late ads

will run in the next issue. All classified

advertisers must be current Trilogy

residents or current Trilogy homeowners.



## SERVICES

### Pest & Termite Services

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

### Pet Care

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

### Pet Care

Will care for one or two cats. My home or yours. Sheila 707-374-4732.

### Pet Care

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

### Rain Gutters Cleaned

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

### Tamales

Mirna's Gourmet Tamales: My third year of making hot, delicious tamales delivered fresh to your door—pork, chicken and beef. Enjoy the holidays! 707-673-6608

### Transportation

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

## SERVICES

### Transportation

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

### Video, Computer, Audio Services

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

### Weed Pulling

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

### Your Personal Travel Concierge

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



## WANTED

### Companion

Needed companion, live-in Monday-Friday, CDL required. Call Donna after 3 p.m. at 707-374-5455.

### Golf Carts

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

### Room Needed

Female Trilogy resident needs room in exchange for help with housework, gardening, organizing, errands, driving, pet care, etc. I'm quiet, private, honest, friendly and a non-smoker. Jesse 925-683-7193.

### Sporting Goods

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

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

# TRILOGY PRODUCE MARKET

**10% Discount on Purchases over \$10**

**Sunday**

**January**

**3 & 17**

**10am - 3pm**

**Delta Club**



**Fruits,  
Vegetables  
& Other  
Specialties**

# DRIVING AWARENESS SEMINAR

Part of TRVMA's Enrichment Series Programming

**Mobility Matters!**

Driving reflects our independence and lifestyle.

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

**Presentations by:**

Driver Motor Vehicle Department

Solano Transportation Authority

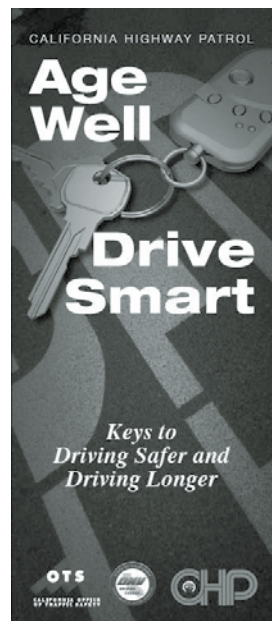
*And*

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

**January 21, 2016**

**Vista Club Diablo Ballroom**

**1:00 - 4:00 p.m. ~ Free**



*Light Refreshments Served, Or Bring Your Own*

*Sign Up At Member Services*

## ADVERTISING INFORMATION

**DEADLINE:** All final ads and checks are due by the fifth of the month prior to the month of publication. For example: January 2016 ads and checks are due by December 5, 2015. All late submissions will run in the February 2016 issue of *Trilogy Living*.

### REGULAR SIZES AND RATES:

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

### PREMIUM SIZES AND RATES:

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

### DISCOUNTS:

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

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



# Special Financing Offers!



NEWSTYLE™ HYBRID SHUTTERS



PROVENANCE™ WOVEN  
WOOD SHADES



DUETTE™ HONEYCOMB SHADES



PALM BEACH™ POLYSATIN SHUTTERS

**HunterDouglas** *Hunter Douglas lets you control light. Beautifully.*

\*\*\*\* Special Financing: 18 Months Same As Cash Financing Available (OAC) \*\*\*\*

Save Time. Save Money. Stop in at our Hunter Douglas Gallery®, and take advantage of our current promotions, money-saving rebates, and special offers. Visit us today, and let our highly trained professionals find the right look for your home at a great price!

**We also offer:**

Custom Draperies, Bedding, Pillows, and Upholstery --  
Large Selection of Drapery and Upholstery Fabrics,  
Currently 10% off Selected Fabrics



## Window Fashions of Northern California, Inc.

DBA: Solano Window Fashions  
125 Grobic Ct., Ste A; Fairfield, CA

Mon - Tue: 10 AM - 5 PM  
Wed - Fri: 10 AM - 6 PM  
Sat: 10 AM - 3 PM; Closed Sundays

707-429-5156  
[www.WFNC.com](http://www.WFNC.com)  
CL # 982292



**HunterDouglas** *Gallery*

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