

Trilogy Living

November 2011

DRIVING AROUND THE WORLD

See article
on page 14

Photo by Andrea Stuart

PUBLISHED BY THE TRILOGY AT RIO VISTA MASTER ASSOCIATION

Bass Festival

Photos by Arthur Fox (except as noted)

On Oct. 9 the 64th Annual Rio Vista Bass Derby Parade helped conclude the weekend's festivities which included a variety show featuring the Trilogy Jazz Band, The Delta Harmony, The Delta Divas, Dorothy Tate, The Solid Gold Band and the Ballroom Dancers exhibition performance.



Photo by Debbie Dorn





*From the
Master Association*
BOB SATHER
President

The regular monthly meeting of the Master Association Board was held on October 11, 2011. The meeting took place in the Diablo Room at the Vista Club. Thanks to those who attended this evening meeting. Those who did attend were treated to an exceptionally short meeting. With several items withdrawn from the agenda the meeting lasted less than one hour.

Actions taken at the meeting included:

The approval of the Consent Calendar which included:

1. The minutes of the September regular meeting.
2. The approval of a request for republication of an updated Disaster Preparedness Book at a cost of \$977.50.
3. The approval of an expense of \$ 834.02, from reserves, to replace one of the rotunda monitors.
4. Approved a proposal in the amount of \$2,278.13, from reserves, to remove and replace the sidewalk on Summerset Drive across from Cedar Ridge. The contract was awarded to D&D Concrete.

Our next regular meeting is on November 8, 2011 at 2 p.m. in the Diablo Room at the Vista Club. There will be several items of interest on the agenda, so mark your calendars. As always we look forward to your attendance at all of our meetings.



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Pictured on Cover:

Sylvia Vannucchi, Donna Martella,
Norma Donaldson and Alma Renko



TRILOGY AT RIO VISTA

DIRECTORY

Master Association Board of Directors

- Robert Sather, President (1384)
- Carol Benkie, Vice President (3316)
- Lee Puryear, CFO (3510)
- Warren Oglove, Secretary (3477)
- Tom Moore, Director (5772)

District Delegates

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

Committees

- Adult – Barb Bieber, Chair (5777)
- Access – Dave Bewick, Chair (2093)
- Disaster Preparedness – Jim Larsen (4382)

Village Board Presidents

- Village 1 – Bernie Dehn (4764)
- Village Oakmont – Walt Manos (2827)
- Village Riviera – Warren Oglove (3477)
- Olympic Village – Robert Sonnenburg (925) 550-3832

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- Delta:** Admin Office (4843) Fax (4891)

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For non-delivery of newsletter, contact Debbie at (4204).



From the Editor

ANDREA STUART

Engaging in music in one way or another is cathartic. Music has a profound effect on the mind and body. In addition to relieving stress and other physical illnesses by stimulating brain waves, music can alter respiration and heart rate to lower blood pressure, promote a positive state of mind, and support the immune system. Music is a form of expression that improves self esteem. Music also provides an avenue to community, weaving itself through the souls of those who invite sonic waves into their lives. Trilogy can't think of a better way to celebrate those who have stood by this country than by observing Veteran's Day (Nov. 11) with presentations by Color Guard, Trilogy Jazz Band, Delta Breeze Chorus, and Delta Harmony.

Trilogy offers some aural treats for November including Song Strummin' Storyman Jack Pearson on Nov. 4 and Open Mic Night on Nov. 11. While Jack Pearson will strum and fiddle his stories for you, Open Mic Night will provide an opportunity to play an interactive role in the magic that is music. Warm up those vocal chords, the show is about to begin.

In keeping with the autumn spirit, Joyce Bueker offers a Skinny Kitchen: Harvest Festival Cooking Class on Nov. 5. This is a wonderful way to learn how to satisfy your cravings with flavor rather than with volume.

Also in Trilogy's "learning annex" is an AARP Driver Safety Course on Nov. 12. While the basic rules of the road remain the same, the AARP Driver Safety Course is designed for people over age 50 to educate them about updated driving regulations and prepare them for age-related physical changes. The course also provides helpful information about affordable insurance.

We'll close out this month with the Fall Gift, Craft & Art Faire on Nov. 19. The perfect time and place for holiday gift buying, the Gift, Craft & Art Faire is a one-stop shopping experience.

Many of you may have met Trilogy's new Fitness Director Kathy Erwin. Check out her article on page 12 for healthful tips and information on all things Trilogy spa and fitness related.



From the Activities Director

DEBBIE DORN

The off-site bus trip to Sonoma Cornerstone Gardens and Oxbow Market in Napa topped off all five senses. See photos on page 33. The gardens were truly a celebration of art, architecture and nature. Alsina Station Grill served up a tasty lunch and the Oxbow Markets were a pleasant find. The trip is an enjoyable outing for all ages. You can count on finding more off-site day trip adventures on future event schedules.

The last concert on the patio was rescheduled due to limited registration. Everyone is encouraged to respond early when interested in an event. There is an increasing trend for last-minute signups. We are requesting sign-ups prior to the last week before an event in order to prevent cancellation.

Turning to Karaoke, that experience has been redesigned with influence from the audience attending the last Karaoke event. We threw out the advance signups, opened the dance floor, and are planning to view the songs on the big screen for the next event. Be sure to join us for a relaxed night of spontaneous fun and entertainment!

The club-status planning meeting was attended by club/group representatives, and their 2012 event schedules are updated. There are many special activities to fill your calendars. You are missing out if you have not become involved with one of the 80+ groups. Stop by to pick up brochure in the Vista Rotunda to match up with your special interests! Thanks for all the suggestions you have sent my way. Keep them coming. Give me a call at (4204), or email ddorn@actionlife.com. My mailbox is always open.

Holiday Shopping Excursion in Sausalito

Dec. 6, 10 a.m.

Save your holiday shopping for our excursion to Sausalito. Enjoy shopping and lunch and leave the driving to us. More details to follow in e-newsletters and in the December *Trilogy Living*.

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

New Year's Eve

In the Vista Club's Diablo Ballroom

It's coming, and you should plan to participate in this special evening. It will be a wonderful Trilogy Experience! Watch for details to follow in e-newsletters and in the December *Trilogy Living*.

Farmer's Market ~ A Raffle Too!

Sundays, Nov. 6 & 20, 10 a.m. – 3 p.m., Delta Club, Free

Petrill's Produce Farmer's Market provides wonderful produce to Trilogy members. Purchase fresh fruits and vegetables right here in Trilogy! Every member making a purchase receives a raffle ticket good for a \$10 gift certificate to be used toward their next purchase at Petrill's Farmer's Market.

Grapevine Chat!

Tuesdays, Nov. 8, 6 p.m. and Nov. 22, 5 p.m.

Grand Living Room, Vista Club

Join fellow Trilogy members in a warm and casual setting where you can not only "get the scoop" on all things Trilogy, but also get to know your neighbors. Bring wine, glasses and snacks to share with others if you like. No sign-ups. Everyone meets around that big fireplace.

Just for Fun

Test your familiarity with the Health and Wellness Center. Find the related term from the word hints! Answers can be found on page 6.

D F X G K O L C N Q S C I B O R E A H
 M A R K D Z E A T T V G N V K I T S G
 M W E L J H M O C T A N U C Y Y S P B
 Y G P V S K X W R I N I A A P U N W U
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Word Search Hints

1. Skincare --
2. Therapist --
3. Relaxation --
4. Core --
5. Cardio --
6. Weights --
7. Step --
8. Walk/Run --
9. Walk/Jog Machine --
10. Cycling --
11. Pool Exercise --
12. Dance --
13. Martial Arts --
14. Computerized Trainer --
15. Gym --
16. Inside Pool --
17. Outside Pool --
18. Orientation --

Skinny Kitchen Harvest Festival Cooking Class

Saturday, November 5,
12 – 2 p.m., Delta Club

\$15/members

\$12/Lose-2-Win Participants

\$20/Drop-in

Join Trilogy instructor and Lose-2-Win facilitator Joyce Bueker for this special autumn event: a cooking class that showcases all the flavors, colors and aromas of the Harvest season, with emphasis on fresh, healthful recipes for holiday meals that are big on taste and light on the waist. The cost is \$15 for members and \$12 for Lose-2-Win participants who sign up 24 hours in advance. Drop-ins are \$20. The price includes recipe handouts. Together, we'll cook and then eat a variety of recipes including gluten-free, dairy-free, and low-sodium options that focus on the six tastes of your palette to balance appetite and enhance satisfaction through flavor rather than volume. These are fun, easy recipes that you'll enjoy cooking again and again. Sign up at Member Services. For more information, contact Joyce at (925) 768-5574.

Song-Strummin' Storyman: Jack Pearson

Friday, Nov. 4, 7 p.m., Diablo Ballroom, Vista Club, \$10

Enjoy an evening of musical storytelling with Jack Pearson, Mr. Song-Strummin' Storyman. He grew up in a musical mid-western family. This set the stage for the night in 1965 when Jack discovered the guitar at a campfire. From there it was banjo, mandolin, fiddle, jaw harp, spoons, songs, songs, and more songs! After a few years of studying philosophy at the University of Minnesota, Jack was off down a twisting, joyous path of musical storytelling. Since then, Jack has sung, strummed, written, read, told, fiddled, and danced his way around the United States performing over 200 concerts per year. Sign up at Member Services.

Just for Fun Word Search Answers

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|----------------------------------|--------------------------------------|
| 1. Skincare – Facial | 10. Cycling– Spin-Bikes |
| 2. Therapist – Massage | 11. Pool Exercise – Aqua Fit |
| 3. Relaxation -- Yoga | 12. Dance – Zumba |
| 4. Core -- Pilates | 13. Martial Arts – Tai Chi |
| 5. Cardio -- Elliptical | 14. Computerized Trainer -- Fitlinxx |
| 6. Weights – Strength Training | 15. Gym – Fitness Center |
| 7. Step -- Aerobics | 16. Inside Pool – Vista Club |
| 8. Walk/Run -- Track | 17. Outside Pool – Delta Club |
| 9. Walk/Jog Machine -- Treadmill | 18. Orientation -- Evaluation |

Veterans Day Tribute

Friday, Nov. 11, 2– 4p.m.

Diablo Room, Vista Club, Free

Celebrate Veteran's Day with Trilogy including a presentation by the Color Guard; music by Trilogy Jazz Band, Delta Breeze Chorus, and Delta Harmony; and a representative from Travis Air Force Base. Sign up at Member Services.

Open Mic Night

Friday, Nov. 11, 7 – 8:30 p.m.

Diablo Room, Vista Club, Free

Join Trilogy for a fun night of showmanship. Show off your hidden talents, whether it's singing, reciting poetry, performing stand-up comedy or playing an instrument, the sky's the limit. Don't hold back! Let your inner star shine through. This is not the "Gong Show" or "Star Search." It's about sharing and having a great time. Bring your favorite snack and beverage. All performers sign up at Member Services. Doors open at 6 p.m. Capacity seating: 160

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

AARP Driver Safety Course

Saturday, Nov. 12, 8 a.m. – 5 p.m.

Sonoma Room, Vista Club

\$12/ AARP members, \$14/non-members

The AARP Driver Safety Program is the nation's first and largest refresher course for drivers age 50 and older. It has helped millions of drivers remain safe on today's roads. The course is designed to:

- Tune up driving skills and update your knowledge of the rules of the road.
- Teach normal age-related physical changes, and how to adjust your driving to allow for these changes.
- Reduce your traffic violations, crashes and chances for injuries.
- Qualify each participant for a possible auto insurance premium reduction or discount. Policies vary, so please consult your insurance agent.

Trilogy resident Glen King is offering this eight-hour course in two, four-hour sessions (8 a.m. to noon, 1 – 5 p.m). To register, contact Glen at (3342) or grk59@frontiernet.net.

Fall Gift, Craft & Art Faire

Sat. Nov. 19, 10 a.m.-3 p.m., Diablo Ballroom, Vista

Do your holiday shopping early or shop for yourself among beautiful hand-crafted items such as purses, handbags, blankets, jewelry, and more. Play for raffle prizes too. Sellers must reserve space; check availability with Member Services.

Choir Performance

Sat. Dec. 3, 2 – 3 p.m., Diablo Ballroom, Vista, Free

Friendship Baptist Church from Vallejo will sing their hearts out with passion. It's their seventh amazing year at Trilogy. Sign up at Member Services.

Life Line Screening

Thursday, Dec. 15, 8 a.m. – 5 p.m.

Diablo Ballroom, Vista Club

Life Line Screening employs highly qualified healthcare professionals bringing preventive screenings to you. These non-invasive and affordable ultrasound screenings help identify stroke risk, vascular diseases and osteoporosis early enough for physicians to begin preventive treatment.

Receive \$10 off with early registration, call 1-888-753-1129. Life Line Screening scans for potential health problems related to blocked arteries and irregular heart rhythm, which can lead to a stroke; abdominal aortic aneurysms that can lead to a ruptured aorta; hardening of the arteries in the legs—a strong predictor of heart disease—and a bone density screening used to assess the risk of osteoporosis.

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)**

Nov. 15, Gambler's Special, Thunder Valley Casino — \$30. Only a few seats are still available on the second bus. Enjoy our usual four hours of “stay and play,” with a \$15 bonus package.

Dec. 15, Shopping, Dinner, “Beach Blanket Babylon” — Sold Out

Dec. 29, 2011 – Jan. 2, 2012, New Year's in Palm Springs — \$898. Five-days/four-nights, featuring “Nun-sense” at Roger Rocka Dinner Theatre, a visit to the Getty Museum, orchestra seating at the Palm Springs Follies, a

breathtaking ride on the Palm Springs Aerial Tramway, a docent-led tour through the Desert Gardens and Zoo, plus a high tea luncheon at the historic Mission Inn in Riverside. What an exciting way to begin the New Year!

2012

Jan. 19, Craig Smith's San Francisco Tour, Lunch — \$82. One of Craig's newer tours includes a hosted lunch at the Palace Court Hotel in San Francisco. Then he will take us on a mystery tour of some of his favorite spots in the city. It's always fun when Craig is on hand to show us the sights!

Feb. (TBA), Gambler's Special, Feather Falls Casino — \$30. We'll go to this beautiful and recently re-modeled casino/hotel. Enjoy four hours of “stay and play” with a \$15 bonus package.

March 9-11, Carmel/Monterey/Salinas 3-day/2-night Adventure — \$(TBA). Visit the beautiful Carmel, Monterey and Salinas areas. More details and brochure available shortly.

April 2, Daffodil Hill, Lunch — \$82. Thousand of daffodils steal the show with their awesome colors, density and variety! Watch peacocks strutting among the flowers. After lunch, we'll go to Jackson for a guided tour of the Amador County Museum.

April 28-May 13 –16-day Hawaii Cruise –Round-trip SE, “Wait Listed” only. We guarantee getting you on board, however, your assigned stateroom will come later. Call for brochure.

For more information: Call Ethel (7548) or Eileen (2684)

Assessment Notice

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

Assessments for the month:

Master Association	\$115.80
Master Association	\$80.39
(Only for original residents (<100 in a developer subsidy agreement))	
Village I	\$3.00
Village Oakmont	\$3.00
Olympic Village	\$3.50
Village Riviera	\$3.50
Saddle Rock Village	\$0.00
(None until dormancy ends)	

Club Hours – The Delta Club is open at 7 a.m. for entry with members’ keys. It is open from 8 a.m. to 5 p.m. for entry without keys and from 5 p.m. until 11 p.m. for entry with keys. From 11 p.m. until 7 a.m., there is no entry. The Vista Club is open from 6 a.m. to 9 p.m.

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

Anonymous Notes to the Administrative Office/HOA – The Administrative Office does not take any action on notes that are dropped into the HOA Box in the Delta Club hall, slid under the door, mailed and/or submitted on an Administrative Communication Form that are not signed.

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

Suspicious Behavior – Trilogy is a private community but not a secured one. If you observe unusual behavior that warrants a call to the police, please do so.

Service Provider Resource at the Delta Club – There are two business card holders on the hall wall at the Delta Club. When looking for service providers, check out this area. TRVMA/HOA does not recommend any of these vendors; this is simply a resource for members.

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

Pets in the Community – All pets must be on a leash and under control of the owner at all times.

Dog Waste – Please pick up after your pooches. The Administrative Office is receiving many complaints of dog waste on the sidewalks and on lawns on Sunnyside.

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

1. Putting down umbrellas at the bocce courts, the Delta back patio, and especially the Delta pool area when you are leaving and no one else is around. When the wind catches the umbrellas they are often damaged and must be replaced. If they are on the glass tables in the outdoor pool area, not only are they damaged but the glass table tops are shattered. The table tops and umbrellas are quite expensive.
2. Don’t put coffee, gum and/or wrappers in the plants at the clubs. Doing so compromises the health and appearance of the plants which are expensive.

Gardeners - Please remind your gardeners that they cannot start work before 8 a.m. and that they should bag all clippings rather than blowing them into the street, gutters and others yards.

Architectural Applications – Important reminder: Applications must be submitted for work being done on the exterior of your home and yard. If you do not submit an application, a \$500 application fee may be charged.

Delta and Vista Pool – Family Swim Times: children under the age of 18 are allowed in the pools between 11 a.m. and 3 p.m. Children must be out of the pool area by 3:15 p.m. You must accompany all guests to the pools regardless of their age.

Tree/Shrub Trimming – Please keep your trees that extend onto common areas and streets trimmed so that RVs, garbage trucks, and delivery trucks can clear them. Keep all shrubs trimmed neatly, and if you share a walkway with a neighbor, keep the shrubs trimmed so that they do not extend onto the walk.

Over Watering – Now that the rainy season is here please adjust your sprinklers.

RV/Boats – You must enter through the front gate with your recreational vehicle and obtain a pass. Reminder: You may not have these vehicles in the community longer than 48 hours. The vehicle must be parked at your home, not in any common or undeveloped areas of the community.

Golf Carts – Remember golf carts **must:**

- A. Yield to overtaking vehicular traffic
- B. Be operated by a person who is at least 18 years old
- C. Be covered with sufficient liability insurance coverage
- D. Obey all traffic signs

Animals – Please do not feed any animals outdoors. The Administrative Office continues to get reports that members are feeding pets and wild animals outside. The wild animal situation can only be controlled with the help of all members.

For Your Safety – If you are walking in the street, please yield to vehicles. Often there are groups three or four people deep that make it difficult for vehicles to pass. Please wear light colors and carry a flashlight when walking or biking at night or early mornings.

Street Lights – Please call Rich Ravin at Shea Homes to report street lights that are out. You can contact him by phone at (1003) or email him at rich.ravin@sheahomes.com. Copy Morris Barr (mbarr@ci.rio-vista.ca.us) at the city public works department on your email to Rich.

Visitors to the Vista Club

If you have guests, please remember the following rules apply to your guests using the Vista Club:

Signing In: the Master Association Board of Directors requires all residents and invitees to identify themselves when entering the Vista Club. This is for the safety of members and employees, and for the protection of our assets. This may be accomplished by using your ID card or by signing in. Members who are accompanied by guests must sign in instead of using their ID card. Guests who come without their sponsoring homeowner must sign the homeowners name on the sign-in sheet and are limited to using of the Cyber Café and Grand Living Room. Please help us keep your club private and safe by observing this policy

Billiard Room: a resident must be with their guests when they use the Billiard room. All guests must be at least 18 years of age.

Cyber Café: all guests may use the Cyber Café.

Cyber Café computers: available for residents and their guests over the age of 10. Guests between the ages of 10 and 18 must be accompanied by a member. There are no parental controls on these computers.

Fitness Room, Group Exercise studio, walking track, and the Learning Center: are available for residents only.

Pool: all guests must be accompanied by a resident. Guests under the age of 18 may swim only during family swim time, 11a.m. – 3 p.m. daily.

Welcome Center

Please call (4306) or email trvwelcomecenter@gmail.com when you are expecting guests, a delivery, or a service provider. The Welcome Center must know as far ahead of time as possible so that they can expedite their entry. The best time to call, if possible, is between 10 a.m. - 1 p.m. when there are two staff members on duty.

Please go to the Administrative Office in the Delta Club and update your visitor list. Having to call members slows down the line at the gate.

Power Outage Procedure

For the safety of our members, In the event of a power outage:

- No one will be admitted to the Vista Club.
- If the power is still out after 15 minutes, the Vista Club will be cleared and closed.
- If the power comes on before 6 p.m., staff will reopen the Vista Club.
- If the power comes on after 6 p.m., the Vista Club will remain closed until the next morning.
- Members are encouraged not to enter the Delta Club during a power outage.

Adult Committee

The Adult Committee met on Sept.29, 2011. The following actions were taken:

1. Tabled the request for benches at the Model Club garden railroad site.
2. Agreed on Dec. 8, 2011 for the combined November/December meeting date.
3. Agreed not to consider a request for centrifuges for wet bathing suits and hair dryers for the dressing rooms; the issue will not be placed on a subsequent meeting agenda.

The next meeting is on Dec. 8, 2011 at 1 p.m. in the Rio Vista Room at the Delta Club. All residents are encouraged to attend and participate. Questions may be referred to Barb Bieber at grsgsrn@yahoo.com or (707) 637-0210.

Village Riviera Board News

We are still hearing a lot of meowing, and now the raccoons that are also coming for the cat food are tearing screen doors to get into houses. Please be cautious. If you have an indoor cat, please do not leave the food out even in your home. Although cats tend to "graze," raccoons are now being drawn indoors, regardless of how far the food is from your screen doors. It is for your own safety. One resident is said to have been bitten and needed rabies shots. As a repeated reminder, it is against the by-laws to put food outside of your home for the feral cats or to let your indoor cats out without being on a leash.

The Architectural Committee has another new member. We welcome Spencer Brown who replaces Tom Lamb. Tom has served on the committee for many years. Thanks Tom.

Don't forget to get your application from the HOA Office and turn it in ASAP in order to run for the Riviera Board. Any Riviera resident with an interest in serving the village may run.

Our next Village Riviera board meeting is on Nov. 3 at 6:30 p.m. at the Delta Club. We will discuss the upcoming election. The ballots will go out in early December. We look forward to seeing you. If you have any questions, please contact Warren Oglove at (3477).

Olympic Village Residents' Club

Our Board Officers election will be held during our OVRC Board meeting Nov. 9 at 7 p.m. at the Delta Club. During the meeting you will have the opportunity to nominate yourself or someone else as a candidate. Candidates will be asked to give an overview of themselves. The Board Officers election will be completed that same evening.

In addition, as part of their board meeting Olympic Village Association will have a candidate's night for Olympic Village residents interested in becoming a board officer. The candidate's night is on Nov. 10 at 7 p.m. at the Delta Club. This is your opportunity to learn about each of the candidates.

This year's Holiday on the Delta event is Saturday, Dec. 10 in the Diablo Ballroom at the Vista Club. Doors open at 6 p.m. Once again, we are serving Back Forty Texas BBQ. Dinner includes delicious sliced beef, BBQ chicken, Caesar salad, garlic mashed potatoes, wine, coffee, and soda, and more. There will be dancing with DJ Ron Covey and a 50/50 drawing. And if that is not enough, we are including a dessert auction. We expect the bidding to be hot and heavy as these mouth watering delights are presented. Check your tube for our Holiday on the Delta flyer with all of the details. We expect another sellout so be sure to return your registration slip early.

Please look online on the My Trilogy Life (MTL) website for details of our December OVRC meeting. All Olympic Village residents are encouraged to attend. If you have problems signing in to MTL, call Member Services at (4200). For more information, contact Joel Auslen at (5808).

Village Riviera Residents' Club

The Holiday Dinner, a black and white affair, is coming soon. Save Sunday, Dec. 18 for this amazing adventure into the world of the elegant and the tasteful. Think about who will join you at your table. If you are not already part of a group, we are glad to seat you with other nice folks who are here to meet new people, eat a delicious dinner,

dance for hours, and play dress-up. If you joined us last year, you'll know how great the food was. Luckily, we got the same caterer, PBS Catering, for this year's event. This year Ron Covey has taken over as the DJ. If you were at the Delta pool on July 4 or at the Picnic in the Park, you've heard Ron play the tunes to which we all love to dance to and sing along.

This is the final event of 2011. We know we will end the year on our highest note ever with this event. Be sure to get your reservations in quickly once the flyers are distributed in mid-November. Signing up by table, when possible, is always best.

The Residents' Club will regroup in January to plan a fun night for Feb.18. If you have any interest in not only attending the Riviera functions, but also in making them happen (the process is quite amazing as are the people), please join us at our monthly meeting, the third Thursday of each month from 7 - 9 p.m. in the Monterey Room of the Vista Club. If you have any questions, please call Maureen Talbott at (6052).

Village One Residents' Club

The next VORC event is the club's annual holiday party on Saturday, Dec. 17 at The Nines. It starts with no host cocktails at 5 p.m., dinner is served at 6 p.m. (roasted turkey, mashed potatoes, vegetables, cranberry sauce, salad, dessert, and more). Dancing begins at 7 p.m. and the music is provided by DJ Stephen Barboza from the Sterling Silver Band. Happy hour beverage pricing is in effect all night so bring your dancing feet and enjoy some holiday spirit. The cost per person is \$25 and tables of eight can be reserved in advance. Details will be tubed. Call Nancy at (3946) or Norma at (2779) with questions.

Don't delay signing up, as this event promises to sell out. We are expecting a surprise visitor who will award prizes to some lucky winners.

Our social team is going to take a rest in January; however, they have already scheduled an event for Saturday, Feb. 11. Details will follow. We will report on the October membership meeting in the next issue of *Trilogy Living*. For more information, contact Joe Downes at (7520).

Oakmont Village Residents' Club

Are you looking for an outlet to express your creativity? Look no further. Dick Lyon (3578) is the person to call to express how you would like to make Oakmont Village shine in 2012. We are looking for residents to fill a few important positions. We ask that you to join us. President - open; Vice President - open; Treasurer - Patty Evans; Asst. Treasurer - Ruth Joseph; Secretary - open; Asst. Secretary - open. Vice-President and Social Committee Chair Veronica Finch and her committee are busy preparing our Village Christmas Dinner festivities on Dec.11, 2011 at the Nines. This will again be an evening to remember with great food, wonderful music, and beautiful decorations. This event is open to all Trilogy residents and sells out early. Flyers will be out the middle of November. Extra flyers can be found at the Delta and Vista Clubs.

Great news from the Chili Cookoff held in September. The winner is our very own Derek Jones with his "Pure Chili - No Beans." Congratulations from all of us here at Trilogy.

Our next residents' village meeting is on Nov. 17, 2011 at 6 p.m. in the Delta Club. Our slate of officers will be presented. Join us, we really need your input. Happy Thanksgiving!

Meeting Calendar

Master Association Board Meeting

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

Village Riviera Board Meeting

Thursday, Nov. 3, 6:30 p.m.
River Room, Delta Club

Village 1 Board Meeting

Thursday, Nov.10, 4 p.m.
River Room, Delta Club

Olympic Village Board Meeting

Thursday, Nov. 10, 7 p.m.
River Room, Delta Club

Vision Meeting

Thursday, Nov. 17, 2 p.m.
Rio Vista Room, Delta Club

Village Oakmont Board Meeting

Thursday, Nov. 17, 7 p.m.
River Room, Delta Club

Adult Committee Meeting

(Combined November/December)
Thursday, Dec. 8, 1 p.m.
Rio Vista Room, Delta Club



Kathy Erwin

Fitness Director (4205)
kerwin@actionlife.com

FITNESS & SPA

7 Ways to Boost Your Energy

*Fatigue is one of the biggest problems of modern life!
The Trilogy Health and Wellness Center is the answer...*

- 1. Drink plenty of water.** Whether you are on a treadmill, bike, rower, elliptical cardio machine, walking on the indoor track, or taking a class, always have water within reach.
- 2. The natural "side effect" of a healthy life is finding the right balance between your health, your body, your mind, and attitude.** Aligning them in the right way is the answer. Take a Yoga, Pilates or Meditation class for rejuvenation.
- 3. Lose weight.** Take advantage of the Vista Club facilities: Indoor and outdoor swimming pools, Group Exercise Room (offering many classes weekly), and Fitness Center with various strength and cardio machines. Start off on the right foot with one of our personal trainers who will keep you on track and help you reach your weight loss goal.
- 4. Positive accomplishments!** By thinking positive thoughts, keeping good relationships with family and friends, and having a creative mindset, you will find that all these are a result of high levels of energy. Create a fitness goal: take three classes a week and make new friends along the way! Let your mind wander as you step into the Labyrinth or enjoy a Tai Chi class. Bring a friend to work out with you.
- 5. Get energized with the cooler weather!** Use this fall/winter season to energize your body by taking a brisk walk on many of the pathways throughout Trilogy. The beauty that surrounds us is breathtaking. Or on rainy, windy days choose the indoor track.
- 6. Aerobic exercise.** Exercises such as walking, jogging, dancing, and bike riding have long been the darlings of wellness folks. For years, these people wouldn't consider lifting weights. They somehow thought they'd morph into a bodybuilder if they so much as touched a dumbbell. We now know that weight bearing exercises are an important part of a well-rounded fitness program. All of these exercises bring much energy to one's well-being.
- 7. Try a massage or facial!** It's been said that our personalities show our real beauty to the world, but looking the best we can on the outside can certainly add to the overall package. As we age, noticeable changes take place on the face, neck, chest and hands, and we're at the mercy of many factors such as sun, diet, genetics, lifestyle, harsh weather, and our own bad habits. Trilogy Spa offers many great packages!



FALL SPA SPECIAL

Soothe & Strengthen the Body & Mind

Warm Stone Therapy & Fall Pumpkin Spice Massage

80 Minutes: \$75

Let the heat from the warm stones radiate deep into your body relaxing tight and stressed muscles. The combination of soothing heat radiating from warm stones and the gentle rhythmic strokes help alleviate stress, release toxins, relieve pain, and improve circulation throughout the body. The full body massage includes the moisturizing Pumpkin Spice Lotion, a luscious seasonal treatment leaving you feeling yummy!!!

FITNESS & SPA

Meet our Fitness/Spa Staff:



Beverly Shilich – Beverly teaches our Arthritis Foundation Program on Tuesdays and Thursdays. The classes are structured, progressive, and have a standardized format. All the exercises taught in class were developed by physical therapists specifically for people with arthritis and related conditions. The gentle, joint-safe exercises help relieve stiffness and decrease arthritis pain. Beverly also teaches an Aqua Joint class to help reduce pain, improve flexibility, increase daily activities, and strengthen muscles around joints. Beverly is a personal trainer, Arthritis Foundation instructor, aquatic and land rehabilitator (specializing in post-joint replacement patients such as hip, knee and shoulder), medical exercise instructor, and flexibility coach. She is also a resident of Trilogy.



Joyce Bueker – Joins us every Tuesday and Thursday to teach **Gentle Yoga 4 Balance**. This restorative, gentle approach to Yoga is taught with all levels in mind. The instructor incorporates Eastern meditative elements with Western philosophies for a calming blend that improves movement, flexibility, and inner peace. Joyce also teaches a cooking class series called **Skinny Kitchen**. Sign up for Skinny Kitchen on Nov. 15. Joyce is a personal trainer, life coach, Ayurveda nutritionist and cook, published author, and communications trainer as well.



Anna Chunn – After moving here 10 years ago, she started a class called **The Practice of Meditation**. It has since been shortened to Meditation. This class was designed to help members develop their skills in relaxation. Learning to relax is a skill and needs to be practiced. In this class you learn how to use your imagination and visualization skills to encourage relaxation. Each class focuses on various relaxation methods and the mind/body connection. Anna also teaches a class called **Wake-up & Move**. This class has become very popular in the last year. Start your day with gentle awareness and slow progressive moves intended to get your body moving. Anna takes you through balance and flexibility stretches that are easy on the joints for a refreshing awakening. But don't forget your mat.



Sophie Imbuelton – One of our most popular classes is **ZUMBA**. This High Energy Rhythmic Dance has caught on here at Trilogy. Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away! The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest to the mix and you've got ZUMBA! Look for other Zumba classes on the calendar: **Zumba Toning & Hot Zumba Nights**.



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Women's 9-Holers Invitational

The Women's 9-Holers hosted their 2nd Annual Invitational. The event was punctuated with international adornments and nuances that supported the event's theme "Driving Around the World." Organized by Captain Chris Sabye and supported by 20 generous sponsors, the invitational donated part of its proceeds to the Cancer Society. Throughout the day, 68 golfers zoomed around on their carts from hole to hole (paying special attention to hole 8, the mimosa hole), noshed on roast beef, Chinese chicken salad and Bavarian potato salad during lunch, and cheered for joy during the raffle giveaways.





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

Village Oakmont

Our participation in the October Trilogy Garage Sale resulted in the most successful fundraising venture yet! Thanks to everyone who helped by donating goods, handling the sale of items, and especially to Rich and Penny Couser for letting us use their garage.

Our next meeting is on Nov. 16 at Penny's home, 328 Crystal Downs. We will have a short business meeting and then proceed with our holiday luncheon. The cost of the luncheon is \$10 per person. Please call Virginia at (6823) if you are planning to attend.

We are planning a mental health seminar for early 2012, which will be conducted by Solano County Mental Health Department. We will not have a meeting in December and will greet the New Year at our first meeting on Wednesday, Jan. 11 at 10:15 a.m. in the Delta Club.

Village Riviera

Last month's article stressed the importance of residents being aware of the Kare Bears' existence and the services that we offer. Within two weeks of submitting the article, I met a resident that had a serious operation shortly after moving into Trilogy. Although ambulatory, this person was unable to drive for several months and was unaware at that time of the Kare Bears. Unable to attend events and meet people, the individual became isolated for this time period and was not able to integrate into the community until they were healed and able to drive again. In spite of the bad beginning this person has made new friends and is now enjoying the full life that Trilogy offers. Although this little tale has a happy ending, the person involved needlessly experienced a painful and lonely time as one of our neighbors.

Our next meeting takes place on Dec. 12 at 10 a.m. at the Delta Club. Your attendance will benefit you and your community. For additional information call Myra at (3660) or Valerie at (6942).

Village One

Village One Kare Bears is holding their only fundraiser, a bake sale. Join us at the Vista Club Diablo Ballroom on Saturday, Nov. 19 from 10 a.m. - 3 p.m. We need your help to make this a success. All baked goods are welcome or whatever you can donate. We hope that all villages will support the bake sale. For more information or to donate baked goods, contact Sandy Mariant at (5232).



FAMILY SUPPORT COMMITTEE

The Family Support Committee organizes memorial services for family members who incur the loss of a Trilogy member. For more information, please call Chairperson Claudette Gartner (707) 439-6116, xbirdlady@myifp.com, Coordinator Barbara Sherison (6845) or Betty Bowley (5613).





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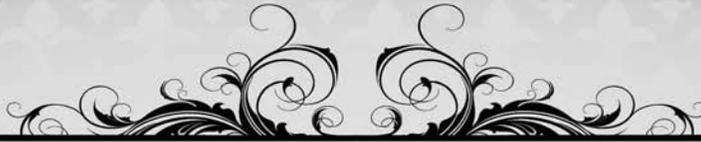
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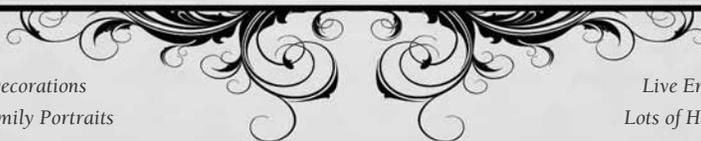
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Trilogy Living

Fitness Class Schedule for November 2011

All classes require either a Trilogy Fitness Punch Card for \$60 for 20 punches or \$30 for 10 punches. Each class requires one punch except specialty classes, which require two punches, or purchase our Unlimited Class Pass for \$45, which is good for one calendar month. Obtain your cards at Member Services. Please call Fitness Director Kathy Erwin at (4205) if you have questions. All classes are held in the Exercise Studio and at the Vista Club unless otherwise indicated. Last month's Card Raffle winner Jude Harrison.

Key
Bold = New Classes/Events
Italic = Specialty Class
Underline = Class/Instructor Change
 # = Free Trial Class
 (B)eginning (I)ntermediate

Orientations: Saturday, Nov. 12 at 11 a.m., and Wednesday, Nov. 16 at 6 p.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 8:00 a.m. Core Balance (B/I) (Pat) 8:30 a.m. Beg. Step (B) Pat 9:00 a.m. Dance Aerobics (B) (Joele) 10:00 a.m. Aqua Fit (B) (Denise) 10:30 a.m. Simply Stretch (B) (Joele) 11:00 a.m. Advanced Arthritis (ongoing) (Beverly) <i>3:00 p.m. Aqua Joint (B) (Bev)</i> 3:00 p.m. Yoga 4 Balance (B/I) (Joyce) 4:00 Dance 101 (Joele) 5:30 Body Works (Kathy)	2 7:00 a.m. Early Yoga (B) (Diablo) (Tammy) 7:30 a.m. Low Impact (B/I) (Pat) 8:30 a.m. Workout w/Weights (B/I) (Pat) 9:00 a.m. Yoga/Pilates (B) (Deanna) (Diablo) 9:30 a.m. ZUMBA (Jennifer) 9:30 a.m. Wake Up & Move (Free) (B/I) (Anna) Delta 10:00 a.m. Aqua Fit (B) (Denise) 10:30a.m. Core Balance & Standing Abs (Jennifer) 10:30 a.m. Mat Pilates (Deanna) Diablo 3:00 p.m. Circuit Training (Susan) 4:00 p.m. Stretch & Flex (Susan) 5:00 p.m. Hot ZUMBA Nights (Jennifer) 6:00 p.m. Hot ZUMBA Nights (Jennifer) 7:00 p.m. Meditation (B/I) (Anna)	3 8:00 a.m. Core Balance (B/I) (Pat) 8:30 a.m. Beg. Dance Aerobics (B) (Joele) 9:00 a.m. Tai Chi Ryu (B) (Lillian) 9:00 a.m. Simply Stretch (B/I) (Joele) (Diablo) 10:00 a.m. Aqua Fit (B) (Denise) 10:00 a.m. Dance Aerobics (B) (Joele) 11:00 a.m. Mixed Level Arthritis (ongoing) (Beverly) 3:00 p.m. Aqua Joint (B) (Bev) 4:00 Dance 101 (Joele) 5:30 Evening Fusion (B/I) (Joele)	4 7:00 a.m. Yoga (B) (Diablo) (Tammy) 7:30 a.m. Step Aerobics (B/I) Pat 8:30 a.m. Workout w/Weights (B/I) (Pat) 9:00 a.m. Yoga/Pilates (B) (Deanna) (Diablo) 9:30 a.m. Dance Aerobics (Joele) 10:00 a.m. Aqua Fit (B) (Denise) 11:00 a.m. ZUMBA Toning (Kathy G.) 12:00 p.m. ZUMBA Toning (Kathy G.)	5 8:30 a.m. Step Aerobics (Pat) 11:00 a.m. ZUMBA (Jennifer) 12:00 p.m. ZUMBA (Jennifer)
7 7:30 a.m. Step (B/I) Pat 8:30 a.m. Workout w/ Wts (B/I) (Pat) 9:00 a.m. Yoga/Pilates (B) (Deanna) (Diablo) 9:30 a.m. Wake Up & Move (B/I) (Anna) Delta 9:45 a.m. Core Strength & Standing Abs (B) (Jennifer) 10:00 a.m. Aqua Fit (B) (Denise) Delta Pool 10:00 a.m. Meditation Breathing (B) (Deanna) (Diablo) 10:30 a.m. ZUMBA (Jennifer) 11:30 p.m. ZUMBA (Jennifer) 3:00 p.m. Balance Basics (Susan) 4:00 p.m. Stretch & Flex (Susan) 6:30 Yoga/Pilates (B/I) (Deanna)	8 8:00 a.m. Core Balance (B/I) (Pat) 8:30 a.m. Beg. Step (B) Pat 9:00 a.m. Dance Aerobics (B) (Joele) 10:00 a.m. Aqua Fit (B) (Denise) 10:30 a.m. Simply Stretch (Joele) 11:00 a.m. Advanced Arthritis (ongoing) (Beverly) <i>3:00 p.m. Aqua Joint (B) (Bev)</i> 3:00 p.m. Yoga 4 Balance (B/I) (Joyce) 4:00 (Joele) Dance 101 (Joele) 5:30 Body Works (Kathy)	9 7:00 a.m. Early Yoga (B) (Diablo) (Tammy) 7:30 a.m. Low Impact (B/I) (Pat) 8:30 a.m. Workout w/Weights (B/I) (Pat) 9:00 a.m. Yoga/Pilates (B) (Deanna) (Diablo) 9:30 a.m. ZUMBA (Jennifer) 9:30 a.m. Wake Up & Move (Free) (B/I) (Anna) Delta 10:00 a.m. Aqua Fit (B) (Denise) 10:30a.m. Core Balance & Standing Abs (Jennifer) 10:30 a.m. Mat Pilates (Deanna) Diablo 3:00 p.m. Circuit Training (Susan) 4:00 p.m. Stretch & Flex (Susan) 5:00 p.m. Hot ZUMBA Nights (Jennifer) 6:00 p.m. Hot ZUMBA Nights (Jennifer) 7:00 p.m. Meditation (B/I) (Anna)	10 8:00 a.m. Core Balance (B/I) (Pat) 8:30 a.m. Beg. Dance Aerobics (B) (Joele) 9:00 a.m. Tai Chi Ryu (B) (Lillian) 9:00 a.m. Simply Stretch (B/I) (Joele) (Diablo) 10:00 a.m. Aqua Fit (B) (Denise) 10:00 a.m. Dance Aerobics (B) (Joele) 11:00 a.m. Mixed Level Arthritis (ongoing) (Beverly) 3:00 p.m. Aqua Joint (B) (Bev) 4:00 Dance 101 (Joele) 5:30 Evening Fusion (B/I) (Joele) New	11 7:00 a.m. Yoga (B) (Diablo) (Tammy) 7:30 a.m. Step Aerobics (B/I) Pat 8:30 a.m. Workout w/Weights (B/I) (Pat) 9:00 a.m. Yoga/Pilates (B) (Deanna) (Diablo) 9:30 a.m. Dance Aerobics (Joele) 10:00 a.m. Aqua Fit (B) (Denise)	12 11:00 a.m. Fitness Orientation (Meet upstairs in the Fitness Center) 11:00 a.m. ZUMBA (Jennifer) 12:00 p.m. ZUMBA (Jennifer)
14 7:30 a.m. Step (B/I) Pat 8:30 a.m. Workout w/Weights (B/I) (Pat) 9:00 a.m. Yoga/Pilates (B) (Deanna) (Diablo) 9:30 a.m. Wake Up & Move (B/I) (Anna) Delta 9:45 a.m. Core Strength & Standing Abs (B) (Jennifer) 10:00 a.m. Aqua Fit (B) (Denise) Delta Pool 10:00 a.m. Meditation Breathing (B) (Deanna) (Diablo) <u>10:30 a.m. ZUMBA (Jennifer)</u> <u>11:30 p.m. ZUMBA (Jennifer)</u> 3:00 p.m. Balance Basics (Susan) 4:00 p.m. Stretch & Flex (Susan) 6:30 Yoga/Pilates (B/I) (Deanna)	15 8:00 a.m. Core Balance (B/I) (Pat) 8:30 a.m. Beg. Step (B) (Pat) 9:00 a.m. Dance Aerobics (B) (Joele) 10:00 a.m. Aqua Fit (B) (Denise) 10:30 a.m. Simply Stretch (Joele) 11:00 a.m. Advanced Arthritis (ongoing) (Beverly) <i>3:00 p.m. Aqua Joint (B) (Bev)</i> 3:00 p.m. Yoga 4 Balance (B/I) (Joyce) 4:00 (Joele) Dance 101 (Joele) 5:30 Body Works (Kathy)	16 7:00 a.m. Early Yoga (B) (Diablo) (Tammy) 7:30 a.m. Low Impact (B/I) (Pat) 8:30 a.m. Workout w/Weights (B/I) (Pat) 9:00 a.m. Yoga/Pilates (B) (Deanna) (Diablo) 9:30 a.m. ZUMBA (Jennifer) 9:30 a.m. Wake Up & Move (Free) (B/I) (Anna) Delta 10:00 a.m. Aqua Fit (B) (Denise) 10:30a.m. Core Balance & Standing Abs (Jennifer) 10:30 a.m. Mat Pilates (Deanna) Diablo 3:00 p.m. Circuit Training (Susan) 4:00 p.m. Stretch & Flex (Susan) 5:00 p.m. Hot ZUMBA Nights (Sophie) 6:00 p.m. Hot ZUMBA Nights (Sophie/) 7:00 p.m. Meditation (B/I) (Anna)	17 8:00 a.m. Core Balance (B/I) (Pat) 8:30 a.m. Beg. Dance Aerobics (B) (Joele) 9:00 a.m. Tai Chi Ryu (B) (Lillian) 9:00 a.m. Simply Stretch (B/I) (Joele) (Diablo) 10:00 a.m. Aqua Fit (B) (Denise) 10:00 a.m. Dance Aerobics (B) (Joele) 11:00 a.m. Mixed Level Arthritis (ongoing) (Beverly) 3:00 p.m. Aqua Joint (B) (Bev) 4:00 Dance 101 (Joele) 5:30 Evening Fusion (B/I) (Joele)	18 7:00 a.m. Yoga (B) (Diablo) (Tammy) 7:30 a.m. Step Aerobics (B/I) (Pat) 8:30 a.m. Workout w/Weights (B/I) (Pat) 9:00 a.m. Yoga/Pilates (B) (Deanna) (Diablo) 9:30 a.m. Dance Aerobics (Joele) 10:00 a.m. Aqua Fit (B) (Denise) 11:00 a.m. ZUMBA Toning (Sophie) 12:00 p.m. ZUMBA Toning (Sophie)	19 11:00 a.m. ZUMBA (Sophie) 12:00 p.m. ZUMBA (Sophie)
21 7:30 a.m. Step (B/I) Pat 8:30 a.m. Workout w/Weights (B/I) (Pat) 9:00 a.m. Yoga/Pilates (B) (Deanna) (Diablo) 9:30 a.m. Wake Up & Move (B/I) (Anna) Delta 9:45 a.m. Core Strength & Standing Abs (B) (Jennifer) 10:00 a.m. Aqua Fit (B) (Denise) Delta Pool 10:00 a.m. Meditation Breathing (B) (Deanna) (Diablo) <u>10:30 a.m. ZUMBA (Sophie)</u> <u>11:30 p.m. ZUMBA (Sophie)</u> 3:00 p.m. Balance Basics (Susan) 4:00 p.m. Stretch & Flex (Susan) 6:30 p.m. Yoga/Pilates (B/I) (Deanna)	22 8:00 a.m. Core Balance (B/I) (Pat) 8:30 a.m. Beg. Step (B) (Pat) 9:00 a.m. Dance Aerobics (B) (Joele) 10:00 a.m. Aqua Fit (B) (Denise) 10:30 a.m. Simply Stretch (Joele) 11:00 a.m. Advanced Arthritis (ongoing) (Beverly) <i>3:00 p.m. Aqua Joint (B) (Bev)</i> 3:00 p.m. Yoga 4 Balance (B/I) (Joyce) 4:00 (Joele) Dance 101 (Joele) 5:30 Body Works (Kathy)	23 7:00 a.m. Early Yoga (B) (Diablo) (Tammy) 7:30 a.m. Low Impact (B/I) (Pat) 8:30 a.m. Workout w/Weights (B/I) (Pat) 9:00 a.m. Yoga/Pilates (B) (Deanna) (Diablo) 9:30 a.m. ZUMBA (Jennifer) 9:30 a.m. Wake Up & Move (Free) (B/I) (Anna) Delta 10:00 a.m. Aqua Fit (B) (Denise) 10:30a.m. Core Balance & Standing Abs (Jennifer) 10:30 a.m. Mat Pilates (Deanna) Diablo 3:00 p.m. Circuit Training (Susan) 4:00 p.m. Stretch & Flex (Susan) 5:00 p.m. Hot ZUMBA Nights (Sophie) 6:00 p.m. Hot ZUMBA Nights (Sophie) 7:00 p.m. Meditation (B/I) (Anna)	24 No Classes Happy Thanksgiving!	25 No Classes	26 No Classes Exceptions: 11:00 a.m. ZUMBA (Sophie) 12:00 p.m. ZUMBA (Sophie)
28 7:30 a.m. Step (B/I) Pat 8:30 a.m. Workout w/Weights (B/I) (Pat) 9:00 a.m. Yoga/Pilates (B) (Deanna) (Diablo) 9:30 a.m. Wake Up & Move (B/I) (Anna) Delta 9:45 a.m. Core Strength & Standing Abs (B) (Jennifer) 10:00 a.m. Aqua Fit (B) (Denise) Delta Pool 10:00 a.m. Meditation Breathing (B) (Deanna) (Diablo) 10:30 a.m. ZUMBA (Sophie) 11:30 p.m. ZUMBA (Sophie) 3:00 p.m. Balance Basics (Susan) 4:00 p.m. Stretch & Flex (Susan) 6:30 Yoga/Pilates (B/I) (Deanna)	29 8:00 a.m. Core Balance (B/I) (Pat) 8:30 a.m. Beg. Step (B) (Pat) 9:00 a.m. Dance Aerobics (B) (Joele) 10:00 a.m. Aqua Fit (B) (Denise) 10:30 a.m. Simply Stretch (Joele) 11:00 a.m. Advanced Arthritis (ongoing) (Beverly) <i>3:00 p.m. Aqua Joint (B) (Bev)</i> 3:00 p.m. Yoga 4 Balance (B/I) (Joyce) 4:00 (Joele) Dance 101 (Joele) 5:30 Body Works (Kathy)	30 7:00 a.m. Early Yoga (B) (Diablo) (Tammy) 7:30 a.m. Low Impact (B/I) (Pat) 8:30 a.m. Workout w/Weights (B/I) (Pat) 9:00 a.m. Yoga/Pilates (B) (Deanna) (Diablo) 9:30 a.m. ZUMBA (Jennifer) 9:30 a.m. Wake Up & Move (Free) (B/I) (Anna) Delta 10:00 a.m. Aqua Fit (B) (Denise) 10:30a.m. Core Balance & Standing Abs (Jennifer) 10:30 a.m. Mat Pilates (Deanna) Diablo 3:00 p.m. Circuit Training (Susan) 4:00 p.m. Stretch & Flex (Susan) 5:00 p.m. Hot ZUMBA Nights (Jennifer) 6:00 p.m. Hot ZUMBA Nights (Jennifer) 7:00 p.m. Meditation (B/I) (Anna)			

Trilogy Living

November 2011 Club and Activity Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 7am Social Tennis 8:30am Radio Club (V) 9am Women's 9-Hole Golf 10:30am Country Line Dance (D) 11:30am RVMEN 9-Hole Golf 12pm Dominoes (V) 12:30pm Hand & Foot Canasta (V) 12:30pm TAG Watercolor (D) 5pm Billiards Club Tourn (V) 5pm Table Tennis-beg (D) 6pm Table Tennis-inter/adv (D) 6:30pm Tai Chi & Yuan Chi Dnc (V) 7pm Drama Rehearsal (D)	2 8am Social Tennis 8am TOPS (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) 12:30pm Fat Qtrs Quilting (D) 1pm Village Riviera Arch. Com. Mtg. (D) 2pm TAG Bergren Art (D) 2pm TAG Card Class (D) 2:30pm Jazz Band (V) 3pm Village Oakmont RC Social Com. Mtg. (V) 4:30pm Table Tennis Lessons (D) 6:00pm Beg Soul Line Dncg (D) 6:30pm Int Soul Line Dncg (D) 7pm Billiards Club Mtg. (V) 7pm Delta Breeze Chorus (V)	3 8am Social Tennis 8:30am Women's 18-Hole Golf 9:30am Ceramics (D) 12:30pm Ponytail Canasta (V) 1pm Good Samaritans (D) 2pm Genealogy Club (V) 5pm Cycling Club (V) 5pm Table Tennis-beg (D) 6pm Table Tennis-inter/adv (D) 6:30pm Tai Chi & Yuan Chi Dnc (V) 6:30pm Village Riviera HOA Mtg. (D) 6:30pm Pinochle (V) 7pm Photography Club (V) 7pm Drama Rehearsal (D)	4 8am Social Tennis 9am Model Club (V) 9am TAG Beginning Oils (D) 9am Village 1 Arch. Com. Mtg. (V) 10am Tennis Club Mtg. (D) 12pm Bridge (V) 12:30pm TAG Watercolor (D) 4pm Ballroom Dance Beg. (V) 5pm Ballroom Dance Class (V) 7pm Jack Pearson "Song-Strummin Storyman" (V)	5 8:30am Hiking Club (V) 11am Table Tennis (D) 12pm Skinny Kitchen – Harvest Festival (D) 6pm Sr. Men's Golf Installation Dinner (V)
6 10am – 3pm Farmers' Market 5pm Tennis Club Tournasocial (D)	7 8am Social Tennis 9:30am Walk & Talk (V) 12:30pm TAG Watercolor (D) 1pm Mah Jongg (V) 1pm Rip, Stitch & Bitch (V) 2pm TAG Mtg. (D) 5pm Whist Club Planning Mtg. (V) 6pm Soul Line Dancing (D) 7pm Poker (D)	8 8am Social Tennis 8:30am Radio Club (V) 9am Women's 9-Hole Golf 10:30am Book Club (V) 10:30am Country Line Dance (D) 11:30am RVMEN 9-Hole Golf 12pm Recipe Club (D) 12:30pm TAG Watercolor (D) 12:45pm Hand & Foot Canasta (V) 2pm Master Association Board Mtg. (V) 5pm Billiards Club Tourn (V) 5pm Table Tennis-beg (D) 6pm Table Tennis-inter/adv (D) 6pm Grapevine Chat (V) 6:30pm Tai Chi & Yuan Chi Dnc (V) 7pm Gospel Singers Practice (V) 7pm Drama Rehearsal (D)	9 8am Social Tennis 8am TOPS (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) 10am Kare Bears – Oakmont (D) 12:30pm Fat Qtrs Quilting (D) 1pm Olympic Village Arch. Com. Mtg. (D) 2pm TAG Bergren Art (D) 2pm TAG Card Class (D) 2:30pm Jazz Band (V) 4:30pm Table Tennis Lessons (D) 6:00pm Beg Soul Line Dncg (D) 6:30pm Int Soul Line Dncg (D) 7pm Delta Breeze Chorus (V) 7pm Olympic Village RC Board Mtg. (D)	10 8am Social Tennis 8:30am Women's 18-Hole Golf 9am Blood Pressure Check (D) 9:30am Ceramics (D) 10am Scrapbooking (D) 10:30am Council for the Arts (V) 12:30pm Ponytail Canasta (V) 1pm Good Samaritans (D) 4pm Golf - Sr. Men's Board Mtg. (D) 4pm Village 1 HOA Mtg. (D) 5pm Table Tennis-beg (D) 6pm Table Tennis-inter/adv (D) 6:30pm Tai Chi & Yuan Chi Dnc (V) 6:30pm Pinochle (V) 7pm Olympic Village HOA Mtg. (D) 7pm Drama Club Rehearsal (D)	11 Veterans Day 8am Social Tennis 9am TAG Beginning Oils (D) 9:30am Walk & Talk (V) 12pm Bridge (V) 12:30pm TAG Watercolor (D) 2pm Veterans Day Tribute (V) 4pm Ballroom Dance Beg. (V) 5pm Ballroom Dance Class (V) 7pm Bunco (D) 7pm Open Mic Night (V)	12 8am – 5pm AARP Safe Driving Course (V) 8:30am Hiking Club (V) 11am Table Tennis (D)
13 5pm RV Roamers Thanksgiving Dinner (D) 7pm Ballroom Dance Club (V)	14 8am Social Tennis 9:30am Walk & Talk (V) 11am Kare Bears–Olympic (D) 11am TAG Watercolor (D) 12:30pm Duplicate Bridge (V) 1pm Rip, Stitch & Bitch (V) 3pm Village Oakmont Arch. Com. (D) 5pm Whist Planning Mtg. (V) 6pm Soul Line Dancing (D) 7pm Poker (D)	15 8am Social Tennis 8:30am Radio Club (V) 9am Women's 9-Hole Golf 10:30am Country Line Dance (D) 11:30am RVMEN 9-Hole Golf 12:30pm TAG Watercolor (D) 12:45pm Hand and Foot Canasta (V) 5pm Billiard Club Tourn (V) 5pm Table Tennis-beg (D) 6pm Table Tennis-inter/adv (D) 6:30pm Tai Chi & Yuan Chi Dnc (V) 7pm Computer Club (V) 7pm Drama Rehearsal (D)	16 8am Social Tennis 8am TOPS (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) 12:30pm Fat Qtrs Quilting (D) 1pm Village Riviera Arch. Com. Mtg. (D) 2pm TAG Bergren Art (D) 2pm TAG Card Class (D) 2:30pm Jazz Band (V) 4:30pm Table Tennis Lessons (D) 6:00pm Beg Soul Line Dncg (D) 6:30pm Int Soul Line Dncg (D) 7pm Delta Breeze Chorus (V)	17 8am Social Tennis 8:30am Women's 18-Hole Golf 9:30am Ceramics (D) 12pm Dominoes (V) 1pm Good Samaritans (D) 2pm Genealogy Workshop (V) 2pm Vision Mtg. (D) 4pm Golf – Sr. Men's Mtg (D) 4:30pm Table Tennis Club General Mtg. (D) 5pm Table Tennis-beg (D) 6pm Table Tennis–inter/adv (D) 6pm Village Oakmont RC Mtg. (D) 6:30pm Tai Chi & Yuan Chi Dnc (V) 6:30pm Pinochle (V) 7pm Vill. Oakmont HOA Mtg. (D) 7pm Village Riviera RC Mtg. (V) 7pm Drama Club Rehearsal (D)	18 8am Social Tennis 9am Village 1 Arch. Com. Mtg. (D) 9am TAG Beginning Oils (D) 9:30am Walk & Talk (V) 12pm Bridge (V) 12:30pm TAG Watercolor (D) 4pm Ballroom Dance Beg. (V) 5pm Ballroom Dance Class (V) 7pm Whist Club (D)	19 8:30am Hiking Club (V) 10am – 3pm Fall Gift, Craft & Art Faire (V) 11am Table Tennis (D)
20 10am – 3pm Farmers' Market	21 8am Social Tennis 9:30am Walk & Talk (V) 10am Council of Village Presidents (D) 12:30pm TAG Watercolor Class (D) 1pm Mah-jongg (V) 1pm Rip, Stitch, & Bitch (V) 5pm Whist Club Planning Mtg. (V) 6pm Soul Line Dancing (D) 7pm Poker (D)	22 8am Social Tennis 8:30am Radio Club (V) 9am Women's 9-Hole Golf 10:30am Country Line Dance (D) 11:30am RVMEN 9-Hole Golf 12:30pm TAG Watercolor (D) 12:45pm Hand and Foot Canasta (V) 5pm Billiards Club Tourn (V) 5pm Grapevine Chat (V) 5pm Table Tennis-beg (D) 6pm Table Tennis-inter/adv (D) 6:30pm Tai Chi & Yuan Chi Dnc (V) 7pm Drama Rehearsal (D)	23 8am Social Tennis 8am TOPS (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) 12:30pm Fat Qtrs Quilting (D) 1pm Olympic Village Arch. Com. Mtg. (D) 2pm TAG Bergren Art (D) 2pm TAG Card Class (D) 2:30pm Jazz Band (V) 4:30pm Table Tennis Lessons (D) 6:00pm Beg Soul Line Dncg (D) 6:30pm Int Soul Line Dncg (D) 7pm Delta Breeze Chorus (V)	24 Happy Thanksgiving Day! HOA Office & Vista Club Closed 1pm Good Samaritans (D)	25 8am Social Tennis 9am TAG Beginning Oils (D) 9:30am Walk & Talk (V) 12pm Bridge (V) 12:30pm TAG Watercolor (D) 4pm Ballroom Dance Beg. (V) 5pm Ballroom Dance Class (V)	26 8:30am Hiking Club (V) 11am Table Tennis (D)
27	28 8am Social Tennis 9:30am Walk & Talk (V) 12:30pm TAG Watercolor Class (D) 1pm Access Com. Mtg. (D) 1pm Mah Jongg (V) 1pm Rip, Stitch & Bitch (V) 3pm Village Oakmont Arch. Com. (D) 5pm Whist Club Planning Mtg. (V) 6pm Soul Line Dancing (D) 7pm Poker (D) 7pm Drama Rehearsal (V)	29 8am Social Tennis 8:30am Radio Club (V) 9am Women's 9-Hole Golf 10:30am Country Line Dance (D) 11:30am RVMEN 9-Hole Golf 12pm Winter Bocce End of Season Lunch (V) 12:30pm TAG Watercolor (D) 12:45pm Hand and Foot Canasta (V) 5pm Billiards Club Tourn (V) 5pm Table Tennis-beg (D) 6pm Table Tennis-inter/adv (D) 6:30pm Tai Chi & Yuan Chi Dnc (V) 7pm Drama Club Mtg./Rehrs (D)	30 8am Social Tennis 8am TOPS (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) 12:30pm Fat Qtrs Quilting (D) 2pm TAG Bergren Art (D) 2pm TAG Card Class (D) 2:30pm Jazz Band (V) 4:30pm Table Tennis Lessons (D) 6:00pm Beg Soul Line Dncg (D) 6:30pm Int Soul Line Dncg (D) 7pm Delta Breeze Chorus (V)			



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Billiards Club

The next Billiards Club meeting is on Wednesday, Nov. 2 at 7 p.m. in the Monterey Room of the Vista Club. Tuesday evening's tournament start times are at 5 p.m. The format for tournaments has changed. The second Tuesday of the month the format is 9-ball round robin. In order to get a win a player must beat his opponent two out of three games. The club has again made a list of B players and for that Tuesday evening the B players get a one-game handicap while playing an A player. This means the B player only needs one win in three games while competing against an A player.

The format for the fourth Tuesday is 8-Ball and the club splits the tournament into A & B players. There is a first and second place winner in each group. The first, third and fifth Tuesdays the format is 8-ball round robin with no handicaps for B players.

Officers: President Al Bergoust, Vice President Joe Mattos, Treasurer Mike Quihuiz, Secretary Dallas Salomon, and Membership Chairman Dave Stewart.

Latest weekly tournament winners

Sept. 6, 8-Ball

- 1st Oscar Grissom
- 2nd Bob Rice
- 3rd Dave Stewart

Sept. 13, Handicap 9-Ball

Group 1

- 1st Diego Cassone
- 2nd Percy Osibin

Sept. 20, 8-Ball

- 1st Al Bergoust
- 2nd Dave Stewart
- 3rd Bob Rice

Group 2

- 1st Joe Mattos
- 2nd Henry Bogucki

Sept. 27, 8-Ball

- 1st Oscar Grissom
- 2nd Al Bergoust
- 3rd Dave Stewart

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

Bingo Club

There is no bingo in November or December. We will begin again on the fourth Friday in January. Have a great holiday season!

Bocce Club

The Winter Bocce Federation (WBF) got off to a rolling start on Sept. 20. Sixteen teams, a record for the WBF, signed up to play in the 10-week league. Twelve teams will play each Tuesday at 10 a.m. on our six courts. The remaining four teams get BYES. The season ends on Nov. 29 with a Bring Your Own Stuff (BYOS) social in the Diablo Ballroom, Vista Club at noon. Additional details will be



The Paisanos

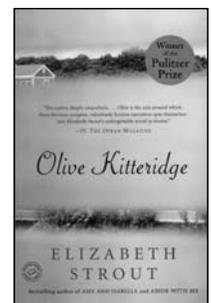
posted at the Summerset courts. If you have never played bocce and want to try it out, this may be the league for you. Make a note now and sign up next time, see below.

Sixty players attended the club's annual membership meeting. No real issues and no major changes are planned for the 2012 season. Additional "T" bars will be purchased and installed by the club. Some court work will be done. The morning and night leagues will continue to split the cost of common projects such as shade and "T" bars, based on the ratio of total members. The ratio in 2011 was 60 percent night and 40 percent morning. Social activities are funded by each league independently.

The next important event for bocce is the annual captains meeting and sign-ups for the 2012 season. Both the night and morning leagues will participate in the activities on Saturday, Feb. 18, 10 a.m. in the Vista Club Diablo Ballroom. Mark your calendar now. Details will follow. Remember to roll often, throw straight and enjoy, that's what it's all about. For more information, contact Joe Downes at (7520).

Book Club

The Book Club meets the second Tuesday of each month at 10:30 a.m. in the Vista Club Sonoma Room. The next meeting is on Nov. 8. The book selection is *Olive Kitteridge* by Elizabeth Strout. December's book selection is *Dreams of Joy* by Lisa See. There is no requirement to have read the selected book. Everyone is welcome to stop in. For more information, contact Adrienne at (5576).



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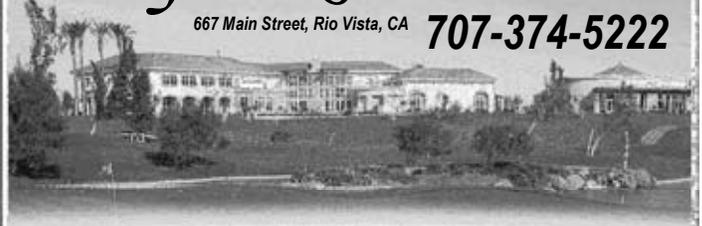
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- 5 Years, Sales Associate, Shea Homes, Trilogy
- 19 Years, Real Estate Agent
- 4 Years Specializing in Trilogy Resale Homes

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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 the game on Monday, Nov. 14. 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 (6136).

September's results:

1st - Lois Brusen and Sue Vogtlin

2nd - Peg Walker and Betty Magnol

3rd - Barbara and Brian Kimball

Dog Club - Dog Owners Unite!

A recent lost dog (and now found!) came to my attention and underscored the need for a dog club in Trilogy. A lost dog can be found and returned quickly in many cases if there is a network of dog owners on the lookout for them, and if there is a way to notify the pet owner. An email list is the fastest and easiest way to accomplish this. A dog club would solve a lot of problems and give dog owners a voice within Trilogy. If you are interested in participating, contact Linda Solomon at heunique@comcast.net.

We plan to hold a meeting sometime in November to form a club and get an email network going. Date and times will be sent by email. Please let your dog lover friends know, and plan on joining us. Thank you, Linda Solomon.



Joule, Tucker and Katie

Computer Club

The next meeting of the Computer Club is on Nov. 15 at 7 p.m. at the Vista Club. Are you tired of being locked into your present telephone provider? We have asked the folks from Sprint to come in and demonstrate a new device into which you plug in your present telephone and you can call local and long distance for only \$20 per month. Sound interesting? Be there and learn more!

If you wish to become a member of the club you can go to the club website at www.tccrv.org to complete and print a copy of the application and give it to any of the directors along with the annual dues of \$12. We welcome all levels of expertise, from those thinking of getting a computer to those who have spent years working with computers and related software.

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

Fishing Club

This month's meeting is our annual holiday brunch at The Point Restaurant on Nov.20 at 9:30 a.m. It will be our last meeting of this year since we do not meet in December. We have many raffle items, prizes, and gifts. If you weren't at the October meeting and don't have your brunch or raffle tickets yet, there is still time to get them. Please contact Al Silva at (3791) for your brunch and/or your raffle tickets (need not be present to win). I look forward to seeing everyone at the brunch! For more information, call Al Silva at (3791).

Genealogy Club

The October meeting was well attended. Our own Robert Burns, long time resident of Trilogy, was recently honored by the Sonoma Community Center's Annual Muse Fund-raiser at the historic Carriger estate. Bob is the great great grandson of Nicholas Carriger. The Carriger wagon train left Missouri for California in 1846, later joined by the larger Donner Party at the Mormon Salt Lake settlement. Nicholas encouraged the Donners to hurry onward before they were caught by the winter storm. The Donners ignored Carriger's advice, which proved to be a fatal mistake. Nicholas Carriger and his family went on to settle in Sonoma Valley and planted grapes in the valley. Bob has an interesting family history and is happy to share his experiences.

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Hors d'oeuvres and light refreshments served.

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Traditional genealogical efforts can be significantly enhanced with the use of DNA testing. Each of us contains in our DNA a complete record of who we are and where we came from. Currently there are two main genealogical lines that can be accessed using DNA testing. In a direct maternal line there is mitochondrial DNA (mtDNA) that is inherited from the mother. Males contain a Y chromosome that is inherited from the father. This genetic information, combined with traditional genealogical methods, will greatly assist in leading you in the right direction toward extending your family tree.

Our regular meeting is on the first Thursday of every month at 2 p.m. at Vista Club. The monthly workshop is scheduled for Thursday, Nov. 17 at 2 p.m. in Vista Club. For more information, contact Rhoda Fone at (7542).

Good Samaritans

Happy Thanksgiving! The Good Samaritans meet every Thursday at 1 p.m. at the Delta Club in the Marina Room. We gather together for Bible Study.

The following short, wise sayings give us practical wisdom for daily living.

1. Even a child is known by his actions, by whether his conduct is pure and right. -- Prov. 20:11
2. A good name is more desirable than great riches; to be esteemed is better than silver or gold. -- Prov. 22:1
3. A friend loves at all times, and a brother is born for adversity. -- Prov. 17:17
4. A man of knowledge uses words with restraint, and a man of understanding is even-tempered. -- Prov. 17:27
5. Do not testify against your neighbor without cause, or use your lips to deceive. -- Prov. 24:28
6. He who works his land will have abundant food, but the one who chases fantasies will have his fill of poverty. -- Prov. 28:19
7. A man's spirit sustains him in sickness, but a crushed spirit who can bear? -- Prov. 18:14
8. Like clouds and wind without rain is a man who boasts of gifts he does not give. -- Prov. 25:14
9. A rich man may be wise in his own eyes, but a poor man who has discernment sees through him. -- Prov. 28:11
10. The word of a man's mouth are deep waters, but the fountain of wisdom is a bubbling brook. -- Prov. 18:4

Scripture of the Month: Philippians 4:8

Men's Executive Nine

The RVMEN were hosted by the Brentwood Rough Riders to a Texas Scramble Tournament. In a first place tie Dave Hampton and Ron Kott were the RVMEN winners. On Sept. 20, we hosted the Women's 9-Hole Club. The format was a mixed scramble. In another first place tie, the winning team members were Stan Melby, Byron Whitney, Billy Reece, Marnie Doody, Ron Kott, Jim Owens, George Cattey and Eila Ballard. Both tournaments were fun events and great mixers. Thanks to everyone who participated.

Due to a scheduling change, our Club Championship Tournament was moved to Oct. 25 and Nov. 1. Participants were required to play both days to be eligible. The championship was determined by the lowest total net score for 18 holes.

On Nov. 5 we are holding our annual Installation and awards banquet in conjunction with the Senior Men's Golf Club. The banquet is in the Vista Club Diablo Ballroom. If you have not yet done so, sign up promptly as space is limited to the first 140 people. There will be a buffet followed by live music from Sterling Silver as well as door prizes.

If you are interested in joining the 9-hole golf club, pick up an application form in the posting room or contact membership chairman Dennis French at (4890).



Motorcycle Club



From L to R in the photo: Jerry and Dottie Dale, Barend and Matt Ceasar, Wil Bridges, John Oakley, Dodi and Jack Phifer, Bob Azbell, John Wilson and Mike Oestreich.

The Trilogy Motorcycle Club riders meet the first Saturday of every month for an all-day ride. Eleven bikes with 15 riders met at McDonald's for the Oct. 1 ride. A destination of "let's go east" was selected; Larry Nelson rode point taking us east on Hwy 12, up Hwy 99 for a short ways, and again east on Liberty Road. This took us past an overlooking scenic view of Comanche Reservoir and to a stretch break in Valley Springs at a coffee stop. From there, Jack Phifer took point for some interesting riding east of San Andreas on Mountain Ranch and Sheep Ranch Roads. This included a brief detour on "disappearing pavement road." Arriving in Murphys, we found a dandy little restaurant called Hillbillies where we ate lunch. The waitress wisely herded this group of rowdy motorcycle riders into a corner so we could laugh and tell tall tales while enjoying a tasty meal of salads, burgers, fish and chips, and more.

The return route took us west on Hwy 4 with a refreshment stop/stretch break and photo op in Farmington at Lagorios Bar and Grill. Electing not to join us on this rest stop (and not shown in the photo) are Bob Pastorino, Larry Nelson, Jim and Dema Caldera. This ride was only about 200 miles but offered a variety of riding skill challenges especially on the roads east of San Andreas. From Hwy 4 we headed north on the infamous Jack Tone Road and to Starbucks in Lodi.

We invite the other motorcycle riders in Trilogy to join us on any of the monthly rides. The next ride meets on Nov. 5 at 8 a.m. at McDonald's in Rio Vista. The destination is to-be-determined based on weather. For more information, contact Bob Pastorino at (6556) or Larry Nelson at (2967).

"Ever gone into a bike shop to buy a spark plug and come out with a complete bike?"

— RealClassic.co.uk

Radio and Model Clubs

This month both clubs joined forces to support Rio Vista Airport Day on Sunday Oct. 2. Therefore, it seemed only appropriate that the articles be combined. Trilogy resident Jim Larsen organized and provided leadership for the Airport Day celebration ensuring safety and security of the participants and visitors to our area. Without this effort, the Federal Aviation Agency (FAA) would not allow this event to take place. Radio club members Jim Larsen, Bob Emler, and John Zwier provided backup on Amateur radio in the event of an emergency. Model Club Members John and Margaret Kohler, Robert Brainerd, Rod Skillin, Arthur Fox, Bob Mancuso, John Harder, Ralph Puhlovich, and Robert Burns were armed with vests and Family Service Radios (FRS) to provide security, information, and exhibit direction. Members of both clubs included Tom Moore and the author Dean Lattman. We feel we helped keep the celebration safe, organized and enjoyable. We thank Model Club member Gerry Nolan for the incredible effort in organizing this now annual event.

Stop by one of our meetings to learn of other interesting things in the area. For more information, contact Dean Lattman at (3967). Join us at our monthly meeting on the first Friday of each month in the Vista Club Monterey Room for the Model Club and each Tuesday also in the Monterey room at 10 a.m. for the Radio Club.

Recipe Club

In preparation for the fast-approaching holidays, the Nov. 8 noon meeting will feature appetizers. Chefs for this month are Shirley Rogers, Carolyn Williams, and Carol Yoon. Linda Costa is the coffee hostess.

If you enjoy cooking, bring your favorite appetizer recipe and join us. We welcome new members and meet at noon on the second Tuesday of each month at the Delta Club. For more information, contact Patty LaFleur at (3159).

Monthly tip: for appetizer plates of three to five cheeses, serve 1 to 1½ ounces per person; for after-dinner plates of three to five cheeses, serve 1¼ to 1¾ ounces per person. For cheese at its best, buy little and buy often. If you need to store cheese, don't freeze, suffocate it in plastic wrap, or expose it to strong light or temperature fluctuations. If you store cheese in the refrigerator, use the vegetable drawer, which contains more moisture (especially when there are vegetables in there) than the rest of the refrigerator. For short-term storage, instead of wrapping the cheese tightly in heavy plastic wrap, cover the cut surface of hard or semi-hard cheese with a light plastic wrap and leave the rind exposed so the cheese can breathe.

Rio Vista Roamers RV Club

Bodega Bay was beautiful with a blue sky and mid-seventies temperatures every day! We played a little bocce, hiked, went sightseeing, played cards, and ate really well. Erna and Doyle are always wonderful hosts and we thank them.

Jackson Rancheria was on our agenda for October. Frank and Kris Reid were our hosts. This was our largest outing ever and the last month of roaming for the year. There will be lots to write about next month.

In September we had 14 rigs join us and we had 18 rigs for the Jackson trip. In the last three months we have had ten new members (five rigs) join us and two more have asked for paperwork. We welcome all of you.

Nov. 13 at 5 p.m. is our Thanksgiving dinner at the Delta Club. Wilma and Ken Powell are our hosts (4034). They will need a head count by Nov. 9. They will provide the turkey, dressing, gravy, and we will provide the rest. Tableware is provided, but we ask that everyone bring their own refreshments.

What do we do when we are not roaming? The club meets every month for dinner and fellowship until March when we hit the road again. All RV owners are welcome to our outings. We will certainly enjoy having you! For more information, call Sandra Santos at (3538) or Doyle Ellington at (5276).

Senior Men's Golf Club

On Oct. 5, we hosted the Brentwood Senior Men's Golf Club. At stake was the Millennium Cup. For the first time ever, the Rio Vista Senior Men's prevailed and took home the cup, which is now on display in the trophy case. Congratulations to all the golfers that participated.

During the Sept. 15 general membership meeting we held our election for the 2012 board of directors.

The new board is as follows:

President	George Barlesi
Vice President	John Lamb
Secretary	Ron Kott
Treasurer	Bob Junge
Handicap Director	Ron Chalmers
Tournament Director	Joe Devilbiss
Membership Director	Ray Ulmonen

On Nov. 5 we are holding our annual Installation and Awards Banquet. The banquet will be held in the Diablo Ballroom. If you have not yet done so, sign up promptly as space is limited to the first 140 people. There will be a buffet followed by live music from Sterling Silver as well as door prizes.

Also on Nov. 16, we will be holding our annual Turkey Shoot Tournament. Watch for the sign-up sheet.

Our club holds its general membership meeting on the third Thursday of each month at 4 p.m. in the Delta Club Rio Vista Room. Please attend and participate in your club. Also check out our e-Clubhouse web site on www.rvsmgc.ghinclub.com for the latest news and tournament results. If you are interested in joining our club, membership applications are available in the pro shop. If you have any other questions about our club contact George Barlesi at (4032) or e-mail George on gbarlesi@comcast.net.

Stroke/Head Injury Club

Several people who live in Trilogy have had strokes or some type of head injury that has left them disabled. Cheryl Bellrose is forming a group to allow the sharing of experiences. This group will provide help, useful tips, and current information on how to cope with the various short and long term physical as well as emotional side effects. Since each person who experiences a stroke or head injury can suffer from loneliness, helplessness, and/or impairment by some physical and/or emotional limitation, the support to one another can be very important to adapting and living successfully with these constraints.

Unfortunately, strokes and other types of head injuries are becoming more common among younger individuals. If you know someone or if you or a person in your family has had a stroke or some type of head injury, and would like to join this group, please contact Cheryl Bellrose at (6619). This group is open to the families of stroke/head injury victims who need support as well.

Supper Club

Our final Supper Club for 2011 was held in October, so we won't be meeting again until after the New Year. We will meet again in February 2012. Another year has almost gone by in a flash. We hope that our members enjoyed this year's festivities and we look forward to dining with them once again in 2012.

For those who are new to Trilogy and may want to join Supper Club, we meet every other month from February through October in each other's homes for a night of exquisite dining, fun, and conversation. On these occasions you can meet your neighbors and get to know them in a small group setting (usually 6 or 8 and sometimes 10). Supper Club is not limited to formal dinner menus. The club also hosts afternoon barbeques, brunches and luncheons. Since the Annual Party was so successful, we are looking forward to having one in 2012 as well.

Please note that our club is not just for married or committed couples. Everyone is welcome to join Supper Club. If you want to make new friends, give Supper Club a try. Take the opportunity to experience our absolutely delectable menus and the friendships provided by our members. If you are interested in becoming a member, contact either Maureen Gingrass at (3803) or Cheryl Bellrose at (6619).

Tennis Club

The tournament with Brentwood Estates here at Trilogy was held on Friday Oct. 28. The results will be in the December issue of *Trilogy Living*. Our success in past tournaments will be challenged with new additions to their squad. Due to the Brentwood tournament on the last Friday in October, our monthly meeting is on Nov. 4 at the Delta Club at 10 a.m. We will assess our play and results then.

The Daylight Savings Tourna-Social is on Sunday, Nov. 6. To sign-up and to acquire information contact director Joe Downes (7520). You must also RSVP so that planning will be effective if you want to attend the luncheon afterwards.

Time still remains to get your courtjesters shirt, type, size, and name. Visit www.companycasuals.com. Once you choose your order, provide the information to the Tennis Club so we can order together for better pricing and shipping costs.

Our holiday Christmas party/dinner is on Dec. 18 at 5 p.m. at the Delta Club. Paid members are free and guests must pay \$21. The deadline for sign-ups is Dec. 5. Members and guests signing up after the cutoff date must pay a \$5 late fee. A festive format is planned with a sing-a-long, open

mic, talent show and more. For more information, contact Patti Sorg, Treasurer.

Joining the Court Jesters is easy; come to the club meetings or just come to the courts Monday - Friday at 8 - 10 a.m. and anyone there will be able to assist you. Cost is currently \$24 per year and there is a onetime fee of \$20 for use of the ball machine.

To all Trilogy residents, we have a bin on court 2 for receiving plastic recyclables. It's an easy way to help support our club and community efforts that we undertake. Just use your key to open up the court gate and place plastic in or near the bin (if a large amount) and we will take care of the rest. For more information, contact michael-lewis270@comcast.net.

Whist Club

The Whist Club extends a standing invitation to residents to join us at our weekly meetings. We are looking for people who would like to participate in planning our Martin Luther King Birthday Celebration program and our Black History program. We meet every Monday at 5 p.m. in the Monterey Room at the Vista Club. We also meet on the third Friday of each month at 7 p.m. in the Delta Club for games and chatter. For more information, contact Jean at (0086) or Madalene at (3361).

Women's 9-Holers



Billie Reece accepting \$34.00 from Captain Chris Sabye from a past 50/50 raffle. Picture taken by Nancy Vickers.

Women's 9-Holers meet at The Nines every Tuesday at 8:30 a.m. for a 9 a.m. tee time. Sign up for golf in the Pro Shop any time between Tuesday and Sunday. The sign-up sheet is picked up Sunday afternoon. Your tee time will be e-mailed to you by Monday evening. If you need to cancel call Pam Carlson (2983) or the Pro Shop (2900).

Tuesday Play Day Results

Sept. 5, 2011: There were lots of Pars; Helen Swarbrick on Hole 3, Nancy Whitney on Hole 2 and 8, Jeanie Renner, Fran Silva and Billie Reece on Hole 5.

Sept. 12, 2011: Karen Nash was the only player with Pars on both Holes 12 and 13.

Sept. 19, 2001: The Men's Executive Nines Golf Club hosted a tournament for both clubs. There were 14 women from our club who participated. Money was awarded to the following women winners: First place winners were Billie Reece, Marnie Doody and Eila Ballard who won \$19 each. Third place winner was Louise Massoni's team who won \$11 each; and fourth place winners were Nancy Whitney and Fran Silva who won \$6 each. Congratulations to all of our winners and thank you to The Men's Executive Nine Golf Club for putting on this event!

Sept., 27, 2001: Lynne Galletta did it all; she had the only Chip-in and the only Par on Hole 11. Congratulations Lynne!

If you would like to join the Women's 9-Holers, please call Lynne Galletta, Membership Chairman at (6079).

Women's 18-Holers



On Sept. 8, Women's 18-Holers had their Invitational Tournament. This year's theme was Fiesta Italiano. We had players from all over California. Not only was there a golf tournament, there was a costume contest based on the Fiesta Italiano theme. We had everything from Italian waiters, chefs, and lovely Italian ladies to Manicotti, Spaghetti and Meatballs, as well as tables with Italian food. It was quite a spectacle! Thank you to Donna Martella, event coordinator and thank you members including Cindy Brown, Lynn Grace, Marilyn Rogers, Debby Carroll, Linda Barlesi, Roni Teixeira, and Sally Thomas for their hard work. We appreciate the many sponsors that gave generously so that we could help the Rio Vista Senior Center.

The Winners of the Fiesta Italiano Golf Tournament were as follows:

Flight 1: First - Frankie Freese, Debbie Steiner, Naomi McGinn, Glenda Glimore.

Second - Linda Righetti, Peggy Gofbet, Suzanne Hensel, Michelle Okazald.

Third - Deb Robertson, Jenny Jeffries, Shannon Mader, Chizu Holomes

Flight 2: First - Shirley Croce, Leona Moats, Than Sherbondy, Bernice Weisz.

Second - Joanne Steele, Darlene Weiss, Sylvia Carruesco, Carrie West.

Third - Donna Martella, Ellen Kovach, Wilma Gasson, Bobbie Valladon

Flight 3: First - Paulette Parker, Janet Morelli, Marlene Schwedheim, Yukiye Fukunaga.

Second - Darl McCarthy, Donna Nunes, Marilyn Domingo, Ivy Miller.

Third - Georgette Rodrigues, Anna Bogucki, Fran Silva, Judy Rumble

Sept. 15: Club Championship. Our 2011 Club Champion is Linda Barlesi with a two-day gross score of 170. Great job Linda! The net score winners by flight are:

Flight A: First - Ida Shannon.

Second - Frankie Freese.

Third - Vicky Riddle

Flight B: First - Roni Teixeira.

Second - Debby Carroll.

Third - Ladell Manion

Flight C: First - Linda VanNieuwburg.

Second - Marilyn Rogers.

Third - Lynn Grace.

Congratulations to all of the winners! If you would like to join us, we meet at The Nines every Thursday at 8 a.m. For more information, contact Membership Chair Alma Renko at (3064).



L-R Roni Teixeira-Net B Flight winner, Ida Shannon, Net A Flight winner, Linda VanNieuwburg Net C Flight winner and Linda Barlesi-2011 Club Champion (Gross Winner). Photos by Lynn Grace.

Council for the Arts

Join us on March 8, 9, and 10 in 2012 for a trip back in time through next year's "Music of the Night - The ERA of our Ways." It will take you back to the 50s, 60s and 70s—times that we all remember so well. The music will bring back memories for us all to share. Rehearsals start in January for all cast members. However, we have some preliminary meetings that will be announced at a later date. Put one of these dates on your calendar for next year. It is one of the most popular events of the year! The next Council for the Arts meeting is on Nov. 10 at 10:30 a.m. in the Monterey Room at the Vista Club. Anyone interested in joining and helping with "Music of the Night" is invited to join us in working for a great cause. For more information, contact Judy Calpo at (2924).

Scrapbooking Club

Where are the precious photos of your family and friends and of the special times you've enjoyed? Are they in a closet, in the garage, collecting dust under your bed, still in your computer or in your camera's memory card? Join our group to work on your own scrapbook photo album in a group setting. You will meet new friends, share ideas and get help with your projects. We can help you get started! Just bring your photos. We meet the second Thursday of every month from 10 a.m. – 4 p.m. at the Delta Club. There are no dues or fees. For more information, contact Marti Rogers (6859) or Diane Andrade (0777).

Fat Quarter Quilters

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

Drama Club

The Drama Club is thrilled to wrap up the year with its second annual holiday play. On Dec. 6, 7 and 8, we will present "Keep the Home Fires Burning." It takes place in the Diablo Ballroom at the Vista Club. The show starts promptly at 7 p.m. Look for reservation forms in this issue of *Trilogy Living* and at the Vista and Delta Clubs. Sign up early, seating fills up fast. Please bring your holiday spirit with a generous donation of non-perishable food items in lieu of admission. Your donation will go to the Community Services of Rio Vista (formerly the Food Ministries). If you have any questions, please call Karen Bereta at (3505). We always encourage new members. You don't have to be an actor to join our club. Meetings are on the last Tuesday of each month at 7 p.m. in the Marina Room at the Delta Club. Come see what we are all about. There is no December meeting due to the holidays. For more information, contact Debby DuBrow at (6706).

Photos from the Bus Trip to Sonoma Cornerstone Gardens and Oxbow Market in Napa



TOPS

TOPS (Take Off Pounds Sensibly) congratulates the 56 people who signed up for the bus trip to Red Hawk Casino on Oct. 12. We thank you all and trust that you had good luck and a good trip! We are all looking forward to a successful fall and holiday season in keeping on a good weight loss regime. TOPS invites all the gents and ladies of Trilogy who would like support in getting rid of those unwanted pounds to join us.

The club meets every Wednesday at 8 a.m. at the Delta Club. For more information, call leader Minnie Howell at (5786) or co-leader Peggy Smith at (1366). Happy Thanksgiving!!

AARP Drivers Safety Course



Glen King is conducting an AARP Drivers Safety Course on Nov. 12, 2011 at the Vista Club. Class begins at 8 a.m. and goes to 5 p.m. For more information and to sign up, contact Glen at (3342) or grk59@frontiernet.net.



Trilogy Jazz Band

The band is giving two performances in November: the first as part of Trilogy's Veterans Day program on Nov. 11, and the second for the Ballroom Dance Club's monthly dance on Sunday evening, Nov. 13. We look forward to these opportunities to share our music with the community.

Full-band rehearsals are held every Wednesday from 2:30 - 5 p.m. following vocal rehearsals from 1:30 - 2:30 p.m., at the Vista Club Diablo Ballroom. Observers are welcome. The band is currently at full capacity, but we are always interested in meeting folks who are qualified to play as a substitute musician or to fill a future opening. For more information, contact Jim Lucas at (7567) or Marti Rogers at (6859).



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Ongoing support group for
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call Audrey Kinser at (7506).

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Home for Rent

Calistoga with casita on the park
with covered patio, 3br/3½ba,
fenced yard, freestanding gas
stove, fans all rooms. Includes
gardener & HOA. \$1600/mo.
209-603-6765.

Home for Rent

Lovely, upgraded Pebble Beach,
1439 sq.ft., 2br/2ba/den, fireplace,
Corian counter, tile flooring, private
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Home for Rent

New home for rent: 2br/2ba.
Includes HOA and gardener.
\$1150/mo. plus \$1000 deposit.
Available Dec. 1. One year lease.
Call (2451) or 916-813-5622

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Home for Rent

2br/2ba plus den on 18th hole.
Backyard on leeward side.
Call to see what is included
in rent. \$950/mo. Contact
Yvonne Wood 209-327-5037

Home for Rent

2ba/2ba home with fireplace.
Includes gardener and HOA.
\$1100/mo. Call Pat 426-1218.

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Also writing desk, 9-drawer antique

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\$250; exercise machine, vibrator
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Children's Books

Trilogy resident author Shirley
Grijalva: *Just Read About It* and
Marshall's Big House on the Hill.
Children 8-13. (6752).

**Attention All Advertisers:
All ads and checks are due by the
fifth of the month prior to the
month of publication.**

RESIDENT CLASSIFIED ADS

FOR SALE

Electric Wheel Chair

Free. The Rio Vista Lions Club has chair available to person in need at no cost. Contact Lion Warren Oglove (3477) for information.

SERVICES

Alterations

Sewing and alterations. 30 plus years experience. Call Ruth (5883).

Annual Service

Garage door maintenance and/or minor repairs. Also flush hot water heaters to prevent leakage. For appt., call Dick Dawson (6835).

Appraisals

Real Estate Appraisals by a Trilogy homeowner with 40 years experience in commercial and residential. For your home valuation in estate planning or estate purposes, call Randy Carlson (Certified Appraiser AG007039) at (2288) or agroup@msn.com.

Assistance w/ Heavy Lifting

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

Audio/Visual

Music on records & cassettes upgraded to CD's. Video on VHS and handycam 8 mm. cassettes upgraded to DVD's. Copies of music CD's made. Jose at (5248).

SERVICES

Audio/Visual

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

Auto/Home Detailing

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

Caregiver

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

Carpentry

Custom carpentry: fireplace mantels, crown molding, book cases, window sills/casings/trim...Call Randy Updegraff 334-3460 or 260-2821. References & samples available.

Carpet and Upholstery Cleaning

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

Carwash

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

SERVICES

Cleaning

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

Cleaning

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

Clock Repair

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

Computer Doctor

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

Computer Help

Need help with your PC? I can troubleshoot, repair and upgrade your current computer, or help you choose a new one. In-home tutoring available. iPad knowledgeable. Kathy Barker (6850).

Computer/Wireless

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

SERVICES

Cooking Lessons

Cooking Lessons in the comfort of your home. Chef George Burghardt will teach almost anything from Sushi to homemade matzo. \$25 per person plus food cost. Contact at (4428). Catering available.

Counseling

Life Coaching and Counseling. Trilogy is a new beginning with wonderful changes. Sometimes knowing the support system and resources around you is the key to a happy transition. If you need a little support on your new path here, general counseling for couples or individuals, dealing with health or age issues, call Ruben (1417) or 514-9421 (bilingual).

Countertops Galore

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

Crown Molding

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

Custom Cabinets

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

Designs by Ruth

Cake and cookie baking and Decorating. All occasions from party to wedding. Sewing and alterations. You may contact me at designsbyr@hotmail.com or (5883).

SERVICES

DJ Available

DJ music available for private party or fund raising events. Form a group of 20 or more for fun dancing at \$5 each. Jose (5248).

Electrical

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

Enhanced Improvements & Repairs

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

Faux Finishing @ Its Best

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

Financial Services

Medicare Supplement and Advantage Plans. Long Term Care Insurance, Securities, Life Insurance Annuities and Retirement Planning. Call Wally Beckman 925-286-9235. CA Insurance #OE73335.

Hairstyling

Are you homebound and unable to leave your home to get a nice cut or style? I will come to you in the comfort of your home! Over 35 years experience. Just call me for your hair needs. You will look and feel great! I also cut men's hair. Call Myrna (3725) or cell 408-309-0083.

SERVICES

Handyman

Over 40 years of home maintenance exp. MOEN faucet specialist, ceiling fan and chandelier installs, electrical trouble-shooting and GFCI problems, plumbing leaks, garbage disposal change-outs. Free est. Biz license #1654. Bob Bailey (3391).

Handyman

Help with household repairs. Will hang curtain rods, pictures and mirrors. Assembling and installing products—crown molding, closet makeovers, etc. Call Ron (2227).

Handyman

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

Impeccable Improvements & Repairs

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

Income Tax Preparation

Notary Public Services; Individual and Corporate Income Tax Preparation. Reasonable prices. Trilogy resident Jim Castress (3590). CTEC Registered #A141120.

RESIDENT CLASSIFIED ADS

SERVICES

Income Tax Services and Planning

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

In-Home Care

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

Landscape Maintenance

Tosh Bonsai Landscaping: Full and partial garden service, design, installation and specialty pruning. Trilogy Resident, Robert (3427)

Landscape Maintenance

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

SERVICES

Mobile Notary Services

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

Notary

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

Notary Public

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

Notary to Go

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

SERVICES

Painting

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

Painting and Drywall

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

Personal Organization

ClutterNOT can help you increase your productivity, reduce stress, and gain more control over your time, space, and activities. Trilogy resident, Carol Kern, works with you to declutter your home, your office, whatever you need. See Website: www.clutternot.com for more info and call 925-286-2398 for a free consultation.

Attention Commercial Advertisers: Deadline Information

Final commercial ads and checks are due by the fifth of the month *prior to the month of publication*. For example: January ads and checks are due by December 5. Late submissions would run in the February issue.

REGULAR RATES AND SIZES:

- | | |
|---|-------------|
| • 1/4 page: 3.667" wide X 4.5" tall: | \$140/month |
| • 1/2 page: 7.5" wide X 4.5" tall: (<i>horizontal only</i>) | \$220/month |
| • Full page = 7.5" wide X 9.25" tall: | \$345/month |

Specific Page Requests: Add \$50 to ad rates above

PREMIUM POSITIONS RATES:

- | | |
|--|-------------|
| • Back Cover 7.5" wide X 10" tall: | \$500/month |
| • Inside Covers 7.5" wide X 10" tall (<i>Front or Back</i>): | \$445/month |

DISCOUNTS:

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

RESIDENT CLASSIFIED ADS

SERVICES

Pet Care

I'll make a donation to the Leukemia and Lymphoma Society while taking care of your dogs, cats and house. Carol Kern 925-286-2398 or email cajkern@comcast.net.

Pet Care

Let your pet remain home when you're away. Lots of love & attention. I bring in mail, newspapers and tend to trash and water plants. 4 years of Trilogy refs. Kathleen Montemayor (4750)

Pet Care

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

Pet Care

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

Photography

Portraits. Remember the beautiful and romantic time of family and individual portraits? You remember that gorgeous painting of Great Aunt Martha playing the piano. Well true beauty never goes out of style! Call for individual portrait appointments and have a creation that your family will enjoy for many years to come. Call Ruben (1417) or 514-9421.

SERVICES

Gutters Cleaned

Rain gutters cleaned and patio covers washed. Trilogy Resident Danny (3665).

Remodel/Repairs

Trilogy resident and contractor Steve Wendling. License #914545. No job too small. 10% off labor for residents. Call (6693). Free estimates.

Sprinkler Repair

Repair, replace & install irrigation system. Tosh Bonsai Landscaping. Trilogy resident, Robert (3427)

Stained Glass

Jan's Custom Stained Glass Windows, Panels or gifts. Your design or mine made to order. 40 plus years experience. Call (3612).

Transitions

Assisting families to a smoother road with the passing or moving of a loved one. Includes: packing, organizing, down-sizing, cleaning and hauling. Also assistance with sales or donations. Call Nita 315-6670.

SERVICES

Translations & Tutoring

I am a former teacher who has helped students of all ages to learn Spanish or those from Spanish backgrounds to learn English. Learning a new language can be fun and a key that opens the door to many opportunities. Call Ruben (1417) or 514-9421.

Transportation

Ruben's Safe Driving Services will drive to medical appointments, shopping, Amtrak or Bart. A previous driving instructor for commercial services, I also have 20 years experience with disabled clients so they can keep their active lifestyles. Call Ruben (1417) or 514-9421.

Transportation

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

Window Cleaning

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

VACATION RENTAL

Tahoe Rental

Incline Village: Fully equipped condo near Diamond Peak. Sleeps 6. Starting at \$125/night plus cleaning fee. Call Blaine (0717) or letsgotahoe@aol.com

ANNOUNCING...

A million reasons
to live at

Emeritus at
Rancho Solano



EMERITUS SENIOR LIVING

Emeritus Senior Living is committed to providing quality services to seniors. As part of our commitment to enhance our residents' lives, we will be undergoing a million dollars in renovations; paint, carpet, internet cafe, continental club, 9-hole putting green, life-size chess board and much, much more. Our commitment to providing quality senior care at an Emeritus Senior Living can be seen first hand.

If you haven't been by in awhile, stop by and see what all the excitement is about. We know you'll be just as excited about the changes as we are.

Our Family is Committed to Yours.®



EMERITUS
at Rancho Solano

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tour and see what all the
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