

January 2011

# Trilogy Living

## NEW YEAR NEW YOU!

Martin Luther King Tribute

*see page 10*

New Sports at Trilogy!

*see page 6*

Turn Your

GOLD

and  
Silver

In To

CASH

One Day Only!

Bring in flyer and a FRIEND  
with GOLD and receive

20%  
BONUS\*

Saturday

January 8, 2011

9 am - 3 pm

At The

Nines Restaurant

1000 Summerset Dr.

Rio Vista, CA 94571

Welcome Trilogy Residents!

We buy all unwanted or broken jewelry

Gold ♦ Silver ♦ Platinum ♦ Coins ♦ Diamonds  
Rings ♦ Necklaces ♦ Bracelets ♦ Silverware ♦ Watches

Free Appraisals - No Obligations



Call for information

Book A Home Party Today!

(888) 416-2701

[www.pgsgoldbuyers.com](http://www.pgsgoldbuyers.com)

*\*To qualify for this offer, you & your guest must each sell \$150  
in Gold, Silver, or Platinum.*



We also buy  
Tea Sets ♦ Silverware  
Gold/Silver Coins



PG\$  
GOLD  
BUYERS  
\$ Worth Our Weight In Gold \$



**Master Association  
Notes  
ROBERT SATHER  
President**

When the holidays haven't quite arrived and it's already time to do the Master Association Notes for the next month it seems strange to say: "I hope you had a wonderful holiday season and a great time at the Polar Bear Plunge."

The regular monthly Master Association board meeting was held in the Diablo Room at the Vista Club on December 14, 2010. This was one of our evening meetings and the board thanks all who attended. There were around forty in attendance.

**Actions taken at the meeting included:**

- Passed a motion to approve entering into a 3-year management agreement, as allowed in Section 3.3.1(f) of the bylaws, with Action Community Management, stipulating year-to-year terms with a 90-day termination clause.
- Approved an expenditure, in an amount not to exceed \$10,000 from Capital Improvements, for the renovation of the Welcome Center, and awarded the contract to Spradling Construction.
- Approved an expenditure, in the amount of \$1,266 from Capital Improvements, for the purchase of a portable bar from Atlanta Fixture and Sales Company.
- Referred a request from the Table Tennis Club, for the purchase of a new table tennis table, to the budget committee for consideration for the new year budget.
- Approved an expenditure, not to exceed \$4,000 from Capital Improvements, for a wood/glass windbreak at the Delta Club to be installed by the maintenance department.
- Referred a proposed Master Amenities Committee Charter back to administration for possible separation into two committees.
- Approved February 8, 2011 as the Annual Meeting date and January 28, 2011 as the Developer Date of Record and Candidate Declaration Deadline. Appointed Gene Vick as the Inspector of Election.

The next regular meeting of the Master Association Board is on January 11, 2011 in the Diablo Room at the Vista Club at 2 p.m. There is a Vision meeting on January 20, 2011 in the Diablo Room at the Vista Club at 1 p.m. (please note the change of location for the Vision meeting). We look forward to your attendance at our meetings. Your input is always appreciated. See you soon.

## TRILOGY AT RIO VISTA

### DIRECTORY

**Master Association Board of Directors**

Robert Sather, President (1384)  
Carol Benkie, Vice President (3316)  
Jason Hughes, Director (925) 519.0928  
Lee Puryear, CFO (3510)  
Arthur Fox, Secretary (0068)

**Adult Committee (Master Association)**

Lorna Bewick, Chair (2093)

**Access Committee**

Dave Bewick, Chair (2093)

**Village I Board**

Bernie Dehn, President (4764)

**Village Oakmont Board**

Travis Finch, President (3858)

**Village Riviera Board**

Ida May Wagner, President (6714)

**Olympic Village Board**

Michael DuBrow, President (6706)

**Association Administration**

**General Manager: Ed Vitrano** (4869)  
evitrano@actionlife.com

**Assistant General Manager: Catherine Patrick**  
cpatrick@actionlife.com (4843)

**Activities Director: Kersti Evans** (4204)  
kevans@actionlife.com

**Fitness Director: Jo Carmichael** (4205)  
jcarmichael@actionlife.com

**Operations Director: Mike Oestreich** (4895)  
moestreich@actionlife.com

**Communications Coordinator: Andrea Stuart**  
stuarttrv@gmail.com

**Member Services Coordinator: Cheryl Lucas**  
(4203) clucas@actionlife.com

**Club Numbers**

**Vista** Front Desk (4200) Fax (1099)

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

**Trilogy Living Editorial Board**

Andrea Stuart, Ed Vitrano, Kersti Evans,  
Cheryl Lucas, Joan Azlant, Jo Carmichael,  
Lorna Bewick

**Commercial Advertising Manager**

Joan Azlant, joanazlant@comcast.net (707) 743-2620

**Resident Classified Advertising**

Kathy Nilsson, knilsson@actionlife.com (4200)

**Welcome Center, Front Gate (4306)**

trvwelcomecenter@gmail.com

**Cyber Café (4202) ~ Nines (4400)**

**Golf Course (2900)**

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





**From the  
Editor**  
**ANDREA STUART**

## Index:

- 6** Open Mic Night Returns ~ Jan. 14
- 6** West Valley Choir  
Performance ~ Jan. 15
- 6** CPR/AED Training ~ Jan. 20
- 8** House Party with DJ Jose ~ Jan. 22
- 16** Lose2Win 2011
- 16** Fitness Orientation ~ Jan. 19
- 17** Seven Points of Light: Empowerment  
and the Chakras ~ Jan. 18
- 26** Bingo Time ~ Jan. 28

## On the cover:

See all the possible ways to get in shape at the Vista Club & Spa on pages 16-17, and check out all the sports and clubs starting on page 26.

### 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. 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.

Where does the time go? It seems like just yesterday we were planning for fun in the sun and enjoying cocktails poolside. Then, we were seemingly catapulted into fall, where we scurried and hurried through crowds of people in preparation for the holidays. Now, here we are, post holidays, and the nights are still once again. We're taking down our trees and holiday lights, we're sprucing up our homes now that family and friends have left, and it's all we can do not to reminisce about what a great time we had. Luckily, there is so much to do here at Trilogy that it's easy to chase the post-holiday blues away.

This issue's cover is health-inspired. January is the perfect time to start anew: abiding by those resolutions from years past, and harnessing the healthy lifestyle you deserve. Improve physical health by taking those exercise classes you've been thinking about. Or get a massage or Four Layer Facelift at the spa to truly discover a new you. Exercise your mind by attending a lecture, taking a class, or joining a club or sports team. And remember to reward yourself for a job well done.

Hopefully many of you got to enjoy the Polar Bear Plunge! It's an exhilarating experience that has a way of invigorating and invoking a sense of accomplishment. Then, on Jan. 14, celebrate in the fun of performance art by participating in the Open Mic Night. Sing, play, dance, even do an impression. The stage is your oyster. The following day you can enjoy the musical talent of the West Valley Choir. But the fun doesn't end there.

Don't forget about the Martin Luther King, Jr. Tribute on Jan. 17, Travel Talk on Jan. 20, the House Party dance on Jan. 22 (better put your dancing shoes on), the crime-awareness seminar on Jan. 25 and the flu protection lecture on Jan. 27. Whew! That's a lot for one month. I hope you can all keep up.

And get ready for February. From the Wine/Jazz/Art Festival, to performances by singer Jonathan Poretz and comedy by Dan St. Paul, and hands-on classes to improve your health while adding some spices to life, there is no shortage of entertainment to keep you busy.

January is a great time to tackle those long-forgotten resolutions, re-discover yourself, and indulge in a new you. Let this be the year of enjoying life to its fullest. Don't let a single opportunity pass you by.



Activity Director's  
**Notes**  
KERSTI EVANS

## THE ORIGIN OF NEW YEARS

"The Roman emperor Julius Caesar officially declared **January 1** as a New Year in **46 B.C.** Romans worshiped God Janus who had two faces, one looking forward and the other looking backward. The month of January was named after this Roman God and it gave an idea to the emperor to establish January as a gate to the New Year. It is said Caesar celebrated January 1 as New Year by ordering the revolutionary Jewish forces to route back. As history would have it, people across the globe began celebrating New Years on January 1. In the beginning, people ritualized the beginning of the year by acting and re-enacting the world of the past before peace proliferated. People deemed January as first month of the year in the tradition of the Julian calendar." (Ritter, Ron. *The Oxford Style Manual*. Oxford University Press, 2002, p. 1.)

Please read through the *Trilogy Living* carefully so you don't miss out on all of the upcoming events and programs for the New Year.

## "CALL FOR ACTION"

**Do you have a classic, muscle, or unique car or an original hog?** I need participants for an upcoming "Park and Show" event! Please call me if you want to participate.

**Reminder:** *Please sign up early for Trilogy events. It helps planners prepare for the programs they have in store for you.*

## SHARE YOUR TRAVEL EXPERIENCES WITH US

Did you just return from a cruise vacation or have you recently walked the streets of Rome? Why not share your travel experiences with your Trilogy neighbors? We need guest speakers for our February 2011 Travel Talk. Share your experiences and photos with others. Call Kersti Evans at (4204) to make arrangements. Thank you to the members who volunteer their time to share their travel experiences. We've enjoyed learning about new places. You have made Travel Talk a wonderful and enlightening program.

## FARMER'S MARKET

### A VEGGIE GOOD TIME! A RAFFLE TOO!

Jan. 9 & 23, Feb. 6, 20 10 a.m. – 3 p.m.

Delta Club, Free

Petrill's Produce Farmer's Market provides wonderful produce to Trilogy members. You no longer have to drive (at \$3 a gallon these days) to downtown Rio Vista or farther to buy fresh fruits and vegetables.

## GET THE SCOOP AT THE NEXT GRAPEVINE CHAT!

Tuesday, Jan. 11, 6 p.m.

Tuesday, Jan. 25, 5 p.m.

Tuesday, Feb. 8, 6 p.m.

Tuesday, Feb. 22, 5 p.m.

Mark your calendars for the upcoming Grapevine Chats in the Grand Living Room at the Vista Club. It's 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'd like. No sign-ups. Everyone meets around that big fireplace!

## IMPORTANT INFORMATION

**NEW:** If you need to check out chairs and tables for your event, please **pick up a reservation form from Member Services at the Vista Club**. Fill it out and return it to Member Services. They will give it to our Set-Up Coordinator, who will call you back to confirm your request. This is very important since we use the chairs and tables for all community events, programs, classes, clubs and Village meetings. **Please be sure to clean/wipe down all of your rental equipment before you return it.** We appreciate your cooperation.

## EDUCATIONAL OPPORTUNITIES THROUGH COMPUTER CLASSES

Please see page 18 for the many computer classes we are offering.

## STILL LOOKING FOR MORE COMPUTER INSTRUCTORS

We need more instructors! If you are interested in teaching one or more basic computer classes, call Kersti Evans at (4204).

**REMINDER FOR ALL EVENTS: PLEASE PAY BY CHECK ONLY. NO REFUNDS.**

## CPR/AED & FIRST AID TRAINING

**Jan. 20, 9 a.m. – 1 p.m., Monterey Room, \$60 per person**

Two-year certification, contact Anna Chunn at (3560) for questions. Sign up at Member Services at the Vista Club.

## ATTENTION CLUBS AND VILLAGES

Please pay the following linen charges at the Member Services Desk two weeks before your event:

**Table cloths - \$1 each**

**Table skirts - \$2 each**

**Reminder:** Immediately after hosting an event at either the Delta or Vista Club, **please return each room to its original condition.** Make sure all trash is picked up and put into garbage cans or bags, equipment is returned to storage or removed from the premises, and all tables and counters are wiped clean. A staff member will take the garbage to the dumpsters, remove used table linens, and return all community-owned audio and visual equipment to storage. Thank you!

## OPEN MIC NIGHT RETURNS

**Friday, Jan. 14 & March 18, 7 p.m. – 8:30 p.m.  
Diablo Ballroom, Free**

Join us for a fun night of showmanship. Show off your hidden talents, whether it's singing non-karaoke style, 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. All performers sign up at Member Services at the Vista. **Guidelines:** **One performance per person, limit your performance to 3-5 minutes long, and limit of 15 performers for the night.** Sign up in the order you wish to perform on performance night. BYOB. Due to the number of complaints, it is now mandatory that each performer follow the guidelines. In addition, there is no Karaoke.

## WEST VALLEY CHOIR PERFORMANCE

**Saturday, Jan. 15, 2 p.m., Diablo Ballroom, Free**

The West Valley Chorus is comprised of members from all parts of the West Central Valley region. In addition to enjoying the hobby, they support local and international charities. Locally, they sponsor school benefit shows in Vacaville and Davis to encourage school choral music programs. Over the past years, the West Valley Chorus has donated nearly \$150,000 to schools in the Davis and Vacaville School Districts for these school programs. The West Valley chorus is under the direction of Trilogy Resident Ollie Brilhante, who enjoys performing four-part harmony in barbershop style. This show features their thirty-man chorus and chorus quartets. Sign up at Member Services at the Vista Club.

## DIVE INTO FREE SCUBA LESSONS

**Sunday, Jan. 16, 8 a.m., Vista Pool, Free**

Want to try scuba for the first time, or polish your skills from days gone by? All About Scuba is back to offer fun, hands-on scuba classes at the Vista Pool. Their SSI-certified professional instructors provide gear and instructions, everything you'll need to refresh your skills or learn for the very first time. Scuba swim time is determined by how many members sign-up. Swimmers must be reasonably healthy. Please bring a swimsuit, towel and a smile! At time of sign-up, fill out a waiver and turn it in to the instructor on the day of class. There is a maximum of six members per time slot beginning at 8 a.m. and ending at noon. Each session runs approximately 45 minutes. For more information, please call Kersti Evans at (4204) or Kris Hanna at (707) 425-1932. Sign up at Member Services at the Vista.

## A SPECIAL TRIBUTE TO MARTIN LUTHER KING

**Monday, Jan. 17, 2 p.m., Diablo Ballroom, Free**

Help Trilogy honor Dr. King's accomplishments at this special event. Author of 17 poetry books and eight spoken-word CDs, Terry Moore is our guest speaker for the day. He has toured the U.S and Europe, opening for the likes of the Temptations and poet Maya Angelou. The CEO and Founder of Praiseworks Health and Wellness, Lynniss Woods-Mullins, will also speak and we hope will perform a dance. I am also pleased to have our own Gospel Choir perform in celebration of this special day. Refreshments will be served at the end. Sign up at Member Services at the Vista Club.

## TRAVEL TALK:

### A VOYAGE TO ANTIQUITIES

**Thursday, Jan. 20, 6 p.m., Diablo Club, Free**

Explore the beginning of western civilization with Joan Greene as she talks about how this cruise offers a brief exploration into the archaeology, geography, art and economics of the ancient world from prehistory through Roman glory and their influence on western civilization. In addition, she will talk about the ancient Greco-Roman ruins and the numerous historical sites she visited in the Mediterranean, especially those in Sicily, some of which are better preserved than many in Rome or Greece. Sign up at Member Services at the Vista Club.

*continued on page 8*

# Shafer Real Estate

667 Main Street, Rio Vista, CA 707-374-5222



## Trilogy Resale Specialists

**"No one knows Trilogy Homes better than Diane and Debbie!  
Whether Selling, Buying, or Renting, Trilogy is our Specialty!"**



**Diane Shafer (707) 328-5277**

- 8 Years, Design Center, Shea Homes, Trilogy
- 17 Years, Design Consultant
- 7 Years Specializing in Trilogy Resale Homes



**Debbie Werter (707) 673-7667**

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

[www.ShaferRealEstate.net](http://www.ShaferRealEstate.net)

## SEASON GREETINGS TRILOGY!

Thank you for all of your support.  
It is really appreciated!

Mondays are available for appointments.  
Have tools and will travel to your place to  
cut your hair.

### Brian O'Connell's Barber Shop

#### Hair Cut Prices

Mens Regular - \$12.00  
Seniors 55+ - 1.00 Off  
Veterans 1.00 Off

251 Main St.  
Tues. - Fri. • 9am - 5pm  
Sat. • 9am - 2pm

**(707) 430-3354**



### Roundtrip from San Francisco in 2012 Hawaii & Mexican Riviera Sailings

Princess announces new opportunities to visit the festive Mexican Riviera or colorful Hawaiian Islands with convenient roundtrip departures from San Francisco on the Star Princess in 2012.

#### 10 Day Mexican Riviera (April 3)

Prices start at \$1,099 per person\*

#### 15 Day Hawaiian Islands (March 19, April 13 & 28)

Prices start at \$1,795 per person\*

These cruises offer multiple leisurely days at sea so you can relax, rejuvenate and explore the activities and venues available onboard the Star Princess.

**Call to book early for best cabin selection!**

\* Prices shown are per person (double occupancy) for an inside cabin. Prices are current at time of printing & subject to change. Ship's Registry: Bermuda

**Terri Anisko**



**707-374-6277**

email: [oceans@myifp.com](mailto:oceans@myifp.com)

**Cruise Adventures  
Unlimited**

CST# 207436240

### Princess Cruise Sale

**JAN 24 - 28, 2011**

Reduced Deposit of \$100 per person  
Shipboard Credit on Select Sailings  
Onboard Coupon Booklet

**Please call or email for details**



Continued from page 6

## RIO VISTA DELTA BREEZE TRANSIT PRESENTATION

**Saturday, Jan. 22, 2 p.m., Diablo, Free**

Join the City of Rio Vista in a discussion about the Rio Vista Delta Breeze transit services. Provide feedback on how the city can improve Delta Breeze its services. Sign up at Member Services at the Vista.

## “HOUSE PARTY” WITH DJ JOSE

**Saturday, Jan. 22, 6:30 p.m. – 8:45 p.m., Diablo, Free**

Put your dancing shoes and grab a partner if you like. This is your opportunity to boogie down. Come dance and enjoy the dancing of others.

## CRIME AWARENESS PRESENTATION WITH CHIEF BOWEN

**Tuesday, Jan. 25, 2 p.m., Diablo, Free**

Chief Bowen will be covering “how to keep yourself safe” and neighborhood watch information. Please contact Kersti Evans (4204) for more information. Sign up at Member Services at the Vista Club.

## WHAT IS THE BEST WAY TO PROTECT MY FAMILY AGAINST THE FLU? ENRICHMENT LECTURE

**Thursday, Jan. 27, 3 p.m., Free**

That’s the question most Americans are asking themselves lately.

- How do you know what’s true, what’s false and what’s been exaggerated?
- How do you know what to believe and what to ignore?
- What about the concerns over the rushed development, production and distribution of the new H1N1/Swine Flu vaccine? Are they real or just scare tactics?
- Should we get the H1N1 shot? What about “regular” flu shots?
- Do we have a choice?
- What can we do to make sure we are as strong as possible during flu season and all year long?

These are some of the questions Dr. Brandon Roberts will answer.

## WINE/JAZZ/VISUAL ART FESTIVAL

**Saturday, Feb. 5, 1 p.m. – 5 p.m.**

**Vista Club, Free, charge for wine tasting**

Enjoy an afternoon of wine, music, and art. TAG and the Digital Photography Club will display their art, the Trilogy Ensemble will play wonderful music, and there will be wine tasting. Rutherford Grove is a family-owned boutique winery nestled in the heart of the Napa Valley. The Pestoni family has wine making roots that span five generations in California, which is continued today with winemaker Andy Pestoni. The Pestonis pride themselves on not only being vintners, but also growers with all of the wines produced from estate grown fruit. As a result, each of Rutherford Grove’s wines is handcrafted to highlight the fruit and intensity that both the vineyard and the vintage have to offer. Tastings of five wines is \$6. Sign up at Member Services at the Vista Club.

**Attention Commercial Advertisers:  
The Deadline is the Fifth of the month**

## SINATRA SWING MEETS TORME JAZZ FEATURING JONATHAN PORETZ

**Friday, Feb. 11, 7 p.m.**

**Diablo, \$18 per person**

Some say he was born with a microphone in his hand. That would explain why Jonathan Poretz is so comfortable performing his brand of great American jazz standards to audiences large and small. Jonathan brings an electric energy to the stage. He has sung professionally in bands that featured jazz greats including Charlie Shavers, Chuck Wayne and Joe Puma in his home town of New York City.

Blending the swinging vocal styling’s of Sinatra, Torme, Bennett and Darin, he sings every story through the great American standard songbook.

Jonathan has appeared as Frank Sinatra in the “Tribute to Frank, Sammy, Joey & Dean (The Rat Pack)” in San Francisco, Las Vegas, Boston and Memphis. He also appears regularly at various Bay Area venues.

He is also a regular vocalist with the Harold Jones Boss Men big band, led by legendary drummer Harold Jones, the beat behind Count Basie in the ’70s and Sarah Vaughan in the ’80s, and is currently on tour with Tony Bennett. Sign up at Member Services at the Vista Club.

*continued on page 10*



# HunterDouglas ENERGY SMART STYLE

Dress your windows in savings.



**Save \$25 – \$300 per unit on select Hunter Douglas window fashions.** Hunter Douglas offers an array of attractive colors, fabrics and styles for creating inviting living spaces. With their enduring craftsmanship and energy-efficient designs, they present exceptional value — smart style that's energy smart, too. And, now you can enjoy smart savings from January 14 through April 29, 2011 with mail-in rebates on select styles. Ask us for details.



**Solano  
Window  
Fashions**

## **Solano Window Fashions**

825 Texas St

Fairfield CA

M-F: 10:00-5:00

Sat: 10:00-3:00

707-429-5156

[solanowindowfashions.hdwfg.com](http://solanowindowfashions.hdwfg.com)



**HunterDouglas** *Gallery*

\*Manufacturer's rebate offer valid for purchases made January 14 through April 29, 2011. Limitations and restrictions apply. Ask for details. © 2011 Hunter Douglas. ® and TM are trademarks of Hunter Douglas.

19120

Continued from page 8

## COMEDY NIGHT AT TRILOGY FEATURING DAN ST. PAUL

Friday, Feb. 18, 7 p.m., Diablo, \$10 per person



After a seven-year stint of headlining San Francisco clubs in the comedy duo Murphy-St. Paul, Dan launched out on his own with a solo act that was to land him in the finals of

the nation's toughest comedy competition, the San Francisco International Stand-Up Comedy Competition.

Soon after, Dan moved to Los Angeles and appeared on several episodes of "An Evening at the Improv," plus numerous shows on VH-1, MTV, and Comedy Central. Since then, he has opened for such superstars as Jerry Seinfeld, Natalie Cole, Dwight Yoakum, Smokey Robinson, and Vince Gill.

In a testament to the class of his act, Dan even opened for the San Francisco Symphony ("These guys are great! I knew them back when they were just a garage band."). Sign up at Member Services at the Vista.

## COOKING CLASS WITH KATHLEEN BARNETT

*Cradle Mountain Kitchen:  
Mastering Kitchen Basics*

Tuesday, Feb. 22, 2 p.m.  
River Room, Delta, \$20 per person

A juicy roasted chicken, a bubbling pot of savory soup, tender pasta: what could be more enticing and basic in your kitchen? Yet these basics seem to elude us as part of our regular weekday meals.

In this interactive class, discover secrets and skills to simplify your kitchen creations. You'll learn techniques and sample dishes to help fill your home with the welcoming smells of a well prepared meal. You'll also expand your knowledge with comparison tastings of pantry essentials and knife skills. Sign up at Member Services at the Vista Club.

## THE HOLISTIC VIEW OF HEALTH WITH KATIE WHITMARSH

*Stress, Digestive Disorders,  
Mood, and Behavior*

Thursday, Feb. 24, 6:30 p.m., Diablo, Free

What brought me to natural health? Health problems with fibromyalgia, food allergies, and hypoglycemia. That's why I have focused my education in naturopathy at Clayton College of Natural Health, and educate others on the holistic view of health, the "Standard American Diet" (SAD) and blood sugar issues, chronic stress and how it affects health, emotional instability, behavioral problems, and how they relate to imbalanced blood sugar and hormones.

**America's Got Talent Finalists Come to Trilogy!**

## BRING IN THE IRISH CHEER WITH A CLOGGING PERFORMANCE

*Professional Clogger's from Atlanta  
are coming to Trilogy!*

Friday, Mar. 11, 7 p.m.  
Diablo Ballroom, \$15 per person

The group is a competition and performance group that specializes in clogging and in Irish Step dance. They have performed in Branson, Missouri, for years - 4 shows a day during the summer in the most popular dance show and at the largest entertainment venue in Branson - and some of them have performed on stage at The Grand Ole Opry in Nashville. They have also performed in Las Vegas, at The Junior Olympics in New Orleans, at NASCAR events, on two live national TV shows in Oslo, Norway, and made it to final rounds on America's Got Talent. Don't miss this program! Sign up at Member Services at the Vista.

## NEW SPORTS AT TRILOGY



### Basketball

Fridays, 3 p.m.  
Contact Lary Meers (3211)

### Paddle Tennis

Fridays, 1 p.m.  
Contact  
Jeffrey Kennan (7541)



SHUTTERS IN WOOD, PVC AND COMPOSITE

## California Window Coverings

*...your Trilogy Window Fashion Professional*

- All types of window coverings
- Free colour and design
- Custom area rugs and upholstery
- Lighting fixtures for interior and exterior
- Repairs

Vern Oliva Patty Oliva

*Residents of Trilogy*

**707.386.9992**

*Serving Northern California for over 30 years*

**HunterDouglas**  
showcase dealer

**YOUR HUNTER DOUGLAS WINDOW  
FASHION PROFESSIONAL**

SILHOUETTE® • VIGNETTE® • LUMINETTE®

DRAPERIES • VALANCES • VERTICALS • DUETTE®

## An Ounce of Prevention

You wouldn't drive your car 50,000 miles without an oil change and a tuneup, so why have you waited five years to have your mouth examined and your teeth cleaned?

At Dentistry of the Delta, our aim is to restore your mouth to a healthy state so you will look and feel your best! A healthy mouth is an important part of a healthy you, and an attractive smile is one of your keys to success!

Regular visits to your dentist will help you avoid unwanted pain and costly repairs.

So, to look better, feel better, and save money,  
call our office today!

**Dentistry  
of the Delta**  
**(707) 374-6863**

139 A Bruning Avenue, Rio Vista  
[www.dentistryofthedelta.com](http://www.dentistryofthedelta.com)



*Dr. Mel Pearson*



## *It's always personal to us.*

It's more than the fresh meals we serve. More than the friendly environment we've created for our residents. It's the personal care we provide for those who need some help with the activities of daily living, along with a comfortable environment with trained and friendly staff. We call it **Personalized Assisted Living**. And it goes a long way toward optimizing the daily quality of life for our residents.

If you have a loved one that needs a friendly environment with a personalized care plan designed just for them, call or visit our community. Because caring for our residents is what we do. And it's always personal to us.

**Call (925) 240-0733 today to schedule your personal visit.**



Senior Living at Brentwood

Independent Living  
Personalized Assisted Living  
*Exceptional Experiences Every Day<sup>SM</sup>*

150 Cortona Way, Brentwood, CA 94513  
[www.brookdaleliving.com](http://www.brookdaleliving.com)

RCFE # 075601508

 a BROOKDALE® managed community

Exceptional Experiences Every Day is a Service Mark of Brookdale Senior Living Inc., Nashville, TN, USA. © Reg. U.S. Patent and TM Office 18700-ROP02-1210



## FROM THE ADMINISTRATIVE OFFICE AND YOUR HOA (4843)

**Delta Club Hours** – The Delta Club is open at 7 a.m. for entry with members' keys. It is open from 8 a.m. - 5 p.m. for entry without keys and from 5 - 11:00 p.m. for entry with keys. From 11 p.m. - 7:00 a.m. there is no entry.

**For Your Safety** – Since it is getting dark earlier, please wear light colors and carry a flashlight when walking or biking in the early mornings or evenings.

**Rainy Season and Sprinklers** – Please make adjustments to your irrigation box for the rainy season.

**Mailbox Painting** – Many of the mailboxes throughout the community are looking pretty faded. Remember it is your responsibility to keep your mailbox freshly painted.

**For non-delivery of newsletter** - Please contact Kersti Evans at (4204).

**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 you can e-mail him at rich.ravin@sheahomes.com. Please copy Morris Barr at the city public works department mbarr@ci.rio-vista.ca.us on your e-mail to Rich.

**Animals** – Reminder, please do not feed any animals outdoors, domestic or wild.

**Holiday Decorations** - Traditional year-end holiday decorations must be removed by January 15.

## ADULT COMMITTEE

The Adult Committee met on December 2 and took the following actions:

- Recommended that the Master Association approve of a windbreak for the Delta patio at a cost not to exceed \$5,000.
- Recommended that the Master Association purchase one additional tennis table at a cost not to exceed \$800.

The Adult Committee has openings for new members for the 2010-2011 year. If you are interested in serving on the committee, please e-mail Lorna Bewick at bewick@frontier.com.

The Adult Committee meets on January 27 at 1 p.m. at the Delta Club.

## VISITORS TO THE VISTA CLUB...

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

**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 with no restrictions.

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

**Fitness Room, Group Exercise Studio, Walking Track, and Learning Center:** available for residents only.

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

## 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 to see the amount taken out after the 5th of the month and all members may register at [www.actionlife.com](http://www.actionlife.com) to monitor their accounts 24/7. If you have questions or need help registering online, please call the Administrative Office at (4843).

### Assessments for this month:

Master Association . . . . .	\$112.96
Master Association . . . . .	\$80.39
(Only for original residents (<100) in a developer subsidy agreement)	
Village I . . . . .	\$3.00
Village Oakmont . . . . .	\$3.00
Olympic Village . . . . .	\$4.50
Village Riviera . . . . .	\$3.50
Saddle Rock Village (None until dormancy ends). . .	\$0.00

## 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.

## WELCOME CENTER

Please call (4843) or email [trvwelcomecenter@gmail.com](mailto:trvwelcomecenter@gmail.com) when you are expecting guests, a delivery, or a service provider. We need to know ahead of time, so that we can expedite their entry. Please go to the Administrative Office in the Delta Club and update your visitor list. When we have to phone members, it really slows down the line at the gate.

May this New Year shower you with an abundance of health and happiness!

## JANUARY 2011 MEETING CALENDAR

### Village Riviera HOA Annual Meeting

Thursday, January 6, 6:30 p.m.  
Rio Vista Room, Delta Club

### Master Association Board Meeting

Tuesday, January 11, 2 p.m.  
Diablo Ballroom, Vista Club

### Village I HOA Annual Meeting

Thursday, January 13, 6:30 p.m.  
Rio Vista Room, Delta Club

### Olympic Village HOA Annual Meeting

Monday, January 17, 7 p.m.  
Rio Vista Room, Delta Club

### Adult Committee Meeting

Thursday, January 27, 1 p.m.  
Rio Vista Room, Delta Club

### Village Oakmont HOA

Thursday, January 20  
Regular/Exec. Board 6 p.m.  
Annual Meeting, 7 pm  
Rio Vista Room, Delta Club

### Saddle Rock Village Delegate Meeting

Wednesday, January 26, 6:30 p.m.  
Rio Vista Room, Delta Club

## VILLAGES

### OLYMPIC VILLAGE RESIDENTS' CLUB

It is 2011 already. No wonder they say "time flies when you're having fun." Olympic Village Residents' Club (OVRC) had a blast last year but we've been waiting all year for our Famous Pasta Dinner. We won't have to wait much longer. Our Famous Pasta Dinner is on Feb. 19 in the Delta Club. Flyers with the details go out this month. We were sold out last year and expect to sell out again this year. Al and Rhoda Sbranti have been our "el-supremo" chefs and always bring us a meal that is too delicious for words. Mark your calendar!

Our OVRC Board election took place in November. Linda Gilmore and Christine Yurdakul were elected to fill two open positions. It was decided by the Board that Linda would fill our Vice President position and Christine, our Assistant Treasurer position. In addition, the OVRC Board is in the process of rewriting our By-Laws to make them easier to read and understand, and make the voting process less complicated.

Effective Jan. 2011, OVRC meetings are held on Saturdays, in conjunction with our Social Club planning meetings. Coffee and treats are provided. The OVRC meeting schedule is posted above Box #5 at the Delta Club. All Olympic Village residents are encouraged to attend. For more information, please call Joel Auslen at (5808).

*continued on page 14*

## VILLAGE 1 RESIDENTS' CLUB

Village One Residents' Club (VORC) has experienced some really enjoyable activities in 2010. In February, Rich Galletta and his merry band of gallant men put on the fabulous Honey Do dinner where all the women had to do was arrive and enjoy.

In March of 2010, Diane Kelley headed up the very successful fundraising Champagne South Of The Border Breakfast, catered by Lucy's Restaurant, where we raised money for three different organizations in Rio Vista. Also in March, the Village One "beverage team" coordinated the buying and serving of wine, beer, and sodas at the "Music of the Night events," which brought in money to VORC.

In July, many of the Village One residents participated in the Trilogy Fourth Of July event by serving ice cream.

In August, the "beverage team" coordinated the buying and service of wine, beer, and sodas for the drama play, which also brought in money.

In October, Lynne Galletta, Sandy Dehn and their wonderful helpers once again put on the Potluck Dinner.

November brought out the "beverage team" again at the Sr. Men's Annual Golf Banquet where we profited for our Residents' Club. So, there are many things going on in Village One; plenty of opportunity for all of us to get in there and have some fun and do some volunteer work.

The VORC Board would like to give a huge thank-you to those of you who have stepped forward and volunteered to host events. Village One is lucky to have you and we hope you continue to help make Village One a pleasant, fun, and helpful place to live.

Reminder: the members of this board are not returning next year, so now's your chance to become a board member. If you like to organize, decorate, create flyers, or just generally like to work with fun people – this is your volunteer opportunity. It's right here in your own backyard. For more information or to volunteer, call Judy Ayers at (2677).

## VILLAGE RIVIERA RESIDENTS' CLUB

The decorations are all put away and holiday parties are only a memory. But who can flaunt success? Sixteen tables sold out in one day for our December Black and White Extravaganza.

You're going to be left out in the cold if you don't volunteer to be part of the Social Club Board. We are losing most of our officers this month, so we need some new faces to come forward and fill these positions. Alas, we won't have any of these spectacular events where you have so much fun if we don't replace the officers!

Have you ever wanted to create a clue for the Treasure Hunt? Here is your chance. Please submit your clue in a sealed envelope in box # 4 at the Delta Club. The winners will have their clues used for the 2011 Hunt and will be credited on a poster for their ideas. Please include your name and phone number on your clue entry. Call Linda at (6978) for more information. Thank you and good luck!

All events are scheduled for 2011. Mark these dates on your calendar: March 12, Surprise Event! (It's such a surprise, we don't even know what it is); April 2, the Famous Sock Hop; July 9, Treasure Hunt; October 8, Soup Pot Luck & Games; and December 11, the Holiday Dinner Dance. But of course, these wonderful events won't take place unless a few good people come fill the vacancies on our board. Please call Maureen (6052) or Barbara (707) 507-5026 to volunteer. Elections are held at the Riviera Village Board Meeting on January 6. We look forward to seeing you in March! Happy New Year to all!

## VILLAGE RIVIERA BOARD NEWS

The New Year is here, which means it's time to conduct our Village Riviera Annual Meeting business. This required Annual Meeting is on Thursday, January 6. We must have a quorum for this meeting. If we don't have the quorum, we will go out knocking on doors asking you to come ... so please come. If you have not already mailed back your ballot or dropped it off at the HOA office, please do so immediately. The ballots will be opened and tabulated by Inspector of Elections Carol Smith and her team during the meeting. The number of ballots returned governs not only who will be on the Village Riviera Board and who will represent us as Delegate to the Master Board, but very importantly, how many votes we as a Village have to cast at the election of officers for the Master Board.

Besides the Annual business that must be conducted, the Chief of Police of the Rio Vista Police Department will be talking to us about things to be aware of, things to watch out for; generally these are things we should question within our community.

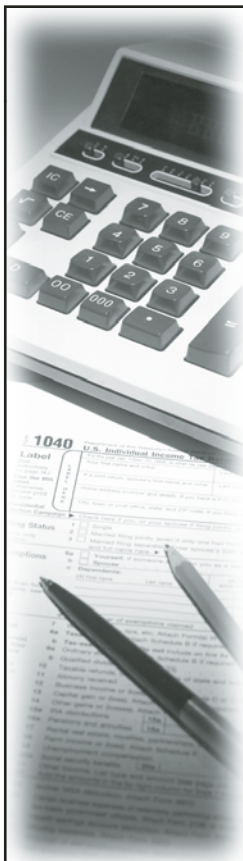
Also, if you want to serve as an officer of the Residents' Club (aka Social Committee), who put on all of the fun events enjoyed by folks in all villages, the ballot to vote for officers will be passed out to those in attendance at this meeting. If you want to run for an office, or just to join in making the fun happen, let it be known. You can contact Maureen Talbott, our President, at [maurentaltbott@gmail.com](mailto:maurentaltbott@gmail.com). Maureen will see that your name is put on the ballot. If you want to help but not hold an office, she will be sure that you are included in the next round of events and meetings where the Residents' Club makes it all happen. We'll see you on January 6.



**Isleton Merchant's Association  
CRAB LUNCH at Peter's Steak House  
203 Second Street, Isleton  
Sunday, February 6, 2011  
11:30 AM  
RAIN OR SHINE**



Tickets \$35.00 each  
**PRESOLD ORDERS ONLY**  
all-you-can-eat crab includes:  
bread rolls and salad  
separate no-host bar  
Contact the Association at (916) 712-1448  
for tickets and information



## INCOME TAX SERVICES

*Tax Services for:*  
♦ Individuals  
♦ Businesses  
♦ Trusts

*Available Year Round*

**Consultations  
in your home  
or my Trilogy  
home office**

**Ron Auger, CPA**  
*Serving Trilogy Since 1999*  
**374-3068**

## 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)**

**Jan. 25: Gamblers Special – Black Oak Casino-\$30/pp.** 4-hours “stay and play” with \$15 bonus package. Munchies and movies onboard bus.

**March 12-17: Majestic America - \$842/pp.** 6 days/5 nights, featuring guided tours along the Blossom Trail, hayrides and holdups at Wonder Valley Ranch, bald eagles in their natural habitat, wild burros as they roam the streets of an authentic old west town, shows and gambling at both Laughlin and Primm Valley Resorts; and, the opportunity to take a stroll out onto the recently opened glass “Skywalk,”

4,000 feet above the west rim of The Grand Canyon.

**April 9: Golden Gate Fields–Turf Club-\$59/pp.** Enjoy a day of “live thoroughbred racing” along with a delicious buffet luncheon from the comfort of the prestigious Turf Club. Always a fun day!

**May 17: Relay For Life fundraiser–Red Hawk Casino-\$30/pp**

**June 14: Mary Poppins Musical–Dinner-\$112/pp.** Irresistible story and unforgettable songs from one of the most popular Disney films of all time, plus brand-new breathtaking dance numbers and spectacular stage-craft. You will be swept up in the fun of this high-flying musical! Hosted dinner prior to show.

**July 3-5: Reno 4<sup>th</sup> of July Celebration-\$259/pp.** 3-days/2-nites. Stay at El Dorado Hotel Casino in downtown Reno. Enjoy Virginia City’s Home Town 4<sup>th</sup> of July parade. View spectacular fireworks from the top of John Ascuaga’s Nugget along with Victorian Square holiday crafts and musical festivities.

**July 19: Kitchen Kut-Ups-Lunch \$79/pp.** This annual Rohnert Park event is just as its name suggests - a whole lot of “krazyness,” toe-tapping music, glitzy costumes and good food.

For further information and/or to sign up, call Ethel (7548).

# VISTA CLUB & SPA

*By Jo Carmichael – Fitness Director*



## EMPOWERMENT - *Strength & Cardiovascular*

What will you do this year to improve your health, fitness, and quality of life? Your heart is your most important muscle – without a healthy heart, the rest won't matter. Make this year the start of a new you. Regular exercise and improved nutrition will empower you to new levels of energy.

Start your fitness program with a personalized **ROM** (range of motion) appointment to make sure you properly set up for an effective and safe workout. A range of motion appointment requires a onetime \$20 fee, you'll have one-on-one with your trainer, and once you are set up the machines will remember your settings and track your workouts.

Next new member orientations: **Saturday, January 8 at 11 a.m. and January 19 at 6 p.m.**

**Swim lessons** for adults and now for kids are available with Terry Kelly. For more information and to get your swim lesson card, go to the Member Services Desk.



## NUTRITION - *Weight management & Nutrition counseling*

**The New Year 2011 Lose2Win** begins January 31!

Our successful **Lose2Win** with the **NutriSum** menu plan will begin Monday, January 31. We have expanded the program with "**The Coach Approach**" which will add extra attention to the individual needs of each participant for more customizing success. Same great low price as 2010 but more power to help you reach your goals for the New Year! **Lose2Win with NutriSum and the "Coach Approach"** a great healthy way to avoid fitness setbacks. \$149 for this great 13-week program, don't miss out!

**Free information lectures:** Saturday, January 15, 11a.m., Monday, January 16, 9 a.m., and Thursday, January 19, 1:30pm in the group exercise studio in the Vista Club.

Dr. Paulina Caban: Explore all the ways you can improve your health with Dr. Paulina Caban, a licensed naturopathic doctor. Nutrition counseling and vitamin B12 shot appointments available.



## REJUVENATION - *Recover & Relax*

**Introducing Images Four Layer Face Lift** – We now offer a great new treatment that will erase years from your skin's appearance. It is a mild vitamin C peel that helps treat sun damaged, fine lines, and dull, fatigued skin.

**Try it in January for the introductory price of \$80.** Make your appointment for any of our great SPA services today at Member Services.



## BALANCING & WELLNESS - *Body & Mind*

Start your healthy New Year out right with new habits of wellness. Take care to reward yourself with a balance in both mind and body through meditation and Yoga which can calm and restore. Balance your nutrition with the Lose2Win healthy eating program and daily cardio workouts. Make this the year that you will be your healthiest.

**Reminder: Early Yoga with Tammy** – Wednesday and Friday at 7 a.m. **Now on the regular Trilogy Punch card.**  
**Meditation with Deanna** – **Now** Mondays at 10 a.m. after Yoga.

**Yoga with Deanna** – Monday and Wednesday and Friday will go back to the 9 a.m. start time.

**Meditation with Anna** – Wednesday at 7 p.m.

**Gentle Yoga 4 Balance with Joyce** – Tuesday and Thursday at 3 p.m.

# VISTA CLUB & SPA



## FITNESS CLASS FEATURES

### Class Time or Day changes and reminders for January:

- **Yoga with Deanna** – Monday, Wednesday, and Friday will go back to the original 9 a.m. start time
- **Meditation with Deanna** – Mondays at 10 a.m. (*changed from Wednesday*)
- **Gentle Yoga 4 Balance** – Now Tuesday and Thursday at 3 p.m.

### *Mark your calendar! Weekend Workouts*

ZUMBA with Sophie - Come join the FUN! **The Next Saturday class - 11 a.m. January 15**



Photos by Andrew Acquistapace

## Seven Points of Light: Empowerment and the Chakras

**Free Talk Tuesday, January 18 from 12 - 1:30 p.m. Course continues February - April**

Author, Life Coach and Trilogy yoga teacher/personal trainer Joyce Bueker is offering a new 3-part personal growth course based on her new book where she combines personal stories and writing with very useful tools for you to practice and grow your emotional intelligence and move beyond the past to a more satisfying and joyful life. This new workshop also includes seven modern “Energy Leadership” principles for daily life that correspond to the wisdom of the ancient chakras – find out how East meets West and ancient meets the here and now in a complimentary talk on Tuesday, January 18 from noon to 1:30 p.m. For those interested in the course, cost is \$45 and includes expanded workbook, audio CD and a private one-hour coaching session. You will receive your materials after the free talk and meet again on the third Tuesday of February, March and April from noon – 1:30 p.m. For more information call Joyce Bueker at 925-768-5574 or visit her website [www.timeoutforbalance.com](http://www.timeoutforbalance.com).

## Trilogy at Rio Vista's Lose2Win 2011: *The Coach Approach*®

Even better than last year, **Lose2Win** with the NutriSum menu plan is offering you a more coach-oriented program this year to support your weight management goals. Fitness Director/Personal Trainer Jo Carmichael and Life Coach/Personal Trainer Joyce Bueker team up to give you weekly facilitated meetings with new topics and handouts, plus options for small group training:

**Weekly Motivational Meetings** - Mondays, 9:30 -10:30 a.m. As a participant, you can choose Small Group Training with Jo on Tuesday and Thursday at 9 a.m. and Friday at 11 a.m. or Group Training with Joyce on Tuesday and Thursday at 2:15 – 2:45 p.m.

### **FREE ONE-HOUR INFORMATIONAL MEETINGS:**

Saturday, January 15 at 11a.m., Monday, January 17 at 9 a.m., and Thursday, January 20 at 1:30 p.m.

### **PROGRAM BEGINS JANUARY 31**

Registration and first weigh-in is Thursday, January 20 at 1 p.m. or Monday, January 24 at 9 a.m.

Come to the orientation to find out about the new look to this great program. **Learn more about the new Lose2Win Cooking Classes** (to help you plan menus and prepare easy, healthful meals) and **get a handout on Reducing Appetite**. For more information, call Jo Carmichael at (4205) or Joyce Bueker at 925-768-5574.



## COMPUTER CLUB

The Trilogy Computer Club continues to meet in 2011 on the third Tuesday of each month. The next meeting is January 18 in the Vista Ballroom at 7 p.m. The topic for the evening will be introduced to members by e-mail a few days before the meeting.

If you wish to become a member of the Club you may come prior the start of the meeting to join. You can also go to the Club Website [www.tccrv.org](http://www.tccrv.org) to complete and print a copy of the application or call Membership Director Carol Smith at (3445), fill out an application, and pay the yearly dues.

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 for the latest information on many computer related subjects, meetings, and other interesting items. For more information, contact John Shilich, President, at (2285).

JANUARY 2011 FREE COMPUTER CLASS SCHEDULE				
Date	Day	Time	Class	Instructor
1/5	Wed	10-noon	Basic Computer	Paul Bettencourt
1/12	Wed	10-noon	Learning Face Book	Beth Brockhouse
1/19	Wed	10-noon	Basic Computer	Paul Bettencourt
1/27	Thurs	10-noon	Exploring Your Computer	Sue Vogtlin

For more information, contact Member Services.



*The question you have to ask yourself is...  
Why have more Trilogy residents bought  
from SunBusters than any other company?*

*My name is Alan & I specialize in custom designs and have over 25 years experience. I believe in Quality, not only in the material I use but also in my craftsmanship. Because of this I warrant my installations for 5 years. The material I use is maintenance free and comes with a lifetime warranty.*

*If you are looking to do something basic or custom I can design a patio cover to fit within your budget.*

*Alan Lee*

**707-374-3902**

[www.sunbustersinc.com](http://www.sunbustersinc.com)



*Custom Hand Curved Windbreak*



*Custom Sliding Door to Utility Shed*

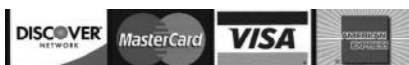


*Custom Equinox Louvered Roof*



*Custom Removable Vinyl Windows*

Lic#936642





**Style & Elegance You Deserve  
At a Price You Can Afford**

**Three models to choose from  
starting at \$7,998**

Street Legal - NEV • 10% Federal Tax Credit  
NEW & USED • SALES • SERVICE • PARTS



**CUSTOM CARTS**  
**www.CuteCarts.com**  
**(925) 642-7612**

Owners Jack & Sandra Howell Residents of Trilogy at the Vineyards  
Showroom located in Brentwood • 2440 Sand Creek Rd. next to TJ Maxx



**HomeLife  
Senior Care**

**Serving  
Rio Vista!**

## **WHEN A NURSING HOME ISN'T THE ANSWER**

*Wouldn't it be great to  
have assisted living in the  
privacy and comfort of  
your own home?*

That's why so many seniors and their families choose certified in-home care from **HomeLife Senior Care**.

As the exclusive local provider of **Certified Companion Aides (CCAs)**®, **HomeLife Senior Care** helps you live life on your own terms, in your own style and without burdening family. Affordable rates available from 4 hours to 24-hour care.

**Call today**  
**for a free assessment**  
**and list of services. Or ask**  
**about becoming a caregiver!**  
**925-240-5770**

**www.HomeLifeSeniorCare.com**



## **Bruce Wickens Construction**

High Quality • Free Estimates

**707•447•7475**

Fax: 707•447•7475

- *Solid and Lattice Patio Covers*
- *Windbreaks • Privacy Walls*
- *Combination Covers  
with or without Skylights*
- *Privacy Screen with Lattice  
Tubes or Clear Acrylic Panels*

*Many colors & styles to choose from*

- *Senior Discounts • Winter Specials*
- Unbeatable prices**

16 Years Experience • Many References

Web Site: [wickensconstructionandmhs.com](http://wickensconstructionandmhs.com)

E-mail: [bnwick@yahoo.com](mailto:bnwick@yahoo.com)



Lic. #845399





# I Feel Good **MEDICAL**

## Happy New Year specials!

Let Medicare  
Buy Your  
Electric Wheel  
Chair!



Let Medicare  
Buy Your  
Lift Chair!



Let Medicare  
Buy Your  
Scooter!



**WE  
DELIVER**

**WE ARE HERE FOR YOU.**

**Let Us Handle All Your Medicare Needs.**

*Call our friendly staff and we  
will help you get what you need.*

**OPEN 7 DAYS**



# 707-426-2211



**1113 West Texas Street • Downtown Fairfield**



# Trilogy Living

## Fitness Class Schedule for January 2011

Open Classes are in regular font. *Classes italic font* are new classes or class changes of some kind. All classes require a “**Trilogy Fitness Punch Card,**” available for \$60 at the Member Services Desk. Use your punch card for any open and specialty classes: one punch for an open class and two punches for a specialty class. Also now available “**The Unlimited Class Pass**” for \$45. Take unlimited classes each month. The card is good from the first day of the month until the end of each month. *(This card does NOT replace the original punch card).* **Last month’s Card Raffle Winner – Hema Kumar.** Turn in your class pass at the end of each month for your chance to win a prize.

**Any class with a monthly average below eight participants is subject to being dropped for the following month from the calendar** *(classes will no longer be dropped mid-month).* The free trial classes are marked with a number (#) symbol in front of the class. The symbols (B) and (I) stand for beginner and intermediate levels. These free trial classes are appropriate for beginner, intermediate or advanced. Come check them out! If you have any questions regarding your fitness program, please call Fitness Director Jo Carmichael at (4205).

**January Fitness Orientations Dates: Saturday, 8 at 11 a.m. and Wednesday, 19 at 6 p.m.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>3</b> 7:30 a.m. Step (B/I) Pat 8:30 a.m. Workout With Weights (B/I) (Pat) 9:00 a.m. Yoga (B) (Deanna) <b>Ballroom</b> 10:00 a.m. Meditation Breathing (B) (Deanna) <b>Ballroom</b> 10:00 a.m. Aqua Fit (B) (Denise) <b>Delta Pool</b> <i>11:00 a.m. Beginners Arthritis Foundation Program (Beverly) <b>New</b></i> 3:00 p.m. Circuit Training (B/I) (Susan) 4:00 p.m. Stretch & Flex (B/I) (Susan)	<b>4</b> 8:00 a.m. Core/Balance (B) (Jo) 10:00 a.m. Aqua Fit (B) (Denise) 11:00 a.m. Advanced (ongoing) Arthritis Foundation Program (Beverly) 3:00 p.m. Balance Ball & Bands (B/I) (Susan) 4:00 p.m. <b>No class</b> intro ZUMBA (Instructor vacation) 4:30 p.m. <b>No class</b> ZUMBA (Instructor vacation)	<b>5</b> 7:00 a.m. Yoga ( <b>No class</b> ) 7:30 a.m. Low Impact (B/I) (Pat) 8:30 a.m. Workout With Weights (B/I) (Pat) 9:00 a.m. Yoga (B) (Deanna) <b>Original Time</b> 9:30 a.m. <b>No class</b> ZUMBA (Instructor vacation) #9:30 a.m. Wake Up & Move (Free) (B/I) (Anna) <b>Delta</b> 10:00 a.m. Aqua Fit (B) (Denise) 3:00 p.m. Circuit Training (B/I) (Susan) 4:00 p.m. Stretch & Flex (B/I) (Susan) 7:00 p.m. Meditation (B/I) (Anna)	<b>6</b> 8:00 a.m. Core/Balance (B) (Jo) 9:00 a.m. Tai Chi Ryu (B) (Lillian) 10:00 a.m. Aqua Fit (B) (Denise) <i>11:00 a.m. Mixed Level Arthritis Foundation Program (Beverly) <b>New</b></i> 3:00 p.m. Yoga 4 Balance (B/I) Joyce 4:00 p.m. <b>No class</b> intro ZUMBA (Instructor vacation) 4:30 p.m. <b>No class</b> ZUMBA (Instructor vacation)	<b>7</b> 7:00 a.m. Yoga ( <b>No class</b> ) 7:30 a.m. Low Impact Aerobics (B/I) Pat 8:30 a.m. Workout With Weights (B/I) (Pat) 9:00 a.m. Laughing Yoga (B) (Deanna) <b>Original Time</b> 9:30 a.m. <b>No class</b> ZUMBA (Instructor vacation) 10:00 a.m. Aqua Fit (B) (Denise)	<b>8</b>
<b>10</b> 7:30 a.m. Step (B/I) Pat 8:30 a.m. Workout With Weights (B/I) (Pat) 9:00 a.m. Yoga (B) (Deanna) <b>Ballroom</b> 10:00 a.m. Meditation Breathing (B) (Deanna) <b>Ballroom</b> 10:00 a.m. Aqua Fit (B) (Denise) <b>Delta Pool</b> <i>11:00 a.m. Beginners Arthritis Foundation Program (Beverly) <b>New</b></i> 3:00 p.m. Circuit Training (B/I) (Susan) 4:00 p.m. Stretch & Flex (B/I) (Susan)	<b>11</b> 8:00 a.m. Core/Balance (B) (Jo) 10:00 a.m. Aqua Fit (B) (Denise) 11:00 a.m. Advanced (ongoing) Arthritis Foundation Program (Beverly) 3:00 p.m. Yoga 4 Balance (B/I) Joyce (Sophie) <b>Ballroom</b> 4:30 p.m. ZUMBA (B/I) (Sophie)	<b>12</b> 7:00 a.m. Yoga ( <b>No class</b> ) 7:30 a.m. Low Impact (B/I) (Pat) 8:30 a.m. Workout With Weights (B/I) (Pat) 9:00 a.m. Yoga (B) (Deanna) <b>Original Time</b> 9:30 a.m. ZUMBA (Sophie) #9:30 a.m. Wake Up & Move (Free) (B/I) (Anna) <b>Delta</b> 10:00 a.m. Aqua Fit (B) (Denise) 3:00 p.m. Circuit Training (B/I) (Susan) 4:00 p.m. Stretch & Flex (B/I) (Susan) 7:00 p.m. Meditation (B/I) (Anna)	<b>13</b> 8:00 a.m. Core/Balance (B) (Jo) 9:00 a.m. Tai Chi Ryu (B) (Lillian) 10:00 a.m. Aqua Fit (B) (Denise) <i>11:00 a.m. Mixed Level Arthritis Foundation Program (Beverly) <b>New</b></i> 3:00 p.m. Yoga 4 Balance (B/I) Joyce 4:00 p.m. Intro to ZUMBA (B) (Sophie) <b>Ballroom</b> 4:30 p.m. ZUMBA (B/I) (Sophie)	<b>14</b> 7:00 a.m. Yoga ( <b>No class</b> ) 7:30 a.m. Low Impact Aerobics (B/I) Pat 8:30 a.m. Workout With Weights (B/I) (Pat) 9:00 a.m. Laughing Yoga (B) (Deanna) <b>Original Time</b> 9:30 a.m. ZUMBA (Sophie) 10:00 a.m. Aqua Fit (B) (Denise)	<b>15</b> 11:00 a.m. ZUMBA (Sophie) 12:30 p.m. Lose2Win Information Event (Joyce)
<b>17</b> 7:30 a.m. Step (B/I) Pat 8:30 a.m. Workout With Weights (B/I) (Pat) 9:00 a.m. Yoga (B) (Deanna) <b>Ballroom</b> 10:00 a.m. Meditation Breathing (B) (Deanna) <b>Ballroom</b> 10:00 a.m. Aqua Fit (B) (Denise) <i>11:00 a.m. Beginners Arthritis Foundation Program (Beverly) <b>New</b></i> 3:00 p.m. Circuit Training (B/I) (Susan) 4:00 p.m. Stretch & Flex (B/I) (Susan)	<b>18</b> 8:00 a.m. Core/Balance (B) (Jo) 10:00 a.m. Aqua Fit (B) (Denise) 11:00 a.m. Advanced (ongoing) Arthritis Foundation Program (Beverly) 3:00 p.m. Yoga 4 Balance (B/I) Joyce (Sophie) <b>Ballroom</b> 4:30 p.m. ZUMBA (B/I) (Sophie)	<b>19</b> 7:00 a.m. Yoga (B) (Diablo) (Tammy) 7:30 a.m. Low Impact (B/I) (Pat) <i>8:30 a.m. Workout With Weights (B/I) (Pat) <b>New</b></i> 9:00 a.m. Yoga (B) (Deanna) <b>Original Time</b> 9:30 a.m. ZUMBA (Sophie) #9:30 a.m. Wake Up & Move (Free) (B/I) (Anna) <b>Delta</b> 10:00 a.m. Aqua Fit (B) (Denise) 3:00 p.m. Circuit Training (B/I) (Susan) 4:00 p.m. Stretch & Flex (B/I) (Susan) 7:00 p.m. Meditation (B/I) (Anna)	<b>20</b> 8:00 a.m. Core/Balance (B) (Jo) 9:00 a.m. Tai Chi Ryu (B) (Lillian) 10:00 a.m. Aqua Fit (B) (Denise) 11:00 a.m. Mixed Level Arthritis Foundation Program (Beverly) <b>New</b> 3:00 p.m. Yoga 4 Balance (B/I) Joyce 4:00 p.m. Intro to ZUMBA (B) (Sophie) <b>Ballroom</b> 4:30 p.m. ZUMBA (B/I) (Sophie)	<b>21</b> 7:00 a.m. Yoga (B) (Diablo) (Tammy) 7:30 a.m. Low Impact Aerobics (B/I) Pat 8:30 a.m. Workout With Weights (B/I) (Pat) 9:00 a.m. Laughing Yoga (B) (Deanna) <b>New Time</b> 9:30 a.m. ZUMBA (Sophie) 10:00 a.m. Aqua Fit (B) (Denise)	<b>22</b>
<b>24</b> 7:30 a.m. Step Impact (B/I) Pat 8:30 a.m. Workout With Weights (B/I) (Pat) 9:00 a.m. Yoga (B) (Deanna) <b>Ballroom</b> 10:00 a.m. Meditation Breathing (B) (Deanna) <b>Ballroom</b> 10:00 a.m. Aqua Fit (B) (Denise) <i>11:00 a.m. Beginners Arthritis Foundation Program (Beverly) <b>New</b></i> 3:00 p.m. Circuit Training (B/I) (Susan) 4:00 p.m. Stretch & Flex (B/I) (Susan)	<b>25</b> 8:00 a.m. Core/Balance (B) (Jo) 10:00 a.m. Aqua Fit (B) (Denise) 11:00 a.m. Advanced (ongoing) Arthritis Foundation Program (Beverly) 3:00 p.m. Yoga 4 Balance (B/I) Joyce (Sophie) <b>Ballroom</b> 4:30 p.m. ZUMBA (B/I) (Sophie)	<b>26</b> 7:00 a.m. Yoga (B) (Diablo) (Tammy) 7:30 a.m. Low Impact (B/I) (Pat) 8:30 a.m. Workout With Weights (B/I) (Pat) 9:00 a.m. Yoga (B) (Deanna) <b>Original Time</b> 9:30 a.m. ZUMBA (Sophie) #9:30 a.m. Wake Up & Move (Free) (B/I) (Anna) <b>Delta</b> 10:00 a.m. Aqua Fit (B) (Denise) 3:00 p.m. Circuit Training (B/I) (Susan) 4:00 p.m. Stretch & Flex (B/I) (Susan) 7:00 p.m. Meditation (B/I) (Anna)	<b>27</b> 8:00 a.m. Core/Balance (B) (Jo) 9:00 a.m. Tai Chi Ryu (B) (Lillian) 10:00 a.m. Aqua Fit (B) (Denise) 11:00 a.m. Mixed Level Arthritis Foundation Program (Beverly) <b>3:00 p.m. Aqua Joint</b> (B) (Bev) 3:00 p.m. Yoga 4 Balance (B/I) Joyce 4:00 p.m. Intro to ZUMBA (B) (Sophie) <b>Ballroom</b> 4:30 p.m. ZUMBA (B/I) (Sophie)	<b>28</b> 7:00 a.m. Yoga (B) (Diablo) (Tammy) 7:30 a.m. Step Aerobics (B/I) Pat 8:30 a.m. Workout With Weights (B/I) (Pat) 9:00 a.m. Laughing Yoga (B) (Deanna) <b>New Time</b> 9:30 a.m. ZUMBA (Sophie) 10:00 a.m. Aqua Fit (B) (Denise)	<b>29</b>
<b>31</b> 7:30 a.m. Step Impact (B/I) Pat <i>8:30 a.m. Workout With Weights (B/I) (Pat) <b>New</b></i> 9:00 a.m. Yoga (B) (Deanna) <b>Ballroom</b> 10:00 a.m. Meditation Breathing (B) (Deanna) <b>Ballroom</b> 10:00 a.m. Aqua Fit (B) (Denise) <i>11:00 a.m. Beginners Arthritis Foundation Program (Beverly) <b>New</b></i> 3:00 p.m. Circuit Training (B/I) (Susan) 4:00 p.m. Stretch & Flex (B/I) (Susan)			<b>Mark your Calendar – January Weekend Workouts</b>  <b>ZUMBA with Sophie</b> - Come join the FUN!  The Next Saturday class - 11 a.m. – 12:30 p.m. on January 15  <b>REMINDER: Class Time or Day changes for January</b> <ul style="list-style-type: none"><li>• Yoga with Deanna – Wednesday and Friday will go back to the original 9 a.m. start time</li><li>• Meditation with Deanna – Monday’s at 10 a.m. (changed from Wednesday)</li><li>• Gentle Yoga 4 Balance – Tuesday and Thursday at 3 p.m.</li><li>• Lose2Win star on Monday, Jan. 31</li></ul>		

TrilogyLiving

January 2011 Club and Activity Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						<b>1</b> Happy New Year! 8:30am Hiking Club (V) 10am Polar Bear Plunge (D) 11am Table Tennis (D)
<b>2</b>	<b>3</b> 7am Social Tennis 9:30am Walk & Talk (V) 10am TAG Charcoal Drawing (D) 12:30pm TAG Watercolor Painting (D) 1pm Rip, Stitch & Bitch (V) 1pm Mah-jongg (V) 2pm TAG Mtg. (D) 7pm Poker (D) 7pm MOTN Rehearsal (V)	<b>4</b> 7am Social Tennis 8:30am Radio Club (V) 9:30am Women's 9-Hole Golf 10am Country Line Dance (V) 11:30am RVMEN 9-Hole Golf 12pm Dominoes (V) 12:30pm TAG Watercolor Painting (D) 2pm Hand and Foot Canasta (V) 5pm Billiards Club Tournament (V) 5pm Table Tennis (D) 5pm Sr. Men's Golf Club Special Mtg. (D) 6pm Tai Chi & Yuan Chi Dance (V)	<b>5</b> 8am Social Tennis 8am TOPS (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) <b>10am Computer Basics (V)</b> 12:30pm Fat Quarters Quilting (D) 2pm TAG Bergren Art (D) 2pm TAG Card Class (D) 2:30pm Jazz Band (V) 6:30pm Soul Line Dancing (D) 7pm Billiards Club Mtg. (V) 7pm MOTN Rehearsal (V)	<b>6</b> 8am Social Tennis 8:30am Women's 18-Hole Golf 9:30am Ceramics (D) 10am Vill. Riviera Arch. Com. Mtg. (D) 12:30pm Ponytail Canasta (V) 1pm Good Samaritans (D) 2pm Genealogy Club (V) 5pm Table Tennis (D) 6pm Tai Chi & Yuan Chi Dance (V) <b>6:30pm Village Riviera HOA Annual Mtg. (D)</b> 6:30pm Pinochle (V) 7pm Photography Club (V)	<b>7</b> 8am Social Tennis 9am Model Club (V) 9am TAG Beginning Oils (D) 9am Village 1 Arch. Com. Mtg. (V) 10am Soul Line Dancing (D) 12pm Bridge (V) 12:30pm TAG Watercolor Class (D) 1pm Paddle Tennis 3pm Basketball 5pm Ballroom Dance Class (V)	<b>8</b> 8am Motorcycle Club (Off-site) 8am Tennis Clinic 8:30am Hiking Club (V) 11am Table Tennis (D) 6:30pm Ballroom Dance Club Event (V)
<b>9</b> <b>10am - 3pm Farmers' Market (D)</b>	<b>10</b> 8am Social Tennis 9:30am Walk & Talk (V) 10am Kare Bears — Olympic Village (D) 10am TAG Charcoal Drawing (D) 12:30pm Duplicate Bridge (V) 12:30pm TAG Watercolor Painting (D) 1pm Rip, Stitch & Bitch (V) 3pm Village Oakmont Arch. Com. (D) 3pm Village Oakmont Social Com. Mtg. (V) 6:30pm Soul Line Dancing (D) 7pm Poker (D) 7pm MOTN Rehearsal (V)	<b>11</b> 8am Social Tennis 8:30am Radio Club (V) 9:30am Women's 9-Hole Golf 10am Country Line Dance Class (D) 10:30am Book Club (V) 11:30am RVMEN 9-Hole Golf 11:30am Recipe Club (D) 12:30pm TAG Watercolor Painting (D) 12:45pm Hand and Foot Canasta (V) <b>2pm Master Association Board Mtg. (V)</b> 5pm Table Tennis (D) 5pm Billiards Club Tournament (V) 6pm Tai Chi & Yuan Chi Dance (V) <b>6pm Grapevine Chat (V)</b> 7pm Gospel Singers Practice (V)	<b>12</b> 8am Social Tennis 8am TOPS (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) 10am Olympic Vill Arch. Com. Mtg (D) 10am Kare Bears — Vill 1 (D) 10am Kare Bears — Vill Oakmont (D) <b>10am Computer Class — Learn About Facebook (V)</b> 12:30pm Fat Quarters Quilting (D) 2pm TAG Bergren Art (D) 2pm TAG Card Class (D) 2:30pm Jazz Band (V) 6:30pm Soul Line Dancing (D) 7pm MOTN Rehearsal (V)	<b>13</b> 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) 3pm Golf - TRVMEN Mtg. (D) 4pm Golf - Sr. Men's Board Mtg. (D) 5pm Table Tennis (D) 6pm Tai Chi & Yuan Chi Dance (V) <b>6pm NMO (Nines)</b> 6:30pm Pinochle (V) <b>6:30pm Village 1 HOA Annual Mtg. (D)</b>	<b>14</b> 8am Social Tennis 9am TAG Beginning Oils (D) 9:30am Walk & Talk (V) 10am Soul Line Dancing (D) 12pm Bridge (V) 12:30pm TAG Watercolor Class (D) 1pm Paddle Tennis 3pm Basketball 5pm Ballroom Dance Class (V) 7pm Bunco (D) <b>7pm Open Mic Night (V)</b>	<b>15</b> 8am Tennis Clinic 8:30am Hiking Club (V) 11am Table Tennis (D) <b>2pm West Valley Chorus Performs (V)</b>
<b>16</b> <b>8am — 12pm Scuba Class (Vista Pool)</b>	<b>17</b> <b>Martin Luther King, Jr. Day</b> 8am Social Tennis 9:30am Walk & Talk (V) 10am TAG Charcoal Drawing (D) 12:30pm TAG Watercolor Painting (D) 1pm Rip, Stitch & Bitch (V) 1pm Mah-jongg (V) <b>2pm MLK Tribute (V)</b> 6:30pm Soul Line Dancing (D) 6:30pm Fishing Club (D) <b>7pm Olympic Village HOA Annual Mtg. (D)</b> 7pm Poker (D) 7pm MOTN Rehearsal (V)	<b>18</b> 8am Social Tennis 8:30am Radio Club (V) 9:30am Women's 9-Hole Golf 10am Country Line Dance Class (D) 11:30am RVMEN 9-Hole Golf 12:30pm TAG Watercolor Painting (D) 12:45pm Hand and Foot Canasta (V) 5pm Billiard Club Tournament (V) 5pm Table Tennis (D) 6pm Tai Chi & Yuan Chi Dance (V) 7pm Computer Club (V)	<b>19</b> 8am Social Tennis 8am TOPS (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) <b>10am Computer Class — Basics (V)</b> 12:30pm Fat Quarters Quilting (D) 2pm TAG Bergren Art (D) 2pm TAG Card Class (D) 2:30pm Jazz Band (V) 6:30pm Soul Line Dancing (D) 7pm MOTN Rehearsal (V)	<b>20</b> 8am Social Tennis 8:30am Women's 18-Hole Golf <b>9am — 1pm CPR Class (V)</b> 9:30am Ceramics (D) 10am Vill. Riviera Arch. Com. Mtg. (D) 12pm Dominoes (V) 1pm Good Samaritans (D) <b>2pm Vision Mtg. (V)</b> <b>3:30pm Budget Mtg. (V)</b> 4pm Golf — Sr. Men's Mtg (D) 5pm Table Tennis (D) 6pm Tai Chi & Yuan Chi Dance (V) <b>6pm Travel Talk — Voyage to Antiquities (V)</b> 6:30pm Pinochle (V) 6:30pm Soul Line Dancing (D) 6pm Village Oakmont RC Mtg. (D) <b>7pm Village Oakmont HOA Annual Mtg. (D)</b>	<b>21</b> 8am Social Tennis 9am Village 1 Arch. Com. Mtg. (D) 9am TAG Beginning Oils (D) 9:30am Walk & Talk (V) 10am Soul Line Dancing (D) 12pm Bridge (V) 12:30pm TAG Watercolor Class (D) 1pm Paddle Tennis 3pm Basketball 5pm Ballroom Dance Class (V)	<b>22</b> 8am Tennis Clinic 8:30am Hiking Club (V) 11am Table Tennis (D) <b>2pm Rio Vista Delta Breeze Transit Presentation (V)</b> 6:30pm DJ Jose House Party
<b>23</b> <b>10am — 3pm Farmers Mkt. (D)</b> <b>10am Humane Club Buzz Brunch (D)</b>	<b>24</b> 8am Social Tennis 9:30am Walk & Talk (V) 10am TAG Charcoal Drawing (D) 12:30pm TAG Watercolor Painting (D) 1pm Mah Jongg (V) 1pm Rip, Stitch & Bitch (V) 3pm Village Oakmont Arch. Com. (D) 6:30pm Soul Line Dancing (D) 7pm Poker (D) 7pm MOTN Rehearsal (V)	<b>25</b> 8am Social Tennis 8:30am Radio Club (V) 9:30am Women's 9-Hole Golf 10am Country Line Dance (D) 11:30am RVMEN 9-Hole Golf 12:30pm TAG Watercolor Painting (D) 12:45pm Hand and Foot Canasta (V) <b>2pm Crime Awareness Presentation (V)</b> 5pm Table Tennis (D) 5pm Billiards Club Tournament (V) <b>5pm Grapevine Chat (V)</b> 6pm Tai Chi & Yuan Chi Dance (V) 7pm Drama Club Mtg. (D)	<b>26</b> 8am Social Tennis 8am TOPS (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) 10am Olympic Village Arch. Com. Mtg. (D) 12:30pm Fat Quarters Quilting (D) 2pm TAG Bergren Art (D) 2pm TAG Card Class (D) 2:30pm Jazz Band (V) 6:30pm Soul Line Dancing (D) <b>6:30pm Saddle Rock Village HOA Annual Mtg. (D)</b> 7pm MOTN Rehearsal (V)	<b>27</b> 8am Social Tennis 8:30am Women's 18-Hole Golf 9:30am Ceramics (D) <b>10am Computer Class — Explore Your Computer (V)</b> 12:30pm Ponytail Canasta (V) <b>1pm Adult Comm Mtg. (D)</b> 1pm Good Samaritans (D) <b>3pm Enrich. Lec. — Flu Prev.(V)</b> 3pm Golf - Women's 18 Hole Mtg. (D) 5pm Table Tennis (D) 6pm Tai Chi & Yuan Chi Dance (V) 6:30pm Pinochle (V) <b>7pm Budget Mtg. (V)</b>	<b>28</b> 8am Social Tennis 9am TAG Beginning Oils (D) 9:30am Walk & Talk (V) 10am Tennis Club Mtg. (D) 11am Soul Line Dancing (D) 12pm Bridge (V) 12:30pm TAG Watercolor Class (D) 1pm Paddle Tennis 3pm Basketball 5pm Ballroom Dance Class (V) 7pm Bingo (D) 7pm Whist Club (D)	<b>29</b> 8am Tennis Clinic 8:30am Hiking Club (V) 11am Table Tennis (D) <b>2pm — 7pm Relay for Life Game Night (D &amp; V)</b>
<b>30</b>	<b>31</b> 8am Social Tennis 9:30am Walk & Talk (V) 10am TAG Charcoal Drawing (D) 12:30pm TAG Watercolor Painting (D) 1pm Mah Jongg (V) 1pm Rip, Stitch & Bitch (V) 6:30pm Soul Line Dancing (D) 7pm Poker (D) 7pm MOTN Rehearsal (V)					



#### NOW AVAILABLE

- 12' X 40' Covered or Uncovered RV/Boat sites
- NEW—13' X 45' Uncovered RV sites**
- 12' X 25' car parking
- 11' X 30' boat parking
- Limited amount of sites available, *get them while they last!*

For **Manager's Special** pricing on various other sized storage units, please call us

- **Security Cameras**
- **Coded Entry Gate**
- **Alarmed Units**
- **On-site Manager**
- **We Also Have Moving Supplies!**

## Airport Road Self-Storage

1604 Airport Road • Rio Vista, Ca 94571  
 707-374-5050 / 707-374-2554 fax  
[www.airportrdselfstorage.com](http://www.airportrdselfstorage.com)  
 Email: [airportroad@diede.biz](mailto:airportroad@diede.biz)



### Let Doug Hensley Enhance Your Home

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

**Free Estimates**

**209-327-7410**

Doug Hensley • Hensley Homes • Lic# 712836

**Get On  
and Go!**

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

The bus will even come to your  
 door upon request!

RIO VISTA  
**DELTABREEZE**



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

**Call (707) 374-2878**  
 or visit us online at  
**[www.deltabreeze.org](http://www.deltabreeze.org)**  
 for information and reservations!



## BILLIARDS CLUB

*by Oscar Grissom*

### Tuesday evening's tournament start times are as follows.

All Players are now on the A team. Start time is 5 p.m. The format for tournaments has changed: the format on the first Tuesday is nine-ball with a round robin format. The format on the remaining Tuesdays is eight-ball. All tournaments are open for both men and women. A \$5 fee is required for club members and \$7 for non-members. Dues are \$5 per year. All Trilogy members may join the club. Prizes are awarded to the top three finishers. Officers: President Bon Puno, Vice President Dallas Salomon, Treasurer Jack Clark, Secretary Oscar Grissom, and Membership Chairman Al Bergoust. For more information contact Oscar at [crpnrboy@aol.com](mailto:crpnrboy@aol.com).

### *Weekly Tournament Winners*

#### November 2, Nine-Ball

- 1<sup>st</sup> Dave Stewart
- 2<sup>nd</sup> Jack Clark
- 3<sup>rd</sup> Tony Wong
- 4<sup>th</sup> Bob Rice

#### November 9, Eight-Ball

- 1<sup>st</sup> Jack Clark
- 2<sup>nd</sup> Bob Rice
- 3<sup>rd</sup> Oscar Grissom
- 4<sup>th</sup> Mike Quihuiz

#### November 16, Eight-Ball

- 1<sup>st</sup> Oscar Grissom
- 2<sup>nd</sup> Marlin Horner
- 3<sup>rd</sup> Mike Quihuiz
- 4<sup>th</sup> Al Bergoust

#### November 23, Eight-Ball

- 1<sup>st</sup> Marlin Horner
- 2<sup>nd</sup> Mike Quihuiz
- 3<sup>rd</sup> Lee Durham
- 4<sup>th</sup> Al Bergoust

#### November 30, Eight-Ball Partners

- 1<sup>st</sup> Al Bergoust
- 2<sup>nd</sup> Gary Larski
- 3<sup>rd</sup> Oscar Grissom
- 4<sup>th</sup> Rich Garcia

## BINGO

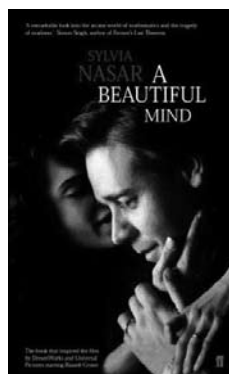
Bingo is back on Friday, January 28! Mark your calendar for the fourth Friday of each month for bingo at the Delta Club. Games begin promptly at 7 p.m. Buy-in for each person is \$10 for 12 games. We have one early bird special, which includes one card for \$1 and an extra blackout card for \$1. The prize money for each game is \$50 and the blackout prize is \$250. Join us on January 28 for fun, refreshments, and door prizes! For more information, call Irene at (6999).

## BOCCE CLUB

Planning for the 2011 season is underway. Formal sign-ups for existing players/teams, new players/teams, and individuals take place at the club's annual meeting scheduled for Saturday, February 5 at 9 a.m. in the Delta Club. Actual sign-up forms and directions are available in early January, online at MTL, and at both the Delta and Vista Clubs. The board is suggesting a \$5 increase in annual dues up to \$25 per person in order to cover expected costs. The membership will be asked to approve the increase at the annual meeting on February 5. The club is funding, up to \$2,000, additional granite fines for the courts. The HOA is going to contribute labor, along with club volunteers, to spread and level the additional material. A call for "club volunteers" will be issued. Club members can expect an e-mail or call.

The idea of separate self funding tournament play has been discussed by the board and a concept has been developed, which will be discussed at the February 5 meeting. The concept assumes a one-day, round robin play that will not interfere with the league schedule and has been utilized by the tennis community. More to follow. For more information, e-mail Joe Downes at [josephdownes@citlink.net](mailto:josephdownes@citlink.net).

## BOOK CLUB



This month's selection is *A Beautiful Mind* by Sylvia Nasar. We meet the second Tuesday of each month in the Card Room at the Vista Club at 10:30 a.m. We are a diverse group of gender and persuasions, and our discussions are always lively. See what we are all about. For more information, e-mail Ron Crews at [rpecrews@frontiernet.net](mailto:rpecrews@frontiernet.net).



## BRIDGE - DUPLICATE ON SECOND MONDAY

The following are October's results -

- 1st: Jean Corwin and Mary Slick
- 2nd: Run Wan and John Shick
- 3rd: Sue Vogtlin and Lynn Fortner

We meet the second Monday of each month at 12:15 p.m. in the Sonoma Room at the Vista Club. Please mark your calendars for our game on Monday, January 11. 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).

## DIGITAL PHOTOGRAPHY CLUB



The Club accepted two new members at the December meeting: John Tucker and Mike Morgan. We now have 24 participants. At the meeting, we also critiqued each other's photos, planned our January outing for an area along the delta, and discussed camera techniques for improving our photos.

We welcome back Doris Noriega who fell recently, sustained injuries, and is in therapy. A big "thank you" to Karen Albanese for her work in planning our outings. The December photo shoot was in Suisan City, with lunch at the Main Street Grill. For more information, call Andrew at (5737).



## DRAMA CLUB

The Drama Club has just wrapped up a great year including our first ever holiday play, which received wide applause. Everyone in the club has worked hard to bring our community some wonderful entertainment and fun. Keep an eye out for all the exciting things we have on the agenda for this year. Our first major event is our annual Pasta Feed on April 16, 2011. More information will follow in the coming months.

We recently held elections and would like to congratulate the following officers: Debby DuBrow, President; Charlene Oxoby, Vice President; Secretary, Sherrie Rasmussen; Assistant Secretary, Lynne Galleta; Treasurer, Ida May Wagner; Communications Coordinator, Midge Kloch. Thanks to the outgoing officers and everyone else who pitched in to make our past year a great one.

As always, we invite everyone interested in acting or doing jobs behind the scenes to join us for our monthly meetings held on the last Tuesday of the month. Our next meeting is Tuesday, January 25 in the Marina Room at the Delta Club. We start promptly at 7 p.m. For more information, contact Debby Dubrow at (6706). The Drama Club wishes everyone a happy and healthy New Year!

## FISHING CLUB

Happy New Year! Our next meeting is January 17 at the Delta Club in the Marina Room at 7 p.m. We will have our usual coffee, tea, cookies and cakes. The more that attends the merrier! We'll discuss our garage sale/swap meet and need as much input as possible. After the meeting, members will receive an e-mail containing a ballot to vote on what percent of the proceeds should be donated to a charity and to what charity. We will also schedule our boat inspections. We want ideas on our new "fishing together" programs. We have a lot to discuss about our 2011 activities. Everyone is welcome to join our fishing club. We have great events throughout the year. For more information, please call Al Silva at (3791). Good luck fishing.

## GOOD SAMARITANS

Have a blessed New Year! The Good Samaritans would like to extend the love that we have received from our community in the past year. We will continue to keep in prayer for the sick and shut-in, widows and widowers, and people who bring special prayer requests to our group. We won't forget the lady, Frances, who walked into our meeting and said that she attends several other groups. We continued our fellowship around the table and discussed our Thanksgiving blessings. After the meeting, Frances shared that she read about our group in the Trilogy Living and wanted to meet

*continued on page 28*

us. After attending and participating in our meeting, Frances said the Good Samaritans was better than she expected. We were studying the Sermon on the Mount.

If you read about the Good Samaritans or hear about us through the community, come visit us in the Delta Club in the Marina Room during a Thursday 1 p.m. meeting. Join and observe.

The Good Samaritans New Year's resolution is: do not judge and you will not be judged; do not condemn and you will not be condemned; forgive and you will be forgiven; do to others as you would have them do to you; and continue to love one another.

## MODEL CLUB

Our last meeting began with a record attendance. The attraction was a film presented by our President, John Harder. The subject was a retired U.S. Air Force B 36 Bomber that was disassembled, transported and then reassembled at Castle Air Force Base Museum in California. The site is about 1½ hours from Rio Vista, and is reported as a remarkable exhibit of Air Force and Navy historical aircraft. There was enough interest to tentatively plan a road trip there this coming year. We are going to wait for the weather to improve before making reservations. The HO Railroad reported the total disassembly of the track modules in "The Gym" in downtown, and Mr. Dan Simpson will provide us space in a Container until we can find a more permanent home. Mr. Simpson graciously allowed us permission to stay much longer than we anticipated; however, business interests are finally pressuring us out. No spring plans are firm yet regarding another sailing regatta; however, we plan to have several events later in the spring. We are also planning a boat visit to the Mothball Fleet in the spring. Garden railroading is in a winter mode with operations on every other Saturday from 10 to 2 p.m., weather permitting. A schedule is posted on the station bulletin board, and at the Front Desk in the Vista Club. The winter rains have been good for the young plants, and subsidence of the filled ground has been less than anticipated. Between January and March we will again work on the layout, improving the track support, adding new buildings, and some interesting new features. If you would like to know what they are, come to one of the meetings. In the meantime, the club has voted to decorate the station and some nearby foliage with Christmas lights. Any questions, please contact the club president, Mr. John Harder at (3646) or Dean Lattman at (3967). Please join us at our monthly meeting, the first Friday of each month in the Vista Club Monterey Room. Meet your neighbors and see what is going on in the area.

## MOTORCYCLE CLUB

The Trilogy Motorcycle Club meets the first Saturday of every month for an all-day ride. Last month's ride had two destinations proposed, one pointed south to Mt. Hamilton and the other north to Calistoga. The Calistoga run won out primarily because there are two great lunch destinations in the vicinity involving tri-tip sandwiches with spicy sauce and everything from chicken caesar salads to hamburgers with a matching wine list. It's been said that some motorcyclists "live to ride," this group seems to "ride to eat!"

Before departing McDonalds, a group picture was taken to celebrate the Rio Vista Christmas toy drive sponsored by the Rio Vista Delta Drifters Car Club. Rich Giangrasso and George Brice gathered toys donated by the Windy City M/C Riders and delivered them downtown to the Delta Drifters Car Club. Lloyd Hoffmeister enjoyed a morning coffee with the motorcycle club before heading up to Sacramento to join the Ronald McDonald House activities he has been a part of for several years.

Eight motorcycles and nine riders headed west on Hwy 12 on a favorite ride that takes us over to Fairfield, up to Napa and then to the Silverado Trail to Calistoga. Seeing wine country during the off season is well worth the ride. We rode a short time in a light rain while taking in the smells of damp vines and Mother Earth and were eventually greeted with brief bouts of sunshine that really highlighted the turning colors of foliage. The return ride took us through the curvy hills east of Napa on Monticello and Wooden Valley Roads. A coffee stop at Starbucks in Suisun rounded out the ride as we debriefed and told a few good natured motorcycle jokes.

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

*"When in doubt - hit the throttle, you'll either solve the problem or remove the suspense"*

— Anonymous



# NORMAN SPALDING, DDS

*Old Fashioned Service  
with Modern Technology*

Call for a Free Consultation

**916-776-1235**

visit us online at [RiverDeltaDental.com](http://RiverDeltaDental.com)

HIGHWAY 12	Trilogy	Walnut Grove
	Rio Vista	
HIGHWAY 160	Isleton	X River Delta Dental



**Teeth  
Whitening  
Special**

**\$199**

(Regularly \$249)

20 Minutes North of  
Rio Vista on Highway 160  
in Walnut Grove

# M&E Metal

**Ornamental Iron**

Gates and Fences



Providing a quality product for 30 years

**Free Estimates**

**(707) 428-4925**

4895 Creed Rd. • Suisun, CA 94585  
California License # 423581

## Island Vintage & Gifts



*Jewelry, dresses, gift baskets  
and much, much more!*

**50 Main Street • Isleton, CA**

*Located in Isleton's Historic Asian-American District*

(916) 777-6494 • [islandvintage@frontiernet.net](mailto:islandvintage@frontiernet.net)

Open Sat., Sun, & Mon • 11:00 a.m. – 4:00 p.m.

Store hours and days subject to change; please call ahead

10% discount for Trilogy members—simply mention this ad!

## RUSH INSTALLATION

**707-592-0591**

Attic Ladders



Includes 5  
Sheets of  
Plywood,  
Light &  
Switch

**\$775<sup>00</sup>** Wood

**\$875<sup>00</sup>** Aluminium

Closets



Garage Cabinets



**\$1,099<sup>00</sup>**  
12 Feet White



**\$999<sup>00</sup>**  
12 Feet Natural

**Scott Rush**

P.O. Box 664, Rio Vista, CA 94571

Lic#: 901263 • Bonded • Insured

**[www.rushinstall.com](http://www.rushinstall.com)**



*Continued from page 28*

## RADIO CLUB

The Radio Club participated in an exercise at the Rio Vista Fire Station, checking performance and proper operation of the emergency radio equipment. Each member in attendance was allowed to power on, set frequency, adjust power and make a radio contact confirming the proper operation of emergency power, antenna performance and familiarization of the radio equipment.

Future projects include checking the remainder of the emergency equipment available to us, and working on an area frequency chart, showing areas that can be contacted during normal operations, and would like be contacted in an emergency. If you would like to support this effort, we would like your help.

For further information or checklists, please contact the Radio Club. Dean Lattman is available at (3967). The Radio Club meets each Tuesday in the Vista Club Monterey Room at 9 a.m. for informal discussions over cups of coffee. The formal meeting starts at 10 a.m. Please stop by.

## RIO VISTA MEN'S EXECUTIVE NINE

We hope everyone had a great holiday season. It was a special time for Jim Kruse as he scored a hole in one. It happened on the 163 yard of the 5<sup>th</sup> hole. Jim used his five hybrid. Congratulations Jim! Congratulations also go out to the team of Greg Szody, Rocky Dillon, Earl Smith and Andy Barber for winning the November 16 two-man best-ball tournament with a score of 56.

With the December rain and cold there was not much tournament play but we hope that the January weather is nice enough to lend us good playing conditions.

The new tournament director is preparing the schedule of our 2011 events, so please check the bulletin board in the posting room for tournament play.

The next scheduled general membership meeting is on January 13 at 3 p.m. in the Delta Club Rio Vista Room. This is a great opportunity to see your new board of directors in action and make your views know. With the membership renewal completed we can announce that we are starting the year with 72 members. If you are interested in joining our group, pick up an application form in the posting room or contact Dennis French at (4890).

## RIO VISTA ROAMERS RECREATIONAL VEHICLE CLUB

We hope everyone has enjoyed a wonderful and joyous holiday season. Now is the time to kick back and rest from having all that fun! January 18 is our traditional Chinese dinner at Tao San Jin in Antioch. Bob and Katy Emler (6312) host this outing and need your money (\$16.50) by January 8. To get to the restaurant, take hwy 160 to hwy 4 and exit Somersville. Go under the freeway (south) to Shopping Center Road (third light) and make a left. The restaurant is on the second driveway on the right and to your immediate right. It is in the Orchard Supply Hardware store center.

Tom and Noel Moore are taking us to Peters in Isleton on Wednesday, February 9 at 12:30 p.m. We are ordering off the menu. Their lunches are reportedly delicious.

Our club celebrated Thanksgiving with a potluck. Jan and Gene Vick and Leonard and Pat Roberts furnished the turkeys and we provided the rest of the feast. And a feast it was! There is always so much more food than can be eaten but we gave it a try and all but rolled out of there. Our hosts did a great job. Thank you so much.

Our last gathering of the year was our Christmas party, which we celebrated at the Nines. Our esteemed President, Frank Reid, and Kris hosted. We'll have lots of information about this next month. All RV owners in Trilogy are welcome to see if you would enjoy our outings. For information, call Frank Reid at (2259) or Sandra Santos at (3538).

## SENIOR MEN'S GOLF CLUB

*by George Barlesi*

Happy New Year to all members. We are looking forward to another fun and exciting year. I would like to thank our departing board members for doing a great job. They are Dick Popham (president), Mike Doody (treasurer), and Dennis Dolan (membership).

Our first meeting of the new year is on Jan. 20. Please attend and meet your new board:

George Barlesi . . . . .	President
George Whitteker. . . . .	Vice President
Ron Kott . . . . .	Secretary
Bill Hewitt . . . . .	Treasurer
Jim Malone . . . . .	Membership
Ron Chalmers . . . . .	Handicap
Tournament . . . . .	Dennis Reiss

### Committee Chairs:

Rules . . . . .	Wayne Jones
Sunshine . . . . .	Earl Daughtry
Social Activities . . . . .	John Lamb



We will continue to meet on the third Thursday of the month through November. The club is always open to new ideas. We're looking forward to seeing a full house at the meetings this year. Bring ideas to the meeting or contact George Barlesi at (4032) or e-mail gbarlesi@comcast.net.

### TABLE TENNIS CLUB

The Trilogy Table Tennis club meets on Tuesdays and Thursdays at 5 p.m. and Saturdays at noon at the Delta Club in the River room. We have play at all levels, beginning to advanced. We play doubles during scheduled play times then singles after. Membership is on the rise as word travels and old skills are rekindled. Ping pong, as it is commonly called, is good for cardio and mental exercise and increases eye hand coordination.

At the December Adult Committee meeting, our request for an additional table was positive and possibly will be available for play in early 2011. This will allow use of the Robo Pong machine, which was purchased by the club membership. It will also allow for singles play without disrupting the doubles play for more one-on-one skill honing.

If interested, come to the Delta Club on the days and times mentioned for delightful play and exercise. Membership at present is only \$10 per year. Please see Treasurer Jeff Kennan for dues and contact information. For more information, contact Mike at (4823); Rich at (5232); Jeff at (7541) or Vicki at (3684).

### TENNIS NEWS

December may have been a very busy month for you, but as far as the Court Jesters is concerned, there was little activity with the exception of our very successful Christmas party. However, all four courts will be open for "social tennis" from 8-10 a.m. Monday through Friday.

In January we will once again be on our regular schedule with the meetings held the last Friday of the month at 10 a.m. at the Delta Club. Anyone interested in finding out more information is welcome to attend. For more information, please contact Grace Bos at (707) 374-3910

### THE BRIDGE CLUB

The Bridge Club held its annual election on November 5, 2010. Re-elected as President was Orlie Curtis (3019), and as Secretary, Ruth Almgren (3867). Coleta Heid (4892) was elected as Social Secretary. The club meets at noon each Friday, and play begins promptly at 12:15 p.m. Membership is open to anyone with moderate knowledge of bridge conventions. For inquiries about becoming a member, please call one of the officers listed above.

### WOMEN'S 9-HOLERS



*Pictured: 2010-2011 Board. First row: Chris Sabye Captain, Marnie Doody Co-Captain, Judy Rumble, Rules, Sylvia Vannucchini Treasurer, Georgette Rodrigues Sunshine, Nancy Vickers Historian. Second row: Lynne Galletta Membership, Carol Petronzio Handicap, Carole Dolan Assist Tournament and Billie Reece, Secretary. Not Pictured: Pam Carlson, Tournament and Karen Adams PWGA, Rep.*

We meet at The Nines every Tuesday at 8:30 a.m. for a 9 a.m. tee time. To play, sign up in the Pro Shop. Sign-ups are accepted on Tuesdays after golf up to the following 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 at (2983) or the Pro Shop at (2900).

The Women's 9-Holers was happy to donate to some charities including the Rio Vista Food Ministry (canned goods) and 94571 (children of two families received Christmas gifts for a total of \$400.) We also gave \$100 to the Center of Movement.

### Tuesday Play Day Results

#### November 2 – Regular Play

Judy Rumble, Par on Hole 14 and on Hole 15  
Sue Clark, Par on Hole 11 and on Hole 18  
Nancy Whitney, Par on Hole 13  
Lenne Howard, Par on Hole 13

#### Winners of Low Putt Contest:

Flight A: Sue Clark (17)  
Maureen Gingrass (18)  
Flight B: Blaine Foltz and Judy Rumble tied (20)

### November 9 – Regular Play

Louise Massoni, Chip In Hole 6  
Chris Sabye, Par on Hole 5 and on Hole 7  
Sue Clark, Par on Hole 1 and on Hole 6  
Billie Reece, Par on Hole 5  
Sally Thomas, Par on Hole 5  
Lenne Howard, Par on Hole 8

### November 16 – Regular Play

Sue Clark, Par on Hole 2 and Hole 6  
Rowena Jefferson, Par on Hole 13  
Diane Staley, Par on Hole 1 and Hole 5  
Sally Thomas, Par on Hole 5  
Billie Reece, Par on Hole 5  
Marnie Doody, Par on Hole 5  
Lenne Howard, Par on Hole 5  
Joann Smith, Par on Hole 13  
Lousie Massoni, Par on Hole 13  
Ruth Almgren, Chip In on Hole 17  
Georgette Rodrigues, Chip In on Hole 12  
Both ladies broke 70: Jennifer Spearman (65), Rowena Jefferson (67).

### November 23 – Hosting 18 Holers

Rained out

### November 30 – Regular Play

Billie Reece, Par and Chip In on both Holes 11 and Hole 13  
Lenne Howard, Par on Hole 10  
Paula Davis Par on Hole 15

If you would like to join us, please call Lynne Galletta, Membership Chairman, at (6079).

## WOMEN'S 18-HOLERS

*Photo by Lynn Grace*



*Pictured: Newly Elected Officers and Board Members*

Cold and rainy weather is upon us. Hope everyone had a nice Thanksgiving.

### Tournament Results for October 28:

Flight A: Three way tie with Linda Barlesi, Judy Zelmar and Joan O'Connor.

Flight B: First place Bev Dunn; Second place-Doris Sundly; Third place- Anna Stevens. Linda Van Nieuwburg made a Chip-in.

**November 3:** we had our installation of officers at the Nines restaurant

### November 4 Low Putt results:

Flight A: First place -Three way tie -Angie, Cindy and Lucille

Flight B: First place -Two way tie-Roni and Ida; Third place-Debby Carroll.

Flight C: First Place-Bev Dunn; Second place-Marilyn Rogers; Third place-Maureen Gingrass. Lucille shot an awesome 79. Marilyn Rogers, Angie Jones, Cindy Brown, Debby Carroll, Des Javier, Ida Shannon, Ladell Manion, Roni Teixieri and Vicky Riddle all broke 100. Linda Barlesi broke 90. Bev Dunn had a Chip-in Birdie. Lucille had two Birdies, Linda Barlesi and Ida Shannon had one Birdie.

Charm Winner was Marilyn Rogers.

### November 18 Winners of the Turkey Shoot:

First place: Lucille, Alma, Trixie and Bev won Turkeys.

Second place: Roni, Lynn, Ulla and Ida won Chickens.

Third place: Cindy, Angie, Marilyn and Diana won Turkey Basters.

Fourth place: Frankie, Linda V., Paula and Katherine won Dressing.

Last place: Vicky Joan, Ladell and Ella won Game Hens.

Trixie had three Chip-ins and Ana had Two. Linda Barlesi had two Birdies, Lucille had one. Lucille and Linda both broke 90. Ulla, Ida, Des, Angie, Marilyn, Vicky, Judy and Katherine broke 100.

### December 2 Low Putt results:

Flight A: First Place-Ida Shannon; Second Place-Angie Jones; Third Place-Alma.

Flight B: First Place-Trixie; Second place tie with Lynn, Donna B. and Debby.

Donna B made a Birdie and Trixie had a Birdie Chip-In. Cindy, Diane, Ida and Ulla all had Chip-Ins. Lucille broke 90; Angie, Alma, Cindy, Ida, Linda B., Ulla and Vicky all broke 100.

If you would like to join us, we meet at the Nines Restaurant at 8:30 a.m. every Thursday. Please contact Alma Renko at (3064).

## CERAMICS CLUB

The winter holidays are over. Wouldn't it be fun to find something new to do while staying toasty? At the ceramics club meetings, we enjoy working on our crafts together; sanding greenware and painting bisque.

We welcome you to see why we are such a happy group of people. For more information, please call Linda at (6978) or just come any Thursday from 9 a.m.-12 p.m. in the Marina Room of the Delta Club. See you there!

## 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 Joyce Bailey at (3391) or Marti Rogers at (6859).

## TRILOGY ART GUILD FOR ARTISTS

Mark your calendar for the Wine, Jazz and Art festival at the Vista Club on February 5, from 1 - 5 p.m. where our artists, along with the Trilogy Photo Club, will display their art. We welcome you to enjoy the afternoon with us while you sip wine, listen to music and view the art.

January is our membership sign-up month. Dues are \$15 for the year, which allow you to be a part of our shows, exhibits, classes and any trips we may take. As a member, you get e-mails of all the things we do. You will be first to know when we have special guests for workshops or demonstrations. Please make your check out to TAG.

Note: Our Shibori t-shirt workshop has been moved to February. Our club meets the first Monday of the month at 2 p.m. at the Delta Club. You do not have to be a member to attend our monthly meetings. For more information, call Amy at (4857) or Linda at (7590).

## FAT QUARTER QUILTERS

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

## TRILOGY COUNCIL FOR THE ARTS

Rehearsals are in full swing ... and swing they do. Trilogy Council for the Arts meets every Monday and Wednesday at 7 p.m. in the Vista Ballroom. The club uses these meetings to work out the kinks, perfect performances, and work on shows that knock your socks off (figuratively speaking).

"Music of the Night Goes to the Movies" is on March 3, 4 and 5. An amazing selection of songs has been chosen from great movies that will bring back memories to all of you. Jot down those dates on your 2011 calendar so you remember to get your tickets once they go on sale at the Front Desk. All three nights are sell outs. Watch for the start of the sales and don't delay. This is our only fundraiser of the year, but this year, the net proceeds of the performance on Thursday, March 3 go to the Rio Vista Community Services group (formerly Food Ministry).

The vocal, dance and thespian talent in our community is amazing, and the talent of the set designers, builders, artists and people who organize all of the little things most never think about (including the refreshments ... you *are* going to the movies, after all) is awe-inspiring.

You can be part of this group by joining us the second Thursday of every month at 10:30 a.m. in the Monterey Room. Our mission is to raise funds to help other clubs with the arts. If you are in a club related to the arts and need some funding, please join us and tell us of your need. For more information, call Barb Downs at (707) 507-5026.



*Last year's "Music of the Night" was an evening to remember.  
Don't miss this year's show on March 3, 4, and 5!*



## OAKMONT VILLAGE

Here we are in 2011 already and I hope you all had wonderful holidays. Our next Kare Bears meeting is Wed., Jan. 12 at the Delta Club. Come early for coffee. Meeting starts at 10:30 a.m. where you will meet your new officers. They are all anxious to meet you and they look forward to an exciting year. Please call Janet at (5415) if you have any questions.

## OLYMPIC VILLAGE

Happy New Year to all! We hope you will join us for the Olympic Village Kare Bears meeting on Mon., Jan. 10, at 11 a.m. in the Delta Club. We will elect officers for the coming year at this meeting. It is also a wonderful opportunity to meet other members and learn how Kare Bears helps its neighbors during times of need. If you have any questions about Kare Bears, have an interest in helping, or know someone in need of assistance, please call Pauline at (3523), Marian at (5020) or Willie at (7588).

## VILLAGE 1

Our next meeting is Wed., Jan. 12 at 10 a.m. at the Delta Club where refreshments and coffee will be served. We would like to thank all the people who baked for us and for the donations. Your donated goods for our Kare Bears Sale were greatly appreciated. Thanks again to all the people who helped. Have a healthy, happy New Year. For more information, contact Sandy Mariant at (bkcon@citlink.net).

## VILLAGE RIVIERA

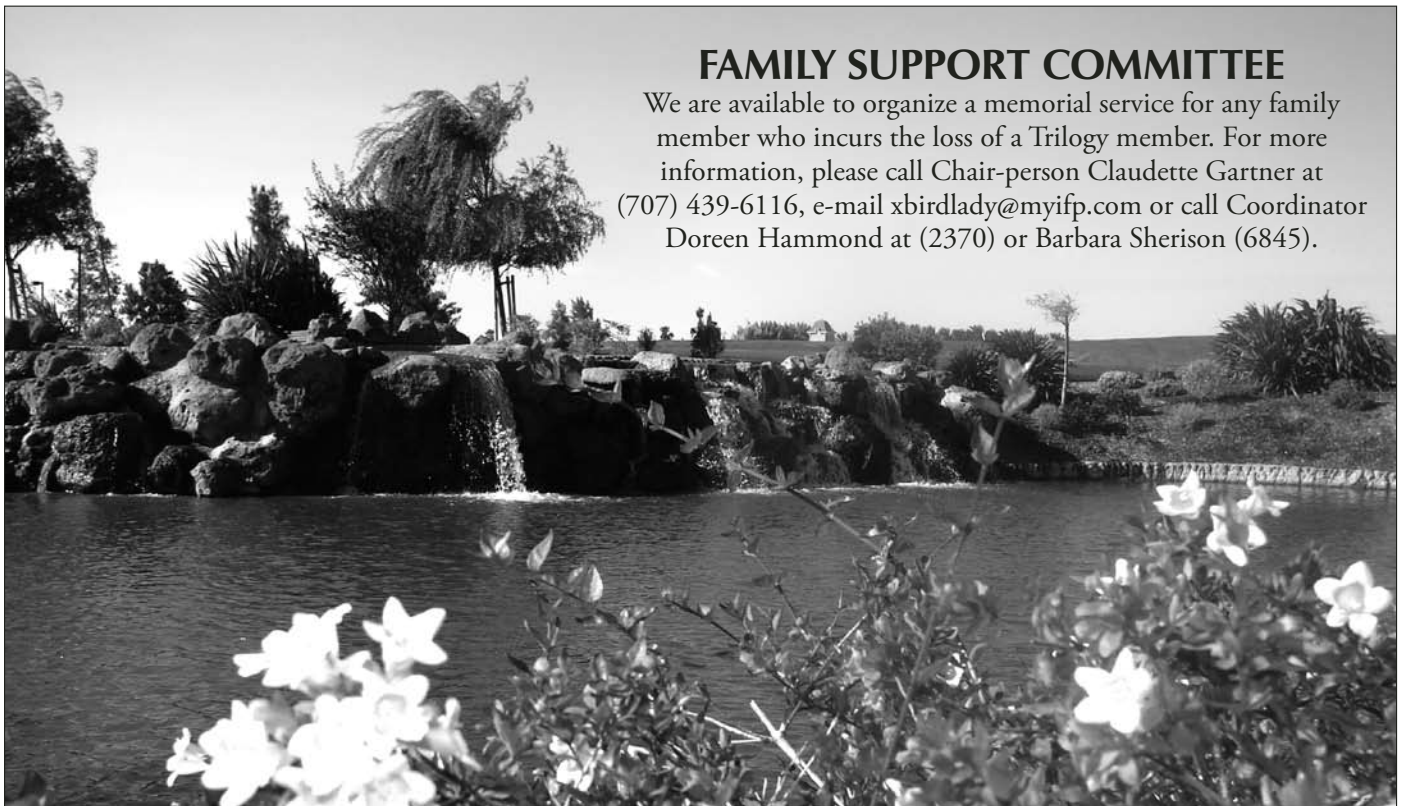
Our Holiday Wreath Sale was a great success this year. There were over 115 fresh greenery wreaths gracing the doors and tables of our generous Trilogy residents. Did you also notice the green wreaths on the doors of many of our local merchants? Sue Conklin encouraged the merchants to decorate with these festive wreaths. We also received donations from Jackie Larson, Sylvia Hoffman and Rich and Lynne Galletta. We thank you for your support of our services for another year. Pam and Dennis Leite did a great job tracking down a supplier for our fundraising sale and handling all the details.

Rochelle Sherlock from the Solano Transportation Authority (STA) spoke at our December meeting. The STA is conducting a survey of the transportation needs of seniors and the disabled in the county. She stated that 20 percent of seniors over 65 do not drive and by the time people are in their mid-eighties only 54 percent of men drive and 22 percent of women. They are hoping to develop county-wide transportation service goals. The county is anxious to collect data to establish these goals.

Our next meeting is on February 14, so bring your sweetheart and join us for refreshments at 9:30 a.m. followed by our 10 a.m. meeting. We are holding our election for new officers. For Riviera Kare Bears information or services, please call Myra at (3660) or Valerie at (6942). Happy New Year to all!

## FAMILY SUPPORT COMMITTEE

We are available to organize a memorial service for any family member who incurs the loss of a Trilogy member. For more information, please call Chair-person Claudette Gartner at (707) 439-6116, e-mail [xbirdlady@myifp.com](mailto:xbirdlady@myifp.com) or call Coordinator Doreen Hammond at (2370) or Barbara Sherison (6845).





## BASIC DISASTER SUPPLIES KIT

*by Trilogy Disaster Preparedness Committee*

The following items are recommended for inclusion in your basic disaster supplies kit (for more information, contact Lynne at [LYNNEH10@aol.com](mailto:LYNNEH10@aol.com)):

- Three-day supply of non-perishable food
- Extra clothing
- Three-day supply of water - one gallon of water per person, per day
- Kitchen accessories and cooking utensils, including a can opener
- Portable, battery-powered radio or television and extra batteries
- Photocopies of credit and identification cards
- Flashlight and extra batteries
- Cash and coins
- First aid kit and manual
- Special needs items, such as prescription medications, eye glasses, contact lens solutions, and hearing aid batteries.
- Sanitation and hygiene items (moist towelettes and toilet paper)
- Winter attire: jacket or coat, long pants, long sleeve shirt, sturdy shoes, hat, mittens, and scarf
- Matches and waterproof container
- Sleeping bag or warm blanket (per person)
- Whistle

**Remember:** The items in your emergency kit should meet your seasonal needs. In the winter you must think of warmth. It is possible that you will not have heat. Think about your clothing and bedding supplies. Be sure to include one complete change of clothing and shoes per person.

### Maintaining Your Disaster Supplies Kit

Just as important as putting your supplies together is maintaining them so they are safe to use when needed. Here are some tips to keep your supplies ready and in good condition:

- Keep canned foods in a dry place where the temperature is cool.
- Store boxed food in tightly closed plastic or metal containers to protect from pests and to extend its shelf life.
- Throw out any canned good that becomes swollen, dented, or corroded.
- Use foods before they go bad, and replace them with fresh supplies.
- Place new items at the back of the storage area and older ones in the front.

- Change stored food and water supplies every six months. Be sure to write the date you store it on all containers.
- Re-think your needs every year and update your kit as your family's needs change.
- Keep items in airtight plastic bags and put your entire disaster supplies kit in one or two easy-to-carry containers, such as an unused trashcan, camping backpack, or duffel bag.

## NEW CONNECTIONS

A very Happy New Year to all. We look forward to seeing our "regulars" as well as many new faces at our next gathering on January 19. Bring your ideas, questions, comments, concerns, friends and a snack! Call Lynne Liptz at (2361) for location, directions and more information.

## BLOOD DRIVE

You can literally give the gift of life by simply donating a little of your blood. The next blood drive is on Monday, February 14 from 9 a.m. - 1 p.m. at the Delta Club. We accept walk-ins, but appointments have priority. To make an appointment for the February Blood Drive, please contact Carol Benkie at (3316) or e-mail her at [benkie@myifp.com](mailto:benkie@myifp.com). Hope to see you there!

## TOPS

As we look forward to the New Year, let our resolve be to Take Off Pounds Sensibly, to reach our goals. On Dec. 8, 34 members and guests attended our Annual Christmas luncheon at The Nines. We honored six KOPS of longstanding, and recognized four new KOPS who have reached their goals by Keeping Off Pounds Sensibly. We welcome those of the Community who want to shed those holiday pounds. We meet every Wed. at the Delta Club at 8 a.m. For more information, call Leader Minnie Howell at (5786) or Co-Leader Peggy Smith at (1366). Happy New Year!

## TRILOGY JAZZ BAND

A very happy New Year to all! The band members enjoyed being a part of December's holiday festivities and are looking forward to a new year of playing music for our friends and neighbors. Our first event is at the Ballroom Dance Club's party on January 9.

Full-band rehearsals are held every Wednesday from 2:30 to 5 p.m. following vocal rehearsals from 1:30 - 2:30 p.m. at the Vista Club Diablo Ballroom. For more information, please contact Jim Lucas at (7567) or Marti Rogers at (6859).

## Trilogy at Rio Vista HOME BASED BUSINESS DIRECTORY

### All Occasion Travel

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

### Avon

For Campaign Booklet  
Jacci (5873)  
www.avon.com/chall4587  
Jacci Hall

### Mary Kay

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

### Cruise Adventures Unlimited

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

### Gold Canyon

The World's Finest in Candles,  
Body and Home Products  
Suzi Cassone 925-231-5213  
aromatime@hotmail.com  
www.aromatimecandles.com

### Heritage Makers

Learn how to preserve those photos  
from a storage box to a digital  
storybook  
Nora Crane (4398)  
www.foreverfamilybound.com

### Moulding Masters of California

Crown Moulding, Interior Trim,  
Fireplace Mantels  
Diamond Certified  
by American Ratings Corp  
Your proud Rio Vista  
representative Randy Updegraff  
707-260-2821 or  
cell 707-334-3460

## FOR RENT

### Room for Rent

Room plus use of all areas. No pets;  
no smokers. Pay ½ of P.G.& E. Easy  
going, female or male. Call Nita  
315-6670.

## FOR SALE

### 2007 Mini Cooper

Fully loaded, 48,600 miles, manual  
transmission, great condition. Call  
Bobby at 925-681-1993. \$20,250.

### Adult Trikes

And three wheel recumbents. Lots  
of fun along with exercise. Also, bike  
repairs. Contact Jose 510-364-0025.

### Bike

Three-wheeler bike (almost new)  
with 2 baskets. Bought for \$500. in  
San Jose bike shop. Color red. Mint  
condition. Would like to sell \$350  
OBO. Grace (3910).

## FOR SALE

### Children's Book

New book by Trilogy Resident  
author Shirley Grijalva: *Marshall's  
Big House on the Hill*. For children  
8-13. Order from xlibris.com or  
directly from author (6752).

### Dining Room Table

Cherry wood and glass dining room  
table with Queen Ann legs, 42" X  
64". Table has one 12" leaf and three  
felt-lined table protectors. \$85 Call  
(4716).

### Timeshare

Global Exchange Vacation Club—  
21,000 annual points. Owner  
has too many credits with other  
timeshares and needs to scale back.  
Original cost of \$10,000 in 2008.  
Asking cost OBO. Contact Rick  
(6626).

## FOR SALE

### Washer/Dryer

Maytag front load washer and  
dryer, 5 years old, \$600. Call Nita  
315-6670.

## SERVICES

### AAA Maintenance & Repair

Services and repairs; Electrical,  
Carpentry, Power washing of  
concrete walks and patios, Windows  
cleaned. 30 years experience in  
the construction industry. Oscar  
Grissom (6124)

### Alterations

Experienced seamstress for all  
your sewing needs, ie. men's and  
women's clothing, knits, leathers,  
window coverings, bedspreads, light  
upholstery, etc. Call Patricia Riley  
(3567) M-F.

## SERVICES

### Annual Service

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

### 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 and cassettes upgraded to CD's. Video on VHS and super 8mm. cassettes upgraded to DVD's. Copies of music CD's made. Jose at 510-364-0025.

## 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

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

### Buy/Sell

Buy – Sell – Trade on the internet. Consignments welcome. Instant cash usually within 10 days. Ed Barrett (1349).

## SERVICES

### Carpet and Upholstery Cleaning

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

### Carwash

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

### Cleaning

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

### Clock Repair

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

### Computer Doctor

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

### 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).

## Attention Commercial Advertisers DEADLINE INFORMATION

All 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. All late submissions will 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: (*horizontal only*) \$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: \$445/month  
(*Front or Back*)

### DISCOUNTS:

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



## SERVICES

### Countertops Galore

Specializing in kitchen and baths: granite, Corian, silestone. Call Trilogy resident Larry Reece (3338) Cell 707-208-3703 for free estimate 30 years experience.

### 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. Rollout shelves for inside cabinets. Trilogy Resident. Free estimates. Call Bob (4902)

### DJ Available

DJ music available for private party or fundraising events. Form a group of 20 or more for fun dancing at \$5 each. Jose 510-364-0025.

### 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).

### Financial Services

Individual and business accounting, income tax services, and financial planning. Investment services, including retirement planning; life annuities and long-term care insurance. Call Rick Aguila, CPA, IAR, Ins Lic. #0F92434 at 374-6626.

## SERVICES

### Financial Services

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

### Handyman

Trilogy resident has over 40 years of home maintenance experience, MOEN faucet specialist, ceiling fan and chandelier installations, electrical trouble-shooting and GFCI problems, plumbing leaks, garbage disposal change-outs. Free estimates. City business license #1654. Call 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 those projects that you can't or don't want to do: plumbing (leaking faucet, garbage disposal), electrical (install ceiling fans, light fixtures), household repairs, hang window treatments, mirrors, and pictures. Call Scott Sylvester (6013).

### HVAC Maintenance

One year maintenance agreement – replace air filters, check heating and cooling system twice a year, with no additional cost for added Freon. Change fire alarm batteries and drain water heater once a year. Business Lic. # 2536. Trilogy resident. Call Connie or Robert (3422).

## SERVICES

### Income Tax Preparation

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

### Income Tax Preparation and Bookkeeping Services

With over 30 years experience including personal, corporate and partnership returns. Income tax preparation. Fast, efficient, reasonable. No job too small. Call Lesley (3377).

### Income Tax Services and Planning

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

### Insurance

Consultation and policy review in your home by appointment. Over 40 years experience. Still active, licensed broker (#0528702), not affiliated with any insurance company. \$50 flat fee first hour. Selling nothing, just advice. Herb Florance (3232).

### Landscape Maintenance

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

### Massage

Welcome the New Year with massage for yourself or loved one to reduce stress and pain. I can adapt massage to meet physical limitations. Retired R.N., CMP/ Jackie 344-6114 cell.

## SERVICES

**NOTICE: The deadline  
for residential  
classified ads is on the  
5th of the month!**

### Notary

Mobile Notary Services—Notary signing agent: \$10 per signature per page, discounts for multiple pages. Offering prepaid Legal/Identity Theft Protection Services. Elaine Wisz (4310)

### Notary to Go

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

### Notary Public

Notary Professional, fast and reliable service. State enforced fees. Please call Jeffrey, certified notary (7541). Discount for low income residents.

### Notary

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

### Painting

Ron the Painter for Hire. Trilogy resident. Quality work at a good price. All types of painting. Fences & mailboxes too. References. Call Ron 707-580-6616.

### Painting & Drywall Repair

Exterior and interior color and texture are our specialty. Free estimates; 35 yrs. experience. R.P. Painting. Trilogy resident. CA St. Lic.#422737. Call today (5954).

## SERVICES

### Pet Care

Let your pet remain home when you're away. Lots of love & attention. Will also bring in mail, newspapers, tend to trash and water plants. Three years of Trilogy references. 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

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

Will care for your small dog in your home or mine. Includes walking, feeding, mail brought in, plants watered, etc. Trilogy resident. 209-201-8143.

### Photography

Affordable high quality photography: parties, portraits, web page photos, passports, you name it! Vintage photo restoration. Call June: (6830)

### Photography

Super-sharp photo coverage of events, parties, pets, sports action, groups. Transfer 8mm/Super 8 film, 35mm slides/negatives and VHS tapes to DVD. Old photos scanned, enlarged, minor restoration. Fast service. Call Rich 529-8640.

## SERVICES

### Photo Repair/Airbrushing

So you trusted a point-and-shoot to capture those once-in-a-lifetime memories? Does Nana have red eyes and splotchy skin? Relax, we can fix it! Call June (6830).

### Pianist

Available for Memorial or Funeral Services (Non-denominational). For info, call (3910).

### Stained Glass

Custom Stained Glass windows for your home. Sidelights, doors, transoms, and panels. 35 years experience. Call Jan for free home consultation (3612).

### Weeding

Weed pulling. Get rid of those ugly weeds. Also rake leaves, trim bushes. I'll keep your yard tidy. Cheap. Call Laurie (6305) or cell 925-301-7389.

### Window Cleaning

Professional window care. Windows and screens cleaned. Stage 1 glass restoration. Years of experience. 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.

## WANTED

### Roommate Wanted

\$550/mo. Large house on the golf course. Bob 650-515-2947

### Treadmill

Call 386-1005.

# welcome home

transforming the aging experience...

## ESKATON<sup>®</sup>

Senior Residences and Services

Eskaton Lodge Brentwood offers independent living, assisted living and memory care. Voted "Best of Brentwood" every year since it opened in 2007, Eskaton Lodge Brentwood is managed by Northern California's premier provider of services for older adults.

Conveniently located, new construction and a staff that is really more like family. Now featuring all-day dining —

What are you waiting for?

ask about **respite** and **short stay** options



### Eskaton Lodge Brentwood

450 John Muir Parkway  
Brentwood, CA 94513-5186  
925-516-8006

[www.eskaton.org](http://www.eskaton.org)



License # 075601300