

Trilogy Living

Viva Vitality!



Meet Kimberly Gilmore, ND, and Charles Peri, Doctor of Oriental Medicine, two holistic doctors here at Trilogy who are dedicated to helping you tap into your best health potential. Read more on page 4.

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From the Master Association

Melissa Coleman

President

Executive Session: The Executive Session was held on February 13 in the Monterey Room. Items acted upon in General Session are reported under that session.

Amenities Negotiations/LOI: The Negotiating Team met with Jason Enos February 7, 2017.

Dog Park – of the proposed improvements, three were removed as they are planned to be installed by Shea. The Association portion of Dog Park improvements is estimated to be around \$58,000 and the Dog Club has agreed to dedicate \$15,000 to that cost.

4th Clubhouse – In answer to our question posed at the last meeting, Jason indicated a building of 12,000 SF is most likely the largest building for this site. Jason plans to get preliminary costs for the building discussed. He will then determine what his contribution will be. We reviewed costs for fixtures, furnishings and equipment.

A meeting is scheduled with the Amenities Committee and Patty Kohn to review preliminary specs for the Health & Wellness Center.

Our next meeting will be in late March after Jason has obtained cost estimates.

Formation of Contracts

- **Beer & Wine License** – the Board is reviewing the option to obtain a Beer & Wine license. In order to have all the information of how this would benefit the Association, the procedure is to complete an application. After the Board has all the information, the consideration of obtaining the license will be provided to the Community Advisory Committee for discussion of the concept with the membership and provide feedback and written recommendation to the Board.
- **Streetlight LED RFP** – after much investigation and consideration the Board has directed management to create an RFP to replace the existing streetlights with LED bulbs of 2,700 Kelvin & 1,800 Lumens.
- **Committee Announcement** – The majority of the members of the Clubhouse Improvements Committee have submitted their resignations. This leaves openings on that committee, and all standing committee appointments are reviewed and appointed for May. Please consider volunteering on a committee. The Association needs your knowledge, experiences and community spirit to continue to support the services provided.

General Session:

Unfinished Business:

- **2017/18 Budget** – the Board approved the proposed Budget. The assessment for 2017/18 will be \$128.84. Note: this is the Master Association Assessment, which does not include the amount assessed by each Village.

TRILOGY AT RIO VISTA

D I R E C T O R Y

Master Association Board of Directors

Master Association Board of Directors
Patty Kohn, President 707-374-2737
Don Love, Vice President 707-374-6882
Teresa Fraser, CFO 415-407-8563
Donald Seyk, Secretary 707-374-6407
Melissa Coleman, Director at Large 707-374-6874

Village Board Presidents / District Delegates

Village 1 - Ron Auger 707-374-3068
Village Oakmont - Walt Manos 707-374-2827
Village Riviera - TBD
Olympic Village - Richard Pettijohn 707-374-3065
Saddle Rock Village - Joe Perpetuo 510-387-4517
Eagle Point - Mark Weiss 925-980-7249

Committee Chairs

Community Advisory - Bill de Manincor 707-374-6404
Administrative Policies - Arthur Fox 707-374-0068
Village Document Revision - TBD
Clubhouse Improvements, Marge Reynolds, 374-5809
Emergency Action - Barry Fraser 415-407-8529
Access - Art Darden 707-374-3455
Amenities - Joe Downes 707-374-7520

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ddorn@actionlife.com
Fitness & Spa Director: Kathy Erwin 707-374-4205
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Maintenance Director: Michael Oestreich 707-374-4843
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stuarttrv@gmail.com
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Club Numbers

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

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Joan Azlant, Kathy Erwin, Bill de Manincor

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(continued on p. 14)

From the Editor



Andrea Stuart

The body is a miraculous organism. When given the right tools, it has the ability to heal itself. From naturopathy and acupuncture to massage and aromatherapy, there are numerous holistic

modalities that assist us in tapping into our healing potential. This month, we're introducing you to Trilogy's holistic duo, Dr. Gilmore and Dr. Peri.

Dr. Gilmore is a naturopath who specializes in identifying and removing underlying causes of illness through natural means. She's kicking off 2017 with a Spring Detox designed to improve digestion, increase energy, and balance hormones through optimizing nutrition.

Dr. Peri is a doctor of Oriental medicine who specializes in acupuncture. Through precise placement of very thin needles into different areas of the body, he assists patients with pain management. We are lucky to have them here at Trilogy, where residents can receive high quality holistic health care treatments without leaving home. This spring offers an opportunity to get on the path to good health. Call Member Services to schedule an appointment. Learn more about Dr. Gilmore and Dr. Peri's offerings on page 20.

Both Dr. Gilmore and Dr. Peri are happy to answer any questions you might have and tell you more about what they do.

Have a healthy March!

Priority List for Emergencies

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

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

From the Activities Director



Debbie Dorn

Club and association meeting organizers, the secret is out! We know facility use continues to rise. We know securing the desired facility and time can be a challenge! Finally, the awak-

ening has begun. There are many open spaces on the calendar! The heaviest facility use falls between Tuesday and Thursday. That's prime time for reservations! Who would have guessed that the Vista Club's Diablo Ballroom is also used multiple times for various purposes 6-7 days a week? Spread the good news. It's true, there are many rooms available, just not for everyone all at one time! Friday through Monday may fit just fine for your group. After all, most residents in the community are retired. Think on it next time you're in need of reservations.

Clubs, remember, effective this year linen tablecloth-and-skirt use-fees are to be paid prior to the event. We need these orders one month in advance to ensure availability for your event. Now here's to March, and the upcoming events to mark on your calendar!

- 3/04 Visual Art, Music and Wine Festival
- 3/05 Trilogy Produce Market
- 3/05 This 'n That Coffee House ~ Guitar Club
- 3/08 Computer Classes: Windows 10 and Computer Basics (see pg 43)
- 3/12 Afterglow Band Dance ~ Dance Club
- 3/12 Daylight Savings Time Begins
- 3/15 Computer Classes: iPhone and Discover the Internet (see pg 43)
- 3/16 AED/CPR/First Aid Training
- 3/17 Holiday: St. Patrick's Day
- 3/17 Open Mic Night
- 3/18 Dance Concert – John Covert & Crystal Image
- 3/19 Trilogy Produce Market
- 3/24 Bingo
- 3/29 – 4/1 Music of the Night ~ Council for the Arts

Get Ready...

- April 2 Trilogy Produce Market
- April 8 Gift, Craft, Art Faire & Jewelry Show
- May 6 Trilogy's Community Garage Sale

Be sure to check into what is happening in the club section of this issue for more activities! You'll find there is something for everyone. Your comments and suggestions are always valued. Send an email anytime to ddorn@actionlife.com. My mailbox is always open!

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



ANNOUNCEMENTS:

Sunday, March 12 Daylight Savings Time Change

Sunday, March 12, 2017 at 2:00 AM clocks are turned forward 1 hour. Daylight Saving Time gives us the opportunity to enjoy sunny summer evenings by moving our clocks an hour forward in the spring. Regions around the globe spring ahead and fall back. Enjoy!

EVENTS:

Computer Classes - Wednesdays

Wednesday March 8 & 15, 2017 – Learning Center Vista Club

NEW CLASS about your iPhone! Bring your fully charged iPhone. Level 1. Also check out Windows 10, Computer Basics, and Discovering the Internet. See page 43 for important details. Contact Debbie Dorn with questions ddorn@actionlife.com.

Trilogy Produce Market

Sunday March 5 & 19, and April 2, 10 a.m.–3 p.m., Delta Club



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

Blood Pressure Check ~ Free

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

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

Dance Concert: Hot Rods Band

Saturday, February 25, 7–9:30 p.m., Diablo Ballroom Vista Club ~ \$15 pp

The Hot Rods are high-energy oldies show band from San Francisco. They perform classic oldies of the '50s and '60s; the fun songs you remember! From Elvis, Buddy Holly, Chuck Berry and Fats Domino to the Beach Boys, Beatles, Stones, and Motown, the Hot Rods bring energy and excitement to the greatest songs of Rock and Roll! Bring family, friends and your favorite provisions! Sign up at Vista Club Member Services.

Visual Art, Music and Wine Festival

Saturday, March 4, 1-5 p.m., Diablo Ballroom Vista Club ~ Free

Enjoy an afternoon of wine, music, and art. Trilogy Art Guild (TAG) and the Photography Club will display their art, delightful acapella vocals harmonized by Belle Voci Quartet, and there will be wine tasting hosted by Van



~ Dance Concert ~ John Covert & Crystal Image

Saturday, March 18, 7 p.m.–9:30pm,
Diablo Ballroom Vista Club ~ \$15 pp

John Covert (keyboards/vocal) has opened shows for War, Tower of Power, Sons of Champlin (Grammy winner Bill Champlin formerly of rock band, Chicago), Chad and Jeremy, The Chiffons, The Coasters, Simon & Garfunkel, Gary U.S. Bonds, Dobie Gray, Lady Bo (Bo Diddley's protégé) and many others. He is a grand-prize winner in the Nashville Music City Song Festival and multi-finalist in the American song festival. Covert's songs have been featured on many TV shows, in movies and magazines, and on Billboard charts. His co-written song "Smile if you love Jesus" charted #1 on the 1999 Country Gospel Music Guild charts. John's 1960's folk rock songs are also featured on a rare European collector's cd, "California Love in" (also featured is legendary rock band, Steppenwolf). More of Covert's original vintage Crystal Image rock music can be found on the official website www.crystalimageband.weebly.com. Gear up for an evening of entertainment, dance and you are welcome to bring your favorite provisions! Sign up at Member Services.



Ruiten Winery. Set your palate for an artful fun time and come on over for a charming afternoon. Interested artists who want to display their art should contact Debbie Dorn ddorn@actionlife.com or 707-374-4204. No registration required is required to attend. Charge for wine tasting ~ Five wine tastings \$5 payable to Van Ruiten Winery

AARP Smart Drivers Refresher Course

Saturday, March 11, 4–8:30 p.m., Monterey Room, Vista Club

\$15 for AARP members and \$20 for non-members

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

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

Trilogy resident Glen King will be offering this course. Note that you must have had the 8-hour course within the last four years, to register contact Glen 707-374-3342 or grk59@frontiernet.net.

Save A Life With CPR/AED & First Aid Instruction!

Thursday, March 16, 9 a.m.–1 p.m.

Diablo Ballroom Vista Club ~ \$60

It is good to know how to help someone in trouble. It could be your spouse or it could be your grandchild. The class provides a two-year certification in CPR/AED & First Aid at a great value. Limited space available. Sign up with Member Services by March 10, at the Vista Club.

Open Mic Night ~ Music, Dance, Comedy, Poets/Spoken Word

Friday, March 17, 7 – 8:30 p.m., Diablo Room, Vista Club ~ Free

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

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

Comedy Night Featuring Mickey Joseph

Friday, April 21, 7–8 p.m., Diablo Ballroom Vista Club ~ \$15 pp

Seen on ABC's America's funniest people, NBC's Friday night videos, a finalist in the San Francisco standup comedy competition, an opener for Ellen DeGeneres, George Lopez, Huey Lewis, and many more, Mickey Joseph has also done 1,753 performances as Joey Bishop in the Las Vegas hit show, The Rat Pack is Back! Bring refreshments to enjoy during the show. Sign up at Vista Club Member Services.

Dance Concert ~ Matt Applin and the Midnite Band

Saturday, April 29, 7 – 9:30 p.m., Diablo Ballroom, Vista Club ~ \$15



Matt is a charismatic singer and entertainer with interactive audience appeal. The Midnite Band provides the beautiful music that allows Matt's vocals to shine. These amazing

musicians of R&B, Motown, and Standards have the chemistry that comes only from years of performing together. They never miss a beat! Sign up at Vista Club Member Services \$15 pp.

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Assessment Notice

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

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

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

Amenities

The Amenities Committee has almost completed its survey of the formal clubs and entities that exist within the community regarding their amenity needs and wants. A lot of good suggestions and ideas have surfaced. The committee has also hosted six monthly meetings, and two workshops where resident input has been provided.

The Amenities Committee would like to hear from other members of the community as well. We ask that you visit the Amenities Committee site that exists on www.MyTrilogyLife.com for the names and contact information of the committee members and contact them directly by email, so that your input gets recorded. Additionally we are hosting an open forum in the Vista Club on Monday, March 6 from 10 a.m. - 4 p.m. The open forum set-up will allow residents to express their needs and wants to committee members. This will be informal in nature and allow for one-on-one dialogue. No need for formal presentations, just comments. Thanks in advance for your involvement. This is your community, make it work for you. Contact Joe Downes at 707-374-7520 with questions.

Emergency Action Committee

The Emergency Action Committee would like to thank those who have participated in the joint project between the Emergency Action Committee and the Rio Vista Fire Department helping our community replace all smoke detectors that are over ten years old. After ten years, smoke detectors run the risk of not working in the event of a fire. Also, smoke detector batteries should be replaced at least once a year and the Fire Department recommends replacing batteries every six months. If you buy new batteries or new smoke detectors, the Rio Vista Fire Department will install them for you. If you would like to participate in this project, simply call the Emergency Action Committee Hot Line at 707-374-6736 and someone will return your call. The Emergency Action Committee is an all-volunteer group of Trilogy residents under the direction of the Master Board. We need volunteers who live in Trilogy and care about their neighbors. We hold training meetings at 6 p.m. on the second Tuesday of each month in the River Room at the Delta Club. For more information call Chair Barry Fraser at 415-407-8529.

Eagle Point Village Residents' Club

As the March winds begin to set in, Eagle Point Residents' Club is moving forward as quickly as the wind. Our annual meeting was on January 26 and new officers were elected: Marlene Swieso, President; Elvia DeStefano, Vice President; Nancy Tolentino, Secretary; Maria Sanjines, Treasurer; Linda Pagliaroli, Member at Large.

One of our new committees, Eagle Point Village Helping Hands has been set up specifically to support one another or as we like to say, neighbors helping neighbors. This committee was designed to reach out to those experiencing life challenges, such as sorrow, sickness, or other major life events. We will help, for example, in the form of a phone call, a home visit, a ride to a doctor's appointment, or a resource list to further social services outside Trilogy. Services will be confidential and intended for short-term emergencies throughout Eagle Point but are not for vacation assistance. There are currently two coordinators who will act as initial

contacts who may call on a group of other volunteers. The two coordinators for Eagle Point are Wendy Ross at 509-961-3198 and Elvia DeStefano at 760-799-9496. Since we are still organizing, we are looking for additional volunteers to help us fine tune our plans as we work together to build up our community and to nurture friendships while helping each other.

For an immediate need during our formation period, contact one of the coordinators. Volunteers interested in joining us, please plan to attend our next meeting on Thursday March 16 in the Monterey Room at the Vista Club from 10:30 a.m. - 12:30 p.m.

Olympic Village Residents' Club

We are planning three Residents' Club events for 2017 – February, June, and October. The first dinner event will be on February 21 at 6 p.m. in the Delta Club. This will be a \$5

gourmet pasta dinner with red and white wine provided. Please put this important date on your calendar. More details will be provided in a house-to-house tubing. If you would like to participate in the planning of these events or if you need additional information, please contact Rich Pettijohn at 707-374-3065 or Lee Ann Frable at 484-707-0935.

Olympic Village Kare Bears

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

Association Meeting Calendar March 2017

Master Association Board

Tuesday, March 14, 2 p.m.
Diablo Ballroom, Vista Club

Village Riviera Board

Thursday, March 2, 6:30 p.m.
Marina Room, Delta Club

Village I Board

Thursday, March 9, 4 p.m.
Marina Room, Delta Club

Olympic Village Board

Thursday, March 9, 6:30 p.m.
Marina Room, Delta Club

Saddle Rock Village Board

Wednesday, March 15, 6:30 p.m.
Rio Vista Room, Delta Club

Oakmont Village Board

Thursday, March 16, 6:30 p.m.
Marina Room, Delta Club

Eagle Point Board

Thursday, March 23, 6:30 p.m.
Rio Vista Room, Delta Club

Council of Village Presidents

Monday, March 20, 10 a.m.
River Room, Delta Club

Access Committee

Monday, March 27, 1 p.m.
River Room, Delta Club

Administrative Policy Review Committee

TBD

Amenities Committee

Open Forum, Monday, March 6, 10 a.m.-4 p.m.,
Open Meeting, Monday, March 20, 2:30 p.m.
Diablo Room, Vista Club

Community Advisory Committee

Thursday, March 30, 1 p.m.
Rio Vista Room, Delta Club

Emergency Action Committee

Tuesday, March 14 and 28, 6 p.m.
River Room, Delta Club

Clubhouse Improvements Committee

Monday, March 13, 3 p.m.
River Room, Delta Club
Monday, March 27, 3 p.m.
Monterey Room, Vista Club



Saddle Rock Village Residents' Club



On Saturday afternoon, February 18, the SRV Residents' Club hosted The All American Chili Cook Off. Ninety people attended. Twelve chefs cooked their secret recipe to compete for the title of "Best Chef": Harish Chinai, Jim Ennis, Jerry Marsh, Carol McCallum, Chuck Miesler, Jenan O'Brien, Pete Percivalle, Joe Perpetuo, Gary Scheib, Jody Sullivan, Keith Swarts, and Valerie Yocum [winner in April article]. The attendees had a good time judging the chili, socializing with their friends and meeting new neighbors.

On Tuesday, April 25, SRV is hosting its Second Annual Spring Tea from 2-5 p.m. in the Diablo Ballroom, Vista Club. There are 14 tables with seating for 8 with a hostess for each table. The menu includes tea sandwiches, scones and desserts. Pianist Lee Mueller provides music and Dorothy Tate is guest speaker. The cost is \$20 per person. Contact Jorun Hansen at 925-437-7827 for registration information.

All SRV residents are welcome to participate on the Activities Committee which meets on the first Wednesday of each month at 2 p.m. in the Monterey Room, Vista Club. You are encouraged to bring your ideas and become involved in our village social activities.

Our next meeting will be Wednesday, March 15 in the River Room, Delta Club. The SRV Executive Board meets at 6:30 p.m. and Residents' Club meets at 7:30 p.m. followed by our famous social hour. Please plan to attend to hear what is happening in SRV and Trilogy.

Your Residents' Club Executive Board needs residents to serve on the new board starting July 1. Contact Rayno Niemi, Vice President, for information at 585-313-6532 or raynoniemi@yahoo.com .

Village Oakmont Residents' Club

Hello Village Oakmont Residents! Let us introduce our new Village Oakmont President, Ginny Glover. She is very honored and excited to take the helm.

The Village Oakmont Residents' Club has already completed our first event of the year, Oscar Night, and are now planning a Meet and Greet event for April at the Delta Club Patio for both new and existing members alike. The date will be announced in our next *Trilogy Living* article.

Village Oakmont is the largest, and second oldest village in Trilogy. As a result, it is a community in flux. Many of our

original residents have moved or simply plan to retire from volunteer efforts. We want to thank all of you who have worked tirelessly over the years to support our village. We deeply appreciate it. You have left big shoes to fill!

We also want to say welcome to our new residents! We want to get to know you, so please take the time to fill out our survey. It is located at the Delta Club above the Village Oakmont mailbox. We deeply appreciate your suggestions and willingness to volunteer. We value your input! We need it in order to continue to make Village Oakmont a vital and strong community! Thank you in advance for your help!

Our next meeting will be March 6 at 3 p.m., at the Monterey Room in the Vista Club. Please join us! I am counting on your help to make this year exciting and successful! Anyone who has suggestions or wants to volunteer, please contact Ginny Glover at 707- 334-1966 or ginnyg235@gmail.com.

Village Oakmont Kare Bears

With new officers in place, the January Village Oakmont Kare Bear meeting was full of new ideas and much needed changes for our club's future. For a start, the Club's by-laws have undergone some revisions and much needed updating. Much discussion followed, and it was agreed that our club needed this badly, and that some new ideas and faces were also called for to inject more interest and concern for all our Oakmont neighbors, and, to better know how to address their needs.

We would really like to invite all our Oakmont neighbors to join us at our meetings, and share your ideas and concerns. We meet every second Wednesday of the month at 10:30 a.m. in the Delta Club. Come join us and share those ideas. And, if you need or you know of a neighbor needing assistance due to medical reasons, please call Nancy Griffin at 707-320-1329 or Annelie Voit at 707-374-4968.

The next Oakmont Kare Bear meeting will be on Wednesday, March 8, at 10:30 a.m. in the Delta Club. Come early and enjoy coffee and goodies, and share your ideas with us.

Village I Residents' Club

We've had quite a dramatic winter. We will see if the adage, "March comes in like a lion and out like a lamb," holds true this year!

The new residents of Village One were welcomed at a wine-and-cheese event on February 22. The VORC officers were so glad to meet all the attendees and hope our new residents enjoyed the event and got a chance to get to know some of their neighbors.

March 29 through April 1, the Village One Residents' Club will be serving liquid refreshments to guests attending "Music of the Night." This is a fundraiser, and the proceeds




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gained from the sale will be split between the Council for the Arts and Village One Residents' Club. Needed are two servers and two ticket sellers for each performance. It is an enjoyable duty and an opportunity to meet and greet Trilogy residents. Interested? Contact Don Cooper at 510- 909-5049.

As decided at the January Quarterly Meeting, proceeds from the annual Cinco de Mayo dinner (May 5) will benefit Rio Vista Care which provides counseling services for Rio Vista children and the Rio Vista Food Pantry. Come enjoy a delicious Mexican dinner and support your community.

Village Riviera HOA

Please join us at our next meeting on March 2. The members of the Village Riviera HOA value your opinions and would like to hear from you. Please join us on March 2 at 6 p.m. in the Marina Room at the Delta Club, and let us know of any concerns or suggestions you may have. If you have any questions call Don at 707-374-6407.

Village Riviera Residents' Club

Well, as of this writing, we have no idea what happened to the February article. Bets are on that the author wrote it and forgot to send it in. Who forgot? "Me." Who is me? Not telling.

Moving on to business. Our new officers for 2017 are President, Myra Samfeld; Vice President, Dale Ann Springer; Treasurer, Chris Shaver; and Secretary to be shared by Susan Fox and Barb Downs.

The 9th Annual Soup Potluck was the same ho-hum event as in past years (read with sarcasm), with about 25 fabulous soups, approximately 30 scrumptious salads, and a bevy of desserts to satisfy the fussiest sweet tooth. Hope you attended and had a terrific time.

Our next event is not until June 10, when we have a Mystery Event put together by the creative folks who brought you the Treasure Hunt for the past 10 years. Stay tuned for more on that as we get closer. Meanwhile, enjoy some of the events put on by other villages. Each village has its own personality, and it is fun to go with friends and neighbors to other events, and bring them to ours. All Village Riviera events are always open to all residents of Trilogy.

We have changed the meeting time of our meetings. Starting in March, we will be meeting the third Thursday of each month at 4 p.m. in the Monterey Room of the Vista Club. All Village Riviera residents are welcome to attend. We would love to hear your new ideas for events and will welcome you with many open arms. For questions, call Myra at 707-374-3660.



Village Riviera Kare Bears

We are looking forward once again to our annual fund raiser, our bake sale at the Spring Craft Faire on April 8. This is always a fun and festive event and is our only fund raiser for the year. Sign-up sheets were passed around at our February meeting for baked items and volunteer workers. As of this writing we do not have a chairman for the bake sale, so if you would like to bake or volunteer, or just have questions, please call Gerry at 510-507-4080. Note this important information: place your baked items in plastic bags or on disposable plates and be sure to label them. It is good to say if there are nuts included as well. It's also nice to have a few gluten-free items. We will price them the morning of the sale. Some items that have sold well in the past are peanut brittle, old-fashioned peanut butter cookies, fudge and lemon bars. Please bring your baked items to the side entrance of the Vista Club between 8:30-9:30 a.m. on Saturday, April 8.

If you would like to become more involved in Kare Bears or learn more about us, be sure to come to our next meet-

ing on April 10 at 10 a.m. at the Delta Club. Join us early for coffee and goodies at 9:30. We are hoping to have as our guests folks from other Kare Bear or similar groups here in Trilogy to share and learn about the different ways we are all helping our neighbors. Remember, if you or a neighbor is in need of assistance because of illness or surgery, please contact your street coordinator or call Gerry at 510-507-4080.

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AARP Smart Drivers Refresher Course

Must Have Had the 8 Hour Course within the Last 4 Years

Saturday March 11, 2017

4:00 p.m. to 8:30 p.m.
 Monterey Room, Vista Club

AARP Members \$15.00
 Non-AARP Members \$20.00

Contact: Glen King, Instructor
 Phone: 374-3342
 E-mail: grk59@frontiernet.net

John Covert & Crystal Image



\$15 Sign Up at Member Services

Classic Rock ~ Country ~ Blues

John Covert's continued success includes awards from the Nashville Music City Song Festival, American Song Festival, and others. His songs have been featured on various television and publishing media ~ visit his web site at www.crystalimageband.weebly.com.

Saturday, March 18, 2017
Vista Club Diablo Ballroom
 7:00 p.m. - 9:30 p.m.
\$15 per person

Bring your own provisions and enjoy dancing to their spectacular performance!

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)**

Mar. 08 Ironstone Vineyards – Sister Act Musical \$134/pp We'll enjoy a private guided tour and hosted luncheon with wine tasting at Ironstone Winery. Afterwards, we have reserved seating for "Sister Act" at the Sierra Repertory's Fallon theatre. Lovely day to enjoy tour, luncheon, musical; and of course, all those dazzling daffodils.

Mar. 23 Gambler's Special – Black Oak Casino \$30/pp Usual 4/5 hrs. of "Stay and Play time" at this grand old casino. Movies shown onboard coach both to and from casino. \$15. bonus package included.

Apr. 27 Sacramento Secrets \$107/pp Tour a maze of hidden underground spaces and actual streets beneath Old Town Sacramento. We'll enjoy a hosted luncheon at the Firehouse Restaurant and then "re-live the past" with a tour of Old Sutters Fort.

May 13 Golden Gate Fields \$82/pp Enjoy the comfort of the Turf Club while watching classy thoroughbreds "run for the money." Finish line seating, gourmet buffet luncheon included.

May 21 Ethel's Mystery Trip \$53/pp

Jun. 13 Gamblers' Special – Red Hawk Casino \$ 30/pp Usual 4/5 hrs of "Stay and Play." \$20 food/gaming package included.

Jul. 03 Oakland A's Baseball/ Fireworks/Dinner \$82/pp Great evening at the ballpark. Fantastic fireworks after the game.

Aug. 19-22 Pageant of the Masters/ Solvang /Reagan Library \$860/pp 4/days-3/nights. Fabulous package includes hosted dinner and VIP seating at the Pageant, tours and luncheons at Reagan Library and onboard the Queen Mary; plus, live performance of musical Newsies. Exciting trip!!!

Sept. 25-Oct. 5 10-day Mexican Riviera Cruise (brochure available)

For further information and/or sign-ups, call Ethel at 374-7548



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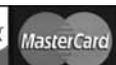
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(notes from the Master Association, continued from p. 3)

- **Management Contract** – the management contract with Action Property Management was renewed for 1 year. The monthly base fee is \$18,743.00 (Annually = \$221,676). Adding additional costs, such as Administrative Extras (printing/accounting/collections) which is about \$25,000, as well as burden rate ranging between 23%-38%, which covers benefits/payroll/worker's comp/disability, the total cost of management services is around \$660,000.
- **Engagement of a consultant for a Management RFP** – the Board is expected to review contracts and perform a bid process on contracts at least every 3 years. Since 2005, the management contract has been awarded to Action Property Management, Inc. The Board has for the last few years planned to perform an RFP review. Due to other, higher priority projects, the Board has not yet been completed. The Board has approved a contract with a Sequoia Grove Consulting for \$10,000, plus transportation reimbursement (est. \$5,000), to create an RFP for future management services.

New Business:

- **Tennis Courts Renovation** – the Board has approved the following work: #1 Asphalt Replacement/Color Coat (\$62,000), #3/#4 Crack Repair/New Color Coat (\$8,000), awarded the con-

tract to Saviano Company, Inc. Work is expected to begin in early March

The Master Association Annual meeting was held immediately following. The meeting was well attended. While the ballots were being tabulated by the 'Inspectors of Election', reports will given by the Board, Committees and Management.

I would like to acknowledge Catherine Patrick, Assistant General Manager. Catherine has worked for TRVMA for 8½ years. She has been an asset to our organization but is retiring and moving closer to family. We all thank her for her dedication and wish her the best in her new home.

The new Board members were announced and an organizational meeting held. The 2017/18 Board is: Patty Kohn, President; Don Love, Vice-President; Teresa Fraser, CFO; Don Seyk, Secretary; Melissa Coleman, Director at Large.

I would like to also acknowledge Joel Auslen, as he has served two terms as a Director from 2013 – 2017. Thank you for your service, Joel, and I look forward to seeing you continue to work for the community.

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

The next meeting is March 14, 2017



Visual Art, Music & Wine Festival



Saturday
March 4, 2017
1:00 - 5:00 p.m.
Vista Club ~ Free
No Sign Up Required



Featuring:

**Art by Trilogy Art Guild &
Photography Club**

**Music by
Bait & Switch**

**Van Ruiten Winery Hosted
Wine Tasting (fee applies)**



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a style for every point of view™

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best
of 2015
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Spruce Up & Insulate
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style to your
décor with
custom shutters

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closet organizers
and home storage

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You get more with Budget Blinds®.

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Add style and value to your
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We have the styles you love!

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Classic Oldies The Hot Rods Band



www.hotrodsband.com

The Hot Rods are a high energy oldies show band from San Francisco. Classic Oldies of the 50's and 60's –the fun songs you remember! From Elvis, Buddy Holly, Chuck Berry and Fats Domino to the Beach Boys, Beatles, Stones, and Motown, we bring energy and excitement to the greatest songs of Rock & Roll!

February 25, 2017 ~ Vista Club ~ 7:00 to 9:30 p.m.

Bring your favorite refreshments, doors open at 6 p.m.!

Sign up at Vista Club Member Services ~ \$15 pp

Travel Discovery Series: REALM OF THE POLAR BEAR

Presented by
Jennifer Collins

Jenny will take you on an adventure to
Spitzbergen in Arctic Norway.

Hear of encounters with
polar bears and other wildlife.

Explore Spitzbergen's ice-covered fjords and gaze
on breathtaking mountain scenery and glaciers.

Join Jenny for an enjoyably
enlightening adventure.

February 28, 2017

6:30 p.m.

No Fee

Diablo Ballroom

Vista Club



Light Refreshments Served

Sign up at Member Services 374-4200

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

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Kathy Erwin
Fitness & Spa Director

FITNESS SPOTLIGHT

DORIS PATERICK

Healthy Aging into your '80s and beyond



- Doris is 84 years young at heart and exercise has been a big part of her life since 1967.
- Back in the day, she exercised with her daughters at home watching exercise videos.
- Doris and her late husband Roger moved in to Trilogy back in 2006.
- Her first classes at Trilogy were with Instructor Pat Puryear. She was a regular in many of Pat's classes from Low Impact Aerobics to

Workout with Weights, Step, and most recently WOW Tabata Boom. Doris speaks very highly of Pat saying she is a wonderful lady! She has been taking classes here at Trilogy for 11 years!!!

- Doris and Roger had four daughters. Two have passed away. Their living children are Jeanette from Livermore and Deborah from San Bruno.
- Doris has six grandchildren.
- Doris has lived in many places, including New Mexico, Arizona, Texas, Mexico and California
- Doris has always loved ZUMBA. She is a regular to Sophie's classes on Mondays, Fridays and Saturdays. She loves Sophie and says Sophie is so outgoing, one can't help but fall in love with her. She said Sophie compliments her and others everyday one punches in for the classes. Doris also enjoys taking Prescys Wednesday ZUMBA and Tammy's Wednesday Yoga. It is amazing all that she does at age 84.
- Fellow instructors say Doris is a great Inspiration. She is very consistent, and she loves to exercise.
- Doris was asked what she loves about the classes here at Trilogy, she said she loves the people in the classes. "It is like family, everyone knows everyone."
- Things Doris loves to do outside of exercise classes is she and her late husband always traveled to listen to Dixieland Jazz. She still enjoys these festivals and the music. She loves having her daughters and their families visit her at Trilogy. She is also active in her Support group with Patty Anderson.

March New Member Fitness Orientations

All new members are required to attend one of our fitness orientations: an informative overview of the fitness facility, its safety rules and to answer any questions you may have. This is also an opportunity to make an appointment for your ROM (range of motion) to get started in the right direction.

Next Orientation Dates:

- Saturday, March 4 at 11 a.m.
- Wednesday, March 15 at 6 p.m.
- Saturday, March 25 at 11 a.m.

Start your fitness program with a personalized ROM (Range of Motion) appointment with one of our personal trainers Beverly, Joele & Pat to make sure you are properly set up for an effective and safe workout. A Range of Motion is a one-time \$20 fee. You'll have one-on-one with your trainer and once you are set up the strength training machines will remember your settings and track your workouts.

Coming Soon!

Biggest Mover – Let's Move Contest

- 12 weeks of the Biggest Mover Let's Move Contest
 - For all you Fitness Enthusiast in all Group Ex Classes on Land & Water
 - Contest runs April 1 – June 16, 2017
 - Watch for the flyers in the Vista & Delta Clubs
- 5 Lucky Winners will be drawn at the Fitness BBQ Potluck in June!



Spa Specials for March



**Schedule your appointments today
at Member Services, Vista Club
707.374.4200**



**Luck of the IRISH
Facial Package**
Three 50-minute
European Facials
Only \$165



**Lucky 4 Leaf Clover
Super Saver**
Massage Package
Three 50-minute
Swedish Massages
Only \$150



Shamrock Massage
Talk about the luck of the Irish!
During a hot stone massage, the
body is massaged with a highly-
concentrated blend of aromatherapy
oils using warm stones. This results
in clearing and stimulating the
channels in your body. The result is a
rejuvenated sense of equilibrium.
80 minutes, Only \$99



Good for purchase March 1 – 31, 2017, (may be redeemed anytime)

**Dr. Kimberly
Gilmore, ND
Rio Vista
Naturopathic
Doctor**

Dr. Kimberly Gilmore, ND
is now taking appointments
at Trilogy Health and Wellness Center
Vista Club. Dr. Gilmore will be at the
Vista Club on Wednesday, March 29 from
12:30–3 p.m.

Initial visit 75 minutes \$175

Follow up visit 25 minutes \$65

Follow-up visit 50 minutes \$125

Vitamin B Injections \$30

**To make an appointment in advance call
Member Services 707-374-4200**

BONUS:
REGISTER EARLY FOR
SPRING DETOX CLASS AND GET
THE DISCOUNTED PRICE OF \$99
AND ALSO BE ENTERED INTO A
DRAWING TO WIN PRIZES!
There will be a raffle drawing for 3 prizes.
Must be present to win. Eligible to the first 10
people that register by **February 28.**

Spring Detox Class

Renew. Refresh. Rejuvenate.



Dr. Kimberly Gilmore, ND

10-Day Nutrition Detox

- Increase Energy
- Curb Carb Cravings
- Reset Hormones
- Balance Blood Sugar
- Lose Weight
- Feel Better
- Improve Sleep
- Balance Mood

This 3-hour class outlines a 10-day program designed to optimize nutrition, maximize energy, support healthy digestion, improve sleep, and balance hormones. You will also learn how some foods can sabotage your health. This class is safe for all and all are welcome.

Instructor: Dr. Kimberly Gilmore, ND

Date: Wednesday, March 29th, 2017

Time: 9:00 a.m. – 12:00 p.m.

Fee: \$125 class and materials
Minimum of 10 participants

Register at Member Services by March 1st for Early Bird price of \$99

Class includes detailed program guide with tips to succeed, nutritional information, recipes and meal plan to satisfy hunger. Optional dietary supplements are available at extra cost.

**Dr. Charles Peri
Doctor of Oriental Medicine**



Initial visit \$120

Acupuncture Follow Up \$90

**6 Acupuncture Treatments
(\$80 each) \$480**

**12 Acupuncture Treatments
(\$70 each) \$840**

- Initial visits up to 60 minute
- Follow up visits up to 45 minutes
- Packages must be paid in full
- No initial visit fee if package purchased
\$40 to \$50 savings

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(\$25 VALUE)**

PURCHASE MARCH 1ST – APRIL 30TH, 2017



Meet Trilogy's New Massage Therapist



Diana O'Brien

Diana O'Brien was raised in Isleton and graduated from Rio Vista High School in 1981. Three years ago, she and her husband purchased her parents' home in Isleton. She is very grateful to be living where she grew up.

Diana had a life changing experience in 2008 when her husband injured his back and was unable to get off the couch for three days, and it was getting worse by the minute. Her mother-in-law, Carol Pontius, referred them to a Bowen Therapist in El Dorado Hills. It was a job getting him into the car because he could barely walk, let alone get him seated. It seemed like an eternity to get from Sacramento to her office because after every bump in the road her husband would go through the roof from pain. After the session, her husband walked out the door and got into the car not realizing that he was no longer in much pain. He told her, "I just went to a goat doctor and she did voodoo on me." Ha! The very next morning, he felt like a brand new person and even went to work.

Diana received her massage therapist certification from Massage Technical Institute in Davis in 2009. She has been trained in Bowen Therapy, Swedish Massage, Trigger Point Therapy, Crania-Sacral I, Sports Massage, Massage for Seniors, Tai Table Massage, and Acupressure Tui Na. She often blends these techniques to get the best possible therapeutic massage for each individual. She specializes in chronic shoulder and lower back issues.

An amazing feeling envelopes her when her clients leave and say, "I feel like a brand new person!" She would like to share this with everyone at Trilogy.

Deanna's Yoga Series



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

INSTRUCTOR: DEANNA ARAYA

When: Saturdays 9:00-10:00am

Date: April 8 – May 13, 2017

Where: Diablo Ballroom Vista or Group Ex Studio

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

PERSONAL TRAINER ON FLOOR Every WEDNESDAY from 9:45-10:45 a.m. Meet Personal Trainer Pat Puryear



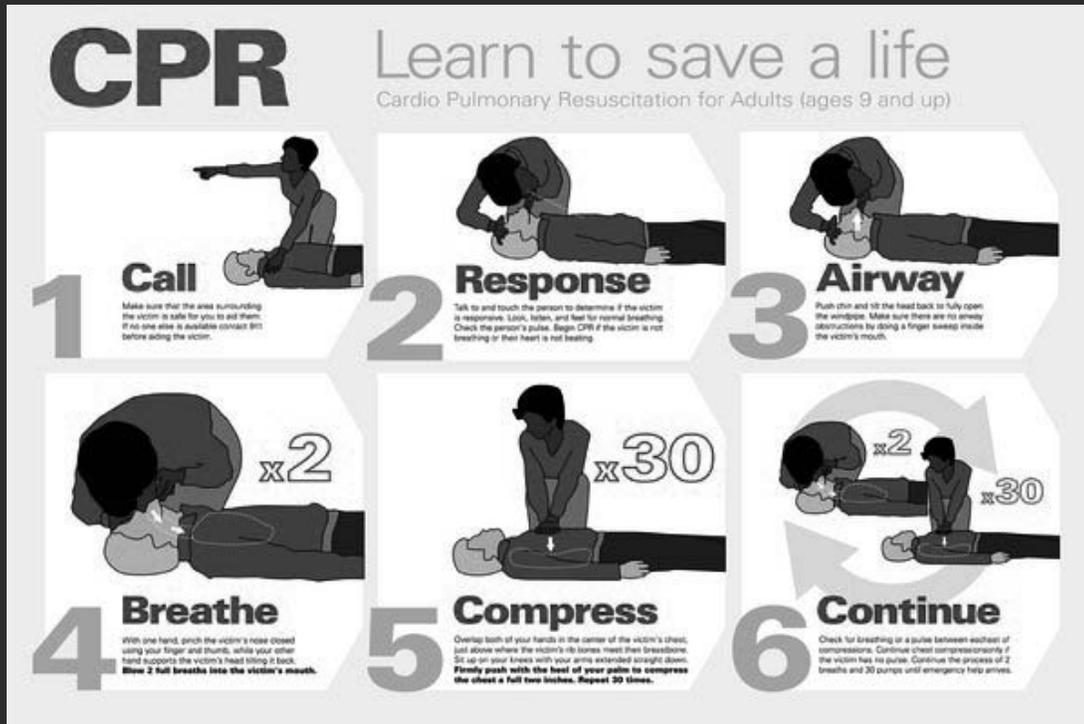
Do you have a question about how to work out or use the fitness equipment at the Vista Club Fitness Center? Ask our "Personal Trainer on Duty" and get tips from a trained professional—at no extra cost to you! You can find our Personal Trainer on Duty in the Fitness Center at certain peak times. Every month will be a different trainer and a Day/Different time for that given month.

You have a goal: Get your body in better shape, or go to the next level of fitness. Where to start? The Vista Club Fitness Center has certified personal trainers who know how to help you get the best results out of your workout. They can lead you on your quest to gain energy, increase endurance and strength, lose weight or sculpt your body, and just feel better about yourself. Did you suffer an injury? Our certified personal trainers can help you recover. You can get help no matter your age or your current condition.

Personal trainers work with you to set appointments that fit your schedule. Package rates are also available.

**To schedule an appointment call 374-4200
or email kerwin@actionlife.com**

Thursday March 16, 2017



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

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

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

Sign Up at Member Services ~ \$60

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

Trilogy Living

Fitness Class Schedule for March 2017

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

Trilogy Fitness Punch Card Choices... All classes require one of 3 card choices a blue 20 punch for \$70.00, a yellow 10 punch for \$35.00 or an Unlimited Monthly Punch Card for \$85.00 that will be color coded differently each month because they will only be good for that given month so you can attend as many classes as you want! Get your cards at the Member Services Desk. Please call Fitness & Spa Director Kathy Erwin at (4205) if you have questions. All classes are held in the Vista Group Exercise Studio unless otherwise noted.

Last Month's Punch Card Raffle Winner: **Doris Noriega**

March Fitness Orientations: Sat. Mar. 4 at 11 a.m., Wed. Mar. 15 at 6 p.m., Sat. Mar. 25 at 11 a.m.

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 7-8am Early Yoga (B) (DB) Tammy 8-9am Back To Basics Yoga (B/I) (DB) Tammy 8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat) 9:30-10:30am Aqua Fit (B) (VP) Denise 9:30-10am Dancercise (B/I) (GX) Joele (March 1, 15 & 29) 9:30-10am Stretch (B/I) Joele (March 8 & 22) 10-11:30am Hot ZUMBA (I/A) (GX) Prescy 6:30-7:30pm Balance Ball (GX) Deanna	2 8-9am Body Works (B/I/A) (GX) Kathy 9-10am Core/Stretch (B) (GX) Joele 9-10am Tai Chi (B/I) (GX) Lillian 9:30-10:30am Advanced Aqua (B/I/A) (VP) Kathy 11-12pm Sit & Get Fit (B) (GX) Joele 12-1pm Fitness Friends (B/I) Joele	3 7-8am Early Yoga (B) (DB) Tammy 8:30-9:30pm WOW-TABATA-BOOM (B/I) (GX) Pat 9-10am Yoga/Pilates (B) (DB) Deanna 9-10am Advanced Aqua (B/I/A) (VP) Kathy 10-11am Aqua Fit (B) (VP) Denise 10-10:45am Core Balance and Standing Abs (B) (GX) Sophie 10-11am Balance Ball (DB) Deanna 10:45-11:30am ZUMBA Toning (B/I) (GX) Sophie 11:30-12:15pm ZUMBA Dance (B/I) (GX) Sophie	4 8-9am Step Aerobics (GX) Pat 10:15am-11:45am ZUMBA Power (GX) Sophie
	6 8:30-9:30am WOW-TABATA-TABATA (B/I) (GX) Pat 9-10am Yoga/Pilates (B) (DB) Deanna 9-10am Advanced Aqua (B/I/A) (VP) Kathy 10-11am Aqua Fit (B) (VP) Denise 9:45-10:45am Wake-up and Move (B/I) (RV) /Pat 10-10:45am Core Balance and Standing Abs (B) (GX) Sophie 10-11am Meditation Breathing (B) (DB) Deanna 10:45-11:30am ZUMBA Toning (B/I) (GX) Sophie 11:30-12:15pm ZUMBA Dance (B/I) (GX) Sophie 4-5pm Stretch and Flex (B/I) (GX) Tammy 6:30-7:30 Yoga/Pilates (B/I) (GX or DB) Deanna	7 8-9am Body Works (B/I/A) (GX) Kathy 9-10am Myofascial Release Stretch (B) (GX) Joele 9:30-10:30am Aqua Fit (B) (VP) Denise 10-11am Beginning Pilates (B/I) (GX) Joele 11-12pm Sit & Get Fit (B) (GX) Joele 12-1pm Fitness Friends (B) (GX) Joele	8 7-8am Early Yoga (B) (DB) Tammy 8-9am Back To Basics Yoga (B/I) (DB) Tammy 8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat) 9:30-10:30am Aqua Fit (B) (VP) Denise 9:30-10am Dancercise (B/I) (GX) Joele (March 1, 15 & 29) 9:30-10am Stretch (B/I) Joele (March 8 & 22) 10-11:30am Hot ZUMBA (I/A) (GX) Prescy 6:30-7:30pm Balance Ball (GX) Deanna	9 8-9am Body Works (B/I/A) (GX) Kathy 9-10am Core/Stretch (B) (GX) Joele 9-10am Tai Chi (B/I) (GX) Lillian 9:30-10:30am Advanced Aqua (B/I/A) (VP) Kathy 11-12pm Sit & Get Fit (B) (GX) Joele 12-1pm Fitness Friends (B/I) Joele	10 7-8am Early Yoga (B) (DB) Tammy 8:30-9:30pm WOW-TABATA-BOOM (B/I) (GX) Pat 9-10am Yoga/Pilates (B) (DB) Deanna 9-10am Advanced Aqua (B/I/A) (VP) Kathy 10-11am Aqua Fit (B) (VP) Denise 10-10:45am Core Balance and Standing Abs (B) (GX) Sophie 10-11am Balance Ball (DB) Deanna 10:45-11:30am ZUMBA Toning (B/I) (GX) Sophie 11:30-12:15pm ZUMBA Dance (B/I) (GX) Sophie
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20 8:30-9:30am WOW-TABATA-TABATA (B/I) (GX) Pat 9-10am Yoga/Pilates (B) (DB) Deanna 9-10am Advanced Aqua (B/I/A) (VP) Kathy 10-11am Aqua Fit (B) (VP) Denise 9:45-10:45am Wake-up and Move (B/I) (RV) /Pat 10-10:45am Core Balance and Standing Abs (B) (GX) Sophie 10-11am Meditation Breathing (B) (DB) Deanna 10:45-11:30am ZUMBA Toning (B/I) (GX) Sophie 11:30-12:15pm ZUMBA Dance (B/I) (GX) Sophie 4-5pm Stretch and Flex (B/I) (GX) Tammy 6:30-7:30 Yoga/Pilates (B/I) (GX or DB) Deanna	21 8-9am Body Works (B/I/A) (GX) Kathy 9-10am Myofascial Release Stretch (B) (GX) Joele 9:30-10:30am Aqua Fit (B) (VP) Denise 10-11am Beginning Pilates (B/I) (GX) Joele 11-12pm Sit & Get Fit (B) (GX) Joele 12-1pm Fitness Friends (B) (GX) Joele	22 7-8am Early Yoga (B) (DB) Tammy 8-9am Back To Basics Yoga (B/I) (DB) Tammy 8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat) 9:30-10:30am Aqua Fit (B) (VP) Denise 9:30-10am Dancercise (B/I) (GX) Joele (March 1, 15 & 29) 9:30-10am Stretch (B/I) Joele (March 8 & 22) 10-11:30am Hot ZUMBA (I/A) (GX) Prescy 6:30-7:30pm Balance Ball (GX) Deanna	23 8-9am Body Works (B/I/A) (GX) Kathy 9-10am Core/Stretch (B) (GX) Joele 9-10am Tai Chi (B/I) (GX) Lillian 9:30-10:30am Advanced Aqua (B/I/A) (VP) Kathy 11-12pm Sit & Get Fit (B) (GX) Joele 12-1pm Fitness Friends (B/I) Joele	24 7-8am Early Yoga (B) (DB) Tammy 8:30-9:30pm WOW-TABATA-BOOM (B/I) (GX) Pat 9-10am Yoga/Pilates (B) (DB) Deanna 9-10am Advanced Aqua (B/I/A) (VP) Kathy 10-11am Aqua Fit (B) (VP) Denise 10-10:45am Core Balance and Standing Abs (B) (GX) Prescy 10-11am Balance Ball (DB) Deanna 10:45-11:30am ZUMBA Toning (B/I) (GX) Prescy 11:30-12:15pm ZUMBA Dance (B/I) (GX) Prescy	25 8-9am Step Aerobics (GX) Pat 10:15am-11:45am ZUMBA Power (GX) Prescy
27 8:30-9:30am WOW-TABATA-TABATA (B/I) (GX) Pat 9-10am Yoga/Pilates (B) (DB) Deanna 9-10am Advanced Aqua (B/I/A) (VP) Kathy 10-11am Aqua Fit (B) (VP) Denise 9:45-10:45am Wake-up and Move (B/I) (RV) /Pat 10-10:45am Core Balance and Standing Abs (B) (GX) Sharon 10-11am Meditation Breathing (B) (DB) Deanna 10:45-11:30am ZUMBA Toning (B/I) (GX) Sharon 11:30-12:15pm ZUMBA Dance (B/I) (GX) Sharon 4-5pm Stretch and Flex (B/I) (GX) Tammy 6:30-7:30 Yoga/Pilates (B/I) (GX or DB) Deanna	28 8-9am Body Works (B/I/A) (GX) Kathy 9-10am Myofascial Release Stretch (B) (GX) Joele 9:30-10:30am Aqua Fit (B) (VP) Denise 10-11am Beginning Pilates (B/I) (GX) Joele 11-12pm Sit & Get Fit (B) (GX) Joele 12-1pm Fitness Friends (B) (GX) Joele	29 7-8am Early Yoga (B) (DB) Tammy 8-9am Back To Basics Yoga (B/I) (DB) Tammy 8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat) 9:30-10:30am Aqua Fit (B) (VP) Denise 9:30-10am Dancercise (B/I) (GX) Joele (March 1, 15 & 29) 9:30-10am Stretch (B/I) Joele (March 8 & 22) 10-11:30am Hot ZUMBA (I/A) (GX) Prescy 6:30-7:30pm Balance Ball (GX) Deanna	30 8-9am Body Works (B/I/A) (GX) Kathy 9-10am Core/Stretch (B) (GX) Joele 9-10am Tai Chi (B/I) (GX) Lillian 9:30-10:30am Advanced Aqua (B/I/A) (VP) Kathy 11-12pm Sit & Get Fit (B) (GX) Joele 12-1pm Fitness Friends (B/I) Joele	31 7-8am Early Yoga (B) (DB) Tammy 8:30-9:30pm WOW-TABATA-BOOM (B/I) (GX) Pat 9-10am Yoga/Pilates (B) (DB) Deanna 9-10am Advanced Aqua (B/I/A) (VP) Kathy 10-11am Aqua Fit (B) (VP) Denise 10-10:45am Core Balance and Standing Abs (B) (GX) Sophie 10-11am Balance Ball (DB) Deanna 10:45-11:30am ZUMBA Toning (B/I) (GX) Sophie 11:30-12:15pm ZUMBA Dance (B/I) (GX) Sophie	

Specialty Classes are not on the Fitness Calendar. Please look for their Flyers at both Clubhouses:
 Aging Backwards with Pat Puryear, Continuation Intro to Yoga with Deanna Araya, Balance N Motion with Anna Chunn
 Aqua Joint with Beverly Shilich, The Practice of Meditation with Anna Chunn, 8 Steps to a Healthy Back with Beverly Shilich

March 2017 Club and Activity Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 8am Social Tennis 8am TOPS (D) 8:30am Sr Men's Golf 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 9:30am Men's Fellowship (D) 10am Stained Glass (D) 11am Horseshoes (Brockton Park) 11am Ukulele Club (V) 11am Pickleball (Tennis Courts 1 & 2) 12:30pm Fat Quarters Quilters (D) 1pm Village Riviera ARC (D) 1:30pm Jazz Band (V) 2pm Card Design & Open Painting (D) 2pm Saddle Rock RC Social Com (V) 4:30pm Soul Line Dancing (V) 4:30pm Table Tennis (D) 6:30pm MOTN Rehearsal (V) 7pm Billiard Club Membership (V) 7pm Singles Club (V) 7pm Square Dance (D)	2 8am Social Tennis 8:30am Women's 18-Hole Golf 9am Eagle Point Village ARC (D) 9:30am Ceramics (D) 9:30am Women's Fellowship (V) 11am Pickleball (Tennis Courts 1 & 2) 12:15pm Ponytail Canasta (V) 1pm Good Samaritans (D) 2pm Genealogy Club (V) 5pm Table Tennis (D) 5pm Tai-chi for Beginners (V) 6:15pm Village Riviera BOD (D) 6:30pm Village Riviera HOA (D) 6pm Yuan-chi & Fan Dance (V) 6pm Pinochle (V) 6pm Garden Club (V) 7pm Photography Club (V) 7pm Ballroom Dance - Adv (V) 8pm Ballroom Dance - Beg (V)	3 8am Social Tennis 8:50am Cycling Club (Delta Parking Lot) 9am Model Club (V) 9:30am Walk & Talk (V) 10am Rubber Stamp Card Making (D) 10:30 Country Line Dance (D) 11am Book Club: 66 Bible Books (V) 12pm Adv Watercolor (D) 12:15pm Friday Duplicate Bridge (V) 6pm Joy Luck Mah Jongg (V)	4 8am Motorcycle Club (Off-site) 9am Model Club - Garden Railway (V) 9:30am Hiking Club (V) 1pm Visual Art, Music, Wine Festival (V) 6pm Texas Hold'em / Omaha Poker (D)
5 10am – 3pm Trilogy Produce Market (D) 6pm This N That Coffee House (V)	6 8am Social Tennis 8:30am Woodcarving (D) 9:30am Walk & Talk (V) 10am Master Amenities Open Forum (V) 10:30am Garden Club Planning Com (D) 10am Saddle Rock Village ARC (V) 12pm Open Painting (D) 12:30pm Rip, Stitch & Bitch (V) 12:30pm Mah Jongg (V) 1pm TAG Monthly (D) 2:30pm Pickleball (Tennis Courts 1 & 2) 3pm Guitar Club (V) 3pm Oakmont Village RC (V) 5pm Whist Planning (V) 6pm Soul Line Dancing (D) 6pm Poker (D) 6:30pm Game Night (V) 6:30pm MOTN Rehearsal (V)	7 8am Social Tennis 8:30am Radio Club (V) 9:30am Women's 9-Hole Golf 10:30am Country Line Dancing (D) 11am Pickleball (Tennis Courts 1 & 2) 11:30am TRVMEN Golf 12pm Beg Watercolor (D) 12:15pm Hand & Foot Canasta (V) 12:30pm Dominoes (D) 2:30pm Theater Group Acting Academy (V) 4:15pm Table Tennis (D) 5pm Billiards Club Tournament (V) 5pm Tai-chi & Yuan-chi (V) 5:30pm Couples Canasta (D) 6:30pm Religions of the World (D)	8 8am Social Tennis 8am TOPS (D) 8:30am Sr. Men's Golf 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 9:30am Men's Fellowship (D) 10am Computer class - MS Windows 10 (V) 10am Stained Glass (D) 10am Kare Bears – Village Oakmont (D) 11am Horseshoes (Brockton Park) 11am Ukulele Club (V) 11am Pickleball (Tennis Courts 1 & 2) 12:30pm Computer class – Computer Basics (V) 12:30pm Fat Quarters Quilters (D) 1:30pm Jazz Band (V) 2pm Card Design & Open Painting (D) 3:30pm Sr Men's Golf Board (V) 4:30pm Soul Line Dancing (V) 4:30pm Table Tennis (D) 5pm Admin Policies Com (V) 6:30pm Nature Club (V) 6:30pm MOTN Rehearsals (V) 7pm Singles Club (V) 7pm Square Dance (D)	9 8am Social Tennis 8:30am Women's 18-Hole Golf 9am Blood Pressure Check (D) 9:30am Ceramics (D) 9:30am Women's Fellowship (V) 10am Council for the Arts (V) 11am Pickleball (Tennis Courts 1 & 2) 12:15pm Ponytail Canasta (V) 1pm Good Samaritans (D) 1 – 3pm Advanced Hearing Aid Service (V) 3:30pm Village I BOD (D) 4pm Village I HOA (D) 5pm Table Tennis (D) 5pm Tai-chi for Beginners (V) 6pm Yuan-chi & Fan Dance (V) 6pm Pinochle (V) 6pm Olympic Village BOD (D) 6:30pm Olympic Village HOA (D) 7pm Ballroom Dance - Adv (V) 8pm Ballroom Dance - Beg (V)	10 8am Social Tennis 8:50am Cycling Club (D) 9am Village 1 ARC (V) 9:30am Walk & Talk (V) 10am Rubber Stamp Card Making (D) 10:30am Country Line Dance (D) 11am Book Club: 66 Bible Books (V) 11am Pickleball (courts 1 & 2) 12pm Adv Watercolor (D) 12:15pm Friday Bridge(V) 2pm Guitar Club Beg Workshop (V) 2:30pm July 4 Focus Group (V) 3:30pm – 5:30pm Shibori Workshop Prep (D) 7pm Bunco (D)	11 9am Model Club - Garden Railway (V) 9am – 3pm Shibori Shirt Workshop (D) 9am Table Tennis (D) 9:30am Hiking Club (V) 4pm – 8:30pm AARP Refresher Driving Course (V) 6pm Texas Hold'em / Omaha Poker (D)
12 DAYLIGHT SAVING TIME BEGINS 9am – 3pm Shibori Shirt Workshop (D) 5pm Tennis Social (D) 7pm Dance Club, Music by Afterglow (V)	13 8am Social Tennis 8:30am Woodcarving (D) 9am Olympic Village ARC (V) 9:30am Walk & Talk (V) 10am Village Oakmont ARC (V) 11:30am Rip, Stitch & Bitch (V) 12pm Open Painting (D) 12pm Duplicate Bridge (V) 2pm TRVMA Executive Session (V) 3pm Clubhouse Improvement Com (D) 5pm Whist Planning (V) 6pm Soul Line Dancing (D) 6pm Poker (D) 6:30pm Game Night (V) 6:30pm MOTN Rehearsal (V) 7pm Model Club RC Aircraft (V)	14 8am Social Tennis 8:30am Radio Club (Offsite: RV Firehouse) 9:30am Women's 9-Holers Golf 10:30am Country Line Dancing (D) 10:30am Book Club (V) 11:30am TRVMEN Golf 12pm Cooking Club (D) 12pm Beg Watercolor (D) 12:15pm Hand & Foot Canasta (V) 1:30pm Women's 9-Holers Golf 2pm TRVMA Board (V) 2:30pm Theater Group Acting Academy (V) 4:15pm Table Tennis (D) 5pm Billiards Club Tournament (V) 5pm Tai-chi & Yuan-chi (V) 6pm Emergency Action Training (D)	15 8am Social Tennis 8am TOPS (D) 8:30am Sr. Men's Golf 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 9:30am Men's Fellowship (D) 10am Computer class iPhone, Level 1, (V) 10am Stained Glass (D) 11am Horseshoes (Brockton Park) 11am Ukulele Club (V) 11am Pickleball (Tennis Courts 1 & 2) 12:30pm Computer class – Discover the Internet (V) 12:30pm Fat Quarters Quilting (D) 1pm Village Riviera ARC (D) 1:30pm Jazz Band (V) 2pm Card Design & Open Painting (D) 4:30pm Soul Line Dancing (V) 4:30pm Table Tennis (D) 6pm Saddle Rock Village BOD (D) 6:30pm Saddle Rock Village HOA (D) 6:30pm MOTN Rehearsal (V) 7pm Singles Club (V) 7pm Square Dance (D) 7:30pm Saddle Rock Village RC (D)	16 8am Social Tennis 8:30am Women's 18-Hole Golf 9am Eagle Point Village ARC (D) 9am – 1pm CPR, AED, First Aid Class (V) 9:30am Ceramics (D) 9:30am Women's Fellowship (V) 11am Pickleball (Tennis Courts 1 & 2) 12:15pm Ponytail Canasta (V) 1pm Good Samaritans (D) 2pm Genealogy Workshop (V) 4pm Sr. Men's Golf General (D) 4pm Village Riviera RC (V) 5pm Table Tennis (D) 5pm Tai-chi for Beginners (V) 6pm Yuan-chi & Fan Dance (V) 6pm Pinochle (V) 6:15pm Village Oakmont BOD (D) 6:30pm Village Oakmont HOA (D) 7pm Ballroom Dance - Adv (V) 8pm Ballroom Dance - Beg (V)	17 8am Social Tennis 8:50am Cycling Club (Delta Parking Lot) 9:30am Walk & Talk (V) 10am Rubber Stamp Card Making (D) 10:30am Country Line Dance (D) 11am Book Club: 66 Bible Books (V) 11am Pickleball (Tennis Courts 1 & 2) 12pm Adv Watercolor (D) 12:15pm Friday Bridge (V) 2pm Writers Club (V) 6pm Joy Luck Mah-Jongg (V) 7pm Whist Club (D) 7pm Open Mic Night (V)	18 9am Model Club - Garden Railway (V) 9:30am Hiking Club (V) 10am Bocce Ball All Members (D) 12:30pm Table Tennis (D) 6pm Texas Hold'em / Omaha Poker (D) 7pm Concert: John Covert & Crystal Image (V)
19 10am – 3pm Trilogy Produce Market (D) 6pm Singles Club Barbeque (D)	20 8am Social Tennis 8:30am Woodcarving (D) 9:30am Walk & Talk (V) 10am Council of Village Presidents (D) 10am Saddle Rock Village ARC (V) 12pm Open Painting (D) 12:30pm Rip, Stitch & Bitch (V) 12:30pm Mah Jongg (V) 2:30pm Amenities Com (V) 2:30pm Pickleball (Tennis Courts 1 & 2) 3pm Guitar Club (V) 5pm Whist Planning (V) 6pm Poker (D) 6pm Soul Line Dancing (D) 6:30pm Game Night (V) 6:30pm MOTN Rehearsal (V) 7pm Fishing Club (D) 7pm Hiking Club (V)	21 8am Social Tennis 8:30am Radio Club (V) 9am Garden Club Workshop (D) 9:30am Women's 9-Hole Golf 10:30am Country Line Dancing (D) 11am Pickleball (Tennis Courts 1 & 2) 11:30am TRVMEN Golf 12pm Beg Watercolor (D) 12:15pm Hand & Foot Canasta (V) 12:30pm Dominoes (D) 2:30pm Theater Group Acting Academy (V) 4:15pm Table Tennis (D) 5pm Billiards Club Tournament (V) 5pm Tai-chi & Yuan-chi (V) 5:30pm Couples Canasta (V) 6:30pm MOTN Rehearsal (V)	22 8am Social Tennis 8am TOPS (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 9:30am Men's Fellowship (D) 10am Stained Glass (D) 11am Horseshoes (Brockton Park) 11am Ukulele Club (V) 11am Pickleball (Tennis Courts 1 & 2) 12:30pm Fat Quarters Quilting (D) 1:30pm Jazz Band (V) 2pm Card Design & Open Painting (D) 4:30pm Soul Line Dancing (V) 4:30pm Table Tennis (D) 6:30pm MOTN Rehearsal (V) 7pm Singles Club (V) 7pm Square Dance (D)	23 8am Social Tennis 8:30am Women's 18-Hole Golf 9:30am Ceramics (D) 9:30am Women's Fellowship (V) 11am Pickleball (Tennis Courts 1 & 2) 12:15pm Ponytail Canasta (V) 1pm Good Samaritans (D) 2pm Community Connections (V) 5pm Table Tennis (D) 5pm Tai-chi for Beginners (V) 6pm Yuan-chi & Fan Dance (V) 6pm Eagle Point Village BOD (D) 6:30pm Eagle Point Village HOA (D) 6:30pm Pinochle (V) 7pm Theater Group (D) 7pm Ballroom Dance - Adv (V) 7:30pm Eagle Point Village RC (D) 8pm Ballroom Dance - Beg (V)	24 8am Social Tennis 8:50am Cycling Club (D) 9am Village 1 ARC (V) 9:30am Walk & Talk (V) 10am Rubber Stamp Card Making (D) 10:30am Country Line Dance (D) 11am Book Club: 66 Bible Books (V) 12pm Adv Watercolor (D) 12:15pm Friday Bridge (V) 2pm Guitar Club Beg Workshop (V) 6:30pm Bingo (D)	25 9am Model Club - Garden Railway (V) 9am Table Tennis (D) 9:30am Hiking Club (V) 6pm Texas Hold'em / Omaha Poker (D)
26	27 8am Social Tennis 8:30am Woodcarving (D) 9am Olympic Village ARC (V) 9:30am Walk & Talk (V) 10am Village Oakmont ARC (V) 10am Eagle Point RC Board (D) 12pm Open Painting (D) 12:30pm Rip, Stitch & Bitch (V) 12:30pm Mah Jongg (V) 1pm Access Com (D) 2:30pm Pickleball (Tennis Courts 1 & 2) 3pm Clubhouse Improvement Com (D) 5pm Whist Planning (V) 6pm Poker (D) 6pm Soul Line Dancing (D) 6:30pm Game Night (D) 6:30pm MOTN Rehearsal (V) 7pm Havurah Friends (V)	28 8am Social Tennis 8:30am Radio Club (V) 9:30am Women's 9-Hole Golf 10:30am Country Line Dancing (D) 11am Pickleball (Tennis Courts 1 & 2) 11:30am TRVMEN Golf 12pm Beg Watercolor (D) 12:15pm Hand & Foot Canasta (V) 12:30pm Dog Club (D) 2pm Saddle Rock RC Exec Com (D) 2:30pm Theater Group Acting Academy (V) 4:15pm Table Tennis (D) 5pm Billiards Club Tournament (V) 5pm Tai-chi & Yuan-chi (V) 6pm Emergency Action Com (D) 6:30pm MOTN Rehearsal (V) 7pm Drama Club Membership (V)	29 8am Social Tennis 8am TOPS (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 9:30am Men's Fellowship (D) 10am Stained Glass (D) 11am Horseshoes (Brockton Park) 11am Ukulele Club (V) 11am Pickleball (Tennis Courts 1 & 2) 12:30pm Fat Quarters Quilting (D) 1:30pm Jazz Band (V) 2pm Card Design & Open Painting (D) 4:30pm Soul Line Dancing (V) 4:30pm Table Tennis (D) 7pm Singles Club (V) 7pm Square Dance (D) 7pm MOTN Production (V)	30 8am Social Tennis 8:30am Women's 18-Hole Golf 9:30am Ceramics (D) 9:30am Women's Fellowship (V) 11am Pickleball (Tennis Courts 1 & 2) 12:15pm Ponytail Canasta (V) 1pm Community Advisory Com (D) 1pm Good Samaritans (D) 2pm Community Connections (V) 5pm Table Tennis (D) 5pm Tai-chi for Beginners (V) 6pm Yuan-chi & Fan Dance (V) 6pm Pinochle (D) 7pm MOTN Production (V) 7pm Ballroom Dance - Adv (V) 8pm Ballroom Dance - Beg (V)	31 8am Social Tennis 8:50am Cycling Club (D) 9:30am Walk & Talk (V) 10am Tennis Club (D) 10am Rubber Stamp Card Making (D) 10:30am Country Line Dance (D) 11am Book Club: 66 Bible Books (V) 11am Pickleball (courts 1 & 2) 12pm Adv Watercolor (D) 12:15pm Friday Bridge (V) 7pm MOTN Production (V)	

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Billiards

The next Billiards Club meeting is Wednesday, March 1 at 7 p.m. in the Monterey Room at the Vista Club. Tournaments are every Tuesday starting at 5 p.m. We play 8-ball or 9-ball depending on the week of the month. Officers: President Al Bergoust, VP Mike Quihuiz, Treasurer Jack Clark, Secretary Victoria Munoz, Membership Chairman Dave Stewart. Recent winners:

Jan. 3, 8-Ball

1st Roy Aquino
2nd Billy Kemp
3rd Al Bergoust

Jan. 10, 9-Ball

1st Billy Kemp
2nd Al Bergoust
3rd Al Banga

Jan. 17, 8-Ball

1st Al Bergoust
2nd Richard Gutierrez
3rd Geno Toscano

Jan. 24, 8-Ball

1st Richard Gutierrez-Colin Munoz
2nd Jack Clark-Adam Tavis

Jan. 31, 9-Ball

1st Steve Warshaw
2nd Al Banga
3rd Al Bergoust

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

Bocce

The start of the 2017 bocce season is just around the corner. The formal sign-up process will be completed on Saturday, March 18 during the annual membership meeting which will be held at the Delta Club between 10 a.m. - 12 p.m. We will then begin to organize the final schedule. The actual match schedule and rotation is driven by the number of teams and residents that ultimately sign up. We are planning mid-season and end-of-season events for both the morning and night leagues. We are also planning to conduct a free, no-fee training session for new players prior to the start of the season; no experience is necessary. More details will be shared in next month's issue. Think Spring, dream bocce and remember to roll often, throw straight and have fun, that's what it's all about. Questions? Call any member of the bocce board, as listed on www.mytrilogylife.com, under the Clubs heading. Contact Joe Downes at josephdownes@citlink.net, or 707-374-7520.

Book



The Book Club meets the second Tuesday of each month at 10:30 a.m. at the Vista Club in the Sonoma Room. The next meeting is March 14. The book selection is *The Little Paris Bookshop* by Nina George. April's book selection is *Miller's Valley* by Anna Quindlen. There is no requirement to have read the selected book. Everyone is welcome to join; feel free to stop by. For more information, contact Adrienne at 707-374-5576.

Book – 66 Bible Books

The 66 Bible Books Club has been meeting since September of 2015. Since our first meeting we have read, discussed and completed a study of Genesis, Exodus, Leviticus, and Hebrews. We are currently in the latter chapters of Numbers. Once we complete the study of Numbers we will move right on to Deuteronomy. It is hard to pinpoint an exact date when we will start Deuteronomy as some weeks we only cover one chapter and other weeks three. It all depends on how The Word is revealed to us. Each book and chapter has proven to be a thoroughly enjoyable experience; revealing the message contained within the Bible.

If you have a desire to study the Bible we welcome one and all to our 66 Bible Books Club. The format is quite simple with a worksheet handed out each week with the chapters to be covered the following week. In addition to the chapters being covered there is space on the worksheet to document your favorite scripture from that chapter, what the correlation to the New or Old Testament may be, and how it applies to today.

We desire for everyone to experience the joy that all the members of the 66 Bible Books Club members experience. We meet on Fridays from 11 a.m. – 12:15 p.m. in the Monterey Room of the Vista Club.

We encourage and look forward to having anyone who would like to attend our club meetings join us. It is never too late to join in on the fellowship enjoyed by everyone attending the 66 Bible Books Club. Please contact either Gary or Deb Dunham at 707-374-5324 or gmdunham1@hotmail.com, debduham@hotmail.com for any additional information.

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Bridge - Friday

Friday Bridge Club meets every Friday at 12:15 pm in the Vista Club, Sonoma Room. All levels of players are welcome. Please let us know you are coming by noon on the Wednesday of that week. The sign-up book is in the Sonoma Room in the middle top drawer of the credenza on the left. On the first Friday there will be duplicate bridge; same sign-up book. For more information or any questions, please call Larry Epner at 707-374-3511. Winners at the February 3 game were Cindy Schroeder and Tammy Woodworth; second were Jim and Karen Nash; third were Jim Rosteck and Ruth Almgren.

Bunco

If you want to meet new people, or just hang out with friends, join us for Bunco. We meet the second Friday of the month at the Delta Club at 7 p.m. Bunco is an easy game to learn, just a roll of the dice. We sit at tables of four players at each table; we make introductions and when the room is ready, we start. At the end of each round, two people from each table move to another table, then we play again. We have refreshments on the break. Ready to have some fun? We look forward to seeing you there. For further information, please call Anna Hoerz at 707-374-2239.

Ceramics



Photos: Linda Robinette and Hema Kumar

March is here along with lots of new creations from the ceramic club. These pieces have all been glazed in colors that would fit in a fairy forest setting. Jan Day finished an adorable fairy while Ann Rice did an enchanting little fairy house. Hema Kumar painted some lovely green leaves. The members of our club are always working on new and

different ceramic things. We also have small items that we invite people to come and glaze to see if they would like to join our group. We are waiting for you.

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

Community Connections



Community Connections is looking for some new ideas and plans. We hope you will join us on March 23 at 2 p.m. in the Marina Room of the Vista Club to share your ideas and thoughts for the upcoming year. Light refreshments will be provided. If you would like to bring a sweet or savory to share, please feel free to do so. We look forward to meeting you! For more information, contact Robie at 650-454-4299 or robiejw@hotmail.com.

Light refreshments will be provided. If you would like to bring a sweet or savory to share, please feel free to do so. We look forward to meeting you! For more information, contact Robie at 650-454-4299 or robiejw@hotmail.com.

Cooking

Greetings from the members of the Trilogy Cooking Club. We meet once a month to sample examples of the month's previously agreed upon theme ingredient as decided by the group, or style of cooking, and share our own take on the theme. It's a fun way to gain exposure to new dishes or techniques and pick up a tip or two at the same time.

Our April 11 meeting will look at savory meat dishes. Molly, Pam, Nancy, Don, and Joann will be bringing their dishes to sample, while the other members will bring a recipe for a savory meat-style dish or preparation they have made and let us know what they like about it and share the experience with the group. We are all home cooks, and all other home cooks are welcome to join us whether you are an experienced chef, or a budding novice. We encourage you to come by and share your passion. If you have questions, please contact Gary Swieso at 707-374-5859. We meet the second Tuesday of each month at 12 p.m. in the River Room of the Delta Club. Whether you're a novice cook or "well-seasoned," please join us. All are welcome. Saddleback and Eagle Point and other new Trilogy residents-this means you! Come bring your suggestions for dishes/styles to try out, or outside trips to take. We are considering some upcoming in-home meetings to teach, demonstrate and learn. See you in April.



Council for the Arts



The first of four performances of *Las Vegas Nights* begins on Wednesday, March 29. Your neighbors are going to amaze you with their talent. The show is not to

be missed! The flyer for tickets to this *Music of the Night* production is in this edition of *Trilogy Living Magazine*. Tickets go fast; make sure you reserve as soon as you can. If you need a flyer, contact Judy Calpo at 707-374-2924.

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

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

Couples Canasta

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

Cycling



Get fit and make new friends by coming to our weekly bike ride. Meet on Friday at 8:50 a.m. in front of the Delta Club. Rides are usually around 25 miles, but you have the option to change the distance to meet your needs. We either ride down River Road and take the Real McCoy ferry and ride

around Ryer Island or head out to Montezuma Hills for a few rolling hills. There are plenty of regroupings, so no one is left behind. Bring money for a possible coffee stop. Helmets are required. Contact Al or Marcia Morrison at 707-374-5177 or marcialsj@netscape.net

This month's photo is Bruce Springer. Bruce was one of the first regular riders when the Cycling Club was restarted about 2 years ago and has helped out twice for Club Awareness Day. Bruce always looks out for the welfare of other riders when he is on a club ride.

Wednesday Casual ride: Meet at 9 a.m. ready to go with helmets on. All types of bicycles are okay. Ride easy Summer set loops within *Trilogy*. Ride as far as you wish at your own pace. Contact Michael Gaertner at 808-281-7540 or gaertnersr@aol.com for more information.

Dog Club



They call me Gracie. I belong to Marian and Doug Stone and they belong to me. I rescued them about 6 1/2 years ago. They think I was about six months old. They don't know what breed I am and that's alright with them. I don't care what breed they are either. I love to take my Mom on daily walks; it's good for her. I'm looking

forward to playing with my friends and running in the Delta breeze at the new *Trilogy* Dog Park. Please support the Dog Club. They do wonderful work, making sure all animals are safe and protected within *Trilogy*.

In January, Sue Clark introduced us to her RV2The Rescue group, a non-profit organization that works with volunteer pilots, shelters, and rescue groups to transport at-risk pets from where they live to where they can find medical help or new homes. Her slide show featured animals she's helped, like Chloe, Warren Rucker's basset hound, and pets who were orphaned or needed surgery--for cleft pallet, perhaps, or a shattered leg. Sue and her group help all kinds of pets like these, traveling the country by plane or ground or working through the Pilots and Paws website. Access the site and see how these amazing people (among them dog club members Jean Gailbraith, Maribeth Redman, Sharon Primeau, and Mona Elliott and other *Trilogy* residents Jim and Sue Rose, Tori Bebout,



Helen Schwenger, and Judy Rumble) create relay teams from coast to coast. To support Sue's efforts, donate to her group (RV2TheRescue.com), or purchase organic coffee or olive oil on line (dogsdrinkcoffee.com), or directly to Sue (707-374-4411). For more information about the Dog Club, contact Sharon Primeau at sl5primeau@yahoo.com.

Dominoes

Did you hear the train whistle? That was the Mexican train. You have to come to the station to board. The "station" is at the Delta Club at 12:30 p.m. on the first and third Tuesdays of the month. If you are not familiar with the rules of play, you will be patiently helped by the others. They are simple, and the play quick enough to keep everyone's interest. Don't miss out. For further information, please call Shirley at 707-374-9984.

Drama

We are busy planning for our next annual Pasta Feed Fund Raiser that is scheduled for April 22 at the Delta Club. This is our one and only fundraiser that supplements our yearlong expenses, so that we can continue to provide productions for free to all in Trilogy. Sign-ups for volunteering for the Pasta Feed will be taken at our next monthly meeting. We have picked out our next play for August, and will be signing up members to be involved on and off stage also.

Member profile for this month: "My name is Ida May Wagner. Before we moved to Trilogy, I volunteered for The Motherlode Stage Company in Loomis, CA. The actors were mostly high school students with a lot of talent. My duties included helping backstage, manning the door when there was a performance, keeping the books, and whatever the Director requested. When I saw that there was a Drama Club here, I immediately joined with the idea of doing the same sort of things. That year's play was being cast, and they were short an actor. My arm was twisted to fill in and I did so reluctantly. Well, lo and behold, a "Ham" was born and I have been "hamming" it up ever since then. So give some thought to joining us. We are a fun group and, who knows, you might discover a hidden "Ham.""

Discover your own "second act" and try a bit of acting with other congenial supporting seniors just like you! You are welcome to come to our next membership meeting on Tuesday, March 28 at 7 p.m. at the Delta Club. Please contact Judy Calpo for more information at 707-374-2924.

Fat Quarter Quilters

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

Fishing

We are open to Men and Women who enjoy the art of fishing, from beginner to experienced, fresh or ocean, all are welcome. Join us each third Monday of the month at 7 p.m. in the Marina Room, Delta Club. Have a cup of coffee and share our fishing stories and pictures of the month. We are working on getting guest speakers to show us tips on different types of fishing, and working on planning trips to enjoy some fishing. Hope to see you there. For more information, call John at 408-931-0857 or Ed at 707-330-0358 .

Garden



Our February meeting was definitely a new topic for us! Jes Pearce showed us the fun in growing grains; both as a beautiful plant and as an edible addition to our gardens! It was a great learning experience!

We are trying something new in March! We're having an evening meeting. Yes, it's in the same place, the Diablo Ballroom in the Vista Club. However, the date is March 2, and the time is 6 - 8 p.m. The presentation will be about orchids and given by Ralph Cotton and Mike Gunter. Ralph and Mike will also teach us how to divide an orchid, so each member will go home with their very own orchid. Don't forget to bring your list of questions with you. As always there will be wonderful refreshments and a raffle.

We hope you will come grow with us! Membership is only \$15 per household per year and entitles you to membership benefits. We invite you to come learn with us. Should you have any questions, please contact us at trilogygardenclub@gmail.com .

Genealogy

We were so pleased to learn the following helpful tips from a recent presentation by member Marianne Gaertner. There can be a lot of human error in genealogy research; either in the work of others or through mistakes you make. Even the best genealogist will once in a while



clubs + groups

discover they got an entire line wrong based on one incorrect assumption, misinterpretation of a record, or by obtaining a faulty record. However, there are ways to be as sure as you can that your research reveals the correct family relationship and information. Here are five ways you can tell if your genealogy research is most likely correct. 1. You have found the same information in more than one set of records. 2. Your research matches the research of other people. 3. Reverse engineer someone else's work. 4. Look for confirmation for your wild assumptions. 5. Get DNA evidence. While DNA may not be able to tell you the exact names of your particular ancestors, it can definitely put you in a suspected ancestor's family (or take you out of it) without a doubt. Genealogy can be imprecise and uncertain by nature. This is truer the farther back you go. People weren't always as careful about accurate record-keeping, and making up noble lines of descent to make a family seem more prestigious was common. Being as sure as you can be is the same as declaring victory in genealogy.

The Club meeting takes place the first Thursday of the month at 2 p.m. in the Monterey Room, Vista Club. The Workshop is held the third Thursday at 2 p.m. in the Learning Center, Vista Club. For more information, contact Carolyn at wncbridges@comcast.net or 510-334-0912. Beginners are welcome to attend both monthly meetings.

Guitar

Guitar Club membership has grown so large that beginning on March 5, our This 'n That Coffee House will begin at 6 p.m. That means an extra 30 minutes for you to enjoy listening to your neighbors as they sing and play guitar and ukulele. It's an evening of live music with a little bit of poetry and prose mixed in. You can bring your own refreshments, but we also offer free coffee and snacks. Best of all, admission is free! Join us Sunday, March 5 in the Diablo Ballroom at the Vista Club from 6 - 8:30 p.m.

Guitar Club meets in the Diablo Ballroom on the first Monday of the month from 3 - 5 p.m. and meets in the Monterey Room on the third Monday from 3 - 5 p.m. For those two hours we play, sing, talk and have a good time. Beginners and non-players are always welcome. If you want to learn to play guitar, need help changing strings or just need some advice, consider coming to our Beginners Workshop on the second and fourth Fridays of the month in the Diablo Ballroom from 2 p.m. to 4 p.m.

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

Havurah Friends

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

On Monday, March 27 the group will enjoy a lovely coffee and dessert social, and your presence would be greatly appreciated. This is a very important input meeting! Your ideas and participation are needed to make our special events happen! Please put this date on your calendars now. We meet in the Monterey Room at the Vista Club at 7 p.m. We look forward to welcoming new members as we expand our group of friends. For more information please contact Pam at 707-374-3161 or karatpah20@gmail.com.

Hiking

The Trilogy Hiking Club is one of the oldest and largest clubs in Trilogy, formed 12 years ago with a current membership of over 250. The Club offers a wide variety of hiking, special interest and social events; membership and most hikes are free. A nominal fee is charged for our special events.

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

Special Interest Events: These range from day trips to places such as the Mines at Black Diamond, Sacramento's Underground, Vasco Caves, to multi-night trips to Pt. Reyes, Lassen or Yosemite. (Traditionally we go to Yosemite in May and Pt. Reyes in September). Social Events: Club members gather monthly at a member's home for a Potluck followed by an evening of socializing and playing card or board games.

March's Saturday trips are:

- March 4: San Francisco Bay Trail - Easy - Vallejo
- March 11: De Anza Trail - Easy - Pittsburg
- March 18: Fairfield Trail - Fairfield
- March 25: Lafayette Reservoir - Easy/Difficult
(2 Trails) - Lafayette

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



Labyrinth Walkers

*Vernal Equinox Walk at the Vista Club Labyrinth
Monday, March 20 at 4 p.m.*



Join us for a Trilogy Labyrinth Walkers (TLW) group walk on Monday, March 20. We will meet at the Vista Club fireplace at 3:45

p.m. as we celebrate the coming of spring in the northern hemisphere by walking the Vista Patio labyrinth at 4 p.m. Staff will arrange the patio furniture to accommodate our walk. This contemplative walk is a good time to reflect on the goals we set for ourselves late last year and earlier this year.

Speaking of goals, many of you know that in November 2016, the Trilogy Homeowners Association Board directed Michael Osterich, Maintenance Supervisor, to look at various locations within Trilogy that might accommodate a labyrinth and report his recommendations at the following meeting. In December Michael reported an undeveloped location in Eagle Point Village rated highest in the scale he had developed. The board accepted his recommendation and moved to place a labyrinth on the Longspur Park site. The Board's Negotiating Committee was authorized to negotiate with Shea Homes to see if Shea would pay for the labyrinth as part of their park development. In January 2017 the Negotiating Committee reported that Shea agreed to install a concrete slab which will accommodate the labyrinth at Longspur Park. The TLW's goal to have a continually usable labyrinth is a few steps closer. Your continued enthusiasm and support is very important.

Call Elaine Wisz at 707-374-4310 or Gerry Swan at 510-507-4080 to let us know if you will join us on March 20, or if you have questions.

Men's Fellowship

The Men's Fellowship Club has been meeting weekly for going on three years now. During that time we have read, studied, reviewed, and discussed verse by verse, the books of Luke, Acts, Romans, and Philippians. We are currently studying Colossians. Much has been revealed to us that is mightily helping the men who attend this fellowship.

The men attending our weekly meetings hail from many different religious and cultural backgrounds. They also range from limited knowledge of Scripture to several re-

tired pastors and everything in between. With the varied backgrounds and level of knowledge we focus solely on what is revealed to us within the Holy Bible.

As always we welcome all men who have a special interest and desire for the reading and studying of Holy Scripture...and all men who are just curious as to what we are all about. We meet weekly in the Rio Vista Room at the Delta Club from 9:30 – 10:30 a.m. For any additional information please contact either Lloyd Whitford (707-374-3266 or whitfordlloyd@gmail.com) or Ted Angus (707-374-6593 or sandraangus@yahoo.com).

Model

In case you have not noticed, it is raining a lot. California can sure use it, especially Northern California. Garden Railroads, like the one we have built and maintained in the Trilogy Rio Vista flagpole area adjacent to the Vista Clubh can technically operate in the rain, however the track and building maintenance suffers with out-of-scale footprints and accelerated weed growth. The plants we placed in the ground in the fall are doing well, so just as soon as we get two or three adjacent dry days we will form a gardening group to vanquish some weeds and make plans for a spring planting. Speaking of planting, February celebrated Valentine's Day. That was the day we asked our resident bakers to show off their skills and donate them to our annual Garden Railroad Spring Planting Sale. We thank you very much for your donations and your participation. All proceeds go for the purchase of vibrant and colorful seeds, seedlings and dwarf plants that make up a very pleasant and colorful display in the early summer. Please contact President Mr. Ted Tome at 925-691-4676 with questions. Please join us at our monthly meeting the first Friday of each month in the Monterey Room at 9 a.m.

Motorcycle

The Trilogy Motorcycle Club riders meet the first Saturday of every month for an all-day ride. The February 4 ride was about as difficult to get started on as the previous month. However, we did target Martell as our first stop and planned to regroup there based on the cloud formations. So we scurried out through Isleton and Walnut Grove to Twin Cities and made a dash across the valley. Ominous clouds followed us on the left side and broken sunshine gave promise on the right. In Martell, the temp dropped several degrees, the clouds grew darker and our dash for Cooks Station on Highway 88 quickly petered out as we wound up in a parking lot, at of all places.... Mel's Diner in Jackson. Not wanting to offend Mel and it was raining pretty good by then, we opted for blueberry pancakes, waffles, country breakfast and steak and eggs.



Not a bad trade off. After the late breakfast/early lunch, we decided to meander towards home via some nice little back roads. That must have pleased the rain deity, as the weather cleared somewhat and even had a little sunshine to make the wet green grass sparkle like Ireland! Only a 140-mile ride, but a little bit of something for everyone.

No photo for this ride but riders were: John Stapp, Charlie Coleman, Wil Bridges, Bob Azbell, Mike Oestreich, Ted Tome. We invite the other motorcycle riders in Trilogy to join us on any of the monthly rides. The next ride will meet at McDonald's in Rio Vista at 8 a.m. March 4, the destination to be determined based on weather. For more information, contact Bob Pastorino at 707-374-6556 or Larry Nelson at 707-374-2967.

Movers & Shakers

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

Nature

On Saturday, March 25, we will visit Jepson Prairie Reserve, one of California's last remaining intact vernal pool ecosystem and native grassland prairie habitats. While dry and dormant most of the year, the winter rains transform the prairie into a "tapestry of stunning colors," and its vernal pools host a diversity of rare aquatic life. This unique habitat is just off Highway 113, ten miles south of Dixon. We will join a docent from the Solano Land Trust at 10 a.m. on an easy walk on a nature trail approximately 1/2-mile long to learn about the pools, invertebrate and flowering plants, and to look for birds and other wildlife. No pets allowed on the trail. Expect a slow pace, a meandering route, and lots of opportunities to look at tiny wildflowers. Bring water as no drinking water is available. Wear clothing and shoes appropriate for weather conditions. You may want to bring a hand lens, binoculars and a camera. Cost: A donation is requested. Plan to meet at 9 a.m. in the Vista Club parking lot to carpool. Expect this outing to be a minimum 2 to 3 hours. Call Gail at 707-374-2718 to reserve your spot on the docent lead tour, or with any questions. Rain cancels the tour.

Photography

The Photography Club welcomes everyone who loves to take pictures, regardless of their skill level, so we can share knowledge and improve our skills. Yvonne taught a class in February on Snapseed and it was very informative. Please let us know if there is a particular subject you would like to see taught in a class or if you would like to teach a class.



Photo was taken at the Cornerstone Sonoma Gardens by Doris Noriega

Please join us for our field trip to Locke and surrounding areas on Monday, March 20. We will meet at 9:30 am at the Delta Tennis Court parking lot to carpool and will have a light lunch along the way. Dress warm in layers and bring some snacks and water. We should have some beautiful photo opportunities on future field trips this year with all the rain which brings so many species of birds to our area as well as interesting flowers and plants.

We currently meet monthly on the first Thursday of the month at 7 p.m. in the Learning Center (computer room) at the Vista Club. If you wish to share your photos, please arrive at 6:45 p.m. and bring your labeled USB drive with 4 to 6 pictures on it. We have a list of suggested "assignments" for each month and copies will be available at the next meeting on March 2. The March assignment is Doors and Elevators so if you have any that are interesting captures, please bring them to share. We are looking for black and white photos to include in our monthly newsletter so please email them to yvonnecamper@att.net.

We are looking forward to seeing you at the next club meeting and field trip. For more information, please contact Yvonne Camper at 408-690-4524 or yvonnecamper@att.net.

Radio

During the month of January, the Club conducted a complete review of the equipment available for emergency communications at Trilogy Rio Vista. This review included Armature Radio Emergency equipment, antennas, power sources and power connection items as appropriate at the Welcome Center, and Vista and Delta Clubs. The review also included all necessary support documentation at each appropriate site. This review confirmed our knowledge of equipment placement, proper operation and security in the event that we are called upon to support the safety and wellbeing in Trilogy and the Rio Vista



area. All discrepancies were acted upon in the proper manner. It is advisable to check the proper operation and completeness of our equipment just as it is important to check the operation and condition of the emergency items in your home. Contact the Emergency Action Committee or your Radio Club for assistance or guidance.

The Radio Club meets most Tuesdays in the Vista Club Monterey Room at 8:30 a.m. for demonstrations and technical discussions. Please stop by. We also conduct an on-the-air radio network using the Solano County ACS repeater most Monday evenings at 7 p.m. Questions? Call Club President, Dean Lattman for more information at 707-374-3967.

Religions of the World



The Religions of the World (ROW) presentation on "Meditation" will be held at 6:30 p.m. Tuesday, March 7 in the Delta Club's River Room.

The practice of meditation dates back to antiquity. Many types of meditation are practiced today. All meditations share common goals of calming the body and mind, releasing tension, and enabling practitioners to progress towards a state of well-being, happiness, peace, and enlightenment.

An overview of some of the popular meditation methods will be covered, tracing their origins and outlining their techniques. A ROW member who is a teacher of Transcendental Meditation will discuss the TM technique which received extensive scientific research during the past 60 years. Other common techniques including Zazen, Mindfulness, Heart Rhythm and Kriya Yoga meditation will be presented. The presentation will feature videos that assist in better understanding the various meditation techniques, and provide testimonials on their benefits.

R.O.W. Club is a diverse group of Trilogy residents interested in learning about world religions, their history, beliefs and practices. We meet the first Tuesday of every month at 6:30 p.m. This is not a forum for recruiting members to any belief system. All residents are welcome. For more information, contact Don Cooper at 510-909-5049 or Dave Bellamy at 707-303-229-6942.

Rio Vista Men's Executive Nine Golf

The Rio Vista Men's Executive Nine Golf Club is comprised of members who enjoy playing nine holes of golf and then socializing after the game. We play each Tuesday mid-morning. The format varies each week, with individual "straight" golf play two Tuesdays of the month, and

with a few, mostly winter exceptions, individual and team tournament events on the alternate Tuesdays. We would like to welcome new members Larry Nelson, Vernon Olivia, and George Roche to the club. If you would like to join us, pick up an application form in the Pro Shop Club Room or contact our Membership Chairman, Mike Warr, at 253-312-8371 or mwarr48@gmail.com.

Because of the inclement weather, there were no Tuesday Tournaments in January, but with the coming of spring we look forward to returning to our regular Tuesday Tournament schedule in March. The first tournament of the month will be a special event. On Tuesday, March 14, the Women's Nine Hole Club will be hosting us for the first of two annual co-club tournaments. The tournament format that day will be a "Scramble," and play will be followed by a luncheon for the two clubs at Sir Flairs Restaurant. The Tuesday Tournament on March 28 will utilize a "Four Ball – Best Low Net" format.

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

RV Roamers

Hello Roamers! Our February outing was to the Ryde Hotel for Valentine's Day brunch. Our hostess was Nancy Shirley and we thank her for giving us a wonderful opportunity to dine at the Ryde!

For the first time in many years, our club will have a weekend outing. We know that many of our newer residents still work, and we are hoping that will enable some new roamers to join us. Our destination is again, as requested by many, the Leguna Seca Raceway campgrounds in Salinas. Last month the date was inaccurate. It will be Thursday night through Saturday night March 23-25. Everyone will bring hearty appetizers the first night, potluck the next, and everyone will be on their own Saturday. Hosts are Sandra and Manny Santos (707-374-3538). The cost will be \$37/night with the first night payable to Sandra by March 12. If we have more than 10 rigs, the cost drops to \$35/night. This spot overlooks the valley leading to Monterey and is beautiful. Arrangements can be made to ride around the track with a driver on the speedway! Check the internet for the Mazda Raceway at Leguna Seca. Do we sound interesting? Come join us and give us a try! Call our hosts, or Richard Larsen at 707- 580-8122, or view www.rvroamers.net for information.

Senior Men's Golf

Okay, enough with the rain. March promises to be a dryer month so optimistically more playing days! It's also the month to set some personal golf goals. How about a hole-in-one? A birdie on 18? Hitting 12 greens in regulation?



clubs + groups

Well, set those goals then get out on the course and try to attain them.

2017 stands ready to be a banner year for the RVSMGC. Our home golf course is, weather permitting, being whipped into shape for what could be best course conditions in years. Tournament Director, Joe Freeman, has announced a full year's slate of varied weekly tournaments. Ken Higaki, will again lead us out into local golf venues with a series of Away Tournaments that will test the validity of everyone's handicap.

It's 2016 history, but our club must recognize these gentlemen for having Hole-in-Ones: Stan Anisko (4/20/16, Hole #13), Lenard Headley (6/13/16, Hole #13), Bob Williamson (11/13/16, Hole #5), Noel Doyle (11/13/16, Hole #5).

Joining our club is easy. RVSMGC welcomes all Rio Vista men 50 and older to join our club and be part of the fun. Membership forms can be found in the Club Room of the Pro Shop. For all other information concerning membership and activities, contact our Membership Director, Eric Bromell, at 925-685-7237 or ebmixer@yahoo.com.

Singles



The Singles Group is growing with new friends. There are many impromptu activities as our circle gets bigger.

We get together for cards and games on Wednesdays at the Vista Club from 7 - 9 p.m. in the Sonoma Room. Don't forget

to bring your favorite beverage to quench your thirst! If you'd like to bring a sweet or savory to share you can, but it's not required. We look forward to meeting you at the next event!

The Singles Club is still heating up the cold winter nights with our Meet & Greet Potluck. Please join us the third Sunday of the month at 6 p.m., March 19, in the Marina Room at the Delta Club. Bring something to grill or a main dish, a side dish to share, something to drink, and get ready to enjoy an evening of great conversation and laughs. For those who are daring, don't forget your swimsuit in case you want to take a dip in the hot tub!

Don't forget to check out the local community website [wwwNextdoor.com](http://www.Nextdoor.com), where the Singles Club also posts impromptu activities! If you have any questions, or require additional information, contact Robie Williams at robiejw@hotmail.com or Doug Littrell at littreldouglas66@gmail.com.

Square Dance

A contingent of The Rio Vista Grand Squares (aka Trilogy Square Dance Club), attended their first away square

dance event. The event was sponsored by the Diamond Dancers of Galt, and was a celebration of Presidents' Day and included a tri-tip dinner and an evening of square dancing. A fun-filled time was had by all. The Rio Vista Grand Squares hope to host a similar event at Trilogy later this year so watch for the announcement.

We are currently dancing at the beginner-to-mainstream levels. If you are an experienced square dancer, come join us on any Wednesday. Sessions start at 6:30 p.m. in the Delta Club, Rio Vista Room. The club has engaged the services of Scot Byars, a nationally known professional caller and teacher, at a cost of \$5 per dancer per session. If you are interested but have no square dancing experience, new beginner classes will be offered again in the near future. We are gathering names of interested dancers and will offer a special beginner catch-up session when enough people are signed up. Groups, couples and singles are welcome. Dress is casual. For further information about the club, check out our web site, www.riovistagrandsquares.com. The site shows our class schedule, current call status, as well as links to other instructional sites. You can also call Judy Lentz at 707-374-6506 or Ron Kott at 650-464-2071. Be There And Be Square.

Table Tennis



Table tennis players, whether beginners or advanced, like to improve their skills so they become more competitive and increase their enjoyment of the sport. Most players have never received professional training. One benefit of belonging to our

club is the opportunity to play with members of various skill levels. Advanced players often assume the role of coaches, pointing out to their colleagues the proper techniques to improve their skills.

If you ask players to name skills that they wish to learn you will get many answers. Some like to improve their serve so they gain an early advantage. Others want to master the return of serve, to make it difficult for their opponents to attack. Others want to learn looping, chopping, blocking, lobbing, fishing, smashing, flipping, pushing, or any number of other strokes. Proper ways of holding the paddle for different stroke types, and efficient footwork techniques to enable players to get to the right position for striking an incoming ball, are also important skills to learn. Serious players are not content developing just a few skills. All these physical skills, acquired through years of practice, combined with a positive mindset, are required to become a "complete player." We have a few such players in our club. Come practice with them to improve your game.



To learn more, please visit <http://trvtt.wordpress.com> or contact Tom Barnes, President (707-812-7112); Sherry Jasara, Vice President (916-758-7674); Ruth Barnes, Treasurer (707-812-7112); Hans Popping, Secretary (858-735-5108); Glenn Hom, Tournament Director (925-915-9249).

Tennis

Update on the Tennis Court Reconstruction Project: The Master Association Board approved complete replacement of courts 1 & 2. The contract was awarded at the February Board Meeting. It was also agreed that cracks will be repaired and a new color coat will be applied to courts 3 & 4. The work on courts on 1 & 2 will commence March 6. Therefore, be prepared to be as flexible as possible with court use.

As a result of the construction, the spring Tournasocial will be limited to courts 3 & 4 on Sunday March 12. Men will play at 9 a.m. and women at 1 p.m. The potluck and awards ceremony will start at 5 p.m. Please contact Claude Trottier or Sandy Price if you wish to participate in this event and have not already signed up.

Our Tournament Director, Bill Kienzle, is presently organizing a spring Team Tennis session to start about mid-April, pending completion of construction. He is also in the process of organizing our 2017 Tournaments, so please contact him if you are interested in participating. In addition to this, Sandy Price is organizing a weekly (or by-weekly) "Ladies Play." Any of our women players who are interested, please let her know.

As always, daily Social Tennis is Monday - Friday from 8 - 10:30 a.m. and we welcome anyone, member of the club or not, to join us. Just be sure that your shoes are "court" shoes that do not leave marks on the court surfaces.

Our next club meeting is scheduled at 10 a.m. on Friday, March 31, at the Delta Club. For more information about our club, join us at our club meeting, or contact Claude Trottier at crtrrottier92@gmail.com, or visit our website www.frontiernet.net/~courtjesters.

Trilogy Art Guild

Members meet the first Monday of each month at 1 p.m. in the Marina Room at the Delta Club. This month, following our business meeting, we will be concluding our art challenge. A couple of months ago, many of our artists took home a picture from a selection of pieces. The assignment was to use the picture for inspiration and to duplicate the picture as you would see it. We will be bringing our finished projects in to share.

Also in the month of March, many of our artists will be participating in the Wine, Belle Voci, and Visual Art Festi-

val on Saturday, March 4, 1 - 5 p.m. Please put it on your calendar to come down and view our beautiful pieces.

We welcome new members and you don't have to be an artist, just an art lover. If you would like more information regarding TAG, please contact Maren Waddill at 707-374-3954 or Richard Laswell at 559 359-1248.

If you would like to learn a new hobby, and meet some new neighbors, we would like to invite all Trilogy residents to attend classes taught by some of our talented TAG members. No experience is required; beginners are welcome. Please contact the instructor if you are interested in signing up for their class. Classes are held in the Marina Room in the Delta Club.

Beginning Watercolor

Tuesdays at 12 p.m.

Contact Anna at 707-374-3560

Card Design with Wilda

Wednesdays, 2 - 4 p.m.

Contact Alma at 707-374-3064

Cardmaking with Shari

Fridays at 10 a.m.

Contact Shari at 707-363-9752

Advanced Watercolor

Fridays at 12 p.m.

Contact Anna at 707-374-3560

Next Shibori Workshop

March 11 and 12

Contact Lori at 707-374-6196

Trilogy Theater Group

On February 3, Trilogy Theater Group completed a successful three week run of *The Altos* dinner theater on Thursday/Friday nights at Sir Flair's Restaurant to sold out crowds of 90+ per night. *The Altos* cast and crew, and Sir Flair's are grateful for the enthusiastic response from Trilogy and the broader Rio Vista community. TTG thanks Marcus Patterson and his staff at Sir Flair's for their collaborative support. Guests appeared to enjoy their dinner and actively participated in the interactive theater experience, contributing to the hilarity. Laughter and a few gun shots abounded. TTG plans to offer this type of experience again in the coming year. At our February general meeting, which was after the deadline for this article, elections were held and new board members elected. The nominees were Kevin Kennedy-President, Dorene Reid-Secretary, Ron Chalmers-Member At Large who would join continuing board members: Rusty DeLucia-Vice President and Carol Foote-Treasurer. Louise Mitchell has a voice as founder. Huge thank yous to out-going officers Louise Mitchell (President since our founding), George Doner, and Grace Bos.



The title and auditions for our next staged play on June 1-4 will be announced on www.Nextdoor.com and our Trilogy Theater Group facebook page.

Our next general meeting is March 23 (fourth Thursday) at 7 p.m. in the Delta Club (River or Marina room). Anyone is welcome to attend. On Tuesdays at 2:30 p.m., TTG member Ron Chalmers is facilitating an Actors' Studio Workshop (Vista Club – usually Monterey Room). Workshop is open to TTG members. Membership dues are only \$10 per calendar year. If you are interested in joining Trilogy Theater Group, or just have questions, contact Treasurer Carol Foote at 707-374-2124.

Ukulele

We meet each Wednesday in the Vista Club Diablo Room. Beginner's class starts at 11 a.m. followed by the performance group practice at noon. All interested Trilogy residents are invited to drop in, listen, play and sing along with us. Bring your ukulele if you have one. You don't need to know how to read music or have any prior musical experience. You'll be playing songs after your first session! Don't miss our next jam session at The Point Restaurant on Sunday, March 19, from 1:30 - 3:30 p.m. Bring your ukulele, guitar, tambourine, washboard, banjo, accordion, harmonica, mandolin, or kazoo! Have brunch, lunch and/or a refreshing beverage as you watch the river rolling by! Need more details? Contact Claire McKean at 510-301-0479.

Whist

March is the month of the wearing of the color green by everyone, since everyone has a little Irish in them. We will celebrate Saint Patrick's Day, and look forward to Daylight Savings Day, Sunday, March 12. We are also happy to see the first day of Spring on March 20. Take the opportunity to enjoy each day. Live, laugh, and love as never before. "You have not lived today until you have done something for someone who can never repay you." John Bunyan

The Whist Club will sponsor a Casino Bus trip in April. This is a fund raiser. Look for our flyer in this issue of *Trilogy Living*.

If you are efficient, productive, professional, hardworking, dedicated and friendly, the Whist Club is asking you to join with us to bring more and better presentations to the Trilogy Community. A lot of you are retired from your careers and looking forward to be active in a hobby or new career. The Trilogy Whist Club seeks your participation in our presentation of annual celebrations in 2017. Share your expertise and historical viewpoint. You are welcome to have fun with us every third Friday of the month at 7 p.m. at the Delta Club. Bring a dish to share. The food is always plentiful and tasty. We play cards and Dominos.

The Mexican Train game is the most popular game. Some people sit, exchange information and give their views for a better country. Come, interact and share your thoughts with us on Mondays at 5 p.m. at the Vista club. We offer encouragement and support for each other. Remember, Genius does what it must, and Talent does what it can. For information, call Hattie Walker, Chairperson, at 707-374-3699, or Jean Robertson at 707-374-0086 .

Women's 9-Holers



2017 comes in with a flood or two

January has been the wettest month we have had in a very long time. We think the drought is over. Hole number 17 looks like a new lake for Trilogy. On top of that, it has been cold, cold, cold and foggy, too! We have actually only

been able to play golf on three occasions. A small group played early on in the month, straight golf. Jan Benner got a chip in. Good for you, Jan! Later in the month we played Low Putts. It was flighted and Denise Sargent Natour and Jan Benner won in their flights. Since it has been so cold, foggy and rainy it really has been difficult to play, but the brave still get out as much as possible.

For the month of January we did actually have four pars total: Denise on 8; Diane Scholz on 2; Pat Lasusky on 5 and Nancy Weaver on 8. We also had one birdie: Jeanie Renner on 5. Great job ladies. You are brave and worthy. Let's hope February will bring us some sunshine and good weather so more of us can get out to play. We know we need the rain, but come on, give us a chance. Keep dry and if you have an interest in joining the 9 Hole Ladies, please contact Debi Petteruti, nsdme2012@gmail.com or call 707-374-5797. Also, we meet on Tuesdays at 9 a.m.

Women's 18-Holers

The highlight of the month: The winners of our Ace of the Month: Marsha Berry and Cindy Brown - both with a net 78. Congratulations, Ladies! **January 5** - seventeen ladies played Ace of the Month and Low Putts. Chip In: Linda Rowe. Closest to the Pin: Loretta Ortenblad, 10 inches. No Birdies. Broke 100: Barlesi 94, Berry 99. Low Putts Winners: Flight A: First: Barlesi 33, Second: Ortenblad 34, Third: Sundly 36. Fourth: Tie Berry/Dunn 38. Flight B: First: Joanne Smith 32, Second: Rowe 33, Third: Scholz 34, Fourth: Tie Benner/Dutcher 38. **January 12** - game called due to rain. **January 19** - game called due to rain. **January 26** - twenty-one ladies played Hate Em. Chip-in: Joanne Smith.

No Birdies. Closest to the Pin: Linda Rowe, 7 feet. Broke 90: Linda Barlesi. Broke 100: Denise Sargent-Natour 93, Pam Fashing 95, Marsha Berry 96, Cindy Brown 96. Flight A: First: Sargent-Natour net 68, Second: Brown net 71, Third: Fashing net 73. Flight B: First: Staley net 71, Second: Love net 72, Third: Dunn net 73. Flight C: First: Kistler net 74, Second: Tie Benner/Rowe net 75.

Welcome to our new members: Charr James, Jill Smith, Marian Bard, Linda Rowe, Nancy Weaver and Lois Dutcher. If interested in joining our group, please contact Sharon David at 925-518-8511.

Women's Fellowship

We are well into 2017 and the year is going fast. The Women's Fellowship has great plans for this year. At present, we are enjoying the study of Acts of the apostles. We are blessed to have new ladies join us and, it is so delightful to meet and get to know new residents here in Trilogy. For those of you who have not joined us, we invite you to do so. We continue to meet every Thursday from 9:30 - 11:30 a.m. in the Sonoma Room at the Vista Club. Just so you know, we are encouraged by the presence and participation of all who enjoy studying the Bible. We are truly blessed to live in this Trilogy community where we can reach out to each other and fellowship together.

Psalm 147:11: The Lord takes pleasure in those who fear Him, In those who hope in His mercy.

Writers



Optional Topic: A Fairy Tale for Our Time

Many of us can easily recall our favorite childhood fairy tales written or collected by the Brothers Grimm, Hans Christian Andersen, Charles Perrault and others. Every



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culture has their own version of these yarns. The cast of characters included princesses and fairy godmothers, as well as ogres, wicked stepmothers and talking animals. There was almost always a happy ending. But did you know these stories were originally intended to entertain adults? They often proclaimed the benefits of hard work, honesty, keeping promises and warned of the dangers of deceptive strangers. But why should fairy tales take place "once upon a time"? We have many in our club who just might update an ancient story or create a completely new "fairy tale for our time." If you are not so inclined, but have the desire to share your thoughts, just write! Whether you choose to write on this optional topic or on a different subject, all will be welcomed to our meeting on Friday, March 17 at 2 p.m. We'll be in the Monterey Room of the Vista Club. Each author will have 5 - 10 minutes to present her/his poem, song, essay or chapter, depending on the number of participants in attendance. Also on our agenda will be announcements of classes, conferences, websites and contests which may interest our members. In addition, we have a small collection of books that may be helpful to aspiring writers. For further information, contact Suzi (925-231-5213), Judy (707-374-3973) or Zoe (707-374-3676).



Alzheimer's/Dementias Caregivers' Support Meeting

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

Meals on Wheels - Thank You

A great big Thank You to the Fat Quarters Quilting Group for the generous donation of material scraps to the Vallejo Quilters who used these scraps to make placemats and runners for 1,000 Meals on Wheels clients to brighten their days! Roger Wiseman, President, Meals on Wheels of Solano County

Rio Vista Food Pantry Needs Volunteers!

The Rio Vista Food Pantry needs the following volunteers:

- Receptionist: Monday - Friday, 9 a.m. - 1 p.m.
- Person to Pick up from Fairfield Food Bank: Weekly (Wednesday) 8 - 11 a.m.
- Sort/date check donations: Wednesday or Friday

For more information, visit the website at RioVistaFoodPantry.org or call 707-374-5706. For donations, please designate Rio Vista Food Pantry, 1105A Airport Blvd., Rio Vista, CA 94571.

4th Annual McCormack Ranch Sheepdog Trial

Friday, March 31–Sunday, April 2, 9 a.m. – 5 p.m.

With the Sacramento River and Mount Diablo in the background, over 80 dogs and their handlers from several western states converge in hopes of winning a future place in the USBCHA Sheepdog Finals held in, Middletown, VA in the fall.

The McCormack Ranch is located at 8192 Montezuma Hills Road, west of Rio Vista. The event is open to the public. Tickets are available at Pets 4 All, Books Rio V, and at the Rio Vista Visitor Center on 2nd Street in Rio Vista. To learn more about the event, including online purchasing and Saturday's lamb barbeque, read the full article on MyTrilogyLife.com. Click on the community link on the left-hand side and find 4th Annual McCormack Ranch Sheepdog Trial.

Family Support Group



The Family Support Group is available to organize a memorial service for any family member who incurs the loss of a Tril-

ogy resident. For more information, please call Chairperson Claudette Gartner at 707-439-6116, or email her at xbirdlady@myifp.com, or call Barbara Sherison at 707-374-6845, or call Betty Bowley at 707-374-5613.

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March 2017

ALL CLASSES ARE ON WEDNESDAY

Windows 10 \$7 ea.	March 8, Class 10:00 a.m. to 11:30 a.m. Microsoft Windows 10 Operating System. Introduction to basic features of Windows 10. You have upgraded to Windows 10 or bought a new computer that comes with it already installed. It looks different! What are those "tiles" that pop up? Help! Learn to navigate in Windows 10 (and maybe even like it!).
Computer Basics \$7 ea.	March 8, Class 12:30 p.m. to 2:00 p.m. Introduction for new computer users to learn their way around a Windows computer. <i>This class is mandatory or equivalent knowledge for all other classes.</i>
iPhone - Level 1 \$10 ea. Bring your own Apple iPhone	March 15, Class 10:00 a.m. to 11:30 a.m. Learn the basics of using your Apple iPhone as a phone, camera, set up your contacts, text, Siri, connect to WiFi, and learn about mobile device security and etiquette. Fun and easy! <u>Bring your own Apple iPhone – fully charged.</u> This class is <u>only for Apple iPhones</u> , not any other brand of smartphone.
Discover the Internet \$7 ea.	March 15, Class 12:30 p.m. to 2:00 p.m. Explore how to navigate the internet, the giant library where you can research, shop, read news, learn, pursue hobbies, bank, use social media, and more!

If using your own computer, public wireless network cautions apply!

Computer Basics class is mandatory, or equivalent knowledge, for all other classes.

Limited Class Size-sign up early. Repeating classes is recommended. Class subject suggestion list available!

Interested in training or helping others during class? Email Debbie Dorn at ddorn@actionlife.com.



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erasesrinkles@att.net or 925-324-1062

Rodan & Fields Skin Care Products

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707-374-2466 or LupeandMarcy@gmail.com

ANNOUNCEMENTS

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2 Maui Kaanapali Beach Whaler condos: 1) 1Bd/2Ba oceanfront, sleeps 5 from 6/24/2017 thru 7/8/2017 at \$350 per night. 2) Studio sleeps 3 from 7/11/2017 thru 7/25/2017 at \$150 per night. Jill 707-374-5598.

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2000 Ford F-150 truck, V-8, mileage 257,375. Well maintained. \$2000. Call 530-228-1074.

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SERVICES

Bicycle Repair

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

Body Sculpting

Safe, full body treatment cleared by FDA. Reduce cellulite, flabbiness, flatten tummy, improve circulation, detox. Best price anywhere. Treatment provided locally by a Trilogy resident. Call Laurie 925-301-7389.

Cleaning

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



SERVICES

Computer A+ Assistance

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

Computer Aid

I can fix your PC, including viruses and malware. New PC setup with file transfers and tutoring on Windows 10, wireless printers and Netflix connections. Kathy Barker 707-374-6850.

Faux Finishing @ Its Best

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

Gardening/Design

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

Handyman

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

SERVICES

Handyman

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

Handyman

Free estimates. All work guaranteed. 35 years experience. No job too small. Install, repair disposals, faucets, sinks, toilets, microwaves, ceiling fans. ELC Plumbing. Randy 707-374-5699. Lic. #1334.

Hauling

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

Housekeeping Service

Best price. Best Service. Your house will sparkle. 372-3818

Impeccable Improvements & Repair

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

Income Tax Preparation & Notary

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

SERVICES

Jewelry

Bob and Sandra's Jewelry Depot: Specializing in Artisan crafted jewelry, expert cleaning and polishing. 45 years jewelry experience. 707-386-3803.

Moving?

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

Notary

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

Notary Public

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

Notary to Go

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

Notary Services

\$15 per signature per page/ discounts for multiple pages. Trilogy resident Elaine Wisz 707-374-4310.

Organization Help

Organize, declutter, odd jobs. Need help organizing and/or decluttering? I can help create functional space. Garages, office, den, pantry, rooms, sheds, etc. Dawn, Jerry the sprinkler guy's daughter. 707-628-4235, 707-374-5239.

Want to Run a Classified Ad?

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

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



SERVICES

Paint

Free estimates. \$125 standard size room. Over 35 years experience. All work guaranteed. Call Randy 707-374-5699. Lic. #1334

Painting & Drywall

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

Pet Care

Loving Pet Care Services since 2007. Cats: 1-2, two visits \$15. Dogs: 1-2, or combos of dogs/cats, five visits \$20. a day. Meds etc. negotiable. Advance vacation reservations, short notice welcomed. Includes: feed, scoop, play and brush. Mimi 707-374-4343.

Pet Care

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

Pet Care

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

Ron the Painter

Trilogy resident with experience in painting interiors, fences, mailboxes. Great work, good price. Call Ron 707-430-3135.

Rain Gutters Cleaned

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

Reliable Transportation

Local and all airport transportation, serving all East bay cities for appointments. Safe and reasonable rates. Call Harvey Evans 602-510-2121.

SERVICES

Sliding Door Repair

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

Sprinkler Repair

Tune-up and repair of irrigation systems. Will tune your sprinklers for optimum operating efficiency. Free analysis by a Trilogy resident. Dennis 707-374-5816.

Transportation

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

Transportation

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

Transportation

Retired peace officer will provide safe and comfortable transport to travel terminals, destinations and medical appointments within 200 miles. Personal tour guide, travel agent services available. Sandra 707-249-1567

Transportation

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

Weed Pulling

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

SERVICES

Window Cleaning

Professional window cleaning. Years of experience, licensed, and complete background check. For a free estimate and appointment, call Gary 707-374-3488.

WANTED

Golf Carts

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

Sporting Goods

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



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

- Alain Pinel Realtors is ranked 5th largest independent real estate broker in the nation, for the 5th consecutive year.
- Over 30 offices to serve YOU, throughout the area including Sonoma, Napa, Tahoe & San Francisco.
- Offering personalized marketing plans for each home, including Professional Photography, Virtual Tours, Custom Marketing Materials, Staging and more.
- On-Line Marketing includes Property Websites, Domestic & International.

HOME PRICES CONTINUE TO RISE!!! CALL TODAY FOR A MARKET ANALYSIS OF YOUR HOME.

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

Kathie Bleier
925.683.7084
KBLEIER@APR.COM
BRE 01063281



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

ADVERTISING INFORMATION

DEADLINE: All final ads and checks are due by the fifth of the month prior to the month of publication. For example: April 2017 ads and checks are due by March 5, 2016. All late submissions will run in the May 2017 issue of *Trilogy Living*.

REGULAR SIZES AND RATES:

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

PREMIUM SIZES AND RATES:

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

DISCOUNTS:

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

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

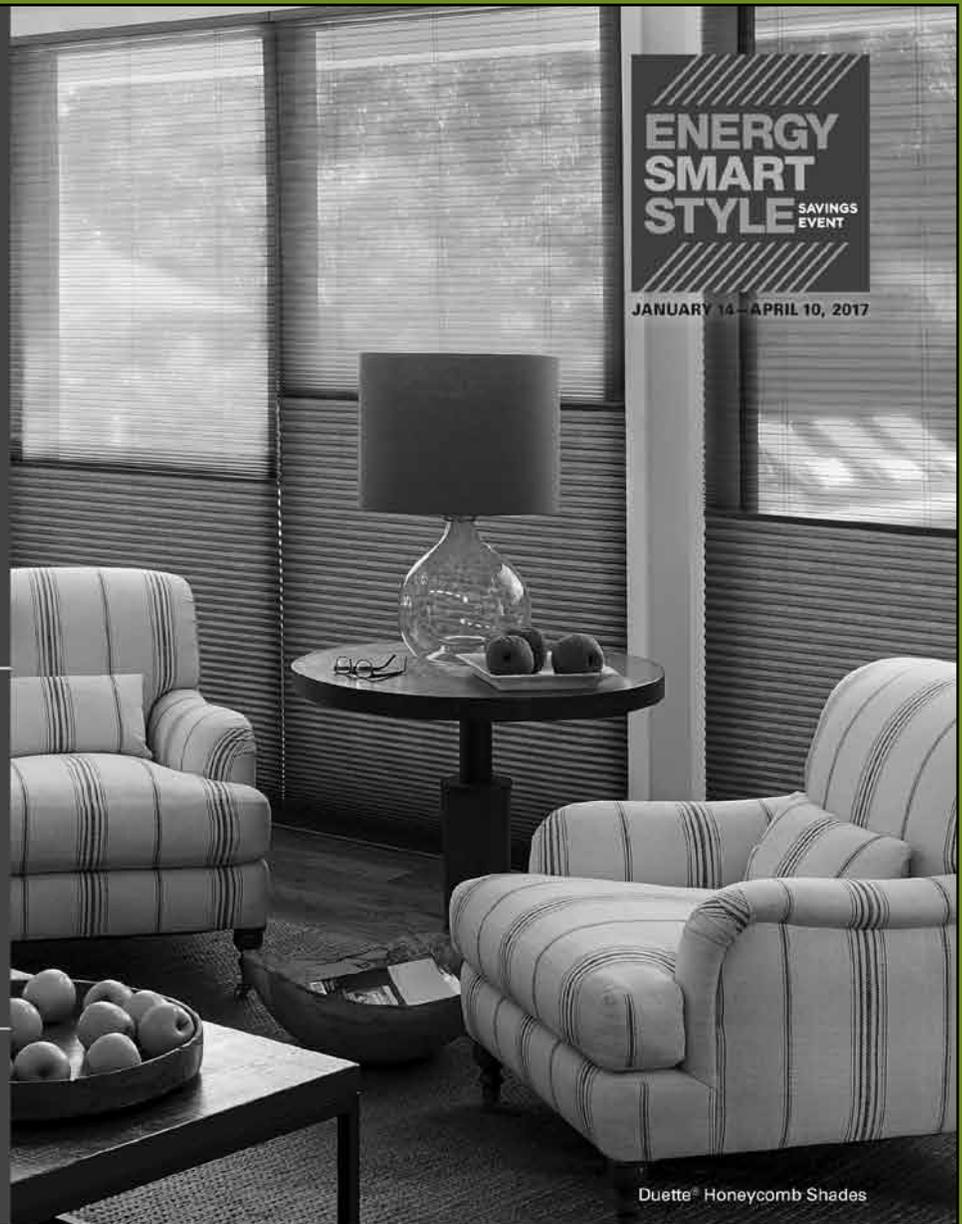
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