

PUBLISHED BY THE TRILOGY AT RIO VISTA MASTER ASSOCIATION

March 2011

Trilogy Living

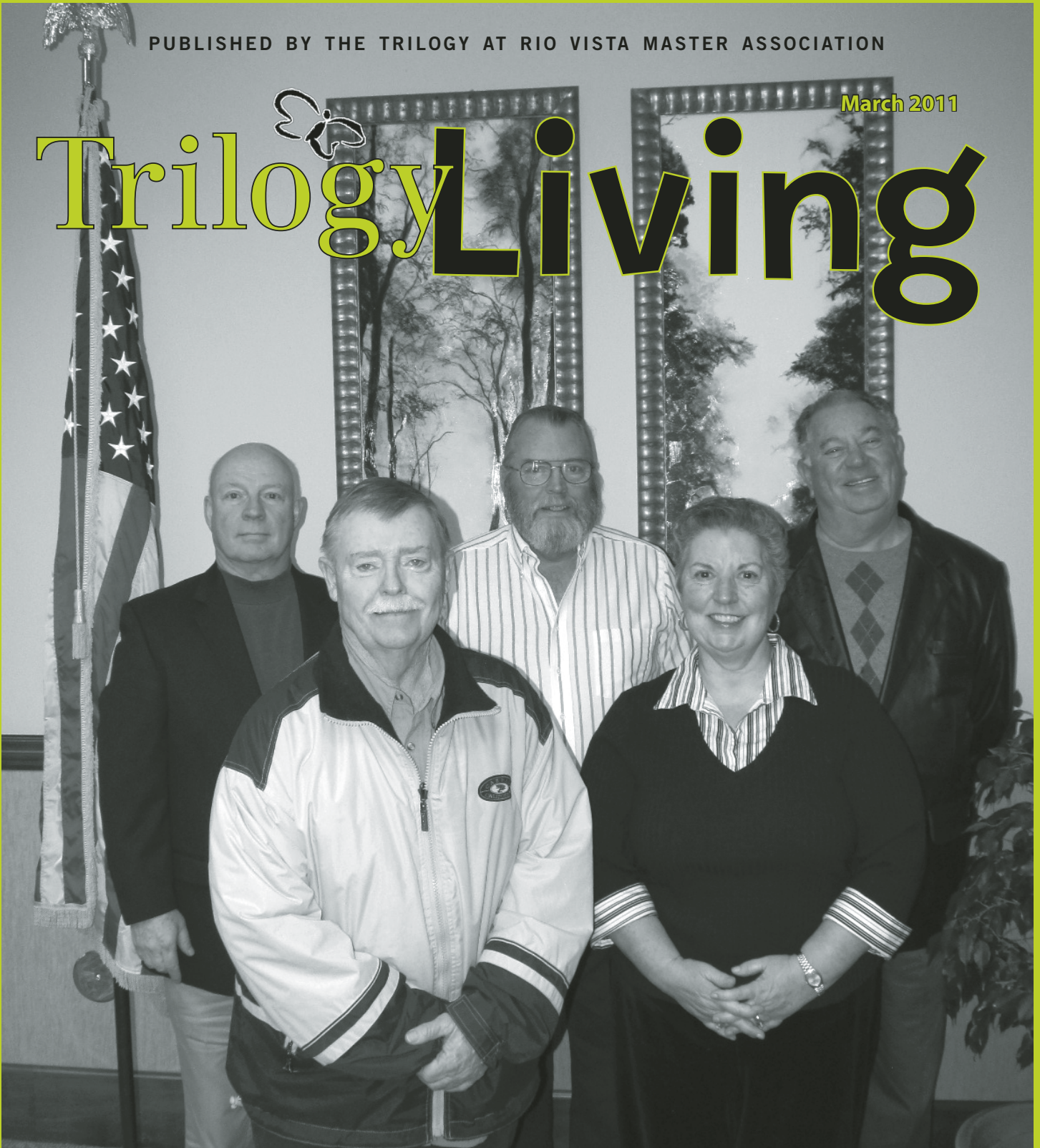


Photo by Ed Vitrano

Meet the 2011 Master Association Board of Directors. Trilogy thanks Arthur Fox and Jason Hughes for their past service on the board, and welcomes new board members Warren Oglove and Tom Moore. The 2011 Master Association Board is Robert Sather, President; Carol Benkie, Vice President; Lee Puryear, CFO; Warren Oglove, Secretary; and Tom Moore, Director. If you haven't met them already, come to the next MA Board Meeting on March 8 at 2 p.m. and say hello. They look forward to representing our community.

Inside:

- 6 Iris Cheer Performance
- 14 French Toast Breakfast
- 18 Meet Your Neighbor
- 25 Humane Club Brunch

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- St. Patrick's Day Dinner *March 17th at 4:30pm*
- Easter Champagne Brunch *April 25th at 11:30am*
- Cinco de Mayo Festival *May 5th at 4:30pm*

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*From the
Master Association*
BOB SATHER
President

The regular monthly meeting was held on February 8, 2011. The meeting was shorter than normal as the Annual Meeting of Delegates was held immediately after.

Actions taken at the regular monthly meeting included:

- Final approval of the 2011–12 Budget, Draft 7, including the Use Fee Schedule. The budgeted monthly assessment is \$115.80.
- Approved an expenditure from Operations, in the amount of \$3,650, to engage Levy, Erlanger & Company to conduct the annual audit and prepare tax documents for TRVMA.

Immediately following the regular Master Association meeting, the elected delegates met for the Annual Meeting. This year, there were three positions on the Master Board up for election. The three elected were Carol Benkie, Thomas Moore, and Warren Oglove. The delegates also passed several motions allowing the Board to approve the minutes from last year and the minutes from this year's meeting.

At the Organizational Meeting following the Annual Meeting, Robert Sather was elected President; Carol Benkie, Vice President; Leland Puryear, CFO; Warren Oglove, Secretary; and Thomas Moore, Director.

Our next regular meeting is on March 8, 2011 at 2 p.m. in the Diablo Room at the Vista Club. Our next Vision Meeting is on March 17 at 2 p.m. at the Delta Club. We look forward to seeing you at the meeting.



TRILOGY AT RIO VISTA

D I R E C T O R Y

Master Association Board of Directors

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

Adult Committee (Master Association)

- Lorna Bewick, Chair (2093)

Access Committee

- Dave Bewick, Chair (2093)

Disaster Preparedness Committee

- Jim Larsen (4382)

Village I Board

- Bernie Dehn, President (4764)

Village Oakmont Board

- Walt Manos, President (2827)

Village Riviera Board

- Warren Oglove, President (3477)

Olympic Village Board

- Brent Cohn, President (4050)

Association Administration

- General Manager: Ed Vitrano** (4869)
evitrano@actionlife.com
- Assistant General Manager: Catherine Patrick**
cpatrick@actionlife.com (4843)
- Activities Director: Kersti Evans** (4204)
kevans@actionlife.com
- Fitness Director: Jo Carmichael** (4205)
jcarmichael@actionlife.com
- Operations Director: Mike Oestreich** (4895)
moestreich@actionlife.com
- Communications Coordinator:**
Andrea Stuart stuarttrv@gmail.com
- Member Services Coordinator:**
Cheryl Lucas (4203) clucas@actionlife.com

Club Numbers

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

Trilogy Living Editorial Board

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

Commercial Advertising Manager

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

Resident Classified Advertising

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

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- trvwelcomecenter@gmail.com

- Cyber Café** (4202) **Nines** (4400) **Golf Course** (2900)
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From the Editor
ANDREA STUART

Punxsutawney Phil didn't see his shadow this year, and you know what that means: spring is near! Raised from his burrow at Gobblers Knob on Feb. 2, Phil—the only weather forecasting groundhog in the world—cast his eyes about in search of a shadow. Alas, none could be found. And so he proclaimed, an early spring we should see! And thank goodness for that. It's been a seemingly long winter, with the creeping fog and endless silver skies, I think I can speak for all of us when I say, "Welcome sunshine!"

The sunshine comes just in time for a slew of extraordinary events here at Trilogy. What better way to start the month than to travel vicariously through the regions of Brazil with Nelson Gomes at the Travel Talk on March 7? Soak up the slideshow and let this virtual tour inspire you to plan your own exotic spring or summer vacation.

Also on the calendar for March are Open Mic Night on March 18—let your inner diva run free as you share your talents with the audience—and an inspirational seminar with Dr. Brandon Roberts on March 24. "The 100 Year Lifestyle" will teach you how to improve your physical and emotional life for 2011. And don't forget about Movie Night on March 25 when we'll be showing *The Ghost Writer*.

On the health front: "Good Sweet/Bad Sweet" with Dr. Caban takes place on March 10. This informative discussion is designed to educate you about the role sugar plays in the body. This is especially helpful post-Valentine's Day, when many of us are surely just finishing our stashes of chocolates.

Don't forget, New Member Orientations for fitness are on March 19 and 30. Learn what you can do to improve your physical well-being. You might also like to check out the new Simply Stretch class with instructor Joele Swift on Tuesdays. And of course, Fitness Director Jo Carmichael would love to see you join Trilogy's Lose2Win with the Coach Approach® program. Check out the fitness notes for details on how you can have a blast while blasting fat.

Oh! St. Patrick's Day is upon us. So, don't forget to don your green. You never know where those pinchy little leprechauns are hiding. And however you choose to spend March, may you spend it with a smile upon your face.



From the Activity Director
KERSTI EVANS

Happy spring! Much of winter is behind us. Let's sign up for the fun events awaiting us in the next couple of months.

"Call for Action"

Do you have a classic, muscle, or unique car or an original hog? I need to hear from you! Please call Jacquie (4204) if you want to participate in the "park and show" event on May 21.

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

Share Your Travel Experiences with Us

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

Farmer's Market ~ A Veggie Good Time! A Raffle Too!

March 6 & 20 and April 3 & 17
10 a.m. – 3 p.m., Delta Club, Free

Petrill's Produce Farmer's Market offers wonderful produce to Trilogy members. Why drive to downtown Rio Vista or farther to buy fresh fruits and vegetables when you can get them right here? Every member making a purchase receives a raffle ticket good for a \$10 gift certificate to be used towards their next purchase at Petrill's Farmer's Market.

From the Board of Directors:

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

Get The Scoop At The Next Grapevine Chat!

Tuesday, March 8, 6 p.m.

Tuesday, March 22, 5 p.m.

Tuesday, April 12, 6 p.m.

Tuesday, April 26, 5 p.m.

Mark your calendars for the upcoming Grapevine Chats in the Grand Living Room at the Vista Club. It's a warm and casual setting where you can not only "get the scoop" on all things Trilogy, but also get to know your neighbors. Bring wine, glasses and snacks to share with others if you'd like. No sign-ups. Everyone meets around that big fireplace!

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

Important Information

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

Educational Opportunities Through Computer Classes

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

Still Looking For Computer Instructors

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

Travel Talk on Brazil with Nelson Gomes

Monday, March 7, 6 p.m., Diablo, Free

Travel Talk invites you to a talk on Brazil and Rio de Janeiro. In addition to learning about the largest country in South America and seeing slides of some of the most beautiful spots on Earth, you will also have an opportunity to taste Brazil's national spirit drink, Cachaça. Sign up at Member Services at the Vista Club.

Laugh 'Til You Drop

Comedy Night with Mark G

Friday, April 15, 7 p.m.,
Diablo, \$10 per person

Mark G is known as a quick-witted, personable comedian capable of handling a wide variety of audiences. He is a friendly comic who is genuinely funny and at ease behind the microphone. Mark G has performed at all the major clubs nationwide. He is known for his relatable comedy and audiences feel like they are spending time with a friend when he performs.

Mark G's comedic journey started in the wonderful city of San Francisco where he began performing wherever there was a microphone. He wanted to add versatility to his comedy, so he enrolled in the world famous improvisation institute in San Francisco, Bay Area Theater Sports (BATS). Mark G gives a lot of credit to the school for helping him improve his ability to weave his material with improvisation and the audience's experience for a fresh, out-of-the-oven act!

Mark G spends most of his time performing around the United States and abroad. He currently lives just outside of Sacramento and has performed as far away as Japan, Singapore, Korea, and Canada. Sign up at Member Services at the Vista Club.

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Bring In the Irish Cheer with a Clogging Performance

Professional Cloggers from Atlanta!

Friday, Mar. 11, 7 p.m.

Diablo Ballroom, \$15 per person

Complete your evening of clogging splendor with a culturally appropriate meal: corned beef and cabbage dinner from the Cyber Café. Order through the café by Wednesday, March 9. The group is a competition and performance group that specializes in clogging and Irish Step. They have performed in Branson, Missouri for years—four shows a day during the summer at the largest entertainment venue in Branson. It's the most popular dance show and some of them have performed on stage at The Grand Ole Opry in Nashville, in Las Vegas, at The Junior Olympics in New Orleans, at NASCAR events, on two live national TV shows in Oslo, Norway, and made it to final rounds on "America's Got Talent." Don't Miss this program. Sign up at Member Services at the Vista Club.

Open Mic Night Returns

Friday, March 18, 7 p.m. – 8:30 p.m.

Diablo Ballroom, Free

Join us for a fun night of showmanship. Show off your hidden talents, whether it's singing (non-karaoke style), reciting poetry, performing stand-up comedy, or playing an instrument, the sky's the limit. Let your inner star shine through! This is not the "Gong Show" or "Star Search." It's about sharing and having a great time. All performers sign up at Member Services at the Vista Club.



performance night. It is now mandatory that each performer follow the guidelines. In addition, there is no Karaoke.

Guidelines: One performance per person. Limit performances to 3-5 minutes long. There is a limit of 15 performers for the night. Sign up in the order you wish to perform on perform-

Dr. Brandon Roberts: The 100 Year Lifestyle

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

Breakthrough solutions for living your best life – every day of your life! Increase your energy. Eliminate acute or chronic pain. Make the lifestyle changes you know you need to make. Improve your health and fitness dramatically. Strengthen your immune system. Lose weight and keep it off. Create an exciting vision for 2011 and beyond. Sign up at Member Services at the Vista Club.

Movie Night Returns: The Ghost Writer

Friday, March 25, 6:30 p.m., Diablo, Free

The synopsis: "An unremarkable ghost-writer has landed a lucrative contract to redact the memoirs of Adam Lang, the former UK Prime Minister. After dominating British politics for years, Lang has retired with his wife to the USA. He lives on an island in luxurious, isolated premises complete with a security detail and a secretarial staff. Soon, Adam Lang gets embroiled in a major scandal with international ramifications that reveals how far he was ready to go in order to nurture the UK's "special relationship" with the USA. But before this controversy has started, before even he has closed the deal with the publisher, the ghost-writer gets unmistakable signs that the turgid draft he is tasked to put into shape inexplicably constitutes highly sensitive material." Written by Eduardo Casais.



continued on page 8



Singers at a past Open Mic Night entertain the crowd.



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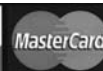
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**Ethel Ott
(Cupcake)
and
Eileen Griffin
(Twinkie)**

**March 12-17: Majestic America
SOLD OUT!**

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

May 17: Relay For Life fund raiser Red Hawk Casino \$30/pp. Our usual 4 hours "stay & play." Great food court-Non-smoking floor-\$10 slot credit.

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

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

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

Aug. 9: Gambler's Special - Cache Creek Casino-\$30/pp.

Sept. 7-17: Alaska Cruise on Sea Princess. Roundtrip from San Francisco. Peak season prices begin at \$1295 (inside stateroom) up to \$2395 (outside balcony). Includes roundtrip shuttle service from Trilogy, driver and stevedore gratuities and all port and government taxes.

For further information and/or sign-ups, call Ethel (7548) or Eileen (2684).

Continued from page 6

Spring Gift & Art Fair

Saturday, April 9, 10 a.m. – 3 p.m.
Diablo Ballroom, Free

The Spring Gift and Art Fair brings you the 3JB Jazz Trio who will fill your ears from 11 a.m. – 1 p.m. Don't miss out on this convenient and unique spring shopping experience at Trilogy.

You can sell your new and handmade items at the Spring Gift & Art Fair. Tables are \$30 for members (one table per person), and no more than two participants per table. Each vendor will donate a prize for the raffle. All raffle proceeds benefit Meals on Wheels. Tickets are \$1 each or six for \$5. Drawings are held throughout the day. If you want to rent a table for your crafts, sign up at Member Services at the Vista Club and designate your table location preference. For more information, please call Jacquie at (4204).

Final Flight: The Mystery of a WWII Plane Crash and the Frozen Airmen in the High Sierra.

Enrichment Lecture Series with Peter Stekel

Thursday, April 21, 6:30 p.m., Diablo, Free

Final Flight explores the story of the ill-fated flight, and the bad leads and misinformation surrounding it for nearly 70 years. It's also author Peter Stekel's personal quest to investigate the many threads of the story, from the crew's disappearance to the discovery of the two airmen. Sign up at Member Services at the Vista Club.

NEW SPORTS AT TRILOGY

Basketball on Fridays at 3 p.m.

Contact: Lary Meers at (3211)

Paddle Tennis on Fridays at 1 p.m.

Contact: Jeffrey Kennan at (7541)

Horseshoes — Time: to be determined

Contact: Verdan Zelmar at 707-685-3272.

Earth, Wind, Fire, and Water: A Musical Tribute to the Elements

Saturday, April 30, 7 p.m., Diablo

\$10 per person for evening music performance

Welcome to a spring program that will awaken your senses with a concert by Tapestry. Join us in celebrating the four elements—earth, wind, fire and water—with a labyrinth walk. Learn the connection the labyrinth has to the four elements, the four seasons and the four directions—north, south, east and west. Join Anna at 1:30 p.m. to discuss how to use the labyrinth in incorporating these elements into your life. Walk the labyrinth at 2 p.m. For more information, call Anna Chunn at (3560).

The evening performance will lighten your heart and mind. Earth, wind, fire, and water are important elements of life that command our attention as they whisper or roar through our lives. Hear them celebrated this spring in the music of Tapestry, the Bay Area's only vocal and hand bell ensemble. Tapestry does its musical homage in an eclectic repertoire of old favorites, such as *Singing in the Rain*, *Dust in the Wind*, and *Aquarius*, classics, such as *Ritual Fire Dance*, *Wade in the Water*, and exciting new pieces to delight audiences young and young-at-heart. Even Disney and Enya highlight the skills of both ringers and singers. Tapestry, a registered non-profit organization, does more than give top-notch entertainment. It raises money and offers proceeds from its concerts to charity. In 2007, they did a goodwill tour of England, raising almost \$15,000 for Isubilo, an AIDS/HIV Resource Center in Zambia. Closer to home, they have raised funds for Shepherd's Gate in Livermore, the Contra Costa/Solano Counties' Food Pantry, FESCO (the Family Emergency Shelter Coalition) in Alameda County, and this holiday season, for the George Mark Children's House. Members also bring donations of food and sundries to each rehearsal. Members take to heart their sense of social responsibility in serving those with the greater need. Part of Tapestry's mission is to acquaint the public with the extensive possibilities of what bells can offer in the kinds and styles of music and how it can also be ideal accompaniment for choral work. Though audiences are familiar with hand bells as instruments used in religious services and in concerts of holiday music, they are amazingly versatile in what music they can perform. These are not your grandma's church bells! While Tapestry's home base is Walnut Creek, it performs throughout the greater Bay Area, into other parts of Northern California, and abroad. To share the joy of their music, sign up at Member Services at the Vista Club.

Olympic Village

Please join us for our next meeting on Monday, March 14 at 11 a.m. in the Delta Club. It is a wonderful opportunity to meet other members and learn how Kare Bears helps its neighbors during times of need. You might be surprised at how a minimal commitment can make such a huge impact! If you have any questions about Kare Bears, have an interest in helping, or know someone in need of assistance, please call Pauline (3523), Marian (5020), or Willie (7588).

Village 1

To all Village 1 Residents: we are an organization that is here to help our residents in time of need due to sickness or loss of a loved one. We have been a strong organization for many years and have helped many residents. Now we are in need of help to keep our commitments. Many positions have opened up and are not yet filled. The positions available are Food Coordinator, Home Care Coordinator and Area Coordinator. We would appreciate new volunteers to step up and keep this a strong organization. We meet four times a year on the second Wednesday in January, April, July, and October at the Delta Club at 10 a.m. Those interested in volunteering, please contact Sandy Mariant at (5232).

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FAMILY SUPPORT COMMITTEE



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

Village Oakmont

Oakmont Kare Bears' next meeting is on Wednesday, March 9 at 10:30 a.m. at the Delta Club. Come early for coffee and to meet the new and previous members.

The Solano County Chronic Pain Self-management program is now in the planning stages. The program is free for all participants and is 2 1/2 hours for 6 weeks, preferably in the mornings. The target date is March, 2011. The program is limited to 16-18 participants for each session. All material is provided. Look for more information in your mail tubes and sign up early. This program is quite popular.

For more information about Kare Bears, contact Janet at (5451). For information regarding the Pain Management program, contact Elaine at (5310) or Mary at (2915).

Village Riviera

The Kare Bears celebrated Valentine's Day with festive desserts and a box of chocolates, of course! Attendance was great. There were many "sweethearts."

The Kare Bears are so appreciative of the many active members that attend our meetings and support our board and the services we provide. Elections were held during the meeting and the existing board welcomed Rowena Jefferson as our new Treasurer. All other officers remained the same.

We would like to remind all of our residents to call their Street Coordinators when a neighbor has surgery, is hospitalized, or passes away. Don't know who your Street Coordinator is? Call Myra at (3660) or Valerie at (6942). You are our best source of information when a neighbor needs help.

Meeting Calendar

Master Association Board Meeting & Annual Meeting
 Tuesday, March 8, 2:00 pm
 Diablo Ballroom, Vista Club

Vision Meeting

Thursday, March 17, 2:00 pm
 Rio Vista Room, Delta Club

Adult Committee Meeting
 Thursday, March 31, 1:00 pm
 Rio Vista Room, Delta Club

Village Riviera HOA Meeting
 Thursday, March 3, 6:30 pm
 River Room, Delta Club

Village I HOA Meeting
 Thursday, March 10, 4:00 pm
 River Room, Delta Club

Olympic Village HOA Meeting
 Thursday, March 10, 7:00 pm
 River Room, Delta Club

Village Oakmont HOA Meeting
 Thursday, March 17, 7:00 pm
 River Room, Delta Club

Visitors to the Vista Club

Please remember the following rules apply to your guests using the Vista Club:

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

Cyber Café: all guests may use the café with no restrictions

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

Fitness Room, Group Exercise studio, walking track, & Learning Center: for residents only.

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

Adult Committee

The Adult Committee met on January 27 and took the following actions:

- Recommended to the Master Association that the billiard table felt be replaced in the July 2011 timeframe
- Declined Aqua class request for exclusive use of the Vista pool during class

The Committee meets the last Thursday of every month at 1 p.m. in the Delta Club. For more information, call Lorna Bewick at (2093).

Notes From the Administrative Office/HOA

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

Holiday Decorations - Traditional year-end holiday decorations should have been removed by January 15 but we are still seeing them up and are issuing violations. If you have not taken yours down, please do so immediately.

For Your Safety – Please wear light colors and carry a flashlight when walking or biking in the evenings or early mornings. Drivers: please turn on your headlights and drive slowly while watching for pedestrians and bicyclists.

Rainy Season and Sprinklers – The HOA continues to receive complaints regarding sprinklers. Please make adjustments to your irrigation box for the rainy season.

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

For non-delivery of newsletter - Please contact Jacquie Roche at (4204).

Street Lights – Please call Rich Ravin at Shea Homes to report street lights that are out. Contact him by phone at 707.374.1003 or email him at rich.ravin@sheahomes.com and copy Morris Barr at the city public works department mbarr@ci.rio-vista.ca.us on your e-mail to Rich.

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

Assessment Notice

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

Assessments for this month:

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

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HunterDouglas *Gallery*

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

19120

VISTA CLUB & SPA

By Jo Carmichael – Fitness Director



EMPOWERMENT - *Strength & Cardiovascular*

Starting a fitness program doesn't have to be overwhelming. When you are armed with the proper tools it enables things to get rolling. Once you've committed to getting in shape, keep things simple to ensure you'll exceed your short and long term fitness goals. Being consistent can lead to your success. One of the most common mistakes first-timers make is taking on too much at once, which can lead to excessive soreness that causes many to give up completely. Always start out slowly.

Remember to keep an open mind and remain flexible when starting a new exercise routine. At times you may find it necessary to change your routine slightly. If you're willing to try new things and set reasonable expectations, you'll reap the rewards of your fitness program and successfully achieve your fitness goals.

To get your fitness program started safely, make your appointment for a personalized **ROM** (range of motion). A range of motion appointment requires a one-time \$20 fee. You'll have one-on-one with your trainer and once you are set up, the machines will remember your settings and track your workouts.

Next new member orientations: **Saturday, March 19 at 11 a.m. and Wed., March 30 at 6 p.m.**



NUTRITION - *Weight management & Nutrition counseling*

What to eat can be confusing and feel more like a burden than a joy sometimes, especially if you are trying to lose weight.

Here are two simple habits to get you started in the right direction. One, if you're feeling down and lacking energy, eat more fruits, vegetables, and grain products. In addition to being convenient and loaded with vitamins and minerals, these foods are low in dietary fat and are good sources of complex carbohydrates. Two, fruits and vegetables are packed with beneficial fibers, vitamins and antioxidants. They fill up your stomach fast so you feel full earlier. They are also low in calories and help to keep your calorie count low. Learn more about healthy eating with Dr. Caban and the Lose2Win program.



REJUVENATION - *Recover & Relax*

Stretching is vital for mobility and daily function. Our massage therapists are each skilled in restorative massage and stretching techniques. In fact, one therapist has taken techniques from the massage room and incorporated them into the group exercise studio. Joele offers a class called **Simply Stretch** on Tuesday at 10 a.m. Combine regular massage appointments with classes and reap the benefits that help you recover and relax.

Make your appointment for any of our great SPA services today at Member Services.



BALANCING & WELLNESS - *Body & Mind*

Taking care of our own well-being and keeping our lives in balance is important for our overall health. Here are two ways to de-stress: place both hands on your heart, breath in and out of your heart for 10 seconds. This will allow you to disconnect from any drama around you and come back to your center.

Another way to de-stress is to strengthen your boundaries. Love yourself enough to say "no" to others' demands on your time and energy. Step back and reassess the situation.

Then of course there are groups such as meditation or yoga classes, offered throughout the day. Start your day with Wake up and Move, Early Yoga. Take a break in the afternoon in Yoga 4 Balance or wind down your day with Evening Meditation. Find a way to put your wellness first.

VISTA CLUB & SPA

T/Th Zumba
4 - 5 p.m. and 5 - 6 p.m.
Sign up required
20 person limit per class



FITNESS CLASSES LECTURES AND WORKSHOPS

New Classes:

Come join **Joele Swift** for a fun dance combination class followed by a unique stretch and self massage class. These classes have been added to the regular schedule.

Dance 101 – A fun way to stay fit and learn new moves. This class offers enhanced spatial awareness, balance, coordination, posture and is a great cardio workout! Tuesday at 9 a.m. Interest list for adding Thursday at 10 a.m.

Simply Stretch – This class focuses on breathing, relaxing and stretching to release tension, increase blood flow and decrease pain. Joele also works with you on self massage techniques that improve flexibility. **Never underestimate the rejuvenating power of proper stretching!** Tuesday at 10 a.m.

Beginning Arthritis - Interest list for a Monday at 11 a.m. class to begin in spring.

- **Mark your calendar! Saturday ZUMBA with Sophie** Come join the FUN!
The Next Saturday classes - 11 a.m. March 12 and 26
- **Saturday STEP** - 8:30 a.m. (first Saturday each month).
- **Saturday Aqua fit is back** – 8:30 a.m. starting March 5

Mindfulness Meditation

Each Wednesday at 7 p.m. a group meets in the Sonoma Room at the Vista Club to meditate.

This class is open to beginners and experienced souls. We are celebrating 10 years of continued meditation. For more information about the class please contact Anna Chunn at (3560).

Wake-up & Move

Now offered on Mondays and Wednesdays at the Delta Club at 9:30 am. The Monday class requires a punch from your fitness card and fitness passes are welcome. The Wednesday class is still free. Bring a mat and join us as we wake up, balance and move. This class will improve your balance, exercise your joints and give you the energy you need for the day. For more information about the class, please contact Anna Chunn at (3560).

Swim lessons with Terry Kelly are available for adults and kids – for more information and to get your swim lesson card, visit or call the Member Services Desk at (4200).

“Good Sweet/Bad Sweet” a Nutrition Talk – Dr. Caban

March 10, 1 p.m. – 1:45 p.m. This lecture meets in the Group Exercise Studio in the Vista Club. Learn the role that sugar plays in your body and how it can affect stress responses and immune system. This important lecture will also discuss the difference between various artificial and natural sweeteners, your metabolism, and diabetes. \$15, (free to all Lose2Win participants).

Trilogy at Rio Vista’s Lose2Win 2011 with “The Coach Approach”

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

Weekly Meetings - Mondays, 9:30 -10:30 a.m. and Thursdays, 1 p.m.

Group Workouts - Tuesday and Thursday at 8:30 a.m. and 2:15 – 2:45 p.m., and Friday at 11 a.m.

ZUMBA Teams – Join the ZUMBA Team and work out in class.

Regular Teams – Join the Team and work out with any of the group workouts.

Join the Fun! For more information, call Jo Carmichael at 374-4205 or Joyce Bueker at 925-768-5574.

Village Oakmont Residents' Club

The first day of spring is closing in. Our Social Committee has been busy planning our 2011 events. Our first event will be our only fundraiser — for our Year-End Giving.

French Toast Breakfast - Sunday, March 13, 8 - 11 a.m. at the Delta Club. Cost is \$7 per person. All villages are invited! Breakfast includes: French toast with whipped cream & fruit, scrambled eggs and sausages, orange juice, coffee, tea or milk, complimentary mimosas and champagne. Sign-up by March 8. Place your slip and check in Box #2 at the Delta Club. Make checks payable to Oakmont Village Residents' Club. For more information, call Veronica at (3858) or Patty at (1424).

Our Social Committee meetings are held on the first Monday of the month in the Monterey Room at the Vista from 3 - 4 p.m. Everyone is welcome. We want our residents to share their ideas and help to volunteer for our various events.

Please mark your calendar for our upcoming events:

- March 2 - Oakmont Social Committee Meeting, 3 - 4 p.m. in the Vista Club Monterey Room
- March 3 - Oakmont tends bar for *Music of the Night* Event at the Vista Club
- March 13 - French Toast Breakfast at the Delta Club
- March 17 - Oakmont Village Residents Club Meeting, 6 - 6:30 p.m. in the River Room, Delta Club. HOA meeting at 7 p.m.
- April 6 - Oakmont Social Committee Meeting 3 - 4 p.m. at the Vista Club Monterey Room

For more information, please call Veronica at (3858).

**MORE TRACKS. MORE ACTION.
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Village 1 Residents' Club

The Honey Do event in February did not disappoint. This is always a special evening, as the gentlemen of Village 1, led by Rich Galletta, dressed in their very best attire and tended to the ladies for the entire evening. They were ever so gallant as they served tasty appetizers and a wonderful meal. What a special treat for the ladies to be honored in such a way. Thanks, Rich Galletta and all you thoughtful men.

The annual call for nominations to the Village One Residents' Club (VORC) is underway. The club constitution calls for a board consisting of six elected persons: president, vice president, secretary, assistant secretary, treasurer, and assistant treasurer plus the past president. If you would like to self-nominate or if you know someone who would like to be nominated, please contact any of the current board members: Judy Ayers (2677), Diane Kelley (3229), Bev Shilich (2285), Naomi Walker (1465), or Joe Downes (7450). Also, nominations will be accepted from the floor. So, now is the time to let us know. The election of officers will take place at the April 12 General Meeting. Ballots will be tubed in March and can be turned in ahead of time or at the April meeting.

We had such a successful charity fundraiser last year that we decided to do it again. South Of The Border Champagne Breakfast is on April 10, 8:30 -11 a.m. We have a change of venue this year – it will be held at the Delta Club. Lucy's Restaurant is once again catering for us. Flyers will be tubed in March. And if anyone would like to lend a hand, just let us know. For more information, please contact Judy Ayers (2677) or Diane Kelley (3229).

Olympic Village Residents' Club

Our next social event is in May. We are publishing all of our events and meeting information in *Trilogy Living* magazine, as well as, on the My Trilogy Life (MTL) website. Please go to MTL (www.mytrilogylife.com), then type in your user name and password. On the new page that opens, click on "Bulletins," scroll down to "Clubs," then click on "Olympic Village." There you will find our most current information about upcoming events and the date and time of our OVRC and Social Club meetings. If you have any problems signing in to MTL, call Member Services at (4200). OVRC meetings are held on Saturdays, in conjunction with our Social Club planning meetings. Coffee and treats provided. All Olympic Village residents are encouraged to attend. For more information, call Joel Auslen at (5808).

Village Riviera Residents' Club



It's Mardi Gras time! All Villages are welcome to our Wine Tasting Event on March 12 at 6 p.m. in the Vista Ballroom. All you need to bring is a bottle of wine (or non-alcoholic beverage) and an appetizer to share. If you haven't received a flyer, please check at the Vista or Delta Clubs and get your reservation in by March 7.

The Sock Hop is April 2. What '50s outfit will you wear? Will you tease your hair up or slick it back? Be ready to dance the night away. If you want to reserve seating with friends, turn in your reservations together requesting a table of up to 10. The flyers for this were tubed late February. Other flyers will be available at the Delta and Vista Clubs. The price is \$20, which includes a '50s dinner and dessert. If this will be your first Sock Hop here, be prepared to go back in time to the "good old days". For more information, contact Maureen Talbott at (6052).

One more thing for you to think about (okay...take a nap first). The fabulous brain teaser Treasure Hunt is coming up on July 9. If you want to submit a clue, clearly marked as such and put it in a sealed envelope marked "Treasure Hunt Clue." Drop it into Box #4 at the Delta. For questions, contact Linda Robinette at (6978).

Our new Riviera Residents' Club officers are: President, Maureen Talbott; Vice President, Coralie Leder; Treasurer, Linda Robinette; and Secretary, Barb Downs. Dottie Pacuilla remains Tuber Coordinator. Thanks for bringing fun to Riviera. If you wish to join in creating this fun, we meet on the third Thursday of each month at 7 p.m. in the Monterey Room of the Vista Club.

Trilogy Art Guild for Artists

The Visual Art, Jazz and Wine tasting event was quite fun. There were many people walking through the ballroom looking at beautiful new paintings and photographs.



Gary Bergren, our visiting teacher from Walnut Creek gave a three-hour demonstration in oil and completed 90% of his painting while we observed. His classes are offered here on Wednesday afternoons at the Delta Club. Our beginning watercolor classes are back on Tuesdays with Anna Chunn, and with Florence Lauzon on Fridays for advanced watercolor classes. Call Anna at (3560). The Shibori T-Shirt workshop is Saturday, March 5 at 9 a.m. For reservations, call Lori (6196). For more information, contact Amy at (4857) or Linda at (7590).

Fat Quarter Quilters

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

Ceramics Club

Is there a graduate in your future? Do you have an upcoming wedding? Have you always wanted to have that personalized serving dish? It's not too early to start on gifts for these occasions. You can also begin your special Halloween or Christmas decorations. Just come to the Ceramic Club meetings any Thursday from 9:30 a.m. - 12 p.m. in the Marina Room at the Delta Club and we will help you get started on this rewarding hobby. You can also invite a friend and come together. For more information, please call Linda at (6978).



Council for the Arts

Our ninth annual show, "Music of the Night Goes to the Movies," is in just a few days. We hope you already purchased your tickets for either the March 3, 4 or 5 performances, but if you procrastinated and still want to go, check Box #8 at the Delta Club to see whether or not we have a sold-out sign up. Thank you to those of you who bought tickets for the Thursday, March 3, performance. The net proceeds of that performance will be donated to the Rio Vista Community Services organization. We are proud to help our own clubs and also our greater community.

For those of you who obtained your tickets quickly and will be joining us for one of the performances, be careful. The "bug" to join us is contagious, and if you are bitten, you'll want to remember our next meeting where we will critique "Music of the Night Goes to the Movies," and start discussing a theme for our 2012 performance. Yes, we start the thought process that early. It amounts to a year of fun imaginings, throwing around ideas and bringing it all home for your enjoyment. Talent in singing and dancing is great, but we also need artists, seamstresses, and "characters" who just want to have fun.

A special thanks to Debbie DuBrow, our chief worrier who makes the performance happen with kind words and a wonderful sense of humor (and boy, can she ever whistle to get our attention). Thank you also Janet McKimmy and her staff of many who handled every detail you never knew needed to be done. Great job, ladies. We thank you.

We meet monthly on the second Thursday of each month at 10:30 a.m. in the Monterey Room at the Vista Club. Come join us March 10 if you want to be a part of this extraordinary group or if you are a member of another club and have a request for funds for the arts.

Scrapbooking Club

Where are the precious photos of your family and friends and of the special times you've enjoyed? Are they in a closet, in the garage, collecting dust under your bed, still in your computer or in your camera's memory card? Join our group to work on your own scrapbook photo album in a group setting. You will meet new friends, share ideas and get help with your projects. We can help you get started! Just bring your photos. We meet the second Thursday of every month from 10 a.m. – 4 p.m. at the Delta Club. There are no dues or fees. For more information, contact Joyce Bailey at (3391) or Marti Rogers at (6859).



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March 2011 Computer Class Schedule

Date	Day	Time	Class	Instructor
3-17	Thursday	10-noon	Basic Computers 2*	Sue Vogtlin
3-28	Monday	10-noon	Facebook	Beth Brockhousse

* Please note that computer classes are now being taught in levels of ability. Level One is beginner and teaches the basics of the computer. Level Two requires familiarity using a search engine, and being adept with the mouse. Level Three requires knowledge of more advanced programs. To sign up, contact Member Services.

MEMBER SPOTLIGHT

Meet Your Neighbor: Margaret Kohler



At 90 years young, Margaret Kohler is still taking life by the horns, so to speak. Active in the community and bursting with a zest for life, Margaret has inspired many of her fellow Trilogy friends.

In addition to being wife to husband John Kohler, mother to two children, and grandmother to two grandchildren, she is also a member of both the Trilogy

Model Club and Women's 9-Holers. Margaret believes in living each day to the fullest. Perhaps that is why, when Margaret's 90th birthday approached, the Women's 9-Holers had the urge to plan a big surprise party at The Nines in celebration of her life. "It really surprised me," says Margaret. "I was told by a member that she wanted to have lunch with me, just the two of us. So, I planned for a casual lunch with her. But when we got there, I found something like 50 people waiting for me!" Margaret was greeted by her friends and loved ones ...and about 50 token golf balls! "Everyone that came brought a golf ball with a written birthday message," Margaret chuckles, heartily.

Margaret considers herself a bit of a nomad. She has made her home in many places in the United States. Born in Texas and having lived everywhere from Indiana, Kentucky, and Alabama, to Washington State, she has finally planted roots in California, most notably, at Trilogy Rio Vista. It could be said that her ambition carried her to many of the places she lived. Margaret is the recipient of a Bachelor's Degree from the University of Pennsylvania, and a Master's and Doctorate from Indiana University. She used her education to bolster a career in nursing. Having become a nurse practitioner and registered nurse, and having served in the Navy as such, Margaret also shared her knowledge with other students by teaching at a number of universities across the United States.

One could argue that the spirit in Margaret is still bright as ever. Though she is retired and doesn't spend as much time on the golf course as she might like to, she claims she never to has a dull moment. With a giggle in her voice, she happily admits that she spends much time playing bridge (even re-learning some old tricks) and playing the role of a voracious reader—two of her favorite things in life. On top of all this, her humble attitude and eager sense of humor seem to carry her on the shoulders of life. "I'm just working at it, keeping going; enjoying the sunshine when it comes out," she concludes with a sigh of satisfaction.

Trilogy Living

Fitness Class Schedule for March 2011

All classes require either a **“Trilogy Fitness Punch Card”** (specialty class = 2 punches, all others are 1 punch. \$60 at the Member Services Desk) or an **“Unlimited Class Pass”** for \$45 which is good for a calendar month.

Last months Card Raffle Winner – Georgette Hall. Please call Fitness Director Jo Carmichael at (4205) if you have questions.

Key

Reg. font = Open Classes
Italic = New Class or Change
Bold = Featured Classes
 # = Free Trial Class
 (B) = Beginning
 (I) = Intermediate

March Fitness Orientations Dates: Saturday, March 19 at 11 a.m. and Wednesday, March 30 at 6 p.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
T/TH Zumba (New) 4 - 5 p.m. or 5 - 6 p.m. Sign-ups Required	1 8:00 a.m. Core/Balance (B) (Jo) 8:30 a.m. L2W Group workout (Jo) 9:00 a.m. Dance 101 (Joele) New 10:00 a.m. Simply Stretch (Joyce) New 10:00 a.m. Aqua Fit (B) (Denise) 11:00 a.m. Advanced (ongoing) Arthritis Foundation Prog. (Beverly) 2:15 p.m. L2W Group workout (Joyce) 3:00 p.m. Yoga 4 Balance (B/I) (Joyce) 3:00 p.m. Aqua Joint (B) (Bev) 4:00 p.m. ZUMBA (B) (Sophie) Ballroom 5:00 p.m. ZUMBA (B/I) (Sophie)	2 7:00 a.m. Yoga (B) (Diablo) (Tammy) 7:30 a.m. Low Impact (B/I) (Pat) 8:30 a.m. Workout With Weights (B/I) (Pat) 9:30 a.m. ZUMBA (Sophie) #9:30 a.m. Wake Up & Move (Free) (B/I) (Anna) Delta 10:00 a.m. Aqua Fit (B) (Denise) 3:00 p.m. NO CLASS Balance Ball (Instructor vacation) 4:00 p.m. NO CLASS Stretch & Flex (Instructor vacation) 7:00 p.m. Meditation (B/I) (Anna)	3 8:00 a.m. Core/Balance (B) (Jo) 8:30 a.m. L2W Group workout (Jo) 9:00 a.m. Tai Chi Ryu (B) (Lillian) 10:00 a.m. Aqua Fit (B) (Denise) 11:00 a.m. Mixed Level Arthritis Foundation Program (Beverly) 2:15 p.m. L2W Group workout (Joyce) 3:00 p.m. Yoga 4 Balance (B/I) (Joyce) 3:00 p.m. Aqua Joint (B) (Bev) 4:00 p.m. ZUMBA (B) (Sophie) Ballroom 5:00 p.m. ZUMBA (B/I) (Sophie)	4 7:00 a.m. Yoga (B) (Diablo) (Tammy) 7:30 a.m. Low Impact (B/I) Pat 8:30 a.m. Workout With Weights (B/I) (Pat) 9:00 a.m. Laughing Yoga (B) (Deanna) Original Time 9:30 a.m. ZUMBA (Sophie) 10:00 a.m. Aqua Fit (B) (Denise)	5 8:30 a.m. Aqua Fit (B) (Denise) 8:30 a.m. STEP with Pat 11:30 a.m. Good Sweet/Bad Sweet (Dr Caban) Lecture
	7 7:30 a.m. Step (B/I) Pat 8:30 a.m. Workout With Weights (B/I) (Pat) 9:00 a.m. Yoga (B) (Deanna) Ballroom 9:30 a.m. Wake Up & Move (B/I) (Anna) Delta New 10:00 a.m. Meditation Breathing (B) (Deanna) Ballroom 10:00 a.m. Aqua Fit (B) (Denise) Delta Pool 3:00 p.m. NO CLASS Circuit Training (Instructor vacation) 4:00 p.m. NO CLASS Stretch & Flex (Instructor Vacation)	8 8:00 a.m. Core/Balance (B) (Jo) 8:30 a.m. L2W Group workout (Jo) 9:00 a.m. Dance 101 (Joele) New 10:00 a.m. Simply Stretch (Joyce) New 10:00 a.m. Aqua Fit (B) (Denise) 11:00 a.m. Advanced (ongoing) Arthritis Foundation Prog. (Beverly) 2:15 p.m. L2W Group workout (Joyce) 3:00 p.m. Yoga 4 Balance (B/I) (Joyce) 3:00 p.m. Aqua Joint (B) (Bev) 4:00 p.m. ZUMBA (B) (Sophie) Ballroom 5:00 p.m. ZUMBA (B/I) (Sophie)	9 7:00 a.m. Yoga (B) (Diablo) (Tammy) 7:30 a.m. Low Impact (B/I) (Pat) 8:30 a.m. Workout With Weights (B/I) (Pat) 9:30 a.m. ZUMBA (Sophie) #9:30 a.m. Wake Up & Move (Free) (B/I) (Anna) Delta 10:00 a.m. Aqua Fit (B) (Denise) 3:00 p.m. NO CLASS Balance Ball (Instructor vacation) 4:00 p.m. NO CLASS Stretch & Flex (Instructor vacation) 7:00 p.m. Meditation (B/I) (Anna)	10 8:00 a.m. Core/Balance (B) (Jo) 8:30 a.m. L2W Group workout (Jo) 9:00 a.m. Tai Chi Ryu (B) (Lillian) 10:00 a.m. Aqua Fit (B) (Denise) 11:00 a.m. Mixed Level Arthritis Foundation Program (Beverly) 2:15 p.m. L2W Group workout (Joyce) 3:00 p.m. Yoga 4 Balance (B/I) (Joyce) 3:00 p.m. Aqua Joint (B) (Bev) 4:00 p.m. ZUMBA (B) (Sophie) Ballroom 5:00 p.m. ZUMBA (B/I) (Sophie)	11 7:00 a.m. Yoga (B) (Diablo) (Tammy) 7:30 a.m. Low Impact (B/I) (Pat) 8:30 a.m. Workout With Weights (B/I) (Pat) 9:00 a.m. Laughing Yoga (B) (Deanna) Original Time 9:30 a.m. ZUMBA (Sophie) 10:00 a.m. Aqua Fit (B) (Denise)
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21 7:30 a.m. Step (B/I) Pat 8:30 a.m. Workout With Weights (B/I) (Pat) 9:00 a.m. Yoga (B) (Deanna) Ballroom 9:30 a.m. Wake Up & Move (B/I) (Anna) Delta New 10:00 a.m. Meditation Breathing (B) (Deanna) Ballroom 10:00 a.m. Aqua Fit (B) (Denise) 3:00 p.m. Circuit Training (B/I) (Susan) 4:00 p.m. Stretch & Flex (B/I) (Susan)	22 8:00 a.m. Core/Balance (B) (Jo) 8:30 a.m. L2W Group workout (Jo) 9:00 a.m. Dance 101 (Joele) New 10:00 a.m. Simply Stretch (Joyce) New 10:00 a.m. Aqua Fit (B) (Denise) 11:00 a.m. Advanced (ongoing) Arthritis Foundation Prog. (Beverly) 2:15 p.m. L2W Group workout (Joyce) 3:00 p.m. Yoga 4 Balance (B/I) (Joyce) 3:00 p.m. Aqua Joint (B) (Bev) 4:00 p.m. ZUMBA (B) (Sophie) Ballroom 5:00 p.m. ZUMBA (B/I) (Sophie)	23 7:00 a.m. Yoga (B) (Diablo) (Tammy) 7:30 a.m. Low Impact (B/I) (Pat) 8:30 a.m. Workout With Weights (B/I) (Pat) 9:30 a.m. ZUMBA (Sophie) #9:30 a.m. Wake Up & Move (Free) (B/I) (Anna) Delta 10:00 a.m. Aqua Fit (B) (Denise) 3:00 p.m. Balance Ball (B/I) (Susan) 4:00 p.m. Stretch & Flex (B/I) (Susan) 7:00 p.m. Meditation (B/I) (Anna)	24 8:00 a.m. Core/Balance (B) (Jo) 8:30 a.m. L2W Group workout (Jo) 9:00 a.m. Tai Chi Ryu (B) (Lillian) 10:00 a.m. Aqua Fit (B) (Denise) 11:00 a.m. Mixed Level Arthritis Foundation Program (Beverly) 2:15 p.m. L2W Group workout (Joyce) 3:00 p.m. Yoga 4 Balance (B/I) (Joyce) 3:00 p.m. Aqua Joint (B) (Bev) 4:00 p.m. ZUMBA (B) (Sophie) Ballroom 5:00 p.m. ZUMBA (B/I) (Sophie)	25 7:00 a.m. Yoga (B) (Diablo) (Tammy) 7:30 a.m. Low Impact (B/I) Pat 8:30 a.m. Workout With Weights (B/I) (Pat) 9:00 a.m. Laughing Yoga (B) (Deanna) New Time 9:30 a.m. ZUMBA (Sophie) 10:00 a.m. Aqua Fit (B) (Denise)	26 8:30 a.m. Aqua Fit (B) (Denise) 11:00 a.m. ZUMBA (Sophie)
28 7:30 a.m. Step (B/I) Pat 8:30 a.m. Workout With Weights (B/I) (Pat) <i>New</i> 9:00 a.m. Yoga (B) (Deanna) Ballroom 9:30 a.m. Wake Up & Move (B/I) (Anna) Delta New 10:00 a.m. Meditation Breathing (B) (Deanna) Ballroom 10:00 a.m. Aqua Fit (B) (Denise) 3:00 p.m. Circuit Training (B/I) (Susan) 4:00 p.m. Stretch & Flex (B/I) (Susan)		<p>Mark your Calendar – March Weekend Workouts and Nutrition Lecture</p> <ul style="list-style-type: none"> • Saturday, “Good Sweet/Bad Sweet” Nutrition Lecture with Dr. Caban 11:30 a.m. March 5 • Saturday ZUMBA with Sophie 11 a.m. – 12:30 p.m. on March 12 and 26 • Saturday Aqua Fit is Back! Starting March 5 at 8:30 a.m. in the Vista Pool • Saturday (first Saturday each month) STEP with Pat at 8:30 a.m. <p>REMINDER: Lose2Win regular Team workouts for March</p> <ul style="list-style-type: none"> • Tuesday and Thursday – 8:30 a.m. with Jo • Tuesday and Thursday – 2:15 p.m. with Joyce • Friday – 11 a.m. with Jo 			

Trilogy Living

March 2011 Club and Activity Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 7am Social Tennis 8:30am Radio Club (V) 9:30am Women's 9-Hole Golf 9:30am Country Line Dance (V) 11:30am RVMEN 9-Hole Golf 12pm Dominoes (V) 12:30pm Hand & Foot Canasta (V) 12:30pm TAG Watercolor Class (D) 5pm Billiards Club Tournament (V) 5pm Table Tennis-beg. (D) 6pm Table Tennis-inter/adv (D) 6pm Tai Chi & Yuan Chi Dance (V) 7pm MOTN Rehearsal (V)	2 8am Social Tennis 8am TOPS (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) 12:30pm Fat Quarters Quilting (D) 2pm TAG Bergren Art (D) 2pm TAG Card Class (D) 2:30pm Jazz Band (V) 3pm Village Oakmont RC Social Com. Mtg. (V) 4:30pm Table Tennis Lessons (D) 6:30pm Soul Line Dancing (D) 7pm Billiards Club Mtg. (V) 7pm MOTN Rehearsal (V)	3 8am Social Tennis 8:30am Women's 18-Hole Golf 9:30am Ceramics (D) 10am Village Riviera Arch. Com. Mtg. (D) 12:30pm Ponytail Canasta (V) 1pm Free Hearing Clinic (V) 1pm Good Samaritans (D) 2pm Genealogy Club (V) 5pm Table Tennis-beg. (D) 6pm Table Tennis-inter/adv (D) 6pm Tai Chi & Yuan Chi Dance (V) 6:30pm Vill Riviera HOA Mtg. (D) 6:30pm Pinochle (D) 7pm Photography Club (D) 7pm Music of the Night (V)	4 8am Social Tennis 9am Model Club (V) 9am TAG Beginning Oils (D) 9am Village 1 Arch. Com. Mtg. (V) 10am Soul Line Dancing (D) 12pm Bridge (V) 12:30pm TAG Watercolor Class (D) 1pm Paddle Tennis 3pm Basketball 5pm Ballroom Dance Class (V) 7pm Music of the Night (V)	5 8am Motorcycle Club (Off-site) 8am Tennis Clinic 8:30am Hiking Club (V) 9:30am Shibori T-Shirt Class (D) 11am Table Tennis (D) 7pm Music of the Night (V)
6 10am – 3pm Farmer's Market (D) 10am Shibori T-Shirt Class (D) 11am Humane Club Brunch (D)	7 8am Social Tennis 9:30am Walk & Talk (V) 10am TAG Charcoal Drawing Class (D) 12:30pm TAG Watercolor Class (D) 1pm Mah-Jongg (V) 1pm Rip, Stitch & Bitch (V) 2pm TAG Mtg. (D) 3pm Village Oakmont Arch. Com. (D) 4pm Sr. Men's Golf Planning Mtg. (V) 6pm Travel Talk – Brazil (V) 6:30pm Soul Line Dancing (D) 7pm Poker (D)	8 8am Social Tennis 8:30am Radio Club (V) 9:30am Women's 9-Hole Golf 9:30am Country Line Dance Class (D) 10:30am Book Club (V) 11:30am RVMEN 9-Hole Golf 12pm Recipe Club (offsite) 12:30pm TAG Watercolor Class (D) 12:45pm Hand/ Foot Canasta (V) 2pm Master Association Board Mtg. (V) 5pm Billiards Club Tourn. (V) 5pm Table Tennis-beg. (D) 6pm Table Tennis-inter/adv (D) 6pm Tai Chi & Yuan Chi Dance (V) 6pm Grapevine Chat (V) 7pm Gospel Singers Practice (V)	9 8am Social Tennis 8am TOPS (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) 10am Olympic Village Arch. Com. Mtg. (D) 10am Kare Bears – Village Oakmont (D) 12:30pm Fat Quarters Quilting (D) 2pm TAG Bergren Art (D) 2pm TAG Card Class (D) 2:30pm Jazz Band (V) 4:30pm Table Tennis Lessons (D) 6:30pm Soul Line Dancing (D)	10 8am Social Tennis 8:30am Women's 18-Hole Golf 9am Blood Pressure Check (D) 9:30am Ceramics (D) 10am Scrapbooking (D) 10:30am Council for the Arts (V) 12:30pm Ponytail Canasta (V) 1pm Free Hearing Clinic (V) 1pm Good Samaritans (D) 3pm Golf - TRVMEN Mtg. (D) 4pm Golf - Sr. Men's Bd Mtg. (D) 4pm Village 1 HOA Mtg. (D) 5pm The Trilogy Experience (Nines) 5pm Table Tennis-beg. (D) 6pm Table Tennis-inter/adv (D) 6pm Tai Chi & Yuan Chi Dance (V) 6:30pm Pinochle (V) 7pm Olympic Vill. HOA Mtg. (D)	11 8am Social Tennis 9am TAG Beginning Oils (D) 9:30am Walk & Talk (V) 10am Soul Line Dancing (D) 12pm Bridge (V) 12:30pm TAG Watercolor Class (D) 1pm Paddle Tennis 3pm Basketball 5pm Ballroom Dance Class (V) 5:30 – 6pm Cyber Café Dinner (V) 7pm Bunco (D) 7pm Clogging Performance (V)	12 8am Tennis Clinic 8:30am Hiking Club (V) 11am Table Tennis (D) 6pm Village Riviera RC Wine Tasting (V)
13 Spring Forward – Daylight Savings Begins! 8 – 11am Village Oakmont RC Breakfast (D) 6pm Tennis Club Social (D) 6:30pm Ballroom Dance Club St. Patrick's Day Dance (V)	14 8am Social Tennis 9:30am Walk & Talk (V) 10am Kare Bears – Olympic Village (D) 10am TAG Charcoal Drawing Class (D) 12:30pm Duplicate Bridge (V) 12:30pm TAG Watercolor Class (D) 1pm Rip, Stitch & Bitch (V) 6:30pm Soul Line Dancing (D) 7pm Poker (D)	15 8am Social Tennis 8:30am Radio Club (V) 9:30am Women's 9-Hole Golf 9:30am Country Line Dance (D) 11:30am RVMEN 9-Hole Golf 12pm Joyce Beuker: 7-Pts of Light Free Intro. Talk (V) 12:30pm TAG Watercolor Class (D) 12:45pm Hand/ Foot Canasta (V) 5pm Billiards Club Tourn. (V) 5pm Table Tennis-beg. (D) 6pm Table Tennis-inter/adv (D) 6pm Tai Chi & Yuan Chi Dance (V) 7pm Computer Club (V)	16 8am Social Tennis 8am TOPS (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) 12:30pm Fat Quarters Quilting (D) 2pm TAG Bergren Art (D) 2pm TAG Card Class (D) 2:30pm Jazz Band (V) 4:30pm Table Tennis Lessons (D) 6:30pm Soul Line Dancing (D)	17 Happy St. Patrick's Day! 8am Social Tennis 8:30am Women's 18-Hole Golf 9:30am Ceramics (D) 10am Vill Riviera Arch. Com. Mtg. (D) 10am Comp. class: Basic 2 (V) 12pm Dominoes (V) 1pm Good Samaritans (D) 1pm Free Hearing Clinic (V) 2pm Vision Mtg. (D) 4pm Golf – Sr. Men's Mtg (D) 5pm Table Tennis-beg. (D) 6pm Table Tennis-inter/adv (D) 6pm Tai Chi & Yuan Chi Dance (V) 6pm Vill. Oakmont RC Mtg. (D) 6:30pm Pinochle (V) 7pm Vill Oakmont HOA Mtg. (D) 7pm Village Riviera RC Mtg. (V)	18 8am Social Tennis 9am Morning Bocce Ball Organizational Mtg. (D) 9am Village 1 Arch. Com. Mtg. (D) 9am TAG Beginning Oils (D) 9:30am Walk & Talk (V) 12pm Bridge (V) 12:30pm TAG Watercolor Class (D) 1pm Paddle Tennis 3pm Basketball 5pm Ballroom Dance Class (V) 7pm Open Mic Night (V)	19 8am Tennis Clinic 8:30am Hiking Club (V) 11am Table Tennis (D)
20 10am – 3pm Farmers Mkt. (D)	21 8am Social Tennis 9:30am Walk & Talk (V) 10am TAG Charcoal Drawing Class (D) 12:30pm TAG Watercolor Class (D) 1pm Rip, Stitch & Bitch (V) 1pm Mah-jongg (V) 3pm Village Oakmont Arch. Com. (D) 6:30pm Soul Line Dancing (D) 6:30pm Fishing Club (D) 7pm Poker (D)	22 8am Social Tennis 8:30am Radio Club (V) 9am-1pm CPR/AED & First Aid (V) 9:30am Women's 9-Hole Golf 9:30am Country Line Dance (D) 11:30am RVMEN 9-Hole Golf 12:30pm TAG Watercolor Class (D) 12:45pm Hand/ Foot Canasta (V) 5pm Billiards Club Tourn. (V) 5pm Grapevine Chat (V) 5pm Table Tennis-beg. (D) 6pm Table Tennis-inter/adv (D) 6pm Tai Chi & Yuan Chi Dance (V)	23 8am Social Tennis 8am TOPS (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) 10am Olympic Village Arch. Com. Mtg. (D) 12:30pm Fat Quarters Quilting (D) 2pm TAG Bergren Art (D) 2pm TAG Card Class (D) 2:30pm Jazz Band (V) 4:30pm Table Tennis Lessons (D) 6:30pm Soul Line Dancing (D)	24 8am Social Tennis 8:30am Women's 18-Hole Golf 9:30am Ceramics (D) 12:30pm Ponytail Canasta (V) 1pm Free Hearing Clinic (V) 1pm Good Samaritans (D) 5pm Table Tennis-beg. (D) 6pm Table Tennis-inter/adv (D) 6pm Tai Chi & Yuan Chi Dance (V) 6:30pm Pinochle (V) 6:30pm Enrichment Lecture: The 100 Yr Lifestyle	25 8am Social Tennis 9am TAG Beginning Oils (D) 9:30am Walk & Talk (V) 10am Tennis Club Mtg. (D) 11am Soul Line Dancing (D) 12pm Bridge (V) 12:30pm TAG Watercolor Class (D) 1pm Paddle Tennis 3pm Basketball 5pm Ballroom Dance Class (V) 6:30pm Movie Night – The Ghost Writer (V) 7pm Bingo (D) 7pm Whist Club (D)	26 8am Tennis Clinic 8:30am Hiking Club (V) 11am Table Tennis (D)
27	28 8am Social Tennis 9:30am Walk & Talk (V) 10am TAG Charcoal Drawing Class (D) 10am Computer class: Facebook (V) 12:30pm TAG Watercolor Class (D) 1pm Access Com. Mtg. (D) 1pm Mah Jongg (V) 1pm Rip, Stitch & Bitch (V) 6:30pm Soul Line Dancing (D) 7pm Poker (D)	29 8am Social Tennis 8:30am Radio Club (V) 9:30am Women's 9-Hole Golf 9:30am Country Line Dance (D) 11:30am RVMEN 9-Hole Golf 12:30pm TAG Watercolor Class (D) 12:45pm Hand/ Foot Canasta (V) 5pm Billiards Club Tourn. (V) 5pm Table Tennis-beg. (D) 6pm Table Tennis-inter/adv (D) 6pm Tai Chi & Yuan Chi Dance (V) 7pm Drama Club Mtg. (D)	30 8am Social Tennis 8am TOPS (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Stained Glass (D) 12:30pm Fat Quarters Quilting (D) 2pm TAG Bergren Art (D) 2pm TAG Card Class (D) 2:30pm Jazz Band (V) 4:30pm Table Tennis Lessons (D) 6:30pm Soul Line Dancing (D)	31 8am Social Tennis 8:30am Women's 18-Hole Golf 9:30am Ceramics (D) 12:30pm Ponytail Canasta (V) 1pm Free Hearing Clinic (V) 1pm Adult Committee Mtg. (D) 1pm Good Samaritans (D) 5pm Table Tennis-beg. (D) 6pm Table Tennis-inter/adv (D) 6pm Tai Chi & Yuan Chi Dance (V) 6:30pm Pinochle (V)		

Billiards Club

The next Billiards Club meeting is on Wed., March 2 at 7 p.m. in the Monterey Room of the Vista Club. Tuesday evening's tournament is as follows: all players are now on the A Team. Start time is at 5 p.m.

The format for tournaments has changed: the first Tuesday the format is 9-ball with a round robin format. The remaining Tuesdays the format is 8-ball.

All tournaments are open for both men and women. A \$5 fee is required for club members and \$7 for non-members. Dues is \$5 per year. All Trilogy members may join the club. Prizes are awarded to the top three finishers.

Officers: President Al Bergoust, Vice President Joe Matos, Treasurer Mike Quihuiz, Secretary Oscar Grissom, and Membership Chairman Dave Stewart.

Latest weekly tournament winners:

January 4, 9-Ball

- 1st Bob Rice
- 2nd Al Bergoust
- 3rd Lee Durham
- 4th Oscar Grissom

January 11, 8-Ball

- 1st Dave Stewart
- 2nd Marlin Horner
- 3rd Bob Rice
- 4th Rich Garcia

January 18, 8-Ball

- 1st Dave Stewart
- 2nd Marlin Horner
- 3rd Bob Powell

January 25, 8-Ball

- 1st Al Bergoust
- 2nd Bob Rice
- 3rd Oscar Grissom
- 4th Gary Larski

January 29, 8-Ball Games Extravaganza "playing for a cure"

- 1st Dallas Salomon, Jack Clark and Oscar Grissom
- 2nd Bob Rice, Rich Garcia and Mike Quihuiz

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

Bingo Club

Bring family and friends to the March 25 bingo game for fun, refreshments and door prizes! Mark your calendar for the fourth Friday of the month for bingo at the Delta Club. Games begin promptly at 7 p.m. Buy-in for each person is \$10 for 12 games. We have one early bird special: one card for \$1 and an extra blackout card is \$1. The prize money for each game is \$50 and the blackout prize is \$250. For more information, call Irene at (6999).

Bocce Club

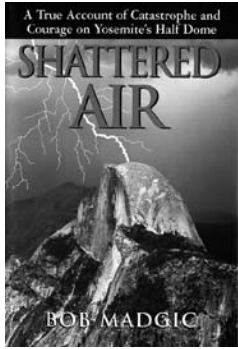
The members of the night league club who were present at the February 5 meeting unanimously endorsed the creation of additional shade at the Summerset courts and approved the suggested \$5 increase in dues up to \$25 per year. Dues for the 2011 season are due by March 10 and are collected by the team captains. You will be contacted. No rule or by-law changes were suggested. There was one point of clarity proposed: only the paddle person should post the score during the match. A footnote will be added to the rules and posted at the courts.

Two new formal teams signed up at the meeting along with some new individual members. We will have 20 teams in 2011. The earliest start date is March 26 with an ending date of late-August. It's all driven by the final number of teams. All teams will play each other at least once and play days will be the same each week. Teams will not play on the same days all season. No Tuesday, Friday or Sunday games are scheduled for night league play. The issue of the final playoff format was raised and the board will look into other types of playoff formats. There was also some discussion regarding separate tournament play, which would be self-funded and independent of league play. It would be in the form of a one-day round-robin format; more to follow.

Pre-season training for new members will be scheduled. The number of players will drive the timing. The actual schedule will be posted on MTL and at the Summerset bulletin board when finalized in early March. Think spring. Think bocce. They are both coming. For more information, contact Joe Downes at josephdownes@citlink.net.

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Book Club



Trilogy Book Club meets on the second Tuesday of the month from 10:30 a.m. - 12 p.m. in the Sonoma Room at the Vista Club. On March 8, we will discuss *Shattered Air: A True Account of Catastrophe and Courage on Yosemite's Half Dome* by Bob Madgic (suggested by Pauline). Our April 12 selection is *The Help* by Kathryn Stockett (suggested by Nancy). Meetings are very informal;

we read books suggested by the men and women in our club. You are urged to bring new suggestions to the next meeting. For more information, call Nancy at (3310).

Bridge - Duplicate

We meet the second Monday of each month at 12:15 p.m. in the Sonoma Room at the Vista Club. Please mark your calendars for our game on Monday, March 14. Trilogy residents who are interested in playing duplicate bridge are welcome. If you need a partner, we'll find one for you. Please contact Sue at (6136). January's results: January's game was cancelled.

Digital Photography Club



The Digital Photography Club's January outing took the members to Petaluma to visit the Riverfront Gallery. One of our photographers, Jim Ludwig, has photos on display at the Gallery (shown here). The

group of five photographers had lunch, and then took pictures along Petaluma Boulevard and around the train depot.

Ten of our photographers participated in the Wine/Art/Jazz Show on Feb. 5 in the Diablo Room. Each brought one framed photo for display.



Our February outing was to the Railroad Museum in Sacramento. Our March outing is to Jack London State Park in Glen Ellen. Future outings include Bodega Bay and Filoli Gardens.

Many people bring one or two photos to the meetings to be critiqued. This has been a valuable exercise each month for participating photographers. The club keeps growing, adding diversity to the discussions. We meet the first Thursday of every month at the Vista Club in the Monterey Room near the fireplace from 7 - 8 p.m., however, the March meeting is at the Delta Club. For further information, call Andrew at (5737).

Drama Club

Mark your calendar for the Great Pasta Feed on Saturday, April 16. This is the club's only fundraiser and is always a sold out event. Watch for the announcement flyer to make your reservation. For more information, please call Charlene Oxoby at (5627).

The play selection committee is hard at work reading plays to find the right one for our actors and our audience. The annual play production is August 18-21. Now is the time to join if you are interested in acting in the play or helping backstage.

Since the February meeting was cancelled due to a conflict with the "Music of the Night" rehearsal, \$10 membership dues is accepted until March 29.

The next meeting is Tuesday, March 29 at 7 p.m. in the Marina Room of the Delta Club. New members are always welcome. For more information, please call Debby DuBrow at (6706).

Genealogy Club

The Trilogy Genealogy Club welcomed six new members to the February meeting. We shared our knowledge of free websites and went on to offer hints such as starting with yourself on the pedigree chart, collecting as much information as available from family members and writing down everything you're told, even if it sounds farfetched. We even had a gentleman who brought in some pictures for us to help him identify his mother. We also had a researcher who just returned from a month in England where she rummaged through some old parish records dating back to the 1600s and was quite successful locating long lost ancestors.

If you have considered tracing your family and need help getting started, our club has a vast amount of knowledge and experience and welcomes everyone. Bring your pictures, questions, problems or family mysteries to the next meeting. We're glad to help. We have the experts that

have been working on their own family trees for years and enjoy sharing their experiences and knowledge.

Come join us. We meet the first Thursday of every month at 2 p.m. at the Vista Club. For more information, call Rhoda Fone at (7542).

"Some family trees have beautiful leaves, and some have a bunch of nuts. Remember, it's the nuts that make the tree worth shaking." - Author Unknown

Good Samaritans

The Good Samaritans have been meeting on a weekly basis for five years at Trilogy. You are welcome to attend our weekly meetings without reservations. We meet every Thursday at 1 p.m. at the Delta Club in the Marina Room. Bring your Bible, or if you need one, let us know and we will gladly provide one for you.

The Good Samaritans' main goal is to teach the word of God from the Holy Bible, pray for one another, form fellowships with one another, uplift one another through hard times and good times, visit the sick and shut-in and love our neighbors, we reach out to those in need, and invite guest speakers, singers and musicians. We also show Christian movies and sponsor special events. For more information, e-mail thegoodsamaritanbiblestudy@hotmail.com.

Scripture of the Month: John 3:16

Humane Club Brunch

Please join us Sunday, March 6 from 11 - 12:30 p.m. at the Delta Club in the Marina Room. Your suggestions are welcome for advocacy and planning events. Our four-paw friends need our voices and volunteer support. Your brunch donation buys raffle ticket(s) for a gift basket. Tickets are \$2 each or five for \$7. Brunch is offered courtesy of Humane Club members. Gift basket donated is by a humane Trilogy resident.



Model Club

Super Bowl Weekend was beautiful and warm. Maybe we will have an early spring. The weather was nice enough to allow members to make some definite plans. First, we are making a field trip to the California State Archives in Sacramento. We have a large enough interest to warrant a special tour. This should be interesting. Results of the trip will be reported next month. Additionally, we presented our plans to fabricate a "Car Loader" to the Adult Commit-

tee. This is a device that allows us to load model railroad cars and engines without having to get down on our hands and knees. Stop by the Garden Railroad and see how it works. We are building a pole and rope fence around the railroad site to better define our boundaries. We hope this will help keep our younger visitors from walking on the garden hills, roads, and plants. We certainly welcome the children and great grandchildren of our residents to view the site. This weather has encouraged us to start new gardening plans and a new building cycle, which will include additional tracks and structures. For more information, please contact the Club President Mr. John Harder at (3646) or Dean Lattman at (3967). Please join us at our monthly meeting, the first Friday of each month in the Vista Club's Monterey Room to meet your neighbors and see what is going on in the area.

Morning Bocce League

As noted in last month's report, the first meeting of the year is at 9 a.m. on March 18 in the Delta Club. In addition to signing up new members and establishing dues for the season, we will elect/re-elect the executive committee. Every member of the league, including current committee members, is welcome to volunteer or nominate someone (provided permission has been granted). In the event there is more than one nominee for any position, a vote will be taken. The date for our mid-season picnic is June 28. No play is scheduled for July 1. For more information, call Dick Nachtsheim at (5251). Hope everyone can make it.

Motorcycle Club

The Trilogy Motorcycle Club riders meet the first Saturday of every month for an all-day ride. During our usual "where do we go today?" huddle, we quickly decided on one of our favorite rides to wine country. Anticipating the prospect of record breaking warm temperatures for February, nine motorcycles and 11 riders headed west on Hwy 12 toward Napa and beyond. Following the Silverado Trail, our first stop was in Calistoga to stretch legs and to begin peeling off layers of riding clothing as the temperature began to increase. We couldn't have asked for a more beautiful, sunny day. And, this time of year, the Napa Valley bursts with splashes of yellow as mustard plants bloomed in large fields and even between rows of grapevines. This ride sure helped make up for the dreary foggy days of January.

continued on page 26



Continuing up Hwy 128, Bob Pastorino had his sights set on a neat little restaurant named Catelli's in Geyserville. The smell of barbeque ribs and chicken being cooked out front of the restaurant was enough to entice us for lunch. We headed back down 128 with the intent of riding the somewhat lazy twisty back roads east of Napa and coming into Fairfield on Wooden Valley Road. By this time, it was reaching 80 degrees and offered short sleeve riding. It makes one appreciate the virtual year-round motorcycling in California. The end-of-ride stop-off was for coffee at Starbucks in Suisun, a great end to a perfect riding day.

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

"Riding a motorcycle on today's highways, you have to ride in a very defensive manner. You have to be a good rider and you have to have both hands and both feet on the controls at all times."

— Evel Knievel

Radio Club

This month, the Radio Club meets at the Rio Vista Fire Station to check proper operation of the communication equipment in storage, there. Periodic checks are necessary to determine if the equipment works and is available in the event of an emergency affecting the local area. This site is a primary communication lifeline to Solano County headquarters in the event we need outside assistance and our phone system is again down. Assistance requests could range from emergency manpower, material, food and water, and medicines necessary in the

event of a major disaster. Things we hope we are properly prepared for could range from fire, flood, earthquake or a major transportation disaster on the well-used highway 12. A major event could cut us off from lifesaving relief without an official means of communicating with Solano Office of Emergency Services. In this event, we will be able to initially help Trilogy residents through our Disaster Preparedness Committee representatives and our other volunteers until formal help can be organized and arrive. You can help by establishing and maintaining your emergency food, clothing and medicine stocks to support your household members. This emergency stockpile should allow you to be self-sustaining for at least three days in the event of a disaster situation. For more information, contact either the Radio Club or your Disaster Preparedness group. Additional contact information can be found in the monthly *Trilogy Living*, or by contacting Dean Lattman at the number below. The Radio Club meets each Tuesday in the Vista Club Monterey Room at 9 a.m. for an informal discussion over coffee. The formal meeting starts at 10 a.m. Dean Lattman is available at (3967) if you have any questions.

Recipe Club

Our February theme was "Red Food" and we shared some very interesting recipes. Our chefs were Wendy Adair, Pat Voelker, and Carolyn Williams, with coffee served by Elayne Finch.

On Tuesday, March 8 we leave Trilogy at 11 a.m. and visit the Sepay Olive Oil Company in Fairfield where we will taste several kinds of olive oil and balsamic vinegars. Afterward, we shall enjoy lunch at a Fairfield restaurant. If you plan to participate, please call Patty LaFleur by Thursday, March 3 so we can make car pool arrangements. Patty LaFleur can be reached at (3159).

Monthly tip: *It's important to let a roast—beef, pork, lamb or poultry—sit a little while before carving. This allows the juices to retreat back into the meat. If you carve a roast too soon, much of its goodness will spill out onto the carving board.*





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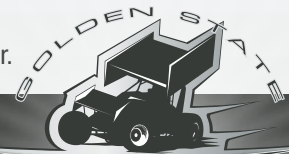


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Men's Executive Nine

The rain, cold and fog have cleared and the Men's Executive Nine are ready to play. While the poor conditions eliminated our scheduled bi-monthly tournaments through January and part of February, we should start reporting some winners next month including the February 14 Sadie Hawkins Tournament and the Women's 9-Holer's play date that was held on the 15th.

Our tournament director George Perry has completed our tournament schedule for the year. If you didn't get the schedule by e-mail, a copy is attached to the club bulletin board. March 1 is a green tee low net tournament. George figured that we might be a bit rusty and need a little help. For our March 15 shotgun we are playing a four-man scramble with one drive per player required. Please review the tournament schedule. You will find that George has some fun tournaments planned for us including our first ever club championship as well as another home and home with our new Brentwood 9-hole friends.

Our next scheduled membership meeting is on March 10 at 3 p.m. in the Delta Club Rio Vista Room. Please plan on attending and participating in your club. You might also be the lucky winner of the cash raffle. Just ask Mike Buckley, our January winner.

Welcome to new members Sherman Standard and George Acquino. This brings our membership total to 74 and growing. If you are interested in joining our group, pick up an application form in the posting room or contact Dennis French at (4890).

Rio Vista Roamers Recreational Vehicle Club

January was our traditional Chinese dinner at Tao San Jin in Antioch. Bob and Katy Emler ordered a wonderful selection for us and we enjoyed every bite. The best part of our "off the road" months is that so many of our retired Roamers join us. We certainly enjoy their company!

Tom and Noel Moore took us to Peter's in Isleton for lunch in February. This is a spot that many of us were eager to try. I will let you know how we liked it next month.

Our trip to River Reflections in Oroville in March 14-17 is calling to us. The group is once again "on the road" with Sandra and Manny Santos (3538) on our first travel outing of the year. If you missed the deadline, it is not too late. Call us and we will add you to our reservation. The one benefit at this early part of the year is that it is never too late to add extra rigs.

French Camp is our destination for April 18-21. Ken and Wilma Powell (4034) are our hosts. Golfers will be happy to know we will be right on a golf course so bring your clubs. Wine tasting will be nearby for the rest of us. All RV owners in Trilogy are welcome to come play with us. For more information, call Frank Reid at (2259) or Sandra Santos at (3538).

San Francisco Club

We all left our heart in San Francisco at one time or another. So many people here in Trilogy were born, raised and went to school in San Francisco. Some only lived in the city for a few years, others all of their school years.

The San Francisco Club would like to get together every other month to plan things to do or even just socialize. We'd like to remember the old neighborhoods, or our favorite places in the city.

If you were born, went to school, or lived in San Francisco for any length of time, call Mike or Lori Azzolino at (6196).

Senior Men's Golf Club

We are looking forward to many fun events this year. Dennis Reiss, along with his committee, has put together a lot of fun tournaments both at home and away. Some of the courses we will be traveling include: Fountain Grove Country Club, Napa Country Club, Oakmont, Rossmoor, Moraga and Brentwood. Also, George Whitteker is looking at some other courses to play during the year. Last year we played: Yocha Dehe and Turkey Creek.

A hole-in-one is quite an accomplishment in itself. Some golfers play their whole lives and never get one. On December 1, Noel Doyle hit his 7th hole-in-one. He hit it on hole 5. Congratulations Noel.

Thanks to the new ownership, Surrender and his crew have the golf course in excellent condition. With the course in great condition and the weather getting nicer, the scores will start dropping.

If you are a golfer and are not yet a member, come see what we are all about. This is a great group and we have a lot of fun. Give any one of the club officers a call and we will be happy to help you get started.

If you have any questions, you can reach George Barlesi at (4032) or e-mail gbarlesi@comcast.net.

continued on page 30

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Supper Club

We hope you had a wonderful holiday and are eager to get back to your regular activities. For those of you who are new to Trilogy, Supper Club meets every other month in each other's homes for a night of exquisite dining, fun and conversation. On these occasions, you can meet your neighbors and get to know them in a small group setting (usually six or eight). Our first meeting of 2011 was this past month. We will continue club events during the months of April, June, August and October.

Please also note that Supper Club is not just for married or committed couples. We don't want to leave anyone with the impression that single people are not welcome. Everyone is welcome to join Supper Club.

Also, we are not limited to a formal dinner menu only. You might also want to have an afternoon barbeque, for example, during the warmer months. In addition, we are also hoping to have a larger get together which includes all the members, once or twice this year.

If you are looking for a new adventure and/or want to make new friends, give Supper Club a try. Take the opportunity to experience our absolutely delectable menus and friendship provided by our members. Interested in joining? Want to be included in the April dinner? Then contact either Maureen Gingrass at (3803) or Cheryl Bellrose at (X6619) by mid-March. We'd love to meet you.

Table Tennis Club

Our Club continues to grow. Since December, we have added eight new names to our roster: Linda Claramo, Fred Butler, Marilyn Raphael, Tillie Farris, Larry Albert, Dee Dee Golden and Richard and Graciela Laswell. Welcome!

We want to correct a statement made about our Club's dues that appeared last month. During their last general meeting, the board set the dues at \$15 per year if paid by the last day in January. However, after the last day in January, dues are calculated at \$1.50 per month. The other item for correction is that our calendar has already changed and the Open House is now scheduled for October of this year.

We play on Tuesday and Thursday of each week from 5 p.m. on, and most of the times in the Rio Vista Room, Delta Club. On Saturdays, we play from 11 a.m. on. On most Wednesdays, space permitting, we set up the Robo-Pong Machine in the Delta Club. If you are curious about this machine, come and watch it in action. Practicing with the Robo Pong allows a person to brush up old skills and/or learn some new skills that make playing more enjoyable.

We are now in the process of establishing an "ability lad-

der" that will let us schedule play in a more efficient manner. We can then schedule certain hours by ability and have all levels enjoy playing at a comfortable level.

If you have any questions, please contact a board member. The board members' names and numbers are as follow: Tom Barnes, President (4395); Jeff Kennan, Vice-President (7541); Ricky Martinez, Treasurer (1345); Jim Breen, Secretary (3775); Richard Mariant, At Large (5232), Vicky Riddle, Publicity (3684). Check out our club on MyTrilogyLife.com. We have posted new photos and the calendar as well.

Tennis News

The Court Jesters are in full swing again and the first event of the year is the March 13 Tournasocial followed by a 6 p.m. potluck. Thanks to George Sablan for providing the free clinic on Saturday mornings. We have some very good players in our midst. On May 14, we will once again try to defeat Rossmoor on their turf in Walnut Creek.

Starting next month, fellow tennis player Michael Lewis will be writing the tennis news articles. Michael is also a wonderful singer and you may want to buy a ticket to hear him sing at the "Music of the Night" show this month.

Anyone may use the courts at Trilogy to play. Should you want to become a member of the Court Jesters, \$24 for the year is now due. If you are interested in finding out more about the Court Jesters, we invite you to join us for coffee at 10 a.m. on the last Friday of every month at the Delta. For more information, contact stinson_lucky2@yahoo.com.

Women's 9-Holers

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

We received a very nice thank you letter from Rio Vista Community Services, thanking us for the eighteen bags of food that we donated to them last month.



Karen Adams spends the day with Margaret Kohler on her 90th Birthday

(see article on page 19)

Tuesday Play Day Results

January 4: No Chip-Ins or Pars today

January 11: No Chip-Ins or Pars today

We celebrated Margaret Koehler's 90th birthday at the Nines with 48 golfers in attendance. Karen Adams planned a wonderful luncheon, including a cake, and balloons. Ruth Almgren ordered beautiful flowers for the centerpiece at Margaret's table. There was a container for golfers to put in a golf ball for Margaret with their name on it. She received several balls in all colors and many cards. Margaret entertained us with stories of her life, education, travel and teaching. Several ladies contributed money towards the cake, flowers and balloons and there was also a twenty percent credit deducted from our bill by the Nines totaling \$65. Margaret suggested that she personally match that amount and asked for it to be donated to Cancer research in the name of the Women's 9-Holers. Happy 90th Margaret!

January 18: Low Putts - Marnie Doody, Chip-In on Hole 8, Sally Thomas, Chip-In on Hole 6; Lois Dutcher, Low Putt Winner; Ruth Almgren, Par on Hole 5; Marnie Doody and Lois Dutcher, Pars on Hole 8.

January 25: Ruth Almgren, Par on 15; Sally Thomas, Par on 13; Chris Sabye, Par on 15; Marnie Doody, Par on 13; Blain Foltz, Chip-In on 14; Sally Thomas, Chip-In on 12. After golf, a General Meeting was held at the Nines.

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

Women's 18-Holers

January 6 was our first play day of the New Year. It was freezing, but 15 ladies braved the cold. We played low putts, charm day for the lowest net score.

Charm winner: Terry Sutter.

Low Putts:

A Flight: First Ulla, Second Linda Barlesi Third Ida

B Flight: First Tie Debby Carroll/Doris, Second, Tie Marilyn/Maureen

C Flight: First Terry Sutter, Second Darl, Third Linda Van-Nieuwburg

Broke 100: Ulla, Linda Barlesi

Chip In: Terry Sutter

January 13 started out a cold, cloudy day. Rain came, then finally sun. Some ladies quit, some finished Nine and some finished 18. The game was "Pick Your Best Nine."

Results:

A Flight: First Lucille, Second Ulla, Third Linda Barlesi

B Flight: First Donna Bjork, Second Darl, Third Doris Sundry

Closest to the Pin on hole Five: Lucille 22' 7"

Chip In: Trixie

Birdies: Ulla

Broke 90: Linda Barlesi

January 20 started out foggy and ended up sunny. The game was Even Hole Scores. Results:

A Flight: First Lucille, Second Vicky Riddle

B Flight: First Ida, Second Debby

C Flight: First Joan, Second Terry Sutter, Third Doris

Closest to the Pin hole Five: Frankie, 21 feet 6 inches

Chip In Birdie: Lucille

Chip In: Cindy Brown

Broke 90: Lucille

Broke 100: Ulla, Vicky, Ida, Linda Barlesi

January 27 brought us another foggy day. The balls were hard to see but that didn't stop us from playing golf. We played straight golf with low net score winners:

A Flight: First Alma, Second Ulla, Third, Vicky

B Flight: First Joan, Second Debby, Third Marilyn

C Flight: First Maureen, Second Terry Sutter, Third Bev Dunn

Chip Ins: Diane Staley, Terry

Birdies: Alma, Linda Barlesi

Broke 90: Lucille

Broke 100: Alma, Ulla, Angie, Vicky, Linda Barlesi

We would like to welcome our new members, Carol Petronzio, Chris Sabye, and Helen Swarbrick. For any woman golfer who would like to join us, we meet at the Nines Restaurant at 8:30 a.m. every Thursday. Please contact Membership Chair, Alma Renko at (3064).

New Connections

Would you like to meet new people? Check out New Connections, a diverse, ever-changing group with opportunities for lasting friendships, access to community information and interesting events. The participants are always different. The group is as diverse as the number of folks at each meeting. We meet and get to know each other in our homes and have no officers and no money, but we have a lot of fun. We usually offer a question (thought-provoking, humorous, sometimes embarrassing), and we talk, laugh and even cry. We've shared favorite cities, pets, childhood friends, all kinds of memories, and silly things we have done. This is the place to come to learn about your Trilogy community, the City of Rio Vista and the Delta at large.

Open communication is the key to our success. "Old timers" still drop in to say hello and provide wonderful stories. We've each learned from our experiences here at Trilogy. When we share them, questions are answered without being asked. We try to bring a small snack to the meetings, but it's not mandatory.

The December cookie exchange was a huge success. Thanks to Karen for opening her home to us. We will be trekking to High-hand in Loomis on March 12. This is an art gallery, museum, shops and restaurant. Call Lynne Liptz at (2361) for details.

Mark your calendars for 1 p.m. on the third Wednesday of every month (except August). Call Lynne Liptz for meeting locations and directions. This month we ask that you think of Nancy Fortner as she recovers from her recent surgeries. She seldom misses a meeting and even joined us in spirit (and cookies) at the cookie exchange. Get well, Nancy.

2011 Relay For Life Extravaganza

The Second Annual Games Extravaganza, Playing Games 4 a Cure, was yet again successful. The Trilogy Terminator III Team partnered with Trilogy Clubs Bingo (Irene Foss), Bunco (Shirley Rogers), Billiards (Al Bergoust & Oscar Grisson), Poker (Helen Bergoust) and their teams to orchestrate game play. The Rio Vista Pizza Factory provided the pizza. Dwayne and Susan Stevens, and Dennis and Laura Sheil always go the extra mile to support our team events. Thank you to the Trilogy residents who donated the great prizes for our raffle. Thank you also to Able Chevrolet, Ace Hardware, Peter's Steak House, and The Knights of Columbus. Our Team members pitched in to make everything go smoothly for our guests. Many new residents also volunteered to help. Congratulations to all: we raised \$1,825!

Save The Dates:

April 9: Bake Sale at the Craft Fair (need people to bake)

April 23: Paint The Town Purple (more information to come)

May 14: 15 Relay - Rio Vista High School

May 17: Ethel Ott's Bus Trip to Red Hawk Casino

June 14: 3rd Annual Senior Men's Prostate Cancer Golf Tournament

September 18: Fashion Show by Judy's Clothing Store RV

Please come join our team or become a volunteer with our events and help us fight this terrible disease. Everyone is welcome. For more information, call Team Captain Antoinette Pestana at (5154) apsunflower@hotmail.com.

Mindfulness Meditation

Each Wednesday at 7 p.m. our group meets in the Sonoma Room at the Vista Club to meditate. This class is open to beginners and experienced souls. We are celebrating 10 years of continued meditation. For more information about the class, please contact Anna Chunn at (3560).

Thank You

Family Support would like to thank the ladies in the Fat Quarter Quilters who helped make our table runners for the Trilogy Memorials. Also, we offer a big thank you to the group for their generous donation of \$141.51 to help cover the cost. Ladies, you are awesome!

TOPS

We hope everyone had a great Valentine's Day and were able to resist eating too many chocolates and all that sweet stuff that tempts us. Our group is off to a good weight loss this year. So let's keep up the good record! Let's go marching on to our goals! Be like the winning team of the Super Bowl! We invite any of you guys and gals who would like to have a support team while shedding some of those unwanted pounds to come to the Delta Club any Wednesday at 8 a.m. to check out our program. For more information, call Leader Minnie Howell at (5786) or Co-leader Peggy Smith at (1366). Have a wonderful spring!



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Trilogy Jazz Band

The band is excited about our participation in this year's "Music of the Night!" Many rehearsals have been devoted to practicing with the talented folks who will be on stage. It will be a great show, and we look forward to seeing the rest of you in the audience.

We will also play for the Ballroom Dance Club's monthly dance on Sunday, March 13. This is a favorite regular event for us. Three of our vocalists will participate in this program too.

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

Watercolor Classes for Beginners

Watercolor classes for beginners are now available. Classes are on Tuesday afternoon at the Delta Club. If you are interested in Watercolor classes please contact Anna Chunn at (3560).

What Does the Spring Equinox Mean?

The word "equinox" derives from the Latin words meaning "equal night" and refers to the time when the sun crosses the equator. At such times, day and night are nearly equal lengths everywhere around the world.

While the spring equinox marks the beginning of spring in the northern hemisphere, autumn starts in many parts of the southern hemisphere. The official date and time for spring in our area this year is Sunday, March 20 at 4:21 p.m. If you would like to welcome the spring season, then come and walk the Labyrinth at 4 p.m. If you have any questions, please call Anna Chunn at (3560).



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ANNOUNCEMENTS

Horseshoe Pitching?

You bet! Trilogy Cypress Park most days 9 a.m. to noon. Veteran pitcher of 50 years. Lessons? Call Verdan 685-3272.

FOR RENT

Home for Rent

Cozy 2BR corner lot for rent: 773 Turnberry Terrace. Washer/dryer/refrigerator, Homeowner's dues, lawn service included. \$995/mo. \$1000 deposit. Available March 1. Call (2451) or 916-813-5622.

Room for Rent

Unfurnished room for rent. Females only. Nonsmoker, no pets. Please call Vivian (4922). Available March.

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Adult Trikes

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

FOR SALE

All About Sewing

Viking Embroidery machine, double sewing machine cabinet (never used), Tacsew blindhemmer, yards and yards of fabric, threads, etc. Weekends March 12 & 13 and March 19 & 20. Call Diane's cell 623-910-1448.

Children's Book

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

Golf Balls

Like new golf balls, Titleist, Topflite, others. \$4, \$3, \$2 per dozen. Limited supply! Call now. Verdan 685-3272.

Golf Cart, Etc.

Golf cart like new \$5500. OBO; 2 tan rocker recliners \$250 ea; Senco finish nails, 14 pks. @ \$14 per pack; oval decorator knobs 4 cabinets; New reverse osmosis \$200. (4921)

FOR SALE

Vehicle: 2008 Miata Touring

MX-5, auto transmission, 10,500 miles, silver. \$19,500 will negotiate. Call Vivian at 925-639-2990.

Vehicle: 1986 Nissan 300 ZX

Silver, T-Tops, clean, original owner, needs minor work. Located at Contra Costa Radiator on River Rd., Rio Vista. Ask Rick (2993) or 916-777-6447.

SERVICES

Annual Service

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

Appraisals

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

SERVICES

Assistance w/ Heavy Lifting

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

Audio/Visual

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

Audio/Visual

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

Auto/Home Detailing

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

Caregiver

Prepare and cook meals, light housekeeping, shopping trips, doctor visits. Hours as necessary. References available. 15-year resident. Call Chris 863-1112 day or night.

Caregiver

If someone you love needs care, here I am! I run errands, do light housekeeping, cook and drive to doctor appointments. References. Call Mary (3674).

SERVICES

Carpet and Upholstery Cleaning

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

Carwash

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

Cleaning

Diamond House Cleaning Provisions. House cleaning with an expert eye to details. Includes: scrubbing, sanitizing, polishing and buffing. Cutting corners is not in our vocabulary! We offer one time cleaning, budget cleaning and full service cleaning. Moving in/ out, special projects also available. All work satisfaction guaranteed! Call Nita (5459) or 315-6670.

Cleaning

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

Clock Repair

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

Computer Doctor

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

SERVICES

**Attention
All Advertisers:**

All ads and checks are due by the fifth of the month prior to the month of publication.

Computer/Wireless

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

Crown Molding

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

Custom Cabinets

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

DJ Available

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

Domestic Technician

Post Holiday Pre-Spring Special: Decluttering, organizing, staging, packing, unpacking, hauling. Garage & estate sales are encouraged. Free estimates. Reasonable, reliable references. Call (2250) or 480-4942 . Look forward to working with you!

SERVICES

Electrical

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

Faux Finishing @ Its Best

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

Financial Services

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

Handyman

Trilogy resident has over 40 years of home maintenance experience, MOEN faucet specialist, ceiling fan and chandelier installations, electrical trouble-shooting and GFCI problems, plumbing leaks, garbage disposal change-outs. Free estimates. City business license #1654. Call Bob Bailey (3391).

Handyman

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

Handyman

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

SERVICES

Home Maintenance

House cleaning, window washing inside and out, hauling, moving, pick up and delivery, dryer vent cleaning. Victor 398-6610 or 510-334-9667

Home/Pet Sitting

J-Walker Pets: House and pet sitter. See flyer on Delta Center Bussetin Board. 925-858-4682 jwalkerpets@yahoo.com Low rates! Lots of love!

HVAC Maintenance

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

Income Tax Preparation

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

SERVICES

CTEC Registered #A141120.

Income Tax Preparation and Bookkeeping Services

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

Income Tax Services and Planning

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

In-Home Care

Available for male or female. We are sensitive, caring and discreet. Most of all we are dependable! We are Trilogy residents with 8 years combined experience and would like to assist you too! Call Nita 707-315-6670.

**Attention Commercial Advertisers
Deadline Information**

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

REGULAR RATES AND SIZES:

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

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

PREMIUM POSITIONS RATES:

- Back Cover 7.5" wide X 10" tall: \$500/month
 - Inside Covers 7.5" wide X 10" tall: \$445/month
- (*Front or Back*)

DISCOUNTS:

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

SERVICES

Landscape Maintenance

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

Landscape Maintenance

Tosh Bonsai Landscaping Garden Maintenance: Lawn care, trimming, weeding, clean-up, specialty pruning. Design Installation available. Robert (3427).

Notary

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

Notary to Go

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

Notary Public

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

Notary

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

Painting

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

Painting & Drywall Repair

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

Pet Care

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

SERVICES

Pet Care

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

Pet Care

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

Pet Care

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

Photography

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

Rollout Shelves

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

Sliding Door and Screen Repair

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

Small Engine Repair

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

SERVICES

Stained Glass

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

Transitions

Diamond House Cleaning & Transitions. Assisting families to a smoother road with the passing or moving of a loved one. Includes: packing, organizing, down-sizing, cleaning and hauling. Also assistance with cleaning and labeling items to be sold or donated. Call Nita (5459) or 707-315-6670.

Transportation

Driver available for airport trips and medical appointments. SFO, Oakland, Sacto. Also BART. Your car or mine. Call for rates 386-3196.

Water Softener Service

No more lifting heavy bags of salt. GE water softener maintenance including: delivery and adding Diamond Crystal salt and complete system check. Call Gary (3488).

Weeding

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

Window Cleaning

Professional window care. Windows and screens cleaned. Stage 1 glass restoration. Years of experience. Call Gary (3488).

VACATION RENTAL

Tahoe Rental

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

Tribute to Martin Luther King, Jr.



Lynniss Mullins Woods



Gospel Choir



Lynniss Mullins Woods



Lynniss Mullins Woods, Kersti Evans and Terry Moore



Wine, Art, and Jazz Festival

Photos by Andrew Acquistapace



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

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