

PUBLISHED BY THE TRILOGY AT RIO VISTA MASTER ASSOCIATION

December 2016

TrilogyLiving



The Men's Executive
Nine Golf Club
comes together for
tournaments and to
honor members who
are inspirational.

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Photo from left to right: Handicap Chair Mike Warr, Tournament Director Jim McDermott, Vice President Ron Kott, Treasurer Al Shaver, "Metz," Secretary Byron Lockhart, President Jack Phifer, Membership Chair Rolf Sabye.



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From the Master Association

Melissa Coleman

President

Executive Session: The Executive Session was held on 11/07/16 in the Monterey Room. Items acted upon in General Session are reported under that session.

Legal/Litigation

- **Verification of Association Property:** Association received a report from Berding & Weil of all the property identified within Trilogy regarding what has and has not been deeded to the Association. The next step in this process is to work with Shea Homes to convey the existing common to the Association and contact Marks-McCormack to gather information and requirements to obtain approval to place improvements across the Drill Site properties.
- **Amenities Negotiations/MOU:** The Amenities Negotiating Team, Patty Kohn and Don Love, have requested that our legal counsel work with Shea's attorney on developing an amenities agreement.
- **Common Area Tree Trimming:** request from a resident was tabled until Board of Directors had an opportunity to view the issue.
- **Exclusive Use Common Area:** request was denied at this time, as the area is not currently common area to the Association.

Personnel

- **Committee Nominations:** There were no names submitted since the last meeting for openings on the Adult or Ad Hoc Streetlight Committees. Several of the committees have openings. Anyone who has an interest in any of the committee areas, please contact the Administrative Office for an application.
- **Staffing – Minimum Wage:** the Board continued the discussion on methods on how to adhere to the minimum wage requirements, and the impact on the salary schedule. This will be finalized when the Budget is prepared in the next few months.
- **Operations Review:** due to time limitations, this was tabled for a future meeting on 11/18/16.
- **Board Liaison Appointments:** Liaison's were appointed to all the standing committees.

Formation of Contracts

- **Renovation/Future Amenities Design/Build Consideration:** This was to consider expanding the previously approved project of Design Consultants to review the Delta, to include the Design Center and the future clubhouse. At this time, the Design consultants will review the Delta Club, on the current use of the facility and the needs identified for a remodel.
- **Vista Club Antenna:** the Board reviewed the existing antennas installed on the Vista owned by Internet Planet and Warrior Golf and a request from Internet Planet to change the size and quantity of antennas. The request from Internet Planet was approved with no changes to the contract.

(continued on p. 16)

TRILOGY AT RIO VISTA

D I R E C T O R Y

Master Association Board of Directors

Melissa Coleman, President 707-374-6874
Patty Kohn, Vice President 707-374-2737
Teresa Fraser, CFO 415-407-8563
Joel Auslen, Secretary 707-374-5808
Don Love, Director at Large 707-374-6882

Village Board Presidents / District Delegates

Village 1 - Larry Mork 707-374-3389
Village Oakmont - Walt Manos 707-374-2827
Village Riviera - Donald Seyk 707-374-6407
Olympic Village - Richard Pettijohn 707-374-3065
Saddle Rock Village - Joe Perpetuo 510-387-4517
Eagle Point - Mark Weiss 925-980-7249

Committee Chairs

Community Advisory - Bill de Manincor 707-374-6404
Administrative Policies - Arthur Fox 707-374-0068
Document Revision - Bob Sather 707-374-1384
Emergency Action - Barry Fraser 415-407-8529
Access - Art Darden 707-374-3455
Amenities - Joe Downes 707-374-7520

Association Administration /HOA 707-374-4843

General Manager: Ed Vitrano 707-374-4869
evitrano@actionlife.com

Assistant General Manager: Catherine Patrick
cpatrick@actionlife.com 707-374-4843

Activities Director: Debbie Dorn 707-374-4204
ddorn@actionlife.com

Fitness & Spa Director: Kathy Erwin 707-374-4205
kerwin@actionlife.com

Maintenance Director: Michael Oestreich 707-374-4895
moestreich@actionlife.com

Member Services Coordinator: Cheryl Lucas 707-374-4203
clucas@actionlife.com

Communications Coordinator: Andrea Stuart
stuarttrv@gmail.com

Architectural Coordinators:

Victoria Jeune 707-374-4843, vjeune@actionlife.com,
Debbie La Croix 707-374-4843, dlacroix@actionlife.com

Club Numbers

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

Trilogy Living Editorial Board

Andrea Stuart, Ed Vitrano, Debbie Dorn, Cheryl Lucas,
Joan Azlant, Kathy Erwin, Bill de Manincor

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From the Editor



Andrea Stuart

As we get ready for the holidays, a warmth begins to emanate even as the nip in the air develops. The warmth I'm speaking about is the way communities come together to enlighten and brighten each other's lives. In many ways, the holiday season represents a time for being more generous with our thoughts, time, and actions.

Given the positive energy in the air, we thought it was fitting to feature the Men's Executive Nine Golf Club Board of Directors on the cover as they present the George F. Aquino Memorial Award for the most inspirational golfer to William (Metz) Metzler. The award was established in honor of member George Aquino, who valiantly fought cancer while remaining a positive beacon of hope to everyone around him. This award is presented annually to a player who embodies this positivity.

The Men's Executive Nine Golf Club is nearing 10 years as a club at Trilogy, boasting 110 active members. They meet every Tuesday for golf and a social hour. To learn more about them, turn to page 34.

There are numerous events taking place to keep the good cheer flowing. If you haven't already signed up for the New Year's Eve Grand Ball, you can do so at Member Services. Ring in the New Year with friends and get ready for a fun 2017! Happy Holidays!

Priority List for Emergencies

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

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

From the Activities Director



Debbie Dorn

Happy Holidays Trilogy, here we are surrounded with so many festive activities! There may be time to catch special events at the Vista Club November 26 & 27. Come share in the

Tree Decorating Social, opportunities to sell and shop holiday decorations while the annual slideshow plays in the Diablo, tasty dishes from Café Vista available until 3:00, while seasonal tunes play in the Grand Living Room by pianist Jim Hurt, then Sunday brings the traditional Tree Lighting Ceremony! What a wonderful time for fellowship and holiday merriment shared with family and friends!

Note these events through the month for more special memories...

Holiday Break ~ Computer Classes Resume January 11 & 18 (pg 22)

- 12/04 & 12/18 Trilogy Produce Market
- 12/14 Trilogy Holiday Show ~
Two Performances (pg 6)
- 12/15 Trilogy Fitness Holiday Potluck
- 12/18 Solid Gold Band ~ Dance Club
- 12/21 Winter Solstice Labyrinth Walk (pg 34)
- 12/25 Christmas Day Holiday
- 12/31 New Year's Eve Grand Ball

Registration in Process! (see page 17)

Get Ready...

- January 1, Polar Bear Plunge (pg 47)

Your comments and suggestions are always valued -- send an email anytime ddorn@actionlife.com -- my mailbox is always open! Trilogy, I wish you and yours many special blessings throughout the holiday season and new year!

Tis the Season for Reflection...

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

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

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



ANNOUNCEMENTS:

• Holiday schedule adjustments:

- The Adult Committee, now named Community Advisory Committee, will combine November & December meetings on Thursday, December 8, 1 p.m. at the Delta Club Rio Vista Room.
- Bingo will not meet in November and December; will return January 27.

December 24 – *Christmas Eve* – Vista Club closes at 5 p.m.

December 25 – *Christmas Day* – Vista & Delta Clubs are Closed

EVENTS:

Computer Classes Pause for the Holidays Return Wednesdays January 11 & 18, 2017

NEW! Wednesday, January 11, there will be an Excel Workshop, where you can get individual help with most any Excel project or function. NEW! Wednesday, January 18, is a Pictures Workshop, where you bring your own equipment and get help transferring pictures from your digital device to your flash drive or laptop. Both new workshops will have a limit of 6 students, so that we can help you more individually. See page 22 for important details. Contact Debbie Dorn at ddorn@actionlife.com.

Trilogy Produce Market

Sunday, December 4 & 18, 10 a.m. – 3 p.m. – Delta Club



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

Blood Pressure Check ~ Free

Thursday, December 8, 9 – 10 a.m., Library Delta Club

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

Tree Decorating Social ~ with Pianist Jim Hurt

Saturday, November 26, 10 – 1 p.m. Grand Living Room, Vista Club



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



Legendary Ladies of Country Music

Saturday, January 28

Two Performances 2 p.m. and 7 p.m.
Diablo Ballroom Vista Club ~ \$20

Featuring Joni Morris! Joni is a national touring recording artist, dazzling entertainer and well-known for her own special tribute to the queen of country music, Patsy Cline. She will perform many of the unforgettable hit songs of legends like Kitty Wells, Loretta Lynn, Tammy Wynette, Patsy Cline and many more classic hits. Critics love Joni, love her voice and love her shows! "A double-barreled voice that can belt, sob, exult... "A loving portrait... a polished, rollicking and often soulful country-western music show," states Peter Stack of the San Francisco Chronicle in California. Joni's newest release "Joni Morris – A Tribute To Legends" will be available for sale after her performance. Visit www.JoniMorris.com. Bring your favorite beverage and snack to enjoy. Signup at Member Services, and contact Debbie ddorn@actionlife.com for more information!



Holiday Decorations Sell & Shop

**Plus ~ 2015 Seasonal Events Slideshow
Will Show on the Big Screen**

Saturday, November 26, 10 a.m. – 1 p.m.
Diablo Ballroom, Vista Club

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

Tree Lighting Ceremony ~ It's an Inspirational Tradition



Sunday, November 27, 5 p.m.
Vista Club, Grand Living Room ~ Free

Join in this Trilogy Experience that will heighten your sensations of the holiday season through performances by Delta Breeze Chorus, Delta Harmony, Delta Tones, Delta Divas and an instrumental ensemble from Trilogy Jazz Band. No sign up required.

Complimentary Hearing Screening and Assessment

Thursday, December 8, 1 - 3 p.m.
Monterey Room, Vista Club ~ Free

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

Trilogy Holiday Show ~ Two Performances

Wednesday, December 14, 4:30 p.m. & 7:30 p.m.
Vista Club ~ Free

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

New Years Eve Grand Ball ~ An Elegant Evening

The Ball Drops from Times Square at Midnight

Saturday, December 31, 6 p.m. – 12:30 a.m.
Diablo Ballroom, Vista Club ~ \$70 per person

Check with Member Services at the Vista Club for reservation availability. Sign-ups with table selection will be accepted while space lasts. For more information and entrée selections, see page 17. For other questions, email or phone Debbie Dorn at ddorn@actionlife.com or 707-374-4204. Member Services, 707-374-4200.

Your special evening begins with a delicious hors d'oeuvres reception, and leads into a scrumptious all-inclusive dinner served at your table. The Trilogy 2016 picture slideshow displays on the big screen while soft music complements conversation. Later, dance through the night while bringing in the New Year to the great sounds of Gary Bohannon & The Bad Habits Band! Share the New York Times Square count-down on the big screen at midnight, to toast the New Year while we sing along to Auld Lang Syne! Private label champagne will be provided for toasting. Coffee, iced tea and water will be available or bring your own beverage of choice to enjoy through the evening. Ice will be provided. Register early for this grand event ! For more information, email or call Member Services (707-374-4200) or contact Debbie Dorn (707-374-4204) or ddorn@actionlife.com.

The Polar Bear Plunge

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

Let the fun begin! For those of you who want to cross something off your bucket list or just to challenge yourself in a new way, join fellow Trilogy residents and take the plunge at the Delta pool. How do you prepare? You don't. The essence of plunging is the group energy. All participants jump at 10 a.m. SHARP and you must go all the way under to qualify! It's exhilarating.

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(continued from p. 6)

Afterwards, warm yourself in the hot tub then enjoy hot chocolate and refreshments in the Delta Club Marina Room. Those who plunge will receive a 2017 Polar Bear Plunge t-shirt! Collect them from year-to-year. Sign up at Member Services at the Vista, and be sure to mention your shirt size!

Open Mic Night Returns!

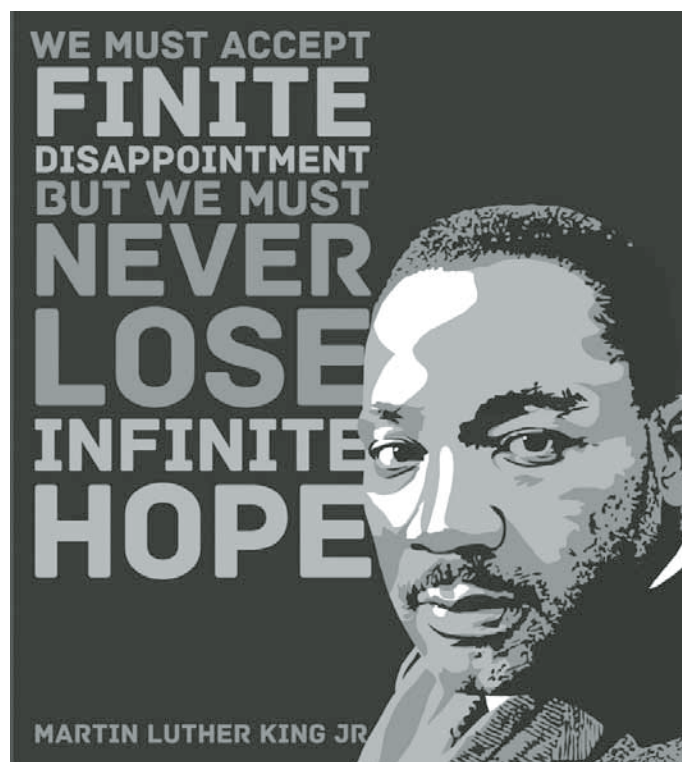
Friday, January 13, 7-8:30 p.m., Diablo Room, Vista Club ~ Free

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

Dr. Martin Luther King Jr. Tribute

Monday, January 16, 2 - 4 p.m.
Diablo Room, Vista Club ~ Free

Join us and the Whist Club in celebration of Dr. Martin Luther King, Jr. There will be a guest speaker, entertainment, and refreshments. For more information, contact Hattie Walker 707-374-3369. No Signups required.



Las Vegas Show ~ Brian Hoffman's Tribute to Red Skelton at Trilogy

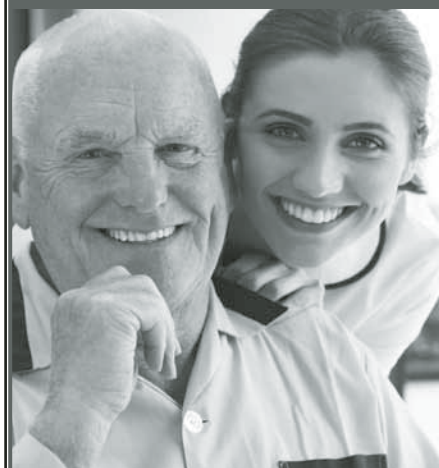
Saturday January 21, Two Performances 2 p.m. & 7 p.m.
Diablo Ballroom Vista Club ~ \$20 pp



Remembering Red is a show that takes you back to a time when things were a little less stressful, and where family

values were first. Brian will take you on a light hearted trip down memory lane with Red's greatest jokes and some of his most well-known characters including those two seagulls, Gertrude and Heathcliff, and everyone's favorite dim-witted country bumpkin, Clem Kadiddle-hopper. You'll laugh till it hurts! Bring your favorite refreshments for a great evening of entertainment! Two performances available matinee or evening. Sign up at Member Services.

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Assessment Notice

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

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

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

Amenities Committee

The next meeting of the Master Amenities Committee (MAC) will be held on Monday, December 19 in the Vista Club's Diablo Ballroom from 2:30 - 4 p.m. Mark your calendar now and plan to attend. Much of the discussion at the October meeting centered on the conversion of the existing Shea Design Center into the community Health and Wellness complex. Kathy Erwin, Fitness and Spa director, made a presentation related to her vision for the future. A formal plan will be created. The committee is developing a plan to formally contact each community club seeking input as to their needs and wants. While there were several comments related to the new club, the focus will be on usage flexibility. More details are available on the committee's web-page at mytrilogylife.com. Contact Joe Downes at 707-374-7520 for further information.

Emergency Action Committee

The Annual Walktober Event directed by Kathy Erwin was assisted by the Emergency Action Committee in October. The EAC set up a first-aid tent and passed out water. We had golf carts circling to help the walkers receive water and first-aid attention, and of course we all had our hand-held radios to keep in touch with one another. The Trilogy Emergency Action Committee is dedicated to helping our neighbors in Trilogy to stay ready for the unexpected. If you would like to know how to be prepared for an emergency, we can help! The Emergency Action Committee is working with the Rio Vista Fire Department on a smoke-alarm awareness campaign to educate Trilogy residents about the need to replace smoke alarms in homes that are over ten years old. You will hear more about this in the coming weeks, or you may contact EAC chairman Barry Fraser to find out more. We invite everyone to attend our meetings. We meet monthly on the second Tuesday at 7 p.m. in the River Room of the Delta Club. We are always looking for new volunteers for this worthwhile group. Contact Chairman Barry Fraser at 707-374-6736 for more information.

Eagle Point Residents' Club

We celebrated the official beginning of standard time by offering all Trilogy residents a Pancake Breakfast on Sunday morning, November 6 in the Rio Vista Room at the Delta Club. Thanks to everyone who helped, especially to EPRC Board members Linda Pagliaroli and Nancy Tolentino for putting this together. We hope to make it an annual event.

Our November meeting was held at 7:30 p.m. on Monday, November 21, in the Rio Vista Room at the Delta Club. Our scheduled meetings are every other month, beginning each January on the fourth Thursday, so in this case, the November meeting date was changed to Monday.

Our next social The 12 Sweet Days of Christmas Dinner-Dance will be held on Sunday, December 4, in the Diablo Ballroom at the Vista Club, beginning at 5 p.m. It is a joint event with Oakmont Residents' Club. The cost is \$40 per person. Music will be provided by the band Solid Gold. Christmas carols will be sung by the Delta Divas. We at Eagle Point look forward to learning what it takes to provide such an event and plan on moving out of the shadows next Holiday Season by creating our own event!

Please contact Marlene Swieso at 714-317-9688 or mswieso2002@yahoo.com with any questions or comments.

Our first 2017 meeting will be Thursday, January 26 at 7:30 p.m. immediately following the 6:30 p.m. Eagle Point Board meeting. From all residents in Eagle Point, best wishes for a safe and happy holiday season to everyone!

Olympic Village Residents' Club

The Olympic Village Residents' Club Soup and Salad Get Together indoor dinner event was held on October 27 from 6 - 8 p.m. at the Rio Vista Room at the Delta Club. Activities included eating, meeting old and new friends, and a raffle with terrific prizes for the many winners. Your generous donations will be used for next year's events. A wonderful time was had by all of the Olympians that attended. Another gourmet success!

We plan to hold three Residents' Club events in 2017 – February, June, and October. More details will be provided later. If you would like to participate in the planning of these events or if you need additional information, please contact Rich Pettijohn at 707-374-3065 or Lee Ann Frable at 484-707-0935.

Olympic Village Kare Bears

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

Saddle Rock Village Residents' Club



As you are reading this last article for 2016 we are anticipating our holiday dinner and dance Snowflakes and Satin on Saturday, December 3. We are sure it will be a festive event with a new caterer, Erica Marie's and a new band, Roadhouse 5.

We will also be traveling the streets of Saddle Rock singing Christmas carols for the third consecutive year. This event is open to all residents willing to join the fun. We leave from 401 Three Rivers Way at 6 p.m. Refreshments are served after caroling; come have a little extra cheer with many of your resident neighbors

Association Meeting Calendar December 2016

Master Association Board

Tuesday, December 13, 2 p.m.
Diablo Ballroom, Vista Club

Council of Village Presidents

Monday, December 19, 10 a.m.
River Room, Delta Club

Access Committee

Monday, December 26, 1 p.m.
River Room, Delta Club

Administrative Policy Review Committee

Will not meet until further notice.

Community Advisory Committee (Adult)

Thursday, December 8, 1 p.m.
Rio Vista Room, Delta Club

Amenities Committee

Monday, December 19, 2:30 p.m.
Diablo Ballroom, Vista Club

Emergency Action Committee

Tuesday, December 13 and 27, 7 p.m.
River Room, Delta Club

House Renovation Committee

Monday, December 12, 3 p.m.
River Room, Delta Club
Monday, December 26, 3 p.m.
Monterey Room, Vista Club

We want to take this time to congratulate our newly elected Saddle Rock Village Executive Board Officers. President, Joe Perpetuo, Vice President, Richard Larsen and fellow members not yet assigned position: Allan Owens, Roger Kohn, and Rayno Neimi.

In November we had our last meeting for the year. Our Residents' Club meetings are every other month, on the third Wednesday of that month at 6:30 p.m. We meet in the Delta Club, River Room.

On November 9, we enjoyed a day trip to Jackson Rancheria and the Lockeford Sausage Company. Our Activities Committee has been busy planning our events for the new year 2017. All Saddle Rock Village residents are welcome to join us on the first Tuesday of each month at 2 p.m. in the Monterey Room of the Vista Club for planning and discussion.



Our wish for all the residents in Saddle Rock Village is a healthy and happy New Year. For information, please contact Dana Hoover, President Saddle Rock Village Residents' Club, at 707-374-3455 or time4dana@mindspring.com.

Village Oakmont Residents' Club

Village Oakmont's Holiday Dinner-Dance on December 4 is just around the corner. Oakmont is also having a Holiday Decorated Mailbox contest and Open House on December 11. There will be a map at our mailbox number two in the Delta Club hallway on December 10 for all residents participating in the Open House.

The 2017 Nomination Committee selected officers for the Oakmont Village Residents' Club for 2017. President, Ginny Glover; Vice President, Linda Bingham; Treasurer, Patty Peterson; Assistant Treasurer, Sharon Patterson; Secretary, Debra Schwab; and Assistant Secretary, Karin Rucker. Should anyone have any questions or want to submit their name for any position, please call Antoinette Pestana at 707-374-5154 prior to December 4.

Upcoming events: December 5 – Residents' Meeting at 3 p.m. in Monterey Room, Vista Club followed by the Social Club Meeting. December 11 – 2 - 4 p.m. Open House at all participating Village Oakmont homes. February 26 – Oscar Party in the Diablo Ballroom, Vista Club. Flyers and posters will be posted in January.

Social Meeting will be the first Monday of the month at 3 p.m. in the Monterey Room, Vista Club. Residents' meeting will be held first on the following dates—March 6, June 5, September 11, and December 4.

Amended by-laws are available to view on the *Trilogy Living* website. Approval will be voted on at the Holiday Dinner on December 4. Any questions or concerns, please contact Linda Bingham at 760-486-9178 or linda.bingham@gmail.com.

Village Oakmont Kare Bears

On our winter break until January, the Village Oakmont Kare Bears did enjoy a fun holiday luncheon in November at The Point Restaurant. Good food and a good time was had by all.

We also donated and cooked turkeys and helped with the delivery of Thanksgiving dinners to the homebound which is done every year by the Women of the Moose.

With no meeting in December, we will resume meetings in January with many events planned for 2017.

Family Support Group



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

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

We will have our annual election of officers in February. If anyone is interested in serving on the board, we still need to fill the following offices: Co-chairman; Food Co-chairman; and Transportation Co-chairman. If interested, come to our January meeting on January 11, or, call Annelie Voit at 707-374-4968 with questions.

If you or any of your neighbors need short-term help or assistance due to an injury or illness, please call Annelie Voit at 707-374-4968 or Kathy Russo at 707-374-2969. This help can include meals, transportation to medical appointments, etc., and help in the home.

The next Village Oakmont Kare Bear meeting will be held on Wednesday, January 11, at 10:30 a.m. in the Delta Club. Come early and enjoy coffee and goodies, and good friends.

Village One Board News

The Village I Board Executive Session, held Thursday, November 10, reviewed the only item on the agenda: the Village Violation Report. Three items were discussed during the regular meeting. The preliminary 2017 Budget was introduced and board members agreed Village I dues would remain at \$5.25. Election procedures were discussed and it was noted that 2 two-year positions will be open. Residents will be "tubed" regarding times, ballots, etc. The final item was the First Reading regarding changes to the Architectural Guideline sections on Trees and Awnings. The amended sections were passed by the board. The second reading and vote will be held during the January 12, 2017 meeting.



Wood Real Estate

Warmest wishes to you and your family on this wonderful HOLIDAY SEASON...

Specializing in Trilogy Homes Since 1996

THANK YOU for your continued trust & support.
Have a very MERRY CHRISTMAS and A HAPPY NEW YEAR!

View ALL Trilogy & Rio Vista listings, print Trilogy maps, & more at:
www.WoodListings.com

Have Questions? Call Us! **707-374-3456**

Cheryl Wood
Owner/ Broker
Trilogy Expert
Trilogy Resident
510-220-1514
woodrealestate@gmail.com
BRE# 01002783

Chris Boothe
Realtor Associate
Trilogy Resident
916-798-7674
pigboothe@yahoo.com
BRE# 01419822

Al Morton
Realtor Associate
Trilogy Resident
925-786-3745
altonmorton@yahoo.com
BRE# 01960018

Village One Residents' Club

Just 25 days until Christmas! Ready or not here it comes. When you plan your holiday festivities, be sure to include Village One's Holiday Party on December 10. Visit with your neighbors and enjoy a delicious dinner catered by ABC Catering. Ed Donovan will be serving grilled tri-tip, grilled chicken breast, green salad, garlic mashed potatoes, vegetable, artisan breads and dessert. Other surprises are in the making. Don't miss out, this should be fun. You should have received a flyer in your tube, or you can pick one up at Box 3.

At the potluck and Quarterly Meeting on October 5, new officers were elected for 2017: President, Don Cooper; Co-Vice Presidents, Robert Roncaglio and Gene Kennedy; Secretary, Sandy Price; and Treasurer, Naomi Walker. You can look to these hardy souls to put together fun-filled activities for Village One in the New Year.

The next Quarterly Meeting will be in early January. Watch for the date in the January article. For more information contact Tess Felte at 707-374-4778.

Village Riviera Board News

This is a busy time of the year. It is also the time of year that residents who are interested in

becoming a Village Riviera Board member should turn in their application. Every resident in Riviera should have gotten an application in their mailbox. Both Don Seyk, our current president, and Ida May Wagner, our current vice-president, terms are up. At the October Master Board meeting it was decided that the village president will become the village delegate, so we will no longer vote for that position separately. If we have more than one resident who is interesting in running for the vacant positions, we will have a meet-the-candidate night, which will be announced at a future date.

At our meeting on November 3, we had the first reading of an architectural change which will limit each Village Riviera front yard to having one tree. If you would like to voice your opinion on this item or any other item please join us at our next meeting. The Village Riviera Board meetings are on the first Thursday of odd-numbered months at 6:30 p.m. in the Marina Room at the Delta Club. Our next meeting is January 5. The board would like to invite you to join us. If you have questions or concerns, call Don at 707-374-6407.



Village Riviera Residents' Club

Just another week or so until December 10 for the Black and White Affair, our elegant holiday dinner. The table assignments have been done with the hope that all guests will have an interesting evening with those who share their table. After a wonderful dinner, you will be dancing the night away to tunes from Solid Gold. If for any reason you signed up and now learn you cannot attend, please call Barb right away at 707-507-5026. She may have others who will buy your tickets.

We truly hope that those of you who were not able to sign up this year will keep reading the Village Riviera Residents' Club news in the *Trilogy Living* for the latest information on upcoming events and how to sign up. We welcome folks from all villages.

The Residents' Club resumes meeting in January with the election of new officers and final plans for the Soup Potluck set for February 25. The price of admission is the soup, salad or dessert that you bring. We take you from the elegant Black and White Affair to a true "use what you have on hand" delicious potluck. Watch for posters and flyers in January, at the Vista and Delta Clubs, to sign up and find out what you are supposed to bring.

The Riviera Residents' Club meets the third Thursday of every month, but we will rest in December after the Black and White Affair. If you would like to join us in January, we meet in the Monterey Room of the Vista Club, 5 p.m. Any questions, call Barb at 707-507-5026.

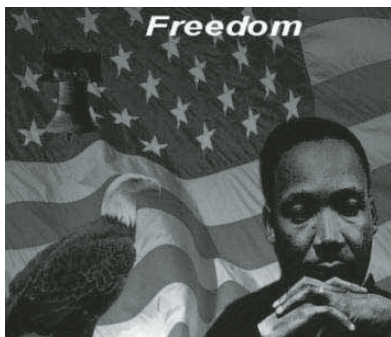
Village Riviera Kare Bears

Happy Holidays everyone! We are looking forward to our annual holiday luncheon at 12 p.m. after our December 12 meeting at the Delta Club. We have also invited other Kare Bear groups to join us for this festive occasion. We hope you can come and if you can bring a salad or dessert to share that would be great.

Our street coordinators gathered on October 22 to touch base and share ideas. Street coordinators are your first connection to Kare Bears and so important to our organization. We are in great need of more street coordinators and guess what – it is not a difficult or time-consuming job. It also is a wonderful way to get to know your neighbors and share with them how we can all help each other. Please give some thought to representing a street or part of a street, preferably the one you live on. The streets that are in need are: Birch Ridge, Branchwood, Conway, Foxwood, Laurel Place, Magnolia, Oakridge, Pebble Beach, Riverside, and Sage Meadows. There are other ways you can help also: Prepare a meal, provide transportation, visit a resident when needed due to illness or surgery. We want to thank our seven new volunteers who just joined us. They are Rex Buss, Nancy Cundiff, Kathy Moeller, Rick and Clara Sisney, Kathy Sterrett, and Anna Stevens.

If you would like to become more involved in Kare Bears or would like to start a Kare Bear group in your village, come to our next meeting on February 13 at 10 a.m. at the Delta Club or join us at 9:30 for coffee and refreshments. If you or a neighbor is in need of assistance because of illness or surgery, please contact your street coordinator or call Joanne at 707-374-4342.

A TRIBUTE TO DR. MARTIN LUTHER KING JR.



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

Guest Speaker, Entertainment,
and Refreshments

Monday January 16, 2017
2:00–4:00 PM

For information contact Hattie Walker 374-3369
No Signups Required

**Your wealth
or status
doesn't make
you.
Your kindness
and character
does.**

– Venkat Desiredy

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

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

General Session:

Unfinished Business:

- **ByLaw Adoption and Seating of the Delegates:** the revised ByLaws were formerly adopted and the new Delegates (Village Presidents) were recognized and seated. Thank you to the Past Delegates. Your service to the community is very much appreciated.
- **Document Distribution to Members:** the Board approved to contract with Landmark Image (Vacaville, CA) for \$5,780 to distribute our new governing documents. For those homeowners who have not chosen to Opt-In (receive official documents via email) will receive the documents on a USB flash drive. Documents will be distributed once they have been officially recorded.
- **Inspector of Election Services:** with the pending community-wide voting for the Master Board Directors and the expectation of the number of ballots returned, the Board has approved contracting with an election service, Inspector of Elections for \$9,205. The service will: 1) mail out the Ballots and the candidate's statements 2) receive the ballots 3) arrive on-site and perform the counting of the ballots electronically. The service provides the following benefits: 1) verification of the ballots without any suspension of tampering, ballots are collected and secured by an independent inspector, 2) timely counting electronically which

can't be done manually – which often requires re-counting and verification. The Board additionally authorized that return postage be covered by the Association, which will cost \$.63 per return.

New Business:

- **Activities Cooperative Event / Soroptimist Fund Raiser:** The Activities Director proposed a Life Enrichment program presented by the Soroptimist. The request failed due to lack of motion for the following reason; current policies dictate the facilities are not to be used for organizational fundraisers. All proposed monies collected were to be donations to charitable organizations.
- **Labyrinth:** After the installation of the Vista patio shades and the furniture, the Labyrinth became unusable as a 24/7 available amenity. A request for a replacement was brought forth at the 2016/17 budget. At that time, the Board was reviewing possible sites, and working on other priority projects. The Board has requested staff to review the list of possible sites, and provide a report at the December meeting. The report was to consider location, size, and composition – specifically for required level of maintenance.

Minutes of all meetings are posted on MyTrilogyLife.com. If you have any questions about Agenda items, please feel free to contact me directly. The next meeting is December 13, 2016

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Debbie Werter
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Lic: 01125366



Drew Haisley
Realtor Associate
925-482-4556
Lic: 00997350



Charlene Fowler
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707-372-0203
Lic: 01988913

121 Montezuma Street, Rio Vista, CA 94571

View listings, search for properties, get Trilogy maps and more at:

www.ShaferRealEstate.net

2017

New Year's Eve Grand Ball 
Trilogy

Vista Club Diablo Ballroom

6:00 P.M. to 12:30 A.M.

Indulge and Celebrate an Evening of Fine Dining
Live Entertainment Featuring Gary Bohannon & the Bad Habits Band
Enjoy the Spectacular Ball Drop from Time Square
on the Big Screen to bring in the New Year

Pre-Registration: November 7, Monday 10:30 - 12:00 P.M.
Vista Club Monterey Room ~ \$70 pp & Entree Selection
Open Registration Follows As Available at Member Services

Entrée Selections:  8 oz. New York Steak
 Grilled Maple Red Wine Salmon
 Herb Roasted Chicken Breast

Join us to ring in 2017



Kathy Erwin
Fitness & Spa Director

December New Member Fitness Orientations

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

Next Orientation Dates:

Saturday, December 3 at 11 a.m.

Tuesday, December 6 at 6 p.m.

Saturday, December 17 at 11 a.m.

FITNESS SHOWCASE **TRILOGY RESIDENT JERRY WASHINGTON**



Jerry is a good example of health and fitness. He has lost 90 pounds and looks great. Here are some fun facts about Jerry that Fitness Director Kathy Erwin learned during an interview:

- Jerry has been a Trilogy resident for 11 years. He was born and raised in Pratt, Kansas, and has lived in California 44 years. Prior to retirement Jerry worked for the Superior Courts of California in the County of San Francisco where he was the Division Chief. He retired 9 years ago.
- All his life he has been active, playing sports such as wrestling, swimming, tennis, baseball; he was the captain of his football team.
- He walks every day for an hour to an hour and a half.
- He's done aerobic exercise since the 1970s.
- He loves to dance.
- Over the past six years he has taken a variety of Trilogy Group Exercise classes such as Joele's Dance classes, Sophie & Prescy's Zumba Classes, and Kathy's Advanced Aqua. He is active every year in the National Dance Day, Walktober, and this past year, as a swimmer on his Trilogy Triathlon Team!
- He highly encourages more men to get involved in the Group Exercise classes.

Hats off to your accomplishments Jerry!

Fitlinxx Program Range of Motion (ROM)

At your Fitlinxx ROM appointment, a certified trainer will discuss your health history and design your Exercise & Fitness Program for your individual needs and introduce you to the Fitlinxx System. Even if you have exercised for many years, this is a very helpful appointment. A trainer will set up your ROM on each piece of exercise equipment. There is a one-time fee of \$20 for this appointment, paid to TRVMA by check or credit card.

Holiday Fitness Tickets



Come to as many classes as you can from November 1 - December 14.

For every class you take, you will receive a ticket to be entered into a drawing for prizes! Put the red ticket in the Holiday Box at Member Services, Vista Club. Please print your name and phone number prior to placing in box!

Tickets will be pulled on Thursday, December 15 during the Holiday Luncheon at 12 noon.



DECEMBER SPA SPECIALS

AVAILABLE FOR PURCHASE BEGINNING
DECEMBER 1ST

Three French Hens

3 Swedish
Massages

\$150

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

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

Offer expires for purchase
12/31/16

**Happy Holidays from
Trilogy's Spa Staff**
Angela Grinnell Hall
Joele Swift
Sharon Stafford
Heidi Mamea
Danielle Mayer

Packages are sold as is



Five Golden Rings...

5 Swedish Massages

\$250

Offer expires for purchase 12/31/16

Holiday Bliss Facial

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

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

75 Minute

\$70

Offer expires for purchase 12/31/16

The Christmas Spirit

Life will be worth living
dreams will come true
if we keep the Christmas spirit
the whole year through...

*Happy Holidays From
The Health & Wellness Team*



BODY WORKS HOLIDAY MUSIC HOLIDAY FUN HOLIDAY WORKOUT

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

DECEMBER 1-15

**TUESDAYS & THURSDAYS
8:00-9:00AM**

INSTRUCTOR: KATHY ERWIN

Holiday

Fitness Potluck

Thursday, December 15

12 Noon Diablo Ballroom

What do you bring?

Go by last name:

A-F (Dessert)

G-L (Entrée)

M-R (Appetizer)

S-Z (Salad)

Sign Up @ Member Service

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

Door Prizes/Fun/Friendship



Give the Gift of Wellness

\$35 Punch Card

\$70 Punch Card

\$85 Unlimited Monthly Card

\$135 Personal Training Sessions

**We Offer Many different Spa Modalities
for Massages and Facials
Make your own combo**





**No Group Exercise Classes from December 20, 2016 - January 1, 2017
(Classes will return January 2, 2017)**

Personal Trainer on Floor Duty

Every Wednesday from 10 to 11 a.m., Meet Personal Trainer Joele Swift

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

You have a goal: Get your body in better shape, or go to the next level of fitness. Where to start? The Vista Club Fitness Center has certified personal trainers who know how to help you get the best results out of your workout. They can lead you on your quest to gain energy, increase endurance and strength, lose weight or sculpt your body, and just feel better about yourself. Did you suffer an



injury? Our certified personal trainers can help you recover. You can get help no matter your age or your current condition. Personal trainers work with you to set appointments that fit your schedule. Package rates also are available.

**To schedule an appointment, call
707-374-4200
or email kerwin@actionlife.com.**



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

Acupuncture Information:

For your first appointment, please arrive 15 minutes early to fill out health history paperwork provided at the front desk. Same day appointments may be available. For cancellations, advance notice of 48 hours is requested to avoid any fees.

Dr. Charles Peri is available every Thursday from 9 a.m. - 6 p.m. To make appointments, contact Member Service Desk at 707-374-4200.

**Dr. Charles Peri is available every Thursday from 9 a.m.-6 p.m.
To make appointments contact Member Services Desk: 707-374-4200**

Acupuncture Prices:

Initial visit (up to 60 minutes) \$120
Acupuncture follow up (up to 45 minutes) \$90
6 Acupuncture treatments (\$80 each) \$480
12 Acupuncture treatments (\$70 each) \$840

Packages must be paid in full. No initial visit fee if package is purchased (\$40-\$50 savings)

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

Kimberly Gilmore, Naturopathic Doctor, is available for nutrition and naturopathic consultations on the third Wednesday of the month. Please contact the front desk to make an appointment. Schedule will vary depending on demand.



Initial Visit (75 min) \$175
Follow Up Visit (50 min) \$125
Brief Visit (25 min) \$65

Craniosacral Therapy

(an initial visit is not needed for this appointment) \$125

**Aqua Joint
Sign-ups Begin**

Back by popular demand,
another choice of day,
Monday and/or Thursday has
been added.

You pick 8 classes.

Please register / sign up at
Member Services Desk.

\$45 for 8 classes

January 9 – March 2, 2017

Instructor: Beverly Shilich

Deanna's Yoga Series



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

INSTRUCTOR: DEANNA ARAYA

When: Saturdays 9:00-10:00am

December 10, 2016 – February 4, 2017

(No classes December 17, 24 & 31)

Where: Diablo Ballroom Vista or Group Ex Studio

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

Holiday Skin Care Product Sale

(See our Esthetician Angela Hall)

Buy any 2 products

Get the 3rd

(of equal or lesser value)

50% off

November 1 – December 31, 2016

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

Computer Class 90-Minute Opportunities

Sign Up At Vista Club Member Services - Pay by Check or Credit Card

January 2017

ALL CLASSES ARE ON WEDNESDAYS

<p>Excel Workshop \$10 ea.</p> <p>Bring your own topics or project.</p> <p><i>(Class is limited to 6 students.)</i></p>	<p>January 11, Class 10:00 a.m. to 11:30 a.m. What do you want to learn about Microsoft Excel? Basic setup, format to print, math, formulas, lists, graphs/charts, functions, link worksheets, other. Examples: Household or club budget, contacts, wine or movie collection, etc. We will work with you individually (not instructor-led). Please be prepared with a specific topic(s). <u>Bring your own</u> flash drive or laptop if you have an Excel file in progress, or want to save your class work. Call Kathryn Querry (374-1362) if you have questions before signing up.</p>
<p>Computer Basics \$7 ea.</p>	<p>January 11, Class 12:30 p.m. to 2:00 p.m. Introduction for new computer users to learn their way around the computer. <i>This class is mandatory or equivalent knowledge for all other classes.</i></p>
<p>Pictures Workshop \$10 ea.</p> <p>Bring your own topic or project.</p> <p><i>(Class is limited to 6 students.)</i></p>	<p>January 18, Class 10:00 a.m. to 11:30 a.m. Transfer Pictures from Your Phone or Camera. We will work with you individually (not instructor-led.) <u>Bring your digital device</u> (phone, camera, tablet, etc.) that contains your pictures, and related connecting cables. Also <u>bring your own</u> flash drive or laptop to transfer the pictures onto. Call Kathryn Querry (374-1362) if you have questions before signing up.</p>
<p>Create, Find & Work with Files \$7 ea.</p>	<p>January 18, Class 12:30 p.m. to 2:00 p.m. Understand Microsoft File Explorer. Learn to create an organized filing system on your computer. Save files in your custom filing system so you can find them more easily. Move one file or groups of files from one location to another.</p>

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

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

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

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

Key

Bold = New/Change

(B)eginning

(I)ntermediate

(A)dvanced

TrilogyLiving

Fitness Class Schedule for December 2016

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



All classes require one of three card choices: a blue 20-punch for \$70, a yellow 10-punch for \$35 or an Unlimited Monthly Punch Card for \$85 that is good for that month so you can attend as many classes as you want! Get your cards at the Member Services. Please call Fitness & Spa Director Kathy Erwin at 707-374-4205 if you have questions. All classes are held in the Vista Group Exercise Studio unless otherwise noted.

Last Month’s Punch Card Raffle Winner: **Kathy Nilsson**

December Fitness Orientations: Sat. Dec.3 at 11 a.m., Tues. Dec. 6 at 6 p.m., Sat. Dec. 17 at 11 a.m.

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

Outdoor Aqua Classes at the Delta Pool ended outside as of October 31, 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 8:00-9:00am Holiday Body Works (B/I/A) (GX) Kathy 9:00-10:00am Core/Stretch (B) (GX) Joele 9:00-10:00am Tai Chi (B/I) (GX) Lillian 9:30-10:30am Advanced Aqua (B/I/A) (VP) Kathy 10:00-11:00am Step Aerobics (B/I/A) (GX) Pat 11:00-12:00pm Feel Good Class (B) (GX) Beverly 1:00-2:00pm Sit and Get Fit (B) (GX) Beverly 2:30-3:30pm Yoga (B/I) (GX) Tammy	2 7:00-8:00am Early Yoga (B) (DB) Tammy 8:30-9:30pm WOW-TABATA-BOOM (B/I) (GX) Pat 9:00-10:00am Yoga/Pilates (B) (DB) Deanna 9:30-10:30am Advanced Aqua (B/I/A) (VP) Kathy 10:00-10:45am Core Balance and Standing Abs (B) (GX) Sophie/Prescy/Sharon 10:00-11:00am Balance Ball (DB) Deanna 10:45-11:30am ZUMBA Toning (B/I) (GX) Sophie 11:30-12:15pm ZUMBA Dance (B/I) (GX) Sophie	3 8:00-9:00am Step Aerobics (GX) Pat 10:15am-11:45am ZUMBA Power (GX) Sophie
5 8:30-9:30am WOW-TABATA-TABATA (B/I) (GX) Pat 9:00-10:00am Yoga/Pilates (B) (DB) Deanna 9:00-10:00am Advanced Aqua (B/I/A) (VP) Kathy 10:00-11:00am Aqua Fit (B) (VP) Denise 9:45-10:45am Wake-up and Move (B/I) (RV) /Pat 10:00-10:45am Core Balance and Standing Abs (B) (GX) Sophie 10:00-11:00am Meditation Breathing (B) (DB) Deanna 10:45-11:30am ZUMBA Toning (B/I) (GX) Sophie 11:30-12:15pm ZUMBA Dance (B/I) (GX) Sophie 4:00-5:00pm Stretch and Flex (B/I) (GX) Tammy 6:30-7:30 Yoga/Pilates (B/I) (GX or DB) Deanna	6 8:00-9:00am Holiday Body Works (B/I/A) (GX) Kathy 9:00-10:00am Myofascial Release Stretch (B) (GX) Joele 9:30-10:30am Aqua Fit (B) (VP) Denise 10:00-11:00am Beginning Pilates (B/I) (GX) Joele 11:00-12:00pm Feel Good Class (B) (GX) Beverly 1:00-2:00pm Sit and Get Fit (B) (GX) Beverly	7 7:00-8:00am Early Yoga (B) (DB) Tammy 8:00-9:00am Back To Basics Yoga (B/I) (DB) Tammy 8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat) 9:30-10:30am Aqua Fit (B) (VP) Denise 9:30-10:00am Dancercise (B/I) (GX) Joele (1 st Wednesday of month only) 10:00-11:30am Hot ZUMBA (I/A) (GX) Prescy 6:30-7:30pm Balance Ball (GX) Deanna	8 8:00-9:00am Holiday Body Works (B/I/A) (GX) Kathy 9:00-10:00am Core/Stretch (B) (GX) Joele 9:00-10:00am Tai Chi (B/I) (GX) Lillian 9:30-10:30am Advanced Aqua (B/I/A) (VP) Kathy 10:00-11:00am Step Aerobics (B/I/A) (GX) Pat 11:00-12:00pm Feel Good Class (B) (GX) Beverly 1:00-2:00pm Sit and Get Fit (B) (GX) Beverly 2:30-3:30pm Yoga (B/I) (GX) Tammy	9 7:00-8:00am Early Yoga (B) (DB) Tammy 8:30-9:30pm WOW-TABATA-BOOM (B/I) (GX) Pat 9:00-10:00am Yoga/Pilates (B) (DB) Deanna 9:30-10:30am Advanced Aqua (B/I/A) (VP) Kathy 10:00-10:45am Core Balance and Standing Abs (B) (GX) Sophie 10:00-11:00am Balance Ball (DB) Deanna 10:45-11:30am ZUMBA Toning (B/I) (GX) Sophie 11:30-12:15pm ZUMBA Dance (B/I) (GX) Sophie	10 8:00-9:00am Step Aerobics (GX) Pat 10:15am-11:45am ZUMBA Power (GX) Sophie
12 9:00-10:00am Yoga/Pilates (B) (DB) Deanna 9:30-10:30am Aqua Fit (B) (DP) Denise 9:45-10:45am Wake-up and Move (B/I) (RV) /Pat 10:00-10:45am Core Balance and Standing Abs (B) (GX) Sophie 10:00-11:00am Meditation Breathing (B) (DB) Deanna 10:45-11:30am ZUMBA Toning (B/I) (GX) Sophie 11:30-12:15pm ZUMBA Dance (B/I) (GX) Sophie 4:00-5:00pm Stretch and Flex (B/I) (GX) Tammy 6:30-7:30 Yoga/Pilates (B/I) (GX or DB) Deanna	13 8:00-9:00am Holiday Body Works (B/I/A) (GX) Kathy 9:00-10:00am Myofascial Release Stretch (B) (GX) Joele 9:30-10:30am Aqua Fit (B) (VP) Denise 10:00-11:00am Beginning Pilates (B/I) (GX) Joele 11:00-12:00pm Feel Good Class (B) (GX) Beverly 1:00-2:00pm Sit and Get Fit (B) (GX) Beverly	14 7:00-8:00am Early Yoga (B) (DB) Tammy 8:00-9:00am Back To Basics Yoga (B/I) (DB) Tammy 8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat) 9:30-10:30am Aqua Fit (B) (VP) Denise 9:30-10:00am Stretch (B/I) (GX) Joele 10:00-11:30am Hot ZUMBA (I/A) (GX) Prescy 6:30-7:30pm Balance Ball (GX) Deanna	15 FITNESS HOLIDAY POTLUCK @ NOON DIABLO BALLROOM. EVERYONE <u>MUST</u> <u>PRE-REGISTER</u> @ MEMBER SERVICES DESK 8:00-9:00am Holiday Body Works (B/I/A) (GX) Kathy 9:00-10:00am Core/Stretch (B) (GX) Joele 9:00-10:00am Tai Chi (B/I) (GX) Lillian 10:00-11:00am Step Aerobics (B/I/A) (GX) Pat 11:00-12:00pm Feel Good Class (B) (GX) Beverly 2:30-3:30pm Yoga (B/I) (GX) Tammy	16 7:00-8:00am Early Yoga (B) (DB) Tammy 8:30-9:30pm WOW-TABATA-BOOM (B/I) (GX) Pat 9:00-10:00am Yoga/Pilates (B) (DB) Deanna 9:30-10:30am Advanced Aqua (B/I/A) (VP) Kathy 10:00-10:45am Core Balance and Standing Abs (B) (GX) Prescy 10:00-11:00am Balance Ball (DB) Deanna 10:45-11:30am ZUMBA Toning (B/I) (GX) Prescy 11:30-12:15pm ZUMBA Dance (B/I) (GX) Prescy	17 8:00-9:00am Step Aerobics (GX) Pat 10:15am-11:45am ZUMBA Power (GX) Prescy
19 8:30-9:30am WOW-TABATA-TABATA (B/I) (GX) Pat 9:00-10:00am Yoga/Pilates (B) (DB) Deanna 9:30-10:30am Aqua Fit (B) (DP) Denise 9:45-10:45am Wake-up and Move (B/I) (RV) /Pat 10:00-10:45am Core Balance and Standing Abs (B) (GX) Sophie 10:00-11:00am Meditation Breathing (B) (DB) Deanna 10:45-11:30am ZUMBA Toning (B/I) (GX) Sophie 11:30-12:15pm ZUMBA Dance (B/I) (GX) Sophie 4:00-5:00pm Stretch and Flex (B/I) (GX) Tammy 6:30-7:30 Yoga/Pilates (B/I) (GX or DB) Deanna	<div><div>DEC 19th IS LAST DAY OF CLASSES BEFORE HOLIDAY BREAK: DECEMBER 20, 2016 – JANUARY 2, 2017</div><div><div>Happy Holidays</div></div></div>				

Specialty Classes are not on the Fitness Calendar. Please look for their Flyers at both Clubhouses:

Fitness & Friends with Joele Swift, 8 Steps to a Healthy Back with Beverly Shilich, Continuation of Yoga with Deanna Araya, Balance n Motion with Anna Chunn, Aqua Joint with Beverly Shilich, The Practice of Meditation with Anna Chunn

December 2016 Club and Activity Calendar

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
24					1 8am Social Tennis 8:30am Women's 18-Holer Golf 9am Eagle Point Village ARC (D) 9:30am Ceramics (D) 11am Pickleball (Tennis Courts 1 & 2) 12:15pm Ponytail Canasta (V) 1pm Good Samaritans (D) 2pm Genealogy Club (V) 5pm Table Tennis (D) 5pm Tai-chi for Beginners (V) 6pm Yuan-chi & Fan Dance (V) 6:30pm Pinochle (V) 7pm Photography Club (V) 7pm Ballroom Dance - Adv (V) 8pm Ballroom Dance - Beg (V)	2 8am Social Tennis 8:50am Cycling Club (Delta Parking Lot) 9am Model Club (V) 9:30am Walk & Talk (V) 10am Rubber Stamp Card Making (D) 10:30am Country Line Dance (D) 11am Walk & Talk Holiday Luncheon (V) 11am Book Club: 66 Bible Books (V) 11am Pickleball (Tennis Courts 1 & 2) 12pm Adv Watercolor (D) 12:15pm Friday Duplicate Bridge (V) 5pm Pickleball Holiday Party (D) 6pm Joy Luck Mah-Jongg (V)	3 8am Motorcycle Club (Off-site) 9am Model Club – Garden Railway (V) 9am Table Tennis (D) 9:30am Hiking Club (V) 5pm Saddle Rock Holiday Party (V) 6pm Texas Hold'em / Omaha Poker (D)
	4 10am – 3pm Trilogy Produce Market (D) 5pm Oakmont / Eagle Point RC Holiday Dinner Dance (V)	5 8am Social Tennis 8:30am Woodcarving (D) 9:30am Walk & Talk (V) 10am Village Oakmont ARC (V) 10:30am Saddle Rock Village ARC (V) 11am Garden Club Planning Com (V) 12pm Open Painting (D) 12pm BYOS Bocce Harvest Social #1 (D) 12:30pm Rip, Stitch & Bitch (V) 12:30pm Mah Jongg (V) 1pm TAG Monthly (D) 2:30pm Pickleball (Tennis Courts 1 & 2) 3pm Guitar Club (V) 3pm Oakmont Village RC Social Com (V) 5pm Whist Planning (V) 5:30pm Soul Line Dancing (V) 6pm Poker (D) 6:30pm Game Night (V) 7pm MOTN 2017 Informational (V)	6 8am Social Tennis 8:30am Radio Club (V) 9:30am Women's 9-Holer Golf 10:30am Canasta Clubs Holiday Luncheon (V) 11am Pickleball (Tennis Courts 1 & 2) 11:30am TRVMEN Golf 12pm BYOS Bocce Harvest Social #2 (D) 12:15pm Beg Watercolor (D) 12:30pm Dominoes (V) 4:15pm Table Tennis (D) 5pm Billiards Club Tournament (V) 5pm Tai-chi & Yuan-chi (V) 5:30pm Couples Canasta (D)	7 8am Social Tennis 8am TOPS (D) 8:30am Sr. Men's Golf 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Horseshoes (Brockton Park) (weather permitting) 10am Men's Fellowship (V) 10am Stained Glass (D) 11am Pickleball (Tennis Courts 1 & 2) 11am Ukulele Club (V) 11:30am TOPS Christmas Luncheon (D) 1pm Village Riviera ARC (V) 1:30pm Jazz Band (V) 1:30pm Card Design Class (D) 1:30pm Fat Quarters Quilting (D) 2pm Bergren Oil & Acrylic Painting (D) 2pm Saddle Rock RC Social Com (V) 4:30pm Table Tennis (D) 6pm Religions of the World Holiday Potluck (D) 7pm Billiard Club Membership (V) 7pm Delta Breeze Rehearsal (V) 7pm Singles Club (V) 7pm Square Dance (D)	8 8am Social Tennis 8:30am Women's 18-Holers Golf 9am Blood Pressure Check (D) 9:30am Ceramics (D) 10am Council for the Arts (V) 11am Pickleball (Tennis Courts 1 & 2) 12:15pm Ponytail Canasta (V) 1pm Adult Com Combined Nov/Dec Mtgs (D) 1 – 3pm Advanced Hearing Aid Service (V) 1pm Garden Club Christmas Potluck (V) 1pm Good Samaritans (D) 3:30pm Sr Men's Golf Board (D) 5pm Table Tennis (D) 5pm Tai-chi for Beginners (V) 6pm Yuan-chi & Fan Dance (V) 6:30pm Pinochle (V) 7pm Writers Club (V) 7pm Ballroom Dance - Adv (V) 8pm Ballroom Dance - Beg (V)	9 8am Social Tennis 8:50am Cycling Club (Delta Parking Lot) 9am Village 1 ARC (V) 9:30am Walk & Talk (V) 10am Rubber Stamp Card Making (D) 10:30am Country Line Dance (D) 11am Book Club: 66 Bible Books (V) 11am Pickleball (Tennis Courts 1 & 2) 12pm Adv Watercolor (D) 12:15pm Friday Bridge (V) 2pm Guitar Club Beg Workshop (D) 7pm Bunco Holiday Party (D)	10 9am Model Club – Garden Railway (V) 9am Table Tennis (D) 9:30am Hiking Club (V) 6pm Village Riviera RC Black & White Ball (V) 6pm VORC Christmas Party (D) 6pm Texas Hold'em / Omaha Poker (D)
	11 2pm Motorcycle Club Holiday Party (V)	12 8am Social Tennis 8:30am Woodcarving (D) 9am Olympic Village ARC (V) 9:30am Walk & Talk (V) 9:30am Village Riviera Kare Bears Mtg & Holiday Potluck (D) 10am Village Oakmont ARC (V) 11:30pm Rip, Stitch & Bitch (V) 12pm Open Painting (D) 12pm Duplicate Bridge (V) 2pm TRVMA Executive Session (V) 2:30pm Pickleball (Tennis Courts 1 & 2) 3pm House Renovations Com (D) 4:30pm Poker Christmas Party (D) 5pm Whist Planning (V) 6pm Poker (D) 6pm Soul Line Dancing (D) 6:30pm Game Night (V) 7pm Model Club - RC Aircraft (V)	13 8am Social Tennis 8:30am Radio Club (Offsite) 9:30am Women's 9-Holers Golf 10:30am Book Club (V) 10:30am Country Line Dancing (D) 11am Pickleball (Tennis Courts 1 & 2) 11:30am TRVMEN 9-Hole Golf 12pm Cooking Club (D) 12:15pm Beg Watercolor (D) 12:15pm Hand & Foot Canasta (V) 2pm TRVMA Board (V) 2pm Cooking Club (D) 4:15pm Table Tennis (D) 5pm Adult Com Holiday Party (D) 5pm Billiards Club Tournament (V) 5pm Tai-chi & Yuan-chi (V) 7pm Emergency Action Com (D)	14 8am Social Tennis 8am TOPS (D) 8:30am Sr. Men's Golf 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Horseshoes (Brockton Park) (weather permitting) 10am Men's Fellowship (D) 10am Stained Glass (D) 11am Pickleball (Tennis Courts 1 & 2) 12:30pm Fat Quarters Quilters (D) 1:30pm Card Design Class (D) 2pm Open Oil & Acrylic Painting (D) 4:30pm Table Tennis (D) 4:30pm Trilogy Holiday Show #1 (V) 6:30pm Nature Club (V) 7pm Singles Club (V) 7pm Square Dance (D) 7:30pm Trilogy Holiday Show #2 (V)	15 8am Social Tennis 8:30am Women's 18-Hole Golf 9am Eagle Point ARC (D) 9:30am Ceramics (D) 11am Pickleball (Tennis Courts 1 & 2) 12:15pm Ponytail Canasta (V) 1pm Good Samaritans (D) 2pm Genealogy Workshop (V) 5pm Table Tennis (D) 5pm Tai-chi for Beginners (V) 6pm Yuan-chi & Fan Dance (V) 6:30pm Pinochle (V) 7pm Ballroom Dance - Adv (V) 8pm Ballroom Dance - Beg (V)	16 8am Social Tennis 8:50am Cycling Club (Delta Parking Lot) 9:30am Walk & Talk (V) 10am Rubber Stamp Card Making (D) 10:30am Country Line Dance (D) 11am Book Club: 66 Bible Books (V) 11am Pickleball (Tennis Courts 1 & 2) 12pm Adv Watercolor (D) 12:15pm Friday Bridge (V) 5pm Tennis Club Holiday Party (D) 6pm Joy Luck Mah-Jongg (V) 7pm Whist Club (D)	17 9am Model Club – Garden Railway (V) 9am Table Tennis (D) 9:30am Hiking Club (V) 1pm Table Tennis (D) 5pm Table Tennis Holiday Banquet (Sir Flares) 6pm Texas Hold'em / Omaha Poker(D)
25	18 10am – 3pm Trilogy Produce Market (D) 6pm Singles Club Barbeque (D) 7pm Dance Club with Solid Gold (V)	19 8am Social Tennis 8:30am Woodcarving (D) 9:30am Walk & Talk (V) 10am Council of Village Presidents (D) 10:30am Saddle Rock Village ARC (V) 12pm Open Painting (D) 12:30pm Rip, Stitch & Bitch (V) 12:30pm Mah Jongg (V) 2:30pm Pickleball (Tennis Courts 1 & 2) 2:30pm Amenities Com (V) 3pm Guitar Club (V) 5pm Whist Planning (V) 6pm Poker (D) 6pm Soul Line Dancing (D) 6:30pm Game Night (V) 7pm Fishing Club (D) 7pm Hiking Club (V)	20 8am Social Tennis 8:30am Radio Club (V) 9am Garden Club Workshop (D) 9:30am Women's 9-Hole Golf 10:30am Country Line Dancing (D) 11am Pickleball (Tennis Courts 1 & 2) 11:30am TRVMEN Golf 12:15pm Beg Watercolor (D) 12:15pm Hand & Foot Canasta (V) 12:30pm Dominoes (D) 2:30pm Celtic & Zen Tangle Drawing (D) 4:15pm Table Tennis (D) 5pm Billiards Club Tournament (V) 5pm Tai-chi & Yuan-chi (V) 5:30pm Couples Canasta (V)	21 8am Social Tennis 8am TOPS (D) 8:30am Sr. Men's Golf 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Men's Fellowship (D) 10am Horseshoes (Brockton Park) (weather permitting) 11am Ukulele Club (V) 11am Pickleball (Tennis Courts 1 & 2) 12:30pm Fat Quarters Quilting (D) 1pm Village Riviera ARC (D) 1:30pm Card Design Class (D) 2pm Bergren Oil & Acrylic Painting (D) 4pm Winter Solstice Labyrinth Walk (Vista Patio) 4:30pm Table Tennis (D) 7pm Singles Club (V) 7pm Square Dance (D)	22 8am Social Tennis 8:30am Women's 18-Hole Golf 9:30am Ceramics (D) 11am Pickleball (Tennis Courts 1 & 2) 12:15pm Ponytail Canasta (V) 1pm Good Samaritans (D) 2pm Community Connections (V) 5pm Table Tennis (D) 5pm Tai-chi for Beginners (V) 6pm Yuan-chi & Fan Dance (V) 6:30pm Pinochle (V) 7pm Theater Group (D) 7pm Ballroom Dance - Adv (V) 8pm Ballroom Dance - Beg (V)	23 8am Social Tennis 8:50am Cycling Club (D) 9am Village 1 ARC (V) 9:30am Walk & Talk (V) 10am Rubber Stamp Card Making (D) 10:30am Country Line Dance (D) 11am Pickleball (Tennis Courts 1 & 2) 11am Book Club: 66 Bible Books (V) 12pm Adv Watercolor (D) 12:15pm Friday Bridge (V) 2pm Guitar Club Beg Workshop (V) 7pm Bingo (D)	24 HOA Admin office closed all day Vista Club closing @ 5pm 9am Table Tennis (D) 6pm Texas Hold'em / Omaha Poker (D)
	25 Happy Holidays! Vista Club & HOA Admin Office closed all day	26 8am Social Tennis 8:30am Woodcarving (D) 9:30am Walk & Talk (V) 12pm Open Painting (D) 12:30pm Rip, Stitch & Bitch (V) 12:30pm Mah Jongg (V) 1pm Access Com (D) 2:30pm Pickleball (Tennis Courts 1 & 2) 3pm House Renovations Com (V) 5pm Whist Planning (V) 6pm Poker (D) 6pm Soul Line Dancing (D) 6:30pm Game Night (V)	27 8am Social Tennis 8:30am Radio Club (V) 9:30am Women's 9-Hole Golf 10:30am Country Line Dancing (D) 11am Pickleball (Tennis Courts 1 & 2) 11:30am TRVMEN Golf 12:15pm Beg Watercolor (D) 12:15pm Hand & Foot Canasta (V) 2pm Saddle Rock RC Executive Com (D) 4:15pm Table Tennis (D) 5pm Billiards Club Tournament (V) 5pm Tai-chi & Yuan-chi (V) 7pm Drama Club Membership (D) 7pm Emergency Action Com (D)	28 8am Social Tennis 8am TOPS (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Horseshoes (Brockton Park) (weather permitting) 10am Men's Fellowship (D) 11am Ukulele Club (V) 11am Pickleball (Tennis Courts 1 & 2) 12:30pm Fat Quarters Quilting (D) 1:30pm Card Design Class (D) 2pm Open Oil & Acrylic Painting (D) 4:30pm Table Tennis (D) 7pm Singles Club (V) 7pm Square Dance (D)	29 8am Social Tennis 8:30am Women's 18-Hole Golf 9:30am Ceramics (D) 11am Pickleball (Tennis Courts 1 & 2) 12:15pm Ponytail Canasta (V) 1pm Good Samaritans (D) 5pm Table Tennis (D) 5pm Tai-chi for Beginners (V) 6pm Yuan-chi & Fan Dance (V) 6:30pm Pinochle (V) 7pm Ballroom Dance - Adv (V) 8pm Ballroom Dance - Beg (V)	30 8am Social Tennis 8:50am Cycling Club (D) 9:30am Walk & Talk (V) 10am Rubber Stamp Card Making (D) 10:30am Country Line Dance (D) 11am Book Club: 66 Bible Books (V) 11am Pickleball (Tennis Courts 1 & 2) 12pm Adv Watercolor (D) 12:15pm Friday Bridge (V) 5:30pm Havurah Friends Chanukah Party (D)	31 New Year's Eve 9am Model Club – Garden Railway (V) 9am Table Tennis (D) 6pm Texas Hold'em / Omaha Poker (D) 6pm – 12:30am NYE Party (V)



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Bicycle

We meet on Fridays at 8:50 a.m. in front of the Delta Club. Ride to get fit and meet other cyclists. Rides are around 25 miles with plenty of regroup, so no one is left behind. Bring money for a possible coffee stop. Contact Al or Marcia Morrison at 707-374-5177 or marcialj@netscape.net for further information. This month's photo by Roger Kohn is Ken Lanham. Ken's big accomplishment this year was riding the Death Ride at Turtle Rock Park, just north of Markleeville. It is a five-mountains-pass ride that includes 129 miles and 15,000 feet of lung-busting climbing. Ken accomplished four passes this year and plans to ride all five next July.



The Wednesday Casual Ride is led by Michael Gaertner. The ride starts at 8 a.m. in front of the Delta Club. Michael leads easy Summerset loops within Trilogy. Ride as far as you wish at your own pace. All types of bicycles are okay. Contact Michael at 808-281-7540 or gaertnersr@aol.com for more information.

Billiards

The next Billiards Club meeting is on Wednesday, December 7 at 7 p.m. in the Monterey Room of the Vista Club. Tournaments are every Tuesday starting at 5 p.m. We play 8-ball or 9-ball depending on the week of the month. The club is having a Christmas Party on December 17 at the President's house. Officers, President Al Bergoust, VP Mike Quihuiz, Treasurer Jack Clark, Secretary Victoria Munoz, Membership Chairman Dave Stewart.

October 4, 8-Ball

1st Mike Quihuiz
2nd Richard Gutierrez
3rd Al Bergoust

October 11, 9-Ball

1st Jack Clark
2nd Al Banga
3rd Dave Stewart

October 18, 8-Ball

1st Richard Gutierrez
2nd Billy Kemp
3rd Al Bergoust

October 25, 8-Ball Partners

1st Jim Rosteck- Darrel Chase
2nd Al Banga- Steve Warshaw
3rd Jack Clark- Luciano Fraga

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

Bocce

The 2016 Harvest Bocce season has ended. The league will be hosting BYOS (Bring Your Own Stuff) social events for all 25 teams. The Wednesday teams will gather on Monday,

December 5, and the Tuesday and Thursday teams will gather on Tuesday, December 6. The BYOS social events will be held in the Delta Club starting at noon, both days. The club will supply a surprise dessert for all. Don't forget to bring your own tableware, tablecloth & beverage. Yes, team guests are welcomed.

The board has followed through on its announced plan to expand the bocce board. We are very happy to announce that Fran Loiselle and Marlene Percivalle have agreed to join the board. They have both been active members and we welcome their involvement.

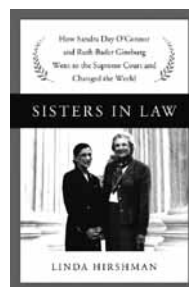
Looking ahead to the 2017 season we are planning to have an open enrollment for new players the full month of February. We will utilize a drop box at the Delta Club to facilitate the sign-ups. More details to follow. Existing teams will be asked to declare their intentions to play at a short captains' meeting in February; date, time and place to be announced. Our Annual Membership meeting will be held on a Saturday morning in March and we could start play as early as April 17, 2017. More to follow. Remember to roll often, throw straight and have fun, that's what it's all about. Contact Joe Downes at 707-374-7520 or josephdownes@citlink.net with questions.

Book – 66 Bible Books

During this past month we have covered the first twelve chapters of Numbers. Although many who read the Bible may skip over Numbers as it deals with a lot of genealogy and laws, the group is finding it to be both revealing and thought provoking. Please plan on joining with us as we continue with our study of the Bible and in particular the Book of Numbers.

We meet weekly in the Monterey Room of the Vista Club on Fridays from 11 a.m. - 12:30 p.m. For any additional information, please contact either Gary or Deb Dunham at 707-374-5324 or Gmdunham1@hotmail.com, debdunham@hotmail.com.

Book



The Book Club meets the second Tuesday of each month at 10:30 a.m. in the Sonoma Room at the Vista Club. The next meeting is December 13. We will have refreshments and discuss Haiku Poetry. January's book selection is *Sisters in Law* by Linda Hirshman. There is no requirement to have read the selected book. Everyone is welcome

to join. For more information, contact Adrienne at 707-374-5576. Happy Holidays!



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Bridge – Duplicate

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

October's winners: Regular game: 1st: Bruce Morrison and Nan Lowenstein; tie for 2nd and 3rd: Lynn Fortner / John Fashing and John Mount / Wilma Powell. Novice game: 1st: Cyndy Schroeder and Tammy Woodworth.

Bunco

Your last chance for the rest of the year is coming up. Bunco, the most popular game in the community that you don't have to throw or hit a ball is available for those of you who want to stay warm and dry. We meet at the Delta Club on the second Friday of the month at 7 p.m. We sit at tables with a total of four contestants at each table, make introductions, and when the room is ready, we start. At the end of each round two persons move to another table and again we play. We will confirm the laughter, excitement and old-fashioned goodwill among neighbors is still there at each round. The easy rules of play and the refreshments make it a fun evening. For further information please call Shirley at 707-374-9984.

Ceramics



*Donna and her wee friends.
Photo by Linda Robinette*

December is here! Everyone has been working on projects for the holidays and they are all turning out great. These little gnomes are just right for a tiny garden or to protect your home. Donna Kiecker did a super job glazing these tiny treasures. Sometimes it is easier to choose a larger item to paint. No matter what you pick, it is always rewarding to see the colors after they have developed in the kiln. Most of the time, the glazes do not look anything like the final finish. Many times, it is a total surprise! You are welcome to come to a meeting and see

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

Community Connections

Community Connections wishes everyone a happy holiday! As our regular meeting would fall so close to the Christmas holiday there will be no meeting in December. We look forward to seeing you in the New Year! Save January 26 for an evening meeting; details to follow next month. We look forward to meeting you at future meetings! For more information contact Robie at 650-454-4299 or robiejw@hotmail.com.

Cooking

Season's greetings from the members of the Trilogy Cooking Club. We meet once a month to sample examples of the month's theme ingredient or style of cooking, and share our own take on the theme. It's a fun way to gain some new exposure and pick up a tip or two. In December we will have our traditional cookie exchange, with each member bringing four dozen Christmas cookies to share and exchange. Come with four dozen, go home with a mix of four dozen. Pretty good deal.

Last month's meeting included new attendees who we hope will be back for our next meeting. If you were unable to make last month's meeting, please make plans to attend a meeting soon. We would love to have you come and share your experience and passion for cooking.

The January theme will be small dish, Spanish style Tapas plates with six of our members providing the tasting, so bring your favorite Tapas recipe and share in the fun. That meeting will take place on January 10.

All home cooks are welcome to join us whether you are an experienced chef or a budding novice. We encourage you to come by and share your passion. If you have questions, please contact Gary Swieso at 707-374-5859. We meet the second Tuesday of each month at 12 p.m. in the River Room of the Delta Club.

Here's a recent tip we picked up: Grind 2-parts coarse sea salt to desired size and mix with 1-part fresh ground pepper. Pinch a bit for the perfect seasoning mix. Whether you're a novice cook or "well-seasoned," please join us. All are welcome.

Council for the Arts

We finished casting for the 2017 edition of "Music of the Night" in November and now, like all of you, we will enjoy the holidays. In January we will begin rehearsals for what we expect to be our best "Music of the Night" ever! But it's not just about the performers, it's also about the production crew. Perhaps you can volunteer to help backstage; we also need carpenters and artists to build and paint the set. Don't have a particular skill? If you want



to help, we will find something for you to do. Come be a part of this Trilogy tradition. To volunteer or obtain more information, please contact Judy Calpo at 707-374-2924. Meetings are held the second Thursday of the month at 10 a.m. in the Monterey Room of the Vista Club. New ideas and members are always welcome.

Dog

Say hello to Mack, a seven-month-old Border Collie who moved to Trilogy in May with Marsha and Richard Willard. Playful inside and outside, Mack plays ball and Frisbee. He has initiated a lizard patrol and watches bugs and birds -- maybe this comes from his herding instincts. Lovable and smart, with at least a 24-word vocabulary that is still



growing, he rings a bell to go outside and is a quiet dog with little barking; he's always intent on what he is doing.

A barking spider, a tootsie roll, and lots of pumpkins were the order of the day at our October meeting. In all, 21 dogs joined our third annual Halloween parade. Judge Linda Solomon awarded first prize for small dogs to the spider

(Kira, owner Nancy Fortner). Second and third prizes went to Squirt (dressed as Duke from *The Secret Life of Pets*, owner Sharon Primeau) and Honey (a pumpkin, owner Linda Mitchell). First prize for large dogs went to a seemingly docile alligator (Kaden, owner Jean Galbraith). Second prize went to Katie, (another pumpkin, owner Hattie Davis); the tootsie roll (Chloe, owner Warren Rucker) came in third. After the parade, guest speaker Linda Solomon, discussed how dogs were domesticated and why, when the dog eats your couch, it's not the dog's fault. She stressed that training is important, but follow through is an absolute must. In an abbreviated business meeting, President Sharon Primeau announced there would be a brief meeting on November 22 but no meeting in December. The next play date (large dogs 9 - 10 a.m., small dogs 10 - 11 a.m.) will be November 26, weather permitting. For more information, contact Sharon at sl5prim@yahoo.com.

Dominoes

Dominoes is fast moving and fun. How long has it been since you played a game from your earlier years? You have to come to the "station" to board. The game is played at the Delta Club on the first and third Tuesdays at 12:30 p.m. If you are vague with the rules of play, you will be

patiently helped by the others. They are easy to understand and recall, and, best of all, the play is quick enough to keep everyone's interest. Don't miss out. For further information, please call Shirley at 707-374-9984.

Drama

Our group will not be having our annual Christmas play this coming December due to many scheduling conflicts. Rest assured that we will be working with the Vista Club Scheduling Team towards getting the play on the calendar for next year. In the meantime, our play committee is actively looking for our next summer's box office hit.

We will not have a membership meeting in December as we are taking a hiatus for the holidays. All interested Trilogy residents who would like to try a bit of acting within a congenial atmosphere, please come to our next membership meeting on Tuesday, January 31, at 7 p.m. at the Delta Club. Planning has already started for our annual Pasta Feed fund raiser that is scheduled for April 22, 2017 at the Delta Club. Please contact Judy Calpo for more information at 707-374-2924.

May the simple joys of the season fill your heart and home with happiness. Have a wonderful holiday season!

Fat Quarter Quilters

We are a group that gets together to work on our own quilting and sewing projects. Join us and meet new friends and share the love of sewing and quilting. We meet every Wednesday from 12:30 - 3:30 p.m. at the Delta Club. There are no dues or fees. For more information, contact Esther Young at 707-374-2639.

Garden



We're in the final month of the year and we are already planning our programs for next year! Do we have some surprises in store for you? Oh yes we do! Wait until you see the.... Oops! Shhhh! We can't talk about that quite yet!

As we look back at all we've learned and the friendships we've made, it certainly is a time for joyful celebration. And... Celebrating is what we will be doing at our December general meeting! We'll be gathered together in the Diablo Ballroom on Thursday, December 8 at 1 p.m. to enjoy the company of our fellow gardeners and the wonderful food that each will be bringing to the potluck. Gee, how many dishes will be made with ingredients from our club members' gardens? Please join us to find out! Watch the lobby of the Vista and Delta Clubs for posters announcing all of the details of our December 8 potluck.

Due to everyone's busy schedules during the holiday season, there will be no workshop in December. We look forward to next year and learning how to get in touch with our creative crafting skills then.

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

Good Samaritans



Christmas is not an isolated event that is over in one day, but it is one in a series of glorious days that involves God's redemptive plan, purpose, power, provision and people. For the month of December the Good Samaritans will be studying from the book of Luke. Christmas time affords a great opportunity to focus our attention on the birth of Jesus.

The Good Samaritans is also looking forward to visiting the local Care Homes for Christmas. We will be presenting the Christmas story, singing Christmas carols, and presenting gifts to each resident with prayer and fellowship. The smiles and joyful moments they share with us is always a blessing.

We also plan to reach less fortunate children with gifts for Christmas. If anyone is interested in being a part of blessing a needy child with a gift for Christmas, such as warm jackets, sweaters, clothing or toys, we will be having a gift drop-off on December 8 and December 15 from 1 - 3 p.m. at the Delta Club/ Marina Room, or e-mail us at 9fellowship@gmail.com for donation pick-up or information. The Good Samaritans will also let the children know Jesus is the reason for the season.

Good Samaritans meet every Thursday at 1 p.m. at the Delta Club/ Marina Room for Bible Study. Have a Blessed Christmas.

Scripture of the Month: Matthew 28:18-20

Guitar



If you come to the Vista Club on a regular basis, then you are likely to know the person pictured here. The one, the only – Zoe Mrdeza. What many of you may not know is that Zoe formed the Guitar Club. Soon after that her work schedule changed and she had to step down as our president. But that has never stopped her from playing her guitar. Thanks Zoe for all you do and have done.



Please note the following change concerning our club meetings. Guitar Club will meet in the the Diablo Ballroom on the first Monday of the month from 3 to 5 p.m. but will meet in

the Monterey Room on the third Monday (same time). For those two hours we play, sing, talk and have a good time. Beginners and non-players are always welcome.

For those that are learning to play, need help changing strings or just need advice, consider coming to our Beginners Workshops on the second and fourth Fridays of the month in the Diablo Ballroom from 2 - 4 p.m. We wish everyone a Happy Holiday. The This 'n That Coffee House returns January 15. If you have questions about the club or events, contact Roger Kohn at 707-374-2737 or email Rich Victor at thatsrich@gmail.com or email us at guitar-clubTRV@gmail.com.

Hiking

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

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

Special Interest events range from day trips to places such as the Mines at Black Diamond, Sacramento's Un-



derground, Vasco Caves, and including multi-night trips to Pt. Reyes, Lassen or Yosemite. (Traditionally we go to Yosemite in May and Pt Reyes in September)

For social events, club members gather monthly at a member's home for a potluck followed by an evening of socializing and playing card or board games.

December's Saturday hikes:

December 3 – Mokelumne Trail, Antioch, 5.5 miles, George Sasaki will lead

December 10 – Rio Vista Bridge to Sandy Beach (and beyond), Rio Vista, 10 miles, Vic Thiry will lead

December 17 / 24 / 31 - No Hikes , Happy Holidays

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

Labyrinth Walkers



Winter Solstice Walk 2015

Winter Solstice Walk on the Vista Patio meets Wednesday, December 21 at 4 p.m.

Late dawn. Early sunset. Short day. Long night. For us in the Northern Hemisphere, the December solstice

marks the longest night and shortest day of the year. Meanwhile, on the day of the December solstice, the Southern Hemisphere has its longest day and shortest night. This special day is coming up on Wednesday, December 21 at 10:44 UTC (December 21 at 4:44 a.m. CST). No matter where you live on Earth's globe, a solstice is your signal to celebrate.

Please join us for a time of quiet celebration and contemplation where we discard items and issues no longer useful or needed in a candlelight walk to the chiming of Tibetan bowls on our own Vista Club patio on Wednesday, December 21 at 4:30 p.m. Please let Gerry Swan (510-507-4080) or Elaine Wisz (707-374-4310) know you will be joining us.

Men's Executive Nine Golf

The Rio Vista Men's Executive Nine Golf Club is currently comprised of 110 members who enjoy playing nine holes of golf and then socializing after the game. We play each Tuesday mid-morning. Our play includes both "straight

– non tournament" golf and tournament play using a variety of formats. If you would like to join our club, pick up an application form in the Pro Shop posting room or contact our Membership Chairman, Rolf Sabye at 707-374-5053 or sabyegrp@frontiernet.net.

The Club's October schedule was unusual in that there were three Tuesdays of straight golf play and one tournament during the month. The Tuesday Tournament on October 14 was a joint RVMEN / RV Women's Nine Club "Pink Ball Scramble" tournament. Thirty-one participants were awarded prizes of gold one-dollar coins at the luncheon that followed play.

November began with the Club's Annual Meeting Luncheon on November 1. In addition to the election of the 2017 Board of Directors, a number of awards were presented. The Club Flight Champions (A) Lee Durham, (B) Dennis French and (C) Dennis Jones were presented trophies; William Metzler was honored as this year's recipient of the annual "George Aquino Memorial Inspirational Award"; Bob Bard was honored as the Most Improved player; and Jim McDermott received the first annual Club's "Nuttiest" Award for his series of unusual golf episodes during the year.

Because of the holiday season, December 13 will be the month's only Tuesday Tournament. We invite you to come out and join us for a good time with a great group of guys.

Men's Fellowship

The Men's Fellowship Club is continuing to grow and flourish. We currently have fifty-five men on our roster. As was previously announced, because of our rapid growth in attendees, we have had to move to the River Room at the Delta Club. We meet there weekly from 10:15-11:15 a.m. every Wednesday. Due to a club meeting in this room prior to ours on Wednesdays, we ask that all Men's Fellowship attendees not congregate near the room prior to 10 a.m. This will allow the other club time to wrap up their meeting, collect their belongings, and vacate the room.

We welcome all men who have a special interest and desire for the reading and studying of Holy Scripture...and all men who are just curious as to what we are all about.

By the time this article goes to print we will have wrapped up Romans and we'll be in our study of Philippians. For any additional information, please contact either Lloyd Whitford (707-374-3266 or whitfordlloyd@gmail.com) or Ted Angus (707-374-6593 or sandraangus@yahoo.com).

Note: On Wednesday, December 7, we will be meeting in the Monterey Room of the Vista Club. We will be back in the River Room of the Delta Club the following week.

Model



Photo by Robert Burns

A group of Model Club members was pleased to accept a beautiful sign that explains our typical operating schedule. This permanent sign replaces our old and ineffective sign placed on our train building.

The new sign was conceived and drawn by Linda Soloman and obtained for the club by Donna Moore. It is now affixed, and will remain on permanent display. We in the Model Club sincerely appreciate this kind of attention to the display by our talented Trilogy residents. Any questions, please contact our Club President Ted Tome at 925-691-4676. Please join us at our monthly meeting the first Friday each month in the Monterey Room, Vista Club at 9 a.m.

Motorcycle



Left to right - Frank Cable, Bob Azbell

The Trilogy Motorcycle Club riders meet the first Saturday of every month for an all-day ride. The November ride saw the majority of members busy with vacations, grand kids, ailments and myriad other reasons not to ride, so three hardy souls left McDonald's headed west for coffee, coastal roads and real live Cold Warriors. The first stop was Starbucks in Novato for nice hot coffee after riding through several cold fog banks on Highways 12 and 39. Then we continued west to Pt. Reyes Station, which was crowded with Classic Triumph riders. We turned south on Highway 1 for the ride to Marin, with blue skies and blue

surf. At 101, we continued south to the last exit before the Golden Gate Bridge, into the Golden Gate National Recreation Area, along the Marin headlands to Nike Missile Site SF-88, the only restored site of its kind in the USA.

The first Saturday of each month, former military members who actually manned these sites throughout the Bay Area are docents and tour guides at SF-88, and relate tales of their jobs and responsibilities as young men, mostly between the ages of 18 and 22. Getting up-close and personal with Nike and Hercules nuclear missiles, America's last line of defense, and the men whose job it was to deploy those weapons, brings a reality to that era that few of us really knew.

We invite the other motorcycle riders in Trilogy to join us on any of the monthly rides. The next ride will meet at McDonald's in Rio Vista at 8 a.m. on December 3, the destination to be determined based on weather. For more information, contact Bob Pastorino at 707-374-6556 or Larry Nelson at 707-374-2967.

Movers & Shakers

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

Nature

This is the best season of the year to see huge flocks of wintering waterfowl, cranes, ibis, and shorebirds feeding and roosting on flooded ponds and irrigated farm fields, conveniently just a short drive away from Trilogy. In November, we visited the Cosumnes River Preserve north of Galt where the wildlife was abundant and easily viewed. For December, we have scheduled two field trips. Thursday, December 15, we will visit the Woodbridge Ecological Reserve, AKA the Isenberg Crane Reserve on Woodbridge Road north of Lodi. We will also check for cranes, swans, and raptors in the fields off Staten Island Road. Most viewing will be from the road and caution is necessary while stopping at the side of farm roads. Meet in the parking lot of the Vista Club at 9 a.m. to carpool/caravan. Bring water and snacks if you wish. Rain cancels the outing.

The second field trip will be right here in Trilogy on Tuesday, December 27, when we will look for resident and wintering birds and other wildlife. Meet as usual at 9 a.m. in the Vista Club parking lot. The monthly meeting is on Wednesday, December 14, at 6:30 p.m., Monterey Room, Vista Club. Notification about additional field trips will be sent to members via email. If you would like your name added to our email list, call Gail at 707-374-2718.



Photography



The beautiful photo of the city skyline and ferry building was submitted by Yvonne Camper. Photo courtesy of Diane King

The Photography Club is for anyone who loves to take pictures, regardless of their skill level, so we can share knowledge, improve our skills and mingle. We meet monthly on the first Thursday of the month at 7 p.m. in the Learning Center at the Vista Club. Please arrive at 6:45 p.m. and bring your labeled USB drive with 4 to 6 pictures on it to share. Remember, assignments are merely suggestions. Please contact Yvonne Camper for more information at 408-690-4524 or yvonnecamper@att.net.

Radio

The process required by the Federal Communications Commission (FCC) of the Government of the United States of America requires each citizen of the United States to take a written examination demonstrating their knowledge of the rules pertaining to specific frequencies and proper procedures allowing Radio Frequency transmissions in selected so-called HAM bands (frequencies). There are three classes of licenses. By attending our weekly meeting you can learn the technical knowledge to obtain the first license, purchase a suitable radio and gain the experience of emergency communications. The Emergency Action committee members are presently successfully operating a low-power "Family Service Radio" which legally allows radio communication at very low power. This system is being used for communication in the Trilogy Rio Vista area with limited success. You too can become an active member of this important HAM group. The Radio Club meets most Tuesdays in the Vista Club, Monterey Room at 8:30 a.m. for demonstrations and technical discussions. Please stop by. We also conduct a radio network using the Solano County ACS repeater most Monday evenings at 7 p.m. Call Club President, Dean Lattman for more information at 707-374-3967.

Religions of the World (ROW)



Our December meeting will be held on Wednesday, December 7 at the Delta Club. To welcome the year-end holiday season, we are planning a potluck dinner

in the Marina Room beginning at 6 p.m., followed by a presentation in the River Room on Holiday Celebrations around the World. An overview of religious holidays observed by various world religions will be presented. The main feature will be Christmas traditions, celebrations and customs in various countries.

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

Senior Men's Golf

The RVSMGC's Annual Club Championship, although rain delayed, shone bright sunshine on a group of deserving winners. By scoring the best overall gross score during the two-day tournament, Ron Chalmers was declared Club Champion for 2016. By scoring the best overall net scores, the following Flight Champions were declared: Flight 1 (George Benkie and John Askin Co-Champions); Flight 2 (Creighton Galloway); Flight 3 (Dale Shafer); and Flight 4 (Joe Orlik). Congratulations Ron. Congratulations gentlemen!

In the "close but no cigar" category, golfers who posted the runner-up best scores in each Flight were: Flight 1 (Stan Lacy); Flight 2 (Hans Puppington); Flight 3 (Ski Sinosky); and Flight 4 (Dave Warner). Warning – should you take the time to congratulate (or console) this group of golfers, expect to hear a long litany about poor lies and putts that just "lipped out." Ask yourself if your support is really worth it!

In addition to the normal schedule of Wednesday tournaments on our home course, November saw a group of Members travel to The Reserve at Spanos Park Golf Course in Stockton as part of our monthly Away Tournament schedule.

Lastly, Members enjoyed food, good cheer, and entertainment at the Annual Awards and Officer Installation Banquet the week prior to Thanksgiving. New Board Officers announced were Tony Peters (President), Tom Hess (Trea-



suror), John Aleck (Secretary), Joe Freeman (Tournament Director), and Ken Ausich (Handicap Director). Individual awards for 2016 were not available at press time for this issue of *Trilogy Living*. Stay tuned next month.

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

Singles Group

The Singles Group has been enjoying the camaraderie of old friends, meeting new people and having fun as the weather turns cooler.

We get together for cards and games on Wednesdays at the Vista Club from 7 - 9 p.m. in the Sonoma Room. Don't forget to bring your favorite beverage to quench your thirst! If you'd like to bring a sweet or savory snack to share, you can, but it's not required. We look forward to meeting you at the next event!

The evenings may have gotten cooler but the Singles Club is still heating up with our Meet & Greet Potluck BBQ. Please join us the third Sunday of the month at 6 p.m. on December 18 in the Marina Room at the Delta Club. Bring something to grill, a side dish to share, something to drink and get ready to enjoy an evening of great conversation and laughs. For those who are daring, don't forget your swimsuit in case you want to take a dip in the hot tub.

If you have any questions, or require additional information, contact Robie Williams at robiejw@hotmail.com or Doug Littrell at littrelldouglas66@gmail.com.

Square Dance

Several of our club dancers attended the Harvest Hoe Down in Yuba City. There were over 100 square dancers from many different clubs and of all skill levels in attendance. Lots of good dancing, fun, food, and networking were had by all. If you are an experienced square dancer, come join us on any Wednesday. Sessions start at 6:30 p.m. in the Delta Club, Rio Vista Room. The club has engaged the services of Scot Byars, a nationally known professional caller and teacher, at a cost of \$5 per dancer per session. If you are interested but have no square dancing experience, new beginner classes will be offered again in the near future. We are gathering names of interested dancers and will offer a special beginner catch-up session when enough people are signed up. Groups, couples and singles are welcome. Dress is casual. For further information on our sessions or information about the club call

Judy Lentz (707-374-6506) or Ron Kott (650-464-2071). Be there and be square.

Supper

Wondering what Supper Club is all about? Our members are a group of people who enjoy sharing a meal and conversation with new people and existing friends in a small group setting of typically 8-10 people where we can get to know each other. We come from all walks of life. Some of us are retired and others are still toiling away looking forward to that special day. We are made up of singles and couples and one thing we have in common is our own story and a desire to make new connections. Supper Club has five small group home events per year. There is nothing gourmet about the club; simple fare is fine. The host makes the main dish and the guests bring a dish to compliment the meal at the request of the host. Groups are typically 8-10 people. The event can be a brunch, lunch or dinner. Our annual brunch for all members in January is in the planning stage; more information to follow. Merry Christmas and Happy New Year! If you would like to join us or need more information, contact Susan Collier at 707-372-5489 or msnnomre@gmail.com or Pam Lewis at 707-372-1642 or flyprl@yahoo.com.

Table Tennis

Who is Sadie Hawkins? Every year we conduct a mixed-doubles tournament that carries Sadie's name. In this tournament, ladies chose their male partners. Although the event is competitive, the emphasis is on the fun and social interaction aspects of the sport. Most people surmise that Sadie was a pioneer feminist, from the twentieth century, whose mission was to promote empowerment and equal rights for women. In fact, Sadie was a cartoon character created in 1937 for a comic strip. Sadie's wealthy father, concerned about her becoming an old maid, devised an event for finding her a husband. He organized a race where bachelors in town were chased by Sadie and the person she caught was obligated to marry her. For many years, the cartoon strip reenacted the race on a day known as 'Sadie Hawkins Day', when other spinsters in town caught their mates!

Beside Sadie Hawkins, we conduct several 'Round-Robin' Tournaments. Round Robin is neither a roundly bird nor a real person. The term describes an event where every participant plays against every other participant in the group. Sadie Hawkins, Round Robin, and other events provide equal opportunities to Trilogy residents who join our club, regardless of skill level, to enjoy the many health and recreational benefits of the sport.

To learn more about our club, please visit <http://trvtt.wordpress.com> or contact Len Latorre, President (707-374-3893);



Mimi Petersen, Vice President (707-374-2219); Rod Armas, Treasurer (707-374-5989); Saiman Hui, Secretary (707-374-4883); Tom Barnes, Tournament Director (707-812-7112), or Ruth Barnes, Member-at-large (707-812-7112).

Tennis

December is definitely the best time of year; the colored lights, the holiday music, and general feeling of peace on earth and goodwill toward men. The best part for the Tennis Club is getting together with our fellow members to celebrate the season with good food and good company. This much anticipated event happens on December 16, starting at 5:30 p.m. at the Delta Club. The dinner is catered but don't forget to bring your favorite beverage. Each diner is also asked to bring a wrapped gift worth around \$5 for the White Elephant game. Remember, Christmas isn't about how big the tree is and what's under it. It's all about who's around it!

Upcoming events: Be sure to mark March 12 on your 2017 calendar for the Daylight Savings Tournasocial. Then the 2017 Tournament Season starts in May, the actual dates provided as we get closer.

As always, daily Social Tennis is Monday-Friday from 8 – 10:30 a.m. and we welcome anyone, member of the club or not, to join us. Just be sure that your shoes are "court" shoes that do not leave marks on the court surfaces. If you need a racket re-strung, call either Cora Velasco (707-374-3588) or Al Banga (707-374-2339). Members Only, for help with the ball machine, please call Chuck (707-374-6808) or George (707-863-1082). George is also available for lessons if you want to learn to play or merely pick up your game.

There will be no club meeting in December so for more information about our club, contact Claude Trottier at crtrottier92@gmail.com, or you can visit our website at www.frontiernet.net/~courtjesters.

TOPS

(Take Off Pounds Sensibly)

Happy Holidays! It's that time of year when guilt can creep into our holidays. Try this. Choose to enjoy your choices rather than feeling guilty. Just determine ahead of time how much you're planning to take. Adjusting your portions to a smaller size allows you to enjoy the special foods you love and lessen their impact at the same time. How about trying a less-caloric alternative to those family favorites? Here's a suggestion for an appetizer called Sweet Potato Hummus and Cucumbers. The ingredients are: 2 -14oz cans chickpeas, drained, reserving 3.5 fl. oz. liquid, 1/2 cooked or canned sweet potato, 3.5oz. tahini, 4 fl. oz. lemon juice, 1 tsp. salt, 1/2 garlic clove, minced, 1/4

tsp. ground cumin, and sliced cucumbers. Instructions: Using a food processor or blender, blend all ingredients except cucumbers until smooth. Serve (or dip) on a cucumber slice.

Enjoy the holidays with us every Wednesday at the Delta Club. There will be no meeting on the 30. Weigh-in is always from 8 - 8:45 a.m. with the meeting beginning at 9 a.m. We hope to see you there

Trilogy Art Guild (TAG)

Can you believe that another year is near an end? During 2016, many of our artists have been creating, displaying, and selling their creations. Many times we get inspired to create a new piece by watching guest speakers and demonstrations, and of course from each other.

Trilogy Art Club (TAG) is a club made up of artists of any medium and art lovers, we meet the first Monday of the month at 1 p.m. in the Marina Room, Delta Club. For more information, you may contact Maren Waddill at 707-374-3954 or Richard Laswell at 707-559 359-1248, our co-presidents.

All Trilogy residents are welcome to attend classes taught by some of our talented TAG members, no experience is required, beginners are welcome. Please contact the instructor if you are interested in their class. Classes are held in the Marina Room of the Delta Club:

Beginning Watercolor

Tuesdays at 12 p.m. with Anna at 707-374-3560.

Oil and Acrylic Open Painting

First & Third Wednesdays, 2 - 4:30 p.m.

Contact Alma at 707-374-3064.

Card Design with Wilda

Wednesdays, 2 - 4 p.m. Contact Alma at 707-374-3064.

Cardmaking with Shari

Fridays at 10 a.m. Contact Shari at 707-363-9752.

Advanced Watercolor

Fridays, at 12 p.m., Contact Anna at 707-374-3560.

Trilogy Theater Group (TTG)

Senior Theater is a social phenomenon that's been steadily attracting attention across the country. A quick internet search may surprise you with the statistics; so many folks are taking up this new interest as part of their 'aging well' curricula.

Meet Jesse Raphael. Jesse's an enthusiastic member who's been promoting our activities, both on stage and behind the scenes, since the early days of TTG. Besides his numerous stage appearances, most recently as the well-

intentioned neighbor Frank, in our recent production of Arthur Miller's *All My Sons*, Jesse works tirelessly with the crew that puts together our amazing stage sets. He's also involved in TTG's Actors Studio Workshop, learning new



Jesse Raphael

and varied ways to build on his acting craft. Jesse started from scratch in Trilogy's performing arts community and has had some of the most rewarding experiences of his retirement as a result. Ask him about them!

The next in the series of our Read Aloud events will be held on January 19. We invite all Trilogy residents

to join us for this delightful evening of staged readings, monologues, scenes and recitations. Watch for details in the January issue of *Trilogy Living*.

For more information about our 2017 season and/or any of our other group activities, please contact TTG President Louise Mitchell at 707-374-3541 or sspm1939@gmail.com.

Ukulele

We gather each Wednesday in the Vista Club, Diablo Room. Beginners' class meets at 11 a.m., followed by the performance group at noon. All interested Trilogy residents are welcome to drop in, listen, play and sing along with us.



Bring your ukulele if you have one. You don't need to know how to read music or have any prior musical experience. Ukulele is a simple, four-stringed instrument and is so easy to learn; you'll be playing new songs in your first class! You'll also be delighted at the variety of music that can be played on this lovely instrument: folk, classical, blues, island, rock and roll, pop tunes, holiday favorites - you name it! Contact Claire McKean at 510-301-0479 for more information.

Whist

We will soon start celebrating the Christmas Season and looking forward to a New Year. May the New Year give you friendships that keep you happy, people that you trust and would like to dance with, people you can create fun with.

Please mark your calendar for our Martin Luther King, Jr's birthday celebration. On January 16, we will feature the Male Chorus from Allen Temple Baptist Church in Oakland, California. A resident of Trilogy will speak on his life experiences. We will have a streaming of pictures from the life of Martin Luther King, Jr..

The Whist Club seeks your participation in our presentation of annual celebrations in 2017. Share your expertise and historical viewpoint. You are welcome to have fun with us every third Friday of the month at 7 p.m. at the Delta Club. Bring a dish to share. The food is always plentiful and tasty. We play cards and dominos. The Mexican Train game is the most popular game. Some people sit, exchange information and give their views for a better country. Come, interact and share your thoughts with us on the first and third Mondays of each month, at 5 p.m. at the Vista Club. We offer encouragement and support for each other. Remember, genius does what it must, and talent does what it can. Call Hattie Walker, Chairperson at 707-374-3699, or Jean Robertson at 707-374-0086 for more information.

Women's 9-Holers



Pam Fashing, Linda Rowe, Doreen Lewis

This has been a busy month and a fun one. On October 4, we had a beautiful day to play golf and a lot of the ladies decided to play and enjoy the nice weather. The Men's Executive Nine Holers

hosted a tournament for us on October 11. We played Green Tee Scramble format plus pink ball and it was a lot of fun. On October 13, the TOCC Championship Tournament at Poppy Ridge netted three winners for Rio Vista Women's Nine Holers. Pam Fashing, second place low gross, Linda Rowe, second place low net, and Doreen Lewis, third place low net. Everyone that attended had a great time, with lunch. On October 18, the game of the day was odd holes and Betty Bowley won. Congratulations everyone. The last week was October 25, and it rained the night before so not many people showed up for golf. We had our general meeting afterwards.

The Handicaps winners for October are: 21-33 is Lynn Traver with 15 putts; 34-43 is Nancy Griffin with 16 putts; 44-60 is Carol Petronzio with 17 putts. Congratulations! We had a total of 5 pars. Diane Scholz, Marj Niemi, Nancy Weaver, Lynn Traver and Lois Dutcher. We had 2 chip-ins this month and they went to Diane Scholz and Jennie Renner. Congratulations everyone.



clubs + groups

Trivia Rule: A ball is considered "holed" when it is resting against the flagstick (definition of holed). True or False?

Come join us. Contact Debi Petteruti for further information at 707-374-5797 or nsdme2012@gmail.com.

Women's 18-Holers

The highlights of the month: The Rio Vista Women's Golf Club Invitational, the Ace of the Month Tournament and a Hole in One by Maureen Gingrass. The month of October found our members busy preparing for the upcoming Invitational. Many folks dedicated time and lots of effort to make sure the Invitational would be successful.

Oct. 6 – Game of the day, Ace of the Month. Suzie Materson with a net score of 70 was the Ace of the Month. Linda Barlesi broke 90. Pam Fashing, Des Javier and Lynn Traver broke 100. Elaine Love won chip-in pot and Des Javier was closest to the pin, 5' 6." **Oct. 13** – Game of the day, Count Odd Holes Only. Sue Clark and Des Javier had birdies. Linda Barlesi broke 90 and Cindy Brown broke 100, both without x'ing out. Suzie Materson won closest to pin, 5' 1." No chip-ins, pot rolls over to next week. **Oct. 20** – This week's game, Count Even Holes Only. Linda Barlesi broke 90. Cindy Brown, Des Javier, Denise Sargent-Natour and Lynn Traver broke 100. Chip-in pot was split between Jan Benner and Carol Petronzio. Closest to the pin, Denise Sargent-Natour at 7'. **Oct. 27** – Ghouls Just Wanna Have Fun Invitational was played today. The field consisted of 104 golfers representing 22 golf clubs. The highlight of the day was our own Maureen Gingrass sinking a Hole in One on hole 8. Marsha in her infinite wisdom announced prior to play that if a hole in one was made, buying drinks would not be required. Congratulations Maureen and enjoy your cruise! If interested in joining our group, contact Carol Petronzio at 707-374-2740.

Women's Fellowship

It doesn't seem real that we are approaching Christmas, it seems impossible, but it is a fact. Though the time is passing fast, the Women's Fellowship is excited that we've almost completed the study on Spiritual Gifts, and what an awesome study it has been.

We continue to gain new participants and have room for more. If you would like to join us, we are happy to have you fellowship with us. On that note, will not meet during December and will resume Thursday, January 5. Have a Merry Christmas and a blessed New Year!!

Verse of the month is Isaiah 9:6.

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Writers



Tevye, the milkman in the play "Fiddler on the Roof" sang about Tradition. During the holidays, we often participate in activities that affirm our heritage, beliefs and customs. We practice rites involving faith, food and families.

This month, we invite you to compose a poem, song or essay describing a tradition in which you have participated or with which you are familiar. This is, as always, an optional topic and you may decide to contribute with any subject that inspires you. Just write! It's a tradition with the Writers' Club! Join us on Thursday, December 8 at 7 p.m. You'll find us in the Monterey Room of the Vista Club, where we'll enjoy the literary talents of neighbors in our community, as we share and offer encouragement in a safe environment.

Starting in January, we'll meet on a new day and time. Be sure to check next month's *Trilogy Living* magazine for details. For further information, please contact Suzi (925-231-5213), Judy (707-374-3973), or Zoe (707-374-3676).

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Lions Club

The Rio Vista Lions Club was chartered February 5, 1938. Some of our Community Service Projects include Flag Day Presentation, Princess Ball, Breakfast with Santa, Medical Equipment Reuse, Scholarships, Vision Screening and Eyeglasses Recycling.

Are Lions someone like you? Contact Lion Karen Ferrin at 707-374-5150 or Lion Janice Zerrilla at 707-330-8434 for further information about our club.

A Need for Alternate Volunteer Drivers for Meals on Wheels

Ensure that a senior does not go hungry in Rio Vista at Trilogy by volunteering your time to deliver a daily meal. There is a need for alternate volunteer drivers in Rio Vista at Trilogy. Please contact Roger Wiskeman at 707-374-6211 or wiskeman2@yahoo.com.

Rio Vista Food Pantry (formerly Rio Vista Community Services)

Commit your Tuesdays (8:30-11:30 a.m.) one per month or any combination that works for you. Must be able to lift 40-50 pound items on occasion. Help a team pick up the weekly donated food items with a provided van. Trouble lifting yet want to help? Let's talk about our other areas needing help. Contact 707-374-2358 for more information. Thank you.

Alzheimer's / Dementias Caregivers' Support Meeting

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

From Las Vegas

BRIAN HOFFMAN'S

TRIBUTE TO RED SKELTON



Red's greatest jokes including familiar characters those two seagulls, Gertrude and Heathcliff, and everyone's favorite dim-witted country bumpkin, Clem Kadiddlehopper.

Saturday January 21, 2017

Vista Club Diablo Ballroom

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ADVERTISING INFORMATION

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

REGULAR SIZES AND RATES:

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

PREMIUM SIZES AND RATES:

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

DISCOUNTS:

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

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



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Adult Trikes

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Upscale Moving Sale: furniture, household items, collectibles, stereo console, sewing machine, books, media, China, doll collection, vintage jewelry. All must go. Call Rod 408-504-8498.

SERVICES

Airport Transportation

I will take ONE PERSON ONLY to any airport, BART, RR, Medical appointments. Call Ralph 374-3941.

All Transportation

One-way or round-trip or out of town pick up. All airports, Affordable prices. Help with Uber Icon download if needed. Call Nita 707-315-6670.

Assistance

Are you or someone you know seeking assistance with daily activities? I provide quality care with dignity and respect: good cooking, tidying, pet friendly. Many years' experience, clean DMV. Healthcare credentials. Call Dorothy 209-688-3413.

Bicycle Repair

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

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

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

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



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Pet Care

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- For every closed sale, I donate \$100.00 to the Rio Vista Food Pantry.



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



LEGENDARY LADIES OF COUNTRY MUSIC

featuring

JONI MORRIS

Award Winning Entertainer!

*Star Performer of the Year
2016!*

Audiences love Joni's tributes to the music of Patsy Cline, Connie Francis, and Legendary Ladies of Country Music. She is a dazzling entertainer with a double-barreled voice. Joni adds comedy, eye-catching costumes, and lots of audience interaction to each performance.

Visit <http://www.jonimorris.com>

Saturday January 28, 2017

Diablo Ballroom, Vista Club

Two Performances

Sign up at Member Services \$20 pp

Table Seating Bring Your Favorite Provisions

Polar Bear PLUNGE



Let the fun begin!

Take the "Plunge" with your Trilogy neighbors!

Enjoy a dip in the spa and hot cocoa afterwards

Sign up at Member Services ~ There's No Fee

Remember to provide your t-shirt size!

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

The PLUNGE is at 10:00 a.m. SHARP!

Light refreshments served and spectators are welcomed!



January 1, 2017

10:00 a.m.

Delta Club Pool

HunterDouglas



\$100 REBATE

on select purchases of
Hunter Douglas
window fashions*

SEPTEMBER 17-DECEMBER 12, 2016

Fashionably early.

Order your shades now and be ready for holiday parties.

Beautiful Hunter Douglas window fashions are essential to an inviting home décor. What's more, savings are available right now on a wide range of styles. So, shop today, order early and have your window fashions professionally installed. All in time for your guests to arrive.

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HunterDouglas Gallery

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