

PUBLISHED BY THE TRILOGY AT RIO VISTA MASTER ASSOCIATION

January 2017

# Trilogy **Living**

## *Close to Home*

Rio Vista is known as a friendly place in which to live, work, and play. Celebrate your city and Trilogy this year by setting intentions to try new things. Have fun right at home!

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# *From the Master Association*

## **Melissa Coleman**

*President*

### **Executive Session – December 12:**

#### **Legal/Litigation**

- **Amenities Negotiations/LOI:** The Amenities Negotiations committee will meet with Jason Enos of Shea on January 5th to further discuss the status of the Letter of Intent outlining Shea's responsibilities on the future amenities. Additionally, at that meeting we will begin discussions on the footprint and design options of the new Clubhouse.

#### **Personnel**

- **Proposed/Enhanced Organizational:** reviewing current staffing; full time, part time, levels of service and reporting hierarchy. Consideration is being given to optimizing the staff to meet the needed and expected levels of service. This is part of the budgeting process.
- **Operations Review: Environmental Service Center (ESC)** – discussion of inventory

#### **Formation of Contracts**

- **Management Contract** – review of management contract with Action Property Management, Inc.
- **Request For Proposal Consultant** – discussion of consultants available to assist for an RFP process of management companies that are experienced enough to provide the services needed and expected for TRVMA. The Board announced at the beginning of 2016, that an RFP process would be performed. Due to many priority and time sensitive projects (ie: Amenities, CCR Rewrite, Property Identification) the RFP process has not yet been started. Action Property Management, Inc. will be included in the RFP process.

### **General Session - December 13:**

#### **Unfinished Business:**

- **Committee Appointments** – Applications were received for Amenities, Community Advisory and Emergency Action. Interviews will be scheduled for those who applied for the Amenities and Community Advisory. The following were appointed to the Emergency Action Committee: Tyrone Williams, Catherine Pomper and Karen Bond.
- **Association Media/Common Area** – At the November meeting, the 1st reading of the Election and Voting Policy was approved. Included in the policy provides equal access to Association Media and Common Area. The Board reviewed each of the Association's media and has tentatively approved the following, which will be considered to be included in the 2nd Reading of the policy: (i) Additional Candidate statements (pictures, etc.), as submitted by the Candidate, will be printed on the back of his/her Declaration and will be distributed to members with the ballots, (ii) Those documents will be distributed via eNewsletters and links will be placed on the Association's website (ii) One candidate sign can be placed at the following locations: each entrance intersection across Summerset Dr at Summerset Rd; Palisades Dr; Diamond Hills Dr; Marks Rd, and the entrances to the Delta and Vista Club. One sign per Candidate may be placed on a Member's property the week prior to the distribution of the ballots, and must be removed the day after the election.

*(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  
Village Document Revision - TBD  
Clubhouse Improvements, Marge Reynolds, 374-5809  
Emergency Action - Barry Fraser 415-407-8529  
Access - Art Darden 707-374-3455  
Amenities - Joe Downes 707-374-7520

#### **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 707-374-4843  
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

#### **Commercial Advertising Manager**

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

#### **Resident Classified Advertising**

Kathy Nilsson, knilsson@actionlife.com 707-374-4200

#### **Welcome Center/Front Gate 707-374-4306**

Guest Registration - community.dwellinglive.com

#### **Café Vista 707-374-4202**

#### **Sir Flair's 707-374-4400**

#### **Golf Course 707-374-2900**

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

## *From the Editor*



### **Andrea Stuart**

It's 2017, and rumor has it (per some of my friends in the holistic health industry) that it's the year of bringing intentions to fruition. Last year, many of us spent our time transitioning. Some of

us joined new groups and forged new friendships, discovering new pleasures and changing up some of our rituals to rediscover ourselves.

This year, we can attract fun into our lives by getting in touch with our inner children, who have the power to unlock our deepest desires. I'm calling it the year of play! For me, meditation and yoga help center my mind and allow me to stop the chatter that has distracted me from having fun. Even five minutes allows me to more fully enjoy a good book, a meal, or a visit with friends. It also inspires me to step out of my comfort zone and try new things.

If you enjoy yoga and meditation or have been interested in trying it, Trilogy offers several yoga classes throughout the week for all experience levels. Many are beginner-friendly and are led by lifetime practitioners who have decided to share their knowledge and love of yoga with you.

Let 2017 bring out the playful, spirited version of you! Maybe you'll find yourself skipping in the gorgeous fields of Rio Vista under the long arms of windmills. Perhaps you'll find yourself bobbing on the waters of our delta. You can keep up with Rio Vista happenings at the city website at <http://rioivistacity.com> and selecting the "community calendar." Wherever you are, may you play without abandon.

Happy New Year!

### **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](mailto: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 New Year Trilogy! The Holiday season offers such joyful fellowship. I hope that you, your families and friends found your holidays enriched through the season's community events.

Trilogy is surely filled with so many blessings from folks giving of themselves every day throughout the year. The volunteers and sellers' donations from the Craft, Art Faire and Jewelry Show topped \$1,200 during the local Meals on Wheels fundraiser. The festive socials, other activities, and events were made possible by too-many-to-name volunteers and staff, who presented such delightful memories. You give so much of yourselves: your time, energy, and talents. What a difference you make throughout the year! Thank you!

Looking ahead, let's kick-start the grand new year with these special events!

- 1/01 Polar Bear Plunge ~ Spectators Welcome!
- 1/08 & 1/22 Trilogy Produce Market
- 1/08 Dance to Solid Gold ~  
Hosted by the Dance Club
- 1/11 & 1/18 New Computer Classes see pg 17
- 1/13 Open Mic Night
- 1/16 Martin Luther King Jr. Tribute ~  
Co-Sponsored with Whist Club
- 1/21 Las Vegas Show ~ Brian Hoffman's  
Tribute to Red Skelton at Trilogy!  
Matinee and Evening Performances
- 1/27 Bingo Returns
- 1/28 Las Vegas' Joni Morris Performs  
Legendary Ladies of Country Music ~  
Matinee and Evening Performances

Get Ready...

- February 5 Super Bowl Party

Be sure to check into what is happening in the club section of this issue for more activities! You'll find there is something for everyone! Your comments and suggestions are always valued – send an email anytime to [ddorn@actionlife.com](mailto:ddorn@actionlife.com) – my mailbox is always open! Folks, may the warmth and joy from the holiday season go with you throughout the coming year!

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





## Computer Classes - 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 we can help you more individually. See page 17 for important details. Contact Debbie Dorn with questions at ddorn@actionlife.com.

## Trilogy Produce Market

Sunday, January 8 & 22, 10 a.m. - 3 p.m. - Delta Club



Experience Trilogy's marketplace! 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, January 12, 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!

## 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. 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.



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

Saturday, January 21

two performances

Matinee 2 p.m. & Evening 7 p.m.

Diablo Ballroom Vista Club ~ \$20

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 lighthearted 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 Kadiddlehopper. You'll laugh 'til it hurts! Bring your favorite refreshments for a great evening of entertainment! Two performances available, matinee or evening. Sign up at Member Services.



## Dr. Martin Luther King Jr. Tribute

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

Together with the Whist Club, join us in celebration of Dr. Martin Luther King Jr. Guest speaker, entertainment, and refreshments will follow. For more information, contact Hattie Walker at 707-374-3369. No sign ups required.

## Las Vegas' Joni Morris Performs 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](http://www.JoniMorris.com). Bring your favorite beverage and snack to enjoy. Sign up at Member Services, and contact Debbie at [ddorn@actionlife.com](mailto:ddorn@actionlife.com) for more information!

## Super Bowl Party

Sunday, February 5, Diablo Ballroom, Vista Club ~ Free  
12 p.m. ~ Pre-Game Program, 3:30 p.m. ~ KICK OFF!

Put your game face on and join the Super Bowl Party! Bring your own provisions to enjoy while cheering your favorite team on the big screen! Sign up for table seating at Vista Club Member Services desk.

## Karaoke ~ NEW Spontaneous Fun!

Friday February 17, 7- 8:30pm, Diablo Ballroom Vista Club ~ \$5

Here's a new twist to a familiar event. Professional entertainer Stefan Barboza will bring you Karaoke fun mixed with open dancing. You are still likely to find story tellers, special dancers, folk singers and more spontaneous entertainment. Bring your favorite snacks, beverage and come on over for an evening of good times. No signups required.

## Enrichment Series ~ Driving Awareness Seminar

Monday, February 20, 1 – 4 p.m.  
Diablo Ballroom, Vista Club ~ Free

Mobility Matters! Driving reflects our independence, lifestyle, and in some cases our self-image. Senior drivers may have to make adjustments. This seminar will enlighten your awareness, and position you with resources to increase your options. Develop an informed view of warning signs and solutions for aging well and driving longer from presentations by representatives from the Driver Motor Vehicle Department and Solano Transportation Authority. California Highway Patrol officer David Harvey will close the seminar with discussion, questions and answers. Certificates of Participation will be available on request which may offer a vehicle insurance discount. This program is a cooperative effort between the CHP, the Department of Motor Vehicles and the older driving community. Light refreshments will be served or you are welcome to bring your own. Sign up at Member Services to reserve your place at this enlightening seminar.

## Travel Discovery Series ~ Realm of the Polar Bear

**Presented by Jennifer Collins**

Tuesday, February 28, 6:30 – 8 p.m.  
Diablo Ballroom Vista Club ~ Free

Jenny will take you on an adventure to Spitzbergen in Arctic Norway. Hear of encounters with polar bears and other wildlife. Explore Spitzbergen's ice-covered fjords and gaze on breathtaking mountain scenery and glaciers. Join Jenny for an enjoyably enlightening adventure. Light refreshments will be provided. No registration is required to attend.

(continued on p. 8)



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A black and white photograph of a well-manicured garden with various plants, rocks, and a curved walkway. In the bottom left corner, there is a silhouette of a tree.

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A black and white portrait of Jim Gilly, a man with glasses and a mustache, wearing a collared shirt.

*Jim Gilly*  
Owner/Operator  
A Trilogy Resident

Lic. # 752296



(continued from p. 6)

## Wine, Belle Voci, and Visual Art Festival

Saturday, March 4, 1-5 p.m., Diablo Ballroom Vista Club ~ Free  
**Charge for wine tasting ~ Five wine tastings/\$5,  
payable to Van Ruiten Winery**

Enjoy an afternoon of wine, music, and art. Trilogy Art Guild (TAG) and the Photography Club will display their art, delightful a cappella vocals will be harmonized by Belle Voci Quartet, and there will be wine tasting hosted by Van Ruiten Winery. Set your palate for an artful fun time and come on over for a charming afternoon. Artists, if you are interested in displaying your art, contact Debbie Dorn at ddorn@actionlife.com or 707-374-4204. No registration is required to attend.

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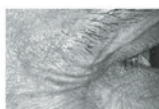
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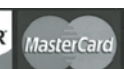
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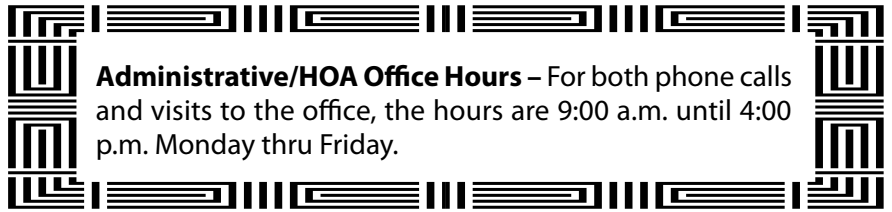


## Assessment Notice

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](http://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:**

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



**Administrative/HOA Office Hours** – For both phone calls and visits to the office, the hours are 9:00 a.m. until 4:00 p.m. Monday thru Friday.

**Holiday Decorations** – Just a friendly reminder that all holiday decorations must be down by January 15. Hope your holidays were wonder filled.

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

**Association Minutes, Financials and Architectural Forms** – Minutes of the Master Board Meetings, Village Board Meetings and Committee Meetings, as well as, Financial Statements, and Architectural Forms are posted on My Trilogy Live (MTL) [Mytrilogylife.com](http://Mytrilogylife.com) and VIVO [vivoportal.com](http://vivoportal.com).

**Acceptance of Credit Cards** – Credit cards are accepted at the Café, Member Services for events, fitness cards, personal training, and spa services, etc. and at the Administrative Office/HOA for payment of transponders, keys and payment plans. They cannot be used to pay monthly assessments at the Administrative Office/HOA but you can pay monthly assessments on VIVO with credit cards.

**Club Hours** – The Delta Club is open at 7 a.m. for entry with members' keys. It is open from 8 a.m. to 11 p.m. for entry without keys. From 11 p.m. until 7 a.m., there is no entry. The Delta Club pool, spa and patio are open 24 hours daily. The Vista Club is open from 6 a.m. to 9 p.m.

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

**Mail Theft** – Members are encouraged to put outgoing mail in the mail box in front of the Delta Club. Putting it in your mail box and raising the flag makes it very easy for thieves to know which mailboxes to target. When away for a couple of days or longer, be sure to put on a stop on mail delivery with the post office. If you see unusual activity near mailboxes, call the Rio Vista police immediately. If a vehicle is involved, try to get a license plate number. Once the individual(s) leave, there isn't much that can be done. Check with the post office regarding locking inserts that can be put inside your current mailbox. Try to be at home when having parcels delivered to your front door.

**Parking in front of mailboxes** – Thank you for helping our mail carrier deliver your mail, our staff deliver fliers and giving your neighbors easy access to their mailboxes by not parking in front of mailboxes and asking your service providers to park elsewhere also.

**Street Lights** – Please report all street lights that are out to the Administrative Office/HOA. Please have the light pole #, the street and the nearest cross street when reporting lights that are out or not working properly. It is quite expensive to hire the boom truck. Therefore, until there are 10 lights needing work, we do not hire the truck. This could mean several weeks between the time you report the light and the actual repair.



**RV/Boat Passes** – You do not need to bring your RV to the Welcome Center each time you need a pass. If you have registered your RV on Dwelling Live, you can simply go to the gate and pick up the pass. You can now get a 24 or 48 hour pass for RVs/Boats. Be sure to let the Welcome Center attendant know which you need. Reminder: you may not have these vehicles in the community longer than 48 hours and they cannot be occupied while in the

community. They are to be parked at your home, not in any common or undeveloped areas of the community.

You can now get a 24 or 48-hour pass for RVs/Boats. Be sure to let the Welcome Center attendant know which pass you need.

**Electronic Communication** – The Association is no different than other organizations in leaning more on elec-

## **Association Meeting Calendar January 2017**

### **TRVMA Special Board Meeting**

Preliminary Budget  
Monday, January 16, 2 p.m.  
Rio Vista Room, Delta Club

### **TRVMA Board Candidates Forum**

Tuesday, January 17, 6:30 p.m.  
Diablo Ballroom, Vista Club

### **TRVMA Budget Workshop**

CFO/GM Presentation  
Monday, January 23, 7 p.m.  
Diablo Ballroom, Vista Club

### **TRVMA Board Candidates Meet & Greet**

Tuesday, January 24, 2 p.m.  
Diablo Ballroom, Vista Club

### **TRVMA Budget Workshop**

Monday, January 30, 2 p.m.  
Diablo Ballroom, Vista Club

### **Master Association Board Meeting**

Tuesday, January 10, 2 p.m.  
Diablo Ballroom, Vista Club

### **Eagle Point Annual Board Meeting**

Thursday, January 26, 6:30 p.m.  
Rio Vista Room, Delta Club  
Regular Board Meeting at 5:45 p.m.  
Rio Vista Room, Delta Club

### **Oakmont Village Annual Meeting**

Thursday, January 19, 6:30 p.m.  
Rio Vista Room, Delta Club  
Regular Board Meeting at 5:45 p.m.  
Rio Vista Room, Delta Club

### **Olympic Village Annual Meeting**

Monday, January 9, 6:30 p.m.  
Rio Vista Room, Delta Club  
Regular Board Meeting at 5:45 p.m.  
Rio Vista Room, Delta Club

### **Village I Annual Meeting**

Thursday, January 12, 6:30 p.m.  
Rio Vista Room, Delta Club  
Regular Board Meeting at 5:45 p.m.

Rio Vista Room, Delta Club

### **Village Riviera Annual Meeting**

Thursday, January 5, 6:30 p.m.  
Rio Vista Room, Delta Club  
Regular Board Meeting at 5:45 p.m.  
Rio Vista Room, Delta Club

### **Saddle Rock Village Annual Meeting**

Wednesday, January 18, 6:30 p.m.  
Rio Vista Room, Delta Club  
Regular Board Meeting at 5:45 p.m.  
Rio Vista Room, Delta Club

### **Council of Village Presidents**

Monday, January 16, 10 a.m.  
River Room, Delta Club

### **Access Committee**

Monday, January 23, 1 p.m.  
River Room, Delta Club

### **Administrative Policy Review Committee**

TBD

### **Amenities Committee Workshop**

Tuesday, January 3, 9am  
Sonoma Room, Vista Club

### **Amenities Committee**

Monday, January 23, 2:30 p.m.  
Diablo Room, Vista Club

### **Community Advisory Committee**

Thursday, January 26, 1 p.m.  
Rio Vista Room, Delta Club

### **Emergency Action Committee**

Tuesday, January 10 and 24, 6 p.m.  
River Room, Delta Club

### **Clubhouse Improvements Committee**

Monday, January 9, 3 p.m.  
River Room, Delta Club  
January 23, 3 p.m.  
Monterey Room, Vista Club



tronic communications to its members. There are two ways you can assist in reducing costs to the Master and Village Associations.

**eNotices** – Submit your email address to the Member Services desk at the Vista Club. This will get your information such as special announcements, monthly agendas and most important, the weekly e-newsletter, which updates you as to activities in Trilogy and the greater Rio Vista area.

**Disclosure Opt-in** – You may also choose to receive required documents which must be delivered by the Association(s) such as budgets, yearly financial statement, etc. To do that you must go to the Administrative Office and sign a form authorizing deliver by electronic methods. Thanks for considering both options.

**Have you signed up for eNotices and Disclosure Opt-in but are not receiving them?** Some of you may notice from time to time that you stop receiving the MTL e-Newsletters and/or the TRVMA e-Alerts. If this happens, please contact Jacquie and she will work with the email team to make sure that you're on the 'active' list in the email system. Emails can be removed from the 'active' list in several ways: a user may click the 'unsubscribe' link on an email, a user may un-check the newsletter subscription box on his/her profile on MTL, or, more often, a user's email service (i.e. Hotmail, MSN, and Gmail) may confuse the e-newsletters for junk and automatically reject all ongoing mail. This last scenario results in our email address being automatically moved off of the 'active' list in our systems. If you contact Jacquie at jroche@actionlife.com, she will have the email team move you back to 'active', but we also suggest that you add the e-newsletter email address – noreply@actionlife.com - to your "safe senders" or "friends" list in your email settings to reduce the odds of problems.

## Where Do I Go If I Want To .....

**Reserve Tables and/or Chairs** – Member Services – Vista Club (4200)

**Have Copies Made, send a Fax and/ or receive a Fax** – Member Services – Vista Club (4200)

**Pick up a Residents' Directory** – Member Services – Vista Club

**Submit Residential Ads for the *Trilogy Living*** – Kathy Nilsson – Member Services – Vista Club (4200)

**Indoor Plants** – Please do not use the potted plants as garbage receptacles and do not water plants. Staff takes care of the plants and when well-meaning members decide to help, it often makes matters worse. The plants are expensive to replace and all Members pay for replacements.

**Anonymous Notes to the Administrative Office/HOA** –

## 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](mailto:xbirdlady@myifp.com), or call Barbara Sherison at 707-374-6845, or call Betty Bowley at 707-374-5613.

Please sign all Administrative Communication Forms as we only take action on signed forms.

**Violations** – Please do not register complaints to the Administrative Office/HOA without making sure you have the correct address of the person in violation. Example of what not to report – two houses down from the corner of a particular street. If you receive a violation notice, please contact the HOA office.

**Your Pets – Your Responsibility** – Please accept our appreciation for everyone who is being considerate of your neighbors and showing pride in your community by carrying bags with you when you walk your pets or by using the bags provided in dispensers throughout the community to pick up after your pets and who keep their pets on a leash at all times. Only take 1-2 bags at a time, not enough for the life expectancy of your dog.

**Pets in the Clubs** – No pets are allowed in either the Delta or Vista Clubs with the exception of service dogs. Service dogs are allowed only if they have been registered with the Administrative Office and have a TRVMA identification card. They must have their vest and TRVMA card on them at all times when they are in the clubs and they must be accompanied by the person for whom they are providing a service. If you do not comply with a request from a staff member to show them the TRVMA card, you will be required to leave the club until you present it. Therapy dogs are not allowed in the clubs at any time. They are not service dogs and are not protected under the ADA.

**Late Charges on Assessments** – Assessments are due on the 1st of each month. Many Members treat the 15th as the due date and then request a waiver of the late fee when payment is not received by the 15th. If you are paying your assessments through your bank or mailing a check yourself, it is recommended that you move the date of payment to the 23rd of the month so that the payment is actually received by the 1st when the assessments are due. Many banks are batching payments before sending them out, so even though your account may show a payment on a particular date, the payments





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For more than 11 years **C & C Cleaning** has been serving clients in Trilogy Homes in Rio Vista.

We are known for the quality of our work, for our honesty and for building strong relationships with our customers. Our reward is your recommendation. We will make your house the cleanest it's ever been.

<b>Our Services:</b> Residential Cleaning Deep House Cleaning Empty Houses Window Cleaning	<b>Contact us:</b> Carina Carreno <b>(916) 519 7505</b> <a href="mailto:sales@cleaningcandc.com">sales@cleaningcandc.com</a> We ♥ Pets!
--	---

**Call Now for Free Estimate!!**  
References available in [www.cleaningcandc.com](http://www.cleaningcandc.com)

are not being mailed on that date. In addition, the post office has closed facilities and laid off employees. This is resulting in longer times for mail to reach its destination. If you schedule payments through your bank or mail your check without adequate time allowed for delivery, you run the risk of being charged a late payment.

## Amenities Committee

The dates of both the January and February 2017 committee meetings have had to be changed due to community conflicts with the January 16 MLK Day celebration and a long-planned Community Enrichment program on February 20. The new dates for the monthly meetings are Monday, January 23, and Monday, February 27. Both meetings will be held in the Vista ballroom starting at 2:30 p.m. Much of the discussion at the November meeting was centered on the conversion of the Design Center into the Health and Wellness facility. A community survey is being planned: stay tuned, more to follow. Formal minutes of the committee meetings can be found on the [mytrilogylife.com](http://mytrilogylife.com) website under the heading of committees. Contact Joe Downes at 707-374-7520 or [josephdownes@citlink.net](mailto:josephdownes@citlink.net) for the committee.

## Emergency Action Committee, January 2017

As we celebrate the new year, Trilogy's Emergency Action Committee (EAC) reflects on our 2016 accomplishments and prepares for the year ahead. We began the year with a new Chairperson, Barry Fraser, and an expanded group of dedicated and hardworking Committee members. During the winter months, we were busy preparing the community for El Niño and the possibility of prolonged power outages that could happen here. In April, we conducted a mock exercise responding to a staged emergency. Pretend "victims" from the Drama Club made the exercise seem more like a real-life incident. In June, we supported the Trilogy Triathlon, and in October the "Walk-Tober" event with first aid, counseling and traffic control. These events were great training opportunities for our volunteers. We ended the year with a Smoke Alarm Campaign, working with Rio Vista Fire Department to remind Trilogy residents to change batteries twice a year and replace alarms after 10 years. In 2017, we are planning more trainings, community education and support for Trilogy events. We are also looking at taking part in a state-wide earthquake preparedness exercise with City and County first responders. The EAC relies on volunteers who live in Trilogy and care about our neighbors. We meet at 6 p.m.



on the second Tuesday of each month at the Delta Club in the River Room. We are always looking for new volunteers to join this fun and worthwhile group. If you have any questions, contact Chair Barry Fraser at 415-407-8529.

## **Eagle Point Residents' Club**

Our November meeting came with an announcement that elections for a new Board would be held at our January 26, 2017 meeting. The following are running for said positions: Marlene Swieso, President; Elvia DeStefano, Vice President; Maria Sanjines, Treasurer; and Nancy Tolentino, Secretary. Nominations from the floor resulted in no other candidates. The final election will be held at our January 26, 2017 meeting.

On Monday, November 28, the first official meeting of our Social Committee was held in the Monterey Room at the Vista Club. We had 19 attendees and much discussion was held on getting things up and running to full speed.

As a Community Service project, we will start collecting Box Tops for Education to donate to Rio Vista schools. We encourage everyone that is not already saving for a particular school, to contact Pat Sloan at 707-374-2908 and she will pick up your Box Tops for donation.

The 12 Sweet Days of Christmas Dance, held on Sunday, December 4 was another successful Trilogy event with over 150 residents attending the festivities. Our thanks to Oakmont in sharing this Dinner/Dance and the hard work put in by all from both Villages.

Eagle Point needs to be heard on any decisions from the Amenities Committee. Their next meeting is Monday January 23, 2017 at 2:30 p.m. in the Diablo Ballroom at the Vista Club, or check it out on [mytrilogylife.com](http://mytrilogylife.com).

Please contact Marlene Swieso at 714-317-9688 with any questions or comments or email her at [mswieso2002@yahoo.com](mailto:mswieso2002@yahoo.com).

## **Oakmont Kare Bears**

With no meetings being held in November and December because of the holidays, things have been pretty quiet for the Oakmont Kare Bears.

Our next meeting will be on Wednesday, January 11, at 10:00 a.m. in the Delta Club. Come early and enjoy coffee and goodies, meet new people and share your ideas.

Our annual election of officers will be held at the February meeting, and if anyone is interested in running for an office, please call Annelie Voit at 707-374-4968, or just come to the January meeting and throw your name in the hat.

Remember, if you or a neighbor you know are in need of short-term help due to an accident or medical reasons,

please call Annelie Voit at 707-374-4968 or Kathy Russo at 707-374-2969. This help could include meals, rides to medical appointments, help in the home, etc.

Don't forget! The next Oakmont Kare Bear meeting is on January 11 at 10:30 a.m. in the Delta Club. Hope to see you there!

## **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 and helped with an Architectural application for a recently handicapped Olympian. Olympic Village Kare Bears is available to all 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.

## **Olympic Village Residents' Club**

We are planning for three Resident's Club events for 2017 in February, June, and October. The first dinner event will be on February 21, 2017. Please put this important date on your calendar. More details will be provided in a house-to-house tubing. If you would like to participate in the planning of these events or if you need additional information, please contact Rich Pettijohn at 707-374-3065 or Lee Ann Frable at 484-707-0935.

## **Saddle Rock Village Residents' Club**



The Saddle Rock Village Residents' Club held its "Snow Flakes & Satin" Holiday Dinner and Dance on Saturday, December 3 from 5 - 9 p.m. in the Diablo

Ballroom, Vista Club. The atmosphere of the dinner was elegant with white chair covers tied with gold bows, white sparkling centerpieces and holiday decorations on the stage. The food was excellent. Attendees celebrated with old friends and new friends. Thanks to the Saddle Rock residents who worked to make the dinner a great success.

Residents traveled the streets of Saddle Rock singing Christmas carols for the third consecutive year on Friday, December 9. Our neighborhood residents enjoyed the singing and the carolers had a great evening of joy and friendship.

Our first meeting of 2017 will be Wednesday, January



18 in the River Room, Delta Club at 6:30 p.m. The Saddle Rock Village Board of Directors will meet in the first hour, immediately followed by the Residents' Club at 7:30 p.m. We will have our social hour directly following at 8:30 p.m. President Hoover will review our activities and the work of our committees in 2016.

Our first Chili Cook-off is Saturday, February 18. Enter your chili recipe in the competition. Watch for details on the Saddle Rock website. Our Activities Committee is planning activities for 2017. All Saddle Rock residents are welcome to join us on the first Wednesday of each month at 2 p.m. in the Monterey Room, Vista Club for planning and discussion. You are encouraged to bring your ideas and become involved.

For information, please contact Dana Hoover, President of Saddle Rock Village Residents' Club at 707-374-3455 or [time4dana@mindspring.com](mailto:time4dana@mindspring.com).

## Village Oakmont Residents' Club



December 4 was our Holiday Dinner Dance and a good time was shared by all. Cuisine Catering supplied a delicious dinner and the Delta Divas did some fun caroling. We also had Solid Gold to dance to after dinner. Our theme was the Twelve Sweet Days of Christmas. The Delta Divas sang the song with a different sweet substituted for the gifts. We had help from Eagle Point in displaying the sweets and their fabulous cooks made all the desserts. Thank you to all the Eagle Point volunteers!

Our new board of officers was approved at the meeting. For 2017, our board will be Ginny Glover, President; Linda Bingham, Vice-President; Patty Peterson, Treasurer; Sharon Patterson, Assistant Treasurer; Debra Schwab, Secretary; and Karin Rucker, Assistant Secretary.

January 9 will be our next social meeting. We will be voting to approve the changes made to our by-laws. You can view the changes at the *Trilogy Living* website. We meet each month at 3 p.m. in the Monterey Room at the Vista Club. The meetings for 2017 will be February 6, March 6, April 3, May 1, June 5, July 3, August 7, September 11, October 2, November 6, and December 4.

February 26 will be our first OSCAR PARTY. Please plan to attend. It should be a great evening. Flyers and posters will be out in January. Any questions please contact Linda Bingham at 760-486-9178 or [linda.bingham@gmail.com](mailto:linda.bingham@gmail.com).

## Village One Residents' Club

2016 was a busy year for your Village One Residents' Club. Our February New Residents Get-Together welcomed over a dozen new residents to Village One. Over 100 residents turned out to celebrate Cinco de Mayo. 24 volunteers helped serve up ice cream sundaes for the Fourth of July celebration. The July Quarterly Meeting included a potluck supper attended by 36 residents. The potluck was so successful, we did it again before the October Quarterly Meeting. Mike LaVacarre and Grace Bos entertained us at Cabaret Night in October and Santa joined us for the Holiday Dinner in December.

Now we look forward to 2017. Plans include the yearly New Residents Get-Together, Cinco de Mayo, and a Holiday celebration. The Quarterly Meeting on the second Wednesday of January, April, July, and October will include a potluck dinner followed by a short business meeting.

The Cinco de Mayo Celebration is this year's fundraiser. Come to the Quarterly Meeting on January 11 with your suggestions for a worthy recipient. The potluck dinner begins at 6 p.m. in the Marina Room at the Delta Club. Bring a potluck item (main course, salad or dessert) to share, your own meal service and beverage and your suggestions! Hope to see you there. Happy New Year to us all! For questions or information, contact Tess Felte at 707-374-4778 or [VillageOneRC@gmail.com](mailto:VillageOneRC@gmail.com).

## Village Riviera Board News

I wish everyone a joyous 2017. Currently, the developer has a responsibility to put a street tree every 30 feet, and the city has the enforcement responsibility. The trees are intended to provide a canopy and shade our streets. However, our architectural rule is being changed and will only require a minimum of one street tree that is from an approved list.

I hope if you were interested in running for one of the two vacant board member spots, you turned in your application. Please join us for our next meeting on January 5. 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. If you have any questions or concerns, call Don at 707-374-6407.

## Village Riviera Kare Bears

Welcome to 2017, another year with opportunities to reach out and help our neighbors in need. We are fortunate to live in friendly and caring neighborhoods and Riviera Kare Bears is another way to show how much we value each other. Thank you all for your help.

We also want to thank our 2016 Board of Directors: Valerie Krummer, Joanne Stangl, co-chairs; Sue Williams and Claire McKean, co-secretaries; Carolyn Azbell and Kathy Moore, co-treasurers; Dottie and Bill Pacuilla, food coordinators; Andrew Barrows, transportation coordinator; and Hope Phillips, resources coordinator. Most have agreed to continue in their posts for 2017. Our two wonderful co-chairs have been experiencing some health issues and

we wish them both improved health in the new year. Valerie Krummer has retired from her co-chair position and we are so grateful for her many years of devoted service to Riviera Kare Bears. Gerry Swan has agreed to serve as interim co-chair.

And let's not forget to thank our wonderful street coordinators who are truly the core of Kare Bears and your first contact in case of need. If you do not have a street coordinator you can always call the chair person at 510-507-4080. As a reminder, we are still looking for street coordinators for the following streets: Birch Ridge, Branchwood, Conway, Foxwood, Laurel Place, Magnolia, Oakridge, Pebble Beach, Riverside, and Sage Meadows.

Our next meeting will be on February 13 at 10 a.m. at the Delta Club or join us at 9:30 for coffee and refreshments. If you would like to become more involved in Riviera Kare Bears please plan to join us. If you or a neighbor is in need

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

- **Labyrinth** – staff evaluated several Common Area locations for the installation of a Labyrinth. The evaluation was on the installation requirements of removing or installing irrigation, landscaping and maintenance. The best location was a proposal to install at a future drill site on Longspur Dr and Shearwater Dr. Installation at this location is being considered by Shea Homes. A motion was passed to approve the location on Longspur and for the negotiating team to discuss the details with Shea to consider the installation as part of their park improvements. (approved 3 to 2)

#### **New Business:**

- **1st Reading** – Community Advisory Committee Charter (ie: Adult Committee) – the Adult Committee is now officially to be known as the Community Advisory Committee. This was changed in the revised CCR's. The 1st reading of the charter was approved for distribution.
- **Vista Club Furniture Replacement** – the House Renovation Committee's evaluation of the chairs in the Grand room of the Vista recommended replacement. The Board approved replacement of 14 chairs and purchasing of 2 additional chairs. (Reserves & Board Contingency: \$13,287)
- **Name Change** – House Renovation Committee – the Board reviewed and approved a committee name change to: Clubhouse Improvements Committee.

The Master Board held several meetings since the November 7th meeting. Items are reported with final actions in summary.

- **1st Reading** – Election & Voting Policy Restatement – included in the Trilogy Living
- **Master Association Annual Meeting** – Confirmation – the following dates have been set:

Candidate Declaration Deadline – December 30, 2016

Date of Record – January 3, 2017

Candidate Night – January 17, 2017

Annual Meeting Date – February 14, 2017

- **Recordation of the CCR's** – delayed due to a request from Shea Homes to coordinate with documents it was filing with the Bureau of Real Estate. The governing documents were recorded at Solano County records 12/15/16. These will be distributed in the 1st week of January.

**Important Notice:** The Master Association Annual meeting will be held on February 14. This will be the first year that homeowners will vote for the Directors for the Master Board. You will receive your ballot on or around January 14. It is important for everyone to participate. Please be sure to return your ballot. The ballot will be delivered from a company named Inspector of Elections. This is an election service, where you will return your ballot (postage paid). The ballots will be secured and brought to the annual meeting for opening and counting.

**Governing Documents:** The new official governing documents will be delivered the 1<sup>st</sup> week of January, either by email for those who have "opted-in" or on a USB flash drive in the mail.

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 January 10, 2016**





of assistance because of illness or surgery, contact your street coordinator or call Gerry at 510-507-4080.

## Village Riviera Residents' Club

The amazing holidays of November and December are ending. We hope your days were filled with family, friends, and fun.

The Black & White Affair décor once again surpassed prior years. Dinner and dancing were great. We tried a different method of allowing folks to sign up for a table or as an individual by starting signups early, which worked well. We will keep that going. Instead of one leader, this year we worked in pods, each pod dealing with a different piece of the puzzle, but all coming together as the gears of a well-oiled machine to bring this event to you.

The first event of 2017 is the Soup Potluck on February 25. Watch for the posters and flyers which will be out mid-January. This is our free event, thanking each of you, whether you live in Riviera, for supporting and enjoying what we do. Past years have brought us at least 25 crock pots of soup, even more delicious salads, and yummy desserts. It seems to be a time to show off your soup-making skills, and get as creative as you choose with your salads and desserts. We provide the rolls and butter, bowls, plates and napkins. You provide your own beverage and your food per the flyer. We will have our 50-25-25 raffle.

We meet monthly on the third Thursday, 5 p.m., in the Monterey Room of the Vista Club. Please join us to help put on the events already scheduled for 2017 and help with new ideas for 2018 events. For questions, call Barb at 507-5026.

### 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

<b>Excel Workshop</b> <b>\$10 ea.</b>  <b>Bring your own topics or project.</b>  <i>(Class is limited to 6 students.)</i>	<b>January 11, Class 10:00 a.m. to 11:30 a.m.</b> <b>What do you want to learn about Microsoft Excel?</b> 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.
<b>Computer Basics</b> <b>\$7 ea.</b>	<b>January 11, Class 12:30 p.m. to 2:00 p.m.</b> Introduction for new computer users to learn their way around the computer. <b><i>This class is mandatory or equivalent knowledge for all other classes.</i></b>
<b>Pictures Workshop</b> <b>\$10 ea.</b>  <b>Bring your own topic or project.</b>  <i>(Class is limited to 6 students.)</i>	<b>January 18, Class 10:00 a.m. to 11:30 a.m.</b> <b>Transfer Pictures from Your Phone or Camera.</b> 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.
<b>Create, Find &amp; Work with Files</b> <b>\$7 ea.</b>	<b>January 18, Class 12:30 p.m. to 2:00 p.m.</b> 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.

**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](mailto:ddorn@actionlife.com).**



**Kathy Erwin**  
Fitness & Spa Director



## 10 New Year's Resolutions to Make 2017 Your Happiest Year Ever

New Year's resolutions may sound cliché but experts say that writing down your goals, creating a course of action, and practicing methods of self-affirmation can help lead to resolution success. With these suggestions, try and make 2017 the happiest year yet!

- Set yourself up for success
- Commit to positive mornings
- Stock your fridge with a balance of fruits, veggies, whole grains, and protein
  - Go easier on yourself
- Carve out time for your passions
  - Take a vacation
- Embrace a happiness mindset
  - Cherish your time alone
- Love your children unconditionally
- Commit to your wellness and fitness

## January 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, January 7 at 11 a.m.

Wednesday, January 18 at 6 p.m.

Saturday, January 28 at 11 a.m.



## 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.

### 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. Charles Peri is available  
every Thursday from 9 a.m. – 6 p.m.**

**To make appointments contact  
Member Service Desk 707-374-4200**



## 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 the demand.

### Consultation Prices:

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**





# January Spa Specials

NEW YEAR, NEW YOU,  
NEW SPA PACKAGES



## Skin + Massage Combos

### The Sampler

Includes Vitamin C Express Facial,  
Reflexology and a Head,  
Neck & Back Massage.  
It's a little bit of everything!

**95 minutes \$105**  
**(\$115 value)**

### Deluxe Escape Package

Includes Custom Organic Facial,  
Rain Drop Therapy  
and a lip plumping and  
eye recovery treatment.  
Luxurious and pampering!

**125 minutes \$145**  
**(\$160 value)**

### The All Day Affair

Includes Deluxe  
Microdermabrasion Facial with a  
Ormedic Organic Peel, Reflexology,  
lip plumping and eye recovery  
treatment concluded with a Head  
Neck & Back Massage! Ooh la la!

**155 minutes \$175**  
**(\$190 value)**

## Massages Only

### Luxury Retreat

Includes: Swedish Massage,  
back salt scrub with hydration,  
reflexology –completed with a  
rejuvenating and deeply relaxing  
aromatherapy scalp massage!

**125 minutes \$140**  
**(\$150 value)**

### The Bliss Package

Includes Swedish Massage,  
Reflexology and a foot scrub  
with hand and foot hydrating  
treatment. Pure Bliss!

**100 minutes \$110**  
**(\$120 value)**

In addition to all the other featured new  
packages, you may wish to take advantage  
of the already offered

### Trilogy All In One Package

A nice combination of Swedish/  
Aromatherapy; use of warm stones  
and a final touch of a hand/foot  
polish & wax.

**80 minutes \$90**  
**(\$115 value)**



*Good for purchase January 1-31, 2017. May be redeemed anytime.*

## TRILOGY 5<sup>TH</sup> ANNUAL *Holiday Potluck*

Picture this in your mind's eye: pine logs crackling in the fireplace, their red-hot coals fueling flames as they dance across the seasoned wood of warm memories from 2016, made fresh once again as you picture them glowing in the embers of the past year. Imagine a rocking chair gently moving back and forth as the photographs of months past beg a smile, or a tear. We take a sip of hot cocoa and watch colorful marshmallows bob in the cup. They remind us of how we made new friends and make us thankful for our old friends.

Trilogy is a place where smiling faces and gentle people come together to create bonds held fast by a variety of individuals who, from time to time, become family. The glue that bonds us as one comes, in part, from a staff committed to professional, yet personal care for each individual. At Trilogy, we are not just familiar with each other, we are a family!

As you prepare to hang your stocking by the fireplace with care, put a special memory in, one that will be joyfully recalled this time next year, when we all gather together to reminisce about 2017. It takes a wonderful group of people to fill the photo album at Trilogy. Each of you is a page, a portrait, special, unique, and necessary. From our house to your house, we extend our blessings as we travel once again out of the old and into the new.

The 5<sup>th</sup> Annual Holiday Potluck was a success! Over 120 people gathered to enjoy the warmth and beauty of friendships, food, and the chance at over 130 prizes donated by many generous businesses, artists and photographers, both trilogy and local. A very special thank you to the following people and businesses that gave so generously of their time, lovely works of art, and awesome gifts they donated. Thank you for making this the biggest and best Holiday Potluck yet!



## *Special Thanks...*

Ace Hardware – Oilwell Materials & Hardware  
Acupuncture Dr. Charles Peri  
Anna Chunn - Artist  
Betty Bowley  
Brand You Consignment - Angela  
BST Ink Clothing – Lynette Brister  
Carissa Tucker  
Carolyn Azbell  
Dee's Novelty / Dee Bush  
Deluxe Salon - Natalie  
Denise Rubiacio  
Diane King - Photographer  
Dollar Store  
Donnelly Florist – Sarah Donnelly  
Doris Noriega - Photographer  
Florence Lauzon - Artist

Fosters Bighorn  
Gabrielle Charbonneau  
Hap's Bait – Sharon Stafford  
Hema Kumar  
Hong Kong Seafood Restaurant  
Jerry Washington  
Laurie Mueller  
Lillian Garlick  
Lira's Supermarket  
Lorle Kennedy  
Marlene Percivalle  
Nails 4U  
Pat Puryear - Artist  
Patty Avery  
Paul & Patty Peterson  
Peter Bradbury - Author

Pizza Factory  
Richard Laswell - Artist  
Rio Vista Bait and Tackle – Jason Sheppard  
Rio Vista Market  
Rob Pedersen Insurance  
Robin's Nest  
Sharon McDougall – Mary Kay  
Sheer Bliss Salon – Morgan Silva  
Stan & Nancy Toledo  
Sue Rose  
Taqueria Mexico Restaurant  
Tiffany Hill  
Trilogy Fitness & Spa Department  
Wendy Manfredonia  
3 Sisters - Arlene



## Deanna's Yoga Series



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

**INSTRUCTOR: DEANNA ARAYA**

When: Saturdays 9:00-10:00am

Date: February 18 – March 25, 2017

Where: Diablo Ballroom Vista or Group Ex Studio

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

## FEEL GOOD CLASS BENEFITS

Testimonials from the "Feel Good Class" Participants

- More of everything Good!
  - Endurance / Energy
    - Flexibility
  - Strength / Balance
    - Independence
    - Laughter / Fun
- Health (more stable blood sugar)
  - Companionship
  - Pain Stiffness
- Less of everything Bad!



Class meets Tuesday & Thursdays

1:00-2:00pm Group Ex Studio

Instructor: Beverly Shilich

## Aqua Joint Sign-ups Begin

Back by popular demand

Thursdays 3-4pm

Sign up at

Member Services Desk

\$45 for 8 classes

Beginning January 12, 2017

Instructor Beverly Shilich

## PERSONAL TRAINER ON FLOOR

Every WEDNESDAY from 9:45-10:45AM  
meet Personal Trainer Pat Puryear



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

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

**To schedule an appointment call 374-4200  
or email [kerwin@actionlife.com](mailto:kerwin@actionlife.com)**

# **CAN DO GARAGE CABINETS**

## **Cabinet Storage**

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

### **Garage Cabinets Installation Special!**



### **Custom Closets Installation Special!**



### **Custom Pull Out Trays Installation Special!**



### **Overhead Storage Racks Installation Special!**



**Open 7  
Days a  
Week**

***Same Day Installation!***

**3340 Swetzer Rd. Loomis, CA 95650**

**916-893-4116**

**Lic#: 716483**

**candocabinets.com**



Key

**Bold = New/Change**

(B)eginning

(I)ntermediate

(A)dvanced

TrilogyLiving

Fitness Class Schedule for January 2017

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

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. You can attend as many classes as you want! Get your cards at 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: **Elvira Ibay**

**January Fitness Orientations: Sat. Jan. 7 at 11 a.m., Wed. Jan. 18 at 6 p.m., Sat. Jan. 28 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
<b>2</b>  8:30-9:30am WOW-TABATA-TABATA (B/I) (GX) Pat 9-10am Yoga/Pilates (B) (DB) Deanna 9:45-10:45am Wake-up and Move (B/I) (RV) /Pat 10-10:45am Core Balance and Standing Abs (B) (GX) <b>Sophie</b> 10-11am Meditation Breathing (B) (DB) Deanna 10:45-11:30am ZUMBA Toning (B/I) (GX) <b>Sophie</b> 11:30-12:15pm ZUMBA Dance (B/I) (GX) <b>Sophie</b> 4-5pm Stretch and Flex (B/I) (GX) Tammy 6:30-7:30 Yoga/Pilates (B/I) (GX or DB) Deanna	<b>3</b>  8-9am Bodyworks (B/I/A) (GX) Kathy 9-10am Myofascial Release Stretch (B) (GX) Joele 9:30-10:30am Aqua Fit (B) (VP) Denise 10-11am Beginning Pilates (B/I) (GX) Joele 11-12pm Feel Good Class (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly	<b>4</b>  7-8am Early Yoga (B) (DB) Tammy 8-9am Back To Basics Yoga (B/I) (DB) Tammy 8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat) 9:30-10:30am Aqua Fit (B) (VP) Denise 9:30-10am Dancercise (B/I) (GX) Joele <b>(1<sup>st</sup> Wednesday of month only)</b> <b>9:30-10am Stretch (B/I) Joele (January 11, 18 &amp; 25)</b> 10-11:30am Hot ZUMBA (I/A) (GX) Prescy 6:30-7:30pm Balance Ball (GX) Deanna	<b>5</b>  8-9am Bodyworks (B/I/A) (GX) Kathy 9-10am Core/Stretch (B) (GX) Joele 9-10am Tai Chi (B/I) (GX) Lillian 9:30-10:30am Advanced Aqua (B/I/A) (VP) Kathy 10-11am Step Aerobics (B/I/A) (GX) Pat 11-12pm Feel Good Class (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly 2:30-3:30pm Yoga (B/I) (GX) Tammy	<b>6</b>  7-8am Early Yoga (B) (DB) Tammy 8:30-9:30pm WOW-TABATA-BOOM (B/I) (GX) Pat 9-10am Yoga/Pilates (B) (DB) Deanna 9:30-10:30am Advanced Aqua (B/I/A) (VP) Kathy 10-10:45am Core Balance and Standing Abs (B) (GX) Sophie 10-11am Balance Ball (DB) Deanna 10:45-11:30am ZUMBA Toning (B/I) (GX) Sophie 11:30-12:15pm ZUMBA Dance (B/I) (GX) Sophie	<b>7</b>  8-9am Step Aerobics (GX) Pat 10:15am-11:45am ZUMBA Power (GX) <b>Prescy</b>
<b>9</b>  8:30-9:30am WOW-TABATA-TABATA (B/I) (GX) Pat 9-10am Yoga/Pilates (B) (DB) Deanna 9-10am Advanced Aqua (B/I/A) (VP) Kathy 10-11am Aqua Fit (B) (VP) Denise 9:45-10:45am Wake-up and Move (B/I) (RV) /Pat 10-10:45am Core Balance and Standing Abs (B) (GX) <b>Sophie</b> 10-11am Meditation Breathing (B) (DB) Deanna 10:45-11:30am ZUMBA Toning (B/I) (GX) <b>Sophie</b> 11:30-12:15pm ZUMBA Dance (B/I) (GX) <b>Sophie</b> 4-5pm Stretch and Flex (B/I) (GX) Tammy 6:30-7:30 Yoga/Pilates (B/I) (GX or DB) Deanna	<b>10</b>  8-9am Bodyworks (B/I/A) (GX) Kathy 9-10am Myofascial Release Stretch (B) (GX) Joele 9:30-10:30am Aqua Fit (B) (VP) Denise 10-11am Beginning Pilates (B/I) (GX) Joele 11-12pm Feel Good Class (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly	<b>11</b>  7-8am Early Yoga (B) (DB) Tammy 8-9am Back To Basics Yoga (B/I) (DB) Tammy 8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat) 9:30-10:30am Aqua Fit (B) (VP) Denise <b>9:30-10am Stretch (B/I) Joele (January 11, 18 &amp; 25)</b> 10-11:30am Hot ZUMBA (I/A) (GX) Prescy 6:30-7:30pm Balance Ball (GX) Deanna	<b>12</b>  8-9am Bodyworks (B/I/A) (GX) Kathy 9-10am Core/Stretch (B) (GX) Joele 9-10am Tai Chi (B/I) (GX) Lillian 9:30-10:30am Advanced Aqua (B/I/A) (VP) Kathy 10-11am Step Aerobics (B/I/A) (GX) Pat 11-12pm Feel Good Class (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly 2:30-3:30pm Yoga (B/I) (GX) Tammy	<b>13</b>  7-8am Early Yoga (B) (DB) Tammy 8:30-9:30pm WOW-TABATA-BOOM (B/I) (GX) Pat 9-10am Yoga/Pilates (B) (DB) Deanna 9:30-10:30am Advanced Aqua (B/I/A) (VP) Kathy 10-10:45am Core Balance and Standing Abs (B) (GX) Sophie 10-11am Balance Ball (DB) Deanna 10:45-11:30am ZUMBA Toning (B/I) (GX) Sophie 11:30-12:15pm ZUMBA Dance (B/I) (GX) Sophie	<b>14</b>  8-9am Step Aerobics (GX) Pat <b>10:15am-11:45am ZUMBA Power (GX) Sophie</b>
<b>16</b>  8:30-9:30am WOW-TABATA-TABATA (B/I) (GX) Pat 9-10am Yoga/Pilates (B) (DB) Deanna 9-10am Advanced Aqua (B/I/A) (VP) Kathy 10-11am Aqua Fit (B) (VP) Denise 9:45-10:45am Wake-up and Move (B/I) (RV) /Pat 10-10:45am Core Balance and Standing Abs (B) (GX) <b>Sophie</b> 10-11am Meditation Breathing (B) (DB) Deanna 10:45-11:30am ZUMBA Toning (B/I) (GX) <b>Sophie</b> 11:30-12:15pm ZUMBA Dance (B/I) (GX) <b>Sophie</b> 4-5pm Stretch and Flex (B/I) (GX) Tammy 6:30-7:30 Yoga/Pilates (B/I) (GX or DB) Deanna	<b>17</b>  8-9am Bodyworks (B/I/A) (GX) Kathy 9-10am Myofascial Release Stretch (B) (GX) Joele 9:30-10:30am Aqua Fit (B) (VP) Denise 10-11am Beginning Pilates (B/I) (GX) Joele 11-12pm Feel Good Class (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly	<b>18</b>  7-8am Early Yoga (B) (DB) Tammy 8-9am Back To Basics Yoga (B/I) (DB) Tammy 8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat) 9:30-10:30am Aqua Fit (B) (VP) Denise <b>9:30-10am Stretch (B/I) Joele (January 11, 18 &amp; 25)</b> 10-11:30am Hot ZUMBA (I/A) (GX) Prescy 6:30-7:30pm Balance Ball (GX) Deanna	<b>19</b>  8-9am Bodyworks (B/I/A) (GX) Kathy 9-10am Core/Stretch (B) (GX) Joele 9-10am Tai Chi (B/I) (GX) Lillian 9:30-10:30am Advanced Aqua (B/I/A) (VP) Kathy 10-11am Step Aerobics (B/I/A) (GX) Pat 11-12pm Feel Good Class (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly 2:30-3:30pm Yoga (B/I) (GX) Tammy	<b>20</b>  7-8am Early Yoga (B) (DB) Tammy 8:30-9:30pm WOW-TABATA-BOOM (B/I) (GX) Pat 9-10am Yoga/Pilates (B) (DB) Deanna 9:30-10:30am Advanced Aqua (B/I/A) (VP) Kathy 10-11am Balance Ball (DB) Deanna	<b>21</b>  8-9am Step Aerobics (GX) Pat <b>10:15am-11:45am ZUMBA Power (GX) Prescy</b>
<b>23</b>  8:30-9:30am WOW-TABATA-TABATA (B/I) (GX) Pat 9-10am Yoga/Pilates (B) (DB) Deanna 9-10am Advanced Aqua (B/I/A) (VP) Kathy 10-11am Aqua Fit (B) (VP) Denise 9:45-10:45am Wake-up and Move (B/I) (RV) /Pat 10-10:45am Core Balance and Standing Abs (B) (GX) <b>Sophie</b> 10-11am Meditation Breathing (B) (DB) Deanna 10:45-11:30am ZUMBA Toning (B/I) (GX) <b>Sophie</b> 11:30-12:15pm ZUMBA Dance (B/I) (GX) <b>Sophie</b> 4-5pm Stretch and Flex (B/I) (GX) Tammy 6:30-7:30 Yoga/Pilates (B/I) (GX or DB) Deanna	<b>24</b>  8-9am Bodyworks (B/I/A) (GX) Kathy 9-10am Myofascial Release Stretch (B) (GX) Joele 9:30-10:30am Aqua Fit (B) (VP) Denise 10-11am Beginning Pilates (B/I) (GX) Joele 11-12pm Feel Good Class (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly	<b>25</b>  7-8am Early Yoga (B) (DB) Tammy 8-9am Back To Basics Yoga (B/I) (DB) Tammy 8:30-9:30am WOW – TABATA – BOOM (B/I) (GX) (Pat) 9:30-10:30am Aqua Fit (B) (VP) Denise <b>9:30-10am Stretch (B/I) Joele (January 11, 18 &amp; 25)</b> 10-11:30am Hot ZUMBA (I/A) (GX) Prescy 6:30-7:30pm Balance Ball (GX) Deanna	<b>26</b>  8-9am Bodyworks (B/I/A) (GX) Kathy 9-10am Core/Stretch (B) (GX) Joele 9-10am Tai Chi (B/I) (GX) Lillian 9:30-10:30am Advanced Aqua (B/I/A) (VP) Kathy 10-11am Step Aerobics (B/I/A) (GX) Pat 11-12pm Feel Good Class (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly 2:30-3:30pm Yoga (B/I) (GX) Tammy	<b>27</b>  7-8am Early Yoga (B) (DB) Tammy 8:30-9:30pm WOW-TABATA-BOOM (B/I) (GX) Pat 9-10am Yoga/Pilates (B) (DB) Deanna 9:30-10:30am Advanced Aqua (B/I/A) (VP) Kathy 10-10:45am Core Balance and Standing Abs (B) (GX) Sophie 10-11am Balance Ball (DB) Deanna 10:45-11:30am ZUMBA Toning (B/I) (GX) Sophie 11:30-12:15pm ZUMBA Dance (B/I) (GX) Sophie	<b>28</b>  8-9am Step Aerobics (GX) Pat <b>10:15am-11:45am ZUMBA Power (GX) Sophie</b>
<b>30</b>  8:30-9:30am WOW-TABATA-TABATA (B/I) (GX) Pat 9-10am 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 10-10:45am Core Balance and Standing Abs (B) (GX) <b>Sophie</b> 10-11am Meditation Breathing (B) (DB) Deanna 10:45-11:30am ZUMBA Toning (B/I) (GX) <b>Sophie</b> 11:30-12:15pm ZUMBA Dance (B/I) (GX) <b>Sophie</b> 4-5pm Stretch and Flex (B/I) (GX) Tammy 6:30-7:30 Yoga/Pilates (B/I) (GX or DB) Deanna	<b>31</b>  8-9am Bodyworks (B/I/A) (GX) Kathy 9-10am Myofascial Release Stretch (B) (GX) Joele 9:30-10:30am Aqua Fit (B) (VP) Denise 10-11am Beginning Pilates (B/I) (GX) Joele 11-12pm Feel Good Class (B) (GX) Beverly 1-2pm Sit and Get Fit (B) (GX) Beverly	<div>Happy New Year</div> <div>2017</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**

January 2017 Club and Activity Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b> <b>New Year's Day</b> <b>10am Polar Bear Plunge (Delta Pool)</b>	<b>2</b> 8am Social Tennis 8:30am Woodcarving (D) 9:30am Walk & Talk (V) 10:30am Garden Club Planning Com (D) 10:30am Saddle Rock Village ARC (V) 12pm Open Painting (D) 12:30pm Rip, Stitch & Bitch (V) 12:30pm Mah Jongg (V) 1pm TAG Monthly (D) 2:30pm Pickelball (Tennis Courts 1 & 2) 3pm Guitar Club (V) 3pm Oakmont Village RC Social Com (V) 5pm Whist Planning (V) 6pm Poker (D) 6:30pm Game Night (V)	<b>3</b> 8am Social Tennis 8:30am Radio Club (V) <b>9am Amenities Committee Workshop (V)</b> 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) 4:15pm Table Tennis (D) 5pm Billiards Club Tournament (V) 5pm Tai-chi & Yuan-chi (V) 5:30pm Couples Canasta (D) 6:30pm Religions of the World (D)	<b>4</b> 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 Stained Glass (D) 11am Horseshoes (Brockton Park) 11am Ukulele Club (V) 11am Pickleball (Tennis Courts 1 & 2) 12:30pm Fat Quarters Quilters (D) 1pm Village Riviera ARC (D) 1:30pm Jazz Band (V) 2pm Open Painting (D) 2pm Card Design Class (D) 2pm Saddle Rock RC Social Com (V) 4:30pm Table Tennis (D) 7pm Billiard Club Membership (V) 7pm Singles Club (V) 7pm Square Dance (D)	<b>5</b> 8am Social Tennis 8:30am Women's 18-Hole Golf 9am Eagle Point Village ARC (D) 9:30am Ceramics (D) 9:30am Women's Fellowship (V) 11am Pickleball (Tennis Courts 1 & 2) 12:15pm Ponytail Canasta (V) 1pm Good Samaritans (D) 2pm Genealogy Club (V) 5pm Table Tennis (D) 5pm Tai-chi for Beginners (V) <b>5:30pm Village Riviera BOD (D)</b> <b>5:45pm Village Riviera HOA (D)</b> 6pm Yuan-chi & Fan Dance (V) <b>6:30 Village Riviera Annual Mtg (D)</b> 6:30pm Pinochle (V) 7pm Photography Club (V) 7pm Ballroom Dance - Adv (V) 8pm Ballroom Dance - Beg (V)	<b>6</b> 8am Social Tennis 8:50am Cycling Club (Delta Parking Lot) 9am Model Club (V) 9:30am Walk & Talk (V) 10am Rubber Stamp Card Making (D) 10:30 Country Line Dance (D) 11am Book Club: 66 Bible Books (V) 12pm Adv Watercolor Painting (D) 12:15pm Friday Duplicate Bridge (V) 6pm Joy Luck Mah Jongg (V)	<b>7</b> 8am Motorcycle Club (Off-site) 9am Model Club – Garden Railway (V) 9am Table Tennis (D) 9:30am Hiking Club (V) 6pm Texas Hold'em / Omaha Poker (D)
<b>8</b> <b>10am – 3pm Trilogy Produce Market (D)</b> 7pm Dance Club with Solid Gold (V)	<b>9</b> 8am Social Tennis 8:30am Woodcarving (D) 9am Olympic Village ARC (V) 9:30am Walk & Talk (V) 10am Village Oakmont ARC (V) 11:30am Rip, Stitch & Bitch (V) 12pm Open Painting (D) 12pm Duplicate Bridge (V) <b>2pm TRVMA Executive Session (V)</b> <b>3pm Clubhouse Improvements Com (D)</b> 5pm Whist Planning (V) <b>5:30pm Olympic Village BOD (D)</b> <b>5:45pm Olympic Village HOA (D)</b> 6pm Soul Line Dancing (D) 6pm Poker (D) <b>6:30 Olympic Village Annual Mtg (D)</b> 6:30pm Game Night (V) 6:30pm MOTN Rehearsal (V) 7pm Model Club RC Aircraft (V)	<b>10</b> 8am Social Tennis 8:30am Radio Club (Offsite RV Firehouse) 9:30am Women's 9-Holers Golf 10:30am Country Line Dancing (D) 10:30am Book Club (V) 11:30am TRVMEN Golf 12pm Cooking Club (D) 12:15pm Beg Watercolor (D) 12:15pm Hand & Foot Canasta (V) 1:30pm Women's 9-Holers Golf <b>2pm TRVMA Board (V)</b> 4:15pm Table Tennis (D) 5pm Billiards Club Tournament (V) 5pm Tai-chi & Yuan-chi (V) <b>6pm Emergency Action Com (D)</b>	<b>11</b> 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 Stained Glass (D) 10am Kare Bears – Village Oakmont (D) <b>10am Computer Class – Excel Workshop (V)</b> 11am Horseshoes (Brockton Park) 11am Ukulele Club (V) 11am Pickleball (Tennis Courts 1 & 2) <b>12:30pm Computer Class – Comp Basics (V)</b> 12:30pm Fat Quarters Quilters (D) 1:30pm Jazz Band (V) 2pm Open Painting (D) 2pm Card Design Class (D) 4:30pm Table Tennis (D) 6:30pm Nature Club (V) 6:30pm MOTN Rehearsals (V) 7pm VORC Quarterly (D) 7pm Singles Club (V) 7pm Square Dance (D)	<b>12</b> 8am Social Tennis 8:30am Women's 18-Hole Golf 9am Blood Pressure Check (D) 9:30am Ceramics (D) 9:30am Women's Fellowship (V) 10am Council for the Arts (V) 11am Pickleball (Tennis Courts 1 & 2) 12:15pm Ponytail Canasta (V) 1pm Garden Club (V) 1pm Good Samaritans (D) 3:30pm Sr Men's Golf Board (V) 5pm Table Tennis (D) 5pm Tai-chi for Beginners (V) <b>5:30pm Village I BOD (D)</b> <b>5:45pm Village I HOA (D)</b> 6pm Yuan-chi & Fan Dance (V) <b>6:30 Village I Annual Mtg (D)</b> 6:30pm Pinochle (V) 7pm Ballroom Dance - Adv (V) 8pm Ballroom Dance - Beg (V)	<b>13</b> 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 (D) <b>7pm Open Mic Night (V)</b>	<b>14</b> 9am Model Club – Garden Railway (V) 9am Table Tennis (D) 9:30am Hiking Club (V) 6pm Texas Hold'em / Omaha Poker (D) 7pm Theater Group Read Aloud (V)
<b>15</b> 12pm Supper Club Brunch (D) 6pm Singles Club Barbeque (D) 6:30pm This 'n That Coffee House (V)	<b>16</b> 8am Social Tennis 8:30am Woodcarving (D) 9:30am Walk & Talk (V) <b>10am Council of Village Presidents (D)</b> 10:30am Saddle Rock Village ARC (V) 12pm Open Painting (D) 12:30pm Rip, Stitch & Bitch (V) 12:30pm Mah Jongg (V) <b>2pm Special Board Mtg. (D)</b> <b>2pm Martin Luther King, Jr. Event (V)</b> 2:30pm Pickleball (Tennis Courts 1 & 2) 3pm Guitar Club (V) 5pm Whist Planning (V) 6pm Poker (D) 6pm Soul Line Dancing (D) 6:30pm Game Night (V) 6:30pm MOTN Rehearsal (V) 7pm Fishing Club (D) 7pm Hiking Club (V)	<b>17</b> 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 Eagle Point RC Social Com (V) 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) <b>6:30pm TRVMA Board Candidates Forum (V)</b>	<b>18</b> 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 Stained Glass (D) <b>10am Computer Class – Pictures Workshop (V)</b> 11am Horseshoes (Brockton Park) 11am Ukulele Club (V) 11am Pickleball (Tennis Courts 1 & 2) <b>12:30pm Computer Class – Create, Find, Work with Files (V)</b> 12:30pm Fat Quarters Quilting (D) 1pm Village Riviera ARC (D) 1:30pm Jazz Band (V) 2pm Open Painting (D) 2pm Card Design Class (D) 4:30pm Table Tennis (D) <b>5:30pm Saddle Rock Village BOD (D)</b> <b>5:45pm Saddle Rock Village HOA (D)</b> <b>6:30 Saddle Rock Village Annual Mtg (D)</b> 6:30pm MOTN Rehearsal (V) 7pm Singles Club (V) 7:30pm Saddle Rock Village RC (D)	<b>19</b> 8am Social Tennis 8:30am Women's 18-Hole Golf 9am Eagle Point Village ARC (D) 9:30am Ceramics (D) 9:30am Women's Fellowship (V) 11am Pickleball (Tennis Courts 1 & 2) 12:15pm Ponytail Canasta (V) 1pm Good Samaritans (D) 2pm Genealogy Workshop (V) 4pm Sr. Men's Golf General (D) 5pm Table Tennis (D) 5pm Village Riviera RC (V) 5pm Tai-chi for Beginners (V) 5:30pm Dinner Theater Production (Offsite: Sir Flairs) <b>5:30pm Village Oakmont BOD (D)</b> <b>5:45pm Village Oakmont HOA (D)</b> 6pm Yuan-chi & Fan Dance (V) <b>6:30 Village Oakmont Annual Mtg (D)</b> 6:30pm Pinochle (V) 7pm Ballroom Dance - Adv (V) 8pm Ballroom Dance - Beg (V)	<b>20</b> 8am Social Tennis 8:50am Cycling Club (Delta Parking Lot) 9:30am Walk & Talk (V) 10am Rubber Stamp Card Making (D) 10:30am Country Line Dance (D) 11am Book Club: 66 Bible Books (V) 11am Pickleball (Tennis Courts 1 & 2) 12pm Adv Watercolor (D) 12:15pm Friday Bridge (V) 2pm Writers Club (V) 5:30pm Dinner Theater Production (Offsite: Sir Flairs) 6pm Joy Luck Mah-Jongg (V) 7pm Whist Club (D)	<b>21</b> 9am Model Club – Garden Railway (V) 9am Table Tennis (D) 9:30am Hiking Club (V) <b>2pm Comedy Las Vegas Show – Red Skelton Tribute (V)</b> 6pm Texas Hold'em / Omaha Poker (D) <b>7pm Comedy Las Vegas Show – Red Skelton Tribute (V)</b>
<b>22</b> <b>10am – 3pm Trilogy Produce Market (D)</b>	<b>23</b> 8am Social Tennis 8:30am Woodcarving (D) 9am Olympic Village ARC (V) 9:30am Walk & Talk (V) 10am Village Oakmont ARC (V) 12pm Open Painting (D) 12:30pm Rip, Stitch & Bitch (V) 12:30pm Mah Jongg (V) <b>1pm Access Com (D)</b> 2:30pm Pickleball (Tennis Courts 1 & 2) <b>2:30pm Amenities Com (V)</b> <b>3pm Clubhouse Improvements Com (D)</b> 5pm Whist Planning (V) 6pm Poker (D) 6pm Soul Line Dancing (D) 6:30pm Game Night (V) 6:30pm MOTN Rehearsal (V) <b>7pm Budget Workshop, Member Input (V)</b>	<b>24</b> 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) 12:30pm Dog Club (D) 4:15pm Table Tennis (D) 5pm Billiards Club Tournament (V) 5pm Tai-chi & Yuan-chi (V) <b>6pm Emergency Action Com (D)</b> 7pm Theater Group (D) <b>6:30pm TRVMA Board Candidates Meet &amp; Greet (V)</b>	<b>25</b> 8am Social Tennis 8am TOPS (D) 9:30am Bridge Lessons (V) 9:30am Walk & Talk (V) 10am Men's Fellowship (D) 10am Stained Glass (D) 11am Horseshoes (Brockton Park) 11am Ukulele Club (V) 11am Pickleball (Tennis Courts 1 & 2) 12:30pm Fat Quarters Quilting (D) 1:30pm Jazz Band (V) 2pm Open Painting (D) 2pm Card Design Class (D) 4:30pm Table Tennis (D) 6:30pm MOTN Rehearsal (V) 7pm Singles Club (V) 7pm Square Dance (D)	<b>26</b> 8am Social Tennis 8:30am Women's 18-Hole Golf 9:30am Ceramics (D) 9:30am Women's Fellowship (V) 11am Pickleball (Tennis Courts 1 & 2) 12:15pm Ponytail Canasta (V) <b>1pm Community Advisory Com (D)</b> 1pm Good Samaritans (D) 2pm Community Connections (V) 5pm Table Tennis (D) 5pm Tai-chi for Beginners (V) 5:30pm Dinner Theater Production (Offsite: Sir Flairs) <b>5:30pm Eagle Point Village BOD (D)</b> <b>5:45pm Eagle Point Village HOA (D)</b> 6pm Yuan-chi & Fan Dance (V) <b>6:30 Eagle Point Village Annual Mtg (D)</b> 6:30pm Pinochle (V) 7pm Ballroom Dance - Adv (V) 7:30pm Eagle Point Village RC (D) 8pm Ballroom Dance - Beg (V)	<b>27</b> 8am Social Tennis 8:50am Cycling Club (D) 9am Village 1 ARC (V) 9:30am Walk & Talk (V) 10am Rubber Stamp Card Making (D) 10am Tennis Club (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) 5:30pm Dinner Theater Production (Offsite: Sir Flairs) 7pm Bingo (D)	<b>28</b> 9am Model Club – Garden Railway (V) 9am Table Tennis (D) 9:30am Hiking Club (V) <b>2pm Concert – Joni Morris “Legendary Ladies of Country Music” (V)</b> 6pm Texas Hold'em / Omaha Poker (D) <b>7pm Concert – Joni Morris “Legendary Ladies of Country Music” (V)</b>
<b>29</b>	<b>30</b> 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) <b>2pm Budget Workshop, Member Input (V)</b> 2:30pm Pickleball (Tennis Courts 1 & 2) 5pm Whist Planning (V) 6pm Poker (D) 6pm Soul Line Dancing (D) 6:30pm Game Night (V) 6:30pm MOTN Rehearsal (V)	<b>31</b> 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) 4:15pm Table Tennis (D) 5pm Billiards Club Tournament (V) 5pm Tai-chi & Yuan-chi (V) 7pm Drama Club (D)				



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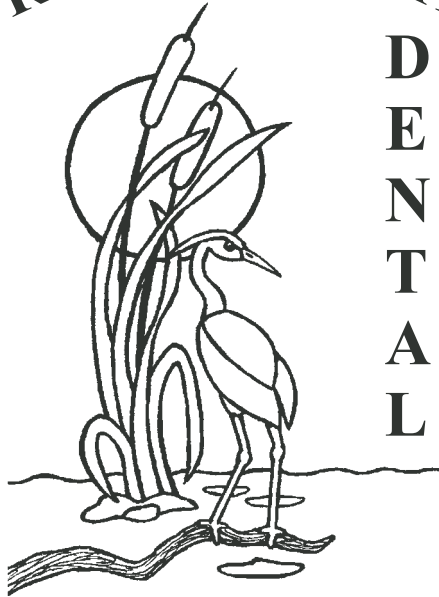
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## Bicycle



Ride for fitness, fun, and friendship.

Meet at 8:50 a.m. in front of the Delta Club. Our average distance is 23 miles, but riding less is an option. There are plenty of regroupings and

no one is left behind. Bring money for a possible coffee stop. Helmets are required. Contact Al or Marcia Morrison at 707-374-5177 or marcialsj@netscape.net for more information. This month's photo is Cliff Benzel. Cliff has ridden many centuries, metric centuries, and has done the 129-mile Death Ride twice. Cliff likes the ride around Ryer Island. He says, "the free ferry ride takes you to a road that has rivers on one side and agricultural on the other side, and very light vehicular traffic. You can't beat this ride on a sunny winter day, as there's usually light winds and cooler temperatures."

Wednesday Casual Ride: The new start time is 9 a.m. This ride is led by Michael Gaertner and meets in front of the Delta Club. Ride 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.

## Bingo

We are back. Bring friends and start the new year right by enjoying the bingo games. Mark your calendar for the fourth Friday of the month (January 27) for Bingo at the Delta Club. Games begin promptly at 7 p.m. Buy-in for each person is \$10 for 12 games. We have one early-bird special: one card for \$1. The prize money for each game is \$50 and the blackout prize is \$250. For more information, call Irene at 707-374-6999.

## Bocce

The 2016 bocce season has ended. Well over 600 residents participated in either the morning, night or harvest leagues. Social events were held by all the leagues and some new friendships were formed. Looking ahead, 2017 league play could start in April and run into September, depending on the number of teams and people that sign up. All residents are welcome to join the bocce club and participate in league play. Experience not required: we offer training.

New teams and new players will have the whole month of February to sign up. Full details will appear in the February issue of *Trilogy Living*, placed on our blog at mytrilogy-life.com and posted on the bocce bulletin boards at both the Summerset and Cypress courts. Existing team captains and players should note the following dates on their calendars: Saturday, February 11: existing team captains meeting, Saturday, March 18: final sign up for all teams and players. The meetings will be held in the DELTA, from 10 a.m. to noon. THINK SPRING, DREAM BOCCE and 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.

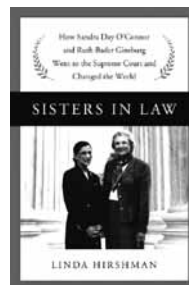
## Book Club - 66 Bible Books

We trust that everyone has enjoyed the Christmas season and with the start of the New Year, we are very excited about getting back to our weekly meetings. We will reconvene our meetings in 2017 starting on January 6. We will continue meeting on Fridays from 11 a.m. – 12:30 p.m. in the Monterey Room of the Vista Club.

We encourage and look forward to having anyone who would like to attend our club meetings join us. We will be continuing reading, studying, and discussing the Book of Numbers. It is never too late to join in on the fellowship enjoyed by everyone attending the 66 Bible Books Club.

Please contact either Gary or Deb Dunham at 707-374-5324 or gmdunham1@hotmail.com, debduham@hotmail.com for any additional information.

## Book Club



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 January 10. The book selection is *Sisters in Law* by Linda Hirschman. February's book selection is *The Little Paris Bookshop* by Nina George. There is no requirement to have read the selected book. Everyone is welcome

to join in. Feel free to stop by. For more information contact Adrienne at 707-374-5576. HAPPY NEW YEAR!

## Bridge – Duplicate

Duplicate Bridge meets the second Monday of each month at 12:15 p.m. in the Sonoma Room in the Vista Club. Please mark your calendars for our game on Monday, February 13, 2017. 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.

(continued on p. 31)

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(continued from p. 29)

### November's winners:

**Regular game:** 1st: Larry Epner and Xaio Gong; 2nd: Lynn Fortner and John Fashing; 3rd: Bruce Morrison and Nan Lowenstein

**Novice game:** 1st: David and Anna Ulrich; 2nd: Cyndy Schroeder and Tammy Woodworth.

## Bridge Club - Friday

Friday Bridge Club meets Every Friday at 12:15 p.m. in the Vista Club, Sonoma room. All levels of players are welcome. Please let us know your are coming by noon on the Wednesday of that week. The sign up book is in the Sonoma Room in the middle top drawer of the credenza at the left side of the room. On the first Friday there will be duplicate bridge, all levels welcome. Same sign up book. December Duplicate winners were Larry & Xaio and Jim and Karen. For more information or any questions, please call Larry Epner at 707-374-3511.

## Bridge Lessons

A new beginning bridge class is starting on Wednesday February 1, 2017 at 9:30 a.m. - 11:30 a.m. in the Sonoma Room in the Vista Club. Class size is limited and only pre-registered residents may attend the class. Classes continue every Wednesday morning until we have covered as many topics as you want to learn. The first two or three weeks cover a few basics about the game of bridge and consist of instruction only. In subsequent weeks the first hour of class is instruction and in the second hour you will be playing hands that you deal and play as if you were playing at home. There is no charge for the class, but each student must buy a textbook. Call Sue Vogtlin, 707-374-6136, to purchase your textbook and reserve your place in the class.

## Bunco

Happy New Year Bunco fans! Let's start the New Year with some Bunco fun. We meet at the TRV Delta Club on the second Friday of the month at 7 p.m. We start at tables of four contestants at each table. At the end of each round, two players from each table move to another table and we play again. It's the easiest game to learn, just a roll of the dice. It's a great way to meet new friends and have some laughs. We will have refreshments on the break. Looking forward to seeing you there. For further information, please call Anna Hoerz at 707-374-2239.

## Ceramics



*Jan Day and her smiling mushrooms.  
Photo by Linda Robinette.*

2017! Remember when the year 2000 came and it seemed so strange that we would be celebrating such a historical time? Now the years fly by and we all find different ways to enjoy doing new things and meeting new people. What better time to do that than a new year? In this picture, Jan Day shows her happy mushrooms. She tried some unusual glazing techniques and they turned out super. The stems have a woodsy look to them

while the tops have a variegated coloring. They really need to be seen "in person" to appreciate what she has done. We encourage everyone to try new things in ceramics and we are always surprised at the results. Come and join us and see what you can accomplish.

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 hopes everyone enjoyed their holiday and they're ready for the new year! Our meeting in January will be January 26, 2017 at 7 p.m. Please email [robiejw@hotmail.com](mailto:robiejw@hotmail.com) for details of where the meeting will be, or look for our poster in the Vista Club.

We look forward to meeting you at future meetings! For more information, contact Robie at 650-454-4299 or [robiejw@hotmail.com](mailto:robiejw@hotmail.com).

## Cooking

Happy New Year 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 had our annual Christmas Cookie Exchange which was a rousing good time. We each brought 4 dozen homemade cookies to sample and exchange. Everyone went home with a wide variety of these seasonal tasty treats. (The official club diet will start in January to help us recover). We want to thank long-time club member Sandi for sharing her beautiful Trilogy home for the event. It made it a very special occasion in a lovely setting. We also want to thank Sandi for providing a light



lunch and to those other members who kicked in as well. Thank you!

The February theme for our meeting will be based on chocolate with 5 of our members providing the tastings, so bring your favorite chocolate recipe, and share in the fun. That meeting will take place on, as you might expect, February 14, Valentine's Day.

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 noon in the River Room of the Delta Club.

Whether you're a novice cook or "well-seasoned," please join us. All are welcome. Saddleback and Eagle Point new residents: that means you!

## Council for the Arts

During the holidays, we gave grants to several clubs and organizations with funds raised from the ticket sales for Music of the Night, which opens on March 29. We are still in a giving mood and would welcome proposals from clubs and groups involved in the arts. If you have a need, come to our monthly meeting and talk to us.

Meanwhile, though the rehearsals for Music of the Night have begun, it's not too late to be a part of this annual event. We're always looking for volunteers to work behind the scenes, take tickets, and help in a variety of ways that make Music of the Night a success. No particular skills are required.

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.

## Couples Canasta

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

## Dog



Hi! Our names are Excalibur and Camelot, but we answer to Cali and Camm. We live with Phil and Phyllis Gonzales, where we kinda rule the house! We are Cardigan Welsh Corgis, and right now a lot of you are thinking, "the Queen's dogs," but no--those are Pembroke Welsh Corgis. Cardi-

gans are an older breed: a little larger, rounded ears, and we have TAILS! We also come in more colors, but we are both Blue Merles and Cali is Bi-eyed, one blue, one brown. We are excellent herders, very smart, affectionate, and we love playing with the other dogs at doggie play dates. We can't wait for the dog park to be finished. Cali, that's me on the left, is a three year old female; Camm is a six year old male.

Plans for our "Love Me, Love My Dog" Valentine's Day brunch are well underway. Look for our flyer and reservation form in this month's magazine. You can also pick up the form at the Vista or Delta clubs.

And speaking of dog parks and play days, the permitting process for the Trilogy Dog Park is still ongoing at City Hall, and eight large dogs and 24 small dogs attended our most recent play day on December 3. Vista is the temporary site for monthly play days until our park is ready.

Sue Clark, our best known member dedicated to rescue work, will be our guest speaker in January. She will update us on her volunteer work in "Pilots N Paws" and "RV to the Rescue." The club is looking for guest speakers and welcomes suggestions, particularly for veterinarians.

For more information about the dog club, contact President Sharon Primeau at [sl5prim@yahoo.com](mailto:sl5prim@yahoo.com).

## Dominoes

Do you recall the gentle sway of the cars? The deep throated whistle when approaching a crossing or a station? The slow change in acceleration when pulling a grade? Well none of these occur in Mexican Train Dominoes, but you can imagine and remember. The game is played at the Delta Club on the first and third Tuesdays at 12:30 p.m. For further information, please call Shirley at 707-374-9984.

## Drama

We hope everyone had a wonderful holiday and is looking forward to the new year of new beginnings, filled with simple pleasures and beautiful moments. We sure are, by planning for our next annual Pasta Feed Fundraiser that is

scheduled for April 22, 2017 at the Delta Club. This is our one and only fundraiser that supplements our yearlong expenses, so that we can continue to provide productions for free to all in Trilogy. Signups for volunteering for the Pasta Feed will be taken at our next monthly meeting.

Even as a teacher, I have always suffered from "stage fright" when speaking in front of large groups. Two years ago, I walked into a drama club meeting fairly intimidated by all the smiling faces. They welcomed me, and, after listening to me read from a script, they gave me a minor role as a walk-in patient that hurt her funny bone and could not stop laughing. Who would have known that I was later asked to do a bigger part in the same play because someone unfortunately became ill? Then on top of that, I broke my right wrist a week before dress rehearsals started. They improvised the injury into the play and the rest is history! Now I am hooked and loving it. Discover your own "second act" and try a bit of acting with other congenial supporting seniors just like you and me! You are welcome to come to our next membership meeting on Tuesday, January 31, 2017, at 7 p.m. at the Delta Club. Please contact Judy Calpo for more information at 707-374-2924.

## Fat Quarter Quilters

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

## Fishing

Happy New Year! As we say goodbye to 2016 we are looking forward to a new year of fishing! We are open to men or women who enjoy the art of fishing: from beginners to experienced, fresh water or ocean, all are welcomed. Come and have a cup of coffee and share your fishing stories and pictures. We meet the third Monday of the month at 7 p.m. in the Marina room in the Delta Club. Hope you see you there!

## Garden



The Garden Club has decided to have evening meetings starting in March 2017. These evening meetings will only be March 2, June 8, September 7 and December 14. This means the afternoon meetings in those months are cancelled/changed to the evening times. Please make the adjustments you need to the times and/or dates for these four months.

## Genealogy

Our club continues to grow each year as the interest in genealogy increases. The first of two monthly meetings is a roundtable discussion where research brick walls are discussed as well as great discoveries. Each of us contributes to the discussion time and there's always input from everyone; it's a nice open forum. Beginners and advanced alike are welcome. The second meeting is a workshop, which presents and demonstrates the various research websites and techniques as well as DNA research. We hope you will join us this year. Here are some research hints: we've found that Heritage Quest is new and improved. Go to the Solano County Library online and click on Research. Heritage quest will be down the page, click on it and enter the 14-digit number on the back of your library card. Lots of new research information including maps of the states showing the county changes. Also, Facebook continues to provide us with additional research sites. Recently found on Facebook was a research community for individuals to ask questions, share genealogy resources and news information with one another regarding the states and counties. U.S. West Genealogy Research Community covers the Western part of the U.S., including California, Oregon and Washington. U.S. South Genealogy Research Community covers North and South Carolina, Virginia, Washington D.C. as well as many other states. U.S. Midwest and U.S. Northeast completes the list.

Club meetings take place the first Thursday of the month at 2 p.m. in the Monterey Room, Vista Club. The workshop is held the third Thursday at 2 p.m. in the learning center, Vista club. For more information, Contact Carolyn at wncbridges@comcast.net or 510-334-0912.

## Good Samaritans

### "Have a Blessed New Year"

If Dr. Martin Luther King, Jr. were alive today, we believe he would advise us not to rehash the same old story about him every year, and instead keep his vision alive.



He probably would explain the story in the Bible about The Good Samaritan man found in *Luke 10:33*. If you see your brother or sister down and out, reach out with love, kindness and compassion.

Dr. King, a minister of the Gospel, gave us words of wisdom to live by, such as:





1. "I have decided to stick with Love. Hate is too great a burden to bear."
2. "Love is the only force capable of transforming an enemy into a friend."

The Good Samaritans meet every Thursday, at 1pm in the Marina Room at the Delta Club.

**Scripture of the Month: 2 Chronicles 7:14**

## Guitar



Seven Coffee House players performed half hour sets to an appreciative crowd in the Grand Living Room in November. Because this venue was so popular, we have decided to

make this a semi-annual event with the next performance in March. Photo is of Lou Ann Lanham and her son performing in the Grand Living Room.

Our first Coffee House of the new year is on Sunday, January 15 in the Diablo Ballroom from 6:30 p.m. - 8:30 p.m. Stop in and listen to your neighbors sing and play guitar/ukulele and listen to some short compelling readings of poetry and prose. It's a relaxing evening of music and the spoken word. Coffee and snacks are free and there is no admission. Our other winter Coffee House is March 5 and the first spring Coffee House is April 16.

If you are interested in performing at the Coffee House, come to any of our meetings and play with us. The Coffee House is not an Open Mic event.

Guitar Club meets in the Diablo Ballroom on the first Monday of the month from 3 p.m. - 5 p.m. and meets 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.

If you want to learn to play guitar, need help changing strings or just want some advice, consider coming to our Beginners Workshop on the second and fourth Fridays of the month in the Diablo Ballroom from 2 p.m. - 4 p.m.

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

## Havurah Friends

We will be taking a January break. Please see the next issue for our meeting in February. For more info, please call Pam at 707-374-3161 or email her at [karatpah20@gmail.com](mailto:karatpah20@gmail.com).

## Hiking

The Trilogy Hiking Club is one of the oldest and largest clubs in Trilogy, formed 12 years ago with a current membership of over 250.

The Club offers a wide variety of Hiking, Special Interest and Social events; membership and most hikes are free.

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



**Special Interest Events:** These range from day trips to places such as the Mines at Black Diamond, Sacramento's Underground, and Vasco Caves, to multi night trips to Pt. Reyes, Lassen or Yosemite. (Traditionally we go to Yosemite in May and Pt. Reyes in September)

**Social Events:** Club members gather monthly at a member's home for a potluck followed by an evening of socializing and playing card or board games.

### January's Saturday trips are:

**January 7:** San Francisco Bay Trail - 5 Miles, Vallejo

**January 14:** Big Break Regional Shoreline  
3+ Miles, Oakley

**January 21:** Delta - De Anza Trail - 7 Miles, Pittsburg

**January 28:** Alamo Creek Trail - 6 Miles, Vacaville

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

## Men's Executive Nine Golf

The Rio Vista Men's Executive Nine golf club is comprised of members who enjoy playing nine holes of golf and then socializing after the game. We play each Tuesday mid-morning, either "straight" golf or a variety of tournament play formats. We would like to welcome our newest members: George Ellenberger, Tim Provence, Frank Rosas, and Manuel Santos. If you would like to join us, pick up an application form in the Pro Shop posting room or contact our Membership Chairman, Mike Warr, by phone at 253-312-8371 or email at [mwarr48@gmail.com](mailto:mwarr48@gmail.com).

The Club's 2017 Board of Directors took office on January 1: President- Jack Phifer; VP- Dave Larson; Treasurer- Al Petteruti; Secretary- Byron Lockhart; Membership- Mike Warr; Handicap- John Sloate; and Tournaments- Charles Doubleday.

During the month of November, the Club held three Tuesday Tournaments. The members of the winning foursome for the "Scramble" tournament on November 1 were Steve Baptista, Lee Durham, Bob Bard, and Frank San Nicolas. The winning foursomes of the "Best Three Scores" tournament on November 15 were Dennis French, Tom Kim, Chick Cicchetti, and Jack Phifer. The winning players for the "Eliminator" tournament, by flight on November 29 were (A) Dennis Germano, (B) Bob Jeanmard (C) John Waggoner, (D) Bob Brainerd.

January is unusual with only one Tuesday Tournament on January 10. This tournament will utilize a "Green Tee-Low Net" format. The remaining Tuesday play will be non-tournament "straight golf."

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

## Model

Because of residents' expressed interest, the Model Club members are asking for residents' input and interest to build a third and permanent HO railroad. We are not soliciting funds, just trying to determine the level of interest. If you desire, we will accept offers of help to build a 32 inch high display in a yet-to-be-determined location. We have in storage a great number of scenery objects, towns, trains and rolling stock (cars) which are just crying to be brought out of storage and be seen in a permanent display. Your thoughts and suggestions will be gratefully accepted by any Model Club member. Stay tuned for further developments. Any questions, please contact our Club President Mr. Ted Tome at 925-691-4676. Please join us at our monthly meeting the first Friday of each month in the Monterey room at 9 a.m.

## Motorcycle



*L to R: Ted Tome, Bob Azbell, Frank Cable, Bob Azbell, Greg Cruz, Randy Scott, John Oakley, Wil Bridges*

The Trilogy Motorcycle Club riders meet the first Saturday of every month for an all-day ride. The December 3 ride was an infamous "find the snow" ride. Eight riders dressed to manage the 40 degree weather set off for the foothills with a warm up/coffee stop in Martell. Destination from there was a democratic process and guesswork as to what roads were open. We played it a bit safe by abandoning the intent to ride Mormon Immigrant Trail and stuck to dry pavement. Mount Aukum Road up to Sly Park is a quite nice drive and got us to our lunch destination in Pollack Pines at the Sportsman Hall. Service was a little slow, but a good place to keep on our menu of lunch places. Rather than enduring a mundane ride over to Placerville on Highway 50 and down Highway 49, we opted to retrace our route on Mount Aukum Road and see the countryside in reverse. A swift ride back to Lone and Lodi for a coffee stop rounded out the route, some 210 miles; clear skies and light traffic made for a super biker day.

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. January 7, the destination TBD based on weather. For more info, 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 movement disorder. We meet once a month at 7 p.m. For date and location, call Audrey Kinser 707-374-7506.

## Nature

Nature Club enjoyed field trips to Cosumnes River Preserve and Woodbridge Ecological Reserve, a.k.a. Isenberg Crane Reserve. To start off the new year, Friday, January 20, we will follow the auto tour route at the Yolo Bypass Wildlife Area, Vic Fazio Unit, located off I-80 about six miles east of Davis. This central, critical link in the Central Valley's chain of wetlands is used by over 3 million migrat-



## clubs + groups

ing and wintering waterfowl, as well as shorebirds, wading birds, upland game, and other sensitive species. If the roads are too muddy or flooded, we will select another nearby destination. Meet in the parking lot of the Vista Club by 9 a.m. to carpool/caravan. Bring water, snacks, jackets, and binoculars for viewing. Wear comfortable shoes for a couple of easy walks.

Tuesday, January 24, we will explore various sites here in Trilogy to see what birds and other wildlife we can find. Meet in the parking lot of the Vista Club by 9 a.m. After, we can enjoy a cup of coffee or lunch in the Vista Café.

Our monthly meeting is on Wednesday, January 11, at 6:30 p.m., Monterey Room, Vista Club. Please join us to discuss future field trips, as well as what wildlife you are seeing in your backyard or elsewhere in Trilogy. Notification about additional field trips or topics of interest will be sent to members via email. Questions, call Gail at 707-374-2718.

The 10th Annual Galt Winter Bird Festival will be held Saturday, January 21, 8 a.m. - 4 p.m. For information, visit [www.ci.galt.ca.us](http://www.ci.galt.ca.us) or contact 209-366-7115. Some of us may sign up for the "Bird Walk at the Winery," held at the Heritage Oak Winery. This bird walk is led by David Yee, expert local birder, and includes lunch and wine at the winery. Departure from McCaffrey Middle School is at 9 a.m. rain or shine, \$40 per participant. Space is limited, so sign up early.

## Photography



*Snow geese. Photo by Yvonne Camper*

Celebrate the new year by evaluating the things you love to do, whether it's just for fun or documenting your life. The Photography Club welcomes everyone who loves to take pictures, regardless of their skill level. We would like to implement classes on various subjects and would appreciate your input and knowing if you are interested in teaching a class.

We meet monthly on the first Thursday of the month at 7 p.m. in the computer room at the Vista Club. If you wish

to share, please arrive at 6:45 p.m. and bring your labeled USB drive with 4 to 6 pictures on it. We are planning a field trip with a Naturalist guide on Saturday, January 7, to the Wildlife Consumes River Preserve, so please contact Yvonne to be added to the email notification list.

We have a new list of suggested "assignments" for each month of 2017, and copies will be available at the next meeting on January 5. The assignments are only ideas for photo shoots or to plan a Club event around it. The first quarter assignments are: January - Automobiles and Bicycles; February - Churches and Cemeteries; March - Doors and Elevators. We are looking for black and white photos to include in our monthly newsletter, so please email them to [yvonnecamper@att.net](mailto:yvonnecamper@att.net) or Diane King at [erasewrinkles@att.net](mailto:erasewrinkles@att.net).

We are looking forward to seeing you at the next Club meeting. For more information, please contact Yvonne Camper at 408-690-4524 or [yvonnecamper@att.net](mailto:yvonnecamper@att.net).

## Pickleball



Happy New Year Pickleball Club and pickleball enthusiasts! 2017 should be a wonderful year for the Pickleball Club. We are still working with the Amenities Committee and the Master Association Board to try to get our

own pickleball courts here in Trilogy Rio Vista, so it is very important for you to show up at these meetings to give your support and opinion on what amenities we all want. The Tennis Club has been very cooperative with us while we are playing on the Tennis Courts. Thanks to Ed Vitrano Trilogy General Manager who has helped both clubs work cohesively together. I'm looking forward to growing our Pickleball Club membership in 2017.

Our Pickleball Club Christmas Dinner Party on December 2, 2016 was a wonderful evening with 52 members participating. The food was fabulous, thanks to the Tri Tip BBQ chefs Gary Kavert and Hank Pagliaroli, and the salmon chef Jon Magnum. Thanks to everyone who brought such delicious side dishes. A special thanks to our Pickleball Board Vice President, Gary Kavert, Treasurer Irene Knight, and Secretary Debbie Posthauer. I could not have done this without your help. Thank you Roni Kavert for making our paddle name tags and selling 50/50 tickets. What a success! The 50/50 was \$350, and the winner of \$175 was Paula Coombs, who generously donated back \$100 for our Pickleball Club! We are definitely doing this again next year.

For additional Pickleball Club information, check out our website [TRVPC.COM](http://TRVPC.COM), or contact Linda Pagliaroli, President at 916-835-3801.





## Radio Club

At our weekly meeting, we discuss ways we can enhance our ability to provide service to Trilogy residents and to the Emergency Services to the Rio Vista area. We also discuss recent improvements in technology, which translate to better and more complete emergency communications. We now have a rather robust communications net available, which includes handheld and home fixed equipment, fixed base stations at both the Trilogy Welcome Centers with emergency backup power, fixed antennas on the Vista and Delta Clubs as well as a full range radio equipment suite at the Rio Vista Fire Station. We need additional volunteers trained in communications to act as operators, recorders and support members. In a real emergency it might be too late, well-meaning volunteers, so please act now to make known to us your ability to act when needed. The Radio Club meets most Tuesdays in the Vista Club Monterey Room at 8:30 a.m. for demonstrations and technical discussions. Please stop by. We also conduct an on-the-air radio network using the Solano County ACS repeater most Monday evenings at 7 p.m. Questions? Call Club President, Dean Lattman for more information at 707-374-3967.

## Religions of the World



Our January Meeting will be held Tuesday, January 3 at 6:30 p.m. in the River Room at the Delta Club. We will start a review of the

world's major religions in 2017, beginning with the Baha'i Faith, one of the newest major world religions with over 7 million members worldwide. We will have a short video overview, and then concentrate on the faith's writings regarding various subjects. In February, we will switch back to a topic-based program, and will continue to alternate monthly in that manner throughout the coming year.

The 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 the 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 at 510-909-5049 or Dave Bellamy at 707-374-6670.

## Senior Men's Golf Club

Members and their guests gathered at the year-end metaphorical 19th hole for the RVSMGC Annual Awards and Officer Installation Banquet held at the Vista Club on November 19. Newly installed officers included: Tony Peters (President), Tom Hess (Treasurer), John Aleck (Sec-

retary), Joe Freeman (Tournament Director), and Ken Ausich (Handicap Director).

Three major awards were announced.

Don Love, leader of the study regarding HOA purchase of the golf course last year and tireless supporter of the Trilogy Golf Community, was presented the Distinguished Service Award. This award is presented annually to the individual who, through contributions and actions on and off the golf course over an extended period of time, represents the best the RVSMGC has to offer. Well deserved, Don, and congratulations from ALL your golfing friends.

Hans Popping was presented the Most Improved Golfer Award. Over the course of the year, strokes "faded" from Hans' handicap as he was able to "draw" upon improved and consistent ball flight. Congratulations on your hard work this year Hans! And thank you for the several bags of sand you unselfishly donated to the ongoing bunker improvement program!

Finally, Ron Chalmers was recognized as the 2016 Club Champion, based on his sterling play in the Club Championship Tournament. Better than anyone else, Ron timed his championship play to take maximum advantage of the [presumed] easier course conditions in effect prior to the recent NCGA higher re-rating of course difficulty. Only time will tell if his game will measure up to the more difficult rating next year when he will defend his title. But until then Ron, you have all the bragging rights. Well played!

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, and enjoyed the holiday season by meeting new people and having fun. Now we're in a new year and looking forward to new adventures.

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

The Singles Club is still heating up the cold winter nights with our Meet & Greet Potluck. Please join us the third Sunday of the month at 6 p.m., January 16, 2017 in the Marina Room at the Delta Club. Bring something to grill



or a main dish, a side dish to share, something to drink and get ready to enjoy an evening of great conversation and laughs. For those who are daring, don't forget your swimsuit in case you want to take a dip in the hot tub!

Don't forget to check out the local community website Next-door, where the singles also post impromptu activities!

If you have any questions or require additional information, contact Robie Williams at [robiejw@hotmail.com](mailto:robiejw@hotmail.com) or Doug Littrell at [littrelldouglas66@gmail.com](mailto:littrelldouglas66@gmail.com).

## Supper Club

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 will be on January 15. An email with details has been sent to all of you. 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](mailto:msnnomre@gmail.com).

## Table Tennis

We wish everyone at Trilogy a happy, healthy and peaceful new year. We also want to express our appreciation to the Board of Directors that served our club in 2016, and to welcome the new Board members, noted below, and wish them success in 2017.

It is customary, at the beginning of the new year, for people to make resolutions on what they would like to achieve in the coming year. If happiness and good health are high priorities for you, then playing table tennis, the most popular racket sport in the world, is one of the best resolutions you can make. Compelling factors include social interactions, physical and mental stimulation, recreation and fun, easy accessibility and cost effectiveness. Because table tennis is an indoors sport, it can be played in all seasons, regardless of the weather.

For those already enjoying the benefits of the sport, there are no limits to the progress they can achieve to further develop their skills and increase their enjoyment. Beginners can use our club facilities to learn the basic rules

and mechanics of the sport, and benefit from guided practice sessions using a robotic machine or playing with other members. It is never too late to make a resolution that can have a profound impact on your life. Go ahead, make your day!

To learn more, please visit <http://trvtt.wordpress.com> or contact: Tom Barnes, President at 707-812-7112, Sherry Jasara, Vice President at 707-374-4864, Ruth Barnes, Treasurer at 707-372-9956, Hans Puppins, Secretary at 858-735-5108, or Glenn Hom, Tournament Director at 925-915-9249.

## Tennis

No better time to start the new year than at the beginning. In honor of 2017, I have a tennis brain teaser for you: according to the University of Cambridge (who evidently have a lot of free time on their hands), how many tennis balls can be arranged into 10 unquadravigintillion ways? The answer is in the article, read on.

Tournament Update: our congratulations to the winners of the November 6 Tournasocial, Patty Sorg and Ken Thirakomen. Be sure to mark your calendar for the next Daylight Savings Tournasocial on Sunday, March 12. Upcoming events: A Ladies Tennis and Lunch is set to begin this month. Contact Sandy Price at 707-374-6131 or [sandyprice03@frontiernet.net](mailto:sandyprice03@frontiernet.net) for more information.

As always, daily Social Tennis is M-F 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. Need a racket re-strung? Call either Cora Velasco at 707-374-3588 or Al Banga at 707-374-2339. Members only: for help with the ball machine, please call Chuck at 707-374-6808 or George at 707-863-1082. George is also available for lessons if you want to learn to play or merely pick up your game. Teaser answer: 128. The results, number 10 to the 250 power, exceeds the number of particles in the universe – now you know.

For more information about our club, our next club meeting is scheduled at 10 a.m. on Friday, January 27, at the Delta or contact Claude Trottier at [crtrottier92@gmail.com](mailto:crtrottier92@gmail.com). You can also visit our website at [www.frontiernet.net/~courtjesters](http://www.frontiernet.net/~courtjesters).

## Theater Group

Trilogy Theater Group is excited to invite you to a new interactive dinner-theater experience at Sir Flair's banquet room here in Trilogy! For four nights on Thursday Fridays: January 19 and 20, 26 and 27, we are producing the clever laugh-out-loud mobster mystery titled *THE ALTOS* (like "The Sopranos" ... only lower) written by David Landau, directed



by Louise Mitchell, by special permission of Samuel French, Inc. For \$25 per person, you are invited to the wake of mobster Tony Alto, where you will meet intriguing characters, enjoy a delicious buffet dinner and the show which takes place amongst the dinner tables and invites audience participation. A no-host bar will be available. You may arrive in mobster/moll attire if you wish.

Seating is limited to 90 per show; reservations and prepayment are required. Reservation Flyers are available in this edition of *Trilogy Living* or on the easels in the Vista and Delta Clubs.. Please refer to the flyers, billboards, or Trilogy NextDoor online for details on times and contact information.

All Trilogy residents are welcome to attend TTG membership meetings to become acquainted with our members and learn more about our projects and opportunities. You don't need to have a theater background, on or off stage, to participate. We usually meet the fourth Thursday of each month in the River or Marina rooms of the Delta Club. Due to the performances, watch NextDoor or TTG's Facebook page for confirmation of the January meeting date.

This month, for more information about our group, you can contact TTG Founder Louise Mitchell at 707-374-3541 or ssmpm1939@gmail.com.

## TOPS (Take Off Pounds Sensibly)

We're finally done with the holidays and we can all breathe a sigh of relief. Now it's time for our favorite diet menu: leaf of lettuce, skin of tomato, morsel of chicken meat. You get my drift. Ah, but after-holiday dieting can be both tasty and fun. ...Okay, I'm lying about the fun part, but work with me here. If nothing else, TOPS can help you get those pesky pounds off for good. Here's a recipe you might like:

### Minestrone Soup

*Prep time: 3 minutes*

*Cook time: 15 minutes*

*Serving size: 1½ cups | Yields 4 servings*

*Calories: 176 | Fat: 5.5 grams, Sodium: 619 Mg. | Carb: 24.1 | Cholesterol: 9 mg.*

- 1 pkg. fresh tortellini of your choice
- 2 oz. bacon
- 1 cup chopped celery and onion mix
- ½ cup chopped carrots
- 2 cups swiss chard
- 1 cup water
- 15 oz. can of cannellini, rinsed and drained
- 14.5 oz. can of diced tomatoes, undrained
- 14 oz. fat-free, lower sodium chicken broth

1. Cook pasta according to package directions. Drain.
2. Cook bacon in a Dutch oven (or whatever you've got around) over medium-high heat for 3 minutes or until browned, stirring frequently.
3. Add celery mix and carrots; cook 3 minutes or until vegetables are tender and browned.
4. Stir in Swiss chard, add the water and all the canned stuff.
5. Bring the soup to a boil; cover, reduce heat, and simmer for 6 minutes. Stir in pasta.

Need more than just menus? Come to our meetings and find out what true emotional support is like. We welcome you to join us every Wednesday at the Delta Club. Weigh-in is always from 8-8:45 a.m. with the meeting beginning at 9. Here's hoping we'll see you soon.

## Trilogy Art Guild

Our TAG members would like to wish a very happy new year to all of our Trilogy neighbors. If you are interested in joining our club, we would love to have you. For more information you may contact Maren Waddill at 707-374-3954 or Richard Laswell at 559-359-1248. We usually meet the first Monday of the month at 1 p.m. in the Marina Room in the Delta Building.

We are starting the year off by meeting on Monday, January 9, at 1 p.m. Following the meeting we have a guest artist, Ruth Beeve, who will be giving helpful critiques of TAG members' artwork.

The start of a new year is also a great time to join in a class, learn a new hobby, and meet some new neighbors.

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

### Beginning Watercolor

Tuesdays at noon

Contact Anna at 707-374-3560

### Card Design with Wilda

First three 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 noon

Contact Anna at 707-374-3560





## Ukulele

Don't miss our next jam session at The Point Restaurant on Sunday, January 15, from 1:30 - 3:30 p.m. Help us welcome our special guests, the Turlock Ukulele Jamz, who are traveling to Rio Vista to join Trilogy's ukulele players as well as any other delta area musicians (and dancers!) who want to be part of the fun. Bring your ukulele, guitar, tambourine, washboard, banjo, accordion, harmonica or kazoo and plan to have brunch, lunch or a refreshing beverage on the river. Enjoy the music, sing along.

The Ukulele Club meets each Wednesday in the Vista Club Diablo Room. Beginners' class starts 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 easy to learn - you'll be playing new songs in your first class! For more information, contact Claire McKean 510-301-0479.

## Whist

To everyone that lived to see the new year, give praise and thanks to God. If you are reading this, you have many blessings to be thankful for. A better world starts with better people. "They always say that time changes things, but you actually have to change them yourself." - Andy Warhol (1928-1987)

Please mark your calendar for our Martin Luther King, Junior's birthday celebration. May we not forget that MLK Jr. was not a politician. He was a preacher, a minister of the good news. On January 16, we will feature in concert The Male Chores from Allen Temple Baptist Church of Oakland, California. The church recently celebrated their 97th Anniversary. The Male Chorus has given concerts in the western United States, most recently in Las Vegas. They give spiritual inspiration and joyful sounds.

The Trilogy Whist Club seeks your participation in our presentation of annual celebrations in 2017. Share your expertise and historical viewpoint.

You are welcome to have fun with us every third Friday of the month at 7 p.m. at the Delta Club. Bring a dish to share. The food is always plentiful and tasty. We play cards and Dominos. The Mexican Train game is the most popular game. Some people sit, exchange information and give their views for a better country.

Come, interact and share your thoughts with us on Mondays at 5 p.m. at the Vista club. We offer encouragement and support for each other. Remember, genius does what it must, and talent does what it can.

Call: Hattie Walker, Chairperson, at 707-374-3699, or Jean Robertson at 707-374-0086.

## Women's 9-Holers



December was a rainy month with a lot of activities. In November we said thank you to the retiring board and welcome to the new board members. Be sure to come to the next meeting to

meet them. The last week in November we played a fun game called Step Aside with four magic putts. There was a tie for first with two teams. A big thanks to Pam for all of the games she thought of through the whole year.

The Handicaps winners for November are: 21-39 is Barb Bellamy with 15 putts; 44-60 is Catherine Warr with 18 putts. Congratulations! We had a total of 14 pars: Lynn Traver, Lois Dutcher, Pam Fashing, Eila Ballard, Nancy Weaver, Jeannie Renner, Barb Bellamy, Debi Petteruti, Linda Baptista. We had 6 chip ins: Debi Petteruti, Linda Rowe, Helen Swarbrick, Catherine Warr and Anna Bogucki. Congratulations everyone.

Come join us. Contact Debi Petteruti at 707-374-5797 or [nsdme2012@gmail.com](mailto:nsdme2012@gmail.com).

## Women's 18-Holers

Highlight of the Month: Ace of the Month winner was Diane Scholz with a net 64. Congratulations Diane!

Nov 10 - 40 ladies played a game of Mutt and Jeff, par 3's, 5's and hole 16 counted. Connie Eremian made the only birdie. Linda Barlesi broke 90. Pam Fashing, Des Javier, Loretta Ortenblad and Denise Sargent-Natour broke 100. Five ladies had chip-ins, Connie Eremian, Diane Scholz, Chris Sabye and our newest member, Marian Bard. Elaine Love won closet to pin, 3' 1/4."

Nov 17 - 43 ladies completed in the Turkey Shoot and for the Ace of the Month title. Diane Scholz won Ace of the Month with a net 64. No birdies. Linda Barlesi broke 90. Marsha Berry, Anna Bogucki, Debby Carroll, Pam Fashing, Denise Sargent-Natour and Diane Scholz broke 100. 4 ladies had chip-ins, Cindy Brown, Carol Petronzio, Chris Sabye and Helen Swarbrick. Jan Benner and Carol Petronzio. Closet to the pin, Denise Sargent-Natour at 9' 9."

If interested in joining our group, contact Carol Petronzio at 707-374-2740.

## Women's Fellowship

Happy New Year!

As we enter into the year 2017, we are very thankful and blessed to see another year. We hope your Christmas was a happy one as you celebrated with family and friends.

A new year brings new hope, new goals, and new beginnings. In the past, we made New Year's resolutions but we have learned they never work. This year, let us make up our minds to being more loving, more thoughtful, and more forgiving.

We now have a new president, so let's commit ourselves to pray for God's blessings and protection for the United States and the world around. We hope 2017 is the year of peace for the world.

If you have not joined us, please come and fellowship with us this year. The Women's Fellowship is a good place to share, study, and learn from the Bible; we welcome you! We meet every Thursday from 9:30 to 11:30 a.m. at the Vista Club in the Sonoma Room.

## Writers

### Optional Topic: Revised Edition



Authors are seldom satisfied with the first, second or tenth draft of their latest stories. Each composition is reworked and rewritten several times in order to improve it before submitting for publication. This month's optional

topic is "Revised Edition." If you have a poem or essay you've updated, we're hoping you'll present it at our next meeting. However, this is only a suggestion. New material will certainly be welcomed. Just write!

Several people have said they would like to join our group, but are unavailable in the evening. January is a time to change old habits and experiment with new ideas. The Trilogy Writers' Club is changing the date and time of our monthly meeting. Beginning this month, you can find us on the third Friday at 2 p.m., in the Monterey Room of the Vista Club. So join us on Friday, January 20.

For further information, contact Suzi at 921-231-5213, Judy at 707-374-3973 or Zoe at 707-374-3676.



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**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**

**TWO PERFORMANCES**

**MATINEE 2 PM or EVENING 7 PM**

***Sign up at Member Services \$20 pp***

*a light hearted trip down memory lane*



## 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 St. in Rio Vista. Contact meeting facilitator Nat Marcoccio at RVALZSG@yahoo.com for more information.

## Meals on Wheels

A great big "thank you" to all the people who bought raffle tickets in support of Meals on Wheels during the November Craft Fair. Your continued support ensures that "no senior goes hungry" in Rio Vista.

*Roger Wiskeman  
President Board of Directors  
Solano County Meals on Wheels*

## Rio Vista Food Pantry (formerly Rio Vista Community Services) needs your help!

Commit your Tuesdays (8:30 - 11:30 a.m.) once 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. Thank you.

## Trilogy Labyrinth Walkers



May you have a prosperous and healthy New Year! The time for reflecting and setting goals has arrived. Trilogy Labyrinth Walkers (TLW) has a goal for a labyrinth in a suitable location within Trilogy. Following are reasons this goal is important:

Labyrinths in hospital settings are used to "relax and rejuvenate," a holistic tool for mind/body health. Trilogy is a 55 and over active adult community, yet residents deal with stress, sadness and mobility challenges. Why not utilize labyrinths to promote mind/body health in our community?

Labyrinths are a financial asset: they are in some high-end communities. Like amenities such as swimming pools, tennis and bocce ball courts, labyrinths increase property values. Why not increase property values?

Prior to the shade sails and furniture installation on the Vista Patio, residents had easy access to a labyrinth. In 2006, the Vista Patio Labyrinth was temporarily chalked to evaluate interest and usage. In 2009, the HOA gave approval for the labyrinth to be permanently painted on the patio. There was an understanding that at some point the Vista Patio would be used for other purposes. With the placement of the shade sails and patio furniture, this accessible amenity was lost to the TLW group.

It is for these reasons - health, property values and community use - that TLW pursues the goal of a new labyrinth by working with the HOA. The next scheduled walk is a fieldtrip in February. Look for the details in February's *Trilogy Living Magazine*. "Walking Together since 2006, Come Join Us." Call Gerry Swan at 510-507-4080 or Elaine Wisz at 707-374-4310 with questions or for information.



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**Saturday January 28, 2017**

**Diablo Ballroom, Vista Club**

**Two Performances**

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## Trilogy at Rio Vista HOME BASED BUSINESS DIRECTORY

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Sueann Novotny 707-374-5624  
E-mail: snovotny@citlink.net

### **Nuskin & Pharmanex Products**

"Little Wrinkle Iron" call for DEMO TO-  
Turn back the "aging clock" NOW  
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erasewrinkles@att.net or 925-324-1062

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Anti-Aging Products for Wrinkles & Brown Spots  
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Lupe Finch, Independent Consultant  
707-374-2466 or LupeandMarcy@gmail.com

### FOR RENT

#### **Maui Kaanapali Condos**

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

### SERVICES

#### **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.

#### **Body Sculpting**

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

### SERVICES

#### **Caregiver**

Experienced male caregiver. Drive your car to appointments, grocery, etc. Trilogy resident with flexible hours. Prepare meals. References upon request. Call Sam 707-750-1195.

#### **Cleaning**

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

#### **Computer A+ Assistance**

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

#### **Computer Aid**

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

#### **Faux Finishing @ Its Best**

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

### SERVICES

#### **Full-Color Photo-Statuettes**

Photo "Statuettes" of pets, Bocce players, Tennis & Pickle ball players, grandchildren, etc. Have camera & will travel . . . or made from your existing photos. Call Harlan @ 707-666-9672.

#### **Gardening/Design**

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

#### **Handyman**

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

#### **Handyman**

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



## SERVICES

### Hauling

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

### Helping Hands

At your service: Helping you with your daily needs. Affordable prices, weekly, bi-weekly, monthly or occasional services. Call Karen, a Trilogy resident, 707-656-8639.

### Home for the Elderly

Goldenstar Home for the Elderly 707-374-4087 or 707-631-0016: Staff are background checked, TB tested, and CPR trained. Care in the facility or in your own home.

### Impeccable Improvements & Repair

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

### Income Tax Preparation & Notary

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

### Moving?

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

## SERVICES

### Notary

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

### Notary Public

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

### Notary to Go

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

### Osmosis Water System

Start drinking pure, clean water. Install 5 stage reverse osmosis under counter system. Holiday Special: Only \$125. Installation extra. 707-374-2643.

### Painting & Drywall

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

### Pest & Termite Services

Trilogy resident and owner operated. General pest control services to include monthly or bi-monthly services to meet your needs. Termite inspections, specializing in real estate and refinance. Please call Ron Yocum, Owner, R & D Termite and Pest Control 925-323-5211.

### Pet Care

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

## SERVICES

### Pet Care

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

### Ron the Painter

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

### Rain Gutters Cleaned

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

### Sliding Door Repair

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

### Transportation

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

### Transportation

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

### Transportation

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

## Want to Run a Classified Ad?

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

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





## SERVICES

### Transportation

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

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In my Mustang convertible I will take ONE PERSON ONLY to airports, BART, medical appointments. Top up/down your choice. PS, Can take two to airports with basic luggage. Serving Trilogy residents since 2005. Call Ralph 707-374-3941.

## SERVICES

### Weed Pulling

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

## WANTED

### Golf Carts

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

## WANTED

### Sporting Goods

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

**Applications are being accepted for the following positions in Trilogy at Rio Vista:**

**Communications Coordinator  
Community Manager  
Manager Assistant  
Janitorial 1**

For more information, please inquire at <http://www.actionlife.com/team/careers/>

## ADVERTISING INFORMATION

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

### REGULAR SIZES AND RATES:

• 1/8 page ad	3 1/2" wide X 2" tall	\$90/month
Scan your horizontal business card at 300 dpi, and e-mail it as a pdf, jpg or tiff file to Tania Fardella at <a href="mailto:indigodesign@att.net">indigodesign@att.net</a> .		
• 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](mailto:joanazlant@comcast.net) or 707.374.2620. If you need ad design, contact Tania Fardella at [indigodesign@att.net](mailto:indigodesign@att.net) or 925.324.9988. Additional fees will apply for design, scanning, and edits.

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



Kathie Bleier  
925.683.7084  
KBLEIER@APR.COM  
BRE 01063281



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

## TRIPS AND TOURS

*All trips are operated by an outside company and are not associated with Trilogy Rio Vista Master Association. Trilogy Rio Vista Master Association is not liable for any trips or tours.*



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

### **Jan. 21, California Academy of Sciences, \$89/pp**

Based in Golden Gate Park, the California Academy of Sciences is a place like no other and a must-see San Francisco museum – all under a “living roof.” From splashing penguins in African Hall to wildflowers on the roof, the building houses a four-story rain forest, a world class aquarium and an awesome planetarium. A \$10 food coupon is included.

### **Feb.16, Gambler's Special at Garton Casino, \$30/pp**

Located in Rohnert Park, CA., this is a truly hi-tech casino that offers a large variety of gaming options. A \$15 bonus package is included.

### **March 8, Ironstone Winery and the musical, “Sister Act,” \$134/pp**

We'll enjoy a private, guided tour, and a hosted luncheon and wine tasting at Ironstone, and reserved seating for “Sister Act” at the Sierra Repertory's Fallon Theatre. A lovely day to enjoy the tour, show and beautiful daffodils.

### **March 23, Gambler's Special at Black Oak Casino, \$30/pp**

Our usual 4 or 5 hours of “Stay & Play” at one of the nicer casinos. Movies

coach to and from casino. A \$15 bonus package is included.

### **April 27, Sacramento Secrets, \$107/pp**

Tour a maze of hidden underground spaces and actual streets beneath Old Town Sacramento. We'll enjoy a hosted luncheon at the Firehouse Restaurant and then re-live the “past” with a guided tour at the Old Sutter's Fort.

### **May TBA, Craig Smith's San Francisco Tour and Lunch, \$89/pp**

Craig has a new and exciting tour of our favorite city. Our day includes a delicious luncheon at the Boudin Bakery.

**For further information call Ethel (7548) or Eileen (2684).**

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