

Trilogy Living

Flag-Waving Fun

Eric Bromell and family members rode to a fourth-place award in their colorful cart in the 2016 4th of July Celebration parade through Trilogy. Parade entries for this year's extravaganza are due by July 1, along with reservations for the hot dog and ice cream social. See page 5.



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From the Master Association

Patty Kohn

President

The future of the golf course was the key topic at June's meeting. An offer from Trilogy members Michael and Barbara Reagan to purchase the golf course and restaurant was accepted by Warrior Golf. Mr. Reagan spoke briefly about the purchase; his remarks were met with rousing and relieved cheers from all attending. Escrow is anticipated to close in 30 days. CourseCo has been enlisted to manage the operation. Ron Chalmers will oversee golf course operations, and Michael Reagan will oversee restaurant operations.

Executive Session June 12

The following items were discussed:

President's Report

- I sought and received advice from the Board on a spa payment issue. I advised the Board of action taken on a Bocce Club safety request and a meeting the GM had with the Police Chief.

Legal/Litigation

- The Board has continued its due diligence in the matter of the golf course. Information was received from golf course consultants and was discussed under Unfinished Business. Members have provided information on the status of golf course closures in Livermore and in Vacaville at the request of the Board.
- The Board met with Karen Conlon, a consultant who is helping us develop an RFP for a management company, and reviewed survey results from Board members, staff interview comments, and a draft of the RFP. Key dates: the RFP will be sent out September 1, and interviews will be held in October.
- The Board met with our legal counsel, Steve Weil, in Executive Session. A major topic was our relationship with Shea, and topics included: weeds, deeds, walkthroughs, and lighting. The Board has authorized the Negotiating Team to meet with Shea and develop a Transition Plan. The intent of the Transition Plan is to ensure that both the Association and Shea are managing the various tasks and responsibilities that will ensure a smooth transition.
 - The Board directed the GM to notify residents that we will begin maintenance of an area behind their homes that is common area. The schedule of maintenance will be at the GM's discretion and will be consistent with the fire code.
 - The Board directed the GM to notify the city that lights in a new section of the community have not been turned on and pose a hazard.
- Legal Counsel reviewed our documents and indicated that obtaining loans does not require a vote of the membership.
- Following review of the Privacy Policy and Terms of Use that Association Voice (now Front Steps) includes on the website, Mr. Weil concluded that the Association would not be protected

TRILOGY AT RIO VISTA

D I R E C T O R Y

Master Association Board of Directors

Patty Kohn, President 707-374-2737
Donald Seyk, Vice President 707-374-6407
Melissa Coleman, CFO 707-374-6874
Joel Auslen, Secretary 707-374-5808
Jim Wichmann, Director at Large 707-374-4870

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Village Riviera - Ida May Wagner 707-374-6714
Olympic Village - Richard Pettijohn 707-374-3065
Saddle Rock Village - Joe Perpetuo 510-387-4517
Eagle Point - Mark Weiss 707-374-4715

Committee Chairs

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Administrative Policies - Melissa Coleman 707-374-6874
Village Document Revision - Barb Downs 707-507-5026
Clubhouse Improvements - TBD
Emergency Action - Barry Fraser 415-407-8529
Access - Ron Steiner 408-386-4055
Amenities - Lynn Traver 209-596-1633

Association Administration /HOA 707-374-4843

General Manager: Ed Vitrano 707-374-4869
evitrano@actionlife.com
Village Manager: Victoria Jeune 707-374-4843
vjeune@actionlife.com
Manager Assistant: Colin Krans 707-374-4843
ckrans@actionlife.com
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: Jay Coleman 707-374-4222
ColemanTRV2@gmail.com
Architectural Coordinator: Jennifer Stewart 707-374-4843
jstewart@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

Jay Coleman, Ed Vitrano, Debbie Dorn, Cheryl Lucas,
Joan Azlant, Kathy Erwin, Michael (Mike) Dubrow

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.dwellingleive.com

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Sir Flair's 707-374-4400

Golf Course 707-374-2900

Shea Customer Service 1-866-535-9989

(continued on p. 16)

From the Editor



Jay Coleman

We're officially half-way through 2017 and, pardon the cliché, but where has this year gone? Did you make any New Year's Resolutions? There's still time to accomplish them. I resolved only to

not make any resolutions, and I'm right on track.

By now, many of you have participated in the always-fun Trilogy Triathlon and celebrated your fitness achievements at the Biggest Mover BBQ. You've listened to great music on the patio and in the Diablo Ballroom, marveled at our resident thespians in *The Dixie Swim Club*, learned computer or life-saving CPR skills in various training classes, and gathered with friends during one (or more) of Trilogy at Rio Vista's 100+ clubs. If you're bored, it's not because of a lack of opportunity!

Remember when Nat King Cole used to sing about rolling out "Those Lazy, Hazy, Crazy Days of Summer"? We're in full swing now, starting with the 4th of July Celebration – one of the biggest annual Trilogy events. What a great opportunity to gather as a community, cheer on the parade participants, dine on hot dogs and ice cream sundaes (what's more American?), and celebrate our country's independence? If you haven't submitted your parade entry or lunch reservation form, you have until July 1 to do so. See pages 5 & 14 for details.

Have a great, cool summer, with no sunburns, mosquito bites or broken resolutions.

And thanks to resident Larry Mitchell for the great cover photo from last year's 4th of July Celebration!

Priority List for Emergencies

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

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

From the Activities Director



Debbie Dorn

Heads up Trilogy fun-time enthusiasts! Get ready for the greatest celebration of the season! July 4th is a grand time for all ages, something for everyone!

Parade entries should be registered in advance. Last-minute participants can register that morning before 9:30 a.m. at parade registration central in front of the Vista Club. Parade dignitaries, service branch representatives, along with the Decorated Golf Cart Contest winners and other parade acknowledgements, will be announced at the Delta Club at around noon. Above all, we don't want you to miss the fun, so come join with the festivities! See page 14 for details!

While planning this month's activity schedule, remember to check the club section in this publication for more activities. Read on and save those dates!

- 7/01 July 4th Hot Dog & Sundae Order Deadline – No Walk-up Orders
- 7/04 Trilogy's 4th of July Celebration! (see page 14)
- 7/11 & Every Friday Free Dwelling Live Class ~ Access Committee (pg 16)
- 7/09 & 7/23 Trilogy Produce Market
- 7/15 & 7/16 AARP Driver Safety Course – Two Parts
- 7/21 Comedy Night Featuring Dan St. Paul
- 7/23 This 'n That Coffee House ~ The Guitar Club
- 7/28 Bingo
- 7/29 Fitness Event: National Dance Day
- 7/29 Concert on the Patio: Solid Gold's 6th Anniversary

Remember: Your comments and suggestions are always valued -- send an email anytime to ddorn@actionlife.com – my mailbox is always open!

Get Ready and Spread the Word

- July 4th NO walk-up hot dog & sundae food orders.
- July 1 deadline to submit your food orders and check payment
- Parade entries advance registration is preferred
- Delta Club Registration Box #9

Extra forms can be found there and at the Vista Club Business Center behind Member Services 707-374-4200.

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



ANNOUNCEMENTS

Trilogy Residents Act Now!

July 4th Food Order Deadline is July 1.

Sorry, advance orders only, there are no walk-up purchases. Deposit your food orders with check at the Delta Club hallway, Box #9. Get ready; it's quite a celebration hosted by Trilogy and all Villages! Contact Activities Director Debbie Dorn ddorn@actionlife.com for general information.

EVENTS

Computer Classes

Learning Center, Vista Club

The Access Committee offers FREE weekly training sessions for Dwelling Live. See page 16 for details. And check back next month for other classes since we are taking a break during July. Contact Debbie Dorn with questions at ddorn@actionlife.com.



Trilogy's 4th of July Celebration Free Admission

Tuesday, July 4, 10:30 a.m. – 2:30 p.m. Delta Club

Presented by Trilogy and All "Six" Villages!

Gather friends and family for a grand celebration of America's birthday! We celebrate the 4th of July because that is our Independence Day! It marks the date when our founding fathers signed the Declaration of Independence and announced their secession from Britain. It is a shining day in our history that deserves to be remembered. Enjoy the parade, then join us at the Delta Club for the party!

- Parade Around Summerset Drive
- Hot Dogs & Ice Cream Social
- Delta Club Poolside DJ Entertainment

Last chance for parade entries, and **order food by July 1**, for the Hot Dogs and Ice Cream Social. **NO WALKUP FOOD SALES AVAILABLE!** Deliver your entry/order form with attached check to Box 9, located in the hall at the Delta Club. Forms are available at Box 9 and at the Vista Club Business Center. Be sure to mark the form if you would like to lend a hand to volunteer with this special occasion. It's fun!

Trilogy Produce Market

Sunday July 9 and 23, 10 a.m. – 3 p.m. – Delta Club



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



~ Comedy Night Featuring ~

Dan St. Paul

Friday, July 21, 7 – 8 p.m.

Diablo Ballroom, Vista Club ~ \$15

Dan St. Paul has been chronicling his life on stage for 30 years. After turning 50, he discovered his body changing ("I'm a cylinder now. I can wear a belt anywhere on my body."), and his memory faulty ("I have eight pair of reading glasses, and I have no idea where they are."). Dan has been a national headlining comedian at some of the top comedy clubs in the country. He has appeared on NBC, ABC, FOX, Comedy Central, A&E, and VH-1. Dan has also opened for such celebrities as Jerry Seinfeld, Jay Leno, Ringo Starr, Natalie Cole, Hall and Oates, Vince Gill, Clint Black, and even the San Francisco Symphony ("I knew them when they were just a garage band.") His "The First Baseball Game" is one of the most requested comedy pieces on the syndicated Bob and Tom Radio Show. Sign up at Member Services and plan to bring your favorite beverage to enjoy during the show!



Blood Pressure Check ~ Free

Thursday, July 13, 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!

AARP Smart Drivers' Course

Two Parts 4 – 8:30 p.m., Monterey Room, Vista Club

Part 1: July 15, Saturday ~ Part 2: July 16, Sunday

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

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

- Tune up your driving skills and update your knowledge of the rules of the road.
- Learn about normal, age-related physical changes, and how to adjust your driving to allow for these changes.
- Reduce your traffic violations, crashes, and chances for injuries.

Qualify for a possible auto insurance premium reduction or discount. Policies vary, so please consult your insurance agent. Trilogy resident Glen King will offer this eight-hour course in two four-hour sessions. To register, contact Glen at 707-374-3342 or grk59@frontiernet.net.

Concert on the Patio Solid Gold's 6th Anniversary Party!

Saturday July 29, 7 – 9:30 p.m., Vista Club Patio ~ \$15



Great entertainment, dancing, and celebration! Trilogy's own "Solid Gold" will perform the music we grew up with from the '50s through the

'80s, and into the '90s in their signature, four-part vocal harmony! Bring your family, friends, outdoor attire, dance shoes, your comfortable lawn chair for the patio, and favorite provisions for this fabulous "Solid Gold" performance! Check-in begins an hour before show time. The patio is completely shaded by 6:30, and the Delta's breeze makes for a comfortable setting! Sales are limited. Sign up early at Member Services, Vista Club.

Mid-Summer Picnic on the Patio

Thursday, August 17, 3 – 6 p.m. – Vista Club ~ No Fee

You're invited to a Good Times Musical Social! BBQ Chefs Charlie and Art will spar for top vote from their claims to the best secret BBQ technique from their sampler platter of different meats. We'll supply the plates and eating utensils. Otherwise, bring your favorite beverage, side dish and lawn chair. As customary when departing, please leave the area as found when you arrived. Sign up at Member Services prior to Friday, August 11, and join us for a grand time on the patio. For questions, contact Debbie Dorn at ddorn@actionlife.com.

Concert on the Patio Fleetwood Mask

Saturday August 26, 7 – 9:30 p.m., Vista Club Patio ~ \$20



Performing for you here at Trilogy, the Ultimate Fleetwood Mac Tribute Band! They are Mick Fleetwood endorsed! Their sound and look is amazing! Impressive! Review on You Tube, type in "Fleetwood Mask Promo 2017." Gather the group for an incredible evening! Bring your outdoor attire, dance shoes, your comfortable lawn chair for the patio, and favorite provisions for this fabulous performance! Check-in begins an hour before show time; please resist setting up on the patio before in consideration of others. The patio is completely shaded by 6:30, and the Delta's breeze makes for a comfortable setting! Sales are limited. Sign up early at Member Services, Vista Club.

Karaoke by Stefan Barboza!

Friday September 1, 7- 8:30 p.m., Diablo Ballroom Vista Club

Here's a new twist to a familiar event. Professional entertainer Stefan Barboza returns to bring 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 and beverage, and come on over for an evening of good times. No sign-ups required, simply come and enjoy!



Volunteer Instructors Needed!

Share your computing know-how with others!

Guru status is not necessary! Do you have experience using some of the common computing programs like internet browsing, word processing, spreadsheet, email? Consider sharing your how-to's with others in an informal setting at the Vista Club's Learning Center. Please contact Debbie Dorn if you may be interested or explain your thoughts or questions by email ddorn@actionlife.com.

CONCERT ON THE PATIO



July 29
7- 9:30 pm

Vista Club
Patio

SOLID GOLD

6th Anniversary Party

Trilogy's own "Solid Gold" will perform the music we grew up with from the 50's through the 80's, and into the 90's in their signature four-part vocal harmony! Rally your family, friends, outdoor attire, dance shoes, bring your patio chair and favorite provisions for this spectacular performance!

Four-part Vocal Harmony *50s - 90s Hits*

Sign up at Member Services \$15
Please no seating before 6:00 p.m.

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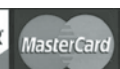
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Drew Haisley
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Yard Art is a Growing Phenomenon!



One person's idea of beauty is another person's idea of bad taste.

What inspires one person, causes another person consternation.

It is not just personal opinion but also what affects property value.

What will your neighbor think?

It's Time To Ensure Your Lawn Is Trimmed & Green

The best way to kill weeds is to mow your lawn before it goes to seed and spreads the weeds!



The pictured lawn represents the kind of lawn Trilogy wouldn't accept next door. Summer lawns add to the natural beauty of our community, but can be a challenge to maintain. The appearance of outdoor living is supported by the Village requirement to have green space; 40% of proposed lawn areas covered with vegetation as it would appear at maturity.

All turf areas are required to be neatly mowed and trees and shrubs neatly trimmed. Any weeds or diseased or dead lawn, trees, ground cover, or shrubbery are required to be removed or replaced. We may not all have a picture-perfect lawn, but we have to do our best!

**Program your sprinklers,
Water your lawn,
Preserve your landscape
Avoid the high cost
of replacing it!**

Mailbox Campaign "Delivers" Winner



Not only does Barb Downs boast a gleaming, spruced-up mailbox, she's dining in style with a \$25 gift card from Café Vista. Barb's name was drawn from all entries in the first Trilogy Mailbox Week event, which encouraged residents to clean up, paint, repair, and/or replace their less-than-beautiful mailboxes. The campaign, which is planned as an annual event, was held in conjunction with National USPS Mailbox Improvement Week. Congrats, Barb!

Amenities

The Master Amenities Committee (MAC) has started its fiscal year with new officers and a new resolution to be taken to the Master Board. Our new Chairperson is Lynn Traver, new Vice President is Richard Pettijohn, and continuing as Secretary is Rayno Niemi. Richard and Lori Azzolino are new members, effective May 1.

Our agenda included the start of a review and classification of comments from our March electronic survey. Of note was that the golf course, not owned by TRVMA, was correctly NOT on the survey, yet 10 percent of respondents mentioned it and the need to buy it. The MAC will ask the Master Board to view the Golf Course during their deliberations as an amenity, just as Café Vista is an amenity that is not currently profitable.

A presentation was given showing wonderful places to walk while avoiding Summerset and the same sights every day. A variety of walks with lakes, parks, alpacas, geese, ducks, and lovely homes, including distances,

Assessments for the Month:

**Master Association \$128.84,
plus the appropriate Village
Assessment below:**

Village I \$5.25

Village Oakmont \$5.20

Olympic Village \$5.10

Village Riviera \$5.25

Saddle Rock Village \$6.00

Eagle Point \$0

(None until dormancy ends)

**Note assessment changes
above and contact your
auto-payment provider.**



will be put on MTL once completed, with maps, photos of great sights and narrative of the street names. Maps with colored suggested routes will eventually be available; and once our new website is in place, all of this will be on the new site. But don't wait; get out and explore. It is fun.

Our June meeting included a complete analysis of the results, categorized, regarding the comments on our survey. Please join us to hear what your neighbors had to say.

We currently meet the third Monday of every month, 2:30 p.m., in the Diablo Ballroom. For questions, please call Lynn at 209-596-2633.

Emergency Action

2017 is anticipated to be a particularly risky year for Lyme disease. This disease is carried by ticks, which can be found in our backyards, under leaves, on ground cover, around walls, and near structures or woodpiles where rodents or other small mammals are active. There are several tick species in the United States, with the black-legged tick one of the most plentiful. The months of June, July and August are the peak season for Lyme disease, according to the Centers for Disease Control (CDC). Risk of getting bitten can be reduced by using tick repellents with DEET. The CDC suggests daily tick checks on yourself and pets after returning from the outdoors. For information on tick-borne illnesses or how to remove a tick, visit www.CDC.gov/ticks/ or the Solano County website.

A big thank you to those of you who have taken advantage of our smoke alarm program.

The EAC is an all-volunteer Committee under the direction of the Master Board. Our prime goal is to make our Trilogy Community safer and to stay informed of current issues that may affect us. We are looking for like-minded people to join us. If you want to check us out, we meet the second Tuesday of each month at 6 p.m. at the River Room in the Delta Club. Everyone is welcome. If you have questions, call our Chairperson Barry Fraser at 415-407-8529.

Eagle Point Residents' Club

Happy Independence Day America! The annual 4th of July celebration for Trilogy was once again a great family day and fun for all. Thank you to all Villages for a job well done!

The June "Day at the Races" bus trip to Golden Gate Fields was, another well-received and exciting event. The lucky winners of the raffle prizes got to meet some of the jockeys and winning horses firsthand. If you missed this event, no worries; we will offer this again in 2018. The key is to sign up early!

Tuesday July 25, we have another bus trip to attend a River Cats baseball game in Sacramento. The flyer for

Association Meeting Calendar July 2017

Master Association Board Meeting

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

Clubhouse Improvement Committee

Monday, July 10, 3 p.m.
River Room, Delta Club
July 24, 3 p.m.
Monterey Room, Vista Club

Emergency Action Committee

Tuesday, July 11 and 25, 6 p.m.
River Room, Delta Club

Village I Board Meeting

Thursday, July 13, 4 p.m.
Marina Room, Delta Club

Council of Village Presidents

Monday, July 17, 10 a.m.
River Room, Delta Club

Amenities Committee

Monday, July 17, 2:30 p.m.
Diablo Room, Vista Club

Administrative Policy Review Committee

Tuesday, July 18, 6 p.m.
Monterey Room, Vista Club

Saddle Rock Village Board Meeting

Wednesday, July 19, 6:30 p.m.
Rio Vista Room, Delta Club

Oakmont Village Board Meeting

Thursday, July 20, 6:30 p.m.
Marina Room, Delta Club

Access Committee

Monday, July 24, 1 p.m.
River Room, Delta Club

Village Document Revision Committee

Tuesday, July 25, 2 p.m.
Monterey Room, Vista Club

Community Advisory Committee

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

Eagle Point Board Meeting

Thursday, July 27, 6:30 p.m.
Rio Vista Room, Delta Club



Eagle Point has already been sent out, so again, if you want to attend, sign up early. We guarantee everyone will enjoy a great evening of baseball.

Check your mail tubes in the coming month as we will be modifying each tube with a "cap." This will keep our flyers from actually flying into your neighbors' yard or down the street. Don't we just love the Rio Vista season of "wind"? Also, we ask each resident to make at least a \$1 donation toward the cost of this modification. You may drop your dollar in box #7 at the Delta Club.

Finally, it's only July, but we are looking ahead to electing a new Residents' Club Board for 2018. Applications are available at Box #7 in the Delta Club or contact Marlene Swieso at 714-317-9688 for any questions or comments. You are already part of the Residents' Club, so don't miss your opportunity to be involved!

Oakmont Village Residents' Club



We are getting a good start to a warm summer season. When you are retired, you have nothing to do right? Wrong...with birthdays, graduations, weddings, and many other celebrations, we keep our calendars full.

Oakmont is busy picking up 4th July slips and money for the hot dogs and sundaes for our special day of celebration. Don't forget to get your reservations in, because there will not be any sales at the door the day of the event. Be sure to put the parade on your calendar, too. It's always fun to see your friends and neighbors all dressed up. The date is Tuesday, July 4th parade around Summer-set at 10:30 a.m., and fun at the Delta Club from 11 a.m. until 2 p.m.

Dates to remember:

July 3: Social Committee meeting, 3 p.m., Monterey Room, Vista Club

August 7: Social Committee meeting, 3 p.m., Monterey Room, Vista Club

August 9-12: Delta Club Working No-Host Bar for Drama event

If you have any questions, call President Ginny Glover (McAboy) ginnyg235@gmail.com.

Village Oakmont Kare Bears

The Oakmont Kare Bears are enjoying their usual Summer break, and, will not meet during the months of July and August.

Before going on break, however, several members enjoyed a wonderful luncheon after the June meeting at the Senior Center in town. The lunch was to benefit the Meals on Wheels Program and all their fine work.

Please keep in mind even though we are on summer break, we realize that things happen and our volunteers are there to help. If you or a neighbor need assistance due to a medical emergency or problem, please call Annelie Voit at 707-374-4948 or Nancy Griffin at 707-320-1329. This help can include, but is not limited to, help in the home; transportation to medical appointments, shopping or other events; delivery of meals; and more.

Keep your eyes open for new and improved information about us and our goals, plus helpful resources to available agencies. We will tube this information to all Oakmont neighbors soon.

Again, we will not meet in July or August. Our next Oakmont Kare Bear meeting will be on Wednesday, September 13, at 10 a.m. in the Delta Club. Come early and enjoy coffee and goodies. Hope to see you there.

Olympic Village Residents' Club

Our first dinner event this year was on February 21 at the Delta Club. This was a \$5 gourmet pasta dinner with red and white wine provided. We are planning for two more Residents' Club events for 2017 in June and October. By the time you get the July issue of Trilogy Living, the sold-out \$10 Mexican Fiesta on Thursday, June 8, at the Delta Club will be over. We hope you enjoyed making your own gourmet chicken and/or beef tacos with all the trimmings, and had a fun time with old and new friends.

Olympic Village Kare Bears

Olympic Village Kare Bears now has a "Welcome Wagon" program designed to meet and greet new members of our neighborhood. This new program was designed and implemented by Kathy Olson, 707-374-4059, and Donna Kiecker, 408-464-6643, who prepare welcome baskets with lots of goodies to help our new Olympians get settled in and introduced to the vendors downtown who have donated to this effort. Give them a call if you have a new neighbor. Olympic Village Kare Bears is available to all of our residents. If you or a neighbor is in need of help with rides to appointments, home help, and/or meals due to medical reasons, please do not hesitate to call. If you would like to be an Olympic Village Kare Bear or if you need help, please contact Rich Pettijohn at 707-374-3065.

Village One Residents' Club (VORC)

It's July! Time for Trilogy's 4th of July celebration. Enjoy the parade and sign up to enjoy the all-American tradition of hot dogs and ice cream sundaes. Village One will serve up the frozen treats. Come to the Delta Club to visit with your neighbors and enjoy the tradition.

Then, on July 12, Village One will have their Quarterly Potluck at 6 p.m. in the Marina Room of the Delta Club. Bring your own drink, table service, and a dish to share. Stay for the meeting, beginning at 7 p.m., when we will discuss Christmas Party plans.

For more information, contact Don Cooper at 510-909-5049 or email VORC at Village One RC@gmail.com.

Village Riviera Residents' Club

We've had a Soup Potluck and an Evening at the Races, which was a new event providing raucous laughter, created totally by the Robinettes and Griffins. Now we are preparing for our Trilogy July 4 celebration. Do not procrastinate. We will purchase the food based on the reservations and money received by July 1. We will not buy extra food as we have in past years. There will be lots of seating inside the Delta Club for those who want to be out of the sun, plus tables, chairs, and umbrellas around the pool and behind the Delta Club. Music around the pool will be provided later in the afternoon.

On to the Ladies' Luncheon—"Riviera Goes Hollywood." Please put these two dates on your calendar. Reservations will be taken on July 29, 10 a.m., in the Marina Room of the Delta Club. It does not matter if you have a full table, a group of fewer than 10 or are signing up for yourself. If you wish to be sure of a seat at a table, that is the time and place to sign up. If the event is not sold out on that day, flyers will be available for continuing signups. The event will occur on September 15. The cost will be \$25 per person. The food will be delicious, and the waiters will be handsome and attentive, as always.

We want more new ideas for fun events. Join us to plan and make them happen. All Riviera residents are welcome to join the club. We meet the third Thursday of each month. Call Myra at 707-374-3660 for more information.

Village Riviera Kare Bears

We had another productive street coordinators meeting in May with representatives from Solano Transportation Authority as our guests. Participants shared much valuable

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information. Some of us took part in a Solano County bus training with a representative from Solano Mobility Center on June 19 to see what is involved in taking the bus to the medical facilities in Fairfield. Also, an important phone number to remember is for the Solano Mobility Call Center for many transportation options: 800-353-6883.

Our guest for our August meeting will be Barry Frazier, Trilogy's Emergency Action Committee chairman. We urge as many as can to attend this meeting to find out about what is being done to plan for future emergency situations in Trilogy.

It's official! Riviera Kare Bears first patio potluck is set for Tuesday, August 15 from 3:30 to 7:30 p.m. at the Delta Club. Save the date! There will be yummy food to share and great folks to hang out with. Check the August Trilogy Living article for more information.

If you would like to become more involved in Kare Bears or learn more about us, be sure to come to our next meeting on August 14 at 10 a.m. at the Delta Club. Or join us for coffee and goodies at 9:30.

Remember, if you or a neighbor needs assistance due to illness or surgery, please contact your street coordinator or call Gerry at 510-507-4080.



Saddle Rock Village Residents' Club



On June 21, Saddle Rock Village (SRV) held its Special Election meeting – see results on My Trilogy Life and the SRV website <http://saddlerock.ga/>. The new officers will start on July 1.

Our next SRV meeting will be Wednesday, July 19 in the Rio Vista Room, Delta Club. The Executive Board meets at 6:30 p.m. and Residents' Club meets at 7:30 p.m., followed by our social time. Plan to attend to learn what is happening in SRV and Trilogy.

On June 20, SRV embarked on a bus trip to Black Oak Casino. The residents enjoyed bingo and raffles on the bus. It is reported that all residents were winners at the casino.

For the July 4 holiday, SRV has organized the parade, which will be attended by local dignitaries and viewed by many residents. Contact Richard Larsen to help with the parade.

Upcoming Events: SRV Block Party on Saturday, September 23 in the Delta Club with chair Jackie Sigrand; Apple Hill bus trip on Sunday, October 22, organized by Richard Larsen; Halloween Potluck Party (costumes optional) on Tuesday, October 31, with chair Dana Hoover; SRV Holiday Party on Sunday, December 3 in the Vista Club, with chair Gayle Crawley. The chairs need your help. Give them a call.

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

The SRV Social in the Park is the last Wednesday of each month (July 26) at 5 p.m. Plan to attend and meet your neighbors.

Practice Canine Courtesy

Are you a dog owner?

Remember the Association rules about walking your dog(s):

- Pet owners shall immediately remove any waste created by their pet on their own property or other residents' property or on the Common Area (including streets).
- Pet owners shall keep their animals off the property of other residents.

Be a responsible pet owner. Prevent your dog(s) from relieving themselves on your neighbors' property or on the Common Area – but if they do, please clean up the mess.

Trilogy's JULY Celebration

Presented by Trilogy All Villages



- 10:30 SUMMERSET PARADE - CLOCKWISE
Parade is Staged & Starts At Vista Club
- 11:00 Purchased Food Tickets Available at Delta Club
HOT DOG, CHIPS & BEVERAGE
ICE CREAM SOCIAL
(Food Served 11:00—1:00 Delta Club)
- 11:30 SOFT MUSIC INSIDE AND
DJ MUSIC POOL SIDE (11:30—2:00 PM)
- 12:00 PARADE AWARDS PRESENTATION



Contact Member Services 374-4200 or Debbie Dorn ddorn@actionlife.com with questions.

2. ORDER FOOD BY JULY 1: Checks payable to Oakmont Village Residents Club

NO WALK-UP FOOD SALES— ORDER & CHECK TO DELTA CLUB Box "9"

Name: _____ Number LARGE Hot Dogs # _____ X \$5 = \$ _____
 Regular Soda # _____ "Diet" Soda # _____ Water # _____

Phone Number: _____ Number Ice Cream Sundaes # _____ X \$3 = \$ _____
 Regular # _____ Sugar-Free # _____

* Can you volunteer to help? Yes No Total Check Amount Enclosed: \$ _____
 Pickup Orders ASAP 11:00—1:00 (non-refundable)

1. PARADE REGISTRATION TODAY BOX "9": Help us plan ahead!

Name: _____ E-mail Address: _____

Club or Individual Theme, if any ? _____

Will You Have A Golf Cart Entry For The Contest? Yes No

If Other Type Parade Participant, what? _____

* Can you volunteer as an Escort Driver with Convertible? Yes No

* Would you like to help in other areas with the parade? Yes No

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

under these documents; and he will provide a document that we can put on our new website.

- The Board declined a member request to remove a tree that is on common area.
- The Board directed that Don Seyk, liaison to the Amenities Committee, work with the chair of the committee on a response to owners desiring a role in Amenities Committee deliberations.

Formation of Contracts

- A review of the proposals from golf course consultants was conducted for the purpose of clarification of the information.
- The LED Streetlight Conversion RFP was reviewed. Proposals are due June 30. It was decided that to allow sufficient time for review, a recommendation would come to the Board in August.

Personnel

- The GM provided a staffing update, specifically, the new roles and responsibilities in the Admin Office.
- Action Items from the Systems Audit conducted by Action Property Management in December 2016 will be addressed and reported at the next board meeting.
- The Manager Assistant, Colin Krans, has devised a new form and process for the Communication Form, which is used for servicing complaints. This has been rolled out to staff. The new process will include a monthly report to the Board.
- An Inventory Control document to be used by the Maintenance Department was reviewed. The inventory will be updated semi-annually and reported to the Board.

General Session

- A representative from the Solano County Mosquito Abatement District made an informative presentation. For more information, visit the county website: mytrilogylife.com and the county site: solanomosquito.com.

- Last month the Board approved an agreement with A&D Automatic Gate for Dwelling Live. However, the agreement misstated the maintenance fee. The Board agreed to the revised fee of \$149 per month.
- If for some reason the golf course agreement now under consideration is not able to be completed, the Board agreed to hire golf consultant Ron Carciere to conduct an evaluation of the golf course for an amount not to exceed \$7,500. This agreement will be entered into only if the private sale is unsuccessful.
- The Administrative Policy Review Committee worked with the Access Committee to complete a new Transponder Policy. Key points in the proposed policy include: 1) allowing residents to purchase a transponder for each of the vehicles registered in their names; 2) allowing local agencies of the City of Rio Vista to be issued transponders within certain limitations; and 3) allowing limited procurement of transponders by vendors. After considerable discussion, the board agreed to remove the section of the policy concerning vendor access and, with that change, approved a first reading of the policy.
- Jay Coleman, Communications Coordinator, has been investigating options for modifying the Trilogy Living Magazine, by both improving content and reducing cost. He presented a newspaper version replicating a portion of the June magazine. The proposed format provides for color photographs throughout and would be printed at no cost to the Association. There was no motion to accept this change after hearing comments from members and concerns by Board members.
- Progress continues on development of the new website: mytrv.org. The Board approved hiring a photographer to shoot more than 24 shots of key landmarks, buildings, activities, events, meeting rooms and exercise classes at a cost of \$2,400. The Board further approved an exception to the CC&R provision banning drones and approved having a drone fly about 200 feet above the community to shoot a video to be used on the website. Staff will consult with airport personnel prior to the shoot.

Computer Class Opportunities

July 2017 Sign Up at the Vista Club Member Services

| | |
|---|---|
| Dwelling Live Welcome Center Access Control ~ FREE | July: Monthly 2nd Tuesday 1:00 p.m. and Weekly Fridays 2:00 p.m. **NEW CLASS** <i>Access Committee Instructors and Contacts: Debra Schwab 707-374-4381 or Ron Steiner 408-386-4055</i> Quick and easy on-line access to speed your visitors and guests through the front gate. No class prerequisite for this free training class. |
|---|---|

Other Classes Are On Summer Break During July

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.

- GM Ed Vitrano presented a scope of work and bids for this year's roadwork. The Board voted to approve the first scope of work, which includes overlay of St. Andrews and seal coats on various other streets, and award the contract to AMSI at a cost \$204,135.94. The second scope of work includes Parcel D. Director Melissa Coleman clarified that, per the Grant Deed of Easement, the golf course owner is required to pay 55% of the maintenance for all of Parcel D, not just that section fronting the golf course and the Delta Club. The Board approved awarding the contract for Parcel D to AMSI for \$187,898.02 contingent on agreement by the golf course owner to pay their share. This contract will include \$25,000 in contingency and construction inspection fees for a total of \$417,034, and is funded from Reserves. The third scope of work included the area on Summerset Road between the Welcome Center and Liberty Island Road. As this is a city street, the Board did not make a motion to fund this project.
- The Board gave direction to the GM to request that the city paint a directional line on Airport Road that will clearly indicate where cars should turn into the entry area on Palisades Drive.
- Donna Moore was appointed to serve as a member of the Clubhouse Improvements Committee.

The next meeting of the Board is July 11, at 2 p.m. in the Diablo Ballroom of the Vista Club. If you have questions concerning board business, please do not hesitate to call me at 707-374-2737 or email me at pfkohn@gmail.com.



AARP Smart Drivers Course

Part 1: Saturday, July 15

Part 2: Sunday, July 16

Time: 4:00 pm to 8:30 pm

Place: Monterey Room, Vista Club

AARP Members \$15.00

Non-AARP Members \$20.00

Contact: Glen King, Instructor

Phone: 374-3342,

E-mail: grk59@frontiernet.net

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Saturday, August 26, 2017

7:00 — 9:30 PM

(Please no seating before 6:00 PM)

Vista Club Patio ~ \$20 per person

Season's Grand Finale Patio Concert

The Ultimate Tribute to Fleetwood Mac

Bring family, friends, and your favorite provisions for this remarkable performance!

Sign up at Vista Club Member Services



Kathy Erwin
Fitness & Spa Director

July 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, July 1 at 11 a.m.
Wednesday, July 19 at 6 p.m.

FITNESS SPOTLIGHT **JOAN GUPTILL** A Special Family Story



For Joan Guptill, life is all about family. "There's a lot of calmness and closeness when it comes to family," she says. "Our family loves to all travel throughout the United States, and in Canada and, soon, Mexico. We even take our two Yorkies, Chester and Olivia, along."

There's no greater way to appreciate life, Joan says, than to face life-threatening situations. Joan moved to Trilogy 2 ½ years ago from Livermore with her husband, Mike, and her mother, Carolyn. Both Joan and Carolyn are breast cancer survivors --

Joan was diagnosed 15 years ago at age 42, and Carolyn at age 75. "The last day of my treatment was the first day of mom's treatment," Joan says. "Today, we're both doing well."

Last August, Keith, one of Joan and Mike's three children, underwent a kidney transplant. The donor? Joan and Mike's daughter, Danielle. After all, it's all about family.

And the family's getting larger. Along with sons Keith and Nick, and daughter Danielle, they have two granddaughters – and two more granddaughters to be born soon.

In addition to lots of family time and being the primary care giver for her 90-year-old mother, Joan loves the social aspect of making new friends and getting acquainted with many others while she exercises.

"I thoroughly enjoy my weekly Body Works class every Tuesday and Thursday morning, as well as the Advanced Aqua Classes," Joan says. "I especially love the outdoor pool at the Delta Club because it takes me away to another place. It's like being in paradise." Joan also enjoys assisting people in the Aqua Joint class while Joele Swift teaches. "I help them with proper form, balance, and the dynamics of water exercise." Joan also has participated in past Trilogy Triathlon and Trilogy Walktober events.

Every month her family gathers in their Trilogy home for Top Chef Day in their recently remodeled kitchen. Every family member cooks something new and creative. "Every get together is a special occasion -- celebrating birthdays, anniversaries, family visits, whatever," Joan says. "We know how precious life is, and we never miss an opportunity to celebrate with our family."

Welcome Bonnie Klosterman: New Group Exercise Specialty Classes Instructor



Dancing has been part of Bonnie's life for more than 25 years – virtually all her life – including ballet, basic jazz, and jazz levels 1 & 2. She earned a dance scholarship after high school and later became the assistant manager and group exercise instructor for a chain of Women's Health Spa's called "Slender Lady." Bonnie created entertainment and showmanship for local charity events in San Diego, and soon won first place in the National Crystal Light Aerobic Championship.

Bonnie spends part of her days as a ZUMBA Dance Fitness Instructor/Sub with In-Shape Health Clubs, and she has earned multiple ZUMBA Dance Fitness certifications. Participants may use many functionalities within the ZUMBA dance specialties, including variety, recovery, cardiorespiratory strength and muscle toning. "I knew ZUMBA could do all of this for others, for me, and so much more for the entire good. And it is a blast doing it! International rhythm's beats and moves unite us.

"ZUMBA has allowed me to give my love of Dance Fitness to others," she says. Dance movement is a very personal and important expression of how we feel, Bonnie says, which makes the ZUMBA class experience an amazing place where people can get together to dance, let go of stress, and have a whole lot of fun! "In my class there are no wrong moves."

SPECIALTY CLASS: SUMMER ZUMBA BLAST

For Everybody and everybody! Class is designed to bring people together to sweat it on! Take the "work" out of workout, by mixing low/high intensity moves for an interval-style, calorie-burning dance fitness party! Once the Latin and World rhythms take over, you'll see why The Summer ZUMBA Blast class is called exercise in disguise. Super effective? Check. Super fun? Check and check. See you there!

This is a specialty class, NOT a punch-card class
Tuesday & Thursdays • 3:30-5 p.m. • Group Ex Studio • Minimum 10 people / Maximum 20 • 8 classes / 4 weeks • \$45 fee



National Dance Day

Saturday, July 29, 2017, Diablo Ballroom

National Dance Day is observed each year on the last Saturday in July! It was created as a day to raise awareness about and encourage Americans to embrace dance as a fun and positive way to maintain good health and combat obesity.



| | | |
|--------------------|-----------------------------------|-------------------|
| 8-8:30 a.m. | Step Aerobics | Pat Puryear |
| 8:30-9:00 a.m. | Wow Tabata Boom | Pat Puryear |
| 9-9:30 a.m. | Dancercize | Joele Swift |
| 9:30-10 a.m. | <i>So You Think You Can Dance</i> | Joele Swift |
| 10-10:30 a.m. | Hot Zumba | Prescy Dela Cruz |
| 10:30-11 a.m. | Hot Zumba | Prescy Dela Cruz |
| 11-11:30 a.m. | Pound | Sharon Roberts |
| 11:30 a.m -12 p.m. | Zumba Dance | Sharon Roberts |
| 12-12:30 p.m. | Zumba | Bonnie Klosterman |
| 12:30-1 p.m. | Zumba | Bonnie Klosterman |

If you wish to participate in this FREE Dance Event, please register at Member Services for the classes you wish to do!

Refreshments • Bagels • Fruit

New Specialty Class Aging Backwards



This class is perfect for beginners, seniors or anyone needing a softer approach to exercise. This one hour class offers gentle movement both sitting and standing. No floor workout. Class structure using an array of balls, weights, bands, tubing & bars

Instructor: Pat Puryear will work on core activation, balance, alignment, muscle strength, flexibility and light cardio.

Class Day/Time: Every Thursday 10-11am for 8 weeks

Session Dates: July 6th - August 24th, 2017 (8 classes) **Fee:** \$35

REGISTER AT MEMBER SERVICES 707-374-4200

Deanna's Yoga Series

When: Saturdays 9:00-10:00am

Where: Diablo Ballroom Vista Club or Group Ex Studio

Dates: July 15 - August 19, 2017

Fee: \$35 (Must pre-register at Member Services Desk)

Strength - Muscle Tone - Pain Prevention - Better Breathing - Mental Flexibility - Body Awareness - Reducing Back Pain -

Calmness - Memory Improvement - Focusing on Back and Shoulder Pain



INSTRUCTOR : Deanna Araya

7th Annual Trilogy Triathlon Sizzles!

1st Place Individual Male

Bernd Von Sosen 43:42

2nd Place Individual Male

Michael Martin 47:36

3rd Place Individual Male

David Talbert 48:13

1st Place Individual Female

Marcia Morrison 50:17

2nd Place Individual Female

Barbara Holbert 100:56

3rd Place Individual Female

Joni Smith-Rode 104:28

1st Place Team

Roger Kohn / Dave Bellamy / Ed Vitrano 48:12

2nd Place Team

Dianne Olvera / Joe Lasusky / Tammy Slover 50:47

3rd Place Team

Lucille & Gerald Bouchard 52:56



Joseph Lasusky, Tammy Slover and Dianne Olvera combined efforts for a second-place team finish.

The weather was sizzling and so were the 22 Individuals and 14 teams who swam, biked and walked their way through the 7th Annual Trilogy Triathlon on June 17. Congratulations to all who participated! A very special Thank you to Barry Fraser and the Emergency Action Committee for their outstanding time and efforts in helping make this year's Triathlon a much safer and successful event.

Also a special thanks to the following volunteers, who patrolled the streets and made it safe for the bikers and runners to compete safely at all intersections and who helped in so many others ways to make this year's event the best! Volunteers included Denise Rubiacio, Pam Nicoletti, Carolyn Azbell, Joele Swift, Tom & Sharon McDougall, Barb Downs, Jim & Cottie Dobson, Ray & Fran Loiselle, Hema Kumar, Arthur & Susan Fox, Dorothy Busuttill, Marlene Percivalle, Antonietta Neves & Friend, Jacquie Roche, Daphne Rocks, Ron & Ruth Hayes, Patty Avery, Richard Bain, Linda Bingham, Maki Roberts, Carol Courtemanche, Laura Quayle, Cindy Kienzle, Catalina Carreon, Jerry Washington, Walda Cyrus, and TRV staff.



Emma Jones was all smiles.

Lastly, I much appreciated the Rio Vista Fire Department for its support and presence all day to make sure everyone was safe and sound. Thank you, everyone. This was one of our largest events ever, and its success doesn't happen without the dedication and good spirits of so many people!

— Kathy Erwin, Fitness & Spa Director



Bernd Von Sosen kept his spirits high while running his way to a first-place finish in the Individual Male category.



The 22 individuals and 14 teams made it one of the largest Triathlons ever.



Lori Baldwin enjoyed refreshing fruit slices and a sports drink on one of the area's hottest days.



Nearing the home stretch was welcome news for Dave Thomas.



Two laps around Summerset went quickly for bicyclist Bob Jones.



Great volunteer support makes the race possible.



Richard Larsen had the best seat in the house for the bike portion of the Triathlon.



Del Arsenault, Kathy Erwin, Barb Clarke, Judy Lewellen, and Susan Fox sport the classy turquoise T-shirts for the 7th Annual Trilogy Triathlon.



The 1st Place Team of Dave Bellamy, Ed Vitrano and Roger Kohn took the title, winning by more than two minutes.



Members from the Rio Vista Fire Department were on hand to ensure safety.



Barbara Holbert, Marcia Morrison and Joni Smith-Rode were among the residents who participated.



Spa Specials for June, July, & August

Summer Sensation

Includes 50 minute Swedish massage, with a 30 minute revitalizing foot treatment that includes: foot scrub, hot towels, foot massage & hydrating moisturizer.

Special Price \$70

2 Custom Organic Facials

Using ilike organic skin care products, Angela Hall, Trilogy's Esthetician will customize a facial for your skin's exact needs!

**2 – 50-minute facials
Were \$130, now \$120**

Summer Sizzle Swedish Spa Package

Swedish massage is the most popular type of massage in the United States. It involves the use of hands, forearms or elbows to manipulate the superficial layers of the muscles to improve mental and physical health. The benefits of Swedish massage include increased blood circulation, mental and physical relaxation, decreased stress and muscle tension, and improved range of motion.

**50 Minutes
Was \$55, now \$50**

**80 Minutes
Was \$82.50, now \$72.50**

Spa specials good for purchase July 1– August 31, 2017. May be redeemed anytime.

Personal Trainer on Floor for July

Every Tuesday from 1-2 p.m.

Meet Personal Trainer Joelle Swift



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

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

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

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

NEW SPECIALTY CLASS RELAX! RESTORE! RENEW!



INSTRUCTOR: LUCILLE BOUCHARD

Do you need to RELAX and let go of physical tension and a mind that is always talking to you? Restorative yoga is a very unique practice! Its aim is TOTAL relaxation! Blankets, bolsters, blocks and straps help us OPEN our physical bodies and relax our muscles. Breath work and visualization strategies calm the chatter of the mind!

The benefits of a restorative practice are many. Through total relaxation, we come away with MORE energy and ability to respond to life's challenges with calmness and clarity, rather than react with emotion. You will go home feeling like a melted marshmallow, soft and relaxed! This class will run for 8 weeks. Will you join Lucille for this peaceful calming class?

Day/Time: Thursdays 10:00 – 11:15 am

Class Dates: 8/17, 8/24, 8/31, 9/7, 9/21, 9/28, 10/5, 10/12

Fee: \$35.00 Diablo Ballroom Minimum 8 Maximum 15

Register at Member Services 374-4205

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

Trilogy Living

Fitness Class Schedule for July 2017


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

Trilogy Fitness Punch Card Choices... All classes require one of three card choices: a blue 20-punch for \$70; a yellow 10-punch for \$35; or an Unlimited Monthly Punch Card for \$85 that will be color-coded differently each month; they will only be good for that given month, so you can attend as many classes as you want! Get your cards at the Member Services desk in the Vista Club. Please call Fitness & Spa Director Kathy Erwin at 707-734-4205 if you have questions. All classes are held in the Vista Club Group Exercise Studio unless otherwise noted. The majority AQUA Classes are now outdoors at the Delta Club Pool and will continue thru October.

Last Month's Punch Card Raffle Winner: **Audrey Johnston**

July Fitness Orientations: Sat., July 1 at 11 a.m., Wed., July 19 at 6 p.m.

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

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|---|---|---|---|
| <p align="center">Specialty Classes are not on the Fitness Calendar. Please look for their Flyers at Vista or Delta Clubs: Aging Backwards • Continuation Intro to Yoga • Balance N Motion • The Practice of Meditation Gentle Aqua • Yoga 101 Fundamentals • Relax! Restore! Renew! • Summer ZUMBA Blast</p> | | | | | <p>1 8-9 a.m. Step Aerobics (GX) Pat 10:15 a.m.-11:45 a.m. ZUMBA Power (GX) Sophie/Sharon/Prescy/Bonnie</p> |
| <p>3 8:30-9:30 a.m. WOW-TABATA-TABATA (B/I) (GX) Pat 9-10 a.m. Yoga/Pilates (B) (DB) Deanna 9:45-10:45 a.m. Wake-up and Move (B/I) (RV) /Pat 10-10:45 a.m. Core Balance and Standing Abs (B) (GX) Sophie/Sharon/Prescy 10-11 a.m. Meditation Breathing (B) (DB) Deanna 10:45-11:30 a.m. ZUMBA Toning (B/I) (GX) Sophie/Sharon/Prescy 11:30 a.m.-12:15 p.m. ZUMBA Dance (B/I) (GX) Sophie/Sharon/Prescy 6:30-7:30 Yoga/Pilates (B/I) (GX or DB) Deanna</p> | <p>4 NO CLASSES HAPPY 4TH OF JULY! </p> | <p>5 7-8 a.m. Early Yoga (B) (DB) Ta.m.my 8-9 a.m. Back To Basics Yoga (B/I) (DB) Ta.m.my 8:30-9:30 a.m. WOW – TABATA – BOOM (B/I) (GX) (Pat) 9:30-10:30 a.m. Aqua Fit (B) (DP) Denise 9:30-10 a.m. Dancercise (B/I) Joele 10-11:30 a.m. Hot ZUMBA (I/A) (GX) Prescy 6:30-7:30 p.m. Balance Ball (GX) Deanna</p> | <p>6 9-10 a.m. Myofascial Release Stretch (B) (GX) Joele 9-10 a.m. Tai Chi (B/I) (GX) Lillian 11 a.m.-12 p.m. Sit & Get Fit (B) (GX) Joele 12-1 p.m. Fitness Friends (B) (GX) Joele 3-4 p.m. Aqua Fit (B/I) Denise</p> | <p>7 7-8 a.m. Early Yoga (B) (DB) Ta.m.my 8:30-9:30 a.m. WOW-TABATA-BOOM (B/I) (GX) Pat 9-10 a.m. Yoga/Pilates (B) (DB) Deanna 9:30-10:30 a.m. Aqua Fit (B/I/A) (DP) Denise 10-10:45 a.m. Core Balance and Standing Abs (B) (GX) Sophie/Sharon/Prescy/Bonnie 10-11 a.m. Balance Ball (DB) Deanna 10:45-11:30 a.m. ZUMBA Toning (B/I) (GX) Sophie/Sharon/Prescy/Bonnie 11:30 a.m.-12:15 p.m. ZUMBA Dance (B/I) (GX) Sophie/Sharon/Prescy/Bonnie</p> | <p>8 8-9 a.m. Step Aerobics (GX) Pat 10:15-11:45 a.m. ZUMBA Power (GX) Sophie/Sharon/Prescy/Bonnie</p> |
| <p>10 8:30-9:30 a.m. WOW-TABATA-TABATA (B/I) (GX) Pat 9-10 a.m. Yoga/Pilates (B) (DB) Deanna 9:45-10:45 a.m. Wake-up and Move (B/I) (RV) /Pat 10-10:45 a.m. Core Balance and Standing Abs (B) (GX) Sophie/Sharon/Prescy 10-11 a.m. Meditation Breathing (B) (DB) Deanna 10:45-11:30 a.m. ZUMBA Toning (B/I) (GX) Sophie/Sharon/Prescy 11:30 a.m.-12:15 p.m. ZUMBA Dance (B/I) (GX) Sophie/Sharon/Prescy 4-5 p.m. Stretch and Flex (B/I) (GX) Ta.m.my 6:30-7:30 p.m. Yoga/Pilates (B/I) (GX or DB) Deanna</p> | <p>11 9-10 a.m. Myofascial Release Stretch (B) (GX) Joele 9:30-10:30 a.m. Aqua Fit (B) (VP) Denise 10-11 a.m. Beginning Pilates (B/I) (GX) Joele 11 a.m.-12 p.m. Sit & Get Fit (B) (GX) Joele 12-1 p.m. Fitness Friends (B) (GX) Joele 3-4 p.m. Advanced Aqua (B/I/A) Pat for Kathy</p> | <p>12 7-8 a.m. Early Yoga (B) (DB) Ta.m.my 8-9 a.m. Back To Basics Yoga (B/I) (DB) Ta.m.my 8:30-9:30 a.m. WOW – TABATA – BOOM (B/I) (GX) (Pat) 9:30-10:30 a.m. Aqua Fit (B) (DP) Denise 9:30-10 a.m. Standing Stretch Flow (B/I) (GX) Joele 10-11:30 a.m. Hot ZUMBA (I/A) (GX) Prescy 6:30-7:30 p.m. Balance Ball (GX) Deanna</p> | <p>13 8-9 a.m. Body Works (B/I/A) (GX) Kathy 9-10 a.m. Myofascial Release Stretch (B) (GX) Joele 9-10 a.m. Tai Chi (B/I) (GX) Lillian 9:30-10:30 a.m. Advanced Aqua (B/I/A) (DP) Kathy 11 a.m.-12 p.m. Sit & Get Fit (B) (GX) Joele 12-1 p.m. Fitness Friends (B) (GX) Joele 3-4 p.m. Aqua Fit (B/I) Denise</p> | <p>14 7-8 a.m. Early Yoga (B) (DB) Ta.m.my 8:30-9:30 a.m. WOW-TABATA-BOOM (B/I) (GX) Pat 9-10 a.m. Yoga/Pilates (B) (DB) Deanna 9:30-10:30 a.m. Aqua Fit (B/I/A) (DP) Denise 10-10:45 a.m. Core Balance and Standing Abs (B) (GX) Sophie/Sharon/Prescy/Bonnie 10-11 a.m. Balance Ball (DB) Deanna 10:45-11:30 a.m. ZUMBA Toning (B/I) (GX) Sophie/Sharon/Prescy/Bonnie 11:30 a.m.-12:15 p.m. ZUMBA Dance (B/I) (GX) Sophie/Sharon/Prescy/Bonnie</p> | <p>15 8-9 a.m. Step Aerobics (GX) Pat 10:15 a.m.-11:45 a.m. ZUMBA Power (GX) Sophie/Sharon/Prescy/Bonnie</p> |
| <p>17 8:30-9:30 a.m. WOW-TABATA-TABATA (B/I) (GX) Pat 9-10 a.m. Yoga/Pilates (B) (DB) Deanna 9:30-10:30 a.m. Advanced Aqua (B/I/A) (DP) Kathy 9:45-10:45 a.m. Wake-up and Move (B/I) (RV) /Pat 10-10:45 a.m. Core Balance and Standing Abs (B) (GX) Sophie/Sharon/Prescy 10-11 a.m. Meditation Breathing (B) (DB) Deanna 10:45-11:30 a.m. ZUMBA Toning (B/I) (GX) Sophie/Sharon/Prescy 11:30 a.m.-12:15 p.m. ZUMBA Dance (B/I) (GX) Sophie/Sharon/Prescy 4-5 p.m. Stretch and Flex (B/I) (GX) Ta.m.my 6:30-7:30 p.m. Yoga/Pilates (B/I) (GX) Deanna</p> | <p>18 8-9 a.m. Body Works (B/I/A) (GX) Kathy 9-10 a.m. Myofascial Release Stretch (B) (GX) Joele 9:30-10:30 a.m. Aqua Fit (B) (VP) Denise 10-11 a.m. Beginning Pilates (B/I) (GX) Joele 11 a.m.-12 p.m. Sit & Get Fit (B) (GX) Joele 12-1 p.m. Fitness Friends (B) (GX) Joele 3-4 p.m. Advanced Aqua (B/I/A) Kathy</p> | <p>19 7-8 a.m. Early Yoga (B) (DB) Ta.m.my 8-9 a.m. Back To Basics Yoga (B/I) (DB) Ta.m.my 8:30-9:30 a.m. WOW – TABATA – BOOM (B/I) (GX) (Pat) 9:30-10:30 a.m. Aqua Fit (B) (DP) Denise 9:30-10 a.m. Dancercise (B/I) Joele 10-11:30 a.m. Hot ZUMBA (I/A) (GX) Prescy 6:30-7:30 p.m. Balance Ball (GX) Deanna</p> | <p>20 8-9 a.m. Body Works (B/I/A) (GX) Kathy 9-10 a.m. Myofascial Release Stretch (B) (GX) Joele 9-10 a.m. Tai Chi (B/I) (GX) Lillian 9:30-10:30 a.m. Advanced Aqua (B/I/A) (DP) Kathy 11 a.m.-12 p.m. Sit & Get Fit (B) (GX) Joele 12-1 p.m. Fitness Friends (B) (GX) Joele 3-4 p.m. Aqua Fit (B/I) Denise</p> | <p>21 7-8 a.m. Early Yoga (B) (DB) Ta.m.my 8:30-9:30 a.m. WOW-TABATA-BOOM (B/I) (GX) Pat 9-10 a.m. Yoga/Pilates (B) (DB) Deanna 9:30-10:30 a.m. Aqua Fit (B/I/A) (DP) Denise 10-10:45 a.m. Core Balance and Standing Abs (B) (GX) Sophie/Sharon/Prescy/Bonnie 10-11 a.m. Balance Ball (DB) Deanna 10:45-11:30 a.m. ZUMBA Toning (B/I) (GX) Sophie/Sharon/Prescy/Bonnie 11:30 a.m.-12:15 p.m. ZUMBA Dance (B/I) (GX) Sophie/Sharon/Prescy/Bonnie</p> | <p>22 8-9 a.m. Step Aerobics (GX) Pat 10:15-11:45 a.m. ZUMBA Power (GX) Sophie/Sharon/Prescy/Bonnie</p> |
| <p>24 8:30-9:30 a.m. WOW-TABATA-TABATA (B/I) (GX) Pat 9-10 a.m. Yoga/Pilates (B) (DB) Deanna 9:30-10:30 a.m. Advanced Aqua (B/I/A) (DP) Kathy 9:45-10:45 a.m. Wake-up and Move (B/I) (RV) /Pat 10-10:45 a.m. Core Balance and Standing Abs (B) (GX) Sophie/Sharon/Prescy 10-11 a.m. Meditation Breathing (B) (DB) Deanna 10:45-11:30 a.m. ZUMBA Toning (B/I) (GX) Sophie/Sharon/Prescy 11:30 a.m.-12:15 p.m. ZUMBA Dance (B/I) (GX) Sophie/Sharon/Prescy 4-5 p.m. Stretch and Flex (B/I) (GX) Ta.m.my 6:30-7:30 p.m. Yoga/Pilates (B/I) (GX) Deanna</p> | <p>25 8-9 a.m. Body Works (B/I/A) (GX) Kathy 9-10 a.m. Myofascial Release Stretch (B) (GX) Joele 9:30-10:30 a.m. Aqua Fit (B) (VP) Denise 10-11 a.m. Beginning Pilates (B/I) (GX) Joele 11 a.m.-12 p.m. Sit & Get Fit (B) (GX) Joele 12-1 p.m. Fitness Friends (B) (GX) Joele 3-4 p.m. Advanced Aqua (B/I/A) Kathy</p> | <p>26 7-8 a.m. Early Yoga (B) (DB) Ta.m.my 8-9 a.m. Back To Basics Yoga (B/I) (DB) Ta.m.my 8:30-9:30 a.m. WOW – TABATA – BOOM (B/I) (GX) (Pat) 9:30-10:30 a.m. Aqua Fit (B) (DP) Denise 9:30-10 a.m. Standing Stretch Flow (B/I) (GX) Joele 10-11:30 a.m. Hot ZUMBA (I/A) (GX) Prescy 6:30-7:30 p.m. Balance Ball (GX) Deanna</p> | <p>27 8-9 a.m. Body Works (B/I/A) (GX) Kathy 9-10 a.m. Myofascial Release Stretch (B) (GX) Joele 9-10 a.m. Tai Chi (B/I) (GX) Lillian 9:30-10:30 a.m. Advanced Aqua (B/I/A) (DP) Kathy 11 a.m.-12 p.m. Sit & Get Fit (B) (GX) Joele 12-1 p.m. Fitness Friends (B) (GX) Joele 3-4 p.m. Aqua Fit (B/I) Denise</p> | <p>28 7-8 a.m. Early Yoga (B) (DB) Ta.m.my 8:30-9:30 a.m. WOW-TABATA-BOOM (B/I) (GX) Pat 9-10 a.m. Yoga/Pilates (B) (DB) Deanna 9:30-10:30 a.m. Aqua Fit (B/I/A) (DP) Denise 10-10:45 a.m. Core Balance and Standing Abs (B) (GX) Sophie/Sharon/Prescy/Bonnie 10-11 a.m. Balance Ball (DB) Deanna 10:45-11:30 a.m. ZUMBA Toning (B/I) (GX) Sophie/Sharon/Prescy/Bonnie 11:30 a.m.-12:15 p.m. ZUMBA Dance (B/I) (GX) Sophie/Sharon/Prescy/Bonnie</p> | <p>29 NO CLASSES TODAY DUE TO NATIONAL DANCE DAY!!! </p> |
| <p>31 8:30-9:30 a.m. WOW-TABATA-TABATA (B/I) (GX) Pat 9-10 a.m. Yoga/Pilates (B) (DB) Deanna 9:30-10:30 a.m. Advanced Aqua (B/I/A) (DP) Kathy 9:45-10:45 a.m. Wake-up and Move (B/I) (RV) /Pat 10-10:45 a.m. Core Balance and Standing Abs (B) (GX) Sophie/Sharon/Prescy 10-11 a.m. Meditation Breathing (B) (DB) Deanna 10:45-11:30 a.m. ZUMBA Toning (B/I) (GX) Sophie/Sharon/Prescy 11:30 a.m.-12:15 p.m. ZUMBA Dance (B/I) (GX) Sophie/Sharon/Prescy 4-5 p.m. Stretch and Flex (B/I) (GX) Ta.m.my 6:30-7:30 p.m. Yoga/Pilates (B/I) (GX) Deanna</p> |  | | | | |

July 2017 Club and Activity Calendar

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|---|--|---|--|--|
| | | | | | | 1 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) |
| 2 6pm Singles Club, BBQ (D) | 3 8:30am Woodcarving Club (D) 9am Walk & Talk (V) 10:30am Garden Club Planning Com (D) 12:30pm Rip, Stitch & Bitch (V) 12:30pm Mah Jongg (V) 2:30pm Pickleball (courts 3 & 4) 3pm Guitar Club (V) 3pm Oakmont Village RC Social (V) 5pm Whist Planning (V) 6:30pm Game Night (V) | 4 Independence Day HOA Office Admin Office closed today 8am Social Tennis 8:30am Radio Club (V) 9:30am Women's 9-Hole Golf 10:30am Pickleball (courts 3 & 4) 10:30am Sunsets Parade , clockwise from the Vista Club 11:00am – 1pm Hot Dog & Ice Cream Social (D) 11:30am DJ Music (D) 1pm Parade Awards Presentation (D) 11:30am TRVMEN Golf 12:15pm Hand & Foot Canasta (V) 5pm Billiards Club Tournament (V) 5:30pm Canasta Couples (V) 7:15pm Ballet (V) | 5 8am Social Tennis 8am TOPS (D) 8:30am Sr. Men's Golf 9am Walk & Talk (V) 9:30am Bridge Lessons (V) 9:30am Men's Fellowship (D) 10am Stained Glass (D) 10am Village Riviera ARC (D) 10:30am Pickleball (courts 3 & 4) 11am Horseshoe Play (Brockton Park) 11am Ukulele Club (V) 12:30pm Fat Quarters Quilters (D) 1:30pm Jazz Band (V) 2pm Card Design Class/ Open Painting (D) 2pm Saddle Rock RC Social Com (V) 4:30pm Table Tennis (D) 4:30pm Soul Line Dance (V) 6:30pm Square Dance (D) 6:45pm Drama Club Rehearsals (V) 7pm Billiard Club Membership (V) | 6 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) 10:30am Pickleball (courts 3 & 4) 12:15pm Ponytail Canasta (V) 1pm Good Samaritans (D) 2pm Genealogy Club (V) 2:30pm Theater Group Actors Studio (D) 5pm Table Tennis (D) 5pm Tai-chi for Beginners (V) 6pm Yuan-chi & Fan Dance (V) 6pm Pinochle (V) 6pm Village Riviera, BOD (D) 6:30 Village Riviera, HOA (D) 7pm Photography Club (V) 7pm Ballroom Dance - Adv (V) 8pm Ballroom Dance - Beg (V) | 7 7:50am Cycling Club (Delta Parking Lot) 8am Social Tennis 9am Model Club (V) 9am Walk & Talk (V) 10am Rubber Stamp Card Making (D) 10:30am Country Line Dancing (D) 10:30am Pickleball (courts 3 & 4) 11am Book Club: 66 Bible Books (V) 12pm Adv Watercolor (D) 12:15pm Friday Bridge (V) 2pm Training Class-Dwelling Live (V) 6pm Joy Luck Mah-Jongg (V) | 8 9am Model Club - Garden Railway (V) 9:30am Hiking Club (V) 1pm Private Memorial: Family Support (D) 4pm Table Tennis (D) 6pm Texas Hold'em / Omaha Poker (D) |
| 9 10am Trilogy Produce Market (D) 7pm Trilogy Dance Club – Solid Gold (V) | 10 8am Social Tennis 8:30am Woodcarving (D) 9am Olympic Village ARC (V) 9am Walk & Talk (V) 10am Oakmont Village Arch (V) 10am Garden Club Planning (D) 10am Rip, Stitch & Bitch (V) 12pm Open Painting (D) 12pm Duplicate Bridge (V) 12:30pm Mah Jongg (V) 1pm Just Dance Club (D) TAG-Monthly Mtg (D) 1pm TRVMA Executive Session (V) 2:30pm Pickleball (courts 3 & 4) 3pm Clubhouse Improvement Com (V) 5pm Whist Planning (V) 6pm Soul Line Dancing (D) 6pm Poker (D) 6:30pm Game Night (V) 6:45pm Drama Club Rehearsals (V) 7pm Model Club - RC Aircraft (V) | 11 8am Social Tennis 8:30am Radio Club (Offsite) 9am Saddle Rock Village ARC (D) 9:30am Women's 9-Hole Golf 10:30am Country Line Dancing (D) 10:30am Pickleball (courts 3 & 4) 10:30am Book Club (V) 11:30am TRVMEN Golf 12pm Cooking Club (D) 12pm Beg Watercolor (D) 12:15pm Hand & Foot Canasta (V) 1pm Training Class: Dwelling Live (V) 2pm TRVMA Board Mtg (V) 4:15pm Table Tennis (D) 5pm Billiards Club Tournament (V) 5pm Tai-chi & Yuan-chi (V) 6pm Emergency Action Com (D) 7:15pm Classical Ballet (V) | 12 8am Social Tennis 8am TOPS (D) 8:30am Sr. Men's Golf 9am Walk & Talk (V) 9:30am Bridge Lessons (V) 9:30am Men's Fellowship (D) 10am Stained Glass (D) 10:30am Pickleball (courts 3 & 4) 11am Horseshoe Play (Brockton Park) 11am Ukulele Club (V) 12:30pm Fat Quarters Quilters (D) 1:30pm Jazz Band (V) 2pm Card Design Class/ Open Painting (D) 3:30pm Sr Men's Golf Board Mtg (V) 4:30pm Table Tennis (D) 4:30pm Soul Line Dancing (V) 5pm HOA Admin Policies Com (V) 6:30pm Square Dance (D) 6:45pm Drama Club Rehearsals (V) 7pm VORC Quarterly Mtg (D) 7pm Singles Club | 13 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) 10:30am Pickleball (courts 3 & 4) 12:15pm Ponytail Canasta (V) 1pm Garden Club (V) 2:30pm Theater Group Actors Studio (D) 3:30pm Village 1 BOD (D) 4pm Village 1 HOA (D) 5pm Tai-chi for Beginners (V) 5pm Table Tennis (D) 6pm Yuan-chi & Fan Dance (V) 6pm Pinochle (V) 6pm Olympic Village BOD (D) 6:30 Olympic Village HOA (D) 7pm Ballroom Dance - Adv (V) 7pm Writers Club (V) 8pm Ballroom Dance - Beg (V) | 14 7:50am Cycling Club (Delta Parking Lot) 8am Social Tennis 9am Walk & Talk (V) 9am Village 1 ARC (V) 10am Rubber Stamp Card Making (D) 10:30am Country Line Dance (D) 10:30am Pickleball (courts 3 & 4) 11am Book Club: 66 Bible Books (V) 12pm Adv Watercolor (D) 12:15pm Friday Bridge (V) 1pm Asian American Social Club (D) 2pm Guitar Club (V) 2pm Training Class: Dwelling Live (V) 7pm Bunco (D) 7pm Theater Group Read Aloud (V) | 15 9am Model Club – Garden Railway (V) 9am Table Tennis (D) 9am Shibori Workshop (D) 9:30am Hiking Club (V) 4pm AARP Driver Safety Course, part 1 (V) 6pm Texas Hold'em / Omaha Poker (D) |
| 16 9am Shibori Workshop (D) 4pm AARP Driver Safety Course, part 2 (V) 6pm Singles Club BBQ (D) | 17 8am Social Tennis 8:30am Woodcarving (D) 9am Walk & Talk (V) 10am Council of Village Presidents (D) 12pm Open Painting (D) 12:30pm Mah Jongg (V) 12:30pm Rip, Stitch & Bitch (V) 1pm Just Dance Club (D) 2:30pm Pickleball (courts 3 & 4) 2:30pm Amenities Committee (V) 3pm Guitar Club (V) 5pm Whist Planning (V) 6pm Soul Line Dancing (D) 6pm Poker (D) 6:30pm Game Night (V) 6:45pm Drama Club Rehearsals (V) 7pm Fishing Club (D) 7pm Hiking Club (V) | 18 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) 10:30am Pickleball (courts 3 & 4) 11:30am TRVMEN Golf 12pm 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 (V) 6pm Administrative Policy Review (V) 7:15pm Classical Ballet (V) | 19 8am Social Tennis 8am TOPS (D) 8:30am Sr. Men's Golf 9am Walk & Talk (V) 9:30am Bridge Lessons (V) 9:30am Men's Fellowship (D) 10am Stained Glass (D) 10am Village Riviera ARC (D) 10:30am Pickleball (courts 3 & 4) 11am Ask A Board Member (V) 11am Horseshoe Play (Brockton Park) 11am Ukulele Club (V) 12:30pm Fat Quarters Quilters (D) 1:30pm Jazz Band (V) 2pm Card Design Class/ Open Painting (D) 4:30pm Table Tennis (D) 4:30pm Soul Line Dancing (V) 6pm Saddle Rock Village BOD (D) 6:30pm Saddle Rock Village HOA (D) 6:45pm Drama Club Rehearsals (V) 7:30pm Saddle Rock Village RC (D) | 20 8am Social Tennis 8:30am Women's 18-Hole Golf 9am Eagle Point ARC (D) 9:30am Ceramics (D) 9:30am Women's Fellowship (V) 10:30am Pickleball (courts 3 & 4) 10:30am EPV RC Social & Helping Hands (V) 12:15pm Ponytail Canasta (V) 2pm Genealogy Workshop (V) 2:30pm Theater Group Studio Workshop (D) 4pm Village Riviera RC (V) 5pm Table Tennis (D) 5pm Tai-chi for Beginners (V) 6pm Yuan-chi & Fan Dance (V) 6pm Pinochle (V) 6pm Village Oakmont BOD (D) 6:30pm Village Oakmont HOA (D) 7pm Theater Group Read Aloud (V) 7pm Ballroom Dance - Adv (V) 8pm Ballroom Dance - Beg (V) | 21 7:50am Cycling Club (Delta Parking Lot) 8am Social Tennis 9am Walk & Talk (V) 10am Rubber Stamp Card Making (D) 10:30am Country Line Dance (D) 10:30am Pickleball (courts 3 & 4) 11am Book Club: 66 Bible Books (V) 12pm Adv Watercolor (D) 12:15pm Friday Bridge (V) 2pm Training Class: Dwelling Live (V) 6pm Joy Luck Mah-Jongg (V) 7pm Whist Club (D) 7pm Comedy Night- Dan St. Paul (V) | 22 9am Table Tennis (D) 9am Model Club – Garden Railway (V) 9:30am Hiking Club (V) 10:30am Private Use (D) 6pm Texas Hold'em / Omaha Poker (D) |
| 23 10am Trilogy Produce Market (D) 6pm This N That Coffee House (V) | 24 8am Social Tennis 8:30am Woodcarving (D) 9am Olympic Village ARC (V) 9am Walk & Talk (V) 10am Village Oakmont ARC (V) 10am Eagle Point Village RC Board Mtg (D) 12pm Open Painting (D) 12:30pm Rip, Stitch & Bitch (V) 12:30pm Mah Jongg (V) 1pm Just Dance Club (D) 1pm Access Com (D) 2:30pm Pickleball (courts 3 & 4) 3pm Clubhouse Improvements Com. (V) 5pm Whist Planning (V) 6pm Poker (D) 6pm Soul Line Dancing (D) 6:30pm Game Night (V) 6:45pm Drama Club Rehearsals (V) | 25 8am Social Tennis 8:30am Radio Club (V) 9am Saddle Rock Village ARC (D) 9:30am Women's 9-Hole Golf 10:30am Country Line Dancing (D) 10:30am Pickleball (courts 3 & 4) 11:30am TRVMEN Golf 12pm Beg Watercolor (D) 12:15pm Hand & Foot Canasta (V) 12:30pm Dog Club (D) 2pm Village Document Revision Com (V) 4:15pm Table Tennis (D) 5pm Billiards Club Tournament (V) 5pm Tai-chi & Yuan-chi (V) 6pm Emergency Action Com (D) 7pm Drama Club Meeting (D) 7:15pm Classical Ballet (V) | 26 8am Social Tennis 8am TOPS (D) 8:30am Sr. Men's Golf 9am Walk & Talk (V) 9:30am Bridge Lessons (V) 9:30am Men's Fellowship (D) 10am Stained Glass (D) 10:30am Pickleball (courts 3 & 4) 11am Horseshoe Play (Brockton Park) 11am Ukulele Club (V) 12:30pm Fat Quarters Quilters (D) 1:30pm Jazz Band (V) 2pm Card Design Class/ Open Painting (D) 4:30pm Table Tennis (D) 4:30 pm Soul Line Dance (V) 6pm Singles Club (V) 6:30pm Square Dance (D) 6:45pm Drama Club Rehearsals | 27 8am Social Tennis 8:30am Women's 18-Hole Golf 9:30am Ceramics (D) 9:30am Women's Fellowship (V) 10:30am Pickleball (courts 3 & 4) 12:15pm Ponytail Canasta (V) 1pm Community Advisory Com (D) 2pm Community Connections (V) 2:30pm Theater Group Actors Studio (D) 5pm Table Tennis (D) 5pm Tai-chi for Beginners (V) 6pm Pinochle (V) 6pm Yuan-chi & Fan Dance (V) 6pm Eagle Point Village BOD (D) 6:30pm Eagle Point Village HOA (D) 7pm Theater Group (D) 7pm Ballroom Dance - Adv (V) 7:30pm Eagle Point Village RC (D) 8pm Ballroom Dance - Beg (V) | 28 7:50am Cycling Club (Delta Parking Lot) 8am Social Tennis 9am Village 1 ARC (V) 9am Walk & Talk (V) 10am Tennis Club Mtg (D) 10am Rubber Stamp Card Making (D) 10:30am Country Line Dance (D) 10:30am Pickleball (courts 3 & 4) 11am Book Club: 66 Bible Books (V) 12pm Adv Watercolor (D) 12:15pm Friday Bridge (V) 2pm Training Class: Dwelling Live (V) 2pm Guitar Club (V) 6:30pm Bingo (D) | 29 8am National Dance Day (V) 9am Model Club – Garden Railway (V) 9am Table Tennis (D) 9:30am Hiking Club (V) 10am Riviera RC Ladies Luncheon Registration (D) 10am Private Memorial (D) 6pm Texas Hold'em / Omaha Poker (D) 7pm Concert on the Patio-Solid Gold (V) |
| 30 | 31 8am Social Tennis 8:30am Woodcarving (D) 9am Walk & Talk (V) 12pm Open Painting (D) 12:30pm Rip, Stitch & Bitch (V) 12:30pm Mah Jongg (V) 1pm Just Dance Club (D) 2:30pm Pickleball (courts 3 & 4) 5pm Whist Planning (V) 6pm Poker (D) 6pm Soul Line Dancing (D) 6:30pm Game Night (V) 6:45pm Drama Club Rehearsals (V) | | | | | |



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Billiards

The next Billiards Club meeting will be Wednesday, July 5 at 7 p.m. in the Monterey Room of the Vista Club. Tournaments are every Tuesday evening at 5 p.m. We play 8-ball or 9-ball, depending on the week of the month. Officers: President Al Bergoust, Vice President Mike Quihuiz, Treasurer Jack Clark, Secretary Victoria Muñoz, and Membership Chairman Dave Stewart.



On April 29, the Billiards Club sponsored Victoria Muñoz and her Team Victorians in the Solano County MS Walk at the Waterfront in Suisun City. There were two courses: 1 mile and 5K, with the start and finish lines the same for both routes so the Walkers had their choice of distance. The Victorians had 74 members and won the trophy for Top Team, raising \$6,279!

Last month's winners in the weekly tournaments:

May 2: 8-Ball

1st Richard Gutierrez
2nd Al Banga
3rd Lee Durham

May 9: 9-Ball

1st Richard Gutierrez
2nd Gene Ivy
3rd Luciano Fraga

May 16: 8-Ball

1st Jack Clark
2nd Jim Rosteck
3rd David Czlonka

May 23: 8-Ball Partners

1st Nathan Griffin/
Jennifer Anthony
2nd Richard Gutierrez/
John Faustini
3rd Al Banga/Adam Tavis

May 30: 8-Ball

1st Jack Clark
2nd David Czlonka
3rd Roy Aquino

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

Bingo

Bring friends and enjoy Bingo games with fun, laughter, and goodies. Mark your calendar for the fourth Friday of the month (July 28) 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.

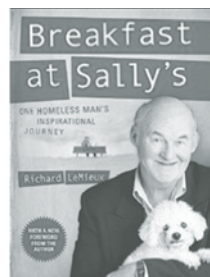
Bocce

The 2017 bocce season is in full roll, with 51 teams and 530 members. There are some activities that deserve mention:

- 1. Safety.** Be mindful at all times of your surroundings. Use the "T" bars to enter and exit the courts.
- 2. Court Maintenance/Grooming.** The HOA staff does the weekly maintenance, and the teams are responsible for the pre-game grooming. The process addresses the integrity of the court.
- 3. Paddeling.** Each team should paddle one of the first two games, and the winner of the second game should paddle the third game.
- 4. Communications.** The board is committed to the cascading approach. We communicate to the team leaders and ask that they, in turn, communicate to the team members.
- 5. Planning.** The end-of-season event dates are set. The WED/FRI morning league will gather on Monday, August 28, and the TUES/THUR morning league will gather on Tuesday, August 29. Both MBL events will be a catered lunch in the Delta Club. Doors will open at 11:30 a.m. The NBL will gather for dinner on Saturday, September 9 at the Delta Club. Doors will open at 5 p.m. All three socials are bring-your-own-beverage events.

Remember to roll often, throw straight, and have fun; that's what it's all about. For more information, contact Joe Downes at 707 374 7520 or josephdownes@citlink.net.

Book



The Book Club meets the second Tuesday of each month at 10:30 a.m. in the Sonoma Room at the Vista Club. The next meeting is July 11. The book selection is *Breakfast at Sally's* by Richard LeMieux. The August book selection is *Morgan's Run* by Colleen McCullough. There is no requirement to have read the selected book. Every-

one is welcome to join in, so feel free to stop by. For more information, contact Adrienne 707-374-5576.



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Book – 66 Bible Books

We are still studying Deuteronomy, the fifth book of the Old Testament. We find that many weeks we only cover one chapter, due to the amount of discussion and revelation gleaned from The Word.

We invite one and all to join us as we continue our journey through the 66 books of the Bible. We meet on Fridays from 11 a.m. – 12:15 p.m. in the Monterey Room of the Vista Club. If you have a desire to study the Bible, we welcome you. Please contact either Gary or Deb Dunham at 707-374-5324 or gmdunham1@hotmail.com, debdunham@hotmail.com for any additional information.

Note: We will not meet in August, but will reconvene on Friday, September 8.

Bridge – Duplicate

Duplicate Bridge meets the second Monday of each month at 12 p.m. in the Sonoma Room in the Vista Club. Please mark your calendars for our game on Monday, July 10. 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.

May's winners: Regular players: 1st: Cyndy Schroeder and Bob Wiskotzil; 2nd: Sue Vogtlin and Lois Brusen. Novice players: 1st: Peter and Bonnie Carisetti; 2nd: Alan Carter and Angie Jones.

Bridge – 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 you are coming by noon on the Wednesday of that week. The sign-up book is in the Sonoma Room in the middle top drawer of credenza at the left side of the room. On the first Friday, there will be duplicate bridge for all levels. Use the same sign-up book. June duplicate winners were Larry Epner & Xaio Gong; 2nd Place the Carrisetti's.

For more information or any questions, please call Larry Epner at 374-3511.

Bunco

Welcome to Bunco. It is wonderful meeting all of you new to Trilogy. We enjoy seeing friends we've met since while playing Bunco. So let the fun begin. We meet the second Friday of the month at the Delta Club at 7 p.m. Bunco is an easy game to learn: just a roll of the dice. We sit at tables of four players at each table, make introduc-

tions, and when the room is ready, we start. At the end of each round, two people from each table move to another table, then we play again. It's that easy. We will have refreshments on the break.

We look forward to seeing you there. For more information, please call Anna Hoerz at 707-374-2239.

Canasta -- Couples

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 you don't need experience. 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. We hope you will join in the fun!

Ceramics

Welcome to the Ceramics Club, where things don't always turn out the way you planned. This figurine of a man was donated to the club and sat in the cupboard until recently. Linda Robinette decided to glaze it because it reminded her of a trip to Japan many years ago in 1986, where she met a man who looked a lot like the statue. Once the piece was fired, the glaze did not "stick" to all the surfaces and it left an



unusual finish. It was quite a surprise when it came out of the kiln. Sometimes, when a bisque article is left for a long time, or handled a lot, the glazes don't adhere as expected. In this case, the man's robes' treatment almost looked planned. We have several bisque articles that new members can glaze and see what happens. Come and see if you can duplicate this new technique.

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 you will join us on our journey to explore the opportunities around us for day trips, helping with short-term service projects as needed and having

fun making this club what you want it to be. Whether you are a seasoned member or new to our group, we hope you will attend our next meeting to discuss more adventures and share your experiences about local events.

Our next meeting will be at 2 p.m. on Thursday, July 27, in the Monterey Room at the Vista Club. We will discuss volunteer opportunities within the Rio Vista community, where our next outing will take us, and which short-term service project to assist. Light refreshments will be served. We would love to meet you! For more information about Community Connections, contact Robie at 650-454-4299 or robiejw@hotmail.com.

Cooking

Hello from the Trilogy Cooking Club. We are a group of cooking enthusiasts who meet once a month to taste themed dishes prepared by our members and to share recipes, and learn new techniques and trends. The dishes are based on a theme the members find interesting and want to explore new and interesting versions.

For our July meeting, will look at a sampling frozen deserts. Club members Geo, March, Susan, and Gary will prepare our takes on truly frozen dessert. Other members will bring a recipe for their take on the dessert they have made to let us know what they like about it and share the experience with the group.

We are all home cooks, and all other home cooks are welcome to join us, whether you are an experienced chef or a budding novice. We encourage you to come by and share your passion. If you have questions, please contact Gary Swieso at 707-374-5859. We meet the second Tuesday of each month at noon in the River Room of the Delta Club. The next meeting is July 11.

Whether you're a novice cook or "well-seasoned," please join us. All are welcome. Saddleback and Eagle Point and other new Trilogy residents—that means you! Come and bring your suggestions for dishes/styles to try out, or outside trips to take. We are also considering some upcoming in-home meetings to teach, demonstrate, and learn. We are looking at a pie dough demonstration and cake frosting demonstrations coming up. See you in July at the Delta!

Council for the Arts

Look for our golf cart at the Fourth of July parade. It will be decorated to reflect the theme of the 2018 Music of the Night. We're excited about next year's show. We think you will be, too! If you attend our next meeting on July 13, you can be a part of the planning. We are a friendly group – we promise not to bite.

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

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

Cycling



The start time is 7:50 a.m. for the months of June-September, and the starting location is in front of the Delta Club. Rides are usually around 25 miles. Depending on what the majority of the group wants, we decide and then ride either to Ryer Island or Montezuma Hills. On very windy days

we ride down River Road to the ferry, make a u-turn and head up to Sandy Beach. From there we ride through the Vineyards neighborhood and, if the wind isn't too strong, we take a right turn on Montezuma Road for more riding or take a left turn and stop at the bakery before heading back to Trilogy. We have a lot of regroupings on our ride, so no rider is left behind. Bring money for a possible coffee stop. Helmets are required. For more information, contact Al or Marcia Morrison at 707-374-5177 or marcialsj@netscape.net.

This month's photo, taken by Roger Kohn, shows Bernd Vonsosen trying to free a goat that got its head stuck in the fence, and Marcia Morrison is trying to calm the goat with TLC. The owners weren't home, so that goat was lucky our bike group came along and set him free.

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



Delta Breeze Chorus

The Delta Breeze Chorus, Trilogy's own men's and women's chorus, will begin rehearsing for the upcoming holiday season on Tuesday, August 15, at 6:30 p.m. in the Diablo Ballroom, Vista Club. Note the new day and time for rehearsals this year. We will rehearse each Tuesday through December. If you like to sing, come and join us; no auditions! For more information, call Cheryl, 707-374-7567.

Dog



Inky the Shih Tzu, our featured Dog of the Month, has a very interesting story on how she arrived in Trilogy. Born in Bakersfield, her father was owned by a dog

groomer, and when Inky was a puppy, the groomer gave her to one of her elderly patients. Unfortunately, the lady had dementia, problems developed, Inky was taken back, and after being flown by Rescue Volunteer pilots to Rio Vista, found herself with fellow Trilogian Sue Clark, who said she would find her a good home in Trilogy. Sue made a big poster with Inky's picture and posted it on the bulletin board, offering "Free Dog to a Good Home." That evening, Sue noticed Piper, her cat, and Inky getting along so well together; next day she went back, took the poster down, and Inky's forever home was immediately found. Sue advises that Shih Tzus were bred to be spoiled lap dogs for "royalty" -- and that Inky is -- along with having an alpha personality. Besides sleeping, her favorite pastime is playing with her ball and going for rides in Sue's golf cart.

Excellent speakers continue to grace our regular monthly meetings. May featured Keegan McFadden, manager of Lodi's Sycamore Lane Kennels & Farm boarding kennels; June featured fellow Trilogians Elaine Wisz and Marilyn King, both active volunteers with NorCal Poodle Rescue; and this month's July 25 meeting will feature Meir Horvitz with "Paws For Healing," a volunteer group that trains and provides canine-assisted therapy.

Earlier hot weather playdate times continue: Large dogs 9-9:45; split shifts for the Small dogs, A-L owner/dogs 9:45-10:30, followed by M-Z owner/dogs 10:30-11:15. Watch emails and Next Door postings for exact day-of-month dates.

Dominoes

Come on down and enjoy an old-fashioned game of Mexican Train dominoes. Not one of us remembers where the game got its name, but we still enjoy the laughter among friends. You are still welcome to join in the fun. The game is played at the Delta Club on the first and third Tuesdays at 12:30 p.m. Don't miss out. For further information, please call Shirley at 707-374-9984.

Drama Club

We have scheduled performances August 9, 10, 11, and 12 for our next melodrama in the Diablo Ballroom at the Vista Club -- *My Fair Limey*—which is *My Fair Lady* meets the Old West in this spin-off of the George Bernard Shaw classic. Barclay Mellonford, has relocated from the well-spoken land of manners and decorum to a lil' old town out West. He just has one problem: No one can understand a word he says. Bring the whole family to *My Fair Limey* for an evening of fun with the folks in Wildcat Crossing. Our cast of characters has started rehearsals. Put the play dates on your calendars! Flyers are available at the Vista Delta Clubs (over Box #10 at Delta). Seats go quickly, so get your reservations in pronto!

We welcome inspiring new members with or without experience, because you will absolutely have the most fun with our cast of characters. No experience is necessary. A crucial part of a live performance happens behind the scenes, both before a production and during its run. If you have experience working backstage or want to learn about working in makeup, costumes, set design, props, and sound, come to our next membership meeting on July 25 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 that gets together to work on our own quilting and sewing projects. Join us, meet new friends, and share the love of sewing. We meet every Wednesday from 12:30 to 3:30 pm. at the Delta Club. There are no dues or fees. For more information, contact Esther Young at 707-273-2639.

Fishing

Our Monday, July 17 Fishing Club meeting will feature a speaker from the U. S. Coast Guard. We also will have raffles and talk about the fishing trips that a few of us Trilogogy guys went on in the Bay: shark limits, thanks to Noel Obrien; and a separate trip where we caught stripers and halibut in the Bay, thanks to George Talbott.



clubs + groups

Please bring \$15 to our July 17 meeting to pay for the August 26 BBQ we will have at the Delta Marina. The club will provide water and soda for the 1:30 p.m. event. If you have something new or slightly used to donate for the BBQ raffle, bring item to the meeting. We also will settle on a date for a halibut trip in the Bay. Is anybody interested in a kokanee trip? Let's set it up. Our July 17 meeting starts at 7 p.m. in the River Room at the Delta Club. For more information, contact Ed Moreland at 707-330-0358.

Garden



The Garden Club has been busy planning the summer programs and finding new, interesting topics to share with all of our members. We hope you enjoyed the bees and honey presentation that was held in June!

The Garden Club has also been maintaining the community planter boxes at the RE Church on Highway 12. The project crops are starting to grow and need to be maintained weekly. If you would like to help with this project, drop us an email at trilogygardenclub@gmail.com.

Our July monthly meeting is on July 13 at 1 p.m. in the Diablo Room of the Vista Club. Marina Bender will conduct an eco landscaping workshop. The presentation will be followed by a question-and-answer period. Don't forget that we will serve some wonderful refreshments and hold a door prize raffle!

We will have our colander succulent basket workshop on July 18. The cost is \$15 for members and \$20 for non-members. August will follow with a lei-making workshop on August 15. Save those dates!

The Trilogy Garden Club holds monthly meetings on the second Thursday of every month in the Diablo Ballroom at the Vista Club at 1 p.m. and a monthly workshop every other month from 9 a.m. to noon in the Marina Room at the Delta Club. The cost of membership is \$15 per family per year. Please contact trilogygardenclub@gmail.com for additional information or to answer any questions.

Genealogy

Our May workshop was a great success, thanks to the presentation provided by Ellen Porter-Cheechov. Ellen is the resident genealogist expert at the Solano County Library in Vacaville. She shared a wide range of information about

the updated specifics of Ancestry.com, Heritage Quest, Family Search, and much more. DNA was also a topic, and her knowledge of the sites and available testing was very helpful for those of us attempting to "decode" our results. She also provided us with additional DNA testing sites as well as a comparative of test vs. price. Ellen has promised to return for a second time and bring along her associate from the Solano County Genealogy Society.

There also is a great, free site that few are aware of—Ancestral Findings. We highly recommended it for informative articles and stories. This site provides free lookups on birth records, census records, marriage records, land, and tax records. The lookups are free, although you pay a small fee for the hard copies of the records. The site covers a vast amount of information, from the Mayflower landings, Revolutionary War, and family crests, to help when there are no records. He also provides free podcasts, and we encourage you to sign up

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

Golf – Senior Men's

The Golf Course at Rio Vista is coming back strong with fairways and greens luring strong play. With our sometimes windy conditions, one can imagine playing in Scotland. Wednesday's in July will continue to offer a variety of challenging, fun-filled tournaments. We are very pleased to announce a BASA Away Tournament at Oakmont Golf Club in Santa Rosa on Monday, July 10. Breakfast and registration at 7:30 a.m. with a shotgun start at 8:30. Lunch follows golf. Contact Rayno Niemi at raynoniemi@yahoo.com for further information.

Being part of the Rio Vista Senior Men's Golf Club (RVSMGC) gives you the opportunity to give back. As an example, George Barlesi, a key club member, lauded the support of our nearby communities and various Trilogy golf clubs in making the Veterans Benefit Tournament a huge success with a donation of \$8,375 to the Veterans Community Action group.

Joining our club is easy. RVSMGC welcomes all Rio Vista men 55 and older to join our club and be part of the fun. You can find membership forms in the club room of the Pro Shop. For all other information concerning membership and activities, call 925-685-7237 or email ebmixer@yahoo.com.



Golf – Women’s 9-Holers



May has been one of the best months for golf. Our biggest competition has been not to interfere with the geese families. Mommy and Daddy get very upset and often come after the

golfers. The course is really getting in shape due to our newest landscape superintendent.

May also brought the start of the Eclectic tournament, which lasts eight weeks. One week we play the front 9, then the next week the back. At the end, we combine scores and take the best 18 holes to come up with a score. Fran Silva has done a great job, as usual, to get this organized.

With the Eclectic we had several pars this month: Doreen Lewis had 2, Nancy Weaver 2, Debi Petteruti 2. The rest of these ladies all had 1 and did a fantastic job; JoAnn Hess, Ana Bogucki, Eila Ballard, Jeanie Renner, Diane Scholz, Anne Frenette, Patty Harrison, Fran Silva, Linda Baptista, Cathy Warr, Nancy Griffin. Our one and only chip-in was a Chip-in Par made by Trixie Roque. Nice going, to all the ladies!

May has been a busy month with many golf tournaments. Some of our ladies went to La Contenta, May 9, and some went to Greenhorn, May 16. Also, some played in the Armed Forces Tournament here on May 17. It is just that time of year. We all had fun times and played with people from all over the area.

If you have an interest in seeing what we are all about, check in with our membership Chairperson Debi Petteruti, nsdme2012@gmail.com or call 707-374-5797. We meet on Tuesday’s at 8:30 a.m. in the Pro Shop.

Golf – Women’s 18-Holers

The month of May proved to be very busy for our club. The highlights of the month were: Overall winner of the Captain’s Cup: Cindy Brown. Ace of the Month: Debby Carroll. Congratulations, Cindy and Debby! Cindy will represent our club at TOCC as our low net winner.

May 4: Low Putts: Birdies: Traver. Chip ins: Berry and Van Nieuwburg. Closest to the Pin: Jill Smith. Broke 100: K.Evans 98, Brown 97, Carroll 95, Fashing 90, Barlesi 85. Putts: Flight A: First: Berry 33. Flight B: First: Tie: Ulmonen, Renko 32 Flight C: First: Tie: Jackie Evans, Rexford 35 Flight D: Tie: JoAnn Smith, Swarbrick 35.

May 2 and 3: Ten of our team members played in the Senior/Super Senior Tournament at Greenhorn Creek and Saddle Creek. Congratulations to K. Evans for placing fourth in her flight.

May 11 Partners: Chip-Ins: Ulmonen and Ballard. Birdies: Barlesi. Closest to the Pin: Renko, four feet. Broke 100: Brown 99, Barlesi 85. Flight A/C: First: Barlesi/Kistler. Flight B/D: First: K.Evans/Ballard

May 15: Nineteen golfers headed to the PWGA May Play Day, Turkey Creek. With a field of 128 golfers, Renko, Staley and Brown placed fourth; Davis and Carroll placed second; Petronzio first!

May 18 and 19 Captain’s Cup: A Flight: First: Fashing. Second: Carroll Third: Sundly. B Flight: First: Gingrass, Second: Ulmonen, Third: K.Evans. C Flight: First: Renko, Second: Ballard. Third: J.Evans. D Flight: First: David, Second: Renner, Third: Petronzio.

Welcome to our two newest members, Fran Silva and Jill Smith. If you are interested in joining, please contact Sharon David at 925-518-8511.

Good Samaritans

On July 4, 1776, the 13 colonies claimed their Independence from England. Each year on July 4th, Americans celebrate this historic event. Thomas Jefferson drafted the Declaration of Independence. From 1776 until the present, Americans have celebrated July 4th as the birth of American independence.

Dr. Martin Luther King, Jr. recognized the meaning of Independence Day in one of his speeches. King’s hopes were rooted in the Declaration of Independence, which states that no man by nature is ruler or the servant of another. It’s not just a great statement during a social struggle, it’s a great statement about what it means to be an American. Dr. Martin Luther King, Jr. said in his “I Have a Dream” speech, “Free at Last! Free at Last! Thank God Almighty, We are Free at Last!”

The Good Samaritans believe the same as Thomas Jefferson and Dr. Martin Luther King, Jr., that freedom is for everyone who lives in America. The Good Samaritans also believe that our freedom comes from honoring God with faith, hope, and charity. We also believe what the Bible reads; that freedom also comes from love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.

Freedom Scripture of the Month: “This is the day the Lord has made. We will rejoice and be glad in it.”
Psalms 118:24



Guitar Club

Come join us on Sunday, July 23 for an evening of acoustic guitar music, song and poetry at our next This 'n That Coffee House. We start at 6 p.m. and somehow manage to squeeze in as many as 16 musical sets and a few poetry sets in 2 hours and 45 minutes. If you have never been to the Coffee House, you have missed some remarkable performances by your talented neighbors. Best of all, admission is free! You're welcome to bring your own refreshments, but we also offer free coffee and snacks. It starts at 6 p.m. in the Diablo Ballroom at the Vista Club and ends around 8:30 p.m.

Guitar Club meets in the Diablo Ballroom on the first Monday of the month from 3 to 5 p.m., and meets in the Monterey Room on the third Monday from 3 to 5 p.m. For those two hours, we play, sing, talk, and have a good time. Beginners and non-players are always welcome.

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

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

Havurah Friends

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

Please watch for flyers at the Vista Club business center by the ATM on our next event (hopefully in July). We have lots of new, exciting things on our calendar for the future, including picnics, discussions, book club, day trips, visiting Rabbi speaker, Yom Kippur break the fast, etc.

Our book selection for August 28 Book Club will be *On Tyranny, Twenty Lessons from the Twentieth Century* by Timothy Snyder. It's available on Amazon and is a short read. Please join us at the Vista Club, Monterey Room at 7 p.m.

We look forward to welcoming new members as we expand our group of friends. For more information, please call Pam at 707-734-3161 or email her at karatpah@yahoo.com.

Hiking

The Trilogy Hiking Club is one of the oldest and largest clubs in Trilogy, formed 13 years ago, with a current membership of more than 250 members.

The Club offers a wide variety of hiking, special interest and social events. Membership and most hikes are free.

A nominal fee is charged for special events.

Hiking: The club's mainstay activity is our Saturday Hikes. In the past 13 years, we have conducted nearly 500 hikes and events. We offer an 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 8:30 a.m. from the Vista Club, where a pre-trip meeting is held and carpooling arrangements are made. (No reservations needed.)

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. (This year's Yosemite trip was May 23-26).

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.

July Saturday trips are:

July 1 – No Hike (4th of July holiday)

July 8 - Angel Island – 5-mile Loop - Easy

July 13 - (Thursday) NEW EVENT – American River Rafting Trip

July 15 - No Hike –

July 22 – Baltimore Canyon – 5.8-mile loop Greenbrae – Moderate

July 29 - Point Pinole Regional Shoreline Richmond – 4.2 miles -Easy

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

Jazz Band

Thank you to all who attended our Tea Dance on April 24 at the Vista Club. We had a great time playing for you, and we hope you enjoyed yourselves as well. Our next Trilogy Jazz Band Tea Dance is September 29 from 7 – 9 p.m. Put us on your social schedule for a fun evening.

As always, new members are welcome. Even if you haven't played that dusty old horn in the garage in years, pull it out and come see us on Wednesdays from 2:30 to 4:45 p.m. We have a great time, laugh a lot, and nobody will judge you!

If you are not sure what you want to do, stop by the Diablo Ballroom in the Vista Club on a Wednesday afternoon and give us a listen. We love an audience. Heads up though: We are taking the month of August off. Questions? Call our Director Jim Lucas at 707-374-5767 or Gary Scheib at 925-337-3720.



Just Dance

Just Dance is a new club to move to music however you like, with no instruction, no mirrors, no lights, and no dues or fees. All residents are welcome to dance as couples or express themselves alone to danceable music and just have fun. We will meet every Monday from 1-2 p.m. in the Rio Vista Room, Delta Club. For more information, please call Kim Cox at 541-227 8275 or email kcc89447@yahoo.com.

Labyrinth Walkers



Hope you can join us on Wednesday, July 19 at our Hap Magee Ranch Park Labyrinth walk. Several of us enjoyed this quiet, green jewel nestled at 1025 La Gonda Way in the Danville hills. The Hap Magee labyrinth is shaded by tall

Oaks and surrounded by gardens. There are lots of mature trees; even so you might want your favorite hat.

Once again we will gather at the Vista waterfall at 9:30 a.m. and leave at 10 a.m. for the one-hour drive to Danville. After walking the labyrinth, we will picnic in the park. Prepare your own picnic lunch or perhaps have the Vista Café prepare a sandwich for you. If you do order a sandwich from the Vista Café, please allow sufficient time for the Café to prepare your order so you can make the scheduled departure time.

Read more at: <http://www.danville.ca.gov/Things-To-Do/Parks/Community-Parks/Hap-Magee-Ranch>.

After we have enjoyed our picnic lunch, you may want to stroll around this lovely park. Wear your Trilogy Labyrinth T Shirts. Contact Anna Chunn, 707-734-4843, if you'd like to order a shirt.

Men's Fellowship

The Men's Fellowship Club started in February 2016, but its principal founders got together in September 2014, sharing their lives and common interests. Since then the club has grown to nearly 60 men who have a special desire for the study and discussion of the wisdom revealed in the Bible they possess.

By reading and sharing, each one's insight and story brings us all closer to the same level of understanding.

We are a diverse group of men from many different religious and cultural backgrounds. Weekly gatherings travel verse-by-verse through selected books of the Bible, searching the Word in fellowship so that each man will experience a more fulfilled, purposeful life. The discussion of Apostle Paul's letters to the Colossians and Thessalonians developed a greater understanding of the mysteries of creation, redemption, the freedom of the New Man, Holy Living, and the Day of the Lord. Recently, each meeting has started with a reading and reflection of a Psalm presented by different members of the group as they feel led.

Come and join us every Wednesday in the Rio Vista Room at the Delta Club from 9:30 to 10:30 a.m. For additional information, please contact either Lloyd Whitford at 707-374-3266, whitfordlloyd@gmail.com or Ted Angus at 707-734-6593, sandrasangus@yahoo.com.

Model

On June 17, we staged our Model Club Extravaganza. On the Vista Club lawn we operated and displayed a wide range of model trains, planes, boats and cars for peoples' inspection and enjoyment. Larry the New York Hot Dog Guy provided his menu of delicious eatable treats and drinks. We hope it was fun for the entire family. We hope these efforts will encourage others to attend our Model Club meeting and bring new encouragement and skills to our attention.

Our great adventure for July will be an all-day trip to Beale Air Force Base to see live modern displays of operational aircraft and reconnaissance vehicles. Anyone who has attended in the past will attest the event is varied and extremely interesting. We must provide names and identification prior to arrival, so do not wait until the last minute. We are going on July 4. Contact Club President Ted Tome at 925-691-4676 to sign up.

Why Model? Because Model Rail Road, and other hobbies, gives us great satisfaction to provide enjoyment to the residents and their families of Trilogy.

Stop by our Model Club meeting on the first Friday of each month in the Monterey Room at the Vista Club. If you have questions, please contact Ted Tome at 925-691-4676.

Motorcycle

The Trilogy Motorcycle Club riders meet the first Saturday of every month for an all-day ride. The June 3 ride was a local destination, our very own Mt. Diablo. At some 3,900+ feet, the summit offers a great view of the entire



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Bay Area and Delta. It's rather mundane getting there on city streets, but upon entering the park, the ride becomes interesting, with many 10 mph switchbacks and ever-increasing scenic views. Interestingly enough, it was a bit chilly at the base, but at the top, the temperature increased some 10 degrees—quite the temperature inversion. The photo-op has Concord and Walnut Creek in the background. Descent was down the Danville side, out Blackhawk Boulevard to Tassajara and Collier Canyon into Livermore and a stretch break at Starbucks.

Because it was lunchtime, we decided on Casa Orosco in downtown Livermore. They started as a humble little place in Dublin years ago and have grown to two nice restaurants. Food was excellent, as always, but for some reason, the service was sadly lacking. A continued ride south of Livermore on Tesla or Mines road was aborted, due to carb overload and the need for a nap. It was a nice short ride, some 140 miles, with technical challenges of very twisty roads, gorgeous scenery, nice weather, and a seldom-visited destination.



Left to right: Greg Cruz, Stacy Cade, Bill de Manincor, Bob Azbell, John Staph, Randy Scott, Phil Vaughn, Wil Bridges

We invite other motorcycle riders in Trilogy to join us on any of the monthly rides. The next ride meets at McDonald's in Rio Vista at 8 a.m. July 1, the destination TBD based on weather. For more info, contact Bob Pastorino at 707-734-6556 or Larry Nelson 707-734-2967.

Movers & Shakers

This is a support group for those with Parkinson's, Essential tremor, Dystonia, or any other movement disorder. We meet once a month at 7 p.m. For date and location, call Audrey Kinser, 707-734-7506.

Photography

The Photography Club ventured out on several fun field trips recently, including a walking tour of Rio Vista, capturing photos of interesting buildings that tell stories of its colorful history as well as our beautiful waterfront. Other trips included areas where egrets built their nests, and club



Photo by Diane King

members captured some great photos of these magnificent birds in flight. More fun trips are being planned as well as free classes on various subjects, including editing, lighting, and composition, so be sure to add your contact information to our growing list of those who want to be kept informed. Just call or email Yvonne Camper at 408-690-4524 or yvonnecamper@att.com to be added to the email list. Yvonne is an excellent instructor, and everyone enjoys the information. You don't need previous experience, so just come and learn.

We meet on the first Thursday of the month at 7 p.m. in the computer room at the Vista Club, and our next meeting is July 6. If you wish to share your photos, please arrive at 6:45 p.m. and bring your labeled USB drive with four to six pictures to share on the big screen. We are looking for black and white photos to include in our monthly newsletter, so please email them to Diane King at erasewrinkles@att.net or Yvonne Camper at yvonnecamper@att.net.

Pickleball

Pickleball was invented in summer of 1965 on Bainbridge Island, Washington, at the home of former State Representative Joel Pritchard. The game utilized random game pieces from other racquet sports and quickly gained popularity. The name came from Pritchard's wife, who said the game reminded her of the Pickle Boat in crew, where oarsmen were chosen from the leftovers of other boats.

The court is the size of a badminton court, but utilizes a lower net, a Whiffle ball, and a solid wood or composite racquet. The balls are served with an underhanded stroke, and players score points only when they serve. Play looks similar to tennis, but often with more volleying at the net after the first two strokes.

Pickleball is popular with people of all ages and abilities. Tournament play involves singles, doubles, and even wheelchair tournaments. If you'd like to experience the fun of playing pickleball, join us on tennis courts 3 and 4 Mondays 2:30 - 4:30 p.m. and Tuesdays - Fridays 10:30 a.m. - 1:00 p.m. Be sure to wear court shoes; we'll provide the racquets and balls.

For more information, check out the Trilogy Pickleball Club website trvpc.com or contact the club President Linda Pagliaroli at 916-835-3801.



Radio

We welcome interested residents and friends to our weekly meetings, which we hold most Tuesdays in the Monterey Room at the Vista Club at 9 a.m. This is necessary to test and demonstrate our skill and equipment to meet a communications emergency in our community. We have been informed by the Federal Government as well as City of Rio Vista emergency services that in a true emergency in the area, it will likely be greater than three days before ANY outside emergency services can be dispatched to Trilogy at Rio Vista. The Radio Club, our own Emergency Action Committee, and our Master Association urge you to stock and maintain emergency supplies and medicines for your use when a major incident strikes.

We meet and practice weekly to maintain the skill edge and equipment readiness to provide this vital service to you, the residences of our community. If you would like to learn more about the Radio Club, join us on Tuesday for informal discussions. Please stop by or call our President Dean Lattman at 707-374 3967.

Religions of the World (ROW)

We will not meet in July since our first Tuesday meeting day is also the 4th of July holiday and the Delta Club will be used all day for the Trilogy July 4th activities.



In August, we will have a presentation on Yoga by Gerry Swan and Don Cooper. More details will be available in the next *Trilogy Living* magazine.

At this point, we still expect the August meeting to be in the Delta Club River Room at 6:30 p.m., but remodeling in the Delta Club could create some meeting location changes.

We normally meet the first Tuesday of each month at 6:30 p.m. Our club is not a forum for recruiting members to any belief system, but a chance to learn more about diverse religious beliefs and spirituality. All residents are welcome. For more information, contact Don Cooper at 510-909-5049 or Dave Bellamy at 707-374-6670.

Singles

New faces and new friends in this new place! Whether you moved here two weeks ago, or have been here for years, we'd love to meet you. Singles are invited to join the esprit de corps of this growing group of active and fun-loving participants. There is always lively conversation punctuated by bursts of laughter at our gatherings.



We get together for cards and games on the second Wednesday at the Vista Club from 7 to 9 p.m. in the Sonoma Room and from 6 to 9 p.m. on the fourth Wednesday in the same location. 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.

The Singles Club also enjoys meeting new friends at our Meet & Greet Potlucks. Please join us the first and third Sunday of the month at 6 p.m., in the Marina Room at the Delta Club. Bring something to grill or a 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 pool or relax in the hot tub!

Don't forget to check out the local community website Nextdoor, where singles also post spontaneous, impromptu activities!

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

Square Dance

Watch for two upcoming events. First, the Square Dance Club will perform at the Trilogy July 4th Celebration. Second, we are starting a beginner's square dance class on September 13 at 6:30 p.m. in the Delta Club. If you want to see what it's all about, join us on any Wednesday. Have a snack and watch the dancers in action. Our sessions are open to singles as well as couples. Dress is casual. Sessions start at 6:30 p.m. in the Delta Club, Rio Vista Room.

The Rio Vista Grand Squares (aka the Square Dance Club) now has its own website. To see the goings on, check out www.riovistagrandsquares.com. The site shows our class schedule, current call status, as well as links to other instructional sites. The club has engaged the services of Scot Byars, a nationally-known professional caller and teacher, at a cost of \$5 per dancer per session. For further information on our sessions or about the club, call Judy Lentz at 707-374-6506 or Ron Kott at 650-464-2071. Be there and be square!

Table Tennis



We wish Trilogy residents and staff a happy 4th of July and a healthy and joyful life, akin to that enjoyed by table tennis players.

Every year we conduct four In-House Tournaments and two against Ross-moor's club. Tournaments provide good opportunities to test the skills of players. They are also wonderful occa-



sions to watch spectacular matches, and to socialize with club members and guests. The second In-House Tournament of 2017 was held on May 27. Twenty-four members participated. Based on their skill levels, members were assigned to one of four groups, from advanced to beginner. Players in each group competed against peers of comparable skills. Results of the competition are used to update the rankings of members on the club's skill ladder. Congratulations to the winners in each of the four groups: Wing Liu, Hans Puppig, Ken Kan, and Larry Mork.

To excel in table tennis, it is not enough to be physically fit and to master the various strokes. Mental alertness and ability to focus are equally important. In preparing for tournaments, top players undergo physical and mental training. Beside physical exercises, techniques like muscle relaxation, breathing exercises, and meditation are helpful. Prudent players take advantage of allowed breaks during and between games to rest, rehydrate, restore mental alertness, and update play strategy to sustain or regain momentum.

To learn more, please visit <http://trvtt.wordpress.com> or contact: Tom Barnes, president 707-290-6293; Sherry Jasara, vice president 916-758-7674; Ruth Barnes, treasurer 707-372-9956; Hans Puppig, secretary 858-735-5108; Glenn Hom, tournament director 925-915-9249.

Tennis



In 1973, Billie Jean King challenged Bobby Riggs to a tennis match, which became the famous Battle of the Sexes. The \$100,000 prize was not as important as the point being made: respect for women on the tennis court. Riggs handed King a Sugar Daddy lollipop, and she handed him a piglet, and the games began with King winning handily 6-4, 6-3, 6-3. It could be said that that is when the world started paying attention, not only to women players, but to tennis as an exciting spectator sport. And so it was with our first Rossmoor tournament. It was a hot day, but our team (both men and women) beat the heat with a little heat of their own to win 110 to 104! Congratulations!

Dates to note on your calendar: July 1 at 9 a.m. is Women's Tennis and Brunch. July 15 is the first Intra-Community Tournament, and August 19 is the Rossmoor at Trilogy Tournament. Also, Team Tennis will continue into July and August if there is enough interest. To sign up for tournaments or Team Tennis, please contact Bill Kienzle at bill4849@gmail.com.

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.

For more information, come to our club meeting at 10 a.m. on Friday, July 28, at the Delta Club or contact Claude Trottier at ctrrottier92@gmail.com. You can also visit our website www.frontiernet.net/~courtjesters.

Remember: "Love means nothing in tennis, but it's everything in life."

Trilogy Art Guild (TAG)

Are you an artist or an art lover? The Trilogy Art Guild (TAG) invites you to join our club. TAG members meet the first Monday of each month at 1 p.m. in the Marina Room at the Delta Club. We welcome new members to our group. If you want more information regarding TAG, please contact Maren Waddill at 707-374-3954 or Richard Laswell at 559 359-1248.

Following our business meeting, we often have demonstrations and speakers. Last month we were treated to a wonderful presentation by artist and teacher, Harriet Burge. Following our July meeting, members will have an art equipment and supply swap and sale.

You don't have to be a TAG member to try your hand at something creative. Check out some of our classes taught by several of our talented TAG members. No experience is required, and we welcome beginners. Please contact the instructor if you are interested in signing up for their class. Classes are held in the Marina Room in the Delta Club:

Mixed Media on the 4th Monday 1 – 4 p.m.
Contact Ann @ 707-374-2768

Beginning Watercolor on Tuesdays at noon.
Contact Anna @ 707-374-3560

Card Design with Wilda on Wednesdays 2-4 p.m.
Contact Alma @ 707-374-3064

Cardmaking with Shari on Fridays at 10.
Contact Shari @ 707-363-9752.

Advanced Watercolor on Fridays, at noon.
Contact Anna @ 707-374-3560.

Monthly Shibori Workshop July 15 & 16.
Contact Lori @ 707-374-6196.

Trilogy Theater Group



Meet Mary Kay Rostek, who made her TTG debut as “Dinah” in *The Dixie Swim Club*. Mary Kay and her husband moved here about 10 months ago from Redondo Beach, California, after relocating from the East Coast. “I’ve been involved in theater since I was a kid, and joining [TTG] ...has really made me feel at home” says Mary

Kay. “I like how the actors and crew, who often swap hats building sets, doing sound and lights and wardrobe, etc., are always learning and laughing and sharing encouragement with one another.”

Innocent? Guilty? You’re the jury! Back by popular demand: another interactive dinner theater event. *Contempt of Court*, by playwright David Landau, is a riotous spoof on the *Judge Judy* show. Auditions are being held June 12 from 6 to 7:30 p.m. at Sir Flair’s Restaurant. All are welcome to try out for a part -- no acting experience needed. Performances dates: July 20 through August 5. Contact Louise Mitchell at sspm1939@gmail.com or 707-374-3541 for more details.

Rehearsals will soon begin for our next full-length play, a presentation of the beloved, award-winning *The Trip To Bountiful*, by playwright Horton Foote. Director Ron Chalmers is working with the cast and crew to bring Trilogy audiences a unique and memorable theatrical event. Performance dates: September 20 - 24. Watch for more details in future issues of *Trilogy Living* and on the Vista and Delta club billboards.

For additional information about our 2017 season and/or any of our other group activities, please contact TTG President Kevin Kennedy at 408-921-2607.

TOPS (Take Off Pounds Sensibly)

Summer is here, with vacations, swimming, picnics, and plenty of sun. This is a great time to shake off those extra pounds. Anytime is a good time to shake off extra pounds and to keep them off. Healthy living is the goal. Why not travel along the road with a group of helpful, encouraging, friendly people who are heading in the same direction? TOPS meetings are every Wednesday at 9 a.m., with weigh-ins from 8 – 8:45 a.m. in the Delta Club.

Dieting is not the answer. TOPS is not a diet group. Meetings are about finding the latest and best techniques for losing weight and sharing them. Besides discussing nutrition, meetings include sharing ways to put exercise into

daily routines. Walking, cardio machines, swimming, joining active groups—all are available here in Trilogy. TOPS members share their experiences and encourage one another to get out and move (or stay in and move, if that’s your preference).

Weigh-ins keep us accountable and let us know how we’re doing. We celebrate successes and remind each other that support is available along the way.

Here’s something to share:

Summer Greens and Strawberries with Poppy Seed Dressing

(Serves 8 at 40 calories per serving)

- 3 cups watercress leaves
- 3 cups torn arugula leaves
- 3 cups sliced strawberries
- ¼ cup orange juice
- 2 tsp olive oil
- 2 tsp poppy seeds
- ½ tsp grated orange rind

1. Combine the watercress, arugula and strawberries in a large bowl
2. Whisk together the orange juice, oil, poppy seeds, and orange rind in a small bowl. Pour dressing over salad and toss to combine.

Ukulele



Get your island groove on at The Point Restaurant, Sunday, July 16, 1:30 - 3:30 p.m. Wear your favorite aloha shirt and flip-flops. Don’t forget to bring your ukulele, guitar, tambourine, washboard, kazoo, banjo, accordion, harmonica, fiddle and/or mandolin, and join us for a mellow afternoon, island-style. Sip on a favorite tropical punch, watch the hula dancers perform, and sing/play along to the sounds of favorite, new and old, Hawaiian tunes.

We meet every Wednesday in the Vista Club Diablo Room. Beginners’ class starts at 11 a.m., followed by the performance group practice at noon. All interested Trilogy residents are invited to drop in, listen, play, and sing along with us. Bring your ukulele if you have one. You don’t need to know how to read music or have any prior musical experience. You’ll be playing songs after your first session!

Please contact our club coordinator Claire McKean at 1chanteuse@frontier.com for more information.



Women's Fellowship

To all new residents who could not read about the Women's Fellowship in the June issue of the Trilogy Living, please accept our apology as we missed the deadline for getting our article in. We hope everyone had a good holiday! We will break for the entire month of August and return the second Thursday in September and every Thursday thereafter. At that time, we will start a new study. Lessons are provided, however, please bring your personal bible. Plan to join us, get to know more of your neighbors, and make new friends. Reminder: Meetings are held on Thursdays 9:30 - 11:30 a.m. in the Sonoma Room at the Vista Club.

Scripture of the month: Proverbs 3:25-26

Writers

Optional Monthly Topic: Birthdays



Everyone has one annually. Small children are eager to celebrate more of them, while their elders may become dismayed that another is approaching. A few fib about how many they have experienced and some have decided to discontinue

acknowledging their existence. In many cultures, birthdays are observed by eating particular foods, receiving gifts and cards, and participating in traditional rituals. When a person reaches certain milestone birthdays, the festivities may become grander than in other years. The birthday observances of certain famous individuals have been declared federal holidays. This month, you are invited to write about a particular birthday celebration or birthday observances in general. Or you may prefer to write about any other subject. It's up to you. Just write! Then join us on Thursday, July 13 at 7 p.m.

In January, we switched our meeting day and time from the second Thursday evening of the month to the third Friday afternoon. Some of our long-time members were not able to join us under the new arrangement, and they are greatly missed. Hopefully, we will be able to reunite with them this summer. For the months of July and August only, we will revert to the second Thursday at 7 p.m. At this writing, the location is yet to be determined. Please call Suzi 925-231-5213, Judy 707-374-3973 or Zoe 707-374-3676 to learn where we will share our stories, poems or lyrics. No matter where we meet, it will be a safe place for you to share your thoughts and experiences.



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ADVERTISING INFORMATION

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

REGULAR SIZES AND RATES:

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

PREMIUM SIZES AND RATES:

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

DISCOUNTS:

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

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



Thanks to the Trilogy Family

Thank you to the Family Support Group and for all the warm thoughts and prayers from our community on the passing of my husband, Bernie Dehn.

– Sandy & Bobby Dehn



Summer Reading Challenge for Adults

Challenge yourself to read this summer with Reading by Design. Win prizes, get up to \$10 off your library fines, and share your love of reading with your community.

Record the books you read between June 1 and August 31 at www.solanolibrary.com/challenge or stop by the library at 44 South 2nd Street.

For more information, call Mark Flowers at 707-784-1528.

Trilogy Resident Golf Tournament



Our next tournament, July 16, has a Fourth of July theme, and we will play a game of Red, White, and Blue. We will play golf, have a raffle, eat BBQ tri tip and chicken for dinner, then enjoy a surprise dessert.

The Resident Tournament Committee has donated \$100 of our raffle prize money to the Armed Forces Tournament that was held May 17. We plan to do the

same for the American Legion Tournament on July 28. Such worthy causes. Support our Vets!

The Resident Tournament is open to all golfers with a GHIN number and handicap. It is recognized and supported by all the golf clubs here at Trilogy.

We will also have a Pairing Party on the Friday before, at 4 p.m. in Sir Flairs to see with whom you are playing. Come, enjoy the festivities, and then stay for dinner.

Look for the flyers in the Pro Shop. Cutoff for the July tournament is July 9. Come as a single or couple, have your spouse join you for the dinner or ride with you on the course.

Future tournaments are: August 20, September 17, and October 15. Flyers come out approximately a month before the cutoff.

For more information, call Linda Rowe at 925-286-1555 or Harold Rowe at 925-818-1124.

Rio Vista Food Pantry Needs Volunteers!

- Receptionist M-F, 9 a.m.-1 p.m.
- Pick up from Fairfield Food Bank weekly (Wed) 8 -11 a.m.
- Sort/date check donations Wed or Fri

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

Alzheimer's / Dementias Caregivers' Support Meeting

Alzheimer Services and the Greater Bay Area Alzheimer's Association sponsor the caregivers support group to offer information, speakers and videos, as well as open discussion and social interaction for caregivers of loved ones with Alzheimer's or other dementias. The group meets the third Friday of each month from 9:30 to 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.

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 Gardner at 707-439-6116, or email her at xbirdlady@myifp.com, or call Barbara Sherison at 707-374-6845, or call Betty Bowley at 707-374-5613.



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707-374-2466 or LupeandMarcy@gmail.com

ANNOUNCEMENTS

Adopt a Cat

Scooter: Very pretty, soft, pale orange male tabby with white paws, neutered with shots; Lily: Long haired, sweet, dark female tabby, cute face, spayed with shots; Miga: Black short haired female, follows you everywhere, great companion, spayed with shots. To adopt, call 707-330-0808.

FOR RENT

House for Rent

Two bed/two bath Sevita model: reverse osmosis drinking water. Whole house water softener. Cement patio, solar panels. \$1500/month. Contact Tanya at 707-586-3396.

SERVICES

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Best price, most reliable, friendly service. 707-372-3818.

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All Transportation

Need a ride, call Nita 707-315-6670. Long time Trilogy resident—13 years Trilogy driver: one-way, round trip, out of town or local pick-ups and drop-offs 24-7. Up to 4 riders welcome.

Alterations

And mending clothing and home décor items. Won first place at State Fair for sewing and baking. Non-smoker and pet-free environment. Bus. #9452. Call Carol 559-314-5039.

SERVICES

Bicycle Repair

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

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.

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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.



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I will rid your yard of your sweet doggie deposits. Gene 707-374-3000. Call between 9-11 am. Leave message after 11 or if no answer.

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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.

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.

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.

Home for the Elderly

Goldenstar Home for the Elderly 707-374-4087 or 707-631-0010: Staff are background checked, TB tested, and CPR trained. Care in the facility or in your own home.

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Notary to Go

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Notary Services

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Painting & Drywall

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Pest & Termite Services

Trilogy resident and owner operated. General pest control services include monthly or bi-monthly services to meet your needs. Termite inspections. Specializing in real estate and refinance. Recent merger with Graybill Pest Solutions. Please call Ron Yocum—owner, R & D Termite and Pest Control 925-323-5211 or home office 707-320-1277. reyocum@yahoo.com. Goal: to serve our Trilogy neighbors and adjacent neighborhoods.

Pet Care

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

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

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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.

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WANTED

Piano Lamp Wanted

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