

Lake Club COMMUNICATOR



The Lakes At
ROCKY RIDGE



**SAT, DEC 6 | 4 - 6 PM
AT THE LAKE CLUB**

Join us for a festive holiday celebration! Enjoy delicious food, holiday cheer, and seasonal treats, plus a special visit from Mrs. Claus!

EDITOR'S NOTE

November has arrived, bringing with it our first blanket of snow on the very first day of the month, just in time to make those cozy sweaters and warm drinks feel right at home. We also "fell back" an hour this weekend, which means a bit more daylight in the morning and maybe one extra cup of coffee in the afternoon.

Our Halloween Party was a great success! It was such a treat to see everyone's creative costumes and the kids enjoying themselves throughout the evening. You can find some event highlights in this newsletter, and for even more photos, please visit our Facebook page. If you haven't already, be sure to follow us so you don't miss future events and updates.

Speaking of updates, we're introducing a new feature in this month's issue—a section dedicated entirely to gym news and updates. We often receive questions and suggestions about the gym, so we'll now be summarizing everything you need to know right here in the newsletter. Thank you to everyone who's shared feedback through our community suggestion box; if you'd like a direct response about your thoughts and concerns, please remember to include your contact information so we can get back to you.

We'd also like to invite community members, especially teenagers and young adults, to consider volunteering. Volunteers help with community events, programs, and activities, supporting the fun experiences that make our neighbourhood such a great place. It's a great way to meet new people, gain skills and experiences that stand out on job or school applications. If you'd like to get involved, please reach out to us.

We're gearing up for our Annual Holiday Market on Friday, November 21st, from 12 to 4 pm at the Lake Club! We've lined up a great mix of vendors, perfect for getting a head start on your holiday shopping. We love showcasing local talent, so if you're a small business owner who'd like to join as a vendor, please reach out to the Lake Club office.

Our dedicated Knit Wits, a friendly group of community knitters who meet weekly to chat, stitch, and create items for charity, are taking a short break and will return in December. They're still busy knitting away behind the scenes, and if you'd like to support their work, yarn donations are always welcome.

As we head into the holiday season, the Lake Club office is receiving a high number of requests to book the Activity Room for private functions. To make things easier, we've prepared a flyer included in this newsletter with all the details you need to reserve the space.

And finally, time truly flies! Our HOA Holiday Party is coming up on Saturday, December 6th, starting at 4 pm. Expect delicious food, great music, festive cheer, and word on the street is that Mrs. Claus might just make an appearance! A friendly reminder: all residents of our community, owners and tenants alike, are welcome to join our events and programs. If you live here, you're welcome!

May your November be filled with simple joys and a bit of time to slow down and enjoy the season.

Branka

The Lake Club office will be closed from November 10th to 16th, and will reopen on the 17th. For urgent matters, please contact us by email at activity.lakeclub@outlook.com. Messages will be checked periodically and addressed based on urgency.

The Lake Club is located in the parkade level of The Manor Village at 450 Rocky Vista Gardens NW

Website
www.thelakesatrockyridge.com

Lake Club Manager: Branka Stevanovic
(587) 349-1338 | activity.lakeclub@outlook.com
In-Office Hours: Monday & Tuesday 9am—2pm

HOA Board
lakesatrrhoa@gmail.com



HOW TO BOOK THE *Activity room*



FOR YOUR PRIVATE FUNCTION

Host your next gathering at the Lake Club!

The Activity Room is available for use by all residents of The Lakes at Rocky Ridge community. A booking system is in place, and while there's no cost to rent the room, a refundable damage deposit and completed booking form are required.

How to Book

- Check availability – Contact the Lake Club Office to confirm your preferred date and time.
- Complete the form – Fill out the Activity Room Booking Form. For more details or to access the form, scan the QR code or visit our website using the link below.
- Submit deposit – Provide your refundable \$150 deposit along with a completed form to finalize your booking.

Things to Note

- The room includes tables, chairs, a kitchenette (fridge, coffee maker, and microwave), and basic cleaning supplies.
- Please review the booking form for detailed guidelines to help ensure a full refund of your deposit.

Contact the Lake Club Office

- Phone: 587-349-1338
- Email: activity.lakeclub@outlook.com



SCAN HERE



ONLINE
BOOK NOW

www.thelakesatrockyridge.com

ONGOING ACTIVITIES

The Lake Club is an HOA-run social activity club and a vibrant hub where neighbours come together to connect, have fun, and stay active. It offers a variety of clubs, exercise classes, and creative workshops for all ages and interests, and it is also where most of our community events take place. With so many new and longtime residents taking part, there's always something happening and new friends to meet. Owners and tenants alike are welcome to join the fun!

Aerobics: Jane Fonda (Theatre)

DVD sessions are played at 9:30am on Mondays, Wednesdays, and Fridays.

Yoga for Beginners (Theatre)

DVD sessions are played at 9:30am on Tuesdays and Thursdays.

Book Club (Theatre)

Meets at 7 pm on the 2nd Monday of each month, bringing together reading enthusiasts.

Pavilions Knit Wits Ladies Social (Games Room) - On hold until December 10th

Every Wednesday at 2pm, Pavilions ladies meet to socialize and knit. Knitted items are donated to various charities and shelters. All Pavilions residents are welcome.

Bingo (Activity Room) Wednesdays at 1:30pm.

Bridge (Activity Room) Tuesdays and Thursdays at 7pm.

Movies (Theatre)

Saturdays at 7pm. Snacks are provided courtesy of the HOA.

Game Night (Games Room)

Fridays at 7 pm. Residents gather for a fun evening of billiards, table tennis, board games, table soccer, cards, and more.

Walking Club (Lookout) - Weather permitting

Thursdays at 6pm. A group of community members gather for a relaxing walk, exploring the neighbourhood together. No sign-up required.

Church Services (Theatre)

Catholic Communion: 2nd Thursday at 11am
St. Thomas United Church: 3rd Wednesday at 11am
Catholic Mass: 4th Thursday at 11am
Summit United Church Sunday Mass (Livestream): Sundays at 11am

Hatha Yoga Class (Activity Room)

Wednesdays from 7pm to 8:15pm. This is a pre-paid class and requires registration.

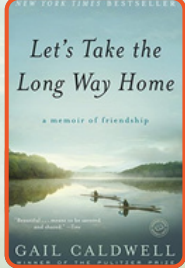
NEED MORE INFO?

Contact the Lake Club office 587 349 1338
activity.lakeclub@outlook.com

BOOK CLUB

Current Reads

Book Club meets at 7 PM on the second Monday of each month in the Lake Club Theatre. Drop-ins are welcome!



Let's Take the Long Way Home
by Gail Caldwell

In Let's Take the Long Walk Home, Pulitzer Prize-winning author Gail Caldwell has written a powerful and moving memoir about her coming-of-age in mid-life, and her extraordinary friendship with the author of Drinking: A Love Story, Caroline Knapp—fellow writers, AA members, dog lovers, and observers of life.

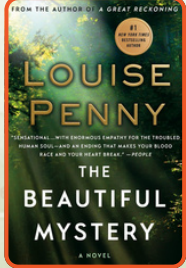
Nov 10th



The Lion Women of Tehran
by Marjan Kamali

An "evocative read and a powerful portrait of friendship, feminism, and political activism" (People) set against three transformative decades in Tehran, Iran, from nationally bestselling author Marjan Kamali.

Dec 8th



The Beautiful Mystery
by Louise Penny

Hidden deep in Québec's wilderness, the silent monks of Saint-Gilbert-Entre-les-Loups are world-famous for their haunting chants, known as "the beautiful mystery." But when their choir director is murdered, Chief Inspector Armand Gamache and Jean-Guy Beauvoir uncover discord beneath the harmony and must confront the fragile line between the divine and the human.

Jan 12th

Connect with us

Stay in the loop with the latest news and event updates, and be the first to know what's happening in and around our community.

FOLLOW US ON SOCIAL MEDIA



www.facebook.com/thelakesatrockyridge



www.instagram.com/lakes_at_rocky_ridge



SUBSCRIBE
to our newsletter



SCAN ME

www.thelakesatrockyridge.com/news

LAKE CLUB FITNESS CENTRE



Get in
Shape
With Us

Earlier this fall, we hosted a Gym Orientation Session led by a personal trainer and kinesiology expert. It was a great opportunity for residents to learn proper exercise form and get comfortable with the equipment. Many who attended said they found it very informative, though remembering every detail afterward was a bit tricky!

If you've been meaning to use the gym but aren't quite sure where to start, consider this your sign to drop by and explore what's available. The Lake Club Gym may be small, but it's well equipped for a full-body workout. For cardio lovers, we have a treadmill, recumbent bike, spin bike, and stepper, perfect for getting your heart rate up and building endurance.

If strength training is more your style, you'll find several machines for muscle toning, a full rack of dumbbells, a set of kettlebells, plus a plyometric box, balance balls, and plenty of mats for stretching or core work. At the beginning of the year we also added a full wall mirror in the stretching area, a popular upgrade among our regular gym-goers.

All gym equipment is professionally maintained every two months. Our technician inspects and tests each piece to make sure everything stays in top shape. If you ever notice something that needs attention (or have a suggestion for improvement), please drop a note in the community suggestion box. We review all feedback carefully and while we can't accommodate every request, we do our best to keep the gym fresh, functional, and welcoming.

If you're new to working out or already love fitness, the Lake Club Gym has everything you need to stay active and healthy. And if it's been a while since your last workout, we've put together a simple, beginner-friendly exercise routine you can do at the gym, or at home.

Don't be intimidated, come by, give the machines a try and make the most of this great community space!



The gym's stretching area has been updated with new equipment and a full wall mirror.



TIME! TO UPDATE! GYM NEWS

- Our regular preventative gym maintenance was completed on October 14, which included cable replacements and general servicing. The next scheduled maintenance will take place on December 9.
- Please note that the Steel Flex treadmill is currently out of order due to several damaged parts. We're awaiting a quote for replacement parts, please note that repairs may take some time. We appreciate your patience as we review the associated costs.

A few quick reminders for all gym users:

- The 30-minute rule applies to all gym equipment. If others are waiting, kindly limit your time on any machine and allow the next person to use it.
- We've added a new set of kettlebells in a range of weights. Please be mindful not to drop them, as the noise carries upstairs to the Manor, and remember to put back any weights you use.
- Only residents are permitted to use the Fitness Centre; non-resident friends and family are not allowed.
- Unsupervised minors are not permitted in the gym at any time.
- Thank you to everyone who have shared feedback. If you notice an issue with any equipment, or have any suggestions for improvements, please drop a note in the community box, we always appreciate your input.

TOTAL BEGINNER FULL BODY WORKOUT (20-25 MIN)

1. Warm-Up (5 minutes)

Do each for 30 seconds. Repeat the circuit twice.

- March in Place – Lift knees high, swing arms.
- Arm Circles – Small to large circles, both directions.
- Torso Twists – Rotate gently side to side.
- Bodyweight Squats – Sit back as if into a chair.
- Standing Side Bends – Lean slowly side to side.

2. Main Workout (15 minutes)

Do 2 rounds. Rest 30–45 sec between exercises, 1–2 min between rounds.

- Squats – 45 sec. Chest up, hips back, knees to 90°.
- Wall Push-Ups – 45 sec. Stand arm's length from wall, bend elbows, then push back.
- Glute Bridge – 45 sec. Lie on back, lift hips to form a straight line shoulders to knees.
- Standing Knee Raise Crunches – 45 sec. Lift knee to opposite elbow.
- Bird-Dog – 45 sec. Extend right arm and left leg, switch sides.
- Wall Sit – 30 sec hold. Knees bent 90°, back flat.
- Step Jacks – 45 sec. Step side to side, raise arms overhead.

3. Cool-Down (5 minutes)

- Standing Quad Stretch – Hold ankle behind you.
- Hamstring Stretch – Sit and reach toward toes.
- Chest Opener – Clasp hands behind back, lift gently.
- Shoulder Stretch – Arm across chest, hold.
- Cat-Cow – Alternate arching and rounding your back.
- Deep Breathing – 3 slow breaths.



November 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Theatre (T) Games Room (GR) Activity Room (AR) Board Room (BR)						1 7pm Movie (T): Jurassic World: Rebirth
2 10:30am Summit View United Church Sunday Mass (Livestream) (T) <i>Time to "fall back"!</i> 	3 9:30am Aerobics DVD (T)	4 9:30am Yoga DVD (T) 7pm Bridge (GR)	5 9:30am Aerobics DVD (T) 1:30pm Bingo (AR) Hatha Yoga 7—8:15 pm (AR) (Sign-up)	6 9:30am Yoga DVD (T) 7pm Bridge (AR)	7 9:30am Aerobics DVD (T)	8 7pm Movie (T): Big Fish
9 10:30am Summit View United Church Sunday Mass (Livestream) (T)	10 9:30am Aerobics DVD (T) 7pm Book Club (T) (Drop-ins Welcome)	11 9:30am Yoga DVD (T) 7pm Bridge (AR) REMEMBRANCE DAY 	12 9:30am Aerobics DVD (T) 1:30pm Bingo (AR) Hatha Yoga 7—8:15 pm (AR) (Sign-up)	13 9:30am Yoga DVD (T) 11am Catholic Communion (T) 7pm Bridge (AR)	14 9:30am Aerobics DVD (T)	15 7pm Movie (T): Downtown Abbey: The Grand Finale
16 10:30am Summit View United Church Sunday Mass (Livestream) (T)	17 9:30am Aerobics DVD (T)	18 9:30am Yoga DVD (T) 7pm Bridge (AR)	19 9:30am Aerobics DVD (AR) 11am St. Thomas United Church (T) 1:30pm Bingo (AR) Hatha Yoga 7—8:15 pm (AR) (Sign-up)	20 9:30am Yoga DVD (T) 7pm Bridge (AR)	21 9:30am Aerobics DVD (T) HOLIDAY MARKET 12 PM - 4 PM 	22 7pm Family Movie (T): Elio
23/30 10:30am Summit View United Church Sunday Mass (Livestream) (T)	24 9:30am Aerobics DVD (T)	25 9:30am Yoga DVD (T) 7pm Bridge (AR)	26 9:30am Aerobics DVD (AR) 1:30pm Bingo (AR) Hatha Yoga 7—8:15 pm (AR) (Sign-up)	27 9:30am Yoga DVD (T) 11am Catholic Mass (T) 7pm Bridge (AR)	28 9:30am Aerobics DVD (T) Happy Holidays 	29 7pm Family Movie (T): Superman 

November MOVIES



SATURDAYS AT 7PM

LAKE CLUB THEATRE



November 1 — Jurassic World: Rebirth (2025) with Scarlett Johansson, Mahershala Ali, Jonathan Bailey

Rated PG for intense sequences of violence/action, bloody images, some suggestive references, language and a drug reference (2h 13m)

Five years post-Jurassic World: Dominion (2022), an expedition braves isolated equatorial regions to extract DNA from three massive prehistoric creatures for a groundbreaking medical breakthrough.



November 8 — Big Fish (2003) with Ewan McGregor, Albert Finney, Billy Crudup

Rated PG for a fight scene, some images of nudity and a suggestive reference (2h 5m)

A frustrated son tries to determine the fact from fiction in his dying father's life.



November 15 — Downton Abbey: The Grand Finale (2025) with Marilyn Cutts, Dominic West, Lorna Nickson Brown

Rated PG for suggestive material, smoking and some thematic elements (2h 3m)

When Mary finds herself in a public scandal and the family faces financial trouble, the household grapples with the threat of social disgrace. The Crawleys must embrace change with the next generation leading Downton Abbey into the future.



November 22 — Elio (2025) with Yonas Kibreab, Zoe Saldña, Remy Edgerly

Rated PG for some action/peril and thematic elements (1h 38m)

Elio, a space fanatic with an active imagination, finds himself on a cosmic misadventure where he must form new bonds with alien lifeforms, navigate a crisis of intergalactic proportions and somehow discover who he is truly meant to be.



November 29 — Superman (2025) with David Corenswet, Alan Tudyk, Grace Chan
Rated PG for violence, action and language (2h 9m)

Superman must reconcile his alien Kryptonian heritage with his human upbringing as reporter Clark Kent. As the embodiment of truth, justice and the human way he soon finds himself in a world that views these as old-fashioned. The true feel-good story of how James Bowen, a busker and recovering drug addict, has his life transformed when he meets a stray ginger cat. Based on the international best selling book.

Board Report

The HOA Board of Directors thanks everyone who volunteered and participated in the Halloween party. It was fun to watch the children have a good time. We look forward to more social activities planned over the next two months.

The Board is happy to report that the installation of the water fountain in the smaller storm pond is progressing, although slowly. We missed this summer season to have the fountain installed, but it is on track to be completed by next spring so we can enjoy it next summer.

Our even better news is the progress on installing brand-new winter decorative lights on the trees beside the sign at the lookout and behind both signs at the main entrance. These will be installed in November so that the trees can be lit up at night throughout December and January.

If you have any questions, concerns, suggestions, or comments regarding the HOA, the Lake Club, or any of our activities, please send them directly to the Board of Directors at lakesatrrhoa@gmail.com.



FRIDAY GAME NIGHTS

Join us for a fun, casual evening of games and good company!

Play pool, ping pong, table soccer, darts, chess, cards, puzzles, and more, or bring your own!

No sign-up needed, just drop in and unwind!

FRIDAYS AT 7:00 PM Games Room

A graphic for a Halloween Party. The word "Halloween" is written in a large, black, cursive-style font. Below it, the word "PARTY" is written in a bold, black, blocky font. The text is decorated with several black silhouettes: three bats are flying around the top of the text, four jack-o'-lanterns (pumpkins with carved faces) are at the bottom, a small ghost is to the right of "PARTY", and a spider is hanging from a web on the far right. Small stars are scattered around the text. The background is a light gray with a subtle pattern of small white dots.



Join Us For a
**WINTER
MARKET**

AT THE LAKE CLUB

450 Rocky Vista Gardens NW Calgary

Friday, November 21st
Open from 12:00pm - 4:00pm

✦ SHOP UNIQUE CHRISTMAS GIFTS! ✦

HANDCRAFTED GOODS
SEASONAL DECORATIONS
UNIQUE GIFTS
LOCAL TREATS
ARTISAN PRODUCTS
FLORAL ARRANGEMENTS
AND SO MUCH MORE!