

# Lake Club COMMUNICATOR



### EDITOR'S NOTE

If we were to take an emotional temperature check for our community, how do you predict we would score? Overall, are we feeling happy, calm and content; sad, negative and lonely; anxious worried and unsettled or the more fiery emotions that leave us feeling frustrated, annoyed and irritable; or angry, furious and explosive? How can we move from feeling stormy and cloudy, to feeling sunny; and how can we help others to feel happy, calm and content?

Vigorous physical exercise and deep breaths are a wonderful outlet for anger. Instead of taking your frustrations out on friends, family or neighbours, try the treadmill, elliptical or stationary bike in the Lake Club gym. If you're feeling irritable and annoyed, take a brisk walk outdoors while listening to your favourite music. The pathways are clear and our community has such pretty scenery to enjoy. If you're feeling anxious and unsettled, talk to someone. A different perspective can settle our worries and often the process of voicing our feelings is extremely cathartic in itself. If you're feeling sad, disengaged and withdrawn, try to set a positive goal for the day, chat to a friend or relative, or plan an outing or excursion—by doing so you give yourself something to look forward to. For those who have been smiling and laughing and feeling engaged—notice and enjoy your positive mood.

Engage in an enjoyable activity (we have many activities in the Lake Club), and aim to help someone else. A simple smile in the hallways or “hello, have a nice day” when you're out walking, can have a huge impact on someone's mood.

We're screening an André Rieu concert in the Theatre on the afternoon of Sunday, April 10th. I invite you to delight in this classical music phenomenon—sit back, relax, and ignite your senses with renowned Dutch violinist and his 60+ piece orchestra!

I'm looking forward to seeing you out at the Easter Gathering on Saturday, April 16th. Grab a hot drink and a doughnut, let the kids take part in the community Egg Hunt, and take some time to reconnect with each other.

We're planning a community fashion show and would love you to partake—dust off your wedding dress, pull out your kilt or kimono, show off your sari, favourite party dress or evening wear—and let's have some fun! We're also doing an open call for talent to partake in our first-ever community Talent Show. Let me know if you're interested in either one of these fun community events!

It's been wonderful meeting so many new members of our community. Welcome! I look forward to getting to know you.  
*Caroline*

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: Caroline Pulford**  
(587) 349-1338 / activity.lakeclub@shaw.ca  
Office Hours: Monday—Thursday, 8am—1pm

**HOA Board**  
lakesatrrhoa@gmail.com

# EASTER GATHERING



*Saturday*

APRIL 16, 10AM - 12PM

JOIN THE HOA @ THE LOOKOUT FOR COFFEE,  
DOUGHNUTS AND AN 'EGGCELLENT' EGG HUNT  
FOR THE KIDS STARTING AT 10:30AM. WEAR AN  
EASTER BONNET AND TAKE PART IN AN  
EASTER PARADE BEFORE THE EGG HUNT!



The Lakes At  
ROCKY RIDGE

# BOARD REPORT

April brings a welcomed Spring to our community, finally!

The HOA Board is staying on top of current health restrictions with masks recommended to be worn in the Lake Club but not required, with the exception of the Manor itself.

Our Lake Club facilities have been getting some upgrades for all of us to enjoy this Spring and they include a new treadmill in the fitness centre with a new dumbbell rack on order. As well, we have new signs out front to make it easier to find the external entrance to the Lake Club from the street. This will make it easier for residents of the George Town, Brownstones and Villas to find our facilities and participate in the activities.



In March, Caroline organized a great Board Games Night event which was very well attended. We have acquired several new board games that are now available to use. You can find them on the shelves in the Games Room. Plan to join us for the Easter Gathering event on April 16. Look for more details in this newsletter.

The HOA Board is planning the next Annual General Meeting to take place sometime in May. Watch for more information about the exact date, time and location. Because of the complications caused by Covid-19, we haven't had an AGM since October 2020.

Please remember that minors do need to be accompanied by an adult at all times within the Lake Club.

Have a wonderful April as we enjoy the unfolding of Spring. For more details check out our web site at [www.thelakesatrockyridge.com](http://www.thelakesatrockyridge.com).

*Your HOA Board of Directors*

*Calgary Stampede* **Save the Date** *Calgary Stampede*

The Lakes at Rocky Ridge

# Stampede Concert in the Park

Thursday, July 7 from 6 – 8 pm

A graphic advertisement for a Stampede Concert. The background is a gradient from yellow to orange, representing a sunset. At the bottom, there are silhouettes of several people riding horses. The text is in various fonts and colors, including red, white, and yellow.

LAKE CLUB CONCERT SERIES

# ANDRE RIEU CONCERT IN THE THEATRE

SUNDAY, APRIL 10 AT 2PM

DELIGHT IN THE CLASSICAL  
MUSIC OF RENOWNED DUTCH  
VIOLINIST, ANDRE RIEU AND  
HIS LEGENDARY 60+ PIECE  
ORCHESTRA.



## OPEN CALL

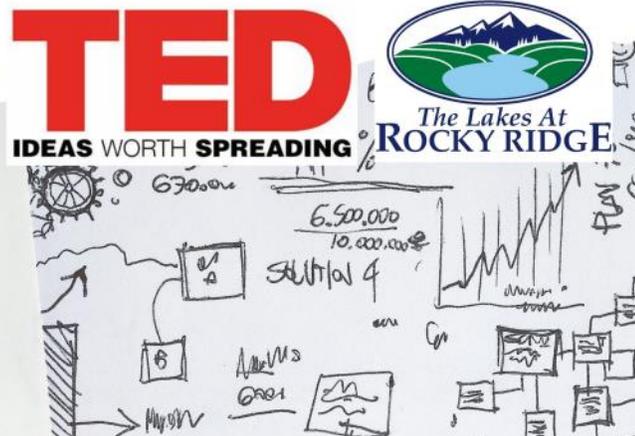
*The Lakes at Rocky Ridge*

# Talent Show



WE ARE SEEKING PERFORMERS OF ALL AGES  
TO PERFORM IN THE FIRST EVER LAKES AT  
ROCKY RIDGE TALENT SHOW?  
INTERESTED? IF SO, CONTACT CAROLINE  
IN THE LAKE CLUB TO SIGN UP.  
(ACTIVITY.LAKECLUB@SHAW.CA)  
DATE TO BE DECIDED.

## TED TALK Tuesdays IN THE LAKE CLUB



Join us in the Theatre on April 19 at 11am  
for a talk by Yuval Noah Harari:  
“The War In Ukraine Could Change Everything”

# CALLING ALL FASHIONISTAS



We're planning a community fashion show and we need 'models', young and old, to showcase their unique fashion sense and the diverse cultures that form the thread of our community. If you are interested in having some fun with the outfits in your closet, send an e-mail to Caroline ([activity.lakeclub@shaw.ca](mailto:activity.lakeclub@shaw.ca)) or pop in to the Lake Club office to sign up for a Community Fashion Show. Model call ends April 30th.



## COMMUNITY Special events! COMMITTEE

We're seeking community members to join an Activity & Events Committee for the Lakes at Rocky Ridge Community.

If you're interested in working together with your neighbours to foster a fun and inviting community for everyone who lives here, then you might like to work with the Lake Club Manager to arrange and support fun and engaging events and activities throughout the year.

Perhaps you're able to dedicate a few hours of your time every few weeks to a special interest group or volunteer at our larger community events. If so, please send an e-mail to Caroline @ [activity.lakeclub@shaw.ca](mailto:activity.lakeclub@shaw.ca) or pop in to the Lake Club office to chat about how you can contribute to making the Lakes at Rocky Ridge a better place for all!



**APRIL MOVIES**

(All movies begin at 7pm)



**April 2, 2022**  
**West Side Story**  
**(2021)**

**Starring:** Ansel Elgort, Rachel Zegler, Ariana DeBose  
**Director:** Steven Spielberg  
**Distributor:** 20<sup>th</sup> Century Fox \*\*  
**Rated:** PG (Some Strong Violence, Brief Smoking, Strong Language, Suggestive Material, Thematic Content)  
**Time:** 156 min.

In this modernization of the 1964 Steven Sondheim movie, love at first sight strikes when young Tony spots Maria at a high school dance in 1957 New York City. Their burgeoning romance helps to fuel the fire between the warring Jets and Sharks -- two rival gangs vying for control of the streets.

Hassan Kadam is a culinary ingénue with the gastronomic equivalent of perfect pitch. Displaced from their native India, the Kadam family, settles in the quaint village of Saint-Antonin-Noble-Val in the south of France, the ideal place to settle down and open an Indian restaurant, the Maison Mumbai. That is, until the chilly chef proprietress of Le Saule Pleureur, a Michelin starred, classical French restaurant run by Madame Mallory, gets wind of it.



**April 23, 2022**  
**Paddington**

**Starring:** Ben Whishaw, Hugh Bonneville, Sally Hawkins  
**Director:** Paul King  
**Distributor:** eOne Films \*\*  
**Rated:** PG (Rude Humor, Mild Action)  
**Time:** 95 min.

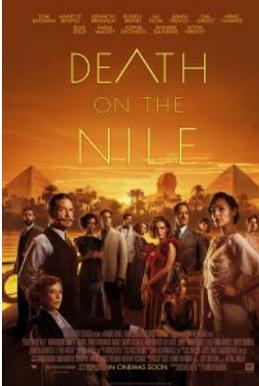
After a deadly earthquake destroys his home in Peruvian rainforest, a young bear makes his way to England in search of a new home. The bear, dubbed "Paddington" for the London train station, finds shelter with the family of Henry and Mary Brown. Although Paddington's amazement at urban living soon endears him to the Browns, someone else has her eye on him: Taxidermist Millicent Clyde has designs on the rare bear and his hide.



**April 9, 2022**  
**Green Book**

**Starring:** Viggo Mortenson, Mahershala Ali, Linda Cardellini  
**Director:** Peter Farrelly  
**Distributor:** Universal Pictures \*  
**Rated:** PG (for thematic content, language including racial epithets, smoking, some violence and suggestive material). **Time:** 130 min.

When Tony Lip, a bouncer from an Italian-American neighborhood in the Bronx, is hired to drive Dr. Don Shirley, a world-class Black pianist, on a concert tour from Manhattan to the Deep South, they must rely on "The Green Book" to guide them to the few establishments that were then safe for African-Americans. Confronted with racism, danger—as well as unexpected humanity and humor—they are forced to set aside differences to survive and thrive on the journey of a lifetime.



**April 30, 2022**  
**Death on the Nile**  
**(2022)**

**Starring:** Kenneth Branagh, Gal Gadot, Armie Hammer  
**Director:** Kenneth Branagh  
**Distributor:** 20<sup>th</sup> Century \*\*  
**Rated:** PG (Some Bloody Images, Sexual Material, Violence)  
**Time:** 127 min.

Belgian sleuth Hercule Poirot's Egyptian vacation aboard a glamorous river steamer turns into a terrifying search for a murderer when a picture-perfect couple's idyllic honeymoon is tragically cut short. Set against an epic landscape of sweeping desert vistas and the majestic Giza pyramids, this tale of unbridled passion and incapacitating jealousy features a cosmopolitan group of impeccably dressed travelers, and enough wicked twists and turns to leave audiences guessing until the final, shocking denouement.



**April 16, 2022**  
**The 100 Foot Journey**

**Starring:** Helen Mirren, Om Puri, Charlotte Le Bon, Manish Dayal  
**Director:** Steven Quale, Lasse Hallstrom  
**Rated:** PG (for thematic elements, some violence, language and brief sensuality)  
**Time:** 122 min.

\* Licensed for public performance by Audio Ciné Film (ACF) / \*\* Licensed for public performance by Criterion Pictures / ++ Licensed for public performance by Netflix.

# APRIL 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
(T) Theatre (GR) Games Room (AR) Activity Room					<b>1</b> 9:30am Aerobics DVD (T) <b>7pm French Lessons (AR)</b>	<b>2</b> <b>7pm Movie:</b> West Side Story (2021)
<b>3</b>	<b>4</b> 9:30am Aerobics DVD (T) 10:30am Ladies Social Group (GR)	<b>5</b> 10am Yoga DVD (T) 7pm Bridge (GR)	<b>6</b> 9:30am Aerobics DVD (T) 1:30pm Bridge (GR) 1:30pm Bingo (AR) <b>7pm Hatha Yoga (Preregister) (AR)</b>	<b>7</b> 10am Yoga DVD (T) 7pm Bridge (GR)	<b>8</b> 9:30am Aerobics DVD (T) <b>7pm French Lessons (AR)</b>	<b>9</b> <b>7pm Movie:</b> Green Book 
<b>10</b> <b>2pm THEATRE CONCERT:</b> <b>André Rieu (T)</b> 	<b>11</b> 9:30am Aerobics DVD (T) 10:30am Ladies Social Group (GR) <b>7pm Book Club (T)</b>	<b>12</b> 10am Yoga DVD (T) 7pm Bridge (GR)	<b>13</b> 9:30am Aerobics DVD (T) 1:30pm Bridge (GR) 1:30pm Bingo (AR) <b>7pm Hatha Yoga (Preregister) (AR)</b>	<b>14</b> 10am Yoga DVD (T) 7pm Bridge (GR)	<b>15</b> <b>GOOD FRIDAY</b> 9:30am Aerobics DVD (T) <b>7pm French Lessons (AR)</b>	<b>16</b> <b>10am—12pm EASTER GATHERING (Outdoors @ The Lookout)</b> <b>7pm Movie:</b> The 100 Foot Journey
<b>17</b> <b>EASTER</b>	<b>18</b> 9:30am Aerobics DVD (T) 10:30am Ladies Social Group (GR)	<b>19</b> 10am Yoga DVD (T) <b>11am TED Talk (T)</b> 7pm Bridge (GR)	<b>20</b> 9:30am Aerobics DVD (T) 1:30pm Bridge (GR) 1:30pm Bingo (AR) <b>7pm Hatha Yoga (Preregister) (AR)</b>	<b>21</b> 10am Yoga DVD (T) 7pm Bridge (GR)	<b>22</b> 9:30am Aerobics DVD (T) <b>7pm French Lessons (AR)</b>	<b>23</b> <b>7pm Movie:</b> Paddington
<b>24</b>	<b>25</b> 9:30am Aerobics DVD (T) 10:30am Ladies Social Group (GR)	<b>26</b> 10am Yoga DVD (T) 7pm Bridge (GR)	<b>27</b> 9:30am Aerobics DVD (T) 1:30pm Bridge (GR) 1:30pm Bingo (AR) <b>7pm Hatha Yoga (Preregister) (AR)</b>	<b>28</b> 10am Yoga DVD (T) 7pm Bridge (GR)	<b>29</b> 9:30am Aerobics DVD (T) <b>7pm French Lessons (AR)</b>	<b>30</b> <b>7pm Movie:</b> Death on the Nile (2022)

# Red Earth Salon at the Lake Club



**PHYSICAL DISTANCING & AHS SANITATION PRACTICES IN EFFECT**

Red Earth Salon is a 1-on-1, full-service, affordable luxury hair studio, that also meets all of your retail hair care needs.

Bookings are by appointment only, with only 1 person in the salon at a time, and masks are required in the salon.

Immediate appointments are available for both Kim and Stephany.

Prices and availability for online booking are at [www.vagaro.com/redearthsalon](http://www.vagaro.com/redearthsalon) or connect via phone or e-mail: 403-930-1293 / [redearthsalon@gmail.com](mailto:redearthsalon@gmail.com).

**Hours**

Mon: Closed    Tues/Thurs: 10am–7pm    Wed/Fri/Sat: 10am–4pm



THE MANOR VILLAGE  
**LIFE CENTERS**

## BOOK YOUR TOUR TODAY

Call Jamie Cummings on 403-239-6400 to book your tour of the Manor Village at Rocky Ridge.

View the new show suites, learn about our resident-centred protocols and approach and discover what sets us apart as the community with heart.

The Community with Heart ♥



The Manor Village is located within The Lakes at Rocky Ridge at 450 Rocky Vista Gardens NW.