

# Lake Club Communicator



**Website:**  
[activitylakeclub.wixsite.com/lakeclub](http://activitylakeclub.wixsite.com/lakeclub)

**HOA Board Email:**  
[lakesatrrhoa@gmail.com](mailto:lakesatrrhoa@gmail.com)

**Lake Club Manager: Meagan Natyshen**  
Phone: (587) 349-1338

**Email:** [activity.lakeclub@shaw.ca](mailto:activity.lakeclub@shaw.ca)

*The Lake Club is located in the parkade level of the Manors. Our address is 450 Rocky Vista Gardens NW*

## **ONGOING ACTIVITIES**

\*Consult attached calendar for specific activities, dates and location changes.\*

**BOOK CLUB**: First Tuesday of the month at 1 pm in the theatre

**LADIES SOCIAL GROUP**: Monday at 10:30am in the Games Room

**CANASTA**: Monday at 7:15pm (AR)

**BRIDGE**: Tuesday and Thursday at 7:00pm (AR)

**BINGO**: Wednesdays at 1:15pm (AR)

**FITNESS** (Theatre)

**LOW IMPACT AEROBICS**: Monday, Wednesday and Friday 10am

**HATHA YOGA**: Tuesday and Thursday at 10am

**CHURCH SERVICES** (Theatre at 11am)

Catholic Comm.: 2nd Thursday of the month

Catholic Mass: 4<sup>th</sup> Thursday of the month

Anglican Service: 2nd Tuesday of the month

Fellowship Service: 1st Sunday of the month

**MOVIES**: Saturday's at 7pm in the Theatre

## Canasta and Bridge - Games Room

Canasta is played on **Monday** nights at **7:00pm** and Bridge is played on Tuesday and Thursday nights at 7:15pm. Everyone in the community is invited to participate in these card parties. All skill levels are welcome.



## BINGO – Activity Room

Every **Wednesday** afternoon at **1:15 pm** Bingo is called in the activity room. Everyone is welcome



## Yoga Classes – Theatre.

A Hatha Yoga DVD for beginners is played every **Tuesday** and **Thursday** at **10:00 am** in the theatre/activity room.



## Church Services - Theatre

Catholic (**2nd Thursday**) at **11:00 am** Communion  
Catholic (**4th Thursday**) at **11:00 am** Mass  
Fellowship Service (**1st Sunday**) at 2:30pm

## Water Colour Classes—Activity Room

Join our expert water colour teacher in learning how to paint beautiful water colour picture.  
**Tuesdays** at **2pm** in the Activity Room.



## Low impact Aerobics - Theatre

A Jane Fonda DVD is played every **Monday**, **Wednesday** (with weights) and **Friday** at **10:00 am** in the theatre.



## Ladies Social Group – Games Room

Every **Monday** morning at **10:30 am** there is a ladies social group in the Games Room. The ladies are involved in a variety of knitting and crochet projects which are donated to various charities. We welcome new participants and new ideas. Coffee and cookies are served.



## Book Club– Theatre

Come and join book club that runs on the first **Tuesday** of every month at **1pm**. A small group of reading enthusiasts get together to discuss a different book each month.



## Movie Night– Theatre

Every **Saturday** night at **7pm** join your community members to watch a fun flick chosen by the movie committee. Popcorn is provided!





# April Movies (All movies begin at 7:00 p.m.)



## April 6, 2019 The Wife

**Starring:** Glenn Close, Jonathan Pryce, Christian Slater  
**Director:** Bjorn Runge  
**Distributor:** Sony Pictures Classics  
**Rated:** R (for language and some sexual content)  
**Time:** 100 min.

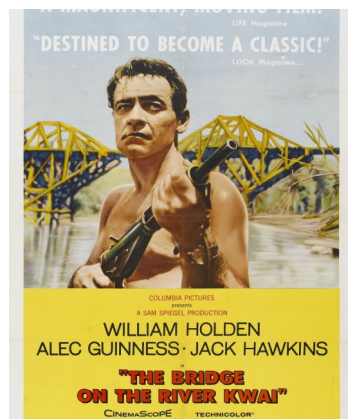
After nearly forty years of marriage, Joan and Joe Castleman (Glenn Close and Jonathan Pryce) are complements. Where Joe is casual, Joan is elegant. Where Joe is vain, Joan is self-effacing. And where Joe enjoys his very public role as Great American Novelist, Joan pours her considerable intellect, grace, charm, and diplomacy into the private role of Great Man's Wife. Joe is about to be awarded the Nobel Prize for his acclaimed and prolific body of work. Joe's literary star has blazed since he and Joan first met in the late 1950. THE WIFE interweaves the story of the couple's youthful passion and ambition with a portrait of a marriage, thirty-plus years later--a lifetime's shared compromises, secrets, betrayals, and mutual love.

## April 20, 2019 Easter Weekend – No Movie

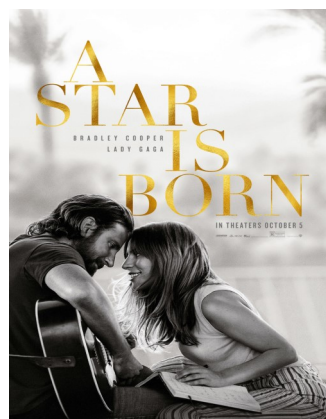


## April 13, 2019 The Bridge on the River Kwai

**Starring:** William Holden, Alec Guinness, Sessue Hayakawa  
**Director:** David Lean  
**Distributor:** Columbia Pictures  
**Rated:** PG  
**Time:** 161 min.



Part of the Classic Movie Series. Winner of seven Academy Awards including Best Picture, The Bridge on the River Kwai opens in a Japanese prisoner-of-war camp in Burma in 1943, where a battle of wills rages between camp commander Colonel Saito (Sessue Hayakawa) and newly arrived British colonel Nicholson (Alec Guinness). Saito insists that Nicholson order his men to build a bridge over the river Kwai, which will be used to transport Japanese munitions. Nicholson refuses, despite all the various "persuasive" devices at Saito's disposal. Finally, Nicholson agrees, not so much to cooperate with his captor as to provide a morale-boosting project for the military engineers under his command. The colonel will prove that, by building a better bridge than Saito's men could build, the British soldier is a superior being even when under the thumb of the enemy. As the bridge goes up, Nicholson becomes obsessed with completing it to perfection, eventually losing sight of the fact that it will benefit the Japanese.



## April 27, 2019 A Star is Born

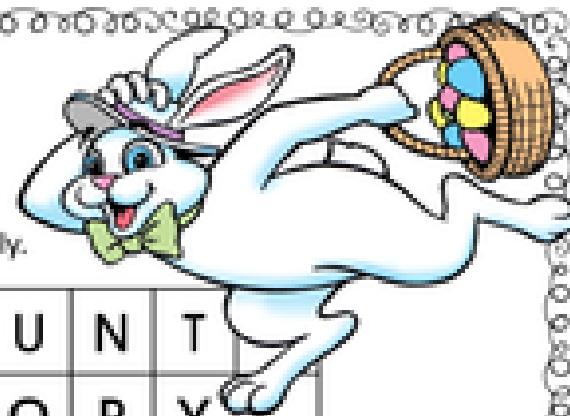
**Starring:** Bradley Cooper, Lady Gaga, Sam Elliott  
**Director:** Bradley Cooper  
**Distributor:** Warner Bros. Pictures  
**Rated:** R (for language throughout, some sexuality/nudity and substance abuse)  
**Time:** 135 min.

In "A Star Is Born," Bradley Cooper and Lady Gaga fuse their considerable talents to depict the raw and passionate tale of Jack and Ally, two artistic souls coming together, on stage and in life. Theirs is a complex journey through the beauty and the heartbreak of a relationship struggling to survive. In this new take on the iconic love story, four-time Oscar nominee Cooper ("American Sniper," "American Hustle," "Silver Linings Playbook"), makes his directorial debut, and also stars alongside multiple award-winning, Oscar-nominated music superstar Gaga in her first leading role in a major motion picture. Cooper portrays seasoned musician Jackson Maine, who discovers and falls in love with struggling artist Ally. She has given up on her dream to become a successful singer, until she meets Jack, who immediately sees her natural talent

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	1	2	3	4	5	6
	10am Aerobics - T 10:30am Craft Group - GR 630pm Aerobics - AR 7pm Canasta - GR	10am Yoga - T 1pm Book Club - T 2pm Water Colour 7pm Bridge - GR	10am Aerobics - T 1:15pm Bingo - AR 7pm Downton Abbey - T	10am Yoga - T 7:15pm Bridge - GR	10am Aerobics - T <b>Casino Night 6:30pm</b>	The Wife - T
7	8	9	10	11	12	13
2:30pm Fellowship Service - T	10am Aerobics - T 10:30am Craft Group - GR 630pm Aerobics - AR 7pm Canasta - GR	10am Yoga - T 11am Anglican Service - T 2pm Water Colour 7pm Bridge - GR	10am Aerobics - T 1:15pm Bingo - AR 7pm Downton Abbey - T	10am Yoga - T 11am Catholic Comm. - T 7:15pm Bridge - GR	10am Aerobics - T	The Bridge on the River Kwai - T
14	15	16	17	18	19	20
	10am Aerobics - T 10:30am Craft Group - GR 630pm Aerobics - AR 7pm Canasta - GR	10am Yoga - T 2pm Water Colour - AR 7pm Bridge - GR	1:15pm Bingo - AR 7pm Downton Abbey - T	10am Yoga - T 7:15pm Bridge - GR	10am Aerobics - T	Easter Weekend; No Movie
21	22	23	24	25	26	27
	10am Aerobics - T 10:30am Craft Group - GR 630pm Aerobics - AR 7pm Canasta - GR	10am Yoga - T 2pm Water Colour - AR 7pm Bridge - GR	10am Aerobics - T 1:15pm Bingo - AR 7pm Downton Abbey - T	10am Yoga - T 11am Catholic Mass - T 7:15pm Bridge - GR	10am Aerobics - T	A Star is Born - T
28	29	30	1	2	3	4
	10am Aerobics - T 10:30am Craft Group - GR 630pm Aerobics - AR 7pm Canasta - GR	10am Yoga - T 2pm Water Colour - AR 7pm Bridge - GR			*All movies on Saturday will start at 7pm. Movies on Sunday will start at 3pm	Activity Room - AR Theatre - T Board Room - BR Games Room -

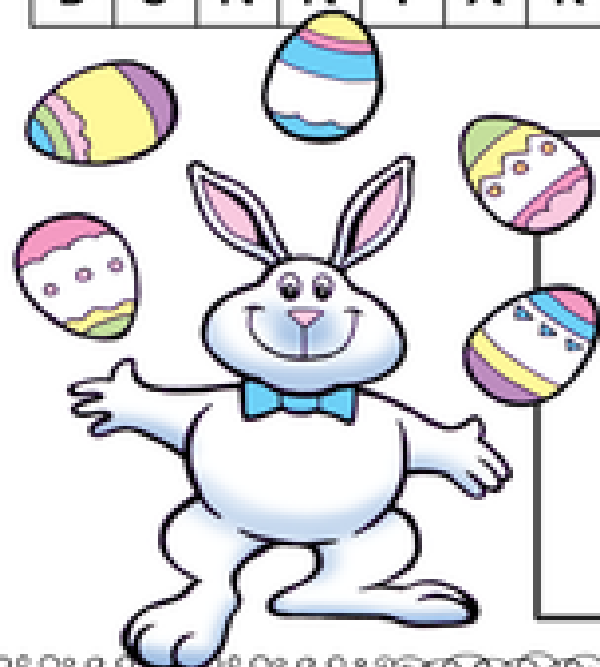


# Easter



**Directions:** The words are hidden vertically and horizontally.

C	S	P	P	E	E	P	S	G	H	U	N	T
H	R	S	E	A	R	C	H	I	C	O	P	Y
O	A	U	R	P	O	B	S	P	A	R	A	D
C	B	N	C	A	N	D	Y	I	N	K	Y	A
O	U	D	E	C	O	R	A	T	E	D	I	F
L	N	A	P	H	U	N	B	W	S	U	N	F
A	F	Y	A	I	S	E	A	S	T	E	R	O
T	U	I	R	C	P	A	S	E	F	G	E	D
E	N	E	G	K	T	U	K	Y	I	G	G	I
O	S	P	R	I	N	G	E	G	N	S	M	L
B	U	N	N	Y	X	K	T	Z	D	B	A	



## Word Box:

Easter	Sunday	search
Spring	parade	hunt
chocolate	bunny	find
decorated	rabbit	candy
daffodil	chick	eggs
basket	peeps	fun



Come one, come all to our 4th annual Lake Club Casino Night! Everyone is welcome to our family friendly casino night in the Activity Room.

There are prizes to be won, food to be eaten, and as always, great neighbourly company. Black and white tie attire is encouraged!!

**When:** April 5th

**Where:** Activity Room

**What Time:** 6:30pm





# Cooking with Meagan



## Ingredients

- 5 teaspoons olive oil
- 2 teaspoons sweet paprika
- 2 teaspoons dried rosemary
- 2 teaspoons dried thyme
- 2 teaspoons dried sage
- 1 teaspoon dried savory
- 1/2 teaspoon each salt and pepper
- 1 turkey (about 5 kg)

## Herb-Rubbed Roast Turkey:

In small bowl, whisk together oil, paprika, rosemary, thyme, sage, savory, salt and pepper. *(Make-ahead: Cover and store at room temperature for up to 48 hours.)*

Remove giblets and neck from turkey; place neck in roasting pan. Twist wings and tuck behind back. Place turkey, breast side up, on rack in roasting pan; rub all over with oil mixture.

Roast in 325 degrees Fahrenheit (160°C) oven, basting every 30 minutes and covering loosely with foil if browning too quickly, until instant-read thermometer inserted in thickest part of breast reads 170°F (77°C), about 3 hours.

Wearing oven mitts and using tongs, gently tip turkey to pour any juices from cavity into roasting pan; reserve juices for gravy. Discard neck. Transfer turkey to platter; tent loosely with foil. Let stand for 45 minutes before carving.



# HOA Board Report

We've made the following improvements to the Lake Club and welcome our members to come check out these changes:

- Replaced the carpet at the Lake Club lobby with more durable fabric that matches our existing carpet.
- In response to concerns raised by our members, we replaced some of the new Games room furniture and chairs with larger models.
- Extending and altering the look of our bookshelves.

Do come in and have a look at these changes!

With Spring approaching, we look forward to seeing the perennial flowers coming into bloom in our rock gardens. Please refrain from taking a shortcut through the gardens from our neighbouring communities.

**Our annual AGM will be held**  
**May 13, 2019 at 7pm**  
**at the Royal Oak Victory Church**  
**450 Royal Oak Drive N.W.**

Your HOA Board



# Red Earth Salon at the Lake Club

## Hours

Monday Closed

Thursday 10-7

Tuesday 10-7

Friday 10-4

Wednesday 10-4

Saturday 10-4

*Call: 403-930-1293*

*Email: [redearthsalon@gmail.com](mailto:redearthsalon@gmail.com)*

*To Book An Appointment*



THE MANOR VILLAGE

LIFE  
CENTERS

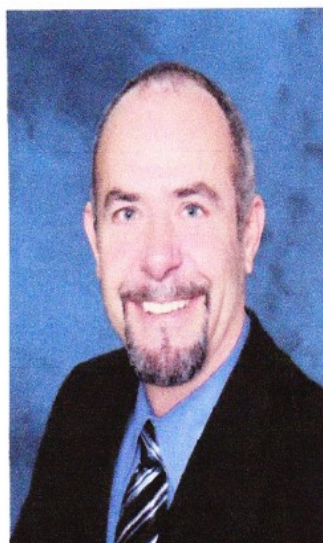


The Community with Heart ♥

## **Book Your Tour Today!**

With spring right around the corner, it's a great time to come check out our facilities. Call Cory Baiton at 403-239-6400 to view the new show suite and enjoy a lunch on us! We are located at 450 Rocky Vista Gardens NW





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**Suze Casey**  
MEd

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