

# Lake Club COMMUNICATOR



## EDITOR'S NOTE

Thank you everyone for attending our Music and Picnic in the Park outdoor event. We were delighted to have such a wonderful turnout and it was truly a joy to see all of you in such large numbers. We sincerely hope that you had a fantastic time at the event, just as we did.

The Nutman will be making two visits this month. The first visit will take place on September 7th, and the second visit will occur on September 21st. The Nutman is renowned for selling a wide variety of nuts, ranging from almonds and cashews to pecans and walnuts. To find more information about these visits, please refer to the calendar on page 7.

Seamstress Ona will be available to provide her expertise in clothing repairs and alterations in the Lake Club Board room on Friday, September 15th at 2:30pm. If you find yourself in need of any adjustments or fixes to your garments, we encourage you to bring them along.

After a short summer break, the highly anticipated Yoga series is returning. The first class will begin on Wednesday, September 27th, and subsequent classes will be held on Saturdays, starting from September 30th. We have an important announcement that we are now accepting drop-ins for Saturday classes! This means that if you are interested in trying out a class before committing, you are more than welcome to join us without any prior registration. Wednesday classes will remain preregister only. More details on page 2.

We will be hosting another Paint Night event with the renowned artist Alexandre Ivanov on Saturday, September 30<sup>th</sup> from 4pm to 6pm in the Lake Club Activity room. This is a wonderful opportunity to unleash your artistic skills and create a beautiful painting under the guidance of a talented artist. Refreshments will be provided, all you need to bring is your creative spirit and enthusiasm and we will take care of the rest.

Please be informed that the Lake Club office will be closed from September 11th to 21st. For any urgent matters please send an email to [activity.lakeclub@shaw.ca](mailto:activity.lakeclub@shaw.ca) and I will get back to you as soon as possible.

Wishing you all a wonderful September!

*Branka*

### Congratulations to our e-newsletter subscriber residing in Villas!

We would like to express our gratitude to all participants who took part in the prize draw. While the giveaway has come to a close, we value your continued support. We encourage you to subscribe to our e-newsletter to stay updated on all community news and events!

SCAN



SCAN QR CODE  
TO SIGN UP TO  
RECEIVE OUR  
NEWSLETTER  
ELECTRONICALLY.

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

#### Website

[www.thelakesatrockyridge.com](http://www.thelakesatrockyridge.com)

#### Lake Club Manager: Branka Stevanovic

(587) 349-1338 | [activity.lakeclub@shaw.ca](mailto:activity.lakeclub@shaw.ca)  
Office Hours: Monday—Thursday, 8am—1pm

#### HOA Board

[lakesatrrhoa@gmail.com](mailto:lakesatrrhoa@gmail.com)



# Yoga Classes

## For Healthy Aging & Well-Being

It's never too late to start practicing yoga!

For mature, active adults who want to work on foundation and alignment for balance, flexibility, and strength. To build stamina and support your joints through movement. This gentle practice will help you to increase flexibility, improve balance and motor coordination and also deal with common health issues and stress. Better sleep and an improved sense of overall vitality are commonly experienced. Beginners welcome.

### Lake Club Activity room

#### Session 1

Wednesdays

7:00 PM – 8:15 PM

Sept 27 - Dec 13

(12 weeks)

#### Session 2

Saturdays

11:00 AM – 12:15 PM

Sept 30 - Dec 16

(12 weeks)

**NEW**

Drop-ins now available for Saturday classes!  
(\$15 per class, paid in cash)



**Exclusive  
Price:  
\$160 per  
session  
(12 weeks)**

Need more information?  
Contact the Lake Club Office  
587 349 1338  
activity.lakeclub@shaw.ca



# BOARD REPORT

This year's AGM was very well attended and we thank everyone for coming. We thank Amber Brown for her many years of service as the HOA President, and Winnie Silvester, who volunteered her time and efforts as the Board's Treasurer. The new Board of Directors includes Rod Corbett as the President, Brenda Winkler as the Treasurer, Darryl Downs as The Manor Village representative, and Antoinette Guidi.

In follow up from an item raised at the AGM, the median is going to be under repair shortly.

The Lakes at Rocky Ridge Community recently underwent some enhancements with the installation of six brand new benches. In addition to the new benches the City has also made an effort to enhance the natural beauty of the neighbourhood by planting several new trees.

We would like to extend our sincere gratitude to all of you for your presence at our Music and Picnic in the Park event on August 27th. Very special thanks to Branka and all our volunteers, your support and participation made this event a resounding success.

Our Fitness Centre is currently undergoing maintenance so please be aware that during this time, the Steelflex treadmill and Precor bike will be temporarily out of order. We are eagerly awaiting the replacement parts from the manufacturer and will have these machines up and running as soon as possible. On a positive note, we are pleased to announce that some of the worn-out gym equipment will be replaced soon. In order to maintain a

clean and hygienic environment and to prevent damage to our gym equipment, we kindly request that you adhere to our gym shoe policy and wear indoor shoes while using the gym facilities.

The Lake Club is experiencing high temperature issues due to a malfunction in the air conditioning units at the Manor Village. Specifically, two compressors have failed, resulting in the inability to cool down the facility. We understand the inconvenience this may cause and would like to express our gratitude for your patience during this time.

The Board would also like to remind all HOA members that children and guests are very welcome to visit the Lake club facilities, however please be aware that children must be under adult supervision at all times.

If you have any concerns, suggestions or comments regarding the HOA, please send them to [lakesatrrhoa@gmail.com](mailto:lakesatrrhoa@gmail.com) or leave a message with your contact information at The Lake Club Office or phone 587-349-1338.

### **HOA Board Members needed**

**The Lakes at Rocky Ridge Homeowners Association is currently seeking individuals to join the Board. If you are passionate about shaping the future of our community and making a positive impact, we invite you to consider becoming a Board Member. To express your interest in joining the Board, please send an email to [lakesatrrhoa@gmail.com](mailto:lakesatrrhoa@gmail.com) with your name and phone number and we will reach out to you with further information.**



*Community members can now take advantage of the serene atmosphere provided by the new benches, while admiring the beauty of the newly planted trees.*



# MUSIC AND PICNIC IN THE PARK



*Silence In Between*



*Our Volunteers*





# THANK YOU FOR COMING!



*See you next year!*





SCAN QR CODE

To view online



# Lake Club Theatre September Movies

All movies begin at 7 pm



**September 2 — Master and Commander: The Far Side of the World (2003) with Russell Crowe, Paul Bettany, Billy Boyd**

**Rated PG-13 for intense battle sequences, related images, and brief language**

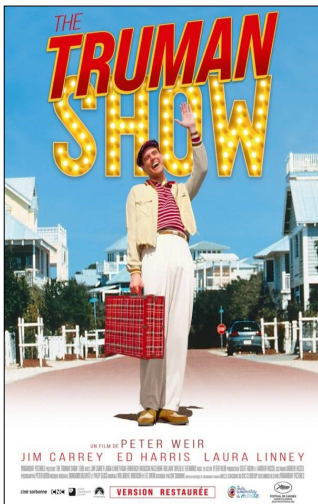
During the Napoleonic Wars, a brash British captain pushes his ship and crew to their limits in pursuit of a formidable French war vessel around South America.



**September 9 — Big Eyes (2014) with Amy Adams, Christoph Waltz, Danny Huston**

**Rated PG-13 for thematic elements and brief strong language**

A drama about the awakening of painter Margaret Keane, her phenomenal success in the 1950s, and the subsequent legal difficulties she had with her husband, who claimed credit for her works in the 1960s.



**September 16 — The Truman Show (1998) with Jim Carrey, Ed Harris, Laura Linney**

**Rated PG for thematic elements and mild language**

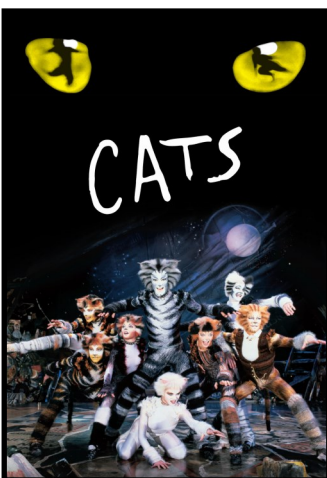
An insurance salesman discovers his whole life is actually a reality TV show.



**September 23 — How to Train Your Dragon (2010) with Jay Baruchel, Gerard Butler, Christopher Mintz-Plasse**

**Rated PG for sequences of intense action and some scary images, and brief mild language**

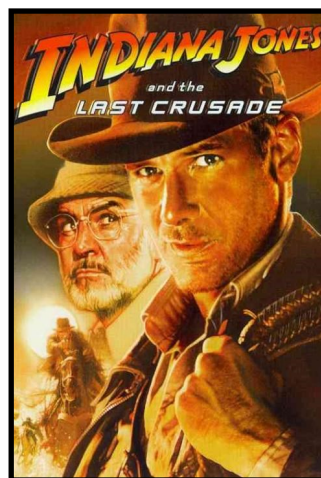
A hapless young Viking who aspires to hunt dragons becomes the unlikely friend of a young dragon himself and learns there may be more to the creatures than he assumed.



**September 24 — The Cats (1998) with Elaine Paige, John Mills, Ken Page**

**Not Rated.**

"Jellicle" cats join for a Jellicle ball where they rejoice with their leader, Old Deuteronomy. One cat will be chosen to go to the "Heavyside Layer" and be reborn. The cats introduce themselves.



**September 30 — Indiana Jones and the Last Crusade (1989) with Harrison Ford, Sean Connery, Alison Doody**

**Rated PG for action and moderate violence.**

In 1938, after his father goes missing while pursuing the Holy Grail, Indiana Jones finds himself up against the Nazis again to stop them from obtaining its powers.



# SEPTEMBER 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
(T) Theatre (GR) Games Room (AR) Activity Room					1 9:30am Aerobics DVD (AR)	2 7pm Movie (T): <b>Master and Commander: The Far Side of the World</b>
3	4 9:30am Aerobics DVD (T)  10:30am Ladies Social Group (GR)  <b>LABOUR DAY</b>	5 9:30am Yoga DVD (T)  <b>10:30am Community Pickleball (Tennis Courts)</b>  7pm Bridge (AR)	6 9:30am Aerobics DVD (T)  1:30pm Bingo (AR)	7 9:30am Yoga DVD (T)  <b>The Nutman 11am—12pm (AR)</b> <b>6pm Walking Club (Lookout)</b>  7pm Bridge (AR)	8 9:30am Aerobics DVD (T)	9 7pm Movie (T): <b>Big Eyes</b>
10	11 9:30am Aerobics DVD (T)  10:30am Ladies Social Group (GR)  <b>7pm Book Club</b>	12 9:30am Yoga DVD (T)  <b>10:30am Community Pickleball (Tennis Courts)</b>  7pm Bridge (AR)	13 9:30am Aerobics DVD (T)  1:30pm Bingo (AR)	14 9:30am Yoga DVD (T)  <b>11am Catholic Communion (T)</b> <b>6pm Walking Club (Lookout)</b>  7pm Bridge (AR)	15 9:30am Aerobics DVD (T)  <b>Seamstress 2:30pm—3:30pm (Board room)</b>  	16 7pm Movie (T): <b>The Truman Show</b>
17	18 9:30am Aerobics DVD (T)  10:30am Ladies Social Group (GR)	19 9:30am Yoga DVD (T)  <b>10:30am Community Pickleball (Tennis Courts)</b>  7pm Bridge (AR)	20 9:30am Aerobics DVD (T)  1:30pm Bingo (AR)	21 9:30am Yoga DVD (T)  <b>The Nutman 11am—12pm (AR)</b> <b>11am St. Thomas United Church (T)</b> <b>6pm Walking Club (Lookout)</b>  7pm Bridge (AR)	22 9:30am Aerobics DVD (T)	23 7pm Movie (T): <b>How to Train Your Dragon</b>
24  7pm Movie: <b>CATS (MUSICAL)</b>	25 9:30am Aerobics DVD (T)  10:30am Ladies Social Group (GR)	26 9:30am Yoga DVD (T)  <b>10:30am Community Pickleball (Tennis Courts)</b>  7pm Bridge (AR)	27 9:30am Aerobics DVD (AR)  1:30pm Bingo (AR)  <b>Hatha Yoga 7—8:15 pm (AR) (Pre-register Only)</b>	28 9:30am Yoga DVD (T)  <b>11am Catholic Mass (T)</b> <b>6pm Walking Club (Lookout)</b>  7pm Bridge (AR)	29 9:30am Aerobics DVD (T)  <b>SOUND BATH 6:30—7:45 pm (Open Event) (AR)</b>	30 <b>Hatha Yoga (AR) 11am—12:15 pm (Pre-register &amp; Drop-ins)</b> <b>Paint Night  4—6 PM (AR) (Sign-up required)</b>  7pm Movie (T): <b>Indiana Jones and the Last Crusade</b>





# LAKE CLUB PAINT NIGHT

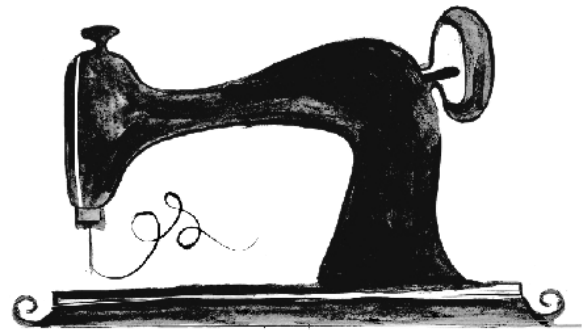
*With artist Alexandre Ivanov*

**Sat, Sept 30th 4 — 6 pm**  
**Activity room**



To sign up please contact  
the Lake Club office  
587 349 1338  
activity.lakeclub@shaw.ca

Preregistration required.  
Spots are limited.  
One painting per unit.  
Adults only.



# SEAMSTRESS

**FRIDAY, SEPTEMBER 15**  
**2:30 PM**

**LAKE CLUB BOARD ROOM**



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