

January 2026

# Lake Club COMMUNICATOR



Photo credit: Rod Corbett

## EDITOR'S NOTE

Happy New Year from the Lake Club!

We hope everyone enjoyed a joyful and restful holiday season, surrounded by family, friends, and plenty of good cheer. December is always such a busy month, filled with festive events and celebrations, and now that the holidays are behind us, January gives us a chance to catch our breath, recharge, and look ahead to the year to come.

This is also the time when many of us make New Year's resolutions, often focused on exercising, eating healthier, or simply finding ways to take better care of ourselves. To kick off the year on a healthy note, we hosted a Healthy Living presentation in our theatre last month with our guest speaker, Nour Nafisa, a naturopathic medical graduate with a background in integrative health and wellness. We learned about nutrition, healthy habits, and how minute lifestyle changes can make a big difference. If you weren't able to make it or if you'd like a refresher, our speaker has kindly shared the full presentation with our community which you can access by scanning the QR code on page 4 of this newsletter. While you're there, be sure to check out her article on protein which is perfect for anyone looking to improve their diet this year.

We're also excited to share that we're launching a new wellness feature in our newsletter this year: **Healthy Living Q&A**. In this ongoing section, Nour will be answering some of your health and wellness related questions. If there's something you've been curious about then please send it our way and we may include it in an upcoming edition.

Here at the Lake Club we're already planning a year full of exciting events and activities. If you have ideas or suggestions for something you'd like to see happen in our community then we'd love to hear from you, so drop by the office or send us an email. All ideas will be considered and we'll do our best to bring them to life.

Attention Yoga enthusiasts: A **new Yoga session** will start on Wednesday, January 14. This month we're hosting a **free introductory class** for anyone considering signing up but not yet sure if it's the right fit. Join us on Saturday, January 10th at 11 am in the Lake Club Activity Room to meet the instructor and enjoy a free class before committing to the full series. Sign-up is required as spots are limited. For more information, check out our social media or reach out to the Lake Club office.

Wishing you a wonderful start to January and a happy, healthy, and fulfilling year ahead.

*Branka*

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

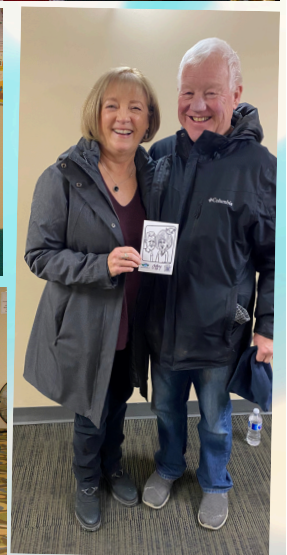
**Website**  
[www.thelakesatrockyridge.com](http://www.thelakesatrockyridge.com)

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

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



# Holiday Party Photos



SCAN HERE



FOR MORE  
PHOTOS  
CHECK OUT  
OUR  
FACEBOOK  
PAGE



# Board Report

The HOA Board of Directors wishes all community residents a happy new year. We hope you will enjoy a safe and joyous year in 2026.

We live in unpredictable times when there are many things we don't have control over that may impact our happiness. There are two things we invite you to consider doing this year that we believe will enhance your life and happiness and that you can control.

First, find one new thing to learn about or how to do and focus on learning that thing this year. This could be a new craft, sport, game, hobby, skill, language, talent, or simply a topic of interest to explore. We have a great library in the Lake Club with many books you can borrow. Watch for workshops and presentations that will be hosted by the Lake Club throughout the year. As well, the Calgary Public Library has many valuable learning resources and experiences available.

Second, find a new person in your neighbourhood to get to know this year. Introduce yourself to them and look for an opportunity to provide them with an act of kindness. Watch for socials and activities that will be hosted by the Lake Club, which will provide opportunities to meet and get to know more of your neighbours in our community. As well, watch for opportunities to get involved in activities or service projects. This newsletter will continue to inform you about the many opportunities to get involved and learn new things throughout the year.

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](mailto:lakesatrrhoa@gmail.com)

**A big thank-you to Greywind's and Baylee's families for sharing their adorable stories and photos with all of us. What a joy to get a peek into their little worlds!**

**If you've got a four-legged friend at home, we'd love to feature them too. Send us a short write-up and a couple of cute photos, and they might appear in an upcoming Furry Spotlight.**

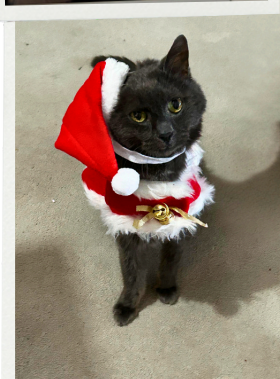
**And... between us... we may have to start choosing an extra-special "bestest, cutest, fluffiest fluff" from time to time, with a little surprise gift card so their humans can spoil them with treats and toys!**

## FURRY SPOTLIGHTS

Last month we launched our new Furry Spotlights section and invited you to send in photos and stories of your beloved pets and you did not disappoint! We absolutely loved meeting your furry friends and can't wait to feature more of them in future newsletters. In this issue, we're excited to introduce Greywind and Baylee, two cuties who live in the Pavilions with their loving hoomans.



*"Meet Greywind, our calm, sunbeam-loving senior who rules our unit with quiet dignity... and extremely loud meows when food is involved. Normally chill and sweet, Greywind transforms into a dramatic furry menace the moment chicken or canned salmon enters the equation. He will absolutely let you know he deserves a cut."*

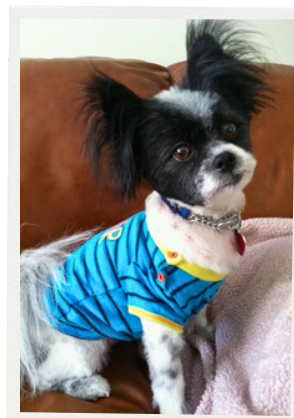


*"He hates closed doors, despises the vacuum, and gets a little anxious when both of his humans step out, but a fuzzy blanket, chin scratches, catnip toys, and cat videos usually help restore the peace. In the summer you can catch him on the front lawn eating the grass and taking in the sights and sounds."*

*"Here he is with Santa. We are proud that this year he did not hiss while taking his photo. I guess the threat of coal was too much."*

*"Meet Baylee, an 11-year-old Shih Tzu/Pom — way too friendly, enjoys his walks and greeting people."*

*He is very shy around other cats and dogs. He looks like a totally different pooch when he is groomed, and he does not like it!"*



# The Power of Protein: Why It Matters for Your Body



By Nour Nafisa,  
BSC and  
Naturopathic  
Medical  
Graduate

**Protein is one of the most talked-about nutrients in health and fitness—and for good reason. From building muscle to supporting immune health, protein plays a vital role in nearly every function of the human body. Whether you're an athlete, a busy professional, or simply someone trying to eat healthier, understanding protein can help you make better dietary choices.**

## What Is Protein

Protein is a macronutrient made up of smaller units called amino acids. These amino acids are often referred to as the “building blocks of life” because they are essential for building and repairing tissues, producing enzymes and hormones, and supporting overall growth and development. There are 20 amino acids in total. Nine of them are considered essential, meaning your body cannot produce them on its own so you must get them from food.

## How Much Protein Do You Need?

According to health guidelines, most adults need about *0.8 grams of protein per kilogram of body weight*, however, I argue this to be more. As we age our body's natural ability to maintain and build muscle significantly slows down. My recommended protein amount is 1.0-1.5 g per kg of body weight per day. To easily meet your requirements, simply include a palm size amount of protein in each of your meals (about the size and thickness of your palm, not including fingers) which roughly equates to 25-30 g of protein.

## Why Is Protein Important?

Protein is involved in countless processes in the body:

- Supports muscle growth and repair. Muscle is the most important organ of longevity as it protects us against diseases as we age
- Helps with weight management by increasing fullness
- Strengthens the immune system
- Aids hormone and enzyme production
- Maintains healthy skin, hair, and nails



Source Type	Food/Supplement	Protein (g per 100 g of food)
<b>Animal</b> <i>Animal proteins are complete proteins, meaning they contain all 9 essential amino acids, with collagen being an exception.</i>	Chicken breast (cooked)	31
	Turkey breast (cooked)	31
	Beef (lean, cooked)	26
	Salmon (cooked)	25
	Tuna (canned in water)	23-25
	Eggs	13
	Greek yogurt (plain)	10
	Cottage cheese (low-fat)	11-12
<b>Plant-based</b> <i>Few plain proteins are complete proteins such as soy and quinoa protein; the rest are incomplete. Blends of various plant protein provide complete amino acid profile.</i>	Lentils (cooked)	9
	Chickpeas (cooked)	8-9
	Tofu (firm)	8
	Tempeh	19
	Quinoa (cooked)	4
	Black beans (cooked)	8
<b>Supplements</b> <i>Protein supplements (such as whey, casein, soy, and pea protein) provide concentrated protein in a convenient form. Many are complete proteins, while plant-based supplements may be incomplete unless blended to provide a full amino acid profile.</i>	Whey protein powder	75-80
	Whey protein isolate	90
	Casein	70-75
	Beef Isolate	85
	Soy protein isolate	80-90
	Pea protein powder	80-85
	Rice protein powder	80
	Hemp protein powder	50
	Collagen powder	90

## Tips To Sneak Protein in Meals

- 1) Utilize protein powders
- 2) Add Greek yogurt or cottage cheese to smoothies or pancakes
- 3) Use egg whites in scrambled eggs or omelets (half whole eggs + half whites).
- 4) Sprinkle hemp hearts on toast, cereal, fruit salads, yogurt bowls
- 5) Use Greek yogurt instead of sour cream or mayo
- 6) Add edamame, lentils or beans to salads and grain bowls.
- 7) Protein enriched products found at the grocery store: high protein bread, wraps, oats, pasta (chickpea, quinoa, lentil pasta), milk (Tip: Use high protein milk for your coffee: Iced or hot)
- 8) Use bean dips or hummus or cottage cheese or nut butters as dips for fruits or vegetables.



**Protein is an essential nutrient that supports nearly every function in your body. Including a variety of protein-rich foods in your diet can improve overall health, support fitness goals, and promote long-term well-being.**

HEALTHY LIVING:  
NUTRITION &  
LIFESTYLE FULL  
PRESENTATION



SCAN HERE



# January 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Theatre (T)</b> <b>Games Room (GR)</b> <b>Activity Room (AR)</b>				<b>1</b> 9:30am Yoga DVD (T) 7pm Bridge (AR)	<b>2</b> 9:30am Aerobics DVD (T) 7pm Game Night (GR)	<b>3</b> 7pm Movie (T): <b>Walk the Line</b>
<b>4</b> 10:30am Summit View United Church Sunday Service Livestream (T)	<b>5</b> 9:30am Aerobics DVD (T)	<b>6</b> 9:30am Yoga DVD (T) 7pm Bridge (GR)	<b>7</b> 9:30am Aerobics DVD (T) 2pm Pavilions Knit Wits Social (GR)	<b>8</b> 9:30am Yoga DVD (T) <b>11am Catholic Communion (T)</b> 7pm Bridge (AR)	<b>9</b> 9:30am Aerobics DVD (T) 7pm Game Night (GR)	<b>10</b> <b>11am Introductory Hatha Yoga Class (AR) (*Sign-up Required*) FREE</b> 7pm Movie (T): <b>Dog Man</b>
<b>11</b> 10:30am Summit View United Church Sunday Service Livestream (T)	<b>12</b> 9:30am Aerobics DVD (T) 7pm Book Club (T) (Drop-ins Welcome)	<b>13</b> 9:30am Yoga DVD (T) 7pm Bridge (AR)	<b>14</b> 9:30am Aerobics DVD (AR) <b>11am St. Thomas United Church (T)</b> 1:30pm Bingo (AR) 2pm Pavilions Knit Wits Social (GR) <b>Hatha Yoga 6—7:15 pm (AR) (Sign-up)</b>	<b>15</b> 9:30am Yoga DVD (T) 7pm Bridge (AR)	<b>16</b> 9:30am Aerobics DVD (T) 7pm Game Night (GR)	<b>17</b> 7pm Movie (T): <b>Sorry, Baby</b>
<b>18</b> 10:30am Summit View United Church Sunday Service Livestream (T)	<b>19</b> 9:30am Aerobics DVD (T)	<b>20</b> 9:30am Yoga DVD (T) 7pm Bridge (AR)	<b>21</b> 9:30am Aerobics DVD (T) 1:30pm Bingo (AR) 2pm Pavilions Knit Wits Social (GR) <b>Hatha Yoga 6—7:15 pm (AR) (Sign-up)</b>	<b>22</b> 9:30am Yoga DVD (T) <b>11am Catholic Mass (T)</b> 7pm Bridge (AR)	<b>23</b> 9:30am Aerobics DVD (T) 7pm Game Night (GR)	<b>24</b> 7pm Family Movie (T): <b>Mission: Impossible - The Final Reckoning</b>
<b>25</b> 10:30am Summit View United Church Sunday Service Livestream (T)	<b>26</b> 9:30am Aerobics DVD (T)	<b>27</b> 9:30am Yoga DVD (T) 7pm Bridge (AR)	<b>28</b> 9:30am Aerobics DVD (AR) 1:30pm Bingo (AR) 2pm Pavilions Knit Wits Social (GR) <b>Hatha Yoga 6—7:15 pm (AR) (Sign-up)</b>	<b>29</b> 9:30am Yoga DVD (T) 7pm Bridge (AR)	<b>30</b> 9:30am Aerobics DVD (T) 7pm Game Night (GR)	<b>31</b> 7pm Family Movie (T): <b>Moulin Rouge!</b>



# JANUARY MOVIES



**January 3 — Walk the Line (2005) with Joaquin Phoenix, Reese Witherspoon, Ginnifer Goodwin**

**Rated PG for some language, thematic material and depiction of drug dependency (2h 16m)**

A chronicle of country music legend Johnny Cash's life, from his early days on an Arkansas cotton farm to his rise to fame with Sun Records in Memphis, where he recorded alongside Elvis Presley, Jerry Lee Lewis, and Carl Perkins.



## Family Movie

**January 10 — Dog Man (2025) with Pete Davidson, Poppy Liu, Lil Rel Howery**

**Rated PG for some action and rude humor (1h 29m)**

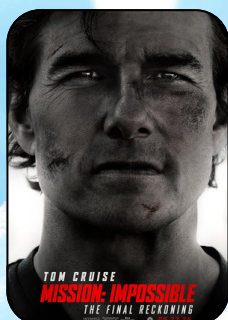
After a policeman and his police dog are fused together to turn into Dog Man, he must stop the villainous Petey the Cat from cloning himself and creating an evil kitten, doubling his evil abilities.



**January 17 — Sorry, Baby (2025) with Eva Victor, Naomi Ackie, Louis Cancelmi**

**Rated 14A for sexual content and language (1h 43m)**

After a tragic event, a woman finds herself alone while everyone else continues with their lives as if nothing had happened.



**January 24 — Mission: Impossible - The Final Reckoning (2025) with Tom Cruise, Hayley Atwell, Ving Rhames**

**Rated PG-13 for sequences of strong violence and action, bloody images, and brief language (2h 49m)**

Hunt and the IMF pursue a dangerous AI called the Entity that's infiltrated global intelligence. With governments and a figure from his past in pursuit, Hunt races to stop it from forever changing the world.



**January 31 — Moulin Rouge! (2001) with Nicole Kidman, Ewan McGregor, John Leguizamo**

**Rated PG for sexual content (2h 7m)**

A poor Bohemian poet in 1890s Paris falls for a beautiful courtesan and nightclub star coveted by a jealous duke.

SCAN ME!



**SATURDAYS AT 7PM**



**LAKE CLUB THEATRE**