



# Lake Club

DECEMBER 2020

# COMMUNICATOR



## EDITOR'S NOTE

This holiday season is unlike any other, to cap off a year unlike any other. Throughout this season, and as we move into a new (and hopefully better) year, I wish you moments of peace amid the difficulties; connections with family and friends, even if they can't be in person; the warmth of memories from holidays past; and wonderful glimpses of the joy that still lives under the surface.

While we cannot celebrate the holidays with parties and events in the Lake Club, I encourage you to spread some joy within the community by getting creative and decorating your front door for the Community Door Decorating Contest (details on page 4). It's a wonderful way to brighten hallways and driveways within the community and to cheer up your neighbours! We have some wonderful prizes to giveaway, so please, get in the spirit!

The gym and library are open with limited hours and restrictions in place. Thank you for continuing to respect each other and the protocols we have in place. Please keep an eye on the website for details of our holiday closure.

I truly hope that you are able to harness some of the light and joy that the holiday season brings and I extend my best wishes to you and your family.

Seasons greetings,

*Caroline*

**Merry Christmas**

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

**Website**

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

**Lake Club Manager: Caroline Pulford**

(587) 349-1338 / [activity.lakeclub@shaw.ca](mailto:activity.lakeclub@shaw.ca)

**HOA Board**

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





**BOARD REPORT**

In November, the HOA Board worked with the Lake Club Manager to make some adjustments to the hours and events that the facilities at the Lake Club are open, to comply with the changes from the Alberta Government. This includes cancelling the screening of the Saturday evening movies in the Theatre and the weekly group fitness classes. We have also adjusted the hours that the Fitness Centre and Library are open based on the demand that we were seeing.

The HOA Board reviewed and approved the HOA budget for 2021, which includes no changes in the fees collected. This also includes some planning for upgrades and replacements of some of the equipment in the Fitness Centre that is wearing out.

The Lake Club Manager arranged the decorating of the Lake Club and some of the outside common areas with wonderful decorations for the holiday season. Thank you to her and all those who volunteered to help out.

The Board wishes you a happy holiday season and a safe month of December. We all hope that you will be able to enjoy the holidays safely with close friends and family.

We appreciate everyone's patience and support as we have been adjusting the protocols for using the Lake Club so that we can keep everyone safe.

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

*Your HOA Board of Directors*



JOY  
to the world

Volunteer elves had fun decorating a few outdoor areas in the community and we are overjoyed at the positive response. We are thrilled that this simple gesture is already instilling joy and holiday cheer into the community. Next time you venture out for a walk or drive, say "Hi!" to Frosty the Snowman and Cupid the Reindeer (his motto is "Spread the Love"). Stop and take a selfie if you are inclined and post it to the community Facebook group—we all need to see those smiles!







## SIGN UP TO WORK OUT

Online at

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

- ∞ Sign up for the upcoming week is made ∞ available every Wednesday around mid-day.
- ∞ Only 2 sessions per week per person allowed. ∞
- ∞ 45 minute sessions. 2 people per session. ∞
- ∞ 24 hour notice required for cancellations. ∞
- ∞ Those who do not attend their session ∞ 2 times (No Shows) will be 'blacklisted' from signing up for a period of 2 weeks.
- ∞ Enhanced cleaning, pre-screening ∞ and social distancing rules apply.
- ∞ Masks required in common areas. ∞



## December Hours Library

**Monday to Thursday : 9:30am to 1:00pm**

**Wednesday Evening : 7pm to 9pm**

For return and selection of books, puzzles & DVDs. Returns are quarantined for 72 hrs before return to shelves and high-touch areas sanitized frequently. Maximum 2 people allowed in the Library at a time. Check the website for Christmas closure days.

## Theatre

Closed in December. Saturday night movies on hold until the new year. Watch the website and newsletter for updates.

## Fitness Center

Watch the website for Christmas and New Year closure dates.



- ... IF YOU MISS YOUR OLD ROUTINES & HOLIDAY TRADITIONS
- ... IF YOU MISS YOUR FRIENDS, FAMILY & THE 'OLD' YOU
- ... IF YOU ARE REACTING IN SURPRISING WAYS
- ... IF YOU DON'T KNOW WHAT TO DO NEXT
- ... IF YOU STRUGGLE TO LET GO OF THE PAST
- ... IF YOU WONDER IF YOU'RE DOING ENOUGH
- ... IF YOU FEEL GUILTY FOR OVER-THINKING
- ... IF YOU FEEL A LOSS OF SAFETY & SECURITY
- ... IF YOU FORGET TO ASK FOR HELP
- ... IF YOU STRUGGLE TO REACH OUT TO OTHERS
- ... IF YOU KEEP COMPARING THEN TO NOW
- ... IF YOU ARE STRUGGLING TO JUGGLE NEW DEMANDS
- ... IF YOU FEEL LIKE YOUR DREAMS & PLANS HAVE BEEN SHATTERED
- ... IF YOU CAN'T DEAL WITH THE LONELINESS
- ... IF YOU DOUBT YOU'LL SURVIVE THIS (YOU WILL. YOU WILL. YOU WILL)

**It's OKAY to feel your feelings and to adjust your responses. You do not need to be any particular way to be of value. You do not need to "be fine" in the middle of a worldwide pandemic. Drink water. Move in a way that feels good. Eat something that tastes good. Rest. Repeat.**





**Get in the spirit & decorate your front door for the Holiday Season. Be Creative. Impress your Neighbours!**



**Take a photo and send it with your address to [activity.lakeclub@shaw.ca](mailto:activity.lakeclub@shaw.ca) by December 11th.**

**Prizes will be awarded for the BEST decorated doors!**









# Happy Holidays

Our salon is open and we continue to offer a  
PRIVATE 1-ON-1 HAIR SALON EXPERIENCE,  
by appointment, in a safe, socially-distanced setting.

Book online at [www.vagaro.com/redearthsalon](http://www.vagaro.com/redearthsalon)

Call 403-930-1293

E-mail [redearthsalon@gmail.com](mailto:redearthsalon@gmail.com)

## Holiday Hours

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

Dec 24<sup>th</sup>: 10am–3pm | Dec 31<sup>st</sup>: 10am–4pm

## Closed

Dec 25<sup>th</sup>–28<sup>th</sup> | Jan 1<sup>st</sup>–4<sup>th</sup>



Merry  
Christmas  
AND  
HAPPY NEW YEAR

*to all residents of The Lakes at Rocky Ridge*

*from all at*



THE MANOR VILLAGE  
LIFE  
CENTERS