

Lake Club COMMUNICATOR



"We shall bid farewell to summers by the end of August but not before enjoying its long days and colorful sunsets."

EDITOR'S NOTE

August is a month that often brings to mind visions of sunny days, warm temperatures, and outdoor adventures. However, this summer has been quite different, with inclement weather making its presence known. While it may be tempting to stay indoors and wait for better conditions, there are still plenty of opportunities to stay active and engaged in the community.

One way to enjoy the outdoors is by joining the Walking Club. Every Thursday at 6pm, community members gather for a leisurely stroll through our beautiful neighbourhood. For those seeking a more active and engaging outdoor experience, visiting a park or going for a hike can be a fantastic option. Parks offer a variety of activities such as picnicking, playing sports, or simply taking a peaceful walk amidst nature.

We are thrilled to announce that a representative from the Calgary Public Library will be visiting us at the Lake Club this month. This event is scheduled to take place on Wednesday, August 16th at 1pm in the Lake Club theatre. Everyone from an enthusiastic reader to someone who simply appreciates the value of a good book, this presentation will undoubtedly cater to your interests. More information on page 4.

Personal Touch Fashions will be making a return visit so if you find yourself in need of fashionable attire, we invite you to visit the Lake Club Activity room on Thursday, August 17th from 10am to 2pm.

Join us for another Sound Bath session on Friday, August 25th at 6:30 pm. This event is open to everyone, and we encourage you to invite your friends and family to come along. No sign up is required.

We are excited to extend our invitation to you for a Music & Picnic community event on Sunday, August 27th from 4pm to 6pm in the park overlooking the pond. One of the highlights of the event will be live music performed by a talented band. There will be a food truck offering food for purchase and as a special treat for all members of the HOA, we will be offering free ice cream and lemonade. Come enjoy the event and bask in the company of friends, neighbours, and fellow community members. See you there!

Have a wonderful August,

Branka

Congratulations to our e-newsletter subscriber residing in Pavilions III!

You will be contacted by the Lake Club office to collect your prize.

Would you like to participate in our monthly \$20 gift card draw? Subscribe to our e-newsletter NOW for a chance to win!

SCAN ME



SCAN OR 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

Lake Club Manager: Branka Stevanovic
(587) 349-1338 | activity.lakeclub@shaw.ca
Office Hours: Monday—Thursday, 8am—1pm

HOA Board
lakesatrrhoa@gmail.com



MUSIC & PICNIC in the Park

The Lakes at Rocky Ridge Homeowners Association (HOA) cordially invites you to join your neighbours for a fun evening at the community's central pond.

Sunday, August 27th 4—6 PM

LIVE MUSIC • FOOD TRUCKS • FUN • FREE ICE CREAM

FOOD TRUCK (Food for purchase)

**GOURMET ICE CREAM (Soft-serve waffle cones
for The Lakes at Rocky Ridge HOA Residents)**

FREE

Musical entertainment by Silence In B'tween



In the event of bad weather, the location of the event will be moved indoors to the Lake Club.

BOARD REPORT

The Board hopes you are continuing to enjoy the summer.

Our next Annual General Meeting will take place on August 16th at 7:00pm in the theatre at the Lake Club facilities and we invite you to attend this meeting. A package with the agenda and minutes from the last AGM should have been sent out to all owners already. Please review this package before the meeting and come with suggestions and questions. And please consider running for a position on The Lakes at Rocky Ridge HOA Board of Directors. You can learn more about the HOA and the Board on our website:

<https://www.thelakesatrockyridge.com/hoa-association>

The Lake Club gym is currently undergoing some equipment maintenance. We appreciate your patience during this time, rest assured we are working diligently to ensure that all the equipment will be up and running as soon as possible.

We are excited to announce that our annual community event will be taking place on Sunday, August 27th from 4pm to 6pm in the park. We encourage you to mark your calendars and join us for a fun-filled day of activities and community bonding.

Additionally, we want to let you know that the movie committee will not be taking a break over the summer. We have an exciting lineup of movies planned, and we invite you to join us for these screenings.

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

The Lakes at Rocky Ridge HOA

ANNUAL GENERAL MEETING 2023

Wednesday, August 16th at 7 PM

Lake Club Theatre

450 Rocky Vista Gardens NW, Calgary, AB T3G 5YT



Please arrive early to register,
doors open at 6:45 PM.



ONGOING ACTIVITIES

The Lake Club is a vibrant community that offers a wide array of clubs, activities, and exercise classes. All welcome.

Ladies Craft Group (Games Room)

Every Monday at 10:30am, a group of ladies gathers together to engage in knitting and crochet projects. This dedicated group of women has made it their mission to create handmade items for donation to various charities.

Hatha Yoga for Beginners (Theatre)

DVD played at 9:30am on Tuesday and Thursday.

Aerobics: Jane Fonda (Theatre)

DVD played 9:30am on Monday, Wednesday and Friday.

Book Club (Theatre)

The monthly Book Club meeting is a gathering of reading enthusiasts who come together on the 2nd Monday of every month at 7pm.

Bridge (Activity Room)

Every Tuesday and Thursday at 7pm.

Community Pickleball (Tennis Courts)

Every Tuesday at 10:30am.

Walking Club (Lookout)

Every Thursday at 6pm, a small group of community members gathers to embark on a delightful walk, exploring the neighborhood together. No sign-up is required.

Movies (Theatre)

Saturdays at 7pm. Family movie or concert series screening on a Sunday at 7pm. Snacks are provided.

Sound Bath (Activity room)

Led by a certified Reiki teacher, these sessions are free and open to everyone. Please check the monthly calendar for dates.

Bingo (Activity Room) -

ON HOLD UNTIL SEPTEMBER

Every Wednesday at 1:30pm.

Church Services (Theatre) -

ON HOLD UNTIL SEPTEMBER

Catholic Communion: 2nd Thursday at 11am.

St. Thomas United Church: 3rd Thursday at 11am.

Catholic Mass: 4th Thursday at 11am.



**CALGARY
PUBLIC
LIBRARY**

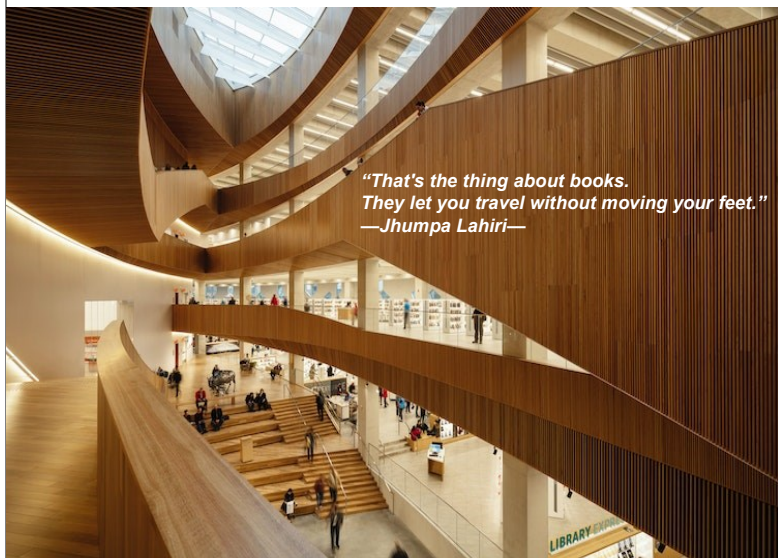
The Lake Club is excited to announce its partnership with the Calgary Public Library!

We invite you to join us for a special CPL presentation taking place on Wednesday, August 16th at 1pm in the Lake Club Theatre.

During this presentation, a representative from the Calgary Public Library will be sharing valuable information about their services, programs, and resources available to the community. Whether you are an avid reader, a student looking for research materials, or someone interested in exploring new hobbies, the Calgary Public Library has something to offer everyone.

Discover new books, access digital resources, and explore the wide range of programs and events tailored to different age groups and interests. The CPL presentation promises to be both informative and engaging by providing valuable insights into the resources and programs available through the Calgary Public Library.

Please mark your calendars and join us for this exciting event. No registration is required, so feel free to bring your friends, family, and neighbours. We look forward to seeing you there!



Coming soon

Starting in September our community will have the convenience of an onsite seamstress to assist with all your alteration needs. Service includes hemming a pair of pants, resizing a dress, or repairing a tear in your favorite shirt. Our skilled seamstress will be available to provide top-notch service right here in our community!



BARBRA STREISAND OMAR SHARIF

**MUSICAL
FUNNY GIRL**

**Sunday, August 20th at 7pm
Lake Club Theatre**

Protecting Yourself from Wildfire Smoke

Wildfires have become an increasingly common occurrence in Canada, with devastating consequences for both the environment and human health. As these fires continue to engulf vast areas, the resultant smoke poses a significant threat to individuals residing nearby. In this article we offer practical advice on how to protect yourself from the harmful effects of smoke.



Health Risks Associated with Wildfire Smoke:

Wildfire smoke – a complex mixture of air pollutants – is unhealthy to breathe and can be especially dangerous for children, the elderly, pregnant women and people with heart or respiratory conditions. These sensitive groups are advised to limit their outdoor activities, especially when the Air Quality Health Index (AQHI) reaches high risk levels. Even healthy people may experience symptoms in smoky conditions or after exposure. Pets also can be affected by polluted air and should be brought indoors, if possible.

The fine particles in the smoke can penetrate deep into the lungs, causing irritation, inflammation, and exacerbating respiratory conditions such as asthma, bronchitis, and chronic obstructive pulmonary disease (COPD). Additionally, the toxic gases present in the smoke can lead to respiratory distress and other systemic health issues.

The Air Quality Health Index (AQHI) is a tool that was developed by Environment Canada and Health Canada. It can help you understand what air quality means to your health and it tells you when to change or stop your activities outside if the air quality is poor.

The AQHI uses a number from 1 to 10 indicating levels of risk when exposed to poor air quality (air pollution). The higher the number, the higher the risk to your health, and the more you need to be careful. The AQHI describes the level of health risk as low, moderate, high, or very high. Sometimes, when the air pollution level is very high (like during a wildfire) the number may be more than 10 (10+).

Sometimes smoke or air pollution from events like wildfires can occur in very localized areas. They can change quickly and may not be detected by AQHI stations.

Air pollution affects everyone differently. The AQHI tool has information and advice for people who are at high risk such as older adults, people with asthma, lung, or heart disease. It will tell you how to protect yourself based on the level of the air pollution.



Protecting Yourself from Smoke:

While it may be challenging to completely avoid exposure to wildfire smoke, there are several measures you can take to protect yourself and minimize the health risks:

1. Stay Informed:

Monitor local news and weather reports for updates on wildfire activity in your area. Pay attention to air quality advisories and follow the guidelines provided by local health authorities.

2. Limit Outdoor Activities:

If possible, reduce your time spent outdoors, especially when air quality is poor. Avoid strenuous activities that can increase your breathing rate and inhalation of smoke particles.

3. Create a Clean Indoor Environment:

Keep windows and doors closed to prevent smoke from entering your home. Use air purifiers or high-efficiency particulate air (HEPA) filters to improve indoor air quality. Avoid using products that can contribute to indoor pollution, such as tobacco, candles, and certain cleaning agents.

4. Use N95 Masks:

When venturing outside or in situations where smoke exposure is unavoidable, wear N95 masks or respirators. These masks are designed to filter out fine particles and provide some protection against inhaling harmful smoke.

5. Seek Shelter:

If you do not have access to a clean indoor environment, consider seeking shelter in designated public buildings with air filtration systems, such as libraries, shopping malls, or community centers.

6. Stay Hydrated:

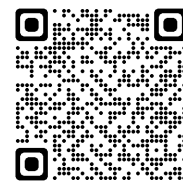
Drinking plenty of water can help soothe irritated airways and prevent dehydration, which can worsen respiratory symptoms.

As wildfires continue to pose a threat across Canada, it is crucial to be aware of the risks associated with smoke exposure and to take necessary precautions to protect yourself and your loved ones.

Remember, your health and well-being should always be a priority, especially during times of heightened fire activity. Stay safe!

View the AQHI map here:

<http://airquality.alberta.ca/map>



SCAN QR CODE

To view online



Lake Club Theatre August Movies

All movies begin at 7 pm



August 5 — Titanic (1997)
with Leonardo DiCaprio, Kate Winslet, Kathy Bates, Billy Zane

Rated PG-13 for disaster related peril and violence, nudity, sensuality and brief language

A seventeen-year-old aristocrat falls in love with a kind but poor artist aboard the luxurious, ill-fated R.M.S. Titanic.



August 12 — Champions (2023)
with Woody Harrelson, Kaitlin Olson, Matt Cook

Rated PG-13 for strong language and crude/sexual reference

A former minor-league basketball coach is ordered by the court to manage a team of players with intellectual disabilities. He soon realizes that despite his doubts, together, this team can go further than they ever imagined.



August 19 — Atonement (2007)
with Keira Knightley, James McAvoy, Brenda Blethyn

Rated R for disturbing war images, language and some sexuality

Thirteen-year-old fledgling writer Briony Tallis irrevocably changes the course of several lives when she accuses her older sister's lover of a crime he did not commit.



August 20 — Funny Girl (1968)
with Barbra Streisand, Omar Sharif, Kay Medford
Rated G

The life of Fanny Brice, famed comedienne and entertainer of the early 1900s. We see her rise to fame as a Ziegfeld girl, subsequent career, and her personal life, particularly her relationship with Nick Arnstein.



August 26 — The Super Mario Bros. Movie (2023)
with Chris Pratt, Anya Taylor-Joy, Charlie Day

Rated PG for action and mild violence.

A plumber named Mario travels through an underground labyrinth with his brother, Luigi, trying to save a captured princess.



Join us for movie nights!

The HOA is pleased to provide complimentary snacks for all attendees. Sit back, relax, and indulge in a variety of treats while you watch your favorite films.



AUGUST 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
(T) Theatre (GR) Games Room (AR) Activity Room		1 9:30am Yoga DVD (T) 10:30am Community Pickleball (Tennis Courts) 7pm Bridge (AR)	2 9:30am Aerobics DVD (T) Hatha Yoga 7—8:15 pm (AR) (Pre-register)	3 9:30am Yoga DVD (T) 6pm Walking Club (Lookout) 7pm Bridge (AR)	4 9:30am Aerobics DVD (T)	5 7pm Movie (T): Titanic
6	7 9:30am Aerobics DVD (T) 10:30am Ladies Social Group (GR)	8 9:30am Yoga DVD (T) 10:30am Community Pickleball (Tennis Courts) 7pm Bridge (AR)	9 9:30am Aerobics DVD (T) Hatha Yoga 7—8:15 pm (AR) (Pre-register)	10 9:30am Yoga DVD (T) 6pm Walking Club (Lookout) 7pm Bridge (AR)	11 9:30am Aerobics DVD (T)	12 7pm Movie (T): Champions
13	14 9:30am Aerobics DVD (T) 10:30am Ladies Social Group (GR) 7pm Book Club (T)	15 9:30am Yoga DVD (T) 10:30am Community Pickleball (Tennis Courts) 7pm Bridge (AR)	16 9:30am Aerobics DVD (T) 1—2pm CPL Presentation (T) 7pm Annual General Meeting (T)	17 9:30am Yoga DVD (T) Personal Touch Fashions 10am—2pm (AR) 6pm Walking Club (Lookout) 7pm Bridge (AR)	18 9:30am Aerobics DVD (T) Hatha Yoga 7—8:15 pm (AR) (Pre-register)	19 7pm Movie (T): Atonement
20 7pm (T) MUSICAL: Funny Girl	21 9:30am Aerobics DVD (T) 10:30am Ladies Social Group (GR)	22 9:30am Yoga DVD (T) 10:30am Community Pickleball (Tennis Courts) 7pm Bridge (AR)	23 9:30am Aerobics DVD (T)	24 9:30am Yoga DVD (T) 6pm Walking Club (Lookout) 7pm Bridge (AR)	25 9:30am Aerobics DVD (T) SOUND BATH 6:30—7:45 pm (Open Event) (AR)	26 7pm Movie (T): FAMILY MOVIE The Super Mario Bros. Movie
27 MUSIC & PICNIC IN THE PARK COMMUNITY EVENT 4—6 PM (Outlook)	28 9:30am Aerobics DVD (T) 10:30am Ladies Social Group (GR)	29 9:30am Yoga DVD (T) 10:30am Community Pickleball (Tennis Courts) 7pm Bridge (AR)	30 9:30am Aerobics DVD (AR)	31 9:30am Yoga DVD (T) 6pm Walking Club (Lookout) 7pm Bridge (AR)		

Red Earth Salon at the Lake Club



A full-service affordable luxury hair studio,
that also meets all of your retail hair care needs.

To book an appointment connect via phone or online:
403-930-1293 | www.redearthsalon.com

**WE'RE
HIRING!**

Hours

Sunday & Monday Closed
Tuesday & Thursday 10am–7pm
Wednesday Friday Saturday 10am–4pm

We are currently seeking a skilled and experienced stylist to join our team at a family salon. The ideal candidate should have a strong proficiency in finishing styles and hair cutting and be able to cater to the unique needs of our senior community members. This position is available for both full-time and part-time applicants. Must be a licensed journey person hairstylist within the province of Alberta or carry a Red Seal. The successful candidate will be hired as a contractor and will be offered a competitive commission structure.

Your Success is My Success



SELLING REAL ESTATE IS ALL ABOUT TIMING

While Calgary's housing inventory levels have somewhat improved, they still remain at exceptionally low levels. Higher interest rates have had an impact on sales activity, however, the market is still experiencing a significant shortage of new listings. Because of the limited supply, stronger-than-expected monthly price gains have occurred. With a very robust sales-to-listings ratio, combined with a shortage of inventory, the market has struggled to move into a balanced territory, causing further upward pressure on home prices. Historically, listings tend to increase in the spring months, so in order to take advantage of this strong seller's market, it is time to take action. Contact me today for a FREE HOME EVALUATION!



Gary Wade
Real Estate
403-837-7878

DEDICATED TO RESULTS

Having lived in Calgary since 1976, and having sold real estate since 1978, my local market knowledge is unparalleled. Throughout my career, I have been involved in over 1600 real estate transactions, many of which are repeat clientele and previous client referrals. I have an extensive amount of experience in all sectors of the residential market, beginning with properties priced for the budget minded, all the way up to multi-million dollar luxury residences.

NOBODY DOES IT BETTER

Whether you, or someone you know, is in the market to buy or sell real estate, I would be extremely grateful for your support.

Scan QR Code with
phone camera
to search all
MLS listings



Contact information:

- 403.837.7878
- gwaderealestate@gmail.com
- searchcalgaryhomes.com

