

Lake Club COMMUNICATOR



EDITOR'S NOTE

It's month six of social distancing and we're all grappling with the effects of isolation and an uncertain future. Many of us have had to cancel travel plans, are still missing out on seeing family and friends and are feeling an overwhelming sense of loss and sadness. Perhaps it helps to know that we are not alone—that others around us are feeling the same way.

I hope that you are treating yourself to some fresh air outdoors—even a simple walk through the community will lift your spirits and we all know that a little bit of exercise does you the world of good. I've been enjoying hiking and biking with my family and I'm always looking for spots that are off the beaten path, so drop me a line if you have any great suggestions.

It was wonderful to see all of your faces (all be it, *masked* faces) at the ice cream social in July. We're hosting another ice cream event in August, this time with a musician who will be playing some sweet acoustic sounds for us. I hope to see you there.

We're continuing outdoor Fitness Classes in August and have added a weekly Yoga session to the schedule. The classes have been well received and those who have been attending are really enjoying the work out.

The Theatre is open for socially-distanced Saturday night movies and the Movie Committee have a great selection for August. I highly recommend *Call of the Wild* which will be screened on August 22nd—it's a real tear jerker and a perfect smoke screen for shedding some Covid-related grief!

At this stage the Fitness Centre remains closed, however the Board are hoping to open up the Games Room/Library in August as part of the Lake Club reopening strategy so keep an eye on the website and Facebook page for any information in this regard.

In the meantime, take care of yourselves, enjoy the sunshine and keep smiling behind your mask.

*Take care,
Caroline*

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

Website

www.thelakesatrockyridge.com

Lake Club Manager: Caroline Pulford

(587) 349-1338 / activity.lakeclub@shaw.ca

HOA Board

lakesatrrhoa@gmail.com



REPORT FROM THE HOA BOARD

In July, we have been carefully reopening selected elements of the Lake Club while complying with the Covid-19 related restrictions. We have successfully opened the Theatre for 4 Saturday evening movies while carefully screening participants and keeping physical distancing. We plan to continue showing movies throughout August in the same way.

We have offered outdoor exercise classes on Mondays and Thursdays that have been well attended as an alternative to opening the Fitness Centre. Responding to several requests, we will continue these classes through August as well as adding Yoga classes.

The Ice Cream Social that took place outside on July 11th was a success and we plan to repeat this event on August 8th. We are also planning protocols and selected time slots for opening the Library in August so HOA members will be able to return and borrow books, DVDs and puzzles.

Check out the website (www.thelakesatrockyridge.com) and newsletter for details of all events in August.

The board extends a huge thanks to Cory Baiton for her years of service on the board. Cory will be leaving the board in August as the Manor's Representative and we wish her all the best in her new pursuits. We will let the community know who our new Manor's Rep board member is as soon as the position is finalized.

We appreciate everyone's patience and support as we have been going through this re-opening process. If you have any concerns, suggestions or comments regarding the HOA, please send them to lakesatrhoa@gmail.com.

Your HOA Board of Directors

August OUTDOOR FITNESS

Mondays @ 11am -
Upper/Lower/Core Circuits

Wednesdays @ 9am -
Hatha/Yin Yoga (NEW in August)

Thursdays @ 4pm -
Full Body Intensity Training

Outdoors @ Pavilions Courtyard
(Accessible from West side of Lake Club.
Follow signs from Lake Club entrance.)

**SIGN UP TO GUARANTEE A SPOT
& COMPLETE WAIVER ONLINE AT
www.thelakesatrockyridge.com**

Combine a 60-minute outdoor workout with the serenity of our community in a safe, socially-distanced, small group session.

Bring a mat, towel and water.

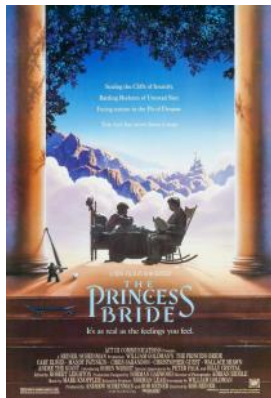
Classes will only be cancelled in the event of heavy rain/lightning.

**FREE to
Community
Members**



AUGUST MOVIES

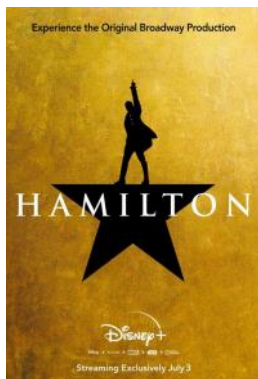
(All movies begin at 7:00 p.m.)



August 1, 2020 The Princess Bride

Starring: Robin Wright, Cary Elwes, Mandy Patinkin
Director: Rob Reiner
Distributor: 20th Century Fox**
Rated: PG
Time: 98 min.

Robin Wright and Cary Elwes star in this fairytale adventure about a beautiful princess and the gallant hero who rescues her from an evil villain. Directed by Rob Reiner, it's an enchanting classic the whole family will love!



August 8, 2020 Hamilton (The Musical)

Starring: Lin-Manuel Miranda, Phillipa Soo, Leslie Odom Jr.
Director: Thomas Kail
Distributor: Walt Disney
Rated: PG-13 (for language and some suggestive material)
Time: 160 min.

An unforgettable cinematic stage performance, the filmed version of the original Broadway production of "Hamilton" combines the best elements of live theater, film and streaming to bring the cultural phenomenon to homes around the world for a thrilling, once-in-a-lifetime experience.



August 15, 2020 The Conjuring

Starring: Vera Farmiga, Patrick Wilson, Lili Taylor
Director: James Wan
Distributor: Warner Bros.**
Rated: R (for sequences of disturbing violence and terror)
Time: 112 min.

Before there was Amityville, there was Harrisville. "The Conjuring" tells the true story of Ed and Lorraine Warren (Patrick Wilson, Vera Farmiga), world

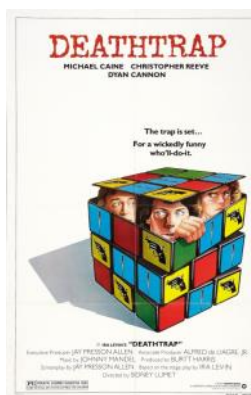
renowned paranormal investigators, who were called to help a family terrorized by a dark presence in a secluded farmhouse. Forced to confront a powerful demonic entity, the Warrens find themselves caught in the most horrifying case of their lives.



August 22, 2020 The Call of the Wild

Starring: Harrison Ford, Dan Stevens, Karen Gillen
Director: Chris Sanders
Distributor: 20th Century Fox**
Rated: PG (for some violence, peril, thematic elements and mild language)
Time: 110 min.

Adapted from the beloved literary classic, THE CALL OF THE WILD vividly brings to the screen the story of Buck, a big-hearted dog whose blissful domestic life is turned upside down when he is suddenly uprooted from his California home and transplanted to the exotic wilds of the Alaskan Yukon during the Gold Rush of the 1890s. As the newest rookie on a mail delivery dog sled team--and later its leader--Buck experiences the adventure of a lifetime, ultimately finding his true place in the world and becoming his own master.



August 29, 2020 Deathtrap

Starring: Michael Caine, Christopher Reeve,
Director: Sidney Lumet
Distributor: Warner Bros.**
Rated: PG (adult situations/language, violence)
Time: 116 min.

Playwright Sidney Bruhl (Michael Caine) is having a tough time coming up with a successful work, but then an admiring young fan (Christopher Reeve) sends him a masterpiece. With the help of his wife (Dyan Cannon), Sidney plans to kill the man and steal his script.

* Licensed for public performance by Audio Ciné Film (ACF) ** Licensed for public performance by Criterion Pictures
 ++ Licensed for public performance by Netflix.

ICE CREAM Social [Distance]

Enjoy a sweet treat, and the sounds of Acoustic Guitarist, Roli Mack



STAY COOL

**11am to 1pm
Saturday, August 8th**

@ The Lookout (Cnr Rocky Vista Dr & Rocky Vista Park)

Red Earth Salon at the Lake Club

OPEN AND FOLLOWING PHYSICAL DISTANCING & AHS SANITATION PRACTICES

Call, text or e-mail
Stephany to book.

reearthsalon@gmail.com
403-930-1293



An Essential Community Meal Delivery Service

Now more than ever, the Manor Village's *Taste the Difference* meal delivery service has become a much-needed amenity right here in our community.

Stay home. Stay healthy. Order your tasty, healthy and nutritious meals for delivery right to your door.

All meals are prepared and delivered according to strict government-regulated guidelines by the Chefs and Drivers of the Manor Village Life Center.

Order one or two meals a day, on a schedule that fits your needs.

Call 587-231-0011 or visit TasteTheDif.ca to learn more.



The Community with Heart ♥