

Lake Club COMMUNICATOR



EDITOR'S NOTE

The name "March" is ultimately derived from the Latin word Martius (named after Mars, the Roman god of war). Did you know that along with January, May, and June, March is one of several months named after a god?

I prefer to think of it as the beginning of spring although for most Canadians, March means only one thing: more snow! And while some people relate snow to breath-taking beauty and fun activities, others, well, we daydream of longer days and warmer temperatures.

It's quite common for productivity to drop at this time of the year so this month I will be taking a week off to recharge my batteries. I plan to relax, read, enjoy long wintry walks and hopefully soak up some much needed vitamin D.

There is something incredibly powerful about pausing and living in the moment. None of us do this perfectly, as there are always some worries creeping into the back of our mind. But, in those moments we are able to focus on the gift that is today; those are always the best days.

And remember, no matter how long the winter is, Spring is sure to follow!

Branka



**The Lake Club Office will be closed
from March 6th—9th.**

**For urgent matters please email
activity.lakeclub@shaw.ca**

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



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JOIN OUR E-NEWSLETTER LIST FOR A CHANCE TO BE INCLUDED IN A MONTHLY \$20 GIFT CARD DRAW!

How to subscribe?

- Go to our website www.thelakesatrockyridge.com and click the “**SUBSCRIBE**” button
- Visit or phone the Lake Club office at 587-349-1338 or send an email to activity.lakeclub@shaw.ca
- Scan QR code and sign-up online



BOARD REPORT

The Board is very happy to see more activity in the Lake Club lately, especially on weekends. You are welcome to bring family and friends for a friendly game of table tennis, foosball or pool but please remember that you need to remain in the Lake Club with them.

In the Lake Club we are working on addressing the issues of the temperature being too warm. Also, the floors in the gym and activity room were recently polished so please remember not to drag gym equipment across the floors and please don't wear your outdoor shoes in the gym as dirt and small rocks may damage the workout equipment.

For your safety and security, the surveillance system in the Lake Club has recently been upgraded and a new camera added in the activity room.

With the advent of spring, the board will be looking at sprucing up our outdoor areas (median, gardens, and lookout). This includes collaborating with the City to add some new park benches.

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

A friendly reminder to..
SPRING FORWARD
Sunday, March 12th



The Time Change from Winter Time to Daylight Savings Time will take place at 2 am. The clock jumps forward from 2 to 3 am.

A vibrant movie poster for Sing 2. The title "Sing 2" is prominently displayed in the center. The poster features a collage of characters from the movie, including a koala, a lion, a pig, a bull, a frog, and a porcupine, all in various poses. The background is a dark blue with a starry pattern. At the bottom, there are two red and white striped popcorn buckets flanking the text "Saturday, March 11 at 7pm Lake Club Theatre".

Family Night

Sing 2

Saturday, March 11 at 7pm
Lake Club Theatre

LAKE CLUB **PAINT NIGHT**

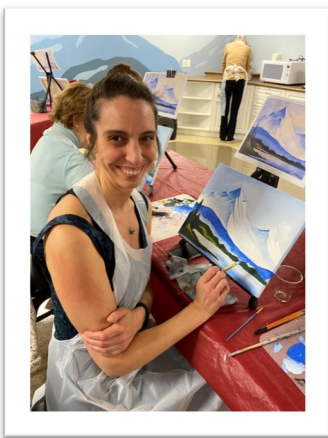
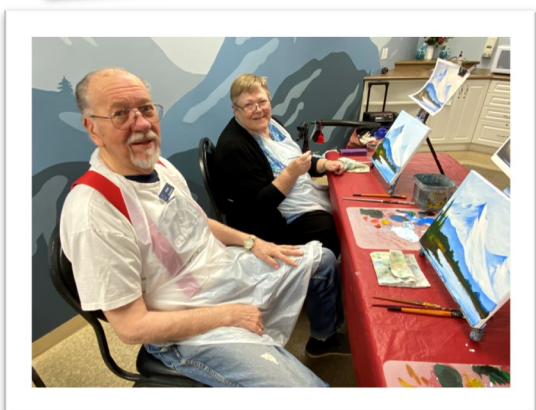
With artist Alexandre Ivanov



In February we hosted an artist Alexandre Ivanov for a fun Paint Night Party here at the Lake Club!

And what fun we had as we all unleashed our inner artists and proudly took home our very own paintings!

Huge thank you to Alexandre for sharing his knowledge and artistic skills with us, we can't wait to see you again soon!





SCAN QR CODE
To view online



MARCH MOVIES

All movies begin at 7 pm in the Lake Club Theatre



**March 4 - Devotion (2022)
PG-13 with Jonathan
Majors and Glen Powell**

A pair of U.S. Navy fighter pilots risk their lives during the Korean War and become some of the Navy's most celebrated wingmen.



**March 11 - Sing 2 (2021) PG with
Matthew McConaughey, Reese
Witherspoon and
Scarlett Johansson**

Buster Moon and his friends must persuade reclusive rock star Clay Calloway to join them for the opening of a new show.



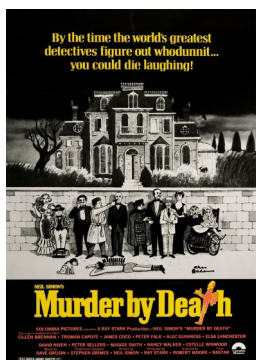
**March 18 - The Lady in the
Van (2015) PG-13 with
Maggie Smith and Alex
Jennings**

A man forms an unexpected bond with a transient woman living in her van that's parked in his driveway.



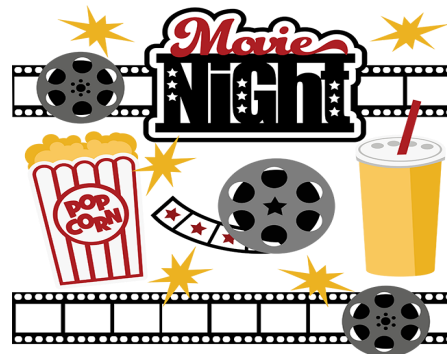
**March 19—The Greatest Showman
(2017) PG with
Hugh Jackman, Michelle
Williams and Zac Efron**

Celebrates the birth of show business and tells of a visionary who rose from nothing to create a spectacle that became a worldwide sensation.



**March 25—Murder by
Death (1976) PG with Peter
Falk, Alec Guinness and
Peter Sellers**

Five famous literary detective characters and their sidekicks are invited to a bizarre mansion to solve an even stranger mystery.



Do you have any suggestions for movies you would like to see?
We would like to hear from you!
Please contact the Lake Club office at 587 349 1338 or
email activity.lakeclub@shaw.ca



MARCH 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 (T) Theatre (GR) Games Room (AR) Activity Room			1 9:30am Aerobics DVD (T) 1:30pm Bridge (GR) 1:30pm Bingo (AR) Hatha Yoga 7—8:15 pm (AR)	2 9:30am Yoga DVD (T) 7pm Bridge (GR)	3 9:30am Aerobics DVD (T)	4 Hatha Yoga 11am—12:15 pm (AR) 7pm Movie (T): Devotion
5	6 9:30am Aerobics DVD (T) 10:30am Ladies Social Group (GR)	7 9:30am Yoga DVD (T) 7pm Bridge (GR)	8 9:30am Aerobics DVD (T) 1:30pm Bridge (GR) 1:30pm Bingo (AR) INTERNATIONAL WOMEN'S DAY	9 9:30am Yoga DVD (T) 11am Catholic Communion (T) 7pm Bridge (GR)	10 9:30am Aerobics DVD (T) Sound Bath (T) 6:30—8:00 pm (Open Event) 	11 7pm Movie (T): FAMILY NIGHT Sing 2
12 	13 9:30am Aerobics DVD (T) 10:30am Ladies Social Group (GR) 7pm Book Club (T)	14 9:30am Yoga DVD (T) 7pm Bridge (GR)	15 9:30am Aerobics DVD (T) 1:30pm Bridge (GR) 1:30pm Bingo (AR) Hatha Yoga 7—8:15 pm (AR)	16 9:30am Yoga DVD (T) 11am St. Thomas United Church (T) 7pm Bridge (GR)	17 9:30am Aerobics DVD (T) 	18 Hatha Yoga 11am—12:15 pm (AR) 7pm Movie (T): The Lady in the Van
19 7pm Movie (T): MUSICAL: The Greatest Showman	20 9:30am Aerobics DVD (T) 10:30am Ladies Social Group (GR)	21 9:30am Yoga DVD (T) 7pm Bridge (GR)	22 9:30am Aerobics DVD (T) 1:30pm Bridge (GR) 1:30pm Bingo (AR) Hatha Yoga 7—8:15 pm (AR)	23 9:30am Yoga DVD (T) 11am Catholic Mass (T) 7pm Bridge (GR)	24 9:30am Aerobics DVD (T)	25 Hatha Yoga 11am—12:15 pm (AR) 7pm Movie (T): Murder by Death
26	27 9:30am Aerobics DVD (T) 10:30am Ladies Social Group (GR)	28 9:30am Yoga DVD (T) 7pm Bridge (GR)	29 9:30am Aerobics DVD (T) 1:30pm Bridge (GR) 1:30pm Bingo (AR) Hatha Yoga 7—8:15 pm (AR)	30 9:30am Yoga DVD (T) 7pm Bridge (GR)	31 9:30am Aerobics DVD (T)	



Sound Bath & Energy Healing



— EXPERIENCE THE HEALING POWER OF SOUND —

FREE

**Friday, March 10th
6:30—8:00 PM**

- RELAX
- RECHARGE
- REJUVENATE

A sound bath is a meditative experience where those in attendance are “bathed” in sound waves produced by various instruments. Join us for a meditative journey into deep relaxation and inner healing! Bring your yoga mat and other props such as a pillow and a blanket if you wish to get comfy!

All welcome – no experience necessary.

This is an open event, no sign up required.
For more info please contact The Lake Club office
Phone: 587 349 1338 or E-mail: activity.lakeclub@shaw.ca

SCAN FOR MORE INFO



YOUR NEIGHBORHOOD REALTOR®



Gary Wade
Real Estate



As a long time resident of **The Lakes At Rocky Ridge**, I am exceedingly familiar with the many benefits this great community has to offer. If you are thinking of selling your home, or know someone who wishes to purchase a home in our fine community, I would be pleased to assist in anyway possible. I will commit to giving 100% of my time and effort to sell your residence at the highest market value, or alternatively, to find you the perfect location to call home. Give me a call today for a **FREE HOME EVALUATION**.



Scan Code

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