

# Lake Club COMMUNICATOR



## EDITOR'S NOTE

The greatest and longest relationship you'll have is with yourself; invest in it this Valentines Day. Self love is essential to cultivating a sense of independence, confidence and self-worth and it's a proven fact that when we take care of ourselves, we are better able to take care of those around us.

There is ample opportunity this February to get outside and enjoy the fresh Winter air, not only in Calgary, but in the nearby foothill and mountain towns. Why not try snowtubing at Canada Olympic Park, or ice biking, snow shoeing, skating or XC skiing at Bowness Park. If you aren't able to partake in these physical activities, grab a hot chocolate, and enjoy watching fellow Calgarians having fun outdoors. Speaking of hot chocolate, February is the YYC Hot Chocolate Fest when over 90 local cafes and restaurants compete for the title of Calgary's best hot chocolate while raising money for Calgary Meals on Wheels. Find out more at [www.yychotchocolate.com](http://www.yychotchocolate.com).

Downtown Calgary has a number of Winter Festivals, including Chinook Blast, the Glow Winter Light Festival and Inglewood Block Heater Folk Festival. A quick Google search will bring up info on these. In Banff you can ride the gondola and experience the mountain-top Night Rise event or simply wander around town, enjoying the beautiful scenery and some tasty fare at one of the local eateries.

Skip the celebrations completely, buy yourself some chocolate or flowers, or express your appreciation for the people in your life, whether they are co-workers, romantic partners, friends or family members. Perhaps you wish to do something nice in your spare time by volunteering. It's a great way to share skills, become a part of the community, and gain new connections, and giving truly is medicine for the heart.

Come and enjoy a movie on a Saturday night in the Lake Club, join the Book Club, French Club or drop in for a game of Bridge. **Please remember that masks and vaccination passports are mandatory within the Lake Club, including for all programs; and children need to be supervised at all times.**

*Happy February  
Caroline*

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: Caroline Pulford**  
(587) 349-1338 / [activity.lakeclub@shaw.ca](mailto:activity.lakeclub@shaw.ca)  
Office Hours: Monday—Thursday, 8am—1pm

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

# Get your balance right



## YOGA DVD CLASS

EVERY TUESDAY &  
THURSDAY @ 10AM  
IN THE THEATRE



Fully vaccinated HOA members can access the Gym during regular hours of Monday—Sunday, 5am—11pm.

### HERE'S HOW:

1. Complete the Lake Club Keycode Waiver available at [www.thelakesatrockyridge.com](http://www.thelakesatrockyridge.com), or pick up a hard copy in the Lake Club Foyer.
2. Provide in-person proof of vaccination and ID to Lake Club Manager during office hours.
3. Attain access code for use on keypad entry lock on Gym (and/or Library/Games Room) door.

### OFFICE HOURS

8am—1pm; Monday to Thursday

*Any person who cannot meet during these hours can arrange with the Lake Club Manager to meet after hours on a case-by-case basis. To arrange this, send an e-mail to [activity.lakeclub@shaw.ca](mailto:activity.lakeclub@shaw.ca).*

# GET IN SHAPE!

AEROBICS WORKOUT DVD

9:30AM  
MON, WED, FRI  
IN THE THEATRE  
ALL WELCOME



# I WORKOUT FOR

CONFIDENCE  
STRENGTH

THE FEELING AFTER A WORKOUT  
THE FEELING OF ACCOMPLISHMENT

HEALTH  
MY LOVED ONES  
HAPPINESS  
STRESS RELIEF

# ME

# BOARD REPORT

Happy February HOA Members!

The HOA board has been working hard ensuring we are complying with all the COVID requirements while trying to maintain open operations and activities for our members. Please remember that masks must be worn when in the Lake Club except when actively working out in the gym. Gym attendees can look forward to a new treadmill arriving shortly to replace an aging machine.



Small group activities are gaining in popularity. Consider trying out our weekly French classes, aerobics, yoga, book club, craft or bridge groups. Check the calendar (page 4) to see when the groups meet. Our ladies craft group, which donates knitted hats to various charities around the city is looking for donations of yarn. Yarn can be dropped off outside Caroline's office in the Lake Club anytime.

Our members can look forward to new Family Movie night showings each month with movies geared more towards our younger members. The movie committee welcomes two new members (Tim and Carley) and we look forward to working with them.

As always, please send any concerns, suggestions or comments to [lakesatrrhoa@gmail.com](mailto:lakesatrrhoa@gmail.com). We look forward to hearing from you.

*Your HOA Board of Directors*

A close-up photograph of a hand holding a fan of playing cards. The cards are fanned out, showing various suits and faces. Overlaid on the image is the text 'CALLING ALL BRIDGE PLAYERS' in a bold, black, sans-serif font. The word 'BRIDGE' is significantly larger than the other words. The background is a light, neutral color.

**CALLING ALL  
BRIDGE  
PLAYERS**

**JOIN THE LAKE CLUB BRIDGE GROUP FOR A  
FEW HANDS OF BRIDGE IN A CASUAL SETTING**

**TUESDAY & THURSDAY EVENINGS AT 7PM &  
WEDNESDAYS AT 1:30PM IN THE GAMES ROOM**



The Lakes At  
ROCKY RIDGE

# FEBRUARY 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> 10am Yoga DVD (T)  7pm Bridge (GR)	<b>2</b> 9:30am Aerobics DVD (T)  1:30pm Bridge (GR)  1:30pm Bingo(AR)  <b>7pm Hatha Yoga (Preregister) (AR)</b>	<b>3</b> 10am Yoga DVD (T)  11am—1pm & 6:30—8:30pm Art Club Drop In (AR)  7pm Bridge (GR)	<b>4</b> 9:30am Aerobics DVD (T)  <b>7pm French Lessons (AR)</b>	<b>5</b> <b>7pm Movie:</b> Pretty Woman
<b>6</b>	<b>7</b> 9:30am Aerobics DVD (T)  10:30am Ladies Social Group (GR)	<b>8</b> 10am Yoga DVD  7pm Bridge (GR)	<b>9</b> 9:30am Aerobics DVD (T)  1:30pm Bridge (GR)  1:30pm Bingo(AR)  <b>7pm Hatha Yoga (Preregister) (AR)</b>	<b>10</b> 10am Yoga DVD (T)  11am—1pm & 6:30—8:30pm Art Club Drop In (AR)  7pm Bridge (GR) 6:30—8:30pm	<b>11</b> 9:30am Aerobics DVD (T)  <b>7pm French Lessons (AR)</b>	<b>12</b> <b>7pm Movie:</b> Hunt for Red October
<b>13</b>	<b>14</b> 9:30am Aerobics DVD (T)  10:30am Ladies Social Group (GR)  <b>7pm Book Club</b>  <b>VALENTINES DAY</b>	<b>15</b> 10am Yoga DVD (T)  7pm Bridge (GR)	<b>16</b> 9:30am Aerobics DVD (T)  1:30pm Bridge (GR)  1:30pm Bingo(AR)  <b>7pm Hatha Yoga (Preregister) (AR)</b>	<b>17</b> 10am Yoga DVD (T)  11am—1pm & 6:30—8:30pm Art Club Drop In (AR)  7pm Bridge (GR)	<b>18</b> 9:30am Aerobics DVD (T)  <b>7pm French Lessons (AR)</b>	<b>19</b> <b>7pm Movie:</b> Encanto
<b>20</b>	<b>21</b> 9:30am Aerobics DVD (T)  10:30am Ladies Social Group (GR)  <b>FAMILY DAY</b>	<b>22</b> 10am Yoga DVD (T)  7pm Bridge (GR)	<b>23</b> 9:30am Aerobics DVD (T)  1:30pm Bridge (GR)  1:30pm Bingo (AR)  <b>7pm Hatha Yoga (Preregister) (AR)</b>	<b>24</b> 10am Yoga DVD (T)  11am—1pm & 6:30—8:30pm Art Club Drop In (AR)  7pm Bridge (GR)	<b>25</b> 9:30am Aerobics DVD (T)  <b>7pm French Lessons (AR)</b>	<b>26</b> <b>7pm Movie:</b> The Matrix: Resurrection
<b>27</b>	<b>28</b> 9:30am Aerobics DVD (T)  10:30am Ladies Social Group (GR)					(T) Theatre (GR) Games Room (AR) Activity Room

## FEBRUARY MOVIES

(All movies begin at 7pm)

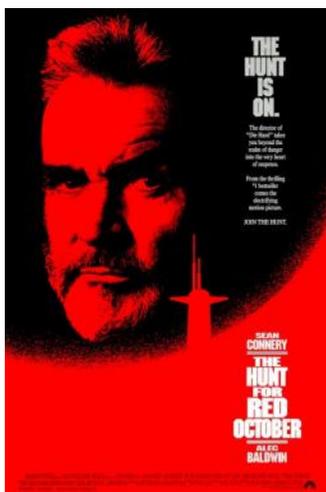


### February 5, 2022 Pretty Woman

**Starring:** Richard Gere, Julia Roberts, Jason Alexander  
**Director:** Garry Marshall  
**Distributor:** Buena Vista Pictures  
**Rated:** 14A \*  
**Time:** 114 min.

**A Classic Movie (1990):** In this modern update on Cinderella, a prostitute and a wealthy

businessman fall hard for one another, forming an unlikely pair. While on a business trip in L.A., Edward (Richard Gere), who makes a living buying and breaking up companies, picks up a hooker, Vivian (Julia Roberts), on a lark. After Edward hires Vivian to stay with him for the weekend, the two get closer, only to discover there are significant hurdles to overcome as they try to bridge the gap between their very different worlds.



### February 12, 2022 Hunt for Red October

**Starring:** Sean Connery, Alec Baldwin, James Earl Jones  
**Director:** John McTiernan  
**Distributor:** Paramount Pictures \*\*  
**Rated:** PG  
**Time:** 137 min.

**A Classic Movie (1990):** Based on the popular Tom Clancy novel, this suspenseful movie tracks Soviet submarine captain Marko Ramius (Sean Connery) as he abandons his orders and heads for the east coast of the United States. Equipped with innovative stealth technology, Ramius' submarine, "Red October," is virtually invisible. However, when an American sub briefly detects the Russians' presence, CIA agent Jack Ryan (Alec Baldwin) sets out to determine Ramius' motives, fearing he may launch an attack on the U.S.



### February 19, 2022 Encanto

**Starring:** Stephanie Beatriz, Maria Cecilia Botero, John Leguizamo  
**Director:** Jared Bush, Byron Howard  
**Distributor:** Disney \*  
**Rated:** G (Some Thematic Elements | Mild Peril)  
**Time:** 99 min.

The Madrigals are an extraordinary family who live hidden in the mountains of Colombia in a charmed place called the Encanto. The magic of the Encanto has blessed every child in the family with a unique gift -- every child except Mirabel. However, she soon may be the Madrigals last hope when she discovers that the magic surrounding the Encanto is now in danger.



### February 26, 2022 The Matrix: Resurrection

**Starring:** Keanu Reeves, Carrie-Anne Moss, Yahya Abdul-Mateen II  
**Director:** Lana Wachowski  
**Distributor:** Warner Bros.\*\*  
**Rated:** 14A (Violence and Some Language)  
**Time:** 148 min.

To find out if his reality is a physical or mental construct, Mr. Anderson, aka Neo, will have to choose to follow the white rabbit once more. If he's learned anything, it's that choice, while an illusion, is still the only way out of -- or into -- the Matrix. Neo already knows what he has to do, but what he doesn't yet know is that the Matrix is stronger, more secure and far more dangerous than ever before.

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

# Red Earth Salon at the Lake Club

PHYSICAL DISTANCING & AHS SANITATION PRACTICES IN EFFECT  
MASKS, ID AND PROOF OF VACCINATION REQUIRED

Red Earth Salon is a 1-on-1, full-service, affordable luxury hair studio, that also meets all of your retail hair care needs.

Bookings are by appointment only, with only 1 person in the salon at a time, and masks are required in the salon.

Immediate appointments are available for both Kim and Stephany.

Prices and availability for online booking are at [www.vagaro.com/redearthsalon](http://www.vagaro.com/redearthsalon) or connect via phone or e-mail: 403-930-1293 / redearthsalon@gmail.com.



### Hours

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



THE MANOR VILLAGE  
**LIFE CENTERS**

## BE OUR

# Valentine



## JOIN US FOR A TOUR OF "THE COMMUNITY WITH HEART" THIS FEBRUARY

CALL JAMIE CUMMINGS ON 403-239-6400 TO BOOK YOUR TOUR OF THE MANOR VILLAGE AT ROCKY RIDGE.

VIEW THE NEW SHOW SUITES, LEARN ABOUT OUR RESIDENT-CENTRED PROTOCOLS AND APPROACH, AND DISCOVER WHAT SETS US APART AS THE COMMUNITY WITH HEART!