

Lake Club COMMUNICATOR



ENGLISH CONVERSATION CLUB

Are you interested in practicing speaking English with a friendly group? A new resident in the community has offered up her time to establish a free group for adults who do not speak English as their first language, to improve their English communication skills in a relaxed environment. Meetings would be held weekly on an evening in the Games Room. Is this something you are interested in, or do you know someone who would benefit from this Club? If so, please let Caroline know—drop in during office hours or send an e-mail to activity.lakeclub@shaw.ca.

EDITOR'S NOTE

It was heartwarming to welcome so many families to our Easter Gathering in April and to watch the kids delight in the egg hunt. Thank you to all of you who came out to enjoy the celebration—the success of a community event, no matter how simple or grand, is measured by the people who attend, the connections that are made and the spirit of belonging that ensues.

In May we are hosting a Cinco De Mayo Paint Night, a screening of Phantom of the Opera in the Theatre as part of our concert series, and a Rupri Kaur Watch Party for a unique Girls Night In. There are many other ways to connect with your neighbours in the Lake Club—Friday night French classes, monthly Book Club and TED Talks, Saturday Movie Nights, Monday morning Craft Club, and more. See the Calendar on page 7 for dates.

The Stampede Picnic Concert in the Park, set for Thursday, July 7th, will be similar to last year's Concert in the Park, but with a Stampede theme to celebrate the kick off of this annual event in Calgary. Food trucks, games, free ice cream for community members, and of course an awesome band (The Turbines)! We need many hands to make this event a success, so please consider volunteering—more details on page 2.

Have a happy May,
Caroline



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

HOA Board
lakesatrrhoa@gmail.com

LAKE CLUB CONCERT SERIES



**Sunday, May 8th
at 2pm in the
Theatre**

**This Andrew Lloyd Webber musical
is widely considered one of the
most beautiful and spectacular
productions in history.**

STAMPEDE
Volunteers
Please Raise Your Hand!

We need volunteers to assist
at our community Stampede
Picnic Concert in the Park
scheduled for July 7th.



We are planning lots of fun
activities and need help with
set up, take down and
supervising games
(archery, ring toss,
tattoo parlour and
more) at the event.

Please e-mail Caroline
(activity.lakeclub@shaw.ca)
if you are able to assist in
making this event
spectacular!

Calgary Stampede

Save the Date

Calgary Stampede

The Lakes at Rocky Ridge

**Stampede Concert
in the Park**

Thursday, July 7 from 6 – 8 pm



BOARD REPORT

Happy Spring HOA community members! The snow storm in the middle of April has ensured plenty moisture on the ground which has helped prompt Spring blooms and the transition to green grass. With the welcome of Spring, we also will say goodbye to the reindeer at the entrance to the community. Due to frozen soil, we were unable to move him until recently but we hope you have enjoyed his changing attire in line with current holidays.

We had a great turn out for the Easter Egg hunt in April with roughly 30 or so kids in attendance. Thanks for coming out!

We continue to introduce new programs. The Tuesday Ted Talks have been a success and will continue in the coming months. We also will look at having more outdoor events as the weather continues to warm up.

A friendly reminder to our Gym users: the Gym is directly below some units of the Manor Village and residents who live there have complained about late night Gym usage. If you are using any of the weight machines, we ask you to be cautious and gently lower weights, rather than allowing them to bang down. We thank you for your cooperation and understanding.

We are hoping to have our AGM within the next two months, we are just waiting for the results of our audit. More details will come as we receive them.

From all of us to you, we wish you a happy Spring,
Your HOA Board of Directors.

GYM NOISE—PLEASE KEEP IT DOWN

The Lake Club is accessible to all members of the community from 5am to 11pm. Please respect these hours and plan your workouts to end before 11pm.

Also, please be aware that there are Manor Village resident apartments directly above the Gym. Noise from within the Gym carries throughout the building, disturbing residents in their homes, sometimes even while sleeping.

We ask that you please be conscious of the noise you make while working out, in particular the lowering of weights on the multi gym and loud music.

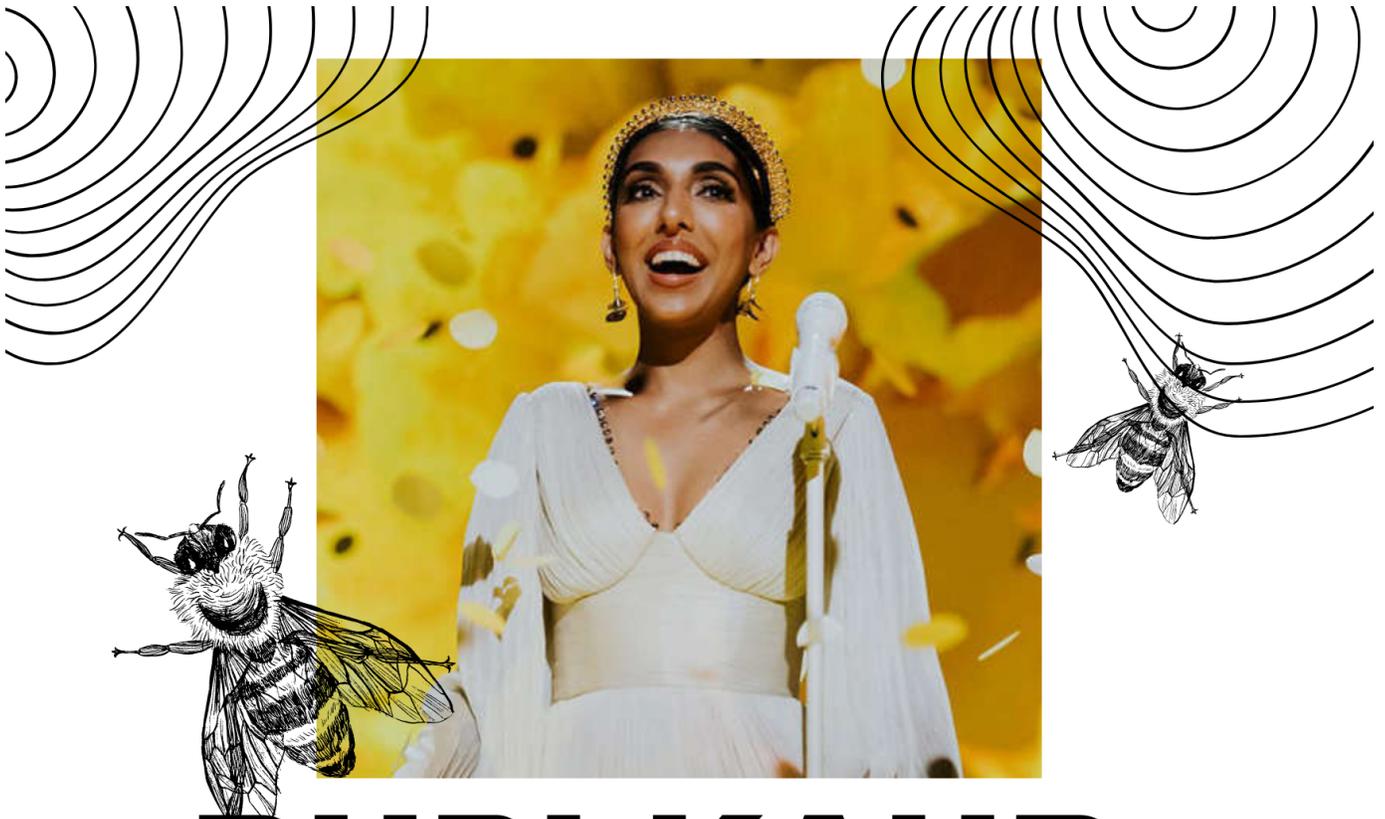


TED TALK
Tuesdays
IN THE LAKE CLUB

TED
IDEAS WORTH SPREADING
The Lakes At
ROCKY RIDGE

**Join us in the Theatre on Tuesday, May 17
at 11am for some interesting topics:**

“How Your Memory Works – and Why Forgetting is Totally OK” by Neuroscientist, Lisa Genova.
“Sleep is Your Superpower” by Sleep Specialist, Matt Walker.



RUPI KAUR WATCH PARTY

GIRLS NIGHT IN

**Thursday, May 26 @ 6:30pm
Lake Club Theatre**

Join us for an hour-long special with Rupri Kaur, the internationally-renowned Canadian poet. "Rupri Kaur Live" is a distinctive fusion of poetry, humour, spoken word, music and compelling visuals inspired by her poetry collections.

Writing Your Personal History

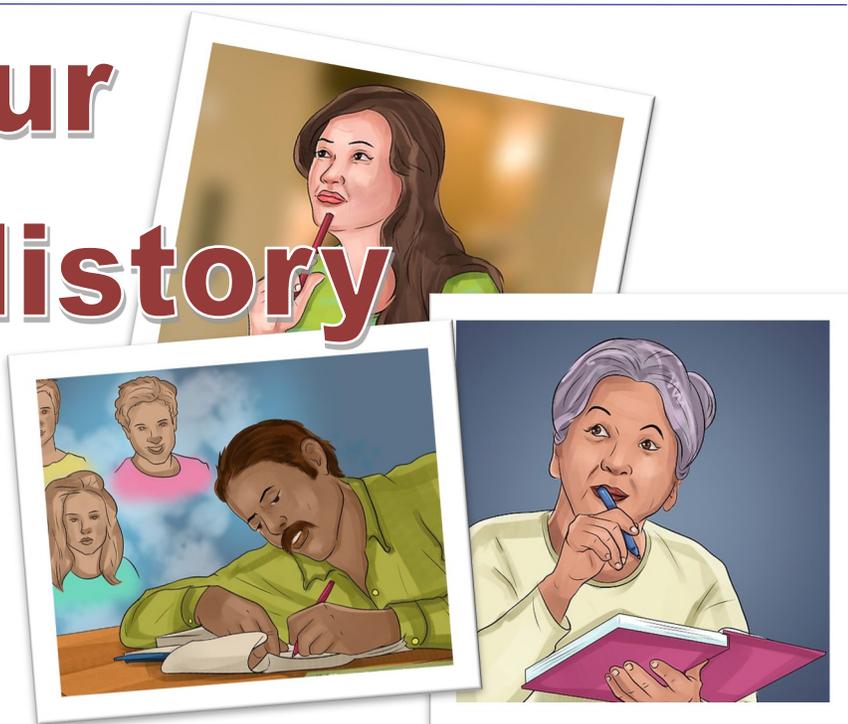
“A legacy is etched into the minds of others and the stories they share about you.” — Shannon Alder

If you are interested in writing your personal history, visit Caroline in the Lake Club to grab a copy of a set of questions that will guide you in this process. Here's an introduction to pique your interest:

“Exercise your right to tell your own story in your own words – write an autobiography! Your life is important. You have taken on challenges and won the day. You moved the human condition forward and bettered the earth. Tell your story. Inspire yourself and others! The importance of reviewing your life, integrating your memories and making sense out of what you did and thought and were. Not only is it important, it is also beneficial.

Benefits of writing your autobiography:

- You will leave a legacy – your story.
- You can speak across time to your descendants.
- You will help protect the history of your family.
- You may inspire someone else with your story.
- It opens the door to reconcile issues from your past.
- It forces you to develop more self-discipline.



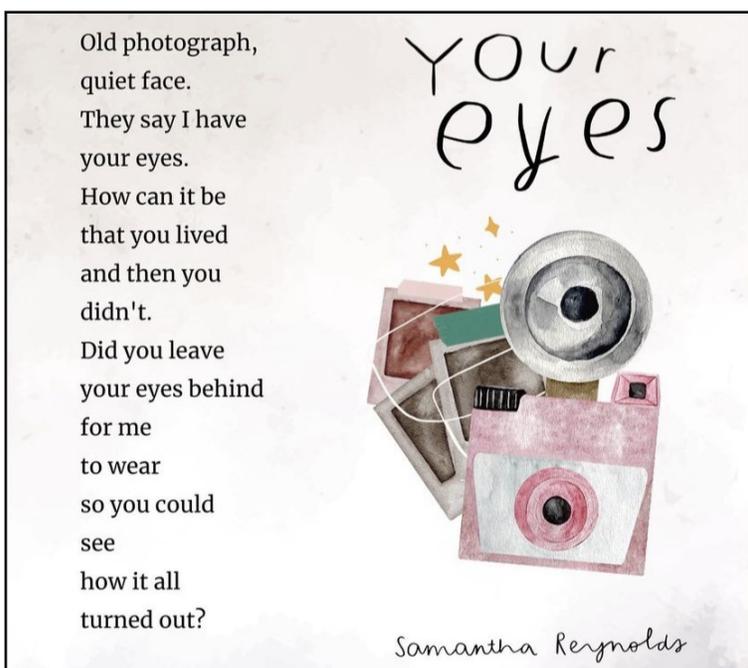
- You will get ideas to improve yourself.
- It strengthens your sense of purpose in your later years.
- You will increase self awareness.
- Your own sense of well being grows.

Using a set of questions taken from the book “How to Write your Autobiography” by Patricia Ann Case, the questions will help you develop a family history in a structured manner. Even if you think you have no story, you do, and it is one that will help your children, grandchildren and other relatives. Your thinking on problems, your solutions, and your reflection on their effectiveness are valuable resources. Also, it's thrilling to learn of the lives of people you love. Armed with our knowledge of the importance of families from an eternal concept, it is even more important that we gather our histories and develop them.

Often it is difficult to let others know how you felt about something, but when writing your history you can share emotions and feelings in a way that will touch your loved ones and make them better persons themselves. By sharing important parts of your life with them, you make them more important persons to themselves.”

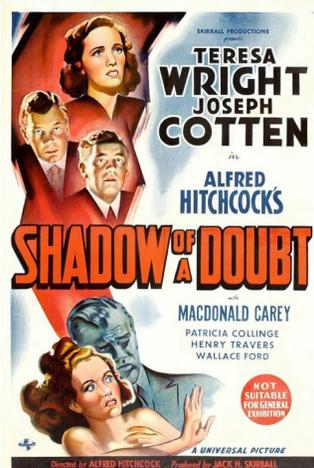
Questions are divided into 6 Chapters:

- Chapter 1: Early Childhood
- Chapter 2: School Days
- Chapter 3: Teen Years
- Chapter 4: Becoming a Young Adult
- Chapter 5: Starting a Family (If applicable)
- Chapter 6: Raising a Family (If applicable)



Old photograph,
quiet face.
They say I have
your eyes.
How can it be
that you lived
and then you
didn't.
Did you leave
your eyes behind
for me
to wear
so you could
see
how it all
turned out?

MAY MOVIES
(All movies begin at 7pm)



May 7, 2022
Alfred Hitchcock's Shadow of a Doubt

Starring: Teresa Wright, Joseph Cotton, Hume Cronyn
Director: Alfred Hitchcock
Distributor: Universal Pictures*
Rated: PG
Time: 108 min.

Part of the Classic Movie Series: Uncle Charlie (Joseph Cotton) visits his relatives in Santa Rosa. He is a very charming man, but his niece slowly realizes that he is wanted for murder and he soon recognizes her suspicions. Although one of the suspected murderers is killed and the case is considered closed, she still has her suspicions.



May 14, 2022
Spider-Man No Way Home

Starring: Tom Holland, Zendaya, Benedict Cumberbatch
Director: Jon Watts
Distributor: Sony / Columbia Pictures*
Rated: PG-13 (Sequences of Action/Violence, Brief Suggestive Comments, Some Language)
Time: 148 min.

For the first time in the cinematic history of Spider-Man, our friendly neighborhood hero's identity is revealed, bringing his Super Hero responsibilities into conflict with his normal life and putting those he cares about most at risk. When he enlists Doctor Strange's help to restore his secret, the spell tears a hole in their world, releasing the most powerful villains who've ever fought a Spider-Man in any universe. Now, Peter will have to overcome his greatest challenge yet, which will not only forever alter his own future but the future of the Multiverse.



May 21, 2022
Rescued by Ruby

Starring: Grant Gustin, Scott Wolf, Camille Sullivan
Director: Katt Shea
Distributor: Netflix ++
Rated: TV-G
Time: 90 min.

State trooper Dan (Grant Gustin) dreams of joining the K-9 Search & Rescue team, but no one will give him the chance. Shelter dog Ruby dreams of having a home, but is running out of hope. When fate brings Dan and Ruby together, it's their unshakable bond that helps them face their toughest challenge yet. Based on a true story.



May 28, 2022
Finding Neverland

Starring: Johnny Depp, Kate Winslet, Julie Christie
Director: Marc Forster
Distributor: Miramax**
Rated: G (Mild Thematic Elements, Brief Language)
Time: 106 min.

This charming account of a period in the life of author J.M. Barrie (Johnny Depp) reveals the real relationships and events that served as the basis for the author's most iconic work, "Peter Pan." After Barrie develops a platonic relationship with the widowed Sylvia (Kate Winslet) and her four sons, he is inspired to write a play about a group of children who don't want to grow up. The work proves a hit and winds up bringing Barrie and the children together in a way he had never expected.

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



MAY 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 	2 9:30am Aerobics DVD (T) 10:30am Ladies Social Group (GR)	3 10am Yoga DVD (T) 7pm Bridge (GR)	4 9:30am Aerobics DVD (T) 1:30pm Bridge (GR) 1:30pm Bingo (AR) 7pm Hatha Yoga (Preregister) (AR)	5 10am Yoga DVD (T) 6pm Cinco De Mayo Paint Night (Preregister) (AR) 7pm Bridge (GR)	6 9:30am Aerobics DVD (T) 7pm French Lessons (AR)	7 7pm Movie: Alfred Hitchcock's Shadow of a Doubt
8 2pm CONCERT SERIES: Phantom of the Opera (T) MOTHERS DAY	9 9:30am Aerobics DVD (T) 10:30am Ladies Social Group (GR) 7pm Book Club (T)	10 10am Yoga DVD (T) 7pm Bridge (GR)	11 9:30am Aerobics DVD (T) 1:30pm Bridge (GR) 1:30pm Bingo (AR) 7pm Hatha Yoga (Preregister) (AR)	12 10am Yoga DVD (T) 7pm Bridge (GR)	13 9:30am Aerobics DVD (T) 7pm French Lessons (AR)	14 7pm Movie: Spiderman No Way Home
15	16 9:30am Aerobics DVD (T) 10:30am Ladies Social Group (GR)	17 10am Yoga DVD (T) 11am TED Talk (T) 7pm Bridge (GR)	18 9:30am Aerobics DVD (T) 1:30pm Bridge (GR) 1:30pm Bingo (AR) 7pm Hatha Yoga (Preregister) (AR)	19 10am Yoga DVD (T) 7pm Bridge (GR)	20 7pm French Lessons (AR)	21 7pm Movie: Rescued by Ruby
22	23 9:30am Aerobics DVD (T) 10:30am Ladies Social Group (GR) PUBLIC HOLIDAY: VICTORIA DAY	24 10am Yoga DVD (T) 7pm Bridge (GR)	25 9:30am Aerobics DVD (T) 1:30pm Bridge (GR) 1:30pm Bingo (AR) 7pm Hatha Yoga (Preregister) (AR)	26 10am Yoga DVD (T) 6:30pm Rupri Kaur Watch Party (T) 7pm Bridge (GR)	27 9:30am Aerobics DVD (T) 7pm French Lessons (AR)	28 7pm Movie: Finding Neverland
29	30 9:30am Aerobics DVD (T) 10:30am Ladies Social Group (GR)	31 10am Yoga DVD (T) 7pm Bridge (GR)				(T) Theatre (GR) Games Room (AR) Activity Room

Red Earth Salon at the Lake Club

PHYSICAL DISTANCING & AHS SANITATION PRACTICES IN EFFECT

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 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

BOOK YOUR TOUR TODAY

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.

The Community with Heart ♥



The Manor Village is located within The Lakes at Rocky Ridge at 450 Rocky Vista Gardens NW.