

Lake Club COMMUNICATOR



EDITOR'S NOTE

And just like that it's March! Our days are slowly lengthening and Spring is on the horizon. With the lifting of covid-related restrictions in our province, hopefully spirits are lifting too. In the Lake Club, it's 'pre-pandemic business as usual': the Fitness Centre, Games Room and Library are back to their regular usage, more and more people are coming out to enjoy Saturday night movies in the Theatre, and the Activity Room is once again available for rental by community members who wish to host a gathering in the space.

While no longer mandated, we do encourage mask wearing in the Lake Club. Our neighbours upstairs in the Manor Village are still under supportive living restrictions and we do want to continue to protect these more vulnerable residents.

Join us on Friday, March 18 for a fun evening of board games in the Games Room. Snacks and board games will be

provided and we'll have prizes to up the competition stakes! Challenge your neighbours to a game of Uno Attack, Yahtzee, Headbanz, Code Name, Sequence, or another fun-filled game.

The Saturday-night movie line up in March is pretty incredible. *Belfast* has been nominated for a number of awards and I'm really looking forward to seeing this Kenneth Branagh movie. The family movie, *Turning Red*, will be screened on March 26—bring your kids and grandkids to enjoy the show!

If you're wondering how to navigate the post-pandemic world, come and listen to the Ted Talk by Bruce Feiler on Tuesday, March 15 at 11am in the Theatre. We've added a monthly TED TALK Tuesday to the calendar to encourage discussion around relevant topics. If you can't make it to the session you can always listen to the Ted Talk online (www.ted.com).

I look forward to seeing you in the Lake Club in March.
Caroline



MASKING IN THE LAKE CLUB

Effective March 1, Alberta Province and the City of Calgary have done away with the mask mandate. **HOWEVER**, as the Lake Club is so closely linked to the Manor Village, a supportive living facility, in order to protect this vulnerable community, we strongly recommend that you continue to wear a mask when using the facility. Thank you for your continued efforts in keeping our community safe!

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



The Lakes At
ROCKY RIDGE



**JOIN US IN THE LAKE CLUB
GAMES ROOM FOR A**
**NIGHT OF
BOARD GAMES**
FRIDAY, MARCH 18, 6:00 - 8:00 PM

GATHER YOUR FRIENDS & FAMILY & COME OUT & PLAY
THE GAMES YOU KNOW & LOVE. WHILE MEETING NEW
PEOPLE IN YOUR COMMUNITY.

GAMES & SNACKS PROVIDED. AGES 8 TO ADULT.



TED TALK
Tuesdays
IN THE LAKE CLUB



**THE LAKES AT
ROCKY RIDGE**

STIMULATE YOUR THINKING AND PERCEPTIONS, EXPLORE PROVOCATIVE IDEAS IN
GROUP DISCUSSION, AND DETERMINE HOW WE CAN APPLY THEM IN OUR LIVES AND IN OUR WORLD.

• JOIN THE CONVERSATION IN THE THEATRE! • TED TALK VIDEO FOR 20 MINUTES. • FACILITATED DISCUSSION.

15 MARCH @ 11AM : NEED A FRESH START? HOW TO MASTER A LIFE TRANSITION (BY BRUCE FEILER)

BOARD REPORT

Our Lake Club has become a vibrant facility since the relaxing of some of the Public Health restrictions.

Free popcorn has returned at each showing!

The gym is open from 5am to 11pm and has a constant flow of users. As a result, we have experienced some wear and tear of the equipment. Certain parts need to be ordered from the U.S. and might not be readily available due to the pandemic. The Board however is quick to approve necessary repairs. If you experience any issue with the equipment please notify Caroline, the Lake Club Manager. Please be mindful to change into shoes which are allocated for gym use only – using shoes which have been worn through the parkade will scratch the gym floor and cause unnecessary wear on the equipment.

We have a wonderful Library. Our collection of books has grown and is impressive and varied. Thank you to those who have donated books and puzzles. We have recently joined a jigsaw puzzle exchange group to keep our collection fresh. A big thank you to Carley for helping to set us up with this group.

The Activity Room is available to rent once again. For inquiries, please contact Caroline.

Caroline is planning some indoor events over the next few months, as restrictions continue to loosen. Watch the website and noticeboards for information.

Please remember that minors do need to be accompanied by an adult at all times within the Lake Club.

The Theatre has experienced increased attendance with the family movie proving extremely popular and there is a wonderful line up of Oscar nominees planned for March.

Have a cheerful March as we await the joys of Spring.
Your HOA Board of Directors

CHARITY WORK CONTINUES DURING COVID

By Sylvia Coppicus of The Rocky Ridge Knitting Ladies

The Rocky Ridge Knitting Ladies are a group of 16 ladies who have been knitting toques, scarves and afghans and donating these articles to several charities. The group came together in 2013 and met each Monday morning prior to the onset of the pandemic in 2020. During these past two years, however, many of the ladies have continued knitting at home. They have made phenomenal donations to several charities these past nine years.



The group have also donated 46 children's afghans and 50 scarves to Inn From the Cold over the past couple of years.

During the pandemic, the group has been unable to meet in person, but have continued to gather wool and keep making toques in their homes. They gather all the completed items twice a year and send the donations out. All the wool used has been donated, either in kind or via funds from family members and residents from the Pavilions. There have been occasional requests from charities for toques during the year and these are always filled as soon as possible. Toques are one way of helping a person stay warm anytime of the year, especially if they sleep outside.

They have made and donated **a total of 9,850 toques**, comprising:

- 5,175 toques for Partners
- 2,200 toques for Calgary Drop In Centre
- 1,751 toques for Alpha House, Mustard Seed, Inn From the Cold and Calgary Pregnancy Center
- 256 toques for Samaritan's Purse for their Christmas shoe boxes
- 68 toques for Calgary Transit Police
- 400 for The Mustard Seed donated now in February

We appreciate all donations of wool and money because this awesome charity work would not be happening without the support of many people. Wool or monetary donations are accepted by Caroline at her office in the Lake Club and she forwards the wool/money to the group.

As restrictions have eased, a few of the ladies from the group have continued to meet in the Games Room on a Monday at 10:30am. All are invited to join them with your knitting project for an hour of socialising and knitting for a great cause!





What is a STORM POND?

Storm ponds protect our rivers by helping remove sediment, fertilizer, pesticides and other pollutants, as well as protecting our communities from flooding.

It starts with stormwater

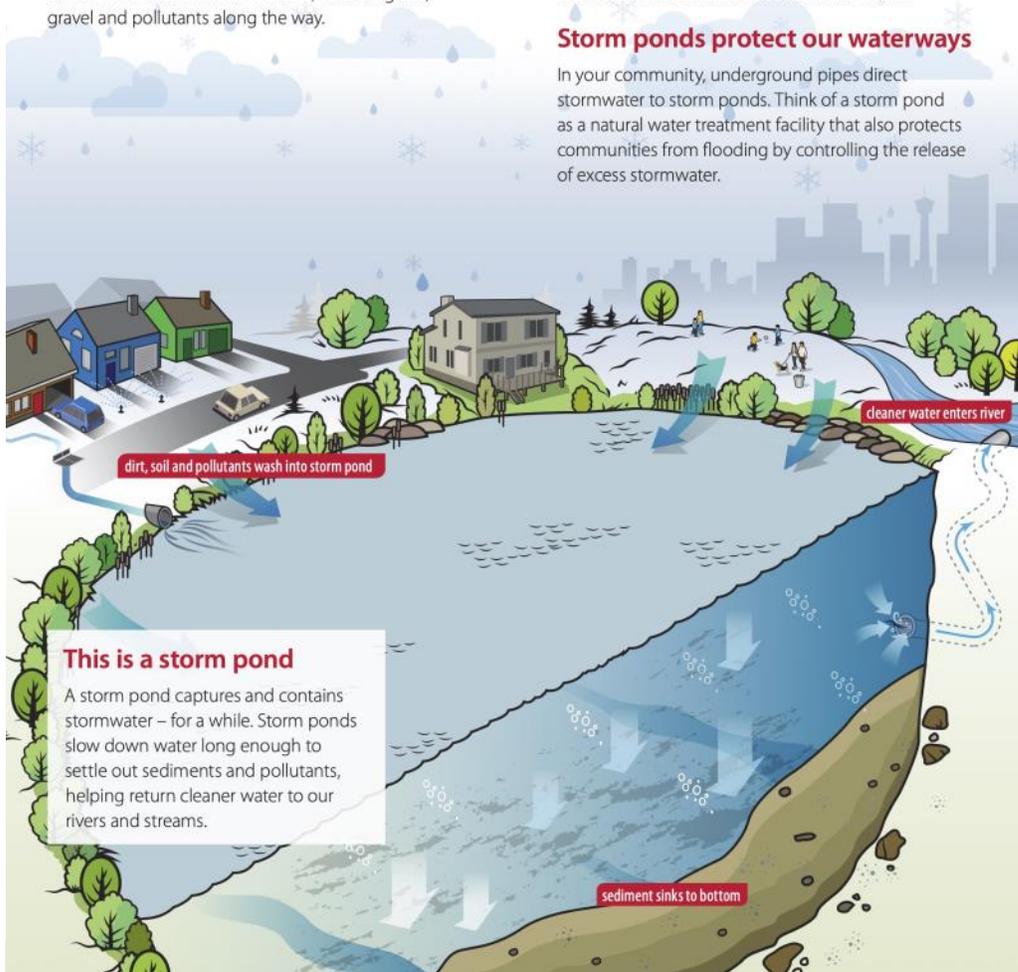
When it rains and when snow melts, water flows from our rooftops, driveways, lawns, streets and sidewalks. This stormwater washes from your home and through our communities into storm drains, collecting dirt, gravel and pollutants along the way.

It's headed to our rivers

Stormwater empties into storm drains along city streets where large underground pipes carry it away to storm ponds. Without the treatment a storm pond provides, this water would head untreated to our rivers.

Storm ponds protect our waterways

In your community, underground pipes direct stormwater to storm ponds. Think of a storm pond as a natural water treatment facility that also protects communities from flooding by controlling the release of excess stormwater.



This is a storm pond

A storm pond captures and contains stormwater – for a while. Storm ponds slow down water long enough to settle out sediments and pollutants, helping return cleaner water to our rivers and streams.

Five things you can do to help protect our waterways

Stormwater receives minimal treatment before entering our creeks and rivers. Our actions at home can make a difference to the quality of water in your community's storm ponds, and the quality of water in our environment.



- Point downspouts toward lawns and gardens or use a rain barrel.



- Limit the use of fertilizers and pesticides.



- Sweep up debris from your garage and driveway rather than using a hose to wash it.



- Wash your vehicle at a car wash instead of in your driveway.



- Pick up after your pet at home and elsewhere.



All work and no play

Storm ponds have an important job to do. They protect the community from flooding and clean stormwater. Because of rapidly changing water levels and poor water quality, storm ponds are not for recreational purposes.

Stay out of the water.

Water contact (swimming, wading, boating) of any type is dangerous and strictly prohibited.

Keep your pets away from the water.

Keep your animals away from storm ponds for their health and safety.

Stay off the ice in winter.

The run-off of road salts into the pond makes the ice thinner and weaker. Water levels and flows change rapidly making skating or other activities extremely dangerous.

Do not stock or go fishing in a storm pond.

It is illegal to stock or dump fish in a storm pond. To learn more about invasive species, the harm they cause and related fines visit aep.alberta.ca/fish-wildlife/invasive-species.

Do not dump garbage in a storm pond.

Place garbage and pet waste in bins provided or take it to landfills.

Useful links:

Calgary has three landfills for the proper disposal of waste:

East Calgary Landfill

3801 - 68 Street SE

Shepard Landfill

12111 - 68 Street SE

Spyhill Landfill

11808 - 69 Street NW

To learn about the proper recycling or disposal of an item visit calgary.ca/whatgoeswhere.

For a list of outdoor skating rinks in Calgary visit calgary.ca/CSPS/Parks/Pages/Locations/Outdoor-skating-rinks.aspx. For all other City of Calgary recreation programs visit calgary.ca/recreation.

For information on fishing in and around Calgary visit www.albertafishingguide.com. Visit Glenmore Reservoir for all your non-motorized boating needs (canoeing and sailing etc.). Visit calgary.ca to learn more.



“While some people find their callings at a young age, and make a rapid ascent, for the majority of us, clarity takes it’s sweet time.” In her article, *Life’s a Party, Not a Race*, published on the daily lifestyle blog **Cup of Jo** (www.cupofjo.com), Caroline Donofrio provides an alternative to the concept ‘late bloomer’ and stresses the importance of ‘arriving’ when we are ready to arrive.

In Caroline Donofrio’s opinion, “‘Late to the party’ sounds preferable to ‘late bloomer’. Doing stuff later than others does not make you a defective flower. It makes you an interesting person who is living life on your own schedule. Date whenever you want. Dare whenever you want. Be whoever you want, whenever you’re ready.

If everyone lived from zero to 100 and matured at the same rate, it would be fair to issue sweeping comparisons. But that’s not how it works. We don’t all have the same opportunities. We don’t all take the same paths. We don’t all get the same amount of time.

It isn’t a race. It’s a party. Arrive whenever you want.”

Here is Caroline Donofrio’s list of people who found success after 40:

Julia Child first tasted French cuisine at 36. She fell so in love with it that she studied it obsessively, becoming skilled enough to write her first cookbook at 50 and host *The French Chef* at 51.

Edwina Brocklesby, the “Irongran,” became the oldest British woman to compete in an Ironman at 72. She did not begin exercising until her 50s.

Laura Ingalls Wilder published the first of the “Little House” books at age 65.

Vera Wang designed her first dress at 40.

Frank McCourt took up writing at 65. His book *Angela’s Ashes* won both the Pulitzer Prize and National Book Critics Circle Award.

Kittie Weston-Knauer, literal trailblazer, paved the way for women in BMX racing — going up against men and cycling through knee and hip replacements. At 73, she is currently the oldest woman competing, with no plans to stop.

Martha Stewart worked as a caterer in her early years, but didn’t publish her first cookbook, or begin her meteoric ascent as a lifestyle maven, until her 40s.

Toni Morrison published her first book, *The Bluest Eye*, at 40. Along with an extensive list of honors, she won the Pulitzer Prize for Fiction at 57 and the Nobel Prize in Literature at 62.

Yuichiro Miura, 89-year-old skier and adventurer, became the oldest person to climb Mount Everest when he reached the summit (for the third time) at age 80.

Iris Apfel, 100-year-old self-described “geriatric starlet,” is proof that fashion icons (and entrepreneurs) can dazzle and inspire at any age.

Harriette Thompson, a classical pianist and cancer survivor, began to run marathons at 76. She later broke the record for being the oldest woman to run a marathon, at 92, and the oldest woman to run a half marathon, at 94.

Dame Judi Dench was revered on the London theater scene (she advanced to Dame in 1988), but her Hollywood film career didn’t take off until *Goldeneye*, when she was in her 60s. She won her first Oscar, for Best Actress, at 64.

Grandma Moses (Anna Mary Robertson Moses) began painting in earnest at 78, when embroidery became too difficult due to arthritis. Her work continues to be shown, and to sell, worldwide — the painting *Sugaring Off* sold for \$1.2 million in 2006.

Harry Bernstein published his first memoir, *The Invisible Wall*, at age 96. He went on to write two more books, saying “The 90s were the most productive years of my life.”

MARCH MOVIES
(All movies begin at 7pm)



March 5, 2022
Ghostbusters: Afterlife

Starring: McKenna Grace, Carrie Coon, Paul Rudd
Director: Jason Reitman
Distributor: Columbia Pictures *
Rated: PG for supernatural action and some suggestive references
Time: 124 min.

When a single mother and her two children, Phoebe and Trevor (played by Stranger Things' Finn Wolfhard) move to a new town, they soon discover they have a connection to the original Ghostbusters and the secret legacy their grandfather left behind.



March 19, 2022
The King's Man

Starring: Ralph Fiennes, Harris Dickinson, Rhys Ifans
Director: Matthew Vaughn
Distributor: 20th Century Fox **
Rated: 14A for sequences of strong/bloody violence, language, and some sexual material
Time: 131 min.

One man must race against time to stop history's worst tyrants and criminal masterminds from starting a war and wiping out millions of people.



March 12, 2022
Belfast

Starring: Caitriona Balfe, Judi Dench, Jamie Dornan
Director: Kenneth Branagh
Distributor: Focus Features *
Rated: PG for some violence and strong language.
Time: 97 min.

Belfast is a movie straight from Branagh's own experience. A nine-year-old boy must chart a path towards adulthood through a world that has suddenly turned upside down. His stable and loving community and everything he thought he understood about life is changed forever but joy, laughter, music and the formative magic of the movies remain.



March 26, 2022
Turning Red

Starring (the voices of): Rosalie Chiang, Sandra Oh, James Hong
Director: Domee Shee
Distributor: Disney/Pixar **
Rated: PG thematic material, suggestive content, and language.
Time: 110 min.

In this *animated feature*, "Turning Red", Mei Lee is a confident, dorky thirteen-year-old torn between staying her mother's dutiful daughter and the chaos of adolescence. And as if changes to her interests, relationships, and body weren't enough, whenever she gets too excited (which for a teenager is practically ALWAYS), she "poofs" into a giant red panda!

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

MARCH 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 10am Yoga DVD (T) 7pm Bridge (GR)	2 9:30am Aerobics DVD (T) 1:30pm Bridge (GR) 1:30pm Bingo(AR) 7pm Hatha Yoga (Preregister) (AR)	3 10am Yoga DVD (T) 7pm Bridge (GR)	4 9:30am Aerobics DVD (T) 7pm French Lessons (AR)	5 7pm Movie: Ghostbusters: Afterlife
6	7 9:30am Aerobics DVD (T) 10:30am Ladies Social Group (GR)	8 10am Yoga DVD (T) 7pm Bridge (GR) INTERNATIONAL WOMEN'S DAY	9 9:30am Aerobics DVD (T) 1:30pm Bridge (GR) 1:30pm Bingo(AR) 7pm Hatha Yoga (Preregister) (AR)	10 10am Yoga DVD (T) 7pm Bridge (GR) 6:30—8:30pm	11 9:30am Aerobics DVD (T) 7pm French Lessons (AR)	12 7pm Movie: Belfast
13	14 9:30am Aerobics DVD (T) 10:30am Ladies Social Group (GR) 7pm Book Club	15 10am Yoga DVD (T) 11am TED Talk Tuesday: How to Master a Life Transition (T)	16 9:30am Aerobics DVD (T) 1:30pm Bridge (GR) 1:30pm Bingo(AR) 7pm Hatha Yoga (Preregister) (AR)	17 10am Yoga DVD (T) 7pm Bridge (GR) ST PATRICK'S DAY	18 9:30am Aerobics DVD (T) 6—8pm COMMUNITY BOARD GAME NIGHT (GR)	19 7pm Movie: The King's Man
20 SPRING EQUINOX	21 9:30am Aerobics DVD (T) 10:30am Ladies Social Group (GR)	22 10am Yoga DVD (T) 7pm Bridge (GR)	23 9:30am Aerobics DVD (T) 1:30pm Bridge (GR) 1:30pm Bingo (AR) 7pm Hatha Yoga (Preregister) (AR)	24 10am Yoga DVD (T) 7pm Bridge (GR)	25 9:30am Aerobics DVD (T) 7pm French Lessons (AR)	26 7pm Movie: Turning Red
27	28 9:30am Aerobics DVD (T) 10:30am Ladies Social Group (GR)	29 10am Yoga DVD (T) 7pm Bridge (GR)	30 9:30am Aerobics DVD (T) 1:30pm Bridge (GR) 1:30pm Bingo (AR) 7pm Hatha Yoga (Preregister) (AR)	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
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 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.