

**OPEN FOR  
SUMMER**

# Lake Club COMMUNICATOR



## EDITOR'S NOTE

The month of July marks the midway point of the year. July is also considered a month of celebration as we observe Canada Day on the 1<sup>st</sup> and transition into Summer mode with children home from school and consistently warm and sultry weather, perfect for vacations and gathering with friends and family.

While the crowds will return as the province reopens, we will gather carefully, cautiously easing back to familiar activities. Whatever pursuits you are eager to start anew—whether going out to a restaurant, getting together with friends and family, visiting museums or travelling to exciting destinations and exploring the great outdoors—I hope that you regain the confidence and certainty to fulfil your wish. Take your time. Only do the things that you feel comfortable doing. Visualise good outcomes. Don't put pressure on yourself. Eventually you will get to a place where you feel comfortable!

Personally I love Summer in Canada and the endless opportunities to explore the outdoors—rivers, lakes, mountains, forests, cityscapes and urban parks. I encourage you to get outside as much as possible throughout the month. Take advantage of Canada Parks Day on the 3<sup>rd</sup> Saturday of

the month (July 17<sup>th</sup>) when households across the country are encouraged to participate in family-oriented events in the parks and historic sites across Canada.

Mine is an active family and we frequently visit the Canmore Nordic Centre Provincial Park to hike and mountain bike. The Park offers spectacular views of the mountains and I love soaking up the breathtaking scenery while exploring the peaceful surrounds. On arrival in the carpark at the Nordic Centre, I am always left speechless by the magnificent sight and sound of the Canadian flag waving against such a beautiful backdrop. As an immigrant to this country, this quintessentially-Canadian scene elicits such strong emotions—I experience a deep sense of belonging and feel welcomed, honoured, witnessed and humbled. Most notably, I feel like I have arrived HOME.

However you celebrate Canada this month, I hope that you are surrounded by people you love and that you too feel a sense of safety and belonging. The Lake Club has reopened and we are looking forward to seeing you.

Welcome home  
*Caroline*

The Lake Club is located in the parkade level of The Manors 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)

### HOA Board

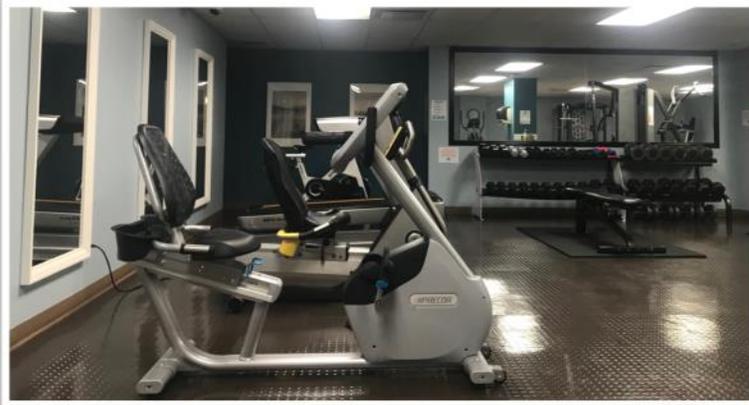
[lakesatrrhoa@gmail.com](mailto:lakesatrrhoa@gmail.com)

# GYM MAKEOVER

Our Fitness Centre has been transformed into a stylish and modern workout facility with new paint, additional mirrors to reflect the light and some motivational artwork and workout charts to liven up the space!

Equipment has been rearranged for increased functionality and there is now a designated space for stretching, yoga, or strength and conditioning. If you haven't visited the Lake Club recently you may wish to pop by to reacquaint yourself with the facility and to see what a wonderful Gym you have access to right here in your community!

As of July 1st, the Gym will reopen with unrestricted access from 5am to 11pm. We do ask that you practice good hygiene by sanitising your hands on entering the Lake Club and covering your coughs/sneezes; sanitise equipment before and after use; stay home if you have any symptoms; and follow current City masking requirements.



# SPIN FIT



We have added a spin bike to our bike collection in the Gym, giving you another cycling option, depending on the workout you require. Whereas standard exercise bikes feature an upright, straight-back sitting position, putting most of the focus on your leg muscles, spin exercise bikes force the rider to sit forward, more closely mimicking the feel of riding outdoors, which focuses the workout on your core as well as your legs. Recumbent bikes are ideal for those with mobility issues, offering a less intensive workout with full lower back support. There are two recumbent bikes, one upright bike and one spin bike in the Gym.

Follow these tips for your spin bike workout:

1. Please bring a sweat towel for your spin session
2. Drink plenty of water
3. Adjust spin bike as per instructions posted in the Gym
4. Use your device with headphones
5. Be courteous to others who may wish to use the bike
6. Wipe down spin bike after use

## 7 HEALTH BENEFITS OF EXERCISE BIKE WORKOUTS



**3 JOINT HEALTH**  
Ideal for keeping our joints mobile and healthy. The motion works the hips, knees and ankles in a repetitive motion without causing too much strain.



**4 REDUCE CHOLESTEROL**  
Can lower bad cholesterol to the point where 30 minutes every weekday could actually extend your life.



**5 IMPROVE HEART HEALTH**  
Has the potential to strengthen the heart, ensuring that it circulates blood and oxygen more easily.



**2 STRENGTH BUILDING**  
Building up leg muscles, increasing tone and improving overall fitness and stamina.



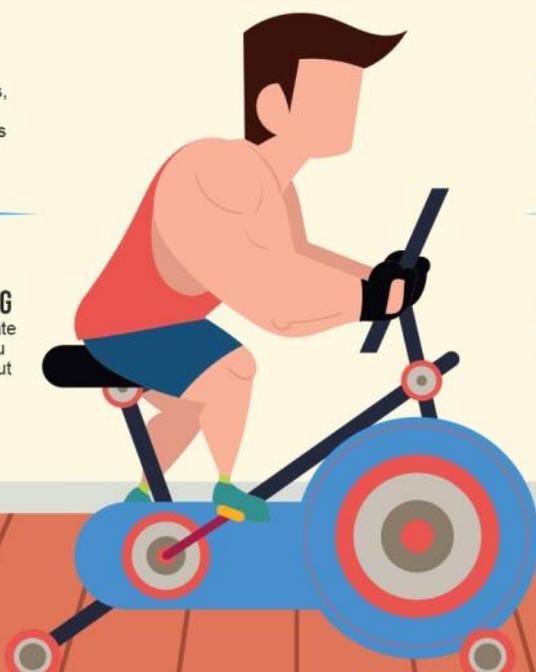
**6 IMPROVE YOUR STATE OF MIND**  
Great tool for dealing with mental health issues such as anxiety and depression. This action also releases endorphins to physically make users feel better.



**1 CALORIE BURNING**  
If you work at a moderate pace for 30 minutes you can expect to burn about 260 calories.



**7 TRACK PROGRESS & PUSH BOUNDARIES**  
Provide a simple form of exercise with trackable goals. Help to create a routine that stick.



**BOARD REPORT**

Welcome July HOA Members!

Since our last report, the HOA has been busy doing some upgrades to the Lake Club. This includes revamping the Gym, preparing for new LED light installs and continuously working with the City of Calgary to take possession of the median. As of right now, we have yet to hear from the City but have made arrangements with a landscaping company that we will be using once we have received the go ahead.



We also have been working with the Lake Club Manager to ensure, as the province starts to open, we are following all the proper precautions and protocols that are set in place all while keeping everyone in the community safe. One of the latest things to open is the Gym. The space has had a slight remodel since you were in last and we have to say it looks fantastic!

We are also pleased to announce, as the province starts to open, we will be re-opening the Games Room, Theatre and Library. Stay tuned for programs and movie times. As it stands right now, masks are still required in the Lake Club, however these can be removed while working out in the Gym.

As always, we appreciate any comments, feedback, or suggestions. Feel free to email us at [lakesatrrhoa@gmail.com](mailto:lakesatrrhoa@gmail.com). We are looking forward to resuming some normalcy in the coming months. Have a wonderful month and enjoy the gorgeous weather.

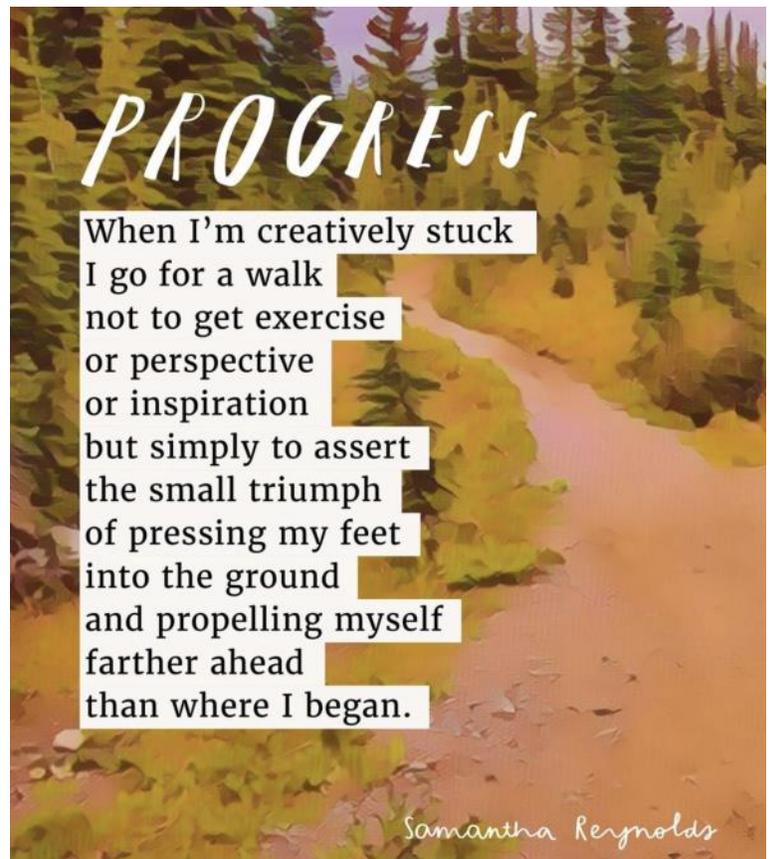
Your HOA Board of Directors



Walking is one of the easiest ways to stay active and ensure good health. Walking improves fitness, and mental wellbeing and lessens your chances of developing heart and blood pressure problems. Walking with a group is even better as it increases motivation and facilitates social opportunities!

If you enjoy walking for your health, or for pleasure, and are looking for a regular walking group or some new friends, why not start a walking group in The Lakes at Rocky Ridge? Summer is an ideal time to discover the sights and sounds of our community and with Alberta reopening in July, it's the perfect time to meet outdoors while still being able to physically distance.

Drop an e-mail to [activity.lakeclub@shaw.ca](mailto:activity.lakeclub@shaw.ca) if you wish to start or join a community walking group and I will do my best to connect those who are interested.



# Gathering SPACE



Indoor gatherings are now permitted and the Activity Room is available for all residents within the community to book for private functions. A booking system is in place and while there is no cost to rent this space, we do require a refundable damage deposit and a completed booking form to secure your required date.

The Activity Room is available weekdays from 6pm to 9pm; Saturdays from 11am to 9pm and Sundays from 11am to 7pm.

Room capacity is set at 20 and serving of alcohol is now permitted with the preapproval of the Lake Club Manager and provided the person who books the room attains a Liquor License and Host Liquor Liability Insurance (Event Policy).

All attendees are to wash/sanitize their hands immediately on entering the Lake Club and masks are required in common areas (hallways, washrooms, foyer).

The Activity Room Booking Form is available on the website and you can contact the Lake Club Manager to book your function (587) 349-1338 / [activity.lakeclub@shaw.ca](mailto:activity.lakeclub@shaw.ca).



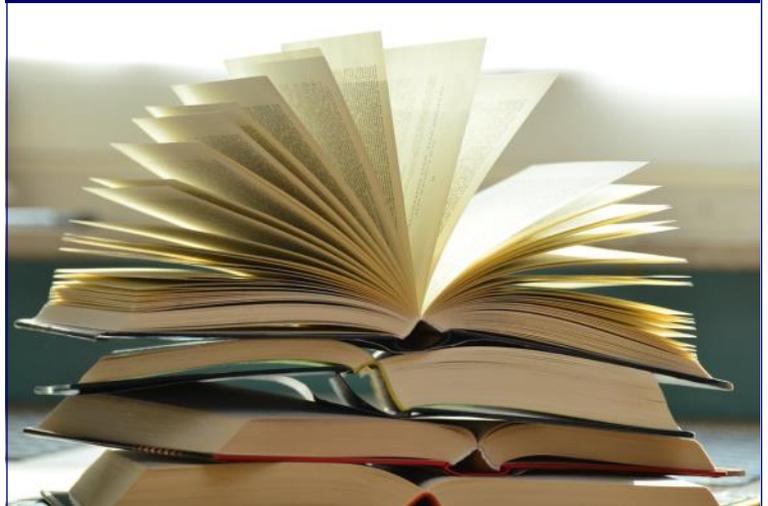
## LADIES SOCIAL GROUP

Weekly meetups of the Ladies Social Group will resume on Monday, July 5th in the Games Room at 10:30am. Please wear a mask.

Whether you attend the weekly meetup or not, wool is available for those who wish to contribute knitted items to the Group's many social causes and can be requested via Caroline at the Lake Club ([activity.lakeclub@shaw.ca](mailto:activity.lakeclub@shaw.ca)).



## BOOK CLUB



The community Book Club meets monthly on the first Tuesday of the month at 1pm. While these meetings are usually held in the Lake Club Theatre, in July, the Book Club will meet outdoors at the Community Lookout (cnr Rocky Vista Park & Rocky Vista Dr) on Tuesday, July 6 at 1pm. All are welcome!



# URBAN WILDLIFE

We are fortunate to have nature at our doorstep and to co-exist with wildlife in our community. Coyotes live and thrive in Calgary and more recently, ample green space and an abundance of hares has contributed to thriving bobcat populations and increased sightings of this furry feline. With the recent close-up sighting of a bobcat by a resident right here in the Lakes at Rocky Ridge and some alarming coyote attacks on humans in Tuscany, it is important to know what to do when confronted with wild animals.

## Bobcats

Bobcats are the smallest of Alberta's wild cats - about twice the size of a domestic cat. They have a bobbed tail that gives them their name, black-tufted ears and dark markings for camouflage. According to Alberta Fish and Wildlife, bobcats in the wild are naturally shy of humans and it is extremely unlikely that a bobcat will attack a human however it is important not to approach them or feed them as they could learn to associate people with food. They are normally most active at sunrise and sunset but are highly adaptable creatures and if living in or near human development may lose their fear of people and the noises of the city. These bobcats may also learn to become more active at any time of the day. Bobcats are opportunistic hunters and feed mostly on rabbits, hares and other small mammals like mice and squirrels. If bobcats are known to be in the area it is important to keep cats indoors and keep dogs on a leash when outdoors, as they may be vulnerable. If you come in contact with a bobcat, do not turn or run away. Stand tall, wave your arms and make a loud noise while maintaining eye contact and slowly backing away.

Bobcat kittens are born in the spring between April and June. Mother bobcats are very protective of their young and can become defensive when approached.

## Coyotes

The City of Calgary website provides vital information about urban coyotes. "Coyotes are small, dog-like animals that look like a cross between a fox and a German Shepherd. They can be found all over our city, as they adapt well to both park environments and urban areas.

Urban coyotes help control populations of other wildlife (especially rodents), from becoming problematic. Coyotes are a top predator and a good population of coyotes shows that our city has a variety of healthy wildlife in stable numbers; this biodiversity is important and extremely valuable to Calgary.



Tips for good coyote-human relations:

- Enjoy all wildlife from a distance.

- Never feed coyotes or leave pet food (including bird seed) outside.
- Be mindful of where your children are and don't leave them unattended.
- Carry a loud whistle or other noise-making device with you in areas that have coyotes.
- Throw all garbage in park containers and pick up after your pet.
- Keep your dog leashed if coyotes are present in an area.
- Keep your cats indoors.
- Close/block areas under porches, decks or steps.
- Clean up compost, garbage and other food sources.
- Pick up fallen fruit and seed around bird feeders.



If there is a conflict, or if a coyote seems aggressive or approaches you:

- Do NOT run or turn away.
- Do scare the coyote by shouting and waving your arms overhead.
- Do bang sticks or clang pots together at the animal.
- Do maintain eye contact and back away slowly.

## Coyotes and The City

Citizen safety is the number one priority. However, it's important to note that coyotes are a vital part of Calgary's ecosystem and provide many benefits.

The City supports and encourages peaceful co-existence with coyotes through public education and, if needed, proactive management. We have a Coyote Conflict Response Guide based on scientific research and best management practices. If we encounter a problem animal, The City practices "hazing" techniques that teach the coyote to associate humans with loud noises and other unpleasant experiences; hazing is non-lethal and does not harm the coyote. We want to change their behavior and reduce potential conflicts by keeping both citizens and our wildlife safe. Lethal removal is an absolute last resort."

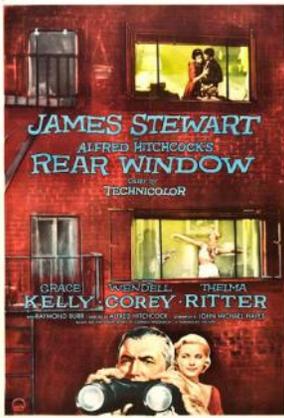
## Reporting Wildlife Sightings or Encounters

In an emergency situation where there is immediate danger, call 9-1-1.

For non-emergency situations and to report coyote or bobcat sightings, call 311 or report the incident to the Fish and Wildlife office in Calgary at 403-297-6423.

## JULY MOVIES

### WELCOME BACK—CLASSIC MOVIE MONTH



### July 10, 2021

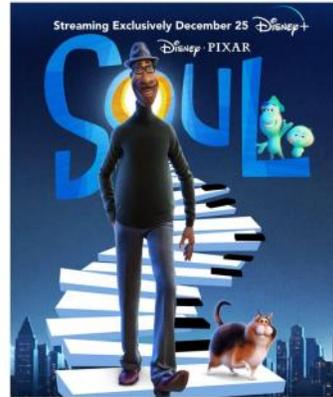
## Rear Window

**Starring:** James Stewart, Grace Kelly, Wendell Corey  
**Director:** Alfred Hitchcock  
**Distributor:** Paramount Pictures \*

**Rated:** PG  
**Time:** 112 min.

**Classic Movie** - A newspaper photographer with a broken leg passes time recuperating by observing his neighbors through

his window. He sees what he believes to be a murder, and decides to solve the crime himself. With the help of his nurse and wife, he tries to catch the murderer without being killed himself.



### July 24, 2021

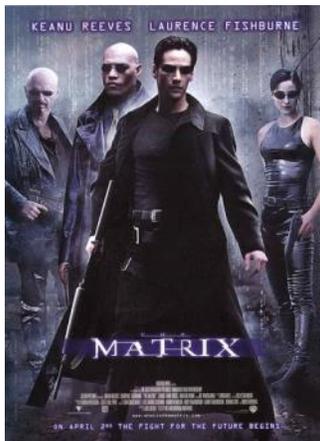
## Soul

**Starring:** Jamie Foxx, Tina Fey, Phylicia Rashad  
**Director:** Pete Doctor  
**Distributor:** Disney+ \*

**Rated:** PG (Thematic Elements | Some Language)  
**Time:** 100 min.

Joe is a middle-school band teacher whose life hasn't quite gone the way he expected. His

true passion is jazz -- and he's good. But when he travels to another realm to help someone find their passion, he soon discovers what it means to have soul.



### July 17, 2021

## The Matrix

**Starring:** Keanu Reeves, Carrie Anne Moss, Lawrence Fishburne, Hugo Weaving  
**Director:** The Wachowskis  
**Distributor:** Warner Bros \*\*

**Rated:** R (Sci-Fi Violence | Brief Language)  
**Time:** 136 min.

**Classic Movie** - Neo (Keanu Reeves) believes that Morpheus (Laurence Fishburne), an elusive

figure considered to be the most dangerous man alive, can answer his question -- What is the Matrix? Neo is contacted by Trinity (Carrie-Anne Moss), a beautiful stranger who leads him into an underworld where he meets Morpheus. They fight a brutal battle for their lives against a cadre of viciously intelligent secret agents. It is a truth that could cost Neo something more precious than his life.



### July 31, 2021

## Back to the Future

**Starring:** Michael J. Fox, Christopher Lloyd, Crispin Glover

**Director:** Robert Zemeckis  
**Distributor:** Universal \*  
**Rated:** PG  
**Time:** 116 min.

**Classic Movie** - In this 1980s sci-fi classic, small-town California teen Marty McFly (Michael J. Fox) is thrown back into the '50s

when an experiment by his eccentric scientist friend Doc Brown (Christopher Lloyd) goes awry. Traveling through time in a modified DeLorean car, Marty encounters young versions of his parents (Crispin Glover, Lea Thompson), and must make sure that they fall in love or he'll cease to exist. Even more dauntingly, Marty has to return to his own time and save the life of Doc Brown.

\* 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

OPEN AND FOLLOWING PHYSICAL DISTANCING  
& AHS SANITATION PRACTICES

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

## LAKE CLUB HOURS

Monday to Sunday  
5am to 11pm

## OFFICE HOURS

Monday to Thursday  
8am to 1pm



THE MANOR VILLAGE

# LIFE CENTERS

The Community with Heart♥

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