

# Lake Club COMMUNICATOR



## EDITOR'S NOTE

October is a beautiful month known for its vibrant fall colors. This year, nature has truly rewarded us with stunning displays of red, orange, and gold foliage. The crisp air and the gentle rustling of leaves underfoot make it a perfect time to take a leisurely stroll and immerse yourself in the beauty of the season.

As October progresses, we find ourselves eagerly anticipating the upcoming Thanksgiving celebration. It is a time to express gratitude and appreciation for the blessings in our lives. We hope that you will be able to spend this special day surrounded by your family and friends, creating cherished memories and sharing delicious meals together.

Our Halloween party will take place on Saturday, October 28<sup>th</sup> at 4 pm at the Lake Club and it promises to be a spooktacular event filled with laughter, fun, and plenty of Halloween-themed activities. This year, we have an exciting addition to the festivities - a pumpkin carving contest! Make sure to bring your carved pumpkin to the party, as it will showcase your carving skills and serve as your entry into a draw to win a fantastic prize.

If you would like to join our group of volunteers to decorate the Lake Club for Halloween, we invite you to join us on Saturday, October 7th at 10am. We are excited to come together as a community and transform the Lake Club into a spooky and festive space for the upcoming holiday.

We are excited to announce a special event taking place in the Lake Club theatre on Friday, October 27th at 2pm. We will be hosting author Shari who will be delivering a fascinating talk entitled "The Ghost of Glenbow." This promises to be an engaging and thought-provoking discussion that will captivate all attendees.

New series of yoga classes has commenced, and it is not too late to sign up. Our experienced yoga instructor is committed to guiding you through each session, helping you improve flexibility, build strength, and find inner peace. Remember, it is never too late to start prioritizing your health and wellness.

Happy Thanksgiving!

*Branka*



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TO SIGN UP TO  
RECEIVE OUR  
NEWSLETTER  
ELECTRONICALLY.

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)

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

# Lake Club



# Halloween Party

Saturday, October 28th  
4:00 – 6:00 PM



## Pumpkin Carving Contest

BRING YOUR OWN CARVED PUMPKIN AND ENTER  
OUR DRAW FOR A CHANCE TO WIN A SPOOKY PRIZE!



# BOARD REPORT

The Board is pleased to inform you that the Fitness Centre has recently undergone a full maintenance check. As a result, all gym equipment is now fully operational and ready for use. This includes the Steelflex treadmill and Precor bike, which have been inspected and serviced. We have also acquired new fitness mats and a new balance board.

We would like to take this opportunity to remind all members to adhere to the gym rules. These rules are posted at the entrance into the gym for easy reference.

The Games room has also undergone some improvements; a new dart board has been added and new score chart has been installed. Pool cue holders have also been added to the Games room.

In other news, the Lake Club has been experiencing high temperatures. To address this issue, additional fans have been acquired. We appreciate your understanding and cooperation as we strive to restore the air conditioning system to full functionality.

We have an exciting event coming up that we would like to invite you to. On Saturday, October 28th, from 4pm to 6pm, we will be hosting a Halloween party at the Lake Club. This party will be filled with treats and a pumpkin carving contest, so we encourage you to join us for this event and showcase your creativity in the pumpkin carving contest.

We look forward to your participation in the Halloween party and hope to see you there. Thank you for your continued support and involvement in our community.

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



New dartboard in the Lake Club Games room

## ONGOING ACTIVITIES

**The Lake Club is a vibrant community that offers a wide array of clubs, activities, and exercise classes. All welcome.**

### Ladies Craft Group (Games Room)

Every Monday at 10:30am, a group of ladies gathers together to engage in knitting and crochet projects. This dedicated group of women has made it their mission to create handmade items for donation to various charities.

### Yoga for Beginners (Theatre)

DVD played at 9:30am on Tuesday and Thursday.

### Aerobics: Jane Fonda (Theatre)

DVD played 9:30am on Monday, Wednesday and Friday.

### Book Club (Theatre)

The monthly Book Club meeting is a gathering of reading enthusiasts who come together on the 2nd Monday of every month at 7pm.

**Please note that due to Thanksgiving Day, this month the Book Club members will meet on Tuesday, October 10th at 7pm.**

### Bridge (Activity Room)

Every Tuesday and Thursday at 7pm.

### Community Pickleball (Tennis Courts)

Every Tuesday at 10:30am.

### Walking Club (Lookout)

Every Thursday at 6pm, a small group of community members gathers to embark on a delightful walk, exploring the neighborhood together. No sign-up is required.

### Movies (Theatre)

Saturdays at 7pm. Family movie or Concert series screening on a Sunday at 7pm. Snacks are provided.

### Sound Bath (Activity room)

Led by a certified Reiki teacher, these sessions are free and open to everyone. Please check the monthly calendar for dates.

### Bingo (Activity Room)

Every Wednesday at 1:30pm.

**Note: Bingo on Wednesday, October 11th is cancelled.**

### Church Services (Theatre)

Catholic Communion: 2nd Thursday at 11am.  
St. Thomas United Church: 3rd Wednesday at 11am.  
Catholic Mass: 4th Thursday at 11am.

### The Nutman (Activity room)

Thursday, October 5th and Thursday, October 19th at 11am.

### Seamstress (Board room)

Friday, October 20th at 2pm.

### Guest Speaker—Shari Peyerl: The Ghost of Glenbow (Theatre)

Friday, October 27th at 2pm.

### Yoga Classes (Activity room)

Wednesdays 7—8:15pm (Pre-register only) and Saturdays 11am—12:15pm (Pre-register & drop-ins allowed).

For more information please contact the Lake Club office at 587 349 1338 or email [activity.lakeclub@shaw.ca](mailto:activity.lakeclub@shaw.ca)

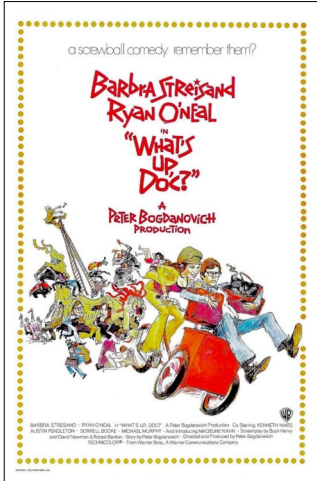
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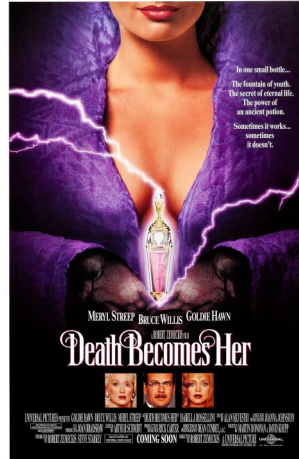
# Lake Club Theatre October Movies

All movies begin at 7 pm



**October 7 — What's Up, Doc?**  
with Barbra Streisand, Ryan O'Neal, Madeline Kahn  
**Rated G**

The accidental mix-up of four identical plaid overnight bags leads to a series of increasingly wild and wacky situations.



**October 14 — Death Becomes Her (1992)** with Meryl Streep, Bruce Willis, Goldie Hawn  
**Rated PG-13 for some nudity and off-color humor**

When a fading actress learns of an immortality treatment, she sees it as a way to outdo her long-time rival.



**October 21 — The Chaperone (2018)** with Elizabeth McGovern, Haley Lu Richardson, Géza Röhrig  
**Not Rated**

In the early 1920s, a Kansas woman finds her life forever changed when she accompanies a young dancer on her fame-seeking journey to New York City.



**October 22 — The Wizard of Oz (1939)** with Judy Garland, Frank Morgan, Ray Bolger  
**Rated PG for some scary moments**

Young Dorothy Gale and her dog Toto are swept away by a tornado from their Kansas farm to the magical Land of Oz, and embark on a quest with three new friends to see the Wizard, who can return her to her home and fulfill the others' wishes.



**October 28 — As Good As It Gets (1997)** with Jack Nicholson, Helen Hunt, Greg Kinnear  
**Rated PG-13 on appeal for strong language, thematic elements, nudity and a beating**


A single mother and waitress, a misanthropic author, and a gay artist form an unlikely friendship after the artist is assaulted in a robbery.



**Join us for movie nights!**

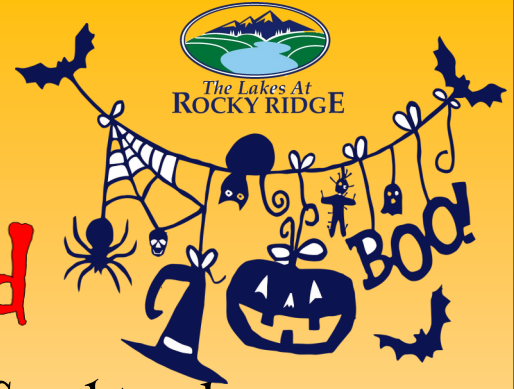
The HOA is pleased to provide complimentary snacks for all attendees. Sit back, relax, and indulge in a variety of treats while you watch your favorite films.

# OCTOBER 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> <b>(T) Theatre</b>  <b>(GR) Games Room</b>  <b>(AR) Activity Room</b>	<b>2</b> 9:30am Aerobics DVD (T)  10:30am Ladies Social Group (GR)	<b>3</b> 9:30am Yoga DVD (T)  <b>10:30am Community Pickleball (Tennis Courts)</b>  7pm Bridge (AR)	<b>4</b> 9:30am Aerobics DVD (T)  1:30pm Bingo (AR)  <b>Yoga Class 7—8:15 pm (AR) (Pre-register)</b>	<b>5</b> 9:30am Yoga DVD (T)  <b>The Nutman 11am—12pm (AR)</b> <b>6pm Walking Club (Lookout)</b>  7pm Bridge (AR)	<b>6</b> 9:30am Aerobics DVD (T)	<b>7</b> <b>Yoga Class 11am—12:15 pm (AR)</b> <b>(Pre-register &amp; Drop-ins)</b>  7pm Movie (T): <b>What's Up, Doc?</b>
<b>8</b>	<b>9</b> 9:30am Aerobics DVD (T)  10:30am Ladies Social Group (GR)  <b>THANKSGIVING DAY</b>	<b>10</b> 9:30am Yoga DVD (T)  <b>10:30am Community Pickleball (Tennis Courts)</b>  7pm Bridge (AR) <b>7pm Book Club (T)</b>	<b>11</b> 9:30am Aerobics DVD (T)  <b>Yoga Class 7—8:15 pm (AR) (Pre-register)</b>	<b>12</b> 9:30am Yoga DVD (T)  <b>11am Catholic Communion (T)</b> <b>6pm Walking Club (Lookout)</b>  7pm Bridge (AR)	<b>13</b> 9:30am Aerobics DVD (T)  <b>SOUND BATH 6:30—7:45 pm (Open Event) (AR)</b>	<b>14</b> <b>Yoga Class 11am—12:15 pm (AR)</b> <b>(Pre-register &amp; Drop-ins)</b>  7pm Movie (T): <b>Death Becomes Her</b>
<b>15</b>	<b>16</b> 9:30am Aerobics DVD (T)  10:30am Ladies Social Group (GR)	<b>17</b> 9:30am Yoga DVD (T)  <b>10:30am Community Pickleball (Tennis Courts)</b>  7pm Bridge (AR)	<b>18</b> 9:30am Aerobics DVD (T) <b>11am St. Thomas United Church (T)</b> 1:30pm Bingo (AR) <b>Yoga Class 7—8:15 pm (AR) (Pre-register)</b>	<b>19</b> 9:30am Yoga DVD (T)  <b>The Nutman 11am—12pm (AR)</b> <b>6pm Walking Club (Lookout)</b>  7pm Bridge (AR)	<b>20</b> 9:30am Aerobics DVD (T)  <b>2pm Seamstress (Board room)</b>  	<b>21</b> <b>Yoga Class 11am—12:15 pm (AR)</b> <b>(Pre-register &amp; Drop-ins)</b>  7pm Movie (T): <b>The Chaperone</b>
<b>22</b>  7pm <b>FAMILY MOVIE (T): The Wizard of Oz</b>	<b>23</b> 9:30am Aerobics DVD (T)  10:30am Ladies Social Group (GR)	<b>24</b> 9:30am Yoga DVD (T)  <b>10:30am Community Pickleball (Tennis Courts)</b>  7pm Bridge (AR)	<b>25</b> 9:30am Aerobics DVD (AR)  1:30pm Bingo (AR)  <b>Yoga Class 7—8:15 pm (AR) (Pre-register)</b>	<b>26</b> 9:30am Yoga DVD (T)  <b>11am Catholic Mass (T)</b> <b>6pm Walking Club (Lookout)</b>  7pm Bridge (AR)	<b>27</b> 9:30am Aerobics DVD (T)  <b>2pm Guest Speaker—Shari Peyer! The Ghost of Glenbow (T)</b>	<b>28</b> <b>Yoga Class (AR) 11am—12:15 pm (Pre-register &amp; Drop-ins )</b>  <b>HALLOWEEN PARTY 4—6 pm</b>  7pm Movie (T): <b>As Good As It Gets</b>
<b>29</b>	<b>30</b> 9:30am Aerobics DVD (T)  10:30am Ladies Social Group (GR)	<b>31</b> 9:30am Yoga DVD (T) 7pm Bridge (AR) <b>10:30am Community Pickleball (Tennis Courts)</b> <b>HALLOWEEN</b>				

# HALLOWEEN

## Volunteers needed



We need help preparing our annual Spooktaacular Lake Club Halloween Party to make this event a scary good time! Can you spare an hour or two to help make this party a success?

### Halloween Decorating

Saturday, October 7th starting at 10 AM at the Lake Club

### Lake Club Halloween Party (Main Event)

Saturday, October 28<sup>th</sup> 4 – 6 PM

(Help needed with setting up, running event, and clean up)

For more information or to sign up please contact the Lake Club office 587 349 1338 | [activity.lakeclub@shaw.ca](mailto:activity.lakeclub@shaw.ca)



## YOUR NEIGHBOURHOOD REAL ESTATE AGENT

**Gary Wade**

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