

Lake Club COMMUNICATOR



EDITOR'S NOTE

As I reflect back on the year that was, I am filled with so much gratitude. This past year has felt like such a whirlwind with a lot of positive changes in my life. One of the biggest ones was starting this job that allowed me to meet many new people that make this community so wonderful.

New year means new beginnings, and for some that means making new year's resolutions. If yours is to be more physically active then we suggest you visit the Lake Club gym, or Games room for a competitive game of Table Tennis, Foosball or a friendly game of Pool with your friends and family.

If you are an avid book reader, please consider joining our Book Club which is currently accepting new members! This group meets on the second Monday of every month for a friendly discussion about their

current reading. For a bit calmer entrance into 2023 we invite you to join us on Friday, January 20th at 6:30 pm in the Lake Club theatre for this year's first session of Sound Bath, a fascinating meditative journey into inner peace and relaxation. More information on page 2.

Our movie committee has yet another wonderful selection of movies for the month of January, be sure to check out the calendar for more details.

I am excited to ring in the new year and am looking forward to the year ahead. I haven't been able to do as much travelling as I would have liked these past couple of years and I am planning to rectify that in 2023— and that is my new year's resolution. More movement, move travel, more hobbies, friends, laughs and good times. Here's hoping for a great year!

Happy New Year!
Branka

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: Branka Stevanovic
(587) 349-1338 | activity.lakeclub@shaw.ca
Office Hours: Monday—Thursday, 8am—1pm

HOA Board
lakesatrrhoa@gmail.com



Sound Bath & Energy Healing



— EXPERIENCE THE HEALING POWER OF SOUND —

- RELAX
- RECHARGE
- REJUVENATE

Friday, January 20th
 6:30—8:00 PM
 Lake Club Theatre



FREE



A sound bath is a meditative experience where those in attendance are “bathed” in sound waves produced by various instruments.

Join us for a meditative journey into deep relaxation and inner healing!

Bring your yoga mat and other props if you wish to get comfy!



All welcome – no experience necessary.

SCAN FOR MORE INFO



To reserve your spot please contact The Lake Club office
 Phone: 587 349 1338 or E-mail: activity.lakeclub@shaw.ca

BOARD REPORT

The Board wishes everyone a happy and safe new year, and thanks everyone that joined us at the Christmas party. We had a great turn out.

The repairs in the Theatre are now complete but we are still waiting for replacement parts to complete the repairs in the fitness centre. The ping pong table has now been set up in the Games room and is ready for use.

If you are a new community member please complete the required paperwork so you can access the Lake Club facilities. Also please remember that you can't access the Lake Club through The Manor Village main entrance and should use the double parkade door entrance (for the residents of the Pavilions) or the west side entrance for everyone else. Please remember, all minors must be accompanied by an adult.

If you have any concerns, suggestions or comments regarding the HOA, please send them to lakesatrhoa@gmail.com or leave a message at The Lake Club Office or phone 587-349-1338.



The ping pong table has been moved to the Games room.



CONCERT SERIES
Sun, Jan 22 at 7 pm
Lake Club Theatre



If you recently moved into the community, we need to update your personal information in our system and ensure we have a signed waiver on file for you. No persons are allowed to make use of the facility, especially the Fitness Centre, without this waiver having been submitted.

To arrange this, please contact the Lake Club Manager at 587 349 1338. Forms can be accessed online at www.thelakesatrockyridge.com

Completed Access Forms and signed Waivers can be submitted via e-mail to activity.lakeclub@shaw.ca or in person during The Lake Club office hours, Monday to Thursday from 8 am—1 pm.



Ladies Social Club

Ladies Social Club is a group of wonderful women from the community who gather once a week to chat while they knit or crochet. This social event is free and all community members are welcome to join every Monday at 10:30 am in the Lake Club Games room. You don't have to bring anything other than yourself and your knitting or crochet project, or you can start one there! You can work on your very own project, or use donated yarn to make something for those in need.

If you are not a knitter but happen to have a stash of wool laying around and are looking for the perfect place to donate it to, this is it. The knitting ladies use the yarn for charity work and donate hundreds of toques, scarves and mittens to the Mustard Seed and the Calgary Drop-In Centre every year.

We would like to recognize this group, the results they have achieved are truly impressive. Thank you for all you do, ladies, the community is proud and very fortunate to have you!

DONATION REQUEST

Do you have any yarn you are not using? If so, please bring it to the Lake Club Office and have it donated to the "Ladies Social Club" so this volunteer group can turn the yarn into useful creations that will be donated to those in our community who need them most.

Lake Club Office hours
 Mon—Thu 8am to 1pm
 For afterhours yarn drop-off
 please call 587 349 1338
 or email:
activity.lakeclub@shaw.ca



The Rocky Ridge Knitting group have done some marathon knitting these past few months.

Delivery of toques was made December 6th to the Mustard Seed and to the Calgary Drop In. A total of 1,193 toques were donated, which will be appreciated by all those who will receive them.

The ladies always try to have toques ready when cold weather arrives. Along with the toques were several baby blankets, scarves, gloves and baby clothes that were donated by new mothers for the families that get needed help at the Mustard Seed.

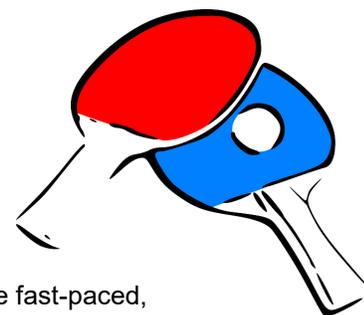
During the year this group received several yarn donations which was very much appreciated. Donations are always welcome and can be left at the Lake Club office.

A huge thank you to all who donated to this project.

*Sylvia Coppicus,
 Knitting Group Coordinator*



HAVE YOU MADE ANY NEW YEAR'S RESOLUTIONS?



WELL, IF ONE OF THEM IS TO IMPROVE YOUR PHYSICAL HEALTH WE HAVE GOOD NEWS FOR YOU, THE TABLE TENNIS TABLE HAS BEEN MOVED TO THE GAMES ROOM!

You may remember that the ping pong table was previously stored in the Activity room, folded and stacked up against the wall. We were happy to see lots of community members make use of this exciting new addition to recreation options, however due to constant folding and unfolding the ping pong table unfortunately suffered some damage. To eliminate the need to have it folded and stored away after each use, we moved it to the Games room where all the other fun activities happen! We encourage you to visit and make use of this space, there is something to do for everyone!

So, what can table tennis do for you?

Here are just a few of many benefits for the body, mind, and soul:

- Playing improves hand-eye coordination and it stimulates mental alertness and tactical strategy. This makes it the perfect game for young people to sharpen reflexes, and for older people to refine tactics!

- Improves reflexes due to the fast-paced, short-distance nature of the sport.
- Develops mental acuity. The speed, spin and placement of the ball are crucial in table tennis, and practiced players are highly skilled in both creating and solving puzzles involving these three attributes.
- It's easy on the joints. Have you had knee surgery or are experiencing back problems? Try table tennis. It's a great way to improve your strength without overtaxing your joints.
- Did you know that a 150-pound person can burn 270 calories by playing table tennis for an hour? This sport is a fun and easy way to burn calories!
- Improves balance. Staying balanced and being able to quickly change direction are key to being successful in a ping pong rally.
- Offers a social outlet and is a great way to bond with other people. Because people of all ages can play the game, it can help improve communication and build relationships, irrespective of age. Playing with siblings or parents can bring family members closer and enable them to spend more quality time with each other.

REMINDER

- The Games room is a facility for all of our community members to enjoy, therefore please allow everyone to take a turn using the equipment
- Be considerate and mindful of others, show respect for the equipment, facility and towards other visitors
- Do not lean or sit on pool or ping pong table, no climbing on chairs
- Clean up after yourself, please return everything to its place (games, books, balls, rackets, pool cues etc.)
- No horseplay, loud offensive language will not be tolerated
- No alcohol permitted
- Minors must be under adult supervision at all times
- A gentle reminder that the facility is under video surveillance





Holiday CENTREPIECE WORKSHOP



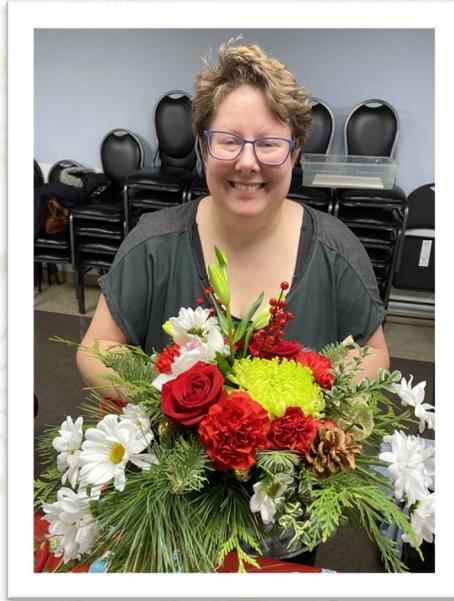
We wanted to drop you a quick line to sincerely thank everyone for attending our Holiday Centrepiece Workshop back in December. The Lakes at Rocky Ridge community has some very talented people, just look at all these gorgeous centrepieces everyone has created!

It was great to meet you all and it sure was fun to see everyone enjoy making their very own holiday inspired centerpiece. We hope you enjoyed the experience.

We are grateful for all the positive feedback we have received afterwards. Looking forward to meeting you again next time - we have more fun events coming up over the next few months and it would be fantastic to see you there. Keep an eye on our newsletter and website for more information.

Thank you again for coming and hope to get a chance to host you again with the same spirits and enthusiasm!





Happy New Year 2023





Disney
**STRANGE
WORLD**



Sat, Jan 28th at 7pm

Lake Club Theatre

Snacks will be provided





HOLIDAY DOOR DECORATING CONTEST WINNERS



What great fun we had here at the Lake Club with this year's Holiday Door Decorating Contest! There were so many incredible doors that looked amazing with a wide range of impressive and creative decorations. Clearly, we have some very talented residents in our community!

Here are the winners:

- 1st place BEST OVERALL: P1 #130**
- 2nd place BEST INTERACTIVE: P2 #119**
- 3rd place MOST FESTIVE: M #424**

For the first time this year, two entries received "honorable mention" awards. Those doors include P1 #124, which finished in 4th place, and P1 #319, that finished in 5th place.

Congratulations to all winners! Thank you to all who brought festive joy to our hallways this year, we hope you had a wonderful holiday season and wish you a happy new year!

Attention Book Lovers

Our Book Club is accepting new members!



2nd Monday of every month at 7:00 PM
In the Lake Club Theatre

To join the Book Club please contact the Lake Club office
Phone 587 349 1338 | E-mail: activity.lakeclub@shaw.ca



Join the Lake Club bridge group for a few hands of bridge in a casual setting

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



**1ST PRIZE
BEST OVERALL
P1 130**



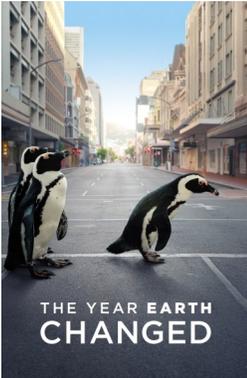
**2ND PRIZE
MOST INTERACTIVE
P2 119**



**3RD PRIZE
MOST FESTIVE
M 424**

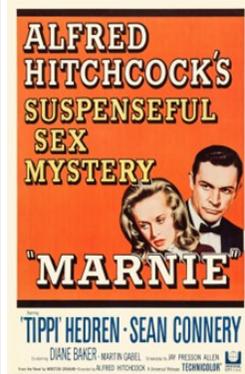
JANUARY MOVIES

All movies begin at 7 pm in the Lake Club Theatre



January 7
The Year Earth Changed - 2021
 PG Narrated by David Attenborough

A fresh new approach to the global lockdown and the uplifting stories that have come out of it. People all over the world have had the chance to engage with nature like never before.



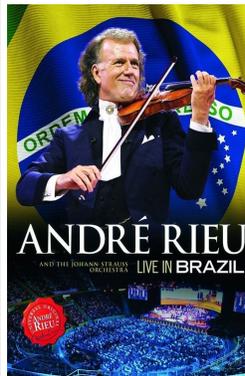
January 14
Alfred Hitchcock: Marnie - 1964
 PG with Tippi Hedren and Sean Connery

Mark marries Marnie although she is a habitual thief and has serious psychological problems and tries to help her confront and resolve them.



January 21
The Woman King - 2022
 14A with Viola Davis and Thuso Mbedu

A historical epic inspired by true events that took place in The Kingdom of Dahomey, one of the most powerful states of Africa in the 18th and 19th centuries.



January 22
André Rieu in Brazil - 2013
 Not Rated with André Rieu

André Rieu has been one of the best-selling live acts in the world - watch this amazing spectacle when the 'King of Waltz' performs another masterpiece in São Paulo.



January 28
Strange World - 2022
 PG Animated with Jake Gyllenhaal and Jaboukie Young-White

The legendary Clades are a family of explorers whose differences threaten to topple their latest and most crucial mission.

Happy
 New
 Year



JANUARY 2023

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|---|---|---|---|
| 1 (T) Theatre (GR) Games Room (AR) Activity Room | 2 9:30am Aerobics DVD (T) 10:30am Ladies Social Group (GR) | 3 9:30am Yoga DVD (T) 7pm Bridge (GR) | 4 9:30am Aerobics DVD (T) 1:30pm Bridge (GR) 1:30pm Bingo (AR) | 5 9:30am Yoga DVD (T) 7pm Bridge (GR) | 6 9:30am Aerobics DVD (T) | 7 7pm Movie (T): The Year Earth Changed |
| 8 | 9 9:30am Aerobics DVD (T) 10:30am Ladies Social Group (GR) 7pm Book Club (T) | 10 9:30am Yoga DVD (T) 7pm Bridge (GR) | 11 9:30am Aerobics DVD (T) 1:30pm Bridge (GR) 1:30pm Bingo (AR) | 12 9:30am Yoga DVD (T) 11am Catholic Communion (T) 7pm Bridge (GR) | 13 9:30am Aerobics DVD (T) | 14 7pm Movie (T): Alfred Hitchcock: Marnie |
| 15 | 16 9:30am Aerobics DVD (T) 10:30am Ladies Social Group (GR) | 17 9:30am Yoga DVD (T) 7pm Bridge (GR) | 18 9:30am Aerobics DVD (T) 1:30pm Bridge (GR) 1:30pm Bingo (AR) | 19 9:30am Yoga DVD (T) 7pm Bridge (GR) | 20 9:30am Aerobics DVD (T) Sound Bath (T) 6:30—8:00 pm (Sign up required)  | 21 7pm Movie (T): The Woman King |
| 22 7pm CONCERT SERIES: André Rieu in Brazil | 23 9:30am Aerobics DVD (T) 10:30am Ladies Social Group (GR) | 24 9:30am Yoga DVD (T) 7pm Bridge (GR) | 25 9:30am Aerobics DVD (T) 1:30pm Bridge (GR) 1:30pm Bingo (AR) | 26 9:30am Yoga DVD (T) 11am Catholic Mass (T) 7pm Bridge (GR) | 27 9:30am Aerobics DVD (T) | 28 7pm Movie (T): FAMILY NIGHT: Strange World |
| 29 | 30 9:30am Aerobics DVD (T) 10:30am Ladies Social Group (GR) | 31 9:30am Yoga DVD (T) 7pm Bridge (GR) | | | | |

Red Earth Salon at the Lake Club

A full-service affordable luxury hair studio,
that also meets all of your retail hair care needs.

To book an appointment connect via phone or online:
403-930-1293 | www.redearthsalon.com



**WE'RE
HIRING!**

Hours
Sunday & Monday Closed
Tuesday & Thursday 10am–7pm
Wednesday Friday Saturday 10am–4pm

We are hiring a Part-time or Full time journeymen hairstylist!

Please email your resume to redearthsalon@gmail.com or drop by the salon in person.



GARY WADE
REAL ESTATE



Associate Broker/Realtor®
38 Years of Experience

If you are considering buying or selling a home,

**and if you are reading this ad, there is a good chance
you are interested in learning more about the local real
estate market in your community.**

**I have been a licensed Realtor® in Calgary for 38 years,
and would like the opportunity to discuss your real
estate needs, either by phone or in person.**

Contact me by calling or texting 403-837-7878

gwaderealestate@gmail.com
www.searchcalgaryhomes.com

