

Lake Club COMMUNICATOR



EDITOR'S NOTE

The effects of the COVID-19 pandemic are far reaching and we still have a very long road ahead of us. The majority of us are dealing with having to trade certain freedoms for the greater good of our community, which pales in comparison to those who have experienced significant, immeasurable losses.

A post-COVID world offers many possibilities, including new priorities and engagements and we have an opportunity to continue to focus on the common good and build a more humane society. We've already taken some steps towards this by embracing a much simpler life, realising the importance of human connection, reconnecting with nature and learning to be more content on our own, among other things.

Many residents have enquired about the reopening of the Lake Club and while we hope to return to some sense of normality at some point in the future, it is just not a feasible option at this stage. The strict government protocols do not allow for our small facility to practically

and safely reopen just yet. In order to meet the physical, mental and social needs of the community, our HOA Board have planned a few safe activities for July. Saturday night movies will recommence in the Theatre with a safe socially distant layout and pre-screening protocols. We're offering our residents free Outdoor Fitness Classes twice a week with a professional trainer—these will be scaled for all levels of fitness so please don't feel like you're not fit enough, or that the classes will be too low-key. Sign up for a space on our website and give it a try! Our annual ice cream social [distance] has been brought forward to Saturday, July 11th. We all deserve a special treat after months in isolation—this one is courtesy of the HOA so make sure you don't miss out!

Don't forget about the Facebook Group for residents to engage with each other and foster community spirit online. For the most part, we're physically apart but always together in community.

*Take care,
Caroline*

The Lake Club is located in the parkade level of The Manors at 450 Rocky Vista Gardens NW.

Website

www.thelakesatrockyridge.com

Lake Club Manager: Caroline Pulford

(587) 349-1338 / activity.lakeclub@shaw.ca

HOA Board

lakesatrrhoa@gmail.com



REPORT FROM THE HOA BOARD

The past months have been unusual with COVID-19 related restrictions requiring closure of the Lake Club. During this time, the upgrades to the projector and audio systems in the Theatre were completed. Earlier in June, we held a community clean up that saw a great turn out and we accomplished a lot.

In the last month, the Board has met a few times to review how we can reopen the Lake Club while complying with the government-imposed restrictions. Unfortunately, we have found it unfeasible at this time to open the Fitness Centre, Library/Games Room and Activity Room due to strict protocols to ensure the safety of participants. As an alternative, we will be offering scheduled outdoor fitness sessions and the annual outdoor ice cream sharing event, that you can read more about and sign up for in this newsletter.

We have modified the Theater seating configuration and established screening protocols to comply with the requirements to reopen it and screen four selected movies on Saturday evenings in July. We will continue to review the success of these events and will plan accordingly for more events in August. If you are interested in reviewing the requirements we have to comply with to open up more of the Lake Club, feel free to access them at www.alberta.ca/guidance-documents.

The AGM scheduled for May and postponed is yet to be rescheduled due to restrictions on gatherings. We will seek to hold this meeting as soon as possible.

As the Lake Club office is still closed, if you have any concerns, suggestions or comments regarding the HOA, please send them to lakesatrrhoa@gmail.com. Also, keep an eye on our website and Facebook page for key updates.

Your HOA Board of Directors

FREE OUTDOOR FITNESS SERIES

Strength & Conditioning with professional trainer, Magnus Lobo

Combine a 60-minute outdoor workout with the serenity of our community in a safe, socially-distanced, small group session.

July 6th to July 31st

Upper/Lower/Core Circuits — Mondays @ 11am

Full Body Intensity Training — Thursdays @ 4pm

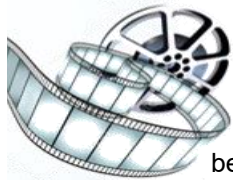
Outdoors on the Pavilions Courtyard (Accessible from West side of Lake Club. Follow signs from Lake Club entrance.)

Workouts will be scaled for beginners/intermediate/advanced levels.

SIGN UP TO GUARANTEE A SPOT & COMPLETE WAIVER ONLINE AT www.thelakesatrockyridge.com

No equipment necessary. Bring a towel and water. Cones will designate safe distancing. Classes will only be cancelled in the event of heavy rain/lightning.

E-mail Caroline Pulford, Lake Club Manager with questions (activity.lakeclub@shaw.ca).



THEATRE REOPENING

The Movie Committee will resume Saturday Night Movie Nights in July. The Theatre has been reconfigured to accommodate social distancing and attendees will be required to complete a pre-screening questionnaire and temperature check prior to entering. Face masks are encouraged and popcorn will NOT be provided. Movie goers will experience the upgraded sound and visual systems with the recent upgrades to the Theatre system.

JULY MOVIES

(All movies begin at 7:00 p.m.)

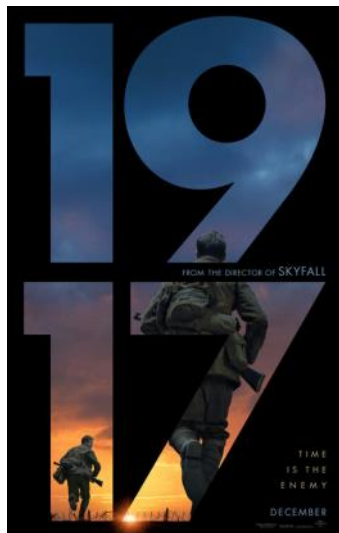


July 4, 2020 Aladdin (2019)

Starring: Will Smith, Mena Massoud, Naomi Scott
Director: Guy Ritchie
Distributor: Walt Disney **
Rated: PG (for some action/peril)
Time: 128 min.

A street rat frees a genie from a lamp, granting all of his wishes and transforming himself into a charming prince in order to

marry a beautiful princess. But soon, an evil sorcerer becomes hell-bent on securing the lamp for his own sinister purposes.



July 11, 2020 1917

Starring: George MacKay, Mark Strong, Dean-Charles Chapman
Director: Sam Mendes
Distributor: Universal Pictures *
Rated: R (for violence, some disturbing images, and language)
Time: 110 min.

At the height of the First World War, two young British soldiers, Schofield (Captain Fantastic's George MacKay) and Blake

(Game of Thrones' Dean-Charles Chapman) are given a seemingly impossible mission. In a race against time, they must cross enemy territory and deliver a message that will stop a deadly attack on hundreds of soldiers--Blake's own brother among them.



July 18, 2020 North by Northwest

Starring: Cary Grant, James Mason, Eva Marie Saint
Director: Alfred Hitchcock
Distributor: Turner Entertainment **
Rated: NR
Time: 138 min.

Part of the Classic Movie Series: This classic suspense film finds New York city ad executive Roger O. Thornhill

pursued by ruthless spies after Thornhill is mistaken for a government agent. Hunted relentlessly by Phillip Vandamm and his associates, the harried Thornhill ends up on a cross-country journey, meeting the beautiful and mysterious Eve Kendall along the way. Soon Vandamm's henchmen close in on Thornhill, resulting in a number of iconic action sequences.



July 25, 2020 Star Wars Rise of Skywalker

Starring: Daisy Ridley, Adam Driver, Carrie Fisher
Director: J.J. Abrams
Distributor: Walt Disney **
Rated: PG-13 (for sci-fi violence and action)
Time: 155 min.

The battle between the Jedi and the Sith comes to a thrilling conclusion in this final chapter of the Skywalker Saga. A year following the events of The

Last Jedi, the remaining members of the Resistance are forced to confront their past while taking on the First Order one more time.

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

ICE CREAM

Social [Distance]

11am to 1pm
Saturday, July 11th

@ The Lookout

(Cnr Rocky Vista Dr & Rocky Vista Park)



Red Earth Salon

at the Lake Club

**OPEN AND FOLLOWING
PHYSICAL DISTANCING &
AHS SANITATION
PRACTICES**

Call, text or e-mail
Stephany to book.

reearthsalon@gmail.com
403-930-1293



The Community with Heart ♥

JOIN OUR TEAM

Dining Room Servers Needed

The Manor Village at Rocky Ridge is looking for part-time Dining Room Servers and we would love to recruit from within our local community.

Shifts available:

8am - 11am 11am - 2pm 4:30pm - 7:45pm

We offer competitive wages, a fixed location and a great environment to learn and succeed.

The position requires sound judgement, problem solving abilities, quick response to emergency situations and a genuinely caring demeanor.

If you, or someone you know, is interested, please contact us. Submit your resume via e-mail to drmanager@rr.themanorvillage.com with the subject line: Dining Room Server.