

Lake Club COMMUNICATOR



EDITOR'S NOTE

I'm always excited at the start of Fall. For me, cooler temperatures translate to minimal activity, withdrawing indoors, more time for self care, and a focus on connection with family and friends. Hot chocolate, snuggly blankets, bingeing on Netflix series on a Sunday afternoon or family dinners followed by board games and indulgent desserts.

Cooler weather gifts us the opportunity to make a deeper connection to other aspects of our identity. We've scheduled a few clubs, classes and workshops that will enable you to make that connection. New on the calendar this month is an Art Club for those wishing to work on individual art projects in a communal space, whether it be drawing, painting, knitting, cross stitch or other. We're also offering Friday-night French lessons for those who wish to learn to converse in French.

On November 20th we'll be hosting an Art Therapy Workshop. Unlike art class, the focus of art therapy is not on art-skill development, but instead on accessing one's inner world and emotions, so no art experience is required. Art therapy uses the process of artistic creation to facilitate self-expression, self-exploration, and transformation. Space is limited so sign up quickly to reserve a spot.

Our Movie Committee has a wonderful line up of new releases for the month. Come and enjoy popcorn and a movie on a Saturday night. The Lake Club Book Club is looking for new members so if you're an avid reader you may wish to join their monthly meet up.

The HOA Board is currently considering options to be able to extend the opening hours of the Gym and Library. In the meantime, if you are able to volunteer to manage an evening or weekend shift, please contact me.

*Happy November,
Caroline*

GAMES ROOM / GYM HOURS OF OPERATION

Proof of Vaccination Required

8am—1pm **Monday** to **Thursday**

8am—12pm **Friday** Morning

9am—12pm **Saturday** Morning

1pm—5pm **Tuesday** Afternoon

2pm—5pm **Sunday** Afternoon

7pm—9pm **Thursday** Evenings

Hours subject to change. Check website for up-to-date information.

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



BOARD REPORT

The HOA Board has been keeping the Lake Club open as much as possible in compliance with the City of Calgary bylaw and Provincial Health Emergency requirements. Admission to the Lake Club is restricted to members who have had COVID-19 vaccinations, a negative test result or a medical exemption letter. Documents and I.D. have been checked by Caroline or a volunteer on duty.

Hours of operation and any updates can be found on our website: www.thelakesatrockyridge.com and on noticeboards throughout our community.

On October 30th we had an opportunity to share cookies, hot drinks and treats with the members of the community for Halloween. This event was held at the Lookout and it was a wonderful opportunity to chat with friends and neighbours.

As always, please send any concerns, suggestions or comments to lakesatrrhoa@gmail.com. We look forward to hearing from you.

Your HOA Board of Directors



ART CLUB

**Drop in on Thursdays 11am—1pm
in the Lake Club Activity Room**

Starting Thursday, November 4th

Feeling Creative? Join Us.

Paint, draw, knit, scrapbook or work on other creative projects.
Bring your own art project and supplies and have fun
creating in a community space!

Let's collaborate, create, experiment and explore all while supporting
each other and harnessing a spirit of community.

Masks + Proof of Vaccination + ID required.

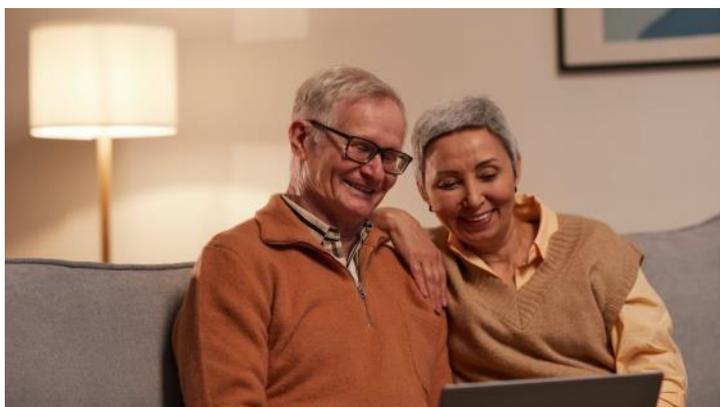


ALBERTA VACCINE RECORD

As of November 15, all businesses in Alberta will be required to scan vaccination records. This means that your record with a QR code will be the only valid proof of vaccination when accessing the Lake Club. Both hard copy print outs and digital versions are acceptable. You do also need to show your ID to verify your identity. If we haven't already checked your vaccination status and cleared you for use of the Lake Club, then we will use the official **AB Covid Records Verifier app** to scan your QR code. When the QR code is scanned, it will only display your name, date of birth, and vaccination details. It is not connected to any health or personal info.

You can access your vaccination passport with your personal QR code online at www.alberta.ca/covid-records-helpdesk.aspx. It's fast and easy and no account is required. The Alberta website shares tips to help you save your record to your phone and if you need help printing your record or don't have internet access you can visit a participating Registry Agent to print your record at no cost or call 811 to have your record mailed to you.

If you or your children under 18 were vaccinated outside of Alberta, you should update your health records by submitting your out-of-province/country immunization records online at ahs.ca/vaccineregistry. Submitted records will be reviewed and verified by AHS in up to 2 weeks.



Canadian Mental Health Association
Calgary
Mental health for all

The Canadian Mental Health Association (CMHA) is a nationwide organization that promotes mental health and supports mental wellness. CMHA Calgary Region has been a leader in reducing the impact of mental illness and addiction in communities for more than 65 years. Their person and family-centred approach focuses on early intervention and prevention of mental health and substance use concern that delivers a measurable increase in community resiliency. CMHA programs include Classes and Workshops, Peer Support Groups, Drop In & Therapy Groups and Counselling.

Through their Recovery College, CMHA Calgary has developed a number of educational programs that provide classes to help you develop your own resourcefulness. Everyone is welcome to attend their FREE classes and no previous experience is required.

CMHA Recovery College classes are currently being offered online through virtual delivery. There are courses for everyone—youth, older adults, family, friends—so you can easily find one that is right for you. All courses are developed and delivered in partnership with peer supporters and students who are experts by experience: they have their own personal story of a mental health or substance use concern, or are supporting a loved one.



Classes currently being offered include:

- Circle of Friends
- Art of Friendship
- Practicing Compassion
- A Good Night's Sleep
- Feel Good Fridays Drop In
- Taking Charge of Self Care
- Rethinking our Thoughts
- Self Care Starter Pack

Find more details and online registration at www.recoverycollegecalgary.ca.



FALL IN LOVE WITH READING

JOIN THE COMMUNITY BOOK CLUB

The Lake Club Book Club is in need of members! If you love reading, we invite you to join our small group of reading enthusiasts on **the first Tuesday of every month at 1pm in the Lake Club Theatre** to discuss a different book each month.

Masks + proof of vaccination + ID required.



FRENCH LESSONS

**FRIDAY EVENINGS
LAKE CLUB
GAMES ROOM
AT 7PM WITH
ANTOINETTE
STARTING 5 NOVEMBER**



Masks + proof of vaccination + ID required.

ACCESSING THE LAKE CLUB



All new members of the community must complete the **Lake Club Security Access Form and Waiver Document** (available online) and submit these with proof of address and photo ID. Owners who rent out their properties should ensure that each new tenant submits these forms and the owner must sign an owner agreement document for each new tenant (also available online). Access fobs are transferred to new owners through the sale of a property but owner/tenant details still need to be updated in the Lake Club system. E-mail Caroline to arrange a time to submit forms and update the system (activity.lakeclub@shaw.ca).

THE LAKES AT ROCKY RIDGE HOA
IN PARTNERSHIP WITH
BLOOM ART THERAPY & COUNSELLING
PRESENTS



ART
THERAPY
WORKSHOP

Art Workshop focussed on connection through art making while focussing on the theme of HOPE.

Saturday, November 20th 3-5pm

Lake Club Activity Room

All materials for creative expression will be provided, including pastels, paint, collage materials, and more.

Space is limited. Sign up at www.thelakesatrockyridge.com

How to thrive going Plant-based

Article Source © LIVE GROW GREEN (www.livegrowgreen.com)

I have been transitioning to a plant-based diet over the past six months, enjoying vegan and vegetarian meals on weekdays, and allowing myself to enjoy my meat-based favourites on weekends. I haven't been quite ready to give up BBQs with tenderloin and our traditional South African sausage, Sunday roasts, or bacon and egg breakfasts; but switching out meat for plant-based alternatives on weekdays has been simple enough. I have really enjoyed exploring new recipes and flavours and by taking my time with the transition, I've felt less pressured to adopt this as a strict new diet and more open to adopting a plant-based lifestyle.

Like me, you have probably heard that the best way to go plant-based (and stay plant-based) is to make it a lifestyle change, and not just think of it as a diet. There comes a point where focus shifts from the food to the original reason why you wanted to go plant-based in the first place and how you can achieve that not just through diet, but actions that go beyond your plate. More and more people are looking for different diet options for a variety of reasons, the top three being health (mental and physical), the environment, and animal welfare.

For anyone considering going plant-based, this article by Amanda Pelletier, founder of *Live, Grow, Green* might inspire you and give you some ground rules to adhere to while transitioning from diet to a lifestyle change.

Hello Fresh meal kit company offers a simple-to-prepare vegetarian meal plan and is a hassle-free way to add plant-based meals to your weekly menu. Choose to receive 3 or 4 meals each week for either 2 or 4 people. Skip weeks. Cancel or pause deliveries at anytime.
www.hellofresh.ca



DIET VS LIFESTYLE

The difference between diet and lifestyle boils down to one simple thing - *focus*. When your primary focus is on food and cooking, that's when you have a diet. Lifestyle goes beyond your plate and focuses on a greater result that you want to create in your life. This can be things like better health, more energy, weight loss, cruelty free lifestyle or becoming more environmentally friendly. Ideally, when you have a lifestyle, your diet and routine compliment each other to give you even more momentum to reach that goal that you've set out for yourself. When you, your diet and actions are fully aligned, that's when you begin to create a thriving, vibrant plant-based lifestyle.

THE NUMBER ONE MISTAKE BEGINNERS MAKE

Here's where most people get caught up. They think they have a lifestyle, but really they have a diet. If you're feeling stressed out about cooking or feeling it's taking up way too much of your time, that's eventually going to lead you to feeling overwhelmed, burnt out and eventually you may even give up completely on plant based.

In the beginning, it's natural to focus on food. Those accustomed to a Western diet pretty much need to relearn how to cook. However there comes a point where focus must shift from food to the original reason why you wanted to go plant-based and how you can achieve that not just through diet, but *actions that go beyond your plate*.

SETTING BOUNDARIES FOR YOURSELF

One of the easiest ways to turn a diet into a lifestyle is to set boundaries for yourself. This shifts the focus away from the cooking process and to the greater result you wish to create in your life. And it can be done in three simple steps:

Step 1: Decide How Much Time You Want To Spend On Your Lifestyle Per Week

Step 2: Only Use A Portion Of That For Cooking

Step 3: Use The Remaining Time For Actions That Move You Closer To Your Goal

By only using a portion of this time for cooking, you're going to begin to look for recipes that fit into that time frame and simplify your meals, which in turn is going to help you feel less burnt out. The rest of your time should go to creating a routine that moves you closer towards your goal or fun activities that enhance your lifestyle, such as working out, yoga, volunteering, gardening, or other fun pursuits.

This small little shift helps create greater momentum in your life that isn't just about going plant-based - it's about living the best version of you in a way that works for you.

1. KNOW YOUR END GOAL

The first thing that you want to do is make sure you know your end result. *Why do you want to go plant-based?* It's really important that you connect with yourself and understand purpose of this, why you want to do this and what you really want to create in your life. This will guide you through your plant-based journey—from the plant-based diet you pick to what you're doing to what you enjoy to where you're going to eventually end up. So, it's important to focus on this in the beginning so you make sure that you're setting yourself up for long-term success. Some common end goals with it comes to plant-based are better health, more energy, more environmentally friendly, or kinder towards animals. Whatever the reason is for you, it's important to think about this and really get to connect with yourself and your purpose.

Sprout Society is a Calgary-based meal delivery company that delivers nutritionally-balanced, home-cooked vegan meals right to your door. Their meals are fully prepared and ready to eat—they do the planning, shopping, cooking and cleaning. You simply get to heat, eat + enjoy!
www.sproutsociety.ca



2.CREATE SUPPORTING HABITS

The next thing that you want to do is create habits and a routine outside of cooking and your diet. These should support your end goal of why you want to go plant-based and ideally be things that you enjoy. So, these could be things like working out, gardening, composting, or volunteering. Really whatever it is that's going to get you excited and it's also going to reinforce why you're starting this diet in the first place.

3.CREATE A PLAN

The last thing that you want to do is make sure that you create a plan. When you create a plan, you're setting yourself up for success by setting time aside for yourself to do all the things that you said you wanted to do. This process makes starting a plant-based lifestyle a lot less stressful because you're creating a straightforward path for yourself. When you're first starting out, it can seem so overwhelming because you're trying to focus on the result and that can seem so far away from where you are right now. By creating a plan you're starting to make it doable for yourself and you're just focusing on the next step, rather than getting in your head about how much you must do.

Really, a plan is all theory until you start using it in the real world. So, if something is not working for you or it's making you feel stressed out, just adapt and get rid of the things that aren't moving you closer towards that purpose.

CREATING A PLANT-BASED LIFESTYLE

These three steps are the foundation for creating a long-lasting, fulfilling plant-based lifestyle. But a lifestyle change doesn't happen overnight. It's about doing these three steps consistently and working towards your result each day that helps transform your life.

A FEW RESOURCES TO SUPPORT PLANT-BASED LIVING

Recipe Books

Oh She Glows—Angela Liddon
Deliciously Ella

The Simply Vegetarian Cookbook: Fuss-Free Recipes Everyone Will Love—Susan Pridmore
The Complete Vegetarian Cookbook: A Fresh Guide To Eating Well With 600 Foolproof Recipes—America's Test Kitchen
Ultimate Veg—Jamie Oliver

Websites for Recipes, Advice, Weight-loss

hurrythefoodup.com
deliciouslyella.com
ohsheglows.com
ohmyveggies.com
highcarbannah.co

Article Source © LIVE GROW GREEN (www.livegrowgreen.com)

November 2021



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
(T) Theatre (GR) Games Room (AR) Activity Room (BR) Board Room	1 9:30am Aerobics DVD (T) 10:30am Ladies Social Group (GR)	2 10am Yoga DVD (T) 1pm Book Club (T)	3 9:30am Aerobics DVD (T) 1pm Bridge (GR) 1:30pm Bingo (AR) 7pm Hatha Yoga (Preregister) (AR)	4 10am Yoga DVD (T) 11am—1pm Art Club Drop In 7pm Bridge (GR)	5 9:30am Aerobics DVD (T) 7pm French Lessons (GR)	6 7pm Movie: Free Guy
7	8 9:30am Aerobics DVD (T) 10:30am Ladies Social Group (GR)	9 10am Yoga DVD (T) 11am Anglican Service (T)	10 9:30am Aerobics DVD (T) 1pm Bridge (GR) 1:30pm Bingo (AR) 7pm Hatha Yoga (Preregister) (AR)	11 7pm Bridge (GR) REMEMBRANCE DAY	12 9:30am Aerobics DVD (T) 7pm French Lessons (GR)	13 7pm Movie: Jungle Cruise
14	15 9:30am Aerobics DVD (T) 10:30am Ladies Social Group (GR)	16 10am Yoga DVD (T)	17 9:30am Aerobics DVD (T) 1pm Bridge (GR) 1:30pm Bingo (AR) 7pm Hatha Yoga (Preregister) (AR)	18 10am Yoga DVD (T) 11am—1pm Art Club Drop In 7pm Bridge (GR)	19 9:30am Aerobics DVD (T) 2:30pm Seamstress (BR) 7pm French Lessons (GR)	20 3pm Art Therapy Workshop (Sign Up required) (AR) 7pm Movie: Shang-Chi & the Legend of the Ten Rings
21	22 9:30am Aerobics DVD (T) 10:30am Ladies Social Group (GR)	23 10am Yoga DVD (T)	24 9:30am Aerobics DVD (T) 1pm Bridge (GR) 1:30pm Bingo (AR) 7pm Hatha Yoga (Preregister) (AR)	25 10am Yoga DVD (T) 11am Catholic Mass (T) 11am—1pm Art Club Drop In 7pm Bridge (GR)	26 9:30am Aerobics DVD (T) 7pm French Lessons (GR)	27 7pm Movie: Vertigo (1958)
28	29 9:30am Aerobics DVD (T) 10:30am Ladies Social Group (GR)	30 10am Yoga DVD (T)				

NOVEMBER MOVIES

(All movies begin at 7pm)



November 6, 2021 Free Guy

Starring: Ryan Reynolds, Jodie Comer, Joe Keery
Director: Shawn Levy
Distributor: 20th Century Fox *
Rated: PG-13 (Language|Crude/Suggestive References|Strong Fantasy Violence)
Time: 115 min.

In "Free Guy," a bank teller who discovers he is actually a background player in an open-world video game, decides to become the hero of his own story... one he rewrites himself. Now in a world where there are no limits, he is determined to be the guy who saves his world his way... before it is too late.



November 13, 2021 Jungle Cruise

Starring: Dwayne Johnson, Emily Blunt, Edgar Ramirez
Director: Jaume Collet-Serra
Distributor: Walt Disney *
Rated: PG-13 (Adventure Violence)
Time: 127 min.

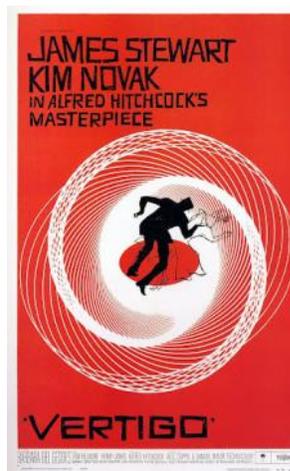
Join fan favorites Dwayne Johnson and Emily Blunt for the adventure of a lifetime on Disney's JUNGLE CRUISE, a rollicking thrill-ride down the Amazon with wisecracking skipper Frank Wolff and intrepid researcher Dr. Lily Houghton. Lily travels from London, England to the Amazon jungle and enlists Frank's questionable services to guide her downriver on La Quila--his ramshackle-but-charming boat. Lily is determined to uncover an ancient tree with unparalleled healing abilities--possessing the power to change the future of medicine. Thrust on this epic quest together, the unlikely duo encounters innumerable dangers and supernatural forces, all lurking in the deceptive beauty of the lush rainforest. But as the secrets of the lost tree unfold, the stakes reach even higher for Lily and Frank and their fate--and mankind's--hangs in the balance.



November 20, 2021 Shang-Chi and the Legend of the Ten Rings

Starring: Simu Liu, Awkwafina, Meng'er Zhang, Tony Leung
Director: Destin Daniel Cretton
Distributor: Marvel Studios / Walt Disney *
Rated: PG-13 (Sequences of Violence & Action|Language)
Time: 133 min.

Marvel Studios' "Shang-Chi and The Legend of The Ten Rings" stars Simu Liu as Shang-Chi, who must confront the past he thought he left behind when he is drawn into the web of the mysterious Ten Rings organization. The film also stars Tony Leung as Wenwu, Awkwafina as Shang-Chi's friend Katy and Michelle Yeoh as Jiang Nan, as well as Fala Chen, Meng'er Zhang, Florian Munteanu and Ronny Chieng.



November 27, 2021 Vertigo (1958)

Starring: James Stewart, Kim Novak, Barbara Bel Geddes
Director: Alfred Hitchcock
Distributor: Paramount Pictures *
Rated: PG
Time: 128 min.

Hitchcock's romantic story of obsession, manipulation and fear. A detective is forced to retire after his fear of heights causes the death of a fellow officer and the girl he was hired to follow. He sees a double of

the girl, causing him to transform her image onto the dead girl's body. This leads into a cycle of madness and lies.

* 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

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.

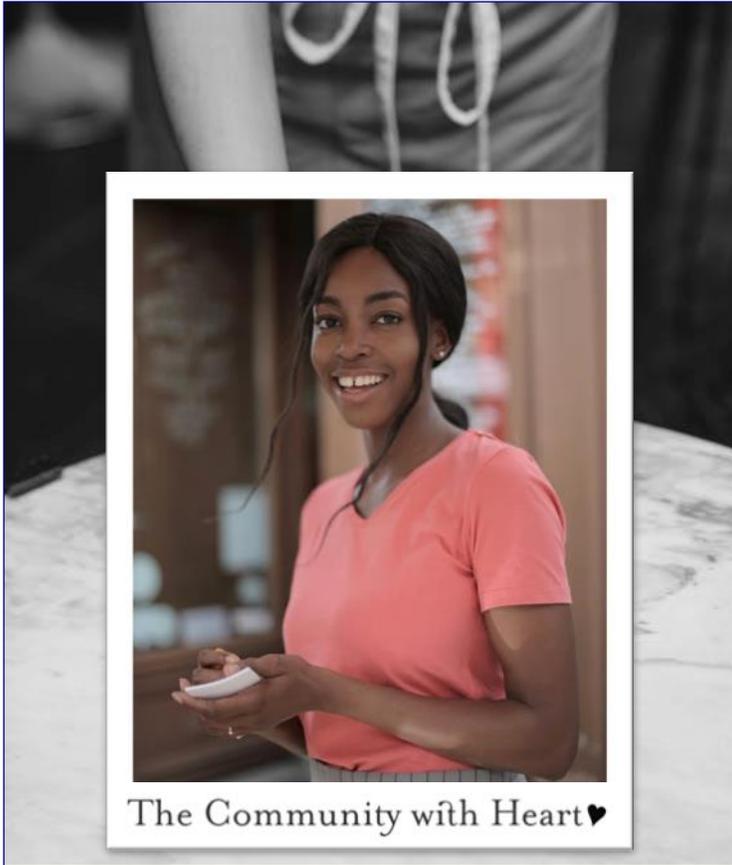
Immediate appointments are available for both Kim and Stephany.

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



JOIN OUR TEAM

**The Manor Village at Rocky Ridge
is recruiting for Dining Room
Servers**

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

Submit your resume via e-mail to Haley Rutherford (haley@rr.themanorvillage.com) with the subject line: Recruitment.

