

# Lake Club COMMUNICATOR



# Happy New Year

*May all your wishes come true!*

## EDITOR'S NOTE

A new year that also marks the turn of a decade provides an opportunity to look back at the decisions that have shaped our lives over a much longer period than simply the past 12 months. We're also inspired to reflect on our goals for the upcoming year, as well as longer-term aspirations that are perhaps more easily achieved.

It's a natural opportunity to adopt new habits, make healthy changes and evaluate the direction of our lives. Many of us may resolve to exercise more, eat healthier, watch less television, read more or spend more time outside—these are all wonderful habits that positively impact our lives and I wish you luck in achieving your goals. Personally, I am aiming to be more generous with giving, serving, displaying gratitude, smiling, being more positive, and spending time with friends and loved ones.

Understanding the value of time has to be the most important lesson that I have learned over the past 10 years. Make time for yourself; make time for others. Spend time wisely because while the days may seem long, the years in fact are short.

In January we're catching a little breather at the Lake Club. While things may be quieter, our regular activities continue—International Club, Watercolour, Toddler Playgroup, Ladies Social—and our movie committee has planned a really awesome lineup for January. Set aside your Saturday evenings for some stellar shows.

I'm looking forward to seeing you all in and around the neighbourhood in 2020.

*Best wishes for the New Year,  
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)

## REPORT FROM THE HOA BOARD

In December, the HOA board and the Lake Club Manager worked together to replace the burned out motor in the Landice treadmill and ordered a brand new Steelflex PT20 commercial treadmill to replace the two Northern Lights treadmills that no longer serve the needs of our community. The Landice treadmill is now fully functional and the new treadmill will arrive shortly. We know how integral the treadmills are in the Fitness Centre and within individual work out routines and appreciate everyone's patience while these were not operational.

In the next month we'll be setting up a lounge area in the Games Room

with comfortable reading chairs and a small table which we know will be enjoyed by those who frequent the library in particular.

We wish to thank the Lake Club Manager as well as Cory Baiton and the chefs from the Manor Village, and the volunteers who made this year's Holiday Party a huge success for all who participated.

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

May you have a very happy New Year,  
Your HOA Board of Directors



## VOLUNTEERS OF THE MONTH

This month we spotlight two amazing volunteers:

Humungous heartfelt thanks to our community's very own Mrs. Claus, aka **Fiona Tower**, for making a most welcome appearance at our Holiday Party and for keeping the kid's enamoured with your wonderful Christmas tales.

Utmost gratitude to **Evelyn Powell** for playing such an integral part in the planning, prepping, singing and strumming of Christmas tunes in the Theatre for all to enjoy at our Holiday Party!

## FANTASTICAL FUN WITH LOCAL ARTIST

We were fortunate to welcome local artist, Sherry Hume at our Holiday Party in December. Sherry, a resident in our community, is a fantasy and wildlife artist who recently published an all-ages colouring book titled *Fantastical Creatures - An Adventure in Colouring*, which is available at Chapters, Indigo and Barnes & Noble online stores.

Sherry's colouring table was a huge hit with children at the party and her colouring book inspires creativity, mindfulness, imagination, relaxation and more for all ages. Support a local artist—Sherry's book would make a wonderful gift for another, or an indulgent purchase for yourself!

Contact Sherry at [sherry.hume@gmail.com](mailto:sherry.hume@gmail.com) for details.



eat   
**DRINK**   
& be Merry



Fiona Tower as Mrs. Claus



Master of Ceremonies, Doug Powell



Evelyn Powell strumming with the musicians



Residents had a merry time at our Holiday Party and enjoyed singing Christmas Carols with a live band, crafts and activities, delicious holiday-themed catering courtesy of the Manor Village, and a special story time with Mrs. Claus.

## ONGOING ACTIVITIES

The Lake Club is home to many clubs, activities and exercise classes. All welcome.

### **\*NEW: International Club (Games Room)**

Every Friday at 1pm a group of globally-minded individuals connect and learn about other cultures, countries, traditions, etc.

### **Toddler Playgroup (Activity Room)**

2nd and 4th Wednesday at 10:30am. Kids play and engage in organized activities while moms enjoy much-needed social time.

### **Book Club (Theatre)**

First Tuesday of the month at 1pm, a small group of reading enthusiasts get together to discuss a different book each month.

### **Ladies Social Group (Games Room)**

Every Monday at 10:30am, ladies partake in a variety of knitting and crochet projects for donation to various charities.

### **Canasta (Games Room)**

Every Monday at 7pm.

### **Bridge (Games Room)**

Every Tuesday and Thursday at 7pm.

### **Bingo (Activity Room)**

Every Wednesday at 1:15pm.

### **Hatha Yoga for Beginners (Theatre)**

DVD played 10am on Tuesday and Thursday.

### **Aerobics: Jane Fonda (Theatre)**

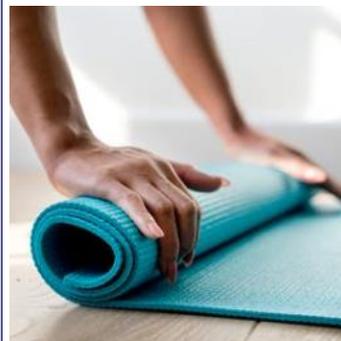
DVD played 9:30am on Monday, Wednesday and Friday.

### **Church Services (Theatre)**

Catholic Comm: 2nd Thursday at 11am.  
Catholic Mass: 4th Thursday at 11am.  
Fellowship Service: 1st Sunday at 2:30pm.  
Anglican Service: 2nd Tuesday at 11am.

### **Movies (Theatre)**

Saturdays at 7pm. Family movie on a Sunday at 4pm. Popcorn is provided.



### **LET'S REDUCE, REUSE & RECYCLE TOGETHER!**

In 2020 we'll be making a concerted effort to cut back on waste in the Lake Club and we need your help to close the loop on the 3 Rs.

Blue recycling bins are located in the Movie Theatre and Activity Room, and we have a blue bin in the foyer for dropping bottles in.

To be really effective, why not bring in your reusable containers when visiting the Lake Club?

Movie goers are encouraged to bring in their own reusable popcorn bowls (a modest size please) so that we can cut down on the number of containers used to serve popcorn on movie nights in the Theatre.

Residents who frequent our weekly socials and larger events can assist our efforts by bringing along a personal reusable coffee mug or water container for serving their drinks in.

Of course we will still have recyclable cups on hand for those who forget but don't mind us if we do give you a gentle reminder so that we can all work together and incorporate these initiatives into our weekly routine at the Lake Club!

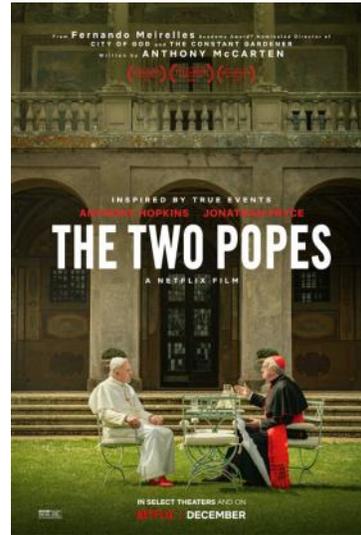
**JANUARY MOVIES**  
(All movies begin at 7:00 p.m.)



**January 4, 2020**  
**Once Upon a Time in Hollywood**

**Starring:** Brad Pitt, Leonardo DiCaprio, Margot Robbie  
**Director:** Quentin Tarantino  
**Distributor:** Columbia Pictures \*  
**Rated:** R (for language throughout, some strong graphic violence, drug use, and sexual references)  
**Time:** 159 min.

Quentin Tarantino's ninth feature film is a story that takes place in Los Angeles in 1969, at the height of hippy Hollywood. The two lead characters are Rick Dalton (Leonardo DiCaprio), former star of a western TV series, and his longtime stunt double Cliff Booth (Brad Pitt). Both are struggling to make it in a Hollywood they don't recognize anymore. But Rick has a very famous next-door neighbor...Sharon Tate.



**January 18, 2020**  
**The Two Popes**

**Starring:** Jonathan Pryce, Anthony Hopkins, Juan Minujin  
**Director:** Fernando Meirelles  
**Distributor:** Netflix ++  
**Rated:** PG-13 (for thematic content and some disturbing violent images)  
**Time:** 125 min.

Frustrated with the direction of the church, Cardinal Bergoglio (Jonathan Pryce) requests permission to retire in 2012 from Pope Benedict (Anthony Hopkins). Instead, facing scandal and self-doubt, the introspective Pope Benedict summons his harshest critic and future successor to Rome to reveal a secret that would shake the foundations of the Catholic Church. Behind Vatican walls, a struggle commences between both tradition and progress, guilt and forgiveness, as these two very different men confront their pasts in order to find common ground and forge a future for a billion followers around the world.

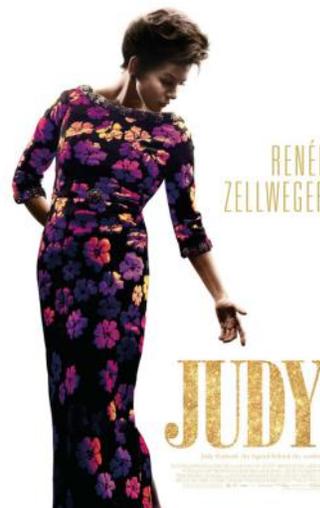


**January 11, 2020**  
**Joker**

**Starring:** Joaquin Phoenix, Robert DeNiro, Zazie Beetz  
**Director:** Todd Phillips  
**Distributor:** Warner Bros \*\*  
**Rated:** R (for strong bloody violence, disturbing behavior, language and brief sexual images)  
**Time:** 122 min.

"Joker" centers around the iconic arch nemesis and is an original, standalone fictional story not seen before on the big screen. Phillips'

exploration of Arthur Fleck is of a man struggling to find his way in Gotham's fractured society. A clown-for-hire by day, he aspires to be a stand-up comic at night...but finds the joke always seems to be on him. Caught in a cyclical existence between apathy and cruelty, Arthur makes one bad decision that brings about a chain reaction of escalating events in this gritty character study.



**January 25, 2020**  
**Judy**

**Starring:** Renee Zellweger, Jessie Buckley, Rufus Sewell  
**Director:** Rupert Goold  
**Distributor:** Roadside Attractions \*\*  
**Rated:** PG-13 (for substance abuse, thematic content, some strong language, and smoking)  
**Time:** 118 min.

Winter 1968 and showbiz legend Judy Garland arrives in Swinging London to perform a five-week sold-out run at The Talk of the Town. It is 30 years since she shot to global stardom in The Wizard of Oz, but if her voice has weakened, its dramatic intensity has only grown. As she prepares for the show, battles with management, charms musicians, and reminisces with friends and adoring fans, her wit and warmth shine through. Featuring some of her best-known songs, the film celebrates the voice, the capacity for love, and the sheer pizzazz of "the world's greatest entertainer."

\* 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

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

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](mailto:redearthsalon@gmail.com).

### Hours

Monday Closed

Tuesday & Thursday 10am–7pm

Wednesday, Friday & Saturday 10am–4pm



THE MANOR VILLAGE  
**LIFE  
CENTERS**

The Community with Heart♥

## BOOK YOUR TOUR TODAY

Call Cory Baiton on 403-239-6400 to book your  
tour of the Manor Village at Rocky Ridge.

View the new show suites, learn about our  
incentives, and enjoy a meal on us.



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