

Lake Club COMMUNICATOR



EDITOR'S NOTE

We've been enjoying some wonderfully warm, spring-like temperatures, and we're hopeful this trend continues, soon bringing us into a full-blown spring! With the changing season comes fresh energy, new opportunities, and plenty of exciting events at the Lake Club.

A quick reminder that Daylight Saving Time begins on Sunday, March 9, 2025, at 2:00 AM. Clocks will jump ahead one hour, which means a little less sleep but brighter evenings ahead!

We're thrilled to welcome two new volunteers to our Movie Committee! Their enthusiasm will bring even more fun and exciting movie lineups to our theatre. Check out our online movie poster and stop by the Lake Club to catch the latest releases. Attendance has been growing since we started featuring newer films, and we love hearing your suggestions. If there's a movie you'd love to see, send us a note!

On March 15th, we're hosting a gym orientation session with a kinesiology expert to help members learn how to properly use the gym equipment. This event filled up within hours, which shows how many in our community are eager to make the most of the gym. If you missed this one, don't worry, we'll be bringing in a gym expert for another session in the fall. Keep an eye on our newsletter and social media for the date.

Lately, we've had several requests to book the Games Room for

private events. While we'd love to accommodate, this space remains open for shared community use only. If you're planning a private gathering, the Activity Room is a great alternative, fully equipped for hosting events. More details on how to book can be found on our website.

March is Fraud Prevention Month, a nationwide initiative focused on raising awareness about scams and helping individuals protect themselves from fraud. By now, most of us have received suspicious phone calls, emails, or messages, some more convincing than others. Even the Lake Club office has been targeted with scam attempts recently. We encourage everyone to stay cautious: If something feels off, hang up, delete the email, or reach out to a trusted friend or family member. To help our community stay informed, we're hosting an eye-opening **Fraud Prevention Presentation** on Wednesday, March 26th at 2 PM in the Lake Club Theatre. Experts from Crime Stoppers, RBC, and the Calgary Police Service will be sharing the latest tactics used by scammers and how to protect yourself.

Looking ahead, April is shaping up to be an exciting month! Check this newsletter for upcoming events or follow us on Facebook to be the first to know what's happening in our community.

As we step into spring, we look forward to longer days, warmer weather, and more chances to gather as a community. Wishing you a bright and joyful season ahead!

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@outlook.com
In-Office Hours: Monday & Tuesday 9am—2pm

HOA Board

lakesatrrhoa@gmail.com

SCAN QR CODE To view online



MARCH MOVIES



Saturdays at 7 pm – Lake Club Theatre



March 1 — The Family Plan (2023) with Mark Wahlberg, Michelle Monaghan, Ciarán Hinds
Rated PG-13 for sequences of violence and action, sexual material and some strong language.

A former top assassin living incognito as a suburban dad must take his unsuspecting family on the run when his past catches up to him.



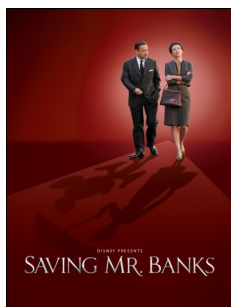
March 8 — A Real Pain (2024) with Kieran Culkin, Jesse Eisenberg, Olha Bosova
Rated 14A for language throughout and some drug use.

Mismatched cousins reunite for a tour through Poland to honor their beloved grandmother, but their old tensions resurface against the backdrop of their family history.



March 15 — The Banker (2020) with Anthony Mackie, Samuel L. Jackson, Nicholas Hoult
Rated 14A on appeal for some strong language including a sexual reference and racial epithets, and smoking throughout.

In the 1960s, two African-American entrepreneurs hire a working-class white man to pretend to be the head of their business empire while they pose as a janitor and chauffeur.



March 22 — Saving Mr. Banks (2013) with Emma Thompson, Tom Hanks, Annie Rose Buckley
Rated PG for thematic elements including some unsettling images.

P. L. Travers, a London author who is financially broke, visits Los Angeles to meet Walt Disney, who is keen to adapt her Mary Poppins books for the cinema. However, his methods do not meet her approval.



March 29 — Flow (2024)
Rated G for peril and thematic elements.

Cat is a solitary animal, but as its home is devastated by a great flood, he finds refuge on a boat populated by various species, and will have to team up with them despite their differences.

BOARD REPORT



The HOA Board of Directors hopes you're enjoying our break from winter's cold temperatures. We're not quite sure if this is truly spring yet, as March and April often bring a late return of winter weather.

Regardless, spring *is* on its way, and this is a great time to look ahead to the rest of the year. We have some wonderful activities planned at the Lake Club to help bring neighbours together. With all the troubling news in the world, this is an opportunity for us, as residents of the Lakes at Rocky Ridge community, to connect, support one another, and brighten someone's day.

A small gesture, introducing yourself to a neighbour, sharing a story, or simply offering a smile, can make a big difference. While we may not have control over the world's challenges, we can choose to strengthen our community and lift each other up.

If you have any questions, concerns, suggestions, or comments regarding the HOA, the Lake Club, or our activities, please send them directly to the Board of Directors at lakesatrrhoa@gmail.com.

FAMILY MOVIE NIGHT

Flow

ANIMAL ADVENTURE, FANTASY

FLOW

MARCH 29 SATURDAY

LAKE CLUB THEATRE

Gather your friends and family for an award-winning adventure—don't miss this heartwarming journey on screen at the Lake Club Theatre!

Stay One Step Ahead of Scammers!

Fraud is constantly evolving, and scammer methods are becoming more sophisticated every day. Do you know how to recognize the latest scams before they happen to you?

Join us at the Fraud Prevention Presentation at the Lake Club and learn how to protect yourself and your loved ones from financial fraud, identity theft, and online scams.

This is an incredible opportunity to hear directly from experts, including **Crime Stoppers**, an **RBC bank advisor**, and the **Calgary Police Service**. They will share the latest tactics scammers are using, real-life examples, and practical tips to help you stay safe.

Phishing emails, fake phone calls, online shopping scams, and investment fraud are on the rise, making it more important than ever to stay informed. Knowledge is your best defense, and this presentation will equip you with the tools to recognize and avoid scams. All community members are welcome!

You're Invited To

Fraud Prevention PRESENTATION



Learn, Discuss, and Protect Yourself.



Wednesday
March 26, 2025

Starting at
2:00 PM

Lake Club
Theatre

RSVP & More
Information:

587 349 1338
activity.lakeclub@outlook.com

Exciting Events Coming Up!

Gym Orientation Session (Sign-Up Required)
Saturday, March 15th at 12pm (Fitness Centre)

Fraud Prevention Presentation
Wednesday, March 26th at 2pm (Theatre)

Fifth Avenue Jewelry Vendor
Sunday, April 6th at 12pm—4pm (Activity Room)

Backyard Bounty Jams Vendor
Saturday, April 12th 11am—3pm (Activity Room)

Floral Centrepiece Workshop (Sign-Up Required)
Monday, April 14th at 5:30pm (Activity Room)

Easter Egg Hunt
Saturday, April 19th at 2pm (Lake Club)

Personal Touch Fashions Vendor
Sunday, April 27th 11am—3pm (Activity Room)

Collage Workshop with Art Illustrator (Sign-Up Required)
Saturday, May 24th (Activity Room)

First Aid Class—DATE PENDING



TALK ABOUT THE KNIT WITS... AGAIN!



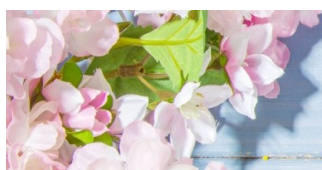
Our social group of Pavilions Ladies who gather on Wednesday afternoons in the Lake Club Games Room took a bit of a break from knitting over the Christmas and New Year holidays, but we've been busy since then.

Before going any further in our chat here, we would like to thank those who, since our last newsletter insert, came to us with more yarn. We are very grateful for your donations, no matter how small. We have also received cash donations from residents in our community. Cash to buy yarn when we need it. We thank those who have donated to "keeping heads warm this winter". Not only do we as a group appreciate it, but, more importantly, the clients of the Calgary Drop-In Centre and the Mustard Seed are also grateful for the toques.

Early in January we tallied up the number of toques knit beside each persons name and we were thrilled to see the total exceeded 1000 for the 2024 year. From our little group! This means that this toque project which has been on going in one form or another for 13 plus years has now knit approximately 12,000 toques. And that 's a lot of yarn, folks! We are now well into working on our next 1000 toques.

Note the second word in the first paragraph above is "social". And that's what we are. We gather primarily to socialize, then to knit. If you, as a resident of the Pavilions, would like to pop in to visit us and join in our conversations, you don't have to be a knitter. We do have a few ladies who pop in once or twice a month for 15 minutes to a half hour – just to say hello and find out what we are up to. Please feel free to do the same between 2:00 and 3:30 pm on Wednesdays.

March 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
(T) Theatre (GR) Games Room (AR) Activity Room (BR) Board Room						1 7pm Movie (T): The Family Plan
2	3 9:30am Aerobics DVD (T) 10:30am Ladies Craft Group (GR)	4 9:30am Yoga DVD (T) 7pm Bridge (AR)	5 9:30am Aerobics DVD (T) 1:30pm Bingo (AR) 2pm Pavilions Knit Wits Social (GR) Hatha Yoga 7—8:15 pm (AR) (Sign-up)	6 9:30am Yoga DVD (T) 7pm Bridge (AR)	7 9:30am Aerobics DVD (T) 6pm Chess Club (GR)	8 7pm Movie (T): A Real Pain
9 	10 9:30am Aerobics DVD (T) 10:30am Ladies Craft Group (GR) 7pm Book Club	11 9:30am Yoga DVD (T) 7pm Bridge (AR)	12 9:30am Aerobics DVD (T) 2pm Pavilions Knit Wits Social (GR) Hatha Yoga 7—8:15 pm (AR) (Sign-up)	13 9:30am Yoga DVD (T) 11am Catholic Communion (T) 7pm Bridge (AR)	14 9:30am Aerobics DVD (T) 6pm Chess Club (GR)	15 12pm Gym Orientation Session (Fitness Centre) (Sign-Up) 7pm Movie (T): The Banker
16	17 9:30am Aerobics DVD (T) 10:30am Ladies Craft Group (GR)	18 9:30am Yoga DVD (T) 7pm Bridge (AR)	19 9:30am Aerobics DVD (T) 11am St. Thomas United Church (T) 1:30pm Bingo (AR) 2pm Pavilions Knit Wits Social (GR) Hatha Yoga 7—8:15 pm (AR) (Sign-up)	20 9:30am Yoga DVD (T) 7pm Bridge (AR)	21 9:30am Aerobics DVD (T) 6pm Chess Club (GR)	22 3pm Tech Bridge Session (T) 7pm Movie (T): Saving Mr. Banks
23	24 9:30am Aerobics DVD (T) 10:30am Ladies Craft Group (GR)	25 9:30am Yoga DVD (T) 7pm Bridge (AR)	26 9:30am Aerobics DVD (AR) 1:30pm Bingo (AR) 2pm Fraud Prevention (T) Hatha Yoga 7—8:15 pm (AR) (Sign-up)	27 9:30am Yoga DVD (T) 11am Catholic Mass (T) 7pm Bridge (AR)	28 9:30am Aerobics DVD (T) 6pm Chess Club (GR)	29 7pm Family Movie (T): Flow
30	31 9:30am Aerobics DVD (T) 10:30am Ladies Craft Group (GR)					