

The Summit

November
2023



Covenant Living
Evanston Summit



L-R: Gwen, Helene, (dealer), Babs, Harry, Lil S, Leila, Jeannette, Cathie

As October ends and November begins, we're one step closer to Christmas! October was a great month with a spectacular 7th anniversary party, Festive Thanksgiving dinner and lots of neat activities for Halloween. We made some beautiful jar lid pumpkins, had the cutest grade 4 students from Kenneth D. Taylor for a costume parade that was extra special. Not to mention having the pleasure of handing out candy to all the kiddos in the neighbourhood who stopped by Evanston Summit to Trick or treat.

I will be doing a travelogue on my trip to Ireland and look forward to sharing all the photos and everything I learned on my adventure. November 11th we will have a Remembrance Day ceremony lead by Chaplain De-Anne to honour our fallen soldiers and have a bus outing planned for Nov 10th to go to the Military Museum. We will be getting into the festive spirit with Christmas card making and Christmas wreaths with Mikee. Make sure to attend one of my favourite events the tree lighting ceremony which will be sure to get you into the holiday spirit. Looking forward to all the magic this new month holds!

-Victoria

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Bus Schedule

Meet in the Lobby

Bus outing to Market Mall

Wednesday, November 1, 10:00am - 12:30pm

Bus outing to CPO for Classically Jazzed & Lunch (TBD)

Friday, November 3, 8:45am

Bus outing to Ascension Catholic Parish Mass

Saturday, November 4, 4:15pm

Bus outing to Military Museum

Friday, November 10, 1:30pm

Bus outing to Ascension Catholic Parish Mass

Sunday, November 12, 9:15am

Bus outing to Cross Iron Mills and Casino

Wednesday, November 15, 10:00am - 1:00pm

Bus outing to Ascension Catholic Parish Mass

Saturday, November 18, 4:15pm

Bus outing for Errands in NW areas

Friday, November 24, 1:30pm

Bus outing to Kenneth D Taylor school Christmas Market

Saturday, November 25, 9:45am

Bus outing to Ascension Catholic Parish Mass

Sunday, November 26, 9:15am

Bus outing to Sage Hills Walmart

Wednesday, November 29, 10:00am

Lost and Found

This month, we have collected a few found items. Is anything here yours?

Navy gloves, eye glasses, one black/red earring, bronze coloured ring



Entertainment Schedule



CC Dancers in "Hippie Shakers"

November 3, 2:30pm (Dining room)

Not Exactly Serious band and birthday celebrations

November 17, 2:30pm (Dining Room)

November 8th *Rick*

November 10th *Diane*

November 14th *Willard*

November 25th *John R*



If you're celebrating a birthday this month and aren't on this list, please let Marienette know.



November Birthstone



November babies are a lucky bunch because the November birthstones, **citrine** and **topaz**, come in a dazzling array of colors and are relatively affordable. Legend has it that citrine promotes vitality and energy in whomever wears it and creates wealth and abundance. The topaz birthstone symbolizes love and affection, and is said to bestow strength and intelligence on the person who wears it.

November Birth Flower

The November birth flower is the chrysanthemum. One of the world's most popular cut flowers because of its variety. Available in a huge spectrum of colours these flowers are thought to bring good luck and joy into any home.



Happy Heartiversary!

We wish Rick a happy 19th anniversary to his transplanted heart on November 7th!

Remembrance Day Service

Chaplain De-Anne will be leading a Remembrance Day Service on Saturday, November 11 at 10:00am in the dining Room.



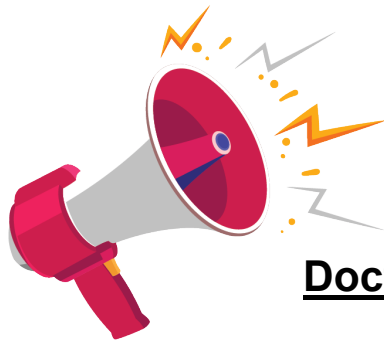
We would like to extend a very warm welcome to our new neighbours!

Arlene W Second Floor

Jo Second Floor

Ellie Third Floor

Shirley Third Floor



Wellness Update From Novlette

We are looking into having an additional COVID vaccine and the Influenza vaccine clinic next month as there were quite a few residents who weren't eligible at the time of our Oct 12 clinic. Details will be sent in a memo if and when we get one scheduled.

DID YOU KNOW?

Suite Cleaning, Safety

Just like any rental property, your suite needs to be returned to move-in condition upon moving out. You have paid a damage deposit to cover some typical repairs but permanent damage to walls, flooring or window coverings will be billed to you.

Should your carpets require maintenance cleaning, please tell Christy (admin assistant) and she can schedule the cleaner to come in. Individual quotes based on soil level or area to be cleaned will be provided before the cleaner comes in.

Area rugs can be a tripping hazard and are generally not recommended, but safety in your suite is your responsibility.

We've heard some comments about the showers being slippery. These are some recommendations from

- Grip bath mat
- Anti-Slip strips - use with caution as they are rough and can cause abrasion especially to seniors who have thin skin and on anti-coagulants
- Shower Seat fitted for your size and height
- Shower Assist / Supervision through Home care or our Resident Attendants

Doctor's Note

If your designated family physician is one of our visiting doctors, please book your appointments through Concierge.

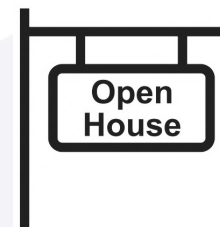
Dr. Collins and Dr. Al-Rubaiee are both still accepting new patients. If you are thinking of changing your family doctor to one of these visiting physicians, ask Concierge to schedule a Meet & Greet with the doctor and you can both decide if your needs/care are a good fit.

In case of urgent care, there is a walk-in clinic in Creekside called Infinity Medical, as well as a Medicentres Family Care Clinic across Stoney Trail by Save On Foods and Rexall.

Garbage and Recycling

We've had a couple fines from our recycling company who have found bags of trash thrown in with our recycling.

Please use the small black garbage bins on the right side of the room for your trash and only put flattened, approved recyclable materials in the large green bin.



**Next Open House: December 2nd,
2023, 10:00am-3:00pm**



Announcements

Bus Trip Info

There have been a lot of bus outings cancelled lately because we can't get the minimum of five people (ten for special events) to sign up. Each month, near the beginning of the month, Victoria will be in the Concierge area doing the sign-ups for the upcoming month. You're given a number and you can lounge in the lobby furniture until your turn. She will go through all of the outings with you to see what you'd like to sign up for.

After this initial sign-up session, you can add your name to the outings through the Concierge.

November's scheduled outings are listed on Page 2 of this Newsletter.



Card Bingo

There will now be a Card Bingo activity on Sundays at 1:30 in the Movement Studio. Sitting in groups of 4 (per deck of cards), there will be 10 games at 25¢ each. The winner of each game will keep all the money collected for that round. Resident Carol Boyd will be the regular caller.



Hot Breakfast Wednesdays

Just taking a moment to promote our weekly Wednesday morning hot breakfasts.

All residents are invited to come for this special (included) meal. Because it is residents from both meal seatings, you likely won't sit in your usual seat. It's a great opportunity to make some new friends!

Breakfast includes bacon, eggs, pancakes, oatmeal, sausages, juice, coffee/tea.

Guest breakfast meals are only \$7.25! Make reservations with Concierge for your guests.

In Memoriam



Vi Peoples

January 4, 1937—October 14, 2023



Laurence (Larry) Higa

January 24, 1931—October 18, 2023

Month in Review

007

EVANSTON
SUMMIT

Evanston Summit's 7th Anniversary Party
Alberta Fun Money Casino and Southern
Stardust Big Band



Marian and Diane



Liz, Be, Dorothy, Mel, Al



Gail, Gladys, Rick, Janet J



Richard, Norma, Clara



Cathie, Mabel, Lois, Janet B, Diane, Leila



Cecil and Lou



Fran, Sandi, Norm



Wii Group #1



Clara



Marge and Victoria

Marketing Update



Mikee is moving her desk down by Concierge, Did you even know she had an actual office on the second floor? Having her downstairs will help her with communicating with the core team more effectively. Also, she spends most of her time down there anyhow!

We had several new residents move in the last couple weeks of October as well as three moving in the first week of November. Welcome to Arlene, Jo, Ellie, Shirley and Rose!

There will be no open house in November but there is one scheduled for December 2nd.

Charles and Mikee

Get 
\$1000

THE SUMMIT REFERRAL PROGRAM

Refer someone to Evanston Summit and after they have lived here for 90 days you will receive a cheque for \$1000.

Casey-Lee
HAIR AND MAKEUP ARTIST

TUESDAY - APPOINTMENT ONLY

WEDNESDAY - 9:00 AM - 2:00 PM

THURSDAY - 9:00 AM - 2:00 PM

FRIDAY - 9:00 AM - 3:00 PM

**CALL OR POP IN TO
BOOK AN APPOINTMENT**

403-923-2505



For special requests call us at
587-538-7511 or e-mail info.evs@covenantliving.ca



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