

The Summit

June Newsletter

June
2024



Covenant Living
Evanston Summit



Stage West—Elvis Tribute Concert

Hello June!

Apologies for getting this out a few days late. May was a hectic month for me!

We started the month out with a beautiful Catholic mass led by Father JP from Ascension Catholic Parish. We are so grateful for his time as the parish is so incredibly busy.

A number of us went to Stage West to enjoy the renowned Matt Cage perform an Elvis Tribute Show. It was absolutely outstanding!

Our bus is up and running again so don't forget to sign up for the outings scheduled in June. We have a couple of broad shopping trips so you can get all set for your summer to get started.

We will have an Ice Cream Social Fundraiser on June 8 from 2:00 to 4:00pm. Please invite your friends and family to join us for entertainment (CC Dancers) and 50's style build-your-own-sundaes in the Bistro, Lobby and Courtyard.

Mikee

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Bus Schedule

Meet in the Lobby

Bus outing to Ascension Catholic Parish mass

Sunday, June 2, 9:15am

Bus outing to Stage West for Elvis Tribute Concert (ticketed performance)

Monday, June 3, 4:15pm

Bus outing to Cross Iron Mills Mall and Casino

Wednesday, June 5, 10:00am-1:00pm

Bus outing to Ascension Catholic Parish mass

Sunday, June 9, 9:15am

Bus outing to North Hill Mall

Friday, June 14, 10:00am-1:00pm

Bus outing to Ascension Catholic Parish mass

Saturday, June 15, 4:15pm

Bus outing to for errands to Creekside, Sage Hills shopping areas

Wednesday, June 19, 10:00am—1:00pm

Bus outing to Ascension Catholic Parish mass

Sunday, June 23, 9:15am

Bus outing to Market Mall

Friday, June 28, 10:00am - 1:00pm

Bus outing to Ascension Catholic Parish mass

Saturday, Jun29, 4:15pm

CC Poodle Hop Gang (CC Dancers)

Saturday, June 8, 2:30pm (Dining room)

Wild Rose Duo and birthday celebrations

Friday, June 14 2:30pm (Dining Room)

Travelogue:

Manila, Philippines



Friday, June 21, 2:30pm (Dining room)

Good Timers band

Friday, June 28, 2:30pm (Dining room)



June 1st *Gladys and Lois*

June 6th *Zahoor*

June 11th *Norm*

June 14th *Martha and Rose*

June 16th *Dorothy*

June 20th *Leila*

June 23rd *Joyce*

June 24th *Stan*

June 30th *Lou*



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

June Birthstones

The June birthstones are pearl, alexandrite and moonstone. With so many attractive options, individuals with June birthdays can have a birthstone that fits their mood or budget, due to the different colors and price points these gems offer.



June Birth Flowers

They are the rose and the honeysuckle, and each one is unique in its own special way. Apart from simply being two separate and distinctive plants, June's birth flowers both have a great deal of symbolism and meaning attached to them.



The rose lends people born in June devotion, faith, and honour, making them wonderful friends, lovers, and family members. Due to the flower's very fragrant nectar, honeysuckle is symbolic of a sense of sweetness. Plus, they are commonly associated with being a

Seniors Week June 3-9

Seniors' Week has been recognized since 1986 to celebrate and recognize the contributions seniors make to enhance the quality of life in Alberta. Seniors' Week was inspired by the vision of the late Alice Modin.

Ice Cream Social Fundraiser!

On Saturday, June 8 from 2:00-4:00pm Evanston Summit will be hosting an Ice Cream Social Fundraiser. Please invite your friends and family for this "Build your own Sundae" for only \$3!

CC Dancers will be here performing in the Dining Room at 2:30. Funds raised will be put towards the Resident Fund.



Doctor's Note

If your designated family physician is one of our visiting doctors, please book your appointments through Concierge. Please note this change: you will now need to sign the patient sign-up yourself.

Dr. Collins will be in June 6 and 20 this month. If you are thinking of changing your family doctor to our visiting physician, 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 in Panorama Hills (across Stoney Trail) by Save On Foods and Rexall.

DID YOU KNOW?

Tips to a Good Night's Sleep

Sleep is an important part of maintaining your health and wellness. Not getting enough sleep can lead to feelings of fatigue, low alertness, negative mood, lengthier response times, and diminished attention and memory.

Over long periods of time, not getting enough sleep can negatively impact health and has been linked to the development of chronic diseases including obesity, Type 2 Diabetes, Cardiovascular Disease and Depression.

Routines: Establish a pre-bedtime routine that includes quiet relaxing activities. Go to bed and get up at the same time every day.

Quiet: Reduce the amount of noise. White noise or earplugs are good options if the room is not quiet enough

Cool: Ensure your room is the right temperature. The body typically sleeps best when the environment is between 18 and 22 degrees Celsius.

Dark: Block out as much light as possible. Darker rooms tend to encourage deeper and prolonged sleep.

Nutrition: Eat at regular intervals and consume a balanced diet.

Minimize Distractions: Use your bed primarily for sleeping, Try not to watch TV, use electronics, or consume screen time in excess before bedtime.

Caffeine: Minimize caffeine intake prior to sleep. Caffeine acts as a stimulant and can last for up to six hours after consumption

Stress Free: Try to reduce stress before sleeping

Make sleep a priority and allow yourself enough time to get the sleep you need!



Wellness Update

This month we have a few great sessions scheduled. Sign up at Concierge for the following:

On June 11th, **Ears To You** will be in with their mobile hearing aid clinic for a Hearing Health Check Day. Get your hearing checked by a registered audiologist and rediscover the sounds you have been missing.

On Thursday, June 27th, Cindy, a registered reflexologist will offering introductory free **reflexology** sessions



Announcements

Father's Day

Father's Day is Sunday, June 16. For the evening meal, we will be having a barbeque meal and the gents will get a special treat.



June Crafts with Mikee

June 7 at 2:00pm, we'll do a free craft in the Movement Studio: fake flower arrangements in tea cups. These look great on your door ledge and also make really great gifts. We will customize them with your choice of flowers.

June 24 at 2:00pm, we'll make some beautiful summery door wreaths using flowers and a beaded wreath.



 COVENANT FOUNDATION'S
SENIORS' MONTH
IN PARTNERSHIP WITH 

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 Covenant FOUNDATION

In Memoriam



Carol Williams



Month in Review





Nicole Halverson Photo
www.nh-photos.com



OPEN HOUSE

JOIN US

150 EVANSPARK MANOR NW



June 22 (Sat)



10:00am - 3:00pm

TOURS AND REFRESHMENTS THROUGHOUT THE DAY.

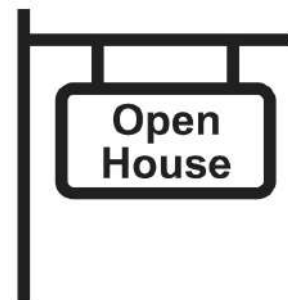


Covenant Living
Evanston Summit
RETIREMENT RESIDENCE

587-538-7511
COVENANTLIVING.CA

Living in joy
— BODY, MIND, AND SOUL

Next Open House: June 22, 2024
10:00am-3:00pm



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 - 9:00am—2:00pm

WEDNESDAY - 9:30am—11:30am

THURSDAY - 9:00am—2:00pm

FRIDAY - 1:00pm—4:00pm

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

403-923-2505



Covenant Living
Evanston Summit

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



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