

EVANSTON SUMMIT RETIREMENT RESIDENCE

FEW SUITES REMAINING!

AMENITIES YOU DESIRE & RATES YOU'LL LOVE

Covenant Living
Evanston Summit
RETIREMENT RESIDENCE

587-538-7511
COVENANTLIVING.CA
150 EVANS PARK MANOR NW

Living in joy
— BODY, MIND, AND SOUL

OPEN HOUSE

July 12 (Sat)
10am - 4pm

SUMMER
MOCKTAILS
AWAITS!

THE SUMMIT REFERRAL PROGRAM

Get **\$1000**

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

Open House

Next Open Houses:

Saturday, July 12
10:00am-4:00pm

Saturday, August 23
10:00am-4:00pm

Saturday, September 20
10:00am-4:00pm

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

COVENANTLIVING.CA

The Summit

July Newsletter

July
2025

Covenant Living
Evanston Summit

“Boots BBQ & Big Smiles-Howdy July!”

Stampede season is here—a time to celebrate Calgary’s western roots with boots, hats and music, and good ol’ fun! July is packed with excitement here at Evanston Summit but before we giddy up, we’re proud to look on a joyful June.

We kicked off with RBC Volunteers helping our gracious residents plant flowers—a great show of teamwork.

As part of Senior’s Month we welcomed resident’s grandchildren for a fun visit, where they played and shared smiles after enjoying a sweet treat sponsored by Tim Hortons Symons Valley. We also hosted a wine-treat Father’s Day Dinner, a lively Fishing Derby and entertainment by Fancy Double ‘C’ Cloggers, Happy Tones, and Keys of Joy & Me, the month was filled with heartwarming moments.

Residents enjoyed a cheerful coffee and chai tea social, arts and crafts, launched a weekly Line Dancing Session and Pool & Billiard Lesson with our wonderful volunteers. We also hosted a sweet raffle and ice cream fundraiser, with generous donations helping grow our Garden of Gratitude.

Our Hawaiian-themed Singing For Fun brought music and laughter followed by David Hirschman, nostalgic 50’s medley that had everyone tapping their feet-many couldn’t resist dancing! We wrapped up the month with a scenic Travelogue to New Zealand hosted by our amazing volunteers.



Our team is committed to creating a warm engaging environment—feel free to reach out with any suggestions or needs.

Here’s to more summer joy
— STAMPEDE-STYLE!!!



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Bus Schedule

Meet in the Lobby

Sunday, July 6, 9:15am

Bus outing to Ascension Catholic Parish

Tuesday, July 8, 9:00am

Bus Outing: Stampede Senior's Day

Wednesday, July 9, 10:00am

Bus outing to Country Hills Superstore, Michaels and Dollarama

Saturday July 12, 4:15pm

Bus Outing to Ascension Catholic Parish

Wednesday, July 16, 10:00am

Bus outing to Market Mall

Saturday, July 19, 10:30am

Bus outing to Brunch Buffet at Ace Casino

Sunday, June 20, 9:15am

Bus outing to Ascension Catholic Parish

Wednesday, July 23, 10:00am

Bus outing to Picnic at Bowness Park

Saturday, July 26, 4:15pm

Bus outing to Ascension Catholic Parish

Wednesday, July 30, 9:00am

Bus outing to Bar U Ranch Historical Site



Happy Hour with Carol Banks with Birthday Celebration in Dining Room
Friday July 4, 2:30 pm - 3:30pm

Stampede Theme: Special Singing for Fun (with Alvin, Peter, Jen, Tina & Gem) in the Lobby

Happy Hour Performance by Michael Hope in Dining Room
Saturday July 12, 2:30pm—3:30pm

Happy Hour by Dario Ficaccio in Dining Room
Friday July 18, 2:30pm— 3:30pm

Happy Hour travelogue to Cologne, Germany in Dining Room
Friday July 25, 2:30pm— 3:30pm

Entertainment



Seniors Month: Grandchildren Visits & Games, Fancy Double 'C' Cloggers, Raffle Draw & Garden of



Happy Hour Travelogue to New Zealand



Singing For Fun-Hawaiian Theme



Month in Review



Father's Day Fishing Derby



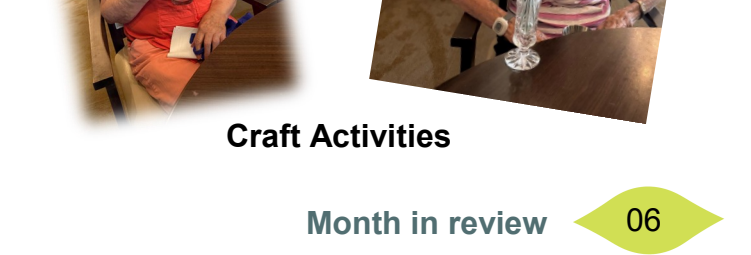
RBC Staff Volunteered in Gardening



Friday Happy Hour



Craft Activities



- July 1st *Eveline Rose, Louis, Agnes*
- July 4th *Verna*
- July 5th *Betty*
- July 10th *Janet and Joan*
- July 15th *Walter*
- July 16th *Valmont*
- June 26th *Marlene*



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

July Birthstones

In astrology, those born between July 1–22 are the Crabs of Cancer. Crabs are emotional nurturers, dedicated to their home and family. Gentle and kind, they love telling stories and upholding traditions. Those born between July 23–31 are the Lion star sign, Leo. Leos are dignified, strong, and powerful, making good leaders and honorable friends. They are also ambitious, reaching for the stars and working hard.



Wrangling u Up A Big Welcome (New Residents)

- June 1 *Gerry & Marg Hessell (Suite 236)*
- June 24 *Chuck & Marg Twissell (Suite 332)*
- June 26 *Ron & Carol Hodgson (303)*
- July 1 *Isobel Gallagher (240)*

July Birth Flowers

Larkspur is the main birth flower, known for its tall spikes and colors ranging from pink to purple and white. It symbolizes love and lightness.



Water lily is the secondary birth flower, symbolizing purity and rebirth. These flowers are often associated with the summer season and carry various meanings based on their colors.



DID YOU KNOW?

Doctor's Note

If your designated family physician is one of our visiting doctors, please book your appointments through Wellness Attendant. Please note that you must sign the patient appointment book yourself.

Dr. Adam will be here every other **Tuesday**.

Dr. Collins is still accepting new patients. If you are thinking of changing your family doctor to our visiting physician, ask Wellness Attendant to schedule a Meet & Greet with the doctor and you can both decide if your needs/care are a good fit.

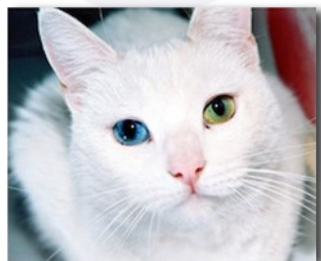


In case of urgent care, there is a walk-in clinic in Creekside called Infinity Medical, as well as a Medicentres Family Care Clinic in Panorama Hills (across Stoney Trail) by Save On Foods and Rexall.

Eye-Catching Diversity

Heterochromia, a rare condition affecting about 1 in 100 people, causes one or both eyes to have different colors due to varying melanin levels. Though more common in animals like cats and dogs, humans can also exhibit this unique trait.

Celebrate the beauty of eye diversity on Different Colored Eyes Day, July 12!



The Birth of a King

On July 18, 1953, a young man named Elvis Presley walked into the Sun Records studio in Memphis, Tennessee, to make his first record. The resulting acetate disc, with just two songs—"My Happiness" and "That's When Your Heartaches Begin"—was supposed to be a gift from Elvis to his mother. Rumor has it, though, that the Presleys did not even own a record player. Many speculate that the recording was an attempt to get the attention of Sun Records owner Sam Phillips. Apparently, Elvis made an impression, because he was invited back to the studio a year later. At first, the session was uninspiring, but then Elvis began goofing off and singing. That sound was just what Phillips was looking for, and the "King of Rock 'n' Roll" was born.



This Elvis Presley publicity photo shows off one of his now-famous moves.

Weather or Not!

July 15 is St. Swithun's Day in Britain. According to an old rhyme, this day also predicts the rain:

*St. Swithun's Day if thou dost rain,
for 40 days it will remain.*

*St. Swithun's Day if thou be fair, for 40 days
'twill rain [no more].*

Saint Swithun was the Bishop of Winchester. At either his or other clergy's request, he was buried outdoors where he could be among the people and where the rain could fall on his grave. After more than a century outdoors—on July 15, 971—the monks brought his remains to a shrine inside a newly built cathedral. And, as legend has it, torrential rains followed for weeks on end.

Ever since, people have believed that the weather on St. Swithun's Day will foretell the weather for the next 40 days. Those who have looked into the weather records from 971 say there's no proof of 40 days of rain, but the legend lives on.

Announcements

Crafts Activities

Cookin' in July-Fun with Food

Virgin Piña Colada



"The blenders are spinning and the pineapples are dancing! Join us on **Tuesday, July 15 from 2:30 to 3:30 PM** for home-made virgin piña coladas and the ultimate tropical hangout!"

Flora Schmear Cracker

Decorate crackers with frosting and a variety of edible toppings on **Tuesday, July 29, 2:30-3:30PM** These lovely floral crackers are fun to make and guaranteed to bring a smile. Craft flowers using fruit, nuts and edible leaves like rosemary or strawberry leaves.



Wellness Update

Wellness Coordinator Visits, July 23, 1:30pm-2:30pm (Country Kitchen)

Join us for a special visit from our **Wellness Coordinator** (Nurse) to explore tips for healthy living, stress management, and overall well-being. Stop by for great conversation and support!

Please sign up at the front desk for our Wellness schedule!!

The Spirit of Stampede

The Calgary Stampede is a ten-day July festival in Calgary, Alberta, known as "The Greatest Outdoor Show on Earth." It draws over a million visitors with its world-class rodeo, parade, concerts, midway, agricultural showcases, chuckwagon races, and First Nations exhibitions. The Calgary Stampede has its roots in the Calgary and District Agricultural Society, founded in 1884 to attract settlers and promote agriculture. After early exhibitions and some setbacks, Calgary hosted the successful 1908 Dominion Exhibition. Inspired by this, American showman Guy Weadick launched the first Stampede in 1912 with backing from four local businessmen, the "Big Four." His event cele-



brated Western heritage with rodeos and drew huge crowds. Though later attempts outside Calgary failed, Weadick returned in 1919 to co-create the "Great Victory Stampede" honoring WWI veterans—cementing the foundation of today's iconic celebration.

Other Announcements:

- ◆ **Please join us in welcoming our new bus driver, Joseph!**

We're delighted to have him on board and look forward to the wonderful outings ahead. Check out our bus outing schedule and sign up at the front desk.

Kindly note: If fewer than three people sign up, the outing will be automatically canceled.

- ◆ July 18 - Dr. Collins is away.
- ◆ Dr Collins will start at 12 Noon for the month of July & August.
- ◆ **Coffee Social with MLA Yaseen** on July 28, Monday (2:30-3:30pm) in the dining room