

EVANSTON SUMMIT RETIREMENT RESIDENCE

OPEN HOUSE

 **September 20 (Sat)**

 **10am - 4pm**

ENTERTAINMENT IN THE COURTYARD

2:30PM - 3:30PM Refreshments & cookies will be served.

**LIMITED SUITES
REMAINING!**



Covenant Living
Evanston Summit
RETIREMENT RESIDENCE

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

Living in joy
— BODY, MIND, AND SOUL

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

Open
House

Next Open Houses:

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

Saturday, October 18
10:00am-4:00pm

Saturday, October 18
10:00am-4:00pm

Casey-Lee
HAIR AND MAKEUP ARTIST

Monday 9:00am—2:00pm

THURSDAY - 9:00am—2:00pm

FRIDAY - 9:00am—2:00pm

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 Newsletter

September
2025


Covenant Living
Evanston Summit

A Time to Remember

September invites us into a season of reflection, connection, and gratitude. As the leaves begin to turn, we celebrate **Grandparents Day**, honoring the wisdom and love passed down through generations. We also prepare for the **National Day for Truth and Reconciliation**, a time to listen, learn, and stand in solidarity with Indigenous communities across Canada. And with the **harvest season** in full swing, we're reminded of life's abundance—both in nature and in the relationships that nourish us. This month, let's gather stories, share kindness, and embrace the richness of the season together.

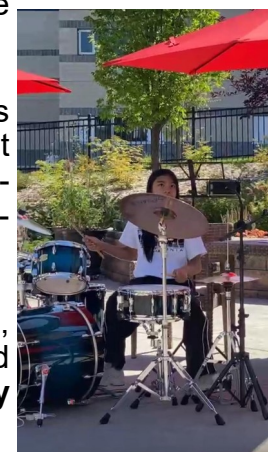


Picnics, Performers & Perfect Company August in Full Bloom

It was a month full of sunshine, laughter, and connection. Our resident's enjoyed unforgettable outings to Kirk's Alpaca Farm, Calgary Zoo, Picnic at Bowness Park, and William Watson Lodge added to the fun—even on days when rain threatened to cancel our plans. Luckily, the weather held up, and each adventure turned out to be a success!

Creative spirits came alive through stained glass stepping stone crafts, while music and movement filled our days thanks to lively accordion entertainers, a Hawaiian dance performer, and our talented volunteer drummer, Szy.

We welcomed new residents with a coffee social, learned from a Fraud Awareness talk by RBC and Calgary Police, and celebrated **community** throughout.



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Bus Schedule

Meet in the Lobby

Wednesday, September 3, 10:00am
 Bus Outing: Creekside Shopping Centre

Friday, September 5, 9:30am
 Bus Outing: Silver Spring Botanical Garden

Saturday, September 6, 4:15pm
 Bus Outing: Ascension Catholic Parish

Wednesday, September 10, 10:00am
 Bus outing: Market Mall

Friday, September 12, 8:45am
 Bus Outing: Philharmonic Orchestra

Sunday, September 14, 9:15am
 Bus Outing: Ascension Catholic Parish

Wednesday, September 17, 9:30am
 Bus Outing: Picnic at North Glenmore

Thursday, September 18, 10:00am
 Bus outing: Cowboy Casino

Saturday, September 20, 4:15pm
 Bus outing: Ascension Catholic Parish

Wednesday, September 24, 9:30am
 Bus outing: Central Public Library Tour

Sunday, September 28, 9:15am
 Bus outing: Ascension Catholic Parish



Happy Hour Birthday Celebration
 With Doc Wade in Dining Room
 Friday September 5, 2:30pm

Happy Hour with Calysto Band in
 Courtyard
 Monday September 8, 2:30pm

Happy Hour with the Adult Learning
 Music Support Group in Dining Room
 Saturday September 13, 2:30pm

Happy Hour with Carol Banks
 Saturday September 20, 2:30pm

Happy Hour Travelogue to Northern
 Canada and Welcome Residents in
 Dining Room
 Friday, September 26, 2:30pm



Month in Review

William Watson Lodge

Ice Cream Social

Hawaiian & Pig Roast Pa

Happy Hour

Bowness Park

Month in review

Sept. 7th *Art C.*

Sept. 20th *Bernice F.*

Sept. 22th *Giovanna A.*

Sept. 23th *Dave S.*



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

September Birthstones

Sapphire:

The September birthstone has traditionally symbolized sincerity, truth, faithfulness and nobility.

For countless centuries, sapphire has adorned royalty and the robes of the clergy. The elite of ancient Greece and Rome believed that blue sapphires protected their owners from harm and envy.



Morning Glory: In the language of flowers, morning glory blooms represent unrequited love because of their short lifespan. They also symbolize affection, mortality, mourning, and resurrection.

Aster: The aster, September's birth flower, symbolizes love, wisdom, bravery, and good luck. Its star-shaped blooms also represent grief and charm. Color meanings vary: purple for royalty, white for purity and new beginnings, pink for love, and red for devotion.

No Season Like the Present
to Say Welcome To:

Aug 26 - *Janet Thomson*
Suite 244

Morning Glory
&
Aster

September
Birth Month Flowers

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.

Welcome New Doctor: We're pleased to welcome Dr. Ifeju Omojuwa as our new physician, succeeding Dr. Marcel Adam. Please visit the front desk to sign up.

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.

Wellness Update

Nurses Visits on Thursday, September 18 , 1:30pm-2:30pm (Country Kitchen)

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

Gentle Reminder

Please remember to **"wear your pendant at all times."** It's a **"simple step"** that helps us respond quickly and effectively whenever you need assistance. Your safety and well-being matter deeply to us.

Thank you for your continued cooperation and trust.



Mythic Mateys

September 19 means it's once again Talk Like a Pirate Day. Should we go around spouting "Arrgh" and "Ahoy, matey"? Researchers view this pirate speech as Hollywood hoopla.

Many real pirates from the Golden Age of piracy most likely spoke like riverside-dwelling Londoners. After all, most pirates were former English-speaking merchant sailors.

Most pirate myths—from speech patterns to parrots, eye patches to peg legs—come from the book *Treasure Island* by Robert Louis Stevenson. When Disney turned the book into a movie in the 1950s, actor Robert Newton's portrayal of Long John Silver became the benchmark for nearly every pirate to follow. Perhaps September 19 should be renamed Talk Like Robert Newton Day instead?



Generation Celebration

September gives us a great excuse to celebrate the power of cross-generational connection. With both Grandparents Day and Intergenerational Day on the calendar, it's a reminder that meaningful relationships don't have to come from the same age group. Spending time with younger generations isn't just heartwarming—it's genuinely beneficial. Studies show that older adults who interact regularly with children or teens often feel more purposeful, experience less loneliness, and even see improvements in memory and mood. Meanwhile, younger folks gain a sense of perspective, patience, and emotional intelligence when they build relationships with seniors.

Some communities have taken this idea to the next level. In countries like Japan and the Netherlands, preschools and daycare centers are joining forces with senior living facilities, creating shared spaces where little ones and older adults can learn and play together. Finger painting and storytelling sessions can do wonders for everyone involved, young and old.



Announcements

Stained Glass Recrafted

The session will continue in **Garage Stall Lot #24**. Please contact Keith to schedule a time. We can't wait to see your artwork! Here are some of the finished stepping stone of our residents:



Ruffle & Pancake Deco Style Mesh Wreath

Fall is almost here—let's make wreaths! Join us this **September for Wreath Making**.

It's a fun and easy way to get into the fall spirit. Whether you've made one before or it's your first time, everyone is welcome!



Can't finish in one day? No problem! You can come back to finish it. I'll be there to help you step by step. It may look hard, but it's easier than you think!

Please note that the cost of materials will be \$15 for each wreath.

Personalized Jar Activity

Everyone's welcome—including men!

Come get creative and design your own jar just the way you like it. No cost, all fun.



Sign-up available at the front desk.

NATIONAL DAY FOR
TRUTH AND
RECONCILIATION



Orange Shirt Day & National Day for Truth and Reconciliation

Orange Shirt Day, observed annually on **September 30**, is a powerful symbol of remembrance and healing for Indigenous peoples affected by Canada's residential school system. Here's a concise overview:

Origins

→ Began in **2013** in **Williams Lake, BC**, as part of the **St. Joseph Mission Residential School Commemoration Project**. Inspired by **Phyllis (Jack) Webstad**, who shared her story of having her new **orange** shirt—gifted by her grandmother—taken away on her first day at residential school in **1973**.

Symbolism

→ The **orange shirt** represents the loss of identity, culture, and dignity experienced by Indigenous children. Webstad's story highlights how children's feelings and humanity were disregarded.

Why September 30?

This date marks the time of year when Indigenous children were historically taken from their homes to attend residential schools.

National Recognition

In **June 2021**, the Canadian government passed **Bill C-5**, officially recognizing September 30 as the **National Day for Truth and Reconciliation**, following the **Truth and Reconciliation Commission's 94 Calls to Action**.

Purpose

→ To **honour survivors**, their families, and communities.

→ To **educate Canadians** about the legacy of residential schools.

→ To **commit to reconciliation and healing** from intergenerational trauma.