

EVANSTON SUMMIT RETIREMENT RESIDENCE



OPEN HOUSE

October 18 (Sat)

10am - 4pm

Refreshments & cookies will be served.

JOIN US

ONLY FEW SUITES LEFT!



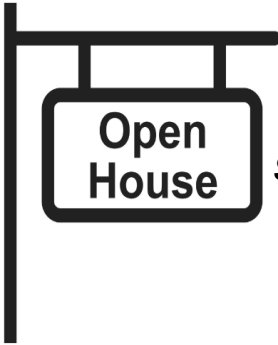
587-538-7511
COVENANTLIVING.CA
150 EVANS PARK MANOR NW

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



Next Open Houses:
Saturday, October 18
10:00am-4:00pm
Saturday, November 15
10:00am-4:00pm
Saturday, December 6
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



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



The Summit Newsletter

October
2025



Harvesting 9 Years of Memories

This October, we proudly celebrate 9 wonderful years at Evanston Summit! With 98.3% occupancy—133 residents and just one suite left—our community continues to thrive.



Congratulations to Jenn, our dedicated Sales & Marketing Coordinator, to all the Staff Team, and Resident Ambassadors for their incredible support during our open house. And thank you to all residents—your enthusiasm and word-of-mouth have made this milestone possible.

This achievement reflects the strength of our community and the dedication of our team.

Here's to growing and thriving together!

"No matter our age, gratitude keeps the spirit young." — Anonymous

Celebrating Connection and Creativity

Thank you to all who completed our recent survey—your feedback has been shared with leadership and helps shape our community.

We're excited to welcome Chef Joao!

From scenic bus outings and tranquil garden strolls to educational excursions and festive wreath-making, our residents embraced every opportunity to unwind and explore—so enthusiastically, we added extra sessions to meet the demand! Our welcome happy hour was a lively success, thanks to the Resident Council and our talented residents. Grandparents Day was a heartwarming celebration filled with music, laughter, and unforgettable performances by the Calysto Steel Band, Laughter Yoga, and the Adult Learning Music Group—including "a few volunteer musicians who also happened to be physicians".

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Bus Schedule

Meet in the Lobby

Wednesday, October 1, 10:00am
Bus Outing: Beacon Hill, Sage Hill & Creekside

Saturday, October 4, 1:15pm
Bus Outing: Jack Singer Concert Hall

Sunday, October 5, 9:15am
Bus Outing: Ascension Catholic Parish

Wednesday, October 8, 10:00am
Bus outing: Farmer's Market West

Saturday, October 11, 9:00am
Bus outing: Banff Picnic

Sunday, October 12, 9:15am
Bus Outing: Ascension Catholic Parish

Wednesday, October 15, 10:00am
Bus Outing: Cross Iron Mall

Saturday, October 18, 4:15pm
Bus Outing: Ascension Catholic Parish

Wednesday, October 22, 10:00am
Bus outing: Grey Eagle Casino

Sunday, October 26, 9:15am
Bus outing: Ascension Catholic Parish

Wednesday, October 29, 10:00am
Bus outing: Country Hills Superstore, Michaels, Shoppers, Dollarama & Staples



Fun Money Casino (Lobby)
Friday October 3, 4:30pm-7:30pm

Happy Hour Anniversary (Dining Room)
Friday October 3, 6:30pm—7:30pm

Happy Hour with Roy Poirer (Dining Room)
Friday October 10, 2:30pm

Happy Hour with Wild Rose Duo
(Dining Room)
Saturday October 18, 2:30pm

Happy Hour with Noel Burles & Vicki
(Dining Room) Friday October 24, 2:30pm

Happy Hour Halloween Around the World (Dining Room)
Friday, October 31, 2:30pm

Jar Decorations



Happy Hour Welcome New Residents



Silver Spring Botanical Garden



Calgary Central Pub-



Month in Review

William Watson Lodge



Wreath Making Workshop



Adult Learning Music Group



Grandparents Celebrations



North Glenmore Park

Month in review

- Oct 1st *Ellie G. Adrian D.*
Oct 16th *Cathie H.*
Oct 17th *Laureta S.*
Oct 18th *Anita W.*
Hilda W.
Oct 19th *Dee G.*



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

Congratulations!!!

Emilian & Jeannette
70th Wedding Anniversary
October 10, 1955



October Birthstones

The October birthstone are opal and tourmaline, both symbolizing various positive traits:

Opal: Represents creativity, hope and self-development. Its unique play of colors is often associated with inspiration and emotional expression.



Tourmaline: Known for its rainbow-like brilliance, it symbolizes love, compassion and grounding. It is believed to promote emotional healing and balance. Both stones reflect the vibrant and dynamic nature of those born in October.



The October birth flowers are Marigold and Cosmos.

Marigold: Known for its vibrant colors, it symbolizes passion, creativity, and devotion.

Cosmos: This flower adds variety and beauty, representing harmony and tranquility. Both flowers are easy to grow and provide color in gardens until the first frost of fall.

Harvesting New Connections

Sept 13th –*Morris & Gladys*
Suite 428

Sept 25 –*Jan.* Suite 241

Sept 29 –*Teresa.* Suite 334

Oct 1st

Diane. Suite 443

Susan. Suite 310

Dave. Suite 317

"The best things we harvest aren't found in fields, but in the hearts of those we meet."

Celebrations & New Residents

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. Ifeju Omojuwa, new schedule will be every other Friday. 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.

Leafy Legend

Kale is celebrated as a superfood due to its exceptional nutrient density—just one cup contains numerous vitamins, minerals, and more iron per ounce than beef. It's rich in antioxidants, supports heart health, reduces inflammation, and may help fight cancer. Kale's popularity has surged, even inspiring bumper stickers and T-shirts. Kale even has its own holiday—**Kale Day**, which falls on **October 1** this year. While raw kale is healthiest, it can be enjoyed steamed, baked into chips, blended into smoothies, or added to dishes like burgers and pesto. However you prepare it, kale is a powerhouse vegetable worth including in your diet.



There are over 50 types of kale, and it can range in color from green to purple to red.



Paper Alchemy

World Origami Days, celebrated from October 24 to November 11 (Origami Day in Japan), honor the ancient art of paper folding. Originating in China around AD 105, origami spread globally and remains popular today. In the 1950s, Lillian Oppenheimer helped popularize origami in America, and her birthday marks the start of the celebration. Events include seminars, exhibits, and folding classes. Whether crafting a frog, fan, or hat, origami offers both creative joy and tactile challenge.

The Bright Side of October

Orange is a defining color of fall, especially in October, seen in leaves, pumpkins, and Halloween décor. Its name entered English in the 1300s via Old French and Arabic, originally referring to the fruit. Before that, the color was called "yellow-red." **Orange** symbolizes warmth and energy, making it a perfect match for Halloween's black. The tradition of carving jack-o'-lanterns shifted from turnips in Ireland to pumpkins in America due to their abundance and vibrant hue. Beyond Halloween, **orange** appears in seasonal foods, clothing, and decorations, evoking harvest and autumn coziness. Though only five percent favor it year-round, **orange** shines brightly in fall's spotlight.



Making Homemade Kale Chips

Preheat the oven to 350°F. In a bowl or plastic bag, mix together one bunch of destemmed kale, 1 T. olive oil, and 1 t. salt until the kale is evenly coated. Place coated kale in a single layer on parchment paper on a baking sheet. Bake for 10 to 15 minutes until crispy. Let the kale cool for about 3 minutes and then enjoy your batch of nutritious kale chips.

Announcements

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Announcements

Evanston Summit's 9th Anniversary Celebration

Friday, October 3rd, 2025

Join us for a night of fun, music, and festive cheer!

Fun Money Casino Schedule:

4:30–5:15 PM – First-Seating Supper

Casino open for Second-Seating residents

Photo Booth opens

5:30–6:15 PM – Second-Seating Supper

Casino open for First-Seating residents

6:30–7:30 PM – Happy Hour with Southern Stardust Big Band

7:30 PM – Casino closes

Fall 2025 Community Engagement Event – Food Drive: Support our community this season! Food Drive boxes will be available in the lobby—drop off non-perishable items and help make a difference.

2025/2026 Seasonal Immunization: Thursday, October 23rd start at 9:00 AM in the **Movement Studio** for your flu and COVID vaccines. Two pharmacists will be onsite administering: **FLUAD/FLUZONE** (Flu) & **MODERNA SPIKEVAX** (COVID)

Stay protected this season—see you there!

Please remember to **wear your pendant at all times**—it's a simple step that helps us keep you safe.



Thank you for your trust and cooperation.

Vote 
Elections Calgary

Monday, October 6th
1:30 PM—4:30 PM
Games Room

"Party Streamer Poppy Pin"

Monday, October 27th &
Thursday, October 30th
1:30 PM– 2:30 PM
Craft Room (Suite 246)



Brighten your day with a fun fall craft! Make a cheerful poppy pin using a streamer, pipe cleaner, straw, and button—easy to create, fun to wear. See you there!

Halloween Fun with Kenneth Taylor School!

Join us in the lobby on **Friday, October 31st from 10:00–11:00 AM** as 130 kids visit in spooky costumes for Trick & Treats.

Wear your costume too and help us surprise them with Halloween cheer!



Calling ALL Vendor:

Christmas Craft Fair – Staff, residents, and families—register to showcase your festive creations! **\$10 per vendor setup** (proceeds to Resident Fund)
Saturday, Nov 22nd 10 AM – 4 PM.
Bring your own table Let's make it merry and bright!



We're excited to launch the Mission Awards—honoring those who inspire and uplift our community. Residents and families are welcome to submit a nominee! Let's recognize those who make our home feel like family. **Nomination deadline: December 12, 2025** Learn more or submit a nomination at www.CovenantMissionAwards.com

QR Code for Online Form



Announcements

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