

EVANSTON SUMMIT RETIREMENT RESIDENCE



OPEN HOUSE November 15 (Sat) 10am - 4pm

SERVING HOT CHOCOLATE & GINGER BREAD

HAPPY HOUR! 2:30 - 3:30 Live Entertainment

JOIN US

NOW ACCEPTING WAITLIST!

587-538-7511
COVENANTLIVING.CA
150 EVANSPARK MANOR NW

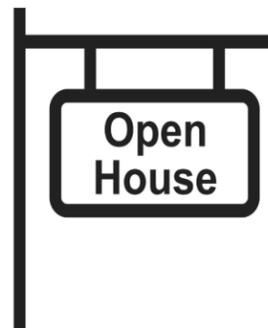
Living in joy
— BODY, MIND, AND SOUL



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, November 15
10:00am-4:00pm
Saturday, December 6
10:00am-4:00pm
Saturday, January 10
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



As October ends and November begins, we're one step closer to Christmas! October was a wonderful month filled with joyful moments—from our **Harvesting of Memories 9th Anniversary Party** to the **Festive Thanksgiving Dinner**, plus plenty of activities, new exercise sessions, morning walks, and coffee stop-by.

Halloween was extra special this year, with visits from nearby day homes and residents' families, including grandkids and great-grandkids dressed in adorable costumes. We also had the pleasure of handing out candy to all the neighbourhood kiddos who stopped by Evanston Summit to trick-or-treat—it was such a treat for us too!

Looking ahead, we'll be holding a **Remembrance Day Ceremony on November 11th**, to honour our fallen soldiers. We also have bus outings planned to the **Military Museum and the University of Calgary Exhibits – Nickle Galleries: Munnings – "The War of Years"**.

As we ease into the festive season, we'll be getting creative with Christmas card making, craft jars, and wreaths—joined by our talented volunteers. Don't miss one of our favourite events: The Tree Lighting Ceremony, which is sure to spark the holiday spirit! Be sure to check out our Christmas Craft Fair, featuring a variety of vendors show case your favourite festive creations and hand made treasures. Looking forward to all the magic this new month holds!



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Bus Schedule

Meet in the Lobby

Saturday, November 1, 4:15pm

Bus Outing: Ascension Catholic Parish

Friday, November 7, 10:00am

Bus Outing: Errands to Sage Hill

Sunday, November 9, 9:15am

Bus Outing: Ascension Catholic Parish

Sunday, November 9, 1:30pm

Bus Outing: Memorial Drive
Field of Crosses

Wednesday, November 12, 10:00am

Bus outing: Military Museum

Friday, November 14, 8:45am

Bus outing: CPO-Jack Singer Concert Hall

Saturday, November 15, , 4:15pm

Bus Outing: Ascension Catholic Parish

Wednesday, November 19, 10:00am

Bus outing: University of Calgary, Nickle
Galleries-"The War Years"

Sunday, November 23, 9:15am

Bus outing: Ascension Catholic Parish

Monday, November 24, 10:00am

Bus outing: North Hill Mall

Tuesday, , November 25, 10:00am

Bus outing: Cross Iron Mall & Casino

Saturday, November 29, 4:15pm

Bus outing: Ascension Catholic Parish

Sunday, November 30, 12:45pm

Bus outing: Mary Coulson 100th Birthday
Watergrove Community Clubhouse



Happy Hour & Birthday Celebrations
with Joel Spire (Dining Room)
Friday November 7 2:30pm

Happy Hour with Dario Ficaccio
(Dining Room)
Saturday, November 15, 2:30pm

Happy Hour with David Hirschman
(Dining Room)
Friday, November 21, 2:30pm

Happy Hour with Roy Poirier
(Dining Room)
Saturday, November 22, 2:30pm

Happy 100th Birthday Celebration
Musical by Linda Dudar
(Dining Room)
Friday November 28, 2:30pm



Lake Minnewanka
Outing

Evanston Summit
9th Anniversary

Entertainment Schedule



Month in Review

William Watson Lodge

Morning Walk



Poppy Pin Making



Happy Hour Halloween Around The World



Halloween Visits Trick or Treat

Nov 2nd *Jenny, Morris*

Nov 8th *Rick*

Nov 10th *Diane D.*

Nov 14th *Will*

Nov 22nd *Bernice*

Nov 30th *Mary C.*



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

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



Oct 1st

Diane B. Suite 443

Dave L. Suite 317

Susan Suite 310

Oct 15th

Jeff Suite 323

Oct 28th

Marylynn Suite 222

Oct 30th

Maureen Suite 427

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.



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 Thursday. 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.

Nature's Favorite Sequence



Fibonacci Day, celebrated on **November 23 (11/23)**, honors the famous number sequence: 1, 1, 2, 3—where each number is the sum of the two before it. Discovered by Italian mathematician **Leonardo of Pisa (Fibonacci)** in the 1200s, this pattern appears in nature, from pinecones to galaxies. People mark the day with spiral-shaped treats or Fibonacci-inspired art. This November 23, celebrate the beauty of numbers—and maybe enjoy a croissant in a golden spiral!

Honouring Canadian Soldiers on Remembrance Day

Every November 11, Canadians pause to remember the brave men and women who have served—and continue to serve—in the Canadian Armed Forces. From the trenches of World War I to modern peacekeeping missions around the globe, their courage and sacrifice have shaped our nation's history and values.



More than 118,000 Canadians have lost their lives in military service, and countless others have returned home forever changed. Remembrance Day is a time to reflect on their legacy and express our deepest gratitude. Ceremonies across the country, including at the National War Memorial in Ottawa, bring communities together in solemn tribute.

This year, special recognition is being given to Sikh Canadian soldiers, whose contributions span over a century. Despite facing discrimination, these pioneers broke barriers to serve with honour. Canada Post has unveiled a commemorative stamp to celebrate their courage and dedication.

As we wear our poppies and observe a moment of silence at 11:00 AM, let us remember not only those who gave their lives, but also those who continue to serve today. Their commitment to peace, freedom, and unity remains a powerful example for all Canadians.

At Evanston Summit, we proudly join this national tradition with a moment of silence, poppy displays, and shared stories from residents and families.

Announcements

Upcoming Holiday Workshops

Christmas Ribbon Wreath

Thursday, November 13
1:30 PM Suite 246
Cost: \$20.00



Christmas Garland

Monday, November 17,
1:30 PM Country Kitchen
Cost: \$20.00



Christmas Jar Craft

Friday, November 14, 1:30 PM
Country Kitchen
FREE \$0



Get festive and hands-on as we craft charming garlands, beautiful ribbon wreaths, and delightful Christmas jar decorations to brighten your holiday décor and bring the spirit of the season into your home!

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.

Covenant



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



Christmas Craft Fair, Saturday, November 22 from 10 AM– 4PM in the Lobby.

Christmas Tree Lighting, Thursday, November 20 at 6:30 PM (Lobby)



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