



EVANSTON SUMMIT RETIREMENT RESIDENCE OPEN HOUSE

January 10 (Sat)
10am - 4pm
Happy Hour: 2:30 p.m. – 3:30 p.m.
Serving Cookies & Beverages + Live Entertainment!
Be part of our great community.
Join our waitlist.

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

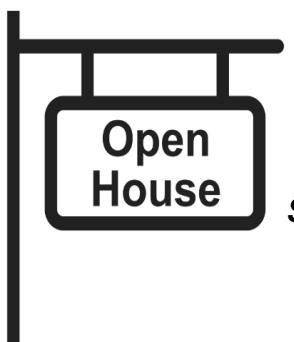
JOIN US



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, January 10
10:00am-4:00pm

Saturday, February 21
10:00am-4:00pm

Saturday, March 14
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

January
2026

A Joyful December to Remember

December was a wonderfully festive month at Evanston Summit. Residents, families, and friends celebrated together with Christmas card giving, a delicious Christmas Dinner Buffet, and joyful performances by various volunteers—the Singing Group, Eva Keffler, the ZK Violin Students, Jen & Peter, & the CFC Group.



We welcomed the new year with a special New Year's Eve Dinner and a lively countdown featuring music from the talented father-and-son duo, Cole Briggs.



Residents also enjoyed a variety of health and wellness activities, including physio sessions, chiropractic care, a walker clinic, hearing tests, and a waste management presentation from the City of Calgary.

We were thrilled to welcome Goan musician Acacio Pereira to start the new year, and we look forward to enjoying our new grant-funded drums, more arts and crafts, and upcoming bus outings—weather permitting.

Here's to a vibrant, creative, and joyful year ahead for our community.



Covenant Living
Evanston Summit

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Announcements

Come share the groove!

Drumming Circle – let's drum together

Drums will be displayed in the lobby, and everyone is welcome to give them a try.



Have fun!

Please note: handle the drums with care so we can enjoy them for a long time.



Beads Friendship Bracelet Making

Monday, January 12th at 1:30PM



Thread Friendship Bracelet Making

Monday, January 19th at 1:30PM

Crafts Room (Suite 246)

Create something special for yourself, for a loved one, or for your grandkids.

Join us at no cost and enjoy a fun, relaxing time crafting meaningful keepsakes. No experience needed — just bring your creativity and

Click with Caution

When you hop on a computer to browse the Web, how can you be sure no one is watching you? Governments collect data to fight threats. Social media platforms and search engines gather data to personalize their services. And retailers analyze behavior to optimize what you see. As a global reminder of just how much we share online, many countries observe Data Privacy Day on January 28.

Large institutions like banks and insurance firms invest heavily in securing their data. But how should individuals protect themselves? Time-tested advice includes the following: avoid oversharing in online profiles, because people who really know you already have much of that info; use private or incognito browsing to prevent local traces, though it won't hide your activity from websites or your internet provider. Use a password manager to create strong, unique passwords, and whenever possible enable multifactor authentication. Any of these measures can help reduce the risk of hackers stealing your data.

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.

New Year's Eve Dinner/Party



ZK Student Violin

CFC Christmas Carol

Month in review 07

Month in Review



Santa's Visits



Special Greeting for
60th & 70th Wedding
Anniversary



Staff Appreciation
(5 years in service)

Christmas Dinner Buffet



Summit Singing Fun
Group



Month in review



Jan. 1st *Betty D.*

Natalie

Jan. 2nd *Maria L.*

Jan. 3rd *Doug*

Jan. 6th *Jo B.*

Jan. 7th *Kim*

Jan. 11th *Ruth*

Jan. 15th *Janet B.*

Jan. 19th *Diana S.*

Jan. 24th *Art N.*

Melvin

Jan. 31st *Sheryle*

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



CARNATION SNOWDROP

Carnations symbolize determination, warmth, and deep affection. They are widely used to express love, gratitude, and devotion, making them popular for celebrations like birthdays, weddings, and Mother's Day.

Snowdrops may look delicate, but they have a long, meaningful history. Originating in Europe and the Middle East, they were valued by ancient Greeks for their medicinal qualities and later by medieval monks as symbols of purity and hope.



January
Birthstone

Garnet, named from the Latin *granatus* ("pomegranate"), has been valued since the Bronze Age and worn by Egyptian pharaohs, Romans, and medieval nobility. It's a group of minerals with five main gem types that span colors from deep red to vibrant orange, yellow, and green—most famously the green tsavorite. A well-known example is the Smithsonian's Victorian-era pyrope hair comb made with Bohemian garnets. Across history and in Indian astrology, garnet has also been associated with emotional healing, confidence, mental clarity, and soothing the heart.

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.

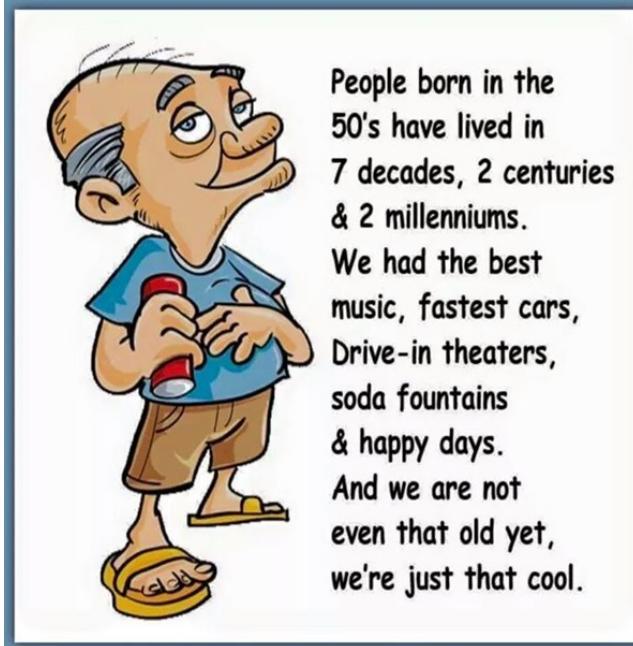
Dr. Ifeju Omojuwa, new schedule will be every other Thursday. Please visit the front desk to sign up.

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.



The Beat That Moves Us: Gentle Movement, Powerful Impact



As we age, maintaining strength, balance, and fine motor skills becomes essential—not just for mobility, but for

dignity, confidence, and independence. Yet traditional exercise routines can feel repetitive, uninspiring, or even intimidating. Enter an unlikely hero: **drumming**. More than just a musical pastime, drumming offers a powerful, science-backed way for seniors to **sharpen motor coordination, enhance brain-body connection, and regain ease in everyday tasks**—from tying shoes to writing a note.

Drumming as Full-Body Therapy

Drumming isn't just about rhythm. It engages **both hemispheres of the brain**, connects **visual, auditory, and tactile senses**, and activates **fine and gross motor functions**

all at once. Each beat involves:

- Shoulder and arm movement (gross motor)
- Hand and finger control (fine motor)
- Foot coordination (for full drum sets or chair-based foot taps)
- Sensory feedback (feeling the stick strike, hearing the sound)



This simultaneous engagement creates a rich, low-impact neuromotor workout that helps rewire neural pathways—especially important for those with age-related motor decline, Parkinson's, or early cognitive impairment.

Building Neuroplasticity Through Rhythm

Neuroplasticity is the brain's ability to form and reorganize synaptic connections—especially after injury or in response to learning. Drumming stimulates this in a unique way. Studies show that rhythmic movement can:

- Improve hand-eye coordination
- Strengthen left-right brain communication
- Enhance reaction time
- Aid in post-stroke rehabilitation



Even simple rhythms repeated regularly can create lasting changes. ***That's why drumming is now used in physical therapy clinics, memory care programs, and senior centers worldwide.***



From Drumming to Daily Life: The Transfer of Skills

The benefits of drumming extend far beyond the circle.

Hand dexterity gained through drumming can make it easier for seniors to:

- Button shirts or fasten jewelry
- Use kitchen tools safely
- Hold a pen and write legibly
- Manipulate zippers, keys, or remote controls

Arm strength and coordination developed through steady drumming helps with:

- Using walkers or canes
- Reaching into cabinets or shelves
- Getting dressed more easily
- Maintaining posture while sitting or walking

In short, when seniors drum, they're not just playing music—they're training for daily living.

Bonus Benefits: Emotional & Social Wellness

The power of rhythm goes deeper. Drumming is:

- **Non-verbal and inclusive**—everyone can participate
- **Socially engaging**, reducing isolation and depression
- **Emotionally expressive**, helping release stress and anxiety
- **Fun and empowering**, creating a sense of purpose



For many older adults, drumming revives a part of themselves they thought was gone. They rediscover their energy, voice, and rhythm—while subtly retraining their bodies to move more confidently through life.



Getting Started: No Experience Required

Chair-based drumming routines are perfect for those with limited mobility. Sessions can be tailored to any ability level and progressed over time.

Drumming Is More Than Music—It's Movement

In the end, drumming is a joyful, rhythmic return to control. It improves the motor skills that truly matter—not just for physical independence, but for emotional and social wellness.

