

EVANSTON SUMMIT RETIREMENT RESIDENCE

OPEN HOUSE

 **Feb 21 (Sat)**

 **10am - 4pm**

Happy Hour 2:30pm – 3:30pm



**Live entertainment
snacks & refreshments
will be served!**

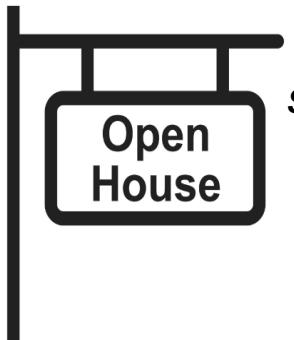
587-538-7511
COVANTLIVING.CA
150 EVANSPARK MANOR NW

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

Saturday, March 14
10:00am-4:00pm

Saturday, April 11
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@covenantliving.ca


Covenant Living
Evanston Summit


COVANTLIVING.CA

The Summit Newsletter

February
2026



Celebrating Friendship, Family, and Festive Activities All Month Long

The new year kicked off with wonderful energy at Evanston Summit as residents and families filled our home with warmth and shared moments. We enjoyed a full line-up of activities, from exercise classes and arts & crafts to a lively Happy Hour with The Jazz Bandits, Resident's sing-along, and a fun trivia challenge.

A heartfelt thank you to the Caledonian Society for their engaging Robbie Burns presentation, which brought culture, humour, and tradition to life. We also launched our new **Drumming Circle** filled with laughter, rhythm, and excitement and residents loved it so much that regular sessions will begin in February.

Looking ahead, February is packed with connection and fun: a vibrant **Lion Dance for Chinese New Year**, our **Residents' Valentine Party Happy Hour**, our **first Coffee Social with Chef Joao**, a delicious **lunch buffet at Yangtze**, and an outing to **Studio Bell**. We'll also host a **Fraud and Scam Awareness** presentation by Scotia Wealth Management and kick off new Table Car Racing event, "**Summit Speedway**."

There's plenty of joy, learning, and community spirit awaiting us in the weeks ahead, and we can't wait to share every moment with you.



Covenant Living
Evanston Summit

— INDEX

02	Announcements
03	Celebrations
04	Did You Know?
05	Golden Insights
06	Month in Review
07	Month in Review
08	Marketing Update

Announcements

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.



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.

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.

FRAUD PREVENTION

How to recognize and avoid common scams.

Learn about the most common scams targeting seniors and simple steps you can take to stay safe.

PRESENTED BY KELAN JENSEN
Scotia Wealth Management

Thursday, February 12th
1:30PM-2:30PM
Movement Studio

Get Ready for Double the Thrill!

Saturday, February 7th
1:30 PM – 2:30 PM (Bistro)

Table 2 – Car Racing “Summit Speedway”

Feel the speed, cheer for your favorites, and enjoy the rush!
PLUS...

Table 1 – Horse Racing “Summit Stallions”

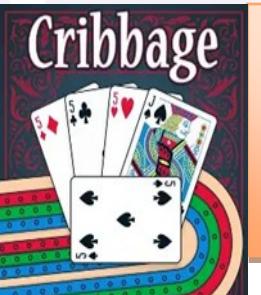
Place your bets, pick your champion, and enjoy the excitement!



Now you get to choose your adventure — or try both!

Have fun and enjoy the ride!

Cribbage



Every 2:30PM
(Games Room) on Saturday with occasional Fridays

Announcements

02



Paper Heart Wreath



Drum Circle



Robbie Burns Presentation
(St Andrews Caledonian) Society

Month in review

07

Month in Review

Happy Hour with Greg Rumble



Birthday Celebration & Summit Singing Fun



Bow
Habitat
Station
Fish
Hatch-



Feb 9th Jim B.

Feb 13th Glen B.

Feb 16th Shiu-Ying

Feb 22nd Terry A. & Helene D.

Feb 22nd Terry C.

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

February's Birthstone: Amethyst

Amethyst is a beautiful purple quartz known for its calming energy. Its color ranges from soft lilac to deep violet, and its durability makes it great for everyday jewelry.

Historically seen as a royal stone, its name comes from the Greek word meaning "not intoxicated," symbolizing clarity and protection.



Today, amethyst represents inner strength, peace, and balance, and is also the traditional gemstone for sixth wedding anniversaries.



DID YOU KNOW?



Chinese New Year, also known as Lunar New Year, follows the lunar calendar and typically falls between late January and mid-February. Each year is represented by one of twelve zodiac animals, believed to influence luck and personality. Red is the colour of good fortune, seen in decorations and traditional red envelopes that symbolize blessings. Many foods carry special meanings—dumplings for wealth, noodles for long life, and fish for abundance. Firecrackers and Lion Dances are performed to drive away bad spirits and welcome good energy. Homes are cleaned before the holiday to sweep out old luck, and families gather for reunion dinners, making it the biggest celebration of the year. The festivities last 15 days and conclude with the Lantern Festival, symbolizing hope and renewal.



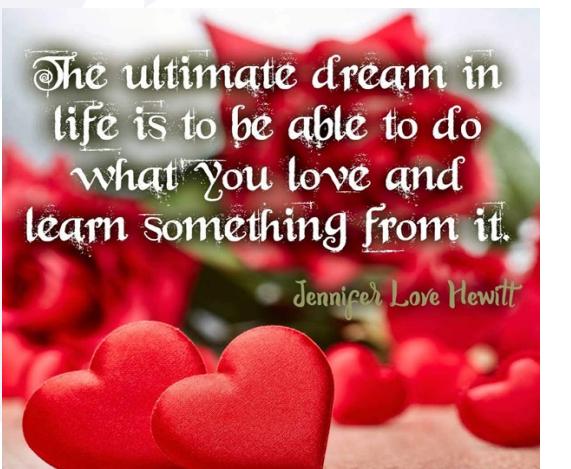
Valentine's Day, celebrated on February 14, has deep historical roots and a wide range of modern traditions. Its origins trace back to the ancient Roman festival of Lupercalia, a mid-February celebration filled with fertility rituals and matchmaking customs. The holiday later became associated with Saint Valentine, a Christian martyr—one of several individuals named Valentine who were executed for defying Roman authority.

Today, Valentine's Day is a major celebration of love, friendship, and appreciation. Around 145 million cards are exchanged each year, making it the second largest card-sending holiday after Christmas, with teachers receiving the most. Consumer spending continues to grow, reaching billions annually, including a surprising amount dedicated to gifts for pets.

Many beloved traditions—like heart-shaped chocolates and conversation candies—have evolved over time, with some originally beginning as medical lozenges. Celebrations also vary around the world, with some cultures focusing more on friendship than romance.

Despite its sweet modern image, Valentine's Day has a surprisingly dark past involving ancient rituals and sacrifices. Today, however, communities embrace the holiday with joy, including towns named Valentine across the United States that host themed events and decorations.

Overall, Valentine's Day has transformed from ancient rites into a global celebration of affection, connection, and heartfelt traditions.



Family Day is an official holiday in some Canadian provinces, celebrated on the third Monday of February. It provides an opportunity to take a break from work, spend time with loved ones, and enjoy winter activities.

The history of the holiday

- **1990** – Family Day was first introduced in Alberta at the initiative of Premier Don Getty. He wanted to emphasize the importance of family values and create a break between New Year's and Easter.

- **Spread to other provinces** – over time, the holiday began to be celebrated in other regions as well.

- **Today is Family Day** in the following provinces:

Alberta • British Columbia • New Brunswick • Ontario • Saskatchewan

Manitoba, Prince Edward Island, and Nova Scotia celebrate similar holidays on this day — **Louis Riel Day, Island Day and Nova Scotia Heritage Day** in accordance.

Is Family Day a national holiday?

No, Family Day is not a Canadian-wide holiday. Federal employees (postal service, banking, aviation, etc.) do not receive an official day off unless provided by their employer.

Family Day is not just an extra day off, but a great opportunity to spend time with loved ones and take a break from everyday life. Some choose active winter activities, some attend cultural events, and some simply spend the day at home with their family.

Had Youth Been Willing To Listen

By Edgar Guest (1881-1959)

If youth had been willing to listen
To all that its grandfathers told,
If the gray-bearded sage by the weight of his
age,
Had been able attention to hold.
We'd be reading by candles and heating with
wood,
And where we were we'd have certainly stood.

If youth had been willing to listen
To the warnings and hints of the wise,
Had it taken as true all the best that it knew,
And believed that no higher we'd rise,
The windows of sick rooms still would be kept
shut
And we'd still use a cobweb to bandage a cut.

If youth had been willing to listen,
Had it taken clung to the best of the past,
With oxen right now we'd be struggling to
plough
And thinking a horse travels fast.
We'd have stood where we were without
question or doubt
If some pestilent germ hadn't wiped us all out.

So, although I am gray at the temples,
And settled and fixed in my ways,
I wouldn't hold youth to the limits of truth
That I learned in my brief yesterdays.
And I say to myself as they come and they go,
"Those kids may find something this age
doesn't know."