

EVANSTON SUMMIT RETIREMENT RESIDENCE

OPEN HOUSE

 **Mar 14 (Sat)**
 **10am - 4pm**

HAPPY HOUR 2:30 - 3:30PM
 LIVE ENTERTAINMENT, SNACKS & REFRESHMENTS



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

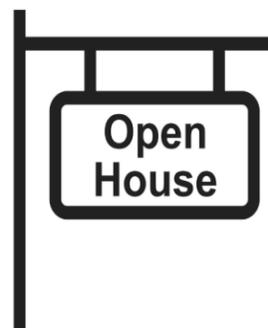
Living in joy
 — BODY, MIND, AND SOUL



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

Saturday, April 11
 10:00am-4:00pm

Saturday, May 16
 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



The Summit Newsletter

March
 2026



A Month of Milestone and Memories

February was full of love and laughter at Evanston Summit. From our cheerful **Valentine's Happy Hour** to the heartwarming **Family Day** and the vibrant **Lunar New Year** celebration, joy was everywhere. The highlight for many was the **Lion Dance Presentation**, which left everyone smiling and energized. As soon as the performance ended, residents enthusiastically suggested booking them again for next year!

Another favorite moment was our **Travelogue to Saskatchewan**. The excitement lingered

before, during, and long after — just like the buzz after watching a great movie. Residents were thrilled to explore and learn more about their own province, sparking conversations filled with pride and curiosity.

Now, as we step into March, we're embracing another month to remember. From **milestone birthday celebrations** to **High Tea**, **St. Patrick's Day festivities**, **Museum outings**, and much more — the joy continues to grow.

We're also grateful for the many volunteers who enrich our events. This month features performances by talented musicians, including a **harpist**, a **video presentation of the Alberta Symphony Orchestra**, and several **guitarists**. Their generosity and artistry bring warmth and inspiration to our community.

Honoring Two Incredible Milestone Birthdays

Milestone Celebrants:
Cecil, one of our longest-standing residents, celebrating his **100th birthday**, and **Carl**, marking his **103rd birthday**.

What an extraordinary blessing to witness and celebrate these beautiful milestones here at Evanston Summit. We are truly honored to share these unforgettable moments together as one community.

What an amazing and joyful time for all!

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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.

In case of urgent care, there are walk-in clinics nearby: **Creekside Medical Clinic (#4-12192 Symons Valley Rd NW)** and **Infinity Medical (#10-12432 Symons Valley Rd NW).**

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.



Donation Bin

Did you know there is a donation bin in the garbage room? As you do your spring cleaning, consider donating clothing or small household items to the Cerebral Palsy Society, who collects the bin (when it is full).

Please **put your items into bags** so it's easier for the driver to take out the items; they don't take the bin itself.

It's a great way for CP to make a few dollars while also keeping useable items out of the landfill.



Welcome new residents!

- Suite 206 *Cecil C.*
- Suite 222 *Catrina A.*
- Suite 312 *Erna B.*
- Suite 329 *Werner P.*

Resident's Valentine Party



Travelogue to Saskatchewan



Drum Circle

Month in Review

Lion Dance



Staff Valentine's
Tea Party

Happy Hour



HAPPY BIRTHDAY!

- 7 - Carl & Keith
- 8 - Maureen
- 10 - Cecil J.
- 12 - Jeffery
- 15 - Clara & Dave L.
- 20 - Margareth B.
- 23 - Elsie



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

March Birthstone

The birthstone representing March is aquamarine. Famed for millennia for its pure and even blue or blue-green color, potentially large size, and sparkling clarity, the aquamarine has been a valued gem to many cultures. Aquamarine is a variety of the gem species beryl, making it a close cousin of emerald. In addition to being the birthstone for March, aquamarine is also traditionally given to commemorate a 19th wedding anniversary.



March Birth Flower

Daffodils! Because it is one of the first flowers to bloom in spring, daffodils are seen as a representation of rebirth and new beginnings. They are also thought to represent inspiration, forgiveness, and creativity. With their bright yellow petals, daffodils seem the perfect way to say that the sun is always shining whenever your loved one is around.



March Birthstone

DID YOU KNOW?

Sunday, March 8



Important and Commemorative Days

March is [Irish Heritage Month](#)

March 8 [International Women's Day](#)

March 11 [National Day of Observance for COVID-19](#)

March 14 [Commonwealth Day](#) - The 56 member countries of the Commonwealth, including Canada, celebrate Commonwealth Day every year on the second Monday in March.

March 21 [International Day for the Elimination of Racial Discrimination](#)-This day marks the tragic 1960 Sharpeville massacre in South Africa, where 69 peaceful protesters were killed. It reminds us that racial injustice persists — and calls on all of us to act. In Canada, Indigenous peoples and racialized communities continue to face discrimination. March 21 is a time to recommit to eliminating systemic racism, ensuring respect, safety, and equal opportunity for all.

March 31 [National Indigenous Language Day](#) is observed annually on March 31 to celebrate and support the preservation revitalization of Indigenous languages across Canada.



International Women's Day

International Women's Day (March 8) is a global day celebrating the social, economic, cultural, and political achievements of women. The day also marks a call to action for accelerating women's equality.

IWD has occurred for well over a century, with the first IWD gathering in 1911 supported by over a million people. Today, IWD belongs to all groups collectively everywhere. IWD is not country, group or organization specific.



St. Patrick's Day is celebrated annually on March 17, the anniversary of his death in the fifth century. St. Patrick's Day 2023 will take place on Friday, March 17. The Irish have observed this day as a religious holiday for over 1,000 years. On St. Patrick's Day, which falls during the Christian season of Lent, Irish families would traditionally attend church in the morning and celebrate in the afternoon. Lenten prohibitions against the consumption of meat were waived and people would dance, drink and feast on the traditional meal of Irish bacon and cabbage.

In the centuries following Patrick's death (believed to have been on March 17, 461), the mythology surrounding his life became ever more ingrained in the Irish culture: Perhaps the most well-known is that he explained the Holy Trinity (Father, Son and Holy Spirit) using the three leaves of a native Irish clover, the shamrock.



Living in Elegance:
High Tea at Covenant Living
at Evanston Summit

☕ Residents, Families & Friends Are Invited! —
For details, please contact Cristina
☎ 587-538-7511

📅 Saturday, March 14
🕒 2:30 – 3:30 PM
📍 Covenant Living at Evanston Summit
Guest Pay \$5.00/each person

🌸 Dress up if you'd like — hats, florals, and tea-time charm are welcome! 🌸
We look forward to celebrating together!

Living in Wellness
at Evanston Summit!

Join us on
Saturday, April 18
1:00 – 4:00 PM

for our *Wellness Fair*

We welcome Health Care & Wellness Providers
to connect with our residents and share their services.

To participate, contact Cristina:
587-538-5111
cristina.llarenas@covenantliving.ca

Let's support healthy living in our community! ❤️