

EVANSTON SUMMIT RETIREMENT RESIDENCE

OPEN HOUSE

📅 April 11 (Sat)

🕒 10am - 4pm

JOIN US

HAPPY HOUR 2:30 - 3:30PM Live entertainment, snacks & refreshments will be served.

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

Living in joy
— BODY, MIND, AND SOUL



The Summit Newsletter

April
2026



April in Bloom: Wellness for Mind, Body & Spirit



We had such a wonderful time in March—it was truly a month of milestones and meaningful memories. We were proud to celebrate our centennial residents, and it was a joy to welcome Global News and the City of Calgary Fire Department, along with families and friends, who joined us in these special celebrations. The festivities continued with a delightful **High Tea and a lively Green & Cheery Hour** in honor of St. Patrick's Day, along with Silly Hat Creations. With the arrival of beautiful spring weather at the end of March, we also had the perfect opportunity to enjoy an outing to the charming **Nose Creek Valley Museum** in Airdrie—a little gem full of history and surprises!

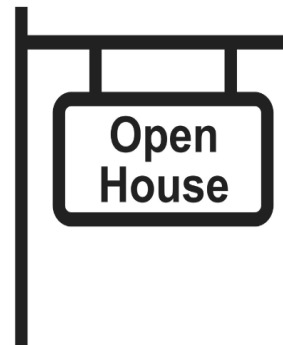
In April, we celebrate connection and wellness for mind, body, and spirit. Highlights include a **Wellness Fair** with health providers, **Easter Dinner** and **Dinner Buffet** gatherings for families and friends, and a **free vaccine clinic** for COVID-19, RSV, and Pneumococcal vaccines.

Thank you to our incredible volunteers—residents and families truly appreciate your support, which means so much. We honor you with a **Volunteer Appreciation Tea Party** in gratitude for all that you do.

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

Saturday, May 16
10:00am-4:00pm

Saturday, June 13
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



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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.

Calling all
Health & Wellness Providers!

Join our Wellness Fair on
April 18, 1 – 4 PM
at **Evanston Summit.**

Showcase your services &
connect with our community!

We'd love to have you there!

587-538-7511
cristina.llarenas@covenantliving.ca



Welcome new residents!

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

Cheer-y Greenery Hour



Lucky Charm

Dinner at Jubilation Theatre
"Let it Beatles" Month in review

Month in Review

High Tea Party

Carl & Cecil's Birthday



Silly Hat Creations

HAPPY BIRTHDAY!

- 8 - Rosemarie
- 11 - Margo
- 12 - Jeannette
- 15 - Arlene
- 17 - Yvonne
- 18 - Fred K. & Werner
- 22 - Harry
- 27 - Shirley
- 29 - Michael & Janet S.



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



As the birthstone for April, diamond represents invincibility, inner strength, and eternal love.

The April birthstone is the diamond, a gemstone renowned for its extraordinary brilliance, symbolic meaning, and enduring popularity in [jewelry](#).

It is the hardest known natural substance, a fact that aligns with its symbolic role as a gemstone of resilience and purity. In this article, we will explore the diamond's historical significance, geological properties, cultural symbolism, and modern applications in jewelry, particularly in the form of gold April birthstone rings.



DID YOU KNOW?

Barnum's Biggest Star

On April 9, 1882, renowned showman P. T. Barnum arrived in New York City with the largest spectacle ever to grace his traveling circus. Jumbo the African elephant, weighing 6.5 tons and standing over 11 feet tall, stepped from the British steamship *HMS Assyrian Monarch*. The massive but gentle beast instantly endeared himself to audiences. Thanks to Jumbo's many stunts, such as promenading across the Brooklyn Bridge, Barnum's circus earned the nickname "The Greatest Show on Earth." You could say Jumbo was the first international animal superstar.

The name *Jumbo* was a cross between two Swahili words: *jumbe* meaning "chief," and *jambo* meaning "hello." We can thank Jumbo the elephant for adding the word *jumbo* to our vocabulary.



Common traditions include practical jokes, media hoaxes, and cultural variations such as France's "April fish" prank or Scotland's Gowkie Day. Today, the day is a lighthearted way to enjoy creativity, laughter, and social connection, focusing on fun rather than harm.

Across Faiths and Time



Golden Rule Week (April 1–7) highlights the timeless principle of treating others as you would like to be treated. While many associate it with Jesus' teaching, similar ideas appear in many major religions and philosophies, including Judaism, Confucianism, Buddhism, Hinduism, and Islam. Although the term "Golden Rule" originated in 17th-century England, the concept itself is universal and widely considered a fundamental part of human nature.

Rolling into Spring

World Marbles Day on April 3 celebrates one of the oldest and simplest games, enjoyed for thousands of years. From ancient stone marbles to handmade glass designs, the game combines skill, strategy, and luck. Beyond play, marbles are valued as collectibles and even inspire patterns in food. The day is a reminder that fun can be simple, nostalgic, and timeless.



DINNER BUFFET NIGHT

Friday, April 17th

Join us for a delicious evening of great food and good company!

First Seating

4:00 PM – 5:15 PM

Second Seating

5:00 PM – 6:15 PM

Please RSVP by Monday, April 13th
The guest sign-up sheet is available at the Guest Sign-Up Table by the bistro.

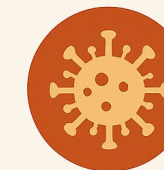
Guest fee: \$30.00 per person.

We look forward to seeing you there!

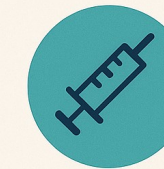
RESIDENTS' VACCINE CLINIC

WEDNESDAY, APRIL 29

Vaccines for:



COVID-19



Pneumococcal



RSV