

EVANSTON SUMMIT RETIREMENT RESIDENCE

OPEN HOUSE

May 16 (Sat)

10am - 4pm

HAPPY HOUR: 2:30 PM – 3:30 PM

LIVE ENTERTAINMENT, SNACKS & REFRESHMENTS

587-538-7511

COVENANTLIVING.CA
150 EVANSPARK MANOR NW

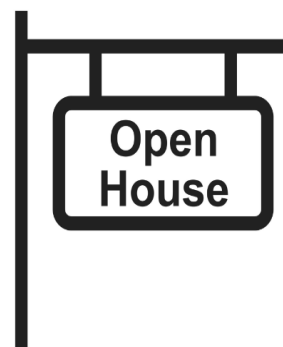
Living in joy
— BODY, MIND, AND SOUL



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

Saturday, June 13
10:00am-4:00pm

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

CALL OR POP IN TO
BOOK AN APPOINTMENT

403-923-2505

Casey-Lee
HAIR AND MAKEUP ARTIST

MONDAY 9:00am—2:00pm

THURSDAY - 9:00am—2:00pm

FRIDAY - 9:00am—2:00pm

For special requests call us at
587-538-7511 or e-mail: info@covenantliving.ca



COVENANTLIVING.CA

The Summit Newsletter

MAY
2026



Springtime Fun in Full Bloom!

Spring has been an exciting season in our community, filled with fun, learning, and connection. April highlights included **Silly Hat Day, an Ice Cream Social, a Coffee Social** to welcome new residents, a successful **Wellness Fair, and Educational & Discovery Trips to the Central Public Library, Lougheed House and Bell Studio**.



We also proudly celebrated our dedicated volunteers and ensured resident vaccinations were up to date.

May started on a high note with Red Dress Day and a joyful Mother's Day Celebration featuring *Memory Lane Fashion* and the wonderful talents of our residents and staff.

A heartfelt thank you to all our **residents, families, and the Evanston Summit Team** for making our community vibrant, welcoming, and full of life. There's much more to come—please stay tuned for more exciting events!



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Announcements



Doctors 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.

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.

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)**.

Wellness Fair



Silly Hat Day

LIVE!!! ENTERTAINMENT CAPPY SMART BAND

Hot dog on a bun, chips & pop for only \$5

FREE ADMISSION

JOIN US FOR A **Summer Show & Shine**

SATURDAY, JUNE 20, 2026
1:00PM-4:00PM
150 EVANSPARK MANOR NW, CALGARY

A vibrant afternoon of classic cars, community connection and summer fun!!!

For more details, reach out to Cristina @ cristina.llarenas@covenantliving.ca

"All proceeds will go toward supporting activities and programs of Evanston Summit Residents"

RAFFLE DRAW & GAMES



Easter Sunday

Month in review

Month in Review

Coffee Social



Ice Cream Social



Volunteer Appreciation



Studio Bell– National Music Centre



Lougheed Ho

HAPPY BIRTHDAY!

- May 1st *Maria T.*
- May 5th *Delina, Marie, B. & Emilio*
- May 8th *Terry L.*
- May 11th *Shirley W.*
- May 16th *Isobel*
- May 19th *Clarence*
- May 20th *Erna*
- May 23rd *Paul G.*
- May 24th *John W*
- May 25th *Mary M.*
- May 28th *Marian & Gary*
- May 31st *Pasquale*

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

Birth Flowers

&

May

For May, the birth flowers are lily of the valley and the hawthorn. These flowers have a meaning of humility, sweetness, the return of happiness and motherhood.



EMERALD

Month: May
 Colour: Spring Green
 Purpose: Vitality

Like the spring, green Emerald brings a renewed freshness and vitality to the spirit, encompassing the life energy of rebirth and creation.

DID YOU KNOW?

The month of May is named after the Greek goddess Maia.

Maia was the goddess of fertility and growth and was often represented with a blossoming flower. May was originally the third month of the year but was later moved to the fifth position by the Romans.

May is the Month When Spring Blooms in the Northern Hemisphere.

The weather becomes warmer and the days start getting longer. May is a time of new beginnings when nature comes back to life after the long winter months.

Mother's Day is celebrated in many countries on the second Sunday in May to honor mothers and show love and appreciation for them. Families often celebrate with special meals and gifts. The holiday began in the early 1900s through the efforts of Anna Jarvis, who wanted to honor the sacrifices mothers make for their children after her own mother's death. Her work led to the official recognition of Mother's Day in 1914, when President Woodrow Wilson declared it a national holiday in the United States.

"A mother is your
first friend,
your best friend,
your forever friend."

Victoria Day is a uniquely Canadian holiday that marks the birthday of Queen Victoria and serves as the official observance of the reigning monarch's birthday. It evokes the start of the warm season, with traditions like fireworks displays and early summer gatherings rooted in a sense of national identity. Established in 1845



by the Province of Canada, it transformed from a largely military commemoration into a civilian celebration, later fixed to the Monday before May 25 to ensure a long weekend and cemented as a symbol of Canada's ties to the Crown.

Savor the Snail



Some people are hesitant to eat snails, while others enjoy them as a delicacy, especially when prepared with garlic, butter, and herbs. Humans have eaten snails for over 30,000 years, as shown by Stone Age findings in Spain. Today, Burgundy snails are prized for their rich flavor and nutritional value, and escargot can be enjoyed in many dishes—from pasta and kebabs to even desserts. May 24, Escargot Day, offers a perfect opportunity to try this historic food.

The Art of Order

Henry Martyn Robert, born on May 2, 1837, was a brigadier general in the U.S. Army Corps of Engineers. He is best known for writing *Robert's Rules of Order*, a guide to running fair and orderly meetings, inspired by his own struggle to moderate a church meeting. Today, his rules are widely used by organizations of all kinds to keep meetings civil and effective.

Holy Rollers

As the weather warms in May, cyclists of both the motor and pedal variety feel the call of the open road. As a response to this urge to cycle, many religious institutions hold a Blessing of the



Bikes ceremony. In massive cathedrals like New York City's St. John the Divine, pews and aisles are packed with bikers and spandex-clad cyclists of all religious denominations while the local priest showers attendees with holy water and prayers for a safe and fun bicycling season. Since 1972, the Blessing of the Bikes has become a ritual each May in Baldwin, Michigan. Over 10,000 motorcyclists and bicyclists congregate at the Baldwin airport for a blessing ceremony. Some churches have added a new twist, inviting wheelchairs, strollers, and skateboards for a Blessing of the Wheels.



A Mother's Love Blooms Forever

A mother's love is a quiet seed,
Planted deep in a tender need.
It roots in hope, in sleepless nights,
In whispered prayers and lullabies.

It blooms in hands that gently guide,
In steady hearts that stand beside.
Through storms and sun, through joy and tears,
It grows more radiant through the years.

Each petal holds a sacrifice,
A warmth, a truth, a gentle advice.
A fragrance soft, yet strong and true,
In every "I believe in you."

Seasons may change, and time may fly,
Children grow and say goodbye.
Yet in the soul, its blossoms stay,
Unfading in their quiet way.

For a mother's love, so pure, so wise,
Is a garden no time denies—
Forever rooted, forever in bloom,
Lighting the heart in life's every room.