

EVANSTON SUMMIT RETIREMENT RESIDENCE

OPEN HOUSE

July 11 (Sat)

10am - 4pm

HAPPY HOUR:
2:30 PM – 3:30 PM

LIVE ENTERTAINMENT,
SNACKS & REFRESHMENTS



Covenant Living
Evanston Summit
RETIREMENT RESIDENCE

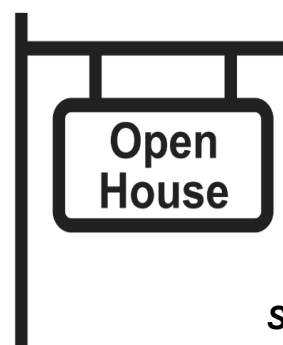
587-538-7511
COVENANTLIVING.CA
150 EVANSPARK MANOR NW

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

Saturday, August 22
10:00am-4:00pm

Saturday, September 19
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

Covenant Living
Evanston Summit

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

COVENANTLIVING.CA

The Summit Newsletter

JULY
2026

Covenant Living
Evanston Summit

* Sunshine, Smiles & Summer Celebrations at Evanston Summit *

June Highlights & a Look Ahead to an Exciting July!

Despite the unpredictable weather, June was filled with laughter, friendship, and unforgettable memories—rain or shine!

From our Caregiving Event BBQ with **The Sax Quartet**, Senior's Month celebrations, games, raffle draws, and an ice cream fundraiser to our festive Father's Day Game Fest, Gentlemen's Dress to Style and Happy Hour featuring the **Cappy Smart Band**, BBQ lunch and complimentary beer, there was something for everyone to enjoy.



July promises even more fun, family connections, exciting outings, and engaging activities. Here's to another month of making wonderful memories together!

Our scenic bus outing to Cochrane and Okotoks were a great success, with perfect weather and wonderful participation. We also proudly celebrated Canada Day in red, and now the excitement of Stampede season is in the air!



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Announcements

Handi Boat Outing
Wednesday, July 22 & August 19

Saskatoon Farm
Wednesday, August 5th

BBQ at William Watson Lodge
Monday, August 10th

Interested in being our presenter?

August Travelogue:
Okanagan & Rocky Mountains

Share your journey and inspire fellow residents. Cristina will help prepare the PowerPoint presentation—just bring your stories and enthusiasm!

Please see Cristina. Thank you for helping us travel across Canada without leaving home!

Arts & Crafts

Fairy Garden Painted Mushroom
Thursday, July 16th



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.



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.

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: **Evanston Medical Clinic** (8120, 2060 Symons Valley Parkway NW, Calgary) and **Infinity Medical (#10-12432 Symons Valley Rd NW)**. Clinic Hours: Mon-Fri 9:00am to 5pm.

Father's Day Game Fest & Happy Hour



Okotoks
Big Rock

Bell
Studio

Month in Review

Cochrane Outing



Father's Day BBQ Lunch



Month in review



- July 1 – *Evelyne & Agnes*
- July 4 – *Verna*
- July 5 – *Betty*
- July 10 – *Joan*
- July 13 – *Anne*
- July 15 – *Walter*
- July 26 – *Marlene*
- July 30 – *Meryll*

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



Welcome new residents!

- Suite 232
Derek
- Suite 304
Odette

JULY BIRTHSTONE
•RUBY•



There's a reason why **ruby**, the July birthstone, is called the 'king of gems.' It's simply a class above the rest!

This captivating bright red gemstone represents all things **love** and is believed to bring in **wisdom** and **wealth**.

DID YOU KNOW?

The Spirit of Nachi

High in the Kumano region of Japan's Kii Mountains lies Nachi, a sacred site in the Shinto religion, and the Great Waterfall of Nachi, a dazzling rush of water that cascades 133 meters. *Kumano* means "holy ground where the gods dwell," and the mountain range is filled with many religious sites and pilgrimage routes. On **July 14**, thousands of pilgrims and tourists climb to the beautiful waterfall for the Nachi Fire Festival, a celebration of water and fire.

According to Shinto religious beliefs, a powerful spirit, or *kami*, lives within the Nachi waterfall. Pilgrims first pay homage to the spirit with a blessing of fire. Men in white robes carry massive torches weighing over 100 pounds up and down the 133 steps (one for each meter of the waterfall's height) that lead to the sacred Nachi shrine. Fire has long been considered a purifying force, and once the steps are purified, more pilgrims.

Nights of Nights

Morse code seems old fashioned. After all, commercial Morse radio stations have been defunct for almost three decades. The last U.S. commercial maritime Morse transmission went out on **July 12, 1999**, and read, "What hath God wrought"—the same message Samuel Morse first sent in 1844. The abandoned station was filled with old rotary phones, manual typewriters, teletype machines, and of course, telegraphy keys. What a pleasant surprise when the airwaves sprang to life again with buzzing and beeping on **July 12, 2000**. This was the first "Night of Nights," when for one night, an old maritime radio station on the coast of northern California sent out those long-forgotten Morse transmissions. The tradition has continued on the night of **July 12 ever since**.



Guardians of the Wild

One hundred years ago, 100,000 tigers roamed Asia, but now only 4,500 to 5,500 live in the wild. Observers of **International Tiger Day on July 29** hope to reverse that trend and save one of Earth's most majestic beasts. Though they invoke fear in many, tigers rarely target people. Rather, they play a vital role in sustaining healthy ecosystems. The survival of tigers is directly linked to the health of the land that they live on. Protecting tiger habitats ensures healthy forests that provide clean water to the human populations that share their land with tigers.



Notable Quotable

"Never lose an opportunity of seeing anything beautiful, for beauty is God's handwriting."

~ Ralph Waldo Emerson, philosopher

The Great Jump

On July 20, 2006, German professor Hans Niesward claimed that he had convinced 600 million people to celebrate World Jump Day.



Everyone would jump at the same time and knock Earth into a new orbit. The result?

Extended daylight hours, a more uniform climate, an end to global warming—and a great big laugh! It turns out the holiday was a hoax. The professor was actually German artist Torsten Lauschmann. Of course, this hasn't stopped people from jumping on July 20. Not to fear, though; scientists have done the math, and 600 million jumpers could not possibly affect the axis or orbit of Earth, which has a mass of a whopping 13 septillion pounds.



Small practices. Big difference.
Join Habits for Happiness

Tell an Old Joke Day

Tell an Old Joke Day on **July 24** is the perfect excuse to dust off the classics and share a groan or two.

*I used to play piano by ear—
now I use my hands.*

*Why don't scientists trust atoms?
Because they make up everything.*

*Parallel lines have so much in common;
too bad they'll never meet.*

*I'm reading a book on anti-gravity—
it's impossible to put down.*

Redefining Beauty

Today, the idea of aging beautifully looks a little different than it once did. That's the spirit behind **Gorgeous Grandma Day on July 23**. It's less about chasing youth and more about confidence, presence, and self-acceptance.

Scroll through social media and you'll find grandmothers with large followings who share style, skincare, and lifestyle tips—not to turn back the clock, but to feel good in the skin they're in. There's no single formula anymore. Even in industries once dominated by youth, older women are claiming space and redefining beauty. They're not "still beautiful despite their age"—they're just beautiful.