

EVANSTON SUMMIT RETIREMENT RESIDENCE

OPEN HOUSE

Aug 22 (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

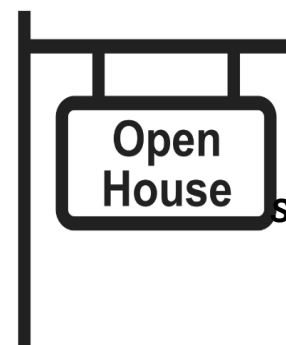
BODY, MIND, AND SOUL



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

Saturday, September 19
10:00am-4:00pm

Saturday, October 17
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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The Summit Newsletter

August
2026



Summer Fun at Evanston Summit



Summer at Evanston Summit has been full of fun, friendship, and memorable moments! Residents celebrated **Canada Day** and **Stampede Week** with festive meals, family gatherings, and wonderful community spirit. They also enjoyed scenic outings, morning walks, boat rides, BBQs, and bus adventures around Calgary.

This summer also brought exciting new programs, including **Habits for Happiness**, an 8-week wellness series sponsored by Covenant Health, and our new **Accessible Bike Program**, giving residents another enjoyable way to explore the community.

The fun continues this August with more outings, picnics, and our **Hawaiian Pig Roast Party** featuring live entertainment by the **Razzama Jazz Band**. At Evanston Summit, every activity is an opportunity to stay active, build friendships, and create lasting memories.

continued on page 4

— INDEX

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

Announcements

**Every Wednesday
Accessible Bike Program
Sign-up Available**

Batch 2- Handi Boat Outing
Wednesday, August 19th

**2 Buses on
BBQ at William Watson Lodge**
Saturday, September 5

Interested in being our presenter?

**September Travelogue:
Northwest Territories**

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

**Join Us for Flower Pot Painting &
Flower Arranging!**

Create your own painted flower pot and arrange beautiful flowers to take home. **Please check the calendar for the event date and sign up on the sign-up sheet. We hope you'll join us!**

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.

STAMPEDE DAYS



Bike Ride, Painting
& Exercises

Month in review

07

Month in Review

Various Bus Outing



BBQ on the Boat



- August 7 - Francine & Ron
- August 10 - James
- August 12 - Arlene
- August 13 - Mary J
- August 20 - Joyce
- August 22 - Chuck
- August 29 - Yvonne
- August 31 - Norma

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

AUGUST BIRTHSTONES

SPINEL
inspiration, energy, and resilience



SARDONYX
strength, stability, and protection



PERIDOT
joy, abundance, and emotional clarity



Something **BIG** is Coming This October!

Save the Date • October 1–10

Stay tuned... the countdown begins!

Join us as we celebrate

10 Years of Togetherness

at our Anniversary Celebration!

Birth Flowers

&

August

The birth flowers for August are the gladiolus and poppy which generally symbolises strength of character, honesty, generosity and moral integrity.

Celebrations & New Residents

DID YOU KNOW?

Where Buses Beat the Jam

On August 20, 1989, stage two of the O-Bahn Busway opened in Adelaide, South Australia. This rapid-transit bus system was Australia's ingenious response to fighting traffic congestion in the fast-growing region.

First opened in March 1986, the O-Bahn is a cross between a railway and a busway. Instead of a train track, buses run on a dedicated concrete guideway. Specially outfitted O-Bahn buses move from city streets into tunnels that lead to the busway, where they carry more than 35,000 passengers per day unimpeded at up to 55 mph over the nearly eight-mile length. Each year, drivers keen to avoid traffic attempt to drive their cars onto the O-Bahn, but the track's design prevents ordinary cars from navigating it. They have to be removed from the track by crane.



The Great Chicken Dash

It's that time of year again. Every August, plucky competitors converge at the Barley Mow Inn in Bonsall in Derbyshire, England, for the World Hen Racing Championship. While the race in Bonsall has been a community mainstay for 35 years, hen racing as a festive and lighthearted competition between local villages has endured for over a century.

Rolling Through History

One of the more striking holidays in August is Bowling Day, which falls on the second Saturday of the month. It's easy to see why more than 60 million people go bowling each year—it appeals to all ages and genders, and evidence suggests that it has been played for thousands of years. British anthropologist Sir Flinders Petrie, upon excavating a tomb in Egypt, discovered a set of children's toys that dates to 3200 BC and looks like a bowling set. A form of bowling was so popular in 14th-century England that King Edward III outlawed the game so that troops would better focus on training. Bowling even debuted as a demonstration sport during the 1988 Olympics in Seoul, South Korea, though it has not yet been included in the Olympic program.



Bonsall hosts a 22-yard track. Hens are given three minutes to cross the finish line. Dozens of hens compete in various heats. The more serious types are known to train their chickens. These days, organizers typically discourage anything that could stress the hens. The event leans more toward gentle encouragement, like calling the birds or using food, rather than loud, chaotic tactics, like banging pots and pans. These strategies have proven effective, and close finishes are not uncommon in modern races.

The Duchess Who Wasn't

The Duchess Who Wasn't Day, observed each year on **August 27**, celebrates Irish author **Margaret Wolfe Hungerford**, who wrote under the pen name **"The Duchess."** Although many people may not recognize her name, she is famous for creating the well-known phrase, *"Beauty is in the eye of the beholder,"* in her novel *Molly*



Bawn. She first published her work anonymously before adopting her pen name.

Hungerford was an accomplished writer who

successfully balanced family life and a writing career. While raising six children, she wrote nearly **60 novels**, short story collections, and newspaper articles. Her lighthearted, romantic fiction was extremely popular during the Victorian era in Ireland, England, and the United States. Her influence was so significant that renowned Irish author **James Joyce** even mentioned her in his famous novel *Ulysses*.

The day celebrates authors who write under *pseudonyms*, or pen names. Writers use pen names for many reasons, such as privacy, exploring different genres, or reaching new audiences. Famous examples include J. K. Rowling (*Robert Galbraith*), Agatha Christie (*Mary Westmacott*), and Mark Twain.

RIDDLE ME THIS

You come to a room with two doors. One door leads to safety, and the other leads to danger. Two guards stand beside the doors. One always tells the truth, and the other always lies. **You may ask only one question. What do you ask to find the safe door?**

Answer: Ask either guard, "Which door would the other guard say leads to safety?" Then choose the opposite door.

Two people were born on the same day, in the same month, in the same year, to the same parents, yet they are not twins. **How is this possible?**

Answer: They are two of a set of triplets (or quadruplets, etc.).

Continued from page 1

At Evanston Summit, we believe life is meant to be lived to the fullest. Every activity is thoughtfully planned to promote wellness, friendship, laughter, and a sense of belonging. We encourage everyone to take advantage of the many programs, outings, and special events available throughout the year.

Here's to making the most of summer! Come join the fun, embrace every opportunity, stay active, and create unforgettable memories together at Evanston Summit—where every day is an opportunity to connect, laugh, and live life to the fullest.