

EVANSTON SUMMIT RETIREMENT RESIDENCE

OPEN HOUSE

Sep 19 (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 for \$1000.



Next Open Houses:

- Saturday, September 19**
10:00am-4:00pm
- Saturday, October 17**
10:00am-4:00pm
- Saturday, November 14**
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

September
2026



HELLO, SEPTEMBER!

A New Month of Sweet Memories and Togetherness

August has come to a close, and while summer is winding down, the fun continues at Evanston Summit! Regardless of the weather, we are excited to enjoy a variety of activities such as **entertainment, outings, picnics, treats, crafts, games, exercise, and much more.**

We are especially **grateful for our wonderful residents** and their active participation through **volunteering, suggestions, comments, and ideas** that help make our community and Evanston Summit even better.

Thank you for making every moment special. Let's create more sweet memories together!

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Cristina

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.

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.

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.

Out of Sight! It's a '70s September!

Dust off your polyester, bell-bottoms, and dancing shoes—it's time to take a groovy trip back to the 1970s!

In honor of Earth, Wind & Fire's timeless disco hit "**September**," we're celebrating the sights, sounds, styles, and memories that made the '70s so unforgettable. From disco balls and vinyl records to iconic fashion, classic music, and favorite moments from the decade, September is the perfect time to turn back the clock and have some fun!

This month, we're also celebrating **Labor Day, Grandparents Day, National Assisted Living Week, the Autumnal Equinox**, and so much more. It's a wonderful opportunity to celebrate the people, traditions, and memories that make our community special.

So, get ready to **groove, reminisce, laugh, sing along, and make new memories together!**

Let's make this September totally groovy!

TO THE BEST GRANDPARENTS
IN THE WORLD!



Tour at Evanston Heights Middle School



Residents Volunteering



Morning Exercises

Saskatoon Farm



Month in Review

Pig Roast Happy Hour



Boat Ride

Drum Circle



- Sept. 1.....*Cecil C.*
Sept. 5.....*Ruby*
Sept. 7.....*Art C.*
Sept. 17.....*Diane B.*
Sept. 18.....*Tony*
Sept. 22.....*Giovanna*
Sept. 23.....*Dave S.*
Sept. 24.....*Dorene*

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

SEPTEMBER BIRTHSTONE

Sapphire

Symbolizes
purity, truth,
trust, and loyalty.



Valentine

Suite 324

Myrna

Suite 334



Birth Flowers



September

The September birth flowers are
the aster and morning glory which
have a meaning of love, wisdom,
faith and innocence.



DID YOU KNOW?

October 5, 2016-October 5, 2026

EVANSTON SUMMIT

10th Anniversary Celebration

OCTOBER 1 THURSDAY	Anniversary Travelogue & Happy Hour <i>The Story of Evanston Summit</i> 2:00—3:30 PM Dining Room	OCTOBER 6 TUESDAY	Anniversary Memory & Creative Activities Celebrating 10 years of memories, creativity and community!
OCTOBER 2 FRIDAY	Anniversary Happy Hour Celebration <i>Featuring Dwayne Fettig – Live Entertainment & Refreshments</i> 2:30—3:30 PM Dining Room	OCTOBER 7 WEDNESDAY	Anniversary Bingo & Prize Extravaganza <i>Fun, prizes and celebration!</i> 2:00—3:30 PM Dining Room
OCTOBER 3 SATURDAY	Residents, Staff & Family Fashion Show <i>Featuring DJ Little Something Beautiful</i> 2:00—3:30 PM Dining Room	★ Sponsored by Royal Bank of Canada (RBC) Evanston	
OCTOBER 4 SUNDAY	Anniversary Wellness Fair 11:00 AM—4:00 PM Lobby ★ Families Welcome! Please bring food donations for Calgary Food Bank	OCTOBER 8 THURSDAY	Fall-Themed Drinks Social <i>Pumpkin Spice Latte & Hot Chocolate</i> 2:30—3:30 PM Dining Room
OCTOBER 5 MONDAY	Anniversary High Tea <i>Featuring Cake Cutting, Surprise Greetings & Special Messages</i> 2:00—3:30 PM Dining Room	OCTOBER 9 FRIDAY	Anniversary & Thanksgiving Dinner Buffet 4:00—6:30 PM Dining Room
OCTOBER 10 SATURDAY GRAND FINALE <i>Resident Recognition & Fall Festival</i> Honouring residents celebrating 5 and 10 years at Evanston Summit A spectacular celebration featuring: Southern Stardust Band Carnival Games Photo Booth Popcorn Sno-Kones Door Prizes Program: 6:15—7:00 PM (Resident Recognition, Greetings & Special Messages) Band Performance: 7:00—8:00 PM			

Come celebrate 10 wonderful years of memories, friendship and community!

★ **ONE WINNER EVERY DAY!** ★
 Resident or Staff — Will YOU Be Our Lucky Winner of the Day?
 Sponsored by Our Gracious Donors & Vendors
 ★ Don't Miss Out... Your Lucky Day Could Be Today! ★

1970's Trivia

1. Who was the first Beatle to announce his breakup with the group?



2. What four-letter sports network debuted during the '70s?

3. Musician Bob Marley helped popularize what genre of music in the '70s?



4. Who broke Babe Ruth's MLB home run record in 1974?

5. Technological advances in the 1970s included the introduction of Pong, which was what kind of game?

6. The famous opera house in what Australian city was completed in 1973?



7. What environmental advocacy group was founded in Vancouver in 1971?

8. What is the name of the main family featured in the TV series Dallas?

9. What famous soccer player led Brazil to its third World Cup victory in 1970?



10. What former governor and peanut farmer won the presidential election during the bicentennial year?



"Stayin' Alive" Workout

The Bee Gees are one of the most iconic bands of the 1970s. They recorded the soundtrack for *Saturday Night Fever*, the movie starring John Travolta that focuses on '70s dancing and nightlife.



Try listening to "Stayin' Alive." The catchy song can get people moving in their chairs even if they aren't doing formal exercise moves..

- I was invented in 1949.
- I will take you for a ride.
- I was involved in the Civil Rights Movement.
- I love to go camping.
- I've appeared in several movies.
- I inspired a LEGO kit.
- Light blue is my most popular color.
- I got my start in Germany.
- I can have a 23 windows.
- Some people like to decorate me.
- I might have a pop-up roof.
- I was the first van.



"WHAT AM I?"

Guess it right—see Cristina & win!
 Limited time. Limited prizes!