

EVANSTON SUMMIT RETIREMENT RESIDENCE

OPEN HOUSE

Oct 17 (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, October 17
10:00am-4:00pm

Saturday, November 14
10:00am-4:00pm

Saturday, December 5
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

COVENANTLIVING.CA

The Summit Newsletter

October
2026



10 YEARS, 10 DAYS, COUNTLESS MEMORIES!



Evanston Summit Celebrates a Decade of Living Well Together

October was a month to remember as **Evanston Summit, a Covenant Living Independent Retirement Home in Calgary, celebrated its 10th Anniversary with 10 Days of Celebration!**

From our Travelogue to Evanston Summit, Happy Hour, Residents and Staff Fashion Show, Wellness Fair, High Tea, Community Memory Mural, Bingo Extravaganza, and Fall-Themed Social to our Anniversary and Thanksgiving Dinner, each day brought joy, laughter, and cherished memories.

Our grand finale featured Carnival Games, the Evanston Community Annual Pumpkin Event, recognition of residents celebrating 5 and 10 years at Evanston Summit, special participation by **MLA Mohammed Yaseen**, and live entertainment by the **Southern Stardust Band**. Daily raffle draws added even more excitement for our residents and staff!

Our 10th Anniversary was more than a celebration of milestones—it was a celebration of the people, friendships, and community that make Evanston Summit feel like home.

Happy 10th Anniversary, Evanston Summit! Here's to many more years of friendship, laughter, and wonderful memories together!

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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.

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.



#Costco
#Cristeta's Craft
#DynamicBusandSalesServices
#EvercareFootCare
#GenieSeniorsServices
#InHomePhysiotherapy
#KinsolPharmacy
#MilaniMassageMobile
#OSINetworkSolutionsInc
#PatriciaDentalMobile
#RBCEvanston
#SoleLanaFootCare
#ToThePointAcupuncture
#ZenHearing



Month in Review



Month in review 06



- Oct 1 - Ellie G.
- Oct 10 - Marg H.
- Oct 16 - Cathie H.
- Oct 17 - Lauretta S.
- Oct 18 - Anita W. & Hilda W.
- Oct 19 - Dee G.

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

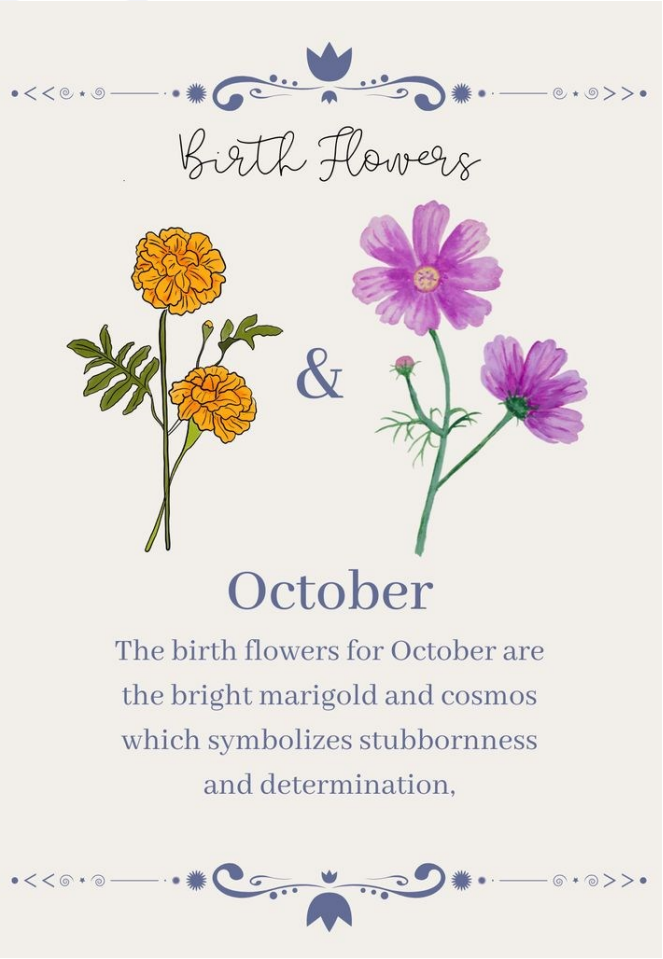


Opal symbolizes hope, creativity, and emotional insight, while tourmaline represents protection, balance, and emotional healing.



Angela
Suite 106

Marlene
Suite 104



Celebrations & New Residents

DID YOU KNOW?

Programming Future



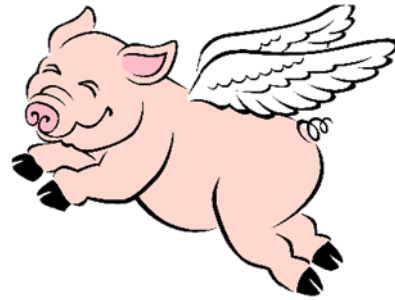
In 1980, the United States Department of Defense named a programming language Ada after Ada Lovelace.

Ada Byron was born in 1815, the daughter of famed English poet Lord Byron and Anne Isabella Milbanke, but the girl never met her father, for her parents separated just a month after she was born. Ada's mother, Lady Byron, wanted Ada to be wholly different from her father. Instead of poetry, Ada was tutored in mathematics. The fruits of her education were apparent early in her life when at age 12 she designed a flying machine. Her contributions in her field have earned Ada her own holiday—Ada Lovelace Day, held this year on October 13—a day to celebrate all women in the fields of science, technology, engineering, and mathematics.

Lady Byron raised Ada in high society, where many wealthy and privileged men dabbled in scientific pursuits like botany, astronomy, and geology. There weren't professional scientists at the time, so any scientific pursuit was purely a hobby or pastime.

Say It Silly

Sometimes we say the silliest things, but feel free on October 13 to use as many silly sayings as you want, for it's Silly Saying Day.



One of the most common silly sayings is "When pigs fly." This is used when you mention something that will never happen, like a pig impossibly sprouting wings and flying. Did you ever stop to "chew the fat" with a friend? This means to chat or gossip, but it's a nautical expression borrowed from early sailors who, when work was slow, would talk while chewing on a snack of salt-hardened fat.

And there you have it, "Bob's your uncle." If you don't know that one, it means everything is all right and has been finished with success. It's sort of like saying, "And that's that." There is no word, though, on who Bob was or why things always worked out so great for him.

Programming Future.....

When Ada grew up, she befriended a scientist named Charles Babbage who studied mathematics. The two wrote to each other often, discussing math and logic. Shortly after Ada's marriage to William King, Earl of Lovelace, in 1835, her old friend Charles Babbage asked her for help with his newest invention, a calculating machine he called an "analytical engine."

A Squirrel's Tale

Some think of squirrels as small pests, adept at infiltrating your home or invading your bird feeders, but they are nature's most nimble and adaptable creatures.



Squirrels are extremely active in October, burying nuts and storing food for the long, cold winter. For this reason, October is Squirrel Awareness Month.

There are 265 squirrel species in three main types: tree, ground, and flying squirrels. They range in size from tiny three-inch squirrels to giant three-foot squirrels. Squirrels sometimes trick others by pretending to bury nuts, but when they forget where they hide the real ones, new trees may grow in the spring.

Programming Future.....

This was a precursor to modern-day computers, earning Babbage the nickname of "father of the computer"

"Ada predicted that such machines would not just crunch numbers but one day incorporate text, pictures, and music. Historians now call her the world's first computer programmer. Babbage bestowed on his protégé an even better title: "Enchantress of Numbers."

Some tree squirrels can jump about 10 times the length of their bodies.

In Praise of Pizzazz

Delve deep into your closet and find something gaudy to wear on October 17, Wear Something Gaudy Day.



Gaudy typically refers to clothing or accessories that are flashy, ostentatious, and unfashionable. But even fashion experts wonder, "Is gaudy ever good?" Sometimes wearing a little

Wear Something Gaudy Day is a perfect day to channel your inner Liberace or Phyllis Diller.

bit of flash makes you feel fabulous. To many people, gaudy isn't a fashion mistake—it's fashion with attitude. Fashion experts assert that clothes often reflect how we feel about ourselves and can even boost our moods to make us feel better, smarter, and more empowered. So, if your style is one with a bit of flash and pizzazz, then perhaps that's just a reflection of your confidence and sense of self.

