

What do you want to do today?



ORIGIN OBSERVER DECEMBER 2022



ORIGIN^{AT}
Spring Creek
AN ACTIVE LIFESTYLE RESIDENCE

403-678-2288
www.originspringcreek.ca





The Origin Team

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LIFE ENRICHMENT

News & Announcements

Welcome to Origin at Spring Creek

Our Team and Community Members would like to extend a warm welcome to



Agnes Y.



Wishing you a wonderful day.

Len P. - December 1
Marilyn Harris - December 6
Alice Schultz - December 7
Margaret Wright - December 7
Rae Harkness - December 12
Donald Waters - December 16
Bob Harris - December 19
Tim Guiler - December 20
Shirley Tooke - December 24
Marilyn Najm - December 31

News & Announcements

Monthly Highlights

- Marilyn Kinsella is selling her beautiful 2023 calendars this year. Purchase your copy for \$20 at the Concierge desk. They make great gifts!
- Our resident and family Christmas party will be on Saturday, December 17th. Please invite your loved ones, but you must RSVP by Wednesday, December 14th.
- Bus Trips for the month: Christmas light tours, Chinook Mall, Spruce Meadows Christmas Market, afternoon tea at the Banff Springs Hotel, Seniors Tea at the Malcolm Hotel, GeoGems with Sim, Christmas Concert at Elizabeth Rummel School, food drive.
- Intergenerational Program - interested in being a part of this program with grade 3 students from Elizabeth Rummel School? Regular visits will start in January, but we will go to see their Christmas concert in December for a meet & greet.
- Back by popular demand - "Silence in B'tween". They will perform on Thursday, December 15th from 3:00 - 5:00 pm.
- Lets ring in the new year on December 31st will our dance party starting at 7:00 pm. Countdown and toast at 8:00 pm. Please note only one dinner service at 5:00 pm.



www.facebook.com/EvergreenSpaCanmore
[/MineShaftCanmore](https://www.facebook.com/MineShaftCanmore)
[/OriginAtSpringCreek](https://www.facebook.com/OriginAtSpringCreek)

CHECK US OUT ONLINE:

www.originspringcreek.ca | www.mineshafttavern.ca

Services Offered In-house

Hair & Spa Services

Evergreen Spa
Haircut, colour, shampoo/style or
shampoo/set with Janice
Ph: 403.675.0246
OR stop by the spa!

Massage Therapy

TCF In-Home RMT Services: Thais
Tuesday - Thursday
Book at Concierge

Dental Hygienist & Denturist

Floss - Julie & Anna
Book at Concierge

Foot Care

Katie - specialized in senior foot care
Alternate Monday & Thursday
Book at the Evergreen Spa

Blood Pressure Clinic

December 14th & 28th
10:00 am - 12:30 pm
Craft Kitchen

*All are welcome to meet with nurse
Mia to get a full set of vitals (BP,
temperature, O2 saturation, pulse,
respiratory rate) & weights

Origin at Spring Creek Family Website

Website: www.originspringcreek.com/family-login/
Password: Origin1Family





Searching for December

The words listed below can be found vertically, horizontally, diagonally, forward, and backward.

R H D T A T I S E N R R P D D
W E C E M A Y L R T E X R U E
C E H F C S Z O I L T H E H C
G E N C C E C N C C N S S P O
N W S O R I M Z A N I U E L R
O G C I R A M B U W W S N Y A
C O O P O T V E E B K S T A T
Y H A K K U N A H R J I S D I
M C Y V Y G Q C M E H C K G O
V B W G J Q C R H J H R M N N
A X O X A W K L U V Z A K I S
B A B R H Z Z V F T C N Y X P
T N E W Y E A R S E V E Y O J
H C Z C H R I S T M A S B B Q
J L W S U I R A T T I G A S M



ARCHER (Sagittarius)

BOXING DAY

CAPRICORN

CHRISTMAS

DECEMBER

DECORATIONS

GOAT

HANUKKAH

KWANZAA

NARCISSUS

NEW YEAR'S EVE

PRESENTS

SAGITTARIUS

TURQUOISE

WINTER

RemembranceDay



Lest
We
Forget



ORIGIN AT SPRING CREEK

Life Enrichment Calendar

NOVEMBER 27 - NOVEMBER 29

Annual Food Drive

Royal LePage 30th Annual Food Drive will take place on Tuesday, December 6th.

Want to make a donation to our Bow Valley community? All food and monetary donations will be collected near Concierge. Nov. 31 - Dec. 6th.

Thank you for your support!

Sunday 27

9:15 Aquafit - Pool

3:00 Documentary Afternoon: Volcanoes, The Fire of Creation - Screening Room

7:30 Symphony Sundays: Dvorak : "New World" Symphony No. 9 (Marzena Diakun) - Screening Room

Monday 28

Memory Monday Puzzles - Cafe

10:30 Chair Fitness - Movement Studio

1:00 Independent Paint Group - Art Studio

2:00 Scrabble - Craft Kitchen

2:00 Tuck Shop with Sim

3:30 PCN Presentation "Swallowing & Nutrition for Older Adults" - Screening Room

4:00 Knitting Group - Art Studio

Tuesday 29

10:00 Morning Shuttle (Sign Up At Concierge)

10:30 Balance For Life - Movement Studio

3:00 Spelling Bee - Craft Kitchen

ORIGIN MEDICAL APPOINTMENT SHUTTLE

Monday & Wednesday: 9:00 - 5:00 (Canmore & Banff)

Tuesday & Thursday: 9:00 - 12:00 (Canmore ONLY), 1:00 - 5:00 (Canmore & Banff)

**You must book your appointment at Concierge 24 hours in advance*

ORIGIN AT SPRING CREEK
Life Enrichment Calendar
 NOVEMBER 30 - DECEMBER 3

Wednesday 30	Thursday 1	Friday 2	Saturday 3
10:00 Blood Pressure Clinic - Craft Kitchen	10:00 Morning Shuttle (Sign Up At Concierge)	Wear Your Christmas Sweater!	10:00 Bus Trip - Spruce Meadows Christmas Market (Sign Up At Concierge)
10:00 Mobile Library with Allison - Cafe	10:00 Gentle Stretch - Movement Studio	10:30 Balance For Life - Movement Studio	7:30 Movie Night: Elizabeth - The Golden Age - Screening Room
10:30 Chair Fitness - Movement Studio	10:30 Mindful Practice - Movement Studio	1:30 Crib - Screening Room	
1:30 Crib - Art Studio	2:00 Spirit Hills Flower Wine Tasting - Craft Kitchen	2:30 Tree Trimming Party with EggNog & Cookies - Dining Room	
2:30 Resident and Family Town Hall - Dining Room		4:00 Live Music "Brad Lawrence" - Tavern	
3:30 Independent Woodworking with Nick - Woodworking Room		7:00 Live Music "Brad Lawrence" - Tavern	
3:30 Meditation - Screening Room		7:30 Movie Night: Country Strong - Screening Room	

We Want To Hear From You!

Have suggestions, questions or comments? Come speak to our team in blue - Life Enrichment today!

ORIGIN AT SPRING CREEK
Life Enrichment Calendar

DECEMBER 4 - 6

December ...

is the twelfth month of the year in the Gregorian calendar, even though its name suggests otherwise. Decem is Latin for "ten," hearkening back to when December was the tenth month. However, when January and February were added to the calendar, making 12 months in total, December became the last—and twelfth—month of the year. December has the shortest daylight hours of the year in the northern hemisphere and the longest daylight hours in the southern hemisphere get to change your clocks on Sunday.

Sunday 4	Monday 5	Tuesday 6
9:15 Aquafit - Pool	Memory Monday Puzzles - Cafe	10:00 Morning Shuttle (Sign Up At Concierge)
3:00 Documentary Afternoon: In Her Hands - Screening Room	10:30 Chair Fitness - Movement Studio	10:30 Balance For Life - Movement Studio
7:30 Symphony Sundays: Andre Rieu - Concert for Tel Aviv 2018 - Screening Room	1:00 Independent Paint Group - Art Studio	3:00 Festival of Trees - Malcolm Hotel (Sign up at Concierge)
	1:00 "Ask the Canmore Librarian" - Cafe	5:15 Bus Trip - Food Drive - Join us on the bus to collect donations for this important cause. (Sign up at concierge)
	2:00 Tuck Shop with Sim	
	2:00 Poker - Craft Kitchen	
	4:00 Knitting Group - Art Studio	
	7:15 Cards with Trish and Jeff - Art Studio	

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ORIGIN AT SPRING CREEK

Life Enrichment Calendar

DECEMBER 7 - 10

Wednesday 7	Thursday 8	Friday 9	Saturday 10
10:00 Mobile Library with Allison - Cafe	10:00 Morning Shuttle (Sign Up At Concierge)	Wear Your Christmas Sweater!	9:15 Aquafit - Pool
10:30 Chair Fitness - Movement Studio	10:00 Gentle Stretch - Movement Studio	10:30 Balance For Life - Movement Studio	2:00 Glogg & AEbelskiver with Kristina - Craft Kitchen
3:00 Spelling Bee - Craft Kitchen	10:30 Mindful Practice - Movement Studio	1:30 Crib - Screening Room	7:30 Movie Night: Elvis - Screening Room
3:30 Independent Woodworking with Nick - Woodworking Room	2:00 Christmas Music Bingo - Screening Room	4:00 Live Music "Mike Burns" - Tavern	
3:30 Meditation - Screening Room		7:00 Live Music "Mike Burns" - Tavern	
		7:30 Movie Night: Enola Holmes 2 - Screening Room	

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ORIGIN AT SPRING CREEK
Life Enrichment Calendar

DECEMBER 11 - 13

Christmas Decorations

Common decorations on a Christmas tree each have their specific meanings.

Candles - The light of the world

Star at the top - is a reminder of the first Christmas night

Candy Canes - represent the Shepherd's cane

	Sunday 11	Monday 12	Tuesday 13
	9:15 Aquafit - Pool	Memory Monday Puzzles - Cafe	10:00 Morning Shuttle (Sign Up At Concierge)
	1:30 Bus Trip: GeoGems with Sim (Sign up at Concierge)	10:00 Bus Trip - Christmas Shopping at Chinook Mall (Sign Up At Concierge)	10:30 Balance For Life - Movement Studio
	3:00 Documentary Afternoon: Aftershock - The Everest and the Nepal Earthquake - Ep 1 & 2 - Screening Room	10:30 Chair Fitness - Movement Studio	12:45 Bus Trip - Christmas Tea at the Banff Springs Hotel (Pre-signed up in November)
	7:30 Symphony Sundays: Tchaikovsky - The Nutcracker Ballet in Two Acts - Mariinsky Theatre -	1:00 Independent Paint Group - Art Studio	
		2:00 Tuck Shop with Sim	
		2:00 Hot Chocolate & Bailey's - Cafe	
		4:00 Knitting Group - Art Studio	

ORIGIN MEDICAL APPOINTMENT SHUTTLE

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ORIGIN AT SPRING CREEK
Life Enrichment Calendar

DECEMBER 14 - 17

Wednesday 14	Thursday 15	Friday 16	Saturday 17
10:00 Mobile Library with Allison - Cafe	10:00 Gentle Stretch - Movement Studio	Wear Your Christmas Sweater!	7:00 Resident and Family Christmas Party - Main Floor
10:00 Blood Pressure Clinic - Craft Kitchen	10:00 Morning Shuttle (Sign Up At Concierge)	10:00 Foodies Meeting - Mineshaft Tavern	
10:30 Chair Fitness - Movement Studio	10:30 Mindful Practice - Movement Studio	10:30 Balance For Life - Movement Studio	
1:00 Bus Trip - Senior Tea at The Malcolm \$22.23 (Sign Up At Concierge)	1:00 Bus Trip - Christmas Concert at Elizabeth Rummel School & Meet The Students (Sign Up At Concierge)	1:30 Crib - Screening Room	
3:30 Independent Woodworking with Nick - Woodworking Room	3:00 Concert: Silence In B'tween - Front Lobby	1:30 Christmas Card Making - Art Studio	
3:30 Meditation - Screening Room	7:30 Candlelight Service "Alpine Voices Threshold Choir" - Screening Room	4:00 Live Music "The Barflyz" - Tavern	
		6:30 Bus Trip: Christmas Light Tour - Sign Up at Concierge	
		7:00 Live Music "The Barflyz" - Tavern	
		7:30 Movie Night: Plane Trains and Automobiles -	

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ORIGIN AT SPRING CREEK
Life Enrichment Calendar
 DECEMBER 18 - 20

**Merry
 Christmas!**

**On behalf of
 Origin at
 Spring
 Creek, we
 want to wish
 you a
 VERY
 MERRY
 CHRISTMAS!**

**May you and
 those you
 love find true
 happiness
 and peace
 this
 Christmas
 and into the
 New Year!**

Sunday 18	Monday 19	Tuesday 20
2:30 Documentary Afternoon: Aftershock - The Everest and the Nepal Earthquake - Ep 3 - Screening Room	Memory Monday Puzzles - Cafe Wear Your Christmas Sweater! 10:30 Chair Fitness - Movement Studio 1:00 Independent Paint Group - Art Studio	Wear Your Christmas Sweater! 10:00 Morning Shuttle (Sign Up At Concierge) 10:30 Balance For Life - Movement Studio
4:00 Chelsea Sleep & Canmore Fiddlers - Front Lobby	2:00 Tuck Shop with Sim 2:00 Christmas Flower Arranging (Sign Up At Concerige) - Craft Kitchen	6:30 Bus Trip - Christmas Light Tour (Sign Up At Concierge)
6:30 Bus Trip - Christmas Light Tour (Sign Up At Concierge)	4:00 Knitting Group - Art Studio	
7:30 Symphony Sundays: Andre Rieu - Home for Christmas - Screening Room	7:15 Cards with Trish and Jeff - Art Studio	

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ORIGIN AT SPRING CREEK
Life Enrichment Calendar
 DECEMBER 21 - 24

Wednesday 21	Thursday 22	Friday 23	Saturday 24
<p>Wear Your Christmas Sweater!</p> <p>10:00 Mobile Library with Allison - Cafe</p> <p>10:30 Chair Fitness - Movement Studio</p> <p>3:00 Spelling Bee - Craft Kitchen</p> <p>3:30 Independent Woodworking with Nick - Woodworking Room</p> <p>3:30 Meditation - Screening Room</p>	<p>Wear Your Christmas Sweater!</p> <p>10:00 Morning Shuttle (Sign Up At Concierge)</p> <p>10:00 Gentle Stretch - Movement Studio</p> <p>10:30 Mindful Practice - Movement Studio</p> <p>3:30 Christmas Sing-A-Long - Piano</p>	<p>Wear Your Christmas Sweater!</p> <p>10:30 Balance For Life - Movement Studio</p> <p>1:30 Crib - Screening Room</p> <p>2:00 Christmas Gift Exchange (Gifts provided but you are welcome to bring your own) - Screening Room</p> <p>4:00 Live Music "TBD" - Tavern</p> <p>7:00 Live Music "TBD" - Tavern</p> <p>7:30 Movie Night: The Muppets Christmas Carol - Screening Room</p>	<p>Wear Your Christmas Sweater!</p> <p>7:30 Movie Night: Miracle on 34th Street - Screening Room</p>

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ORIGIN AT SPRING CREEK
Life Enrichment Calendar
 DECEMBER 25 - 27

New Years

To ensure a year of good luck, firecrackers and noise makers became tradition in order to scare away any remaining evil spirits and to ensure a brand new start.

Sunday 25	Monday 26	Tuesday 27
<p>Merry Christmas! Wear Your Christmas Sweater!</p> <p>2:00 Christmas Movie Matinee : Home Alone</p> <p>5:00 Traditional Christmas Dinner (Reserve for your friends and family)</p> <p>6:15 Traditional Christmas Dinner (Reserve for your friends and family)</p> <p>7:30 Symphony Sundays: Town and Country Symphony Orchestra Christmas Concert</p>	<p>Memory Monday Puzzles - Cafe</p> <p>1:00 Independent Paint Group - Art Studio</p> <p>1:45 Hot Chocolate & Bailey's - Cafe</p> <p>2:00 Tuck Shop with Sim</p> <p>2:00 Presentation with Candace - Screening Room</p> <p>4:00 Knitting Group - Art Studio</p>	<p>10:00 Morning Shuttle (Sign Up At Concierge)</p> <p>10:30 Balance For Life - Movement Studio</p>

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ORIGIN AT SPRING CREEK
Life Enrichment Calendar

DECEMBER 28 - 31

Wednesday 28	Thursday 29	Friday 30	Saturday 31
10:00 Mobile Library with Allison - Cafe	10:00 Morning Shuttle (Sign Up At Concierge)	10:30 Balance For Life - Movement Studio	Happy New Year! 5:00 Dinner - ONE SEATING ONLY
10:00 Blood Pressure Clinic - Craft Kitchen	10:00 Gentle Stretch - Movement Studio	4:00 Live Music "May Contain Alcohol" - Tavern	7:00 New Years Eve Party with "Suzie Q" (Dance & Hors d' Oeuvres) - Dining Room
10:30 Chair Fitness - Movement Studio	10:30 Mindful Practice - Movement Studio	7:00 Live Music "May Contain Alcohol" - Tavern	7:30 Movie Night
1:30 Crib - Art Studio	2:30 Birthday Celebration, Meet & Greet, and Calendar Reveal - Dining Room	7:30 Movie Night: Holiday in the Wild	8:00 Champagne New Year Toast - Dining Room
1:30 Spelling Bee - Craft Kitchen			
2:30 Resident and Family Town Hall - Dining Room			
3:30 Independent Woodworking with Nick - Woodworking Room			
3:30 Meditation - Screening Room			

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What do you want to do today?

CREATE WITH US



EXERCISE WITH FRIENDS



SING TOGETHER



LET'S GO GREEN



MAKING STRIDES TOGETHER



808 Spring Creek Drive, Canmore AB T1W 0K3

LET'S GET BUILDING



LET'S EXPLORE



MAKE GOOD CHOICES



CHALLENGE YOURSELF



MAKE A DIFFERENCE



TRAIN TOGETHER



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