

Fall 2021 Mosaic Activity Booklet

A Program Guide for the Community, Families and Caregivers

Brought to you by

Mosaic Home Care & Community Resource Centres

If you would like to download the most recent Activity Booklet please visit:

<https://www.mosaichomecare.com/news-events/activity-booklet/>

Or call our Mosaic offices to send you our most recent copy in the mail

905-597-7000 or 416-322-7002

Website: www.mosaichomecare.com



Note to Our Community

In this Mosaic Activity Booklet you will find a compilation of some fun things you can try right at home or around the GTA to stay happy, healthy, and engaged!

Keeping your mind and body active to the best of your ability is imperative. Mosaic wants to keep you engaged in different ways.

For COVID-19 guidelines and updates please review the [Toronto Public Health Guidelines](#).

If you have any questions regarding the activities or resources in this booklet or having a difficult time and are needing to talk. Please reach out to Beth at 905-597-7000 Ext. 242.

**** Covid-19 information and resources are available on the last page of this booklet***



What Are You Looking For?

We know this activity booklet has a lot of information, so we want to make sure you're getting the information and resources you need.

In this booklet you will find the following information and resources:

Home & Outdoor Activities **Page 4**

*That **do not** require internet access

i.e., Recipes, riddles, short stories, crossword puzzles, crafts, etc.

Online Home Activities

*That **do** require internet access **Page 8**

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Alzheimer Society York Region

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If you have any information or resources that you might think is beneficial to add to this booklet, please send to Beth Eshete at beth@mosaichomecare.com.

Thank you.

At Home & Outdoor Activities



These activities do not require a computer and internet access.

Cook with Family & Friends on Zoom!

We love sharing different cooking recipes, why not share this recipe (or another) with friends and host a fun, interactive cooking night over Zoom!

Pumpkin Spiced Latte

A yummy drink that's perfect for fall!



Ingredients

- **Milk** — Use dairy or non-dairy milk. I love using homemade oat milk, but coconut or almond milk are also delicious.
- **Pumpkin Puree** — You can use canned puree or make your own. Here's our recipe for homemade pumpkin puree. It's quite simple to make! We add the pumpkin puree as is, but some of our readers have complained that there is not enough pumpkin flavor in the latte. To battle this, you can simmer puree in a saucepan until it has reduced down by 1/3. This step will intensify the pumpkin flavor.
- **Sugar** — You can use regular sugar, brown sugar, simple syrup, maple syrup or honey! It's completely up to you.
- **Vanilla and Pumpkin Pie Spice** — A little vanilla extract goes a long way and it makes the latte so tasty. For the spices, use a store-bought blend or make your own. Here's our simple pumpkin pie spice blend.
- **Hot (or Cold) Coffee** — Lattes in coffee shops have espresso added to them, so the coffee is usually a bit stronger. I like brewing my coffee strong for homemade lattes. You can also use cold coffee or cold brew (for an iced latte)

Directions

- Start by heating the milk, pumpkin puree, sugar, pumpkin pie spices, and vanilla extract on the stove.
- Then mix the pumpkin spice milk with the strong coffee. Divide it between two mugs and add whipped cream. Simple, quick, and no coffee shop lines.

Retrieved from [The Best Homemade Pumpkin Spice Latte \(inspiredtaste.net\)](https://inspiredtaste.net)

Local Parks to Check Out!

[High Park](#)

Address: 1873 Bloor St W Toronto, ON

[Earl Bales Park](#)

Address: 4169 Bathurst St North York, ON

[Sunnybrook Park](#)

Address: 1132 Leslie St Toronto, ON

[The Don River Valley Park](#)

Address: Don Valley Pkwy Toronto, ON

[Toronto Botanical Gardens](#)

Address: 777 Lawrence Ave E North York, ON

[Tommy Thompson Park](#)

Address: 1 Leslie St Toronto, ON

Pole Walking Classes with Mosaic!

Registration and pre-screening are mandatory to participate in these classes. Dates are subject to change due to changing government and health restrictions.

Pole Walking Toronto

**Meeting place CNIB, 1929 Bayview Ave
(in front of the building)**

Thursday's 9:30 a.m. to 11:00 a.m.

October 14th, 2021 9:30AM to 11AM (Original Schedule)

Pole Walking Markham

**Meeting Place The Shops on Steeles, 2900
Steeles Ave East**

Friday's 10:00 a.m. to 11:00 a.m.

October 15th, 2021 9:30AM to 11AM (Original Schedule)



Limited space available, please contact Beth Eshete at info@mosaichomecare.com or call 905-597-7000

Community Fall Fair

Hosted by Armour Heights Presbyterian church & Mosaic Home Care Services & Community Resource Centers

Date: Saturday October 16th, 2021

Time: 1:00 p.m. to 3:00 p.m.

Address: Armour Heights Presbyterian Church | 105 Wilson Ave., North York
Registration Required.

Festivities Include:

- Ribbon Cutting at 1:30 p.m. for the new addition of the Friendship benches for the community!
- Activities for all ages: clowns, popcorn, art activity table for children, theatre vignettes by Theatre in the Web, resources from local community organizations
- Free back massages provided by Urban Health Group
- Music Trio
- Food and refreshments
- Door Prizes
- Tour of Mosaic's Community Resource Centre



Welcome Community to 2021 FALL FAIR

Hosted by
Armour Heights Presbyterian Church & Mosaic Home Care Services & Community Resource Centres

Rain or Shine!

Date: Saturday October 16th, 2021
Time: 1:00 p.m. to 3:00 p.m.
Address: Armour Heights Presbyterian Church | 105 Wilson Ave., North York
Registration Required

Festivities Include:

- Ribbon Cutting at 1:30 p.m. for the new addition of the Friendship benches for the community!
- Activities for all ages: clowns, popcorn, art activity table for children, theatre vignettes by Theatre in the Web, resources from local community organizations
- Free back massages provided by Urban Health Group
- Music Trio
- Food and refreshments
- Door Prizes
- Tour of Mosaic's Community Resource Centre

To Register Contact:
Erin at estone@armourheights.org | 416-485-4000
OR
Mosaic Home Care info@mosaichomecare.com
416-322-7002

Free Parking on Wilson Avenue and Saunders Street

Logos: ARMOUR HEIGHTS, PRESBYTERIAN CHURCH, MOSAIC Home Care Services & Community Resource Centres

To register or for more information please contact us at info@mosaichomecare.com or call 905-597-7000.

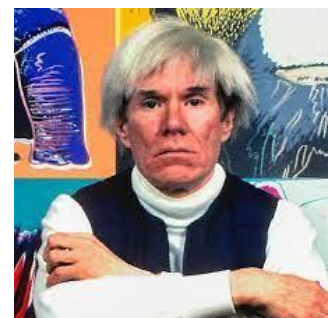
AGO: Andy Warhol Exhibit

"A 20th-century icon at the centre of Pop Art, Andy Warhol was born Andrew Warhola in Pittsburgh, PA, in 1928. Shy, gay and from a working-class, East European immigrant background, Warhol had a unique understanding of American culture and society."

When: August 2021 to October 24, 2021

Location: 37 Dundas Street West, Toronto

Ticket Booking: [Andy Warhol - AGO Tickets](#)



Montgomery's Inn Farmers' Market

"Shop with up to 20 vendors for local fruits, veggies, cheese, meat, prepared foods & much more!"

The market is operating outdoors as an essential food service. Covid-19 protocols are in effect. Please wear a mask & respect physical distancing."

When: October 1st – 27th, 2021 Every Wednesday
2:00 p.m. to 6:00 p.m.

Where: Montgomery's Inn Museum, 4709 Dundas St W, Etobicoke ON

Cost: Free



UnCovered: The Music of Dolly Parton

"The Musical Stage Company's 15th annual signature concert spotlights hit songs from the Queen of Country, onstage at Koerner Hall!"

Featuring inventive arrangements of Dolly Parton classics by music director Reza Jacobs, and award-winning Canadian artists who have graced international stages and screens, UnCovered is a unique and unmissable event.

A limited number of patrons can attend one of three performances at Koerner Hall as we film the performance with a live, socially distanced audience. Or, join virtually for an evening of world-class talent in one of Toronto's breathtaking venues, offering an up-close and personal view, unparalleled to any UnCovered concert before."



When: November 24th, 2021 – December 11, 2021 from 8:00 p.m. to 9:30 p.m.

Where: Koerner Hall, 273 Bloor St W

Cost: \$45 - \$108 (In person & Digital Experience Tickets) - Reservations required.

Purchase tickets at musicalstagecompany.com

Breaking the Frame

"Experience the unexpected in the North American debut of Breaking the Frame, featuring one of the earliest photographs taken by a female artist, unusual subject matter from the biggest

names in photography, and portraits from photo studios in West Africa and India. Explore more than 90 original and vintage prints from the Solander collection that inspire new and unconventional approaches to photo history."

When: September 24th, 2021 - January 16th, 2022 from 10:00 a.m. to 5:30 p.m. (Closed Mondays and Tuesdays)

Where: Royal Ontario Museum, 100 Queens Park

Cost: \$18.00 - \$31.00 - Reservations required.

Purchase tickets at www.rom.on.ca

Phone: 416-586-8000

Email: info@rom.on.ca



Pumpkinfest 2021

"Enjoy over 25 activities included with admission including the Straw Jump, Wagon Rides, Boo Barn, Skeleton Band and Corn Maze.

Tickets must be purchased in advance online for Pumpkinfest Play Area. There are no walk-up tickets available."

When: September 18th – October 31st, 2021 from 9:30 a.m. to 5:00 p.m.

Where: 13682 Heart Lake Rd, Caledon ON

Cost: \$14 - \$18

Phone: 905-838-2990

Website: [Downey's Farm Market in Caledon, Ontario near Toronto \(downeysfarm.com\)](http://downeysfarm.com)

Cavalcade of Lights

"Toronto Cavalcade of Lights Festival opens the holiday season events in the city.

The visitors can enjoy various music shows, illumination presentations, the formal Christmas tree of Toronto, ice skating, fireworks shows that paint the sky with its colored light, etc... All the events are held in Nathan Philips Square – Free entrance."

When: Starts November 27th, 2021

Where: Nathan Philips Square, 100 Queen St W

Cost: Free

Online Home Activities

Requires access to computer/smart phone and internet.



Mosaic Community Programs Online

Mosaic Home care and Community resource Centres is providing free online programming via Zoom.

Participation is possible through computer or telephone for some programs (dial in through landline or cell phone).

To Register

Call: 905-597-7000

Email: info@mosaichomecare.com

***Zoom link for the program will be sent after you register**

Knitting & Crochet Group

Drop into knit, chat, and make new friends virtually on Zoom!

When: Every Wednesday

Time: 1:00 p.m. to 2:00 p.m.

Where: Zoom



Community Café: The story of ABBA with Marcel Deurvorst

Marcel will present the fascinating story of ABBA, the Swedish Pop group which became one of the most commercially successful acts in the history of popular music.

When: Monday October 18th, 2021 from 1 p.m. to 2 p.m.

Where: Zoom

First Link Memory Café: Laughter Yoga with Cathy Nesbitt

Join Cathy to learn the benefits of laughter yoga.

When: Tuesday October 26th, 2021 from 1 p.m. to 2 p.m.

Where: Zoom

Australian Wildlife Visual Tour with Julie Williams

Join Julie on a stunning visual tour of the Land Down Under on Zoom!

When: Friday November 19th, 2021 from 1 p.m. to 2 p.m.

Where: Zoom

Community Café: Winter Tales with Tim Greenwood

Winter is coming, stock up with a generous supply of fresh, fun and inspiring tales from local storyteller Tim Greenwood.

When: Monday November 22nd, 2021 from 1 p.m. to 2 p.m.

Where: Zoom

First Link Memory Café: Safe Driving for Seniors + Winter Driving Tips

Learn about the current trends and statistics for older drivers, vehicle and safe winter driving tips with Lisa from the Ministry of Transportation.

When: Tuesday November 30th, 2021 from 1 p.m. to 2 p.m.

Where: Zoom

Community Events, Programs & Workshops

Virtual Bridge (Senior Persons Living Connected – SPLC)

“Join our SPLC community of bridge players, in a wonderful internet group through BBO. Make new friends and enjoy the game from the comfort of your own home.” Free event.

When: Every Tuesday

Time: 3:00 p.m.

Registration: Call or Email

Phone: 416-493-3333

Email: sukaina@splc.ca (Sukaina Walji-Karim)

Brain Games for Older Adults

“Memory games, brain and body teasers, “Name That Tune”, riddles, and more! Meet new friends, challenge your memory and co-ordination, laugh a Bunch, and dance and sing to your favourite tunes. Keep your brain young! Program runs in English over Zoom”

When: Thursdays

Time: 11:00 a.m. to 12:00 p.m.

Registration:

http://docs.google.com/forms/d/e/1FAIpQLSfnrsYBV0CiAtiO9ogUDPTAyOOLjSqAv7anRNExzRvmnCqUeQ/viewform?usp=sf_link

Phone: 647-725-0844

Email: Ado@stdemetrius.ca (Anna Do)

Armour Heights Community Zoom Programming

Armour Heights Presbyterian Church has several online Zoom programs coming up that you may want to check out! Mosaic Home Care has a community resource centre located at Armour Heights that will be open once COVID-19 restrictions are lifted and it is safe to do so.

Check out the “Coming Events” page for a full listing of Armour Heights programs and events. Zoom links can be found on the page, no registration is required. For more information and access to Zoom links please visit the website: <https://armourheights.org/coming-events-1> or call 416-485-4000.

Minds in Motion, Alzheimer Society York Region Online Programs

Minds in Motion® is a physical activity and brain stimulation program for people living with dementia and their care partners, currently being offered online throughout Ontario.



When: Every Wednesday

Time: 1:00 p.m. to 2:00 p.m.

Registration: <https://www.eventbrite.ca/e/minds-in-motion-virtual-program-registration-112985037288>

Social and Exercise Classes, Luma Care

Luma Care is an organization that has made tremendous strides with senior online connection through their Virtual Healthier Living Centre. To register, please click the link below. Keep in mind that you will need to download the Zoom app to participate.



Website: <https://lumacare.ca/>

Scarborough Centre for Healthy Communities

Join SCHC online for their community programs. Check out their full online program listing on their website.

Website: <https://www.schcontario.ca/>

Registration: jtandoc@schcontario.ca / 416-948-8976



Bernard Betel Centre

Bernard Betel Centre is offering a wide variety of online programs for the community. They have virtual cooking classes, guided meditations, and other workshops for you to try!

When: Check website for full virtual program listing

Website: <https://betelcentre.org/online-programs/>

Registration: marial@betelcentre.org



Better Living Health and Community Services

Better Living Health and Community Services has been delivering programs and services (online and day programming) to support individuals to maintain their independence and enhancing social well-being.

Website: <https://mybetterliving.ca/helping-you-in-the-community/>



Circle of Care

Circle of Care offers home and community support services in the North Toronto area. These include, social clubs, exercise and falls prevention programs and adult day programs.

Website: <https://www.circleofcare.com/programs-services/>

Phone: 416-635-2860



VV's Adult Support Centre

VV's Adult Support Centre Corp. provides virtual programs for seniors such as online events, webinars, and fitness workshops.

Website: www.vvsadultsupportcentre.com



North York Seniors Centre

Providing programs through Zoom and other COVID-19 related supports for seniors.

Website: <https://www.nyseniors.org/>



The Bitove Method

"The Bitove Method offers virtual classes that are created and facilitated by Professional Artists trained in Relational Caring. We offer educational and interactive art-based courses that tap into what we need most... to connect."

**Visit website for full program listing, registration required.*

Website: [Virtual Art Academy | The Bitove Method](#)



Etobicoke Senior Support Services

Health and wellness programming runs through group telephone and video. Includes our Seniors' Lunch Program, Social Recreation, Exercise and Falls Prevention programs. This programming supports independent seniors in maintaining a routine, social connections, and recreational leisure activities.

Phone: 416-243-0127

Website: www.esssupportservices.ca



Family Caregiver Programs & Information

Caregiver Club Program at Circle of Care

The Caregiver Club Program is a one-year pilot project, funded by The Petro-Canada CareMakers Foundation, supporting caregivers at Circle of Care and caregivers in Toronto & York region. The program is running from November 2020 to November 2021.

Support Services Available: 1 to 1 Social Work Support, Education & Training, Connecting with Other Caregivers, Recognition, Gift of Respite (to assist caregivers with a one-time gift of respite)

Website: [Caregivers Club – A space for family caregivers \(circleofcare.com\)](https://circleofcare.com)

Phone: 416-635-2860

COVID-19 Senior Supports

CAMH COVID-19 Mental Health Supports

Information and resources available for everyone (articles, tips for stress and anxiety, tools to enhance wellbeing, etc.).

Website: [Mental Health and the COVID-19 Pandemic | CAMH](https://camh.ca/covid-19-mental-health-resources)

Phone: 416-535-8501

To Access CAMH Clinical Services: 416-535-8501, press 2

City of Toronto COVID-19 Mental Health Resources

Website offers a listing of mental health supports across Toronto.

Website: [COVID-19: Mental Health Resources – City of Toronto](https://toronto.ca/covid-19-mental-health-resources)

Phone: Call 911 if you are in an emergency, immediate danger, or medical distress. For other needs, call 211 to be connected to mental health and other social services (Line open 24/7). Or Text 21166 Monday to Friday from 7 a.m. to 9 p.m.

The Progress Place Warm Line

Confidential service for adults above 18 years of age feeling isolated, anxious, depressed or just need someone to talk to – not a crisis service.

Website: [Progress Place Warm Line](https://progressplace.ca/warm-line)

Phone: 416-323-3721 (12 p.m. to 8 p.m.) or text 647-557-5882

Hospice Palliative Hotline

Responds to the emotional needs of those facing serious illness (including COVID-19) and end of life. The service is also available to their caregivers, those grieving, and frontline workers supporting those who are palliative and dealing with COVID-19

Toronto's Senior's Helpline

The City of Toronto's seniors helpline provides information about home care, community care and crisis services in Toronto.

Phone: 416-217-2077

Neighbour 2 Neighbour (N2N) – Friendly Phone Calls

N2N works with socially isolated seniors who are interested in building new relationships with one another.

Phone: 416-925-4363

Email: info@theneighbourhoodgroup.org

Providence Learning Centre – Telephone Counselling

Providence Learning Centre is providing telephone counselling support and resource navigation.

Phone: 416-285-3666

Community Teams Gain Clinic – Geriatric Services

Provides Geriatric Services in the Scarborough Community.

Phone: 416-493-3333

The Sesheme Foundation – Senior Pandemic Relief Programs & Non Crisis Peer Support Phone Line

Provide both social programs and COVID-19 supports.

Phone: (416) 358-2882

Email: info@sesheme.ca

Website: <https://sesheme.ca/>

Etobicoke Senior Services (ESS)

Supporting seniors in their desire to remain in their own homes and community

Phone: 416-243-0127

Email: agency@esssupportservices.ca

Website: <https://www.esssupportservices.ca/>

Mosaic Home Care & Community Resource Centres

Mosaic is trying to support vulnerable seniors during this pandemic. If you or someone you know needs resources or information, please contact Beth Eshete at 905-597-7000 ext. 242 or

beth@mosaichomecare.com

Jane's GTA Café Blog

Blogs on recent COVID-19 updates, vaccinations, community news and health care initiatives.

Website: [Jane's GTA Cafe - A blog about life in the community for those in need of care and their families, and much more....](#)

Seniors Without Walls

Free, fun, and easy telephone and computer-based seniors' activities and programs. For more information call 416-630-7000 or Email: tcanhwebinars@gmail.com



What is it?

- **FREE**, fun and easy telephone/computer based seniors' activity program
- A community-creating, loneliness-busting program for isolated seniors

Who can participate?

- Seniors 55+ and adults with disabilities who find it difficult to leave home.
- Must be a resident of the City of Toronto

For Information or to Register

Call: 416-630-7000

Email: tcanhwebinars@gmail.com

OACAO
The Voice of Older Adult Centres
(La voix des centres pour aînés)

In partnership with the Older Adult Centres' Association of Ontario (OACAO) with funding provided by the Government of Ontario.



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Mosaic Home Care Services & Community Resource Centres

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What a difference we make®!