

Winter 2022 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***



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!

Breakfast Quesadillas

Start your day with a simple and yummy breakfast quesadillas!

Ingredients

- 2 eggs
- Hot sauce, like Cholula
- Pinch of salt
- ⅓ cup cooked pinto beans or black beans, rinsed and drained
- 2 teaspoons butter or extra-virgin olive oil
- 1 tablespoon chopped green onion
- 1 tablespoon finely chopped cilantro
- 1 tablespoon chopped pickled jalapeño (optional)
- 1 medium (8") whole grain tortilla
- ½ cup (packed) grated sharp cheddar cheese
- Salsa or additional hot sauce, for serving

Directions

- To prepare the eggs: In a bowl, whisk the eggs with the hot sauce and salt until they are well blended. Add the beans and set aside.
- To cook the eggs: Melt the butter in a medium-sized skillet (either well-seasoned cast iron or non-stick) over medium heat until it's bubbling. Pour in the egg mixture and cook, stirring often, until the eggs are just set, about 1 to 3 minutes. Transfer the mixture to a bowl to pause the cooking process (the eggs will finish cooking in the quesadilla). Stir in the green onion, cilantro and jalapeño.
- To cook the quesadilla: In a separate, large skillet, warm the tortilla over medium heat, flipping occasionally. Once the pan and tortilla are warm, sprinkle one-half of the cheese over one-half of the tortilla. Top the cheese with scrambled eggs, then top the scrambled eggs with the remaining cheese.
- Press the empty tortilla half over the toppings. Let the quesadilla cook until golden and crispy on the bottom (don't stop cooking too soon!), about 1 to 2 minutes, reducing the heat if necessary to prevent burning the tortilla. Flip it and cook until the second side is golden and crispy.

- Immediately remove the skillet from the heat and transfer the quesadilla to a cutting board. Let it cool for a few minutes to give it time to set, then slice each quesadilla into 2 slices with a very sharp knife. Serve immediately, with your favorite salsa and/or hot sauce on the side.

Retrieved from [Simple Breakfast Quesadillas Recipe - Cookie and Kate](#)

Riddles

Can you figure out these riddles?

1. Mississippi has four S's and four I's. Can you spell that without using S or I?
2. There's a one-story house where everything is yellow. The walls are yellow. The doors are yellow. All the furniture is yellow. The house has yellow beds and yellow couches. What color are the stairs?
3. What four-letter word can be written forward, backward, or upside down, and can still be read from left to right?
4. Where does today come before yesterday?
5. What kind of ship has two mates but no captain?

Answers:

1. T-H-A-T
2. There are no stairs, it's a one-story house
3. NOON
14. In the dictionary
16. A relationship

Find more fun riddles here: [48 Short Riddles: Quick Riddles with Answers | Reader's Digest \(rd.com\)](#)

Croatia Word Search

Word Search

CROATIA WORD SEARCH



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

CROATIA WORD SEARCH

Activities for Seniors

Islands
Dubrovnik
Hiking
Zagreb
Mountains
Adriatic
Rakija

Dalmatian
Kolo
Swimming
Wolves
Zdravo
Yugoslavia
Krka

Ocean
Waterfall
Bears
Hvala
Iris

Cherries

Retrieved from: [Croatia Word Search \(goldencarers.com\)](http://goldencarers.com)

Local Outdoor Skating Rinks

Ramsen Park Outdoor Rink

Address: 1020 Yonge St

Website: <https://www.toronto.ca/data/parks/prd/facilities/complex/167/index.html>

Greenwood Outdoor Ice Rink

Address: 150 Greenwood Ave

Website: <https://www.toronto.ca/data/parks/prd/facilities/complex/70/index.html>

Cedarvale Park Outdoor Skating

Address: 443 Arlington Ave

Website: <https://www.toronto.ca/data/parks/prd/facilities/complex/629/index.html>

Local Parks

[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

**** Always wear appropriate clothing and shoes, go with a friend or family member (or let someone know where you are going), bring a cell phone and check weather before a winter outing.***

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: Visit Uganda:

January:

Gorillas, Shoebills & Chimps with Marcie Jacklin

When: Monday January 17th, 2022 from 1:00 p.m. to 2:00 p.m.

Where: Zoom

February:

Be Heart Smart: Ways to a Healthy Heart with Karyn Terrell

When: Monday February 14th, 2022 from 1:00 p.m. to 2:00 p.m.

Where: Zoom

March:

Uncovering the Caregiving Journey with Amy Stephenson

When: Monday March 21st, 2022 from 1:00 p.m. to 2:00 p.m.

Where: Zoom

First Link Memory Café:

January:

Alzheimer Society “Finding Your Way” Program with Sara MacLean

When: Tuesday January 25th, 2022 from 1:00 p.m. to 2:00 p.m.

Where: Zoom

February:

Relational Caring and the Arts with the Bitove Method, Katia Engell & Jennifer Hicks

When: Tuesday February 22nd, 2022 from 1:00 p.m. – 2:00 p.m.

Where: Zoom

March

Music Hour Program, Dorothy Davies

When: Tuesday March 29th, 2022 from 1:00 p.m. – 2:00 p.m.

Where: Zoom

Nia Fitness with Jenn Hicks

Join us on Zoom once a month for a full body workout through music, dance, and strength-enhancing movement!

When: Thursdays, January 6th, 2022, February 3rd, 2022, March 3rd, 2022 from 1:00 p.m. to 2:00 p.m.

Where: Zoom

Downsizing: When’s the Right Time?

A combined panel discussion with experts from the community.

When: Thursday January 27th, 2022 Time: 1:00 p.m. to 2:30 p.m.

Where: Zoom

Holiday Feast: A History of Foods in the Springtime with Lianne Harris

Special foods served on special occasions prepared by loving hands. Nothing is more satisfying to our taste buds – or important in nourishing our soul – than the Holiday Feast.

When: Friday March 18th, 2022 from 1:00 p.m. to 2:00 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)

[Various Telephone Programming from North York Seniors Centre](#)

This Winter 2022, NYSC has many program available via telephone. Programs Include: Trivia, Name That Tune, Biography, Story Telling, Good News. Please visit their program website to check times and schedules: [Winter-2022 V.dec10.pdf \(nyseniors.org\)](#).

[Stay, Play & Learn at Home \(City of Toronto\)](#)

Activities over all seasons for all ages to enjoy in the comfort of your home. Sort by Audience for different target age groups such as Seniors, Youth or Kids. Many activities are for Everyone. All activities are free.

Please visit the City of Toronto website to view the full program listing: [Stay, Play & Learn at Home – City of Toronto](#)

Online & Mobile Games (Yee Hong Centre for Geriatric Care)

Games include Mahjong solitaire, Daily jokes (Android devices), Brain games (Android & Apple Devices).

Please visit the City of Toronto website to view the full program listing: [At-Home Activities | Yee Hong](#)

[Art Blogs \(Art Gallery of Toronto\)](#)

Read about art news from the AGO and more!

Please visit the City of Toronto website to view the full program listing: [Blog Search | Art Gallery of Ontario \(ago.ca\)](#)

The Met Collection

Look at some popular pieces from various collections showing at The Metropolitan Museum from the comfort of your home!

View collections here: <https://www.metmuseum.org/art/collection>

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



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](#)

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](#)

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](#)

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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What a difference we make®!