



Spring/Summer 2022 Activity Booklet

A 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

416-322-7002 or 905-597-7000

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 Lauren at **416-322-7002** or **905-597-7000 Ext. 227**, or lauren@mosaichomecare.com

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



At Home Activities



These activities do not require a computer and internet access.

TRY A NEW RECIPE!

Grace from our Mosaic Knitting Group was going through an old school-book recipe list that she used to make her family dinners from. Quick and simple recipes were important to her, and she thought you could try them out!

Have a beloved recipe you would like to share? Send it to us to be featured in the next Activity Booklet!

CREAMED BROCCOLI CASSEROLE

1/2 bunch chopped celery
1 bunch green onions chopped
1/2 lb sliced mushrooms
1 can water chestnuts (optional)
1/4 tbsp. butter
1 can cream of mushroom soup
1/2 lb Velveeta processed cheese
1/2 tspn garlic powder
2 packages frozen chopped broccoli

METHOD

- 1 - Fry celery, onions, mushrooms, and water chestnuts in butter
- 2 - Melt in double boiler the cheese, mushroom soup, and garlic
- 3 - cook broccoli and drain
- 4 - Mix all together

Put in a casserole dish with cover and put in oven at 325 degrees for 1/2 - 3/4 hour. May be frozen

PARMESAN CHICKEN

3-4 lbs of chicken pieces
1 egg, a little milk, salt, pepper, for dipping chicken
1-1/2 cups fine breadcrumbs
1 - 14 oz. Can tomato sauce
Oregano, Parmesan cheese, grated, mozzarella cheese

METHOD

Dip the chicken pieces in the egg, milk. Salt and pepper mixture then breadcrumbs
Brown in oil and lay singly in a glass lasagna pan

Over the top pour the tomato sauce and sprinkle with a little oregano and lots of Parmesan cheese

Cover with foil. Bake 40-45 minutes at 325 degrees F. Remove foil, cover with slices or pieces of mozzarella cheese.

Bake another five minutes or until cheese melted

Terrific with warm crusty rolls, rice, and green salad - Serves 6

CHOCOLATE BISCUIT SQUARES

12 oz (300 grams) milk cooking chocolate

6 oz (150 grams) digestive biscuits, broken into pieces

1 can condensed milk

Red and green graced cherries

METHOD

Melt chocolate in double boiler. Add condensed milk and broken biscuits and mix well. Turn mixture into greased Swiss roll tin and leave until set.

Decorate with cherries and cut into squares – Yields 36

READ A NEW BOOK!

[The Little Old Lady Who Broke All the Rules](#)

By Catharina Ingelman-Sundberg

Martha Anderson may be seventy-nine-years-old and live in a retirement home, but that doesn't mean she's ready to stop enjoying life. So when the new management of Diamond House starts cutting corners to save money, Martha and her four closest friends—Brains, The Rake, Christina and Anna-Gretta (a.k.a. The League of Pensioners)—won't stand for it. Fed up with early bedtimes and overcooked veggies, this group of feisty seniors sets about to regain their independence, improve their lot, and stand up for seniors everywhere.

Their solution? White collar crime. What begins as a relatively straightforward robbery of a nearby luxury hotel quickly escalates into an unsolvable heist at the National Museum. With police baffled and the Mafia hot on their trail, the League of Pensioners has to stay one walker's length ahead if it's going to succeed....

[The Poetry Pharmacy Returns: More Prescriptions for Courage, Healing and Hope](#)

By William Seighart

From ageing bodies and existential crises to long-distance relationships and embracing your slovenliness, *The Poetry Pharmacy Returns* caters to all-new conditions while drilling further down into the universals: this time, the challenges of family life, and of living as a person among others, receive a much closer look. Perfect for the treasured friends, barely tolerated siblings, beloved aunts and revered grandparents in your life.

TRY SOME RIDDLES AND PUZZLES!

Questions:

1. What kind of running means walking?
2. What runs all around a backyard, yet never moves?
3. What would you find in the middle of Toronto?
4. A man is looking at a photograph of someone. His friend asks who it is. The man replies, "Brothers and sisters, I have none. But that man's father is my father's son." Who was in the photograph?
5. A man was walking in the rain. He was in the middle of nowhere. He had nothing and nowhere to hide. He came home all wet, but not a single hair on his head was wet. Why is that?

Answers:

1. Running out of gas
2. A fence
3. The letter "o"
4. His son
5. The man was bald

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

Rebus Puzzles

A Rebus Puzzle is a puzzle device that combines the use of letters, words, symbols and pictures to convey a common word or phrase. Can you guess what message these puzzles are conveying?

#1

KNEE
UR FULL OF

#2

give get
give get
give get
give get

#3

L
O
V
E

#4

TRY STAND
2

#5

TAILR
RIALT
AIRTL
TLRIA

Answers:

- #1. You're full of boloney (bologna)
- #2. Forgive and forget
- #3. Falling in love
- #4. Try to understand
- #5. Trail mix

Retrieved from [Rebus Puzzles Brainteasers - Kids Environment Kids Health - National Institute of Environmental Health Sciences \(nih.gov\)](#)

Spot 10 Differences in these Photos!



Retrieved from: [Spot the Differences #8 \(goldencarers.com\)](#)

Word Search

SUMMER FUN WORDS



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

SUMMER FUN WORD SEARCH

Activities for Seniors

Parades	Swimming	Fans	Petunias
Watermelon	Cornfield	Festivals	Garden
Mosquitos	Hammock	Badminton	Vacation
Weed eater	Baseball	Begonias	Camping

Retrieved from [Summer Fun Words Word Search \(goldencarers.com\)](https://goldencarers.com/summer-fun-words-word-search/)

Local Parks

[G. Ross Lord Park](#)

Address: 4801 Dufferin St N, North York, ON

[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 the weather.***

Free Toronto Museums

Museums offering free admission all year long:

[Colborne Lodge](#)

Address: 11 Colborne Ledge Dr.

[Montgomery's Inn](#)

Address: 4709 Dundas Street West

[Fort York National Historic Site](#)

Address: 250 Fort York Blvd.

[Scarborough Museum](#)

Address: 1007 Brimley Road

[Gibson House Museum](#)

Address: 5172 Yonge St.

[Spadina Museum](#)

Address: 285 Spadina Road

[Mackenzie House](#)

Address: 82 Bond St.

[Todmorden Mills](#)

Address: 67 Pottery Road

[Market Gallery](#)

Address: 95 Front Street East

[Zion Schoolhouse](#)

Address: 1091 Finch Avenue East

In-Person Community Events, Programs & Workshops

Casa Loma

Explore Toronto's historic castle and gardens. Admission includes a self-guided audio tour, access to the Sir Henry Pellatt documentary and the Princess Diana Exhibit.

Address: 1 Austin Terrace, Toronto, ON M5R 1X8

Times: 9:30am-5:00pm

Prices: \$40 Adults, \$65 Seniors (65+)

Featured Exhibition: [Princess Diana: Accredited Access Exhibition](#) (until June 12th)

St. Lawrence Market

Shop local Toronto produce, meats, and homegoods, or take a guided tour. Don't miss the Farmer's Market on Saturdays and Antiques Market on Sundays!

Address: 93 Front St E, Toronto, ON M5E 1C3

Times:

- **South Market:** Tuesday to Friday, 9am-5pm; Saturday 5am-4pm; Sunday & Monday closed
- **Farmer's Market:** Saturday 5am-3pm
- **Antiques Market:** Sunday 5am-5pm

The Leslieville Farmers' Market

Check out tons of farmers, small businesses, and craft breweries every Sunday.

Address: 150 Greenwood Avenue, Toronto, ON

Dates: Every Sunday, from May 15th to October 30th

Times: 9:00am-2:00pm



Kensington Market – Pedestrian Sundays

Every Sunday the streets of Kensington Market are shut down and filled with vendors, street performers and music. Shop the small businesses and try some of the many food options.

Address: Augusta Avenue, Toronto, ON

Dates: Every Sunday, from May 30th to October 30th

Times: 12pm-7pm

Art Gallery of Ontario

Free every Wednesday from 6:00pm-9:00pm

**Tickets released every Monday*



Royal Ontario Museum

Free every third Tuesday night of the month from 5:30pm-8:30pm

Armour Heights Presbyterian Church – Community Art Show and Sale

Come out to see and purchase paintings, sketches, jewellery, quilts and more!

When: Saturday, June 4th, 10:00am-4:00pm

Where: 105 Wilson Avenue

A SUMMER SOLSTICE WALK IN HIGH PARK WITH EMMA ROONEY - Mosaic Home Care

Join Emma Rooney from Blooming Caravan to celebrate the start of summer in High Park and learn about some of the park's history. Expect to find out about the plants and animals that call High Park home and the people who care for this land.

Join Mosaic for a discounted lunch after our walk at The Grenadier Cafe in High Park!

When: June 20th, 2022 at 10:30am

Where: The Grenadier Cafe in High Park, 200 Parkside Dr., Toronto, ON

Cost: \$5

Register: Please email lauren@mosaichomecare.com or call 416-322-7002



A MID-SUMMER'S EVENING OF MUSIC, THEATRE & DINNER - Mosaic Home Care

Join Mosaic Home Care Services and Armour Heights Presbyterian Church in this wonderful evening of Opera, Jazz and Theatre Performances. The meal is kindly sponsored partially by Canterbury Place Retirement Residence and Mosaic Home Care & Community Resource Centres.



When: Thursday June 23rd, 2022 from 6:00 p.m. to 9:00 p.m

Where: Armour Heights Presbyterian Church 105 Wilson Avenue (Scott Duncan Hall)

Register: Please email lauren@mosaichomecare.com or call 416-322-7002

WORLD ELDER ABUSE AWARENESS DAY - Mosaic Home Care

Join North York Elder Abuse Network and North York Seniors Centre for a lunch and Learn at North York Seniors Centre in recognition of World Elder Abuse Awareness Day!

When: Wednesday June 29th, 2022 from 12:00pm to 2:00pm

Where: North York Seniors Centre, 21 Hendon Avenue North York

Register: Please email lauren@mosaichomecare.com or call 416-322-7002



Online Home Activities

Requires access to computer/smart phone and internet.



Mosaic Community Programs Online

Mosaic Home Care & 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: 416-322-7002 or 905-597-7000

Email: info@mosaichomecare.com

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

Knitting & Crochet Group

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

When: Every Wednesday

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

Where: Zoom



First Link Memory Café:

Re-imagining Dementia with Emerson Lee, Nicolette McDermott and Nancy Nelson

Learn about the different ways this organization is changing the way we understand dementia.

When: Tuesday June 28th, 2022 from 1:00 p.m. to 2:00 p.m.

Where: Zoom

Zoom Function Fitness with Joanne Picot

Join us on Zoom for a complete body workout featuring simple exercises to build muscles, flexibility, and boost heart health.

When: Wednesday June 1st, from 11:00am to 12:00pm

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: Thursday June 2nd, 2022 from 1:00 p.m. to 2:00 p.m.

Where: Zoom



To view the full list of Mosaic events please download our

Spring & Summer Newsletter

Community Programs Online

[Virtual Workshops and Groups - Family Service Toronto](#)

Access multiple workshops and group activities for all ages. To register email sau@familyserVICEToronto.org or call 416-595-9618

Seniors Chat Group

When: First and third Wednesday of June at 3:00pm-4:00pm

Where: Zoom

Drop-In Yoga

When: Fridays from 11:00am-12:00pm

Where: Zoom

[Seniors Social: I Am Here - Art Gallery of Ontario](#)

Join us for our free virtual Seniors Social program, a live monthly series for older adults that combines conversations with art and artmaking.

When: Friday June 10th, 2022 from 2:00pm to 3:00pm

Where: Zoom

Register: To register please visit <https://ago.ca/events/seniors-social-i-am-here>

[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](#)

[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

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.

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](#)

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.



Dates:

- Tuesdays, May 3 - June 21 from 2 to 3 p.m.
- Thursdays, May 5 - June 23 from 2 to 3 p.m.
- Tuesdays, June 28 - August 2 from 2 to 3 p.m. (excluding July 5)
- Thursdays, June 30 - August 5 from 2 to 3 p.m. (excluding July 7)

Website: <https://alzheimer.ca/york/en/help-support/programs-services/minds-motion>

Registration: Email Jamie Cruz at jcruz@alzheimer-york.com to register

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 Lauren McNair at 905-597-7000 ext. 227

or lauren@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: tcanhwwebinars@gmail.com



Seniors' Centre Without Walls

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



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Mosaic Home Care Services & Community Resource Centres

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What a difference we make®!

