



Fall 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*

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AT HOME ACTIVITIES



These activities do not require a computer and internet access.

TRY A NEW RECIPE!

Fall time means lots of fun fall treats and sweets! Here are some easy to make goodies that you can make at home & with your loved ones!

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

No-Bake Energy Bites

Ingredients:

- 1 cup old-fashioned oats
- 2/3 cup toasted shredded coconut (sweetened or unsweetened)
- 1/2 cup creamy peanut butter
- 1/2 cup semisweet chocolate chips
- 1/3 cup honey
- 1/2 cup ground flaxseed (optional)
- 1 tablespoon chia seeds (optional)
- 1 teaspoon vanilla extract



Method:

- 1- Stir all the ingredients together in a large mixing bowl until combined.
- 2- Cover and chill mixing bowl in the refrigerator for 1-2 hours, or until the mixture is chilled. (this will help the mixture stick together more easily)
- 3- Roll mixture into 1-inch balls.
- 4- Serve and enjoy! Refrigerate in a sealed container for up to 1 week, or freeze for up to 3 months.

Tip: Get creative! Add any ingredients you enjoy such as nuts or cranberries!

Source: [No Bake Energy Bites | Gimme Some Oven](#)

Cinnamon Peanut Brittle

Ingredients:

- 1 cup sugar
- 1/2 cup light corn syrup
- 2 cups salted peanuts
- 1 teaspoon butter
- 1/2 teaspoon ground cinnamon
- 1 teaspoon baking soda
- 1 teaspoon vanilla extract



Method:

- 1- In a 2-qt. microwave-safe bowl, combine sugar and corn syrup. Heat, uncovered, on high for 3 minutes; stir. Heat 2-1/4 minutes longer. Stir in peanuts, butter, and cinnamon.
- 2- Microwave, uncovered, on high until mixture turns a light amber color (mixture will be very hot), 20-30 seconds. Quickly stir in baking soda and vanilla until light and foamy.
- 3- Immediately pour onto a greased baking sheet and spread with a metal spatula. Refrigerate until firm, about 20 minutes, then break into small pieces. Store in an airtight container.

Source: [Cinnamon Peanut Brittle Recipe: How to Make It \(tasteofhome.com\)](http://tasteofhome.com)

READ A NEW BOOK!

Call It a Gift

By Valeria Hobbs

"Jeronimo Smith, seventy-seven, is having a particularly bad day, and he needs the poems of William Butler Yeats to get him through it. But the book has just been checked out of the Santa Barbara Public Library. When he accosts the widow who has the book, he meets the woman who will become the love of his life. They're an unlikely pair - Jeronimo a retired janitor, Emily cultured and wealthy - and both are coping with troublesome adult children and the indignities of aging. Jeronimo courts Emily by mowing her lawn, and when he impetuously invites her to join him on a road trip to Yellowstone, she stuns herself by agreeing." Their elopement is a once-in-a-lifetime adventure and the setting for a bitter-sweet love story about the poignant intensity of old age. The two must find a way to balance family responsibilities against their own needs, and the impulse to stay close to what is wild in themselves despite pressures to age "sensibly."

Let's Look Together: An Interactive Picture Book for People with Alzheimer's Other Forms of Memory Loss

By Rae-Lynn Cebul Ziegler

"Wake up" someone's brain with every turn of the page in this delightfully engaging resource. This picture book for adults is to be shared between a family (or professional) caregiver and a person with memory loss to encourage meaningful emotional connections and conversations through therapeutic brain stimulation. Tested with people with middle to late Alzheimer's disease, Ziegler's work demonstrates that spending time with an interactive picture book can help keep people with memory loss connected and engaged. Users of Let's Look Together are encouraged to relate to the feelings suggested by the photos, reminisce about situations triggered in the person's memory, describe what might precede or follow the photo's action, tell a story about the child or image, and find pleasure in sharing the book together. Twenty-nine full-color photographs portray an array of easily recognized emotions and activities. Simple conversation starters are provided for each image. It all comes together to create a new visual and emotional journey for each person every time the book is opened.

TRY SOME RIDDLES AND PUZZLES!

Can you figure out these riddles?

Questions:

1. What is full of holes but can still hold water?
2. Who is bigger: Mr. Bigger, Mrs. Bigger, or their baby?
3. What travels faster? Hot or Cold?
4. What can you hold without ever touching or using your hands?
5. Jimmy's mother had four children. She named the first Monday. She named the second Tuesday, and she named the third Wednesday. What is the name of the fourth child?

Answers:

1. A sponge!
2. The baby because he is a little bigger!
3. Hot is faster, because you can catch a cold!
4. Your breath!
5. Jimmy, because Jimmy's mother had four children!

Find more fun riddles here: [100 Brain Teasers With Answers for Kids and Adults - IcebreakerIdeas](#)

Can you unscramble these words?

Hint: They are all colours!

- | | |
|-----------|-----------|
| 6. OWLLYE | 1. TEHIW |
| 7. AKCBL | 2. EPLURP |
| 8. OLDG | 3. SRVILE |
| 9. EANROG | 4. EBGEI |
| 10. YGER | 5. RONOMA |

Answers:

- | | |
|-----------|-----------|
| 6. YELLOW | 1. WHITE |
| 7. BLACK | 2. PURPLE |
| 8. GOLD | 3. SILVER |
| 9. ORANGE | 4. BEIGE |
| 10. GREY | 5. MAROON |



Word Search

THANKSGIVING



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

Turkey	Stuffing	Grateful	Tradition
Pilgrims	Cranberry	Rolls	Pecan Pie
Feast	Squash	Potatoes	Green Beans
Family	Casserole	Yams	Gravy
Pumpkin Pie	Harvest	Apple Pie	Corn Bread

Retrieved from [Thanksgiving Dinner Word Finder \(goldencarers.com\)](http://goldencarers.com)



FUN THIS FALL!



Summer may be over, but that does not mean the fun has to end! Fall time means lots of markets, festivals and activities are happening to ring in the harvest and festive season!

VISIT A FARMERS MARKET!

North York Farmers' Market

Where: 5100 Yonge Street (Mel Lastman Square)

When: Every Thursday until October 27th, 9am – 2pm

Featuring: Local produce farmers and artisanal food products

close to public transit

The Leslieville Farmers' Market

Where: 150 Greenwood Avenue (Greenwood Park)

When: Every Sunday until October 30th, 9am – 2pm

Featuring: Produce, prepared food products & breweries

close to public transit

Davisville Village Market

Where: June Rowlands Park (corner of Mount Pleasant and Davisville Ave)

When: Every Tuesday until October 4th, 3pm – 7pm

Featuring: Local produce and baked goods

close to public transit

St. Jacobs Farmers Market

Where: 878 Weber Street North, Waterloo ON

When: All year round, Thursdays from 8am – 3pm and Saturdays from 7am – 3:30pm

Special Event: [Harvest Hoedown at St. Jacobs Market](https://stjacobsmarket.com/harvest-hoedown/)

- Friday September 23rd, 4:30pm – 10:00pm
- Tickets required (\$8/\$10)
- For more information please visit: <https://stjacobsmarket.com/harvest-hoedown/>

1.5 hour drive from Toronto, transit available via GO Bus

Aberfoyle Antique Market

Where: 57 Brock Road South, Puslinch ON

When: Every Sunday until October 30th, 8am – 4pm (\$5 entry fee)

Featuring: Antique goods and specialty foods

1 hour drive from Toronto, transit available via GO Bus

ATTEND A FESTIVE FALL EVENT!



Mount Pleasant Village Harvest Festival

Enjoy this free fall fair to kick off autumn!

Where: From Eglinton to Davisville along Mount Pleasant Road

When: Saturday, September 24th from 10am – 4pm

The Word On The Street Community Pop-Up at Evergreen Brick Works

Enjoy author-led forest walks, a book-filled marketplace and activities for the whole family!

Where: 550 Bayview Avenue, Toronto (Evergreen Brick Works)

When: Sunday, September 25th, from 9am – 6pm

Register: <https://www.eventbrite.ca/e/the-word-on-the-street-community-pop-up-evergreen-brick-works-tickets-372842531047>

Apple Pie Fiesta – The Sumach by Chartwell & Downsizing Real Estate

Learn how to make Apple Pie from scratch with Chef Michelle!

Where: 146 Sumach St, Toronto (The Sumach by Chartwell)

When: Wednesday, September 28th at 2pm

Register: https://downsizingexperts.ca/event_series/pumpkin-apple-pie-fiesta/

Markham Fall Fair

Enjoy one of Canada's oldest fall fairs! Featuring food, crafts, games & more!

Where: 10801 McCowan Road, Markham (Markham Fairgrounds)

When: September 29th – October 2nd

Register: <https://www.markhamfair.ca/fair/2022-admissions/>

The Royal Agricultural Winter Fair

Come celebrate the best in agriculture, local food, and equestrian competitions from across the country at the 100th Anniversary of this iconic fair!

Where: 100 Prince's Blvd, Toronto (Exhibition Place)

When: November 4th – 13th

Register: <https://www.royalfair.org/>



GO ON A FALL WALK!

Take a stroll through these walking trails and see the beautiful fall foliage, and maybe catch a peak at some local wildlife!

[Sunnybrook Park](#)

Address: 1132 Leslie St, North York

[Alexander Muir Memorial Gardens](#)

Address: 2901 Yonge St, North York

[Crothers Woods](#)

Address: 27 Redway Road, North York

[Edwards Gardens](#)

Address: 755 Lawrence Ave E., North York

[Moccasin Trail Park](#)

Address: 55 Green Belt Drive, North York

[Don Valley Brick Works](#)

Address: 550 Bayview Ave, Toronto

[High Park](#)

Address: 1873 Bloor St W 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.***



VISIT A SCULPTURE GARDEN!

Visit one of the many sculpture gardens in Toronto, filled with beautiful artwork, sculptures and rich history!

[Lee Lifeson Art Park](#)

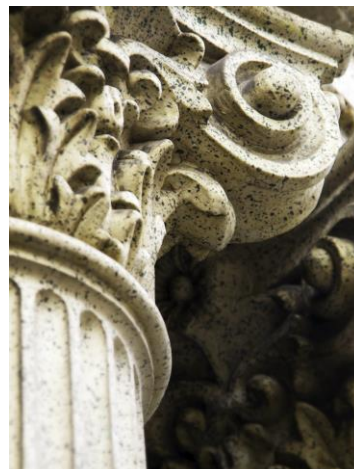
Address: 223 Gladys Allison Pl, North York

[Al Green Sculpture Park](#)

Address: 77 Davisville Ave, Toronto

[Guild Park and Gardens](#)

Address: 201 Guildwood Pkwy, Scarborough



IN-PERSON PROGRAMS & EVENTS

UPCOMING IN-PERSON MOSAIC EVENTS!

To register please email info@mosaichomecare.com or call 416-322-7002

WALK WILLOWDALE WITH NATHALIE PREZEAU

Join Mosaic Home Care, staff from Canterbury Place Retirement Residence & Nathalie Prezeau local author for a walk around Willowdale.

Date & Time: Thursday, September 22nd from 10:00am – 1:00pm

Location: Canterbury Retirement Residence (1 Canterbury Place, Toronto ON, M2N 0G7)

2ND ANNUAL FALL FAIR AT ARMOUR HEIGHTS PRESBYTERIAN CHURCH

Join us for our 2nd Annual Fall Fair hosted by: Armour Heights Presbyterian Church & Mosaic Home Care Services & Community Resource Centre.

Date & Time: Saturday, October 15th from 1:00pm – 3:30pm

Location: Armour Heights Presbyterian Church (105 Wilson Ave., North York ON, M5M 2Z9)

FOREST BATHING WALK IN HIGH PARK WITH EMMA ROONEY

Join us on a mindful forest bathing experience in High Park as a part of Mosaic's Community Cafe Series, event brought to you by Mosaic Home Care Services and The Chartwell Grenadier Residence.

Date & Time: Monday, October 17th from 9:30am – 1:00pm

INTERACTIVE DRUMMING CIRCLE WITH TERRI SEGAL

Join Mosaic Home Care for our Mosaic's Memory Café and engage in collaborative and fun rhythm-based activities with Terri Segal, an Expressive Arts Therapist, Facilitator and Educator.

Date & Time: Tuesday, October 25th from 1:00pm – 2:00pm

Location: Armour Heights Presbyterian Church (105 Wilson Ave., North York ON, M5M 2Z9)

HOLIDAY FESTIVE TEA WITH LIANNE HARRIS

Join Mosaic Home Care and Armour Heights Presbyterian Church for a Holiday Festive Tea, featuring a holiday history presentation by Lianne Harris.

Date & Time: Thursday, December 1st from 12:00pm – 2:00pm

Location: Armour Heights Presbyterian Church (105 Wilson Ave., North York ON, M5M 2Z9)



COMMUNITY PROGRAMS & EVENTS!

North York Seniors Centre

Address: 21 Hendon Avenue, Toronto

- Adult Day Program
 - Monday – Friday, 9:30am – 3:00pm
 - Social and recreational program featuring group activities, exercise and nutritious lunch & snacks
- Social Club
 - Mondays from 11am – 2pm
 - An afternoon of socializing and discussion

Bernard Betel Centre

Address: 1002 Steeles Ave. W, Toronto

- In Person Programs
 - Includes a variety of programs such as book clubs, computer courses, support groups and exercise classes

WoodGreen Active Living Centre

Address: Multiple Locations

- Hosts a variety of in-person programming including Tai Chi, Pole Walking, Line Dancing, Bingo and Day Trip

Toronto Public Library

Address: 578 Finch Avenue West (Centennial Library)

- Digital Life Skills for Seniors
 - September 21st & 28th, October 5th, 12th & 19th, 1pm – 2pm
 - Learn how to get more out of your phone or tablet

The Bitove Method

Address: 850 O'Connor Drive, Toronto

- In-Person Program
 - Thursdays from 1pm – 4pm
 - Featuring an afternoon of laughter and creativity



ONLINE PROGRAMS & EVENTS



Requires access to computer/smart phone and internet.

UPCOMING ONLINE MOSAIC PROGRAMS!

Participation is possible through computer or telephone (dial in through landline or cell phone). *To register please email info@mosaichomecare.com or call 416-322-7002*

MOSAIC'S KNITTING & CROCHET GROUP ON ZOOM

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

Date & Time: Every Wednesday from September 7th to December 14th from 1:00pm – 2:00pm

Location: Zoom

COMMUNITY CAFE – BIRDS OF SOUTHERN ONTARIO

Join us for a presentation of the beautiful birds of our area. You may know of some of these birds from your feeders but other are often a short distance away.

Date & Time: Monday, September 19th from 1:00pm – 2:00pm

Location: Zoom

COMMUNITY CAFE - A WALK DOWN MEMORY LANE WITH RAYMOND GOODMAN

A discussion for History Buffs on local areas of the GTA (featuring Lytton Park Area)

Date & Time: Monday, November 21st from 2:00pm – 3:00pm

Location: Zoom

NIA FITNESS WITH JENN HICKS ON ZOOM

Join us online (Zoom) for a full body workout through music, dance, and strength-enhancing movement!

Date & Time: Thursday, October 6th & Thursday November 10th from 1:00pm – 2:00pm

Location: Zoom

FUNCTIONAL FITNESS WITH JOANNE PICOT ON ZOOM

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

Date & Time: Wednesday, October 12th & Wednesday November 16th from 11:00am – 12:00pm

Location: Zoom

MOSAIC'S MEMORY CAFE - MEDITATION WORKSHOP WITH ALMEIRI SANTOS ON ZOOM

Learn about the benefits of a meditation practice with Almeiri Santos, a skilled Meditation Teacher and Reiki Master.

Date & Time: Tuesday, November 29th from 1:00pm – 2:00pm

Location: Zoom

To view the full list of Mosaic events please download our [FALL 2022 NEWSLETTER](#)



COMMUNITY ONLINE PROGRAMS!

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](#)

Alzheimer Society of Toronto

Featuring a variety of online programming, including art, music, exercise, safety, and webinars for caregivers and healthcare providers.

For view their activity calendar please visit: <https://alz.to/events/?tribe-bar-date=2022-09-02>

Alzheimer
Society
YORK REGION

[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>

[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](#)

[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: tcanhwebinars@gmail.com

Corporate Office

105 Wilson Avenue, Second Floor
Toronto, ON M5M 2Z9
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Community Resource Centre

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Mosaic Home Care Services & Community Resource Centre

info@mosaichomecare.com www.mosaichomecare.com

What a difference we make®!