



Winter 2023 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

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 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!

Golden Orange Muffins

Brighten up your day with these delicious muffins!

Ingredients

- 1 orange
- 150g sugar
- 1 large egg
- 1/2 cup orange juice
- 100g butter melted
- 1 1/2 cups plain flour
- 1 tsp baking powder
- 1 tsp bicarbonate of soda
- 1/2 cup sultanas or raisins (optional)



Directions

1. Trim off the thick top and bottom of the orange, so it sits flat.
2. Cut the unpeeled orange into quarters, then each quarter into four and remove any seeds.
3. Put the chopped orange, including skin, and the sugar into a food processor and process with the metal blade until orange is finely chopped.
4. Add the egg, juice, melted butter and process until combined.
5. Sift dry ingredients into a large mixing bowl, tip in the orange mixture, then sprinkle sultanas over and fold all together, stopping as soon as ingredients are moistened.
6. Spoon mixture into a 12-hole muffin pan lined with paper muffin cases, and bake at 200C (fan-forced) for 14 minutes or until golden brown.
7. When cool, sprinkle with icing sugar to decorate.

Retrieved from: <https://www.bestrecipes.com.au/recipes/galleries/golden-orange-muffins-recipe/eme32xm7?r=baking/r813v5bx&h=baking>

READ A NEW BOOK!

A Man Called Ove

By Fredrick Backman

At first sight, Ove is almost certainly the grumpiest man you will ever meet. He thinks himself surrounded by idiots - neighbours who can't reverse a trailer properly, joggers, shop assistants who talk in code, and the perpetrators of the vicious *coup d'etat* that ousted him as Chairman of the Residents' Association. He will persist in making his daily inspection rounds of the local streets.

But isn't it rare, these days, to find such old-fashioned clarity of belief and deed? Such unswerving conviction about what the world should be, and a lifelong dedication to making it just so?

In the end, you will see, there is something about Ove that is quite irresistible...

101 Essays That Will Change The Way You Think

By Brianna Wiest

In her second compilation of published writing, Brianna Wiest explores pursuing purpose over passion, embracing negative thinking, seeing the wisdom in daily routine, and becoming aware of the cognitive biases that are creating the way you see your life. This book contains never before seen pieces as well as some of Brianna's most popular essays, all of which just might leave you thinking: this idea changed my life.

ENJOY SOME POETRY!

See It Through

By Edgar Guest

When you're up against a trouble,
Meet it squarely, face to face;
Lift your chin and set your shoulders,
Plant your feet and take a brace.
When it's vain to try to dodge it,
Do the best that you can do;
You may fail, but you may conquer,
See it through!

Black may be the clouds about you
And your future may seem grim,
But don't let your nerve desert you;
Keep yourself in fighting trim.
If the worst is bound to happen,
Spite of all that you can do,
Running from it will not save you,
See it through!

Even hope may seem but futile,
When with troubles you're beset,
But remember you are facing
Just what other men have met.
You may fail, but fall still fighting;
Don't give up, whate'er you do;
Eyes front, head high to the finish.
See it through!

TRY A WORD SEARCH!

Word Search

WINTER WONDERLAND



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

Jack Frost	Sledding	Ice Skating	Snowflakes	Magic
Polar Bear	Wonderland	Hot Chocolate	Penguins	Scarf
Frost	Fireplace	Cold	Snowman	Snowball
Jumper	Chill	Igloo	Snow	Icicles

Retrieved from: www.goldencarers.com

CAN YOU FIND ALL 10 HIDDEN OBJECTS?



CAN YOU SOLVE THESE RIDDLES?

Questions:

1. What kind of man cannot live inside a house?
2. What has an eye but cannot see?
3. Paul is a butcher. He is 5'10". What does he weigh?
4. What's orange and sounds like a parrot?
5. Which tire doesn't move when a car turns right?
6. How can you make varnish disappear?
7. What loses its head in the morning but gets it back at night?
8. What do you break before using?
9. I have a head & no body, but I do have a tail. What am I?
10. What room do ghosts avoid?

Answers:

1. A snowman
2. A needle
3. Meat
4. A carrot
5. The spare tire
6. Take the 'r' out
7. A pillow
8. An egg
9. A coin
10. The living room

TRY THIS MIND GAME!

Write down 5 things that fit each category as fast as you can.

For an extra challenge try to do each category in 10 seconds or less!

- | | |
|--|---------------------------------|
| 1. Flowers | 6. Things that are hot |
| 2. Countries beginning with the letter 'A' | 7. Birds |
| 3. Desserts | 8. Types of cars |
| 4. Things you take to the beach | 9. Things you find in a kitchen |
| 5. Musicians | 10. Capital cities |



WARM UP THIS WINTER

The cold weather is here, but there is still lots to do! Whether you want to explore the outdoor winter wonderland, or stay cozy indoors, there is lots to keep busy with this season!

GET COZY AT A COFFEE SHOP!

Snakes and Lattes Board Game Café

Address: 45 Eglinton Ave E, Toronto, ON

Website: <https://www.snakesandlattes.com/midtown>

Dineen York Mills

Address: 311 York Mills Road, North York, ON

Website: <https://www.dineencoffee.com/index.php>

Press Books, Coffee and Vinyl

Address: 2442 Danforth Avenue, Toronto, ON

Website: <https://www.blogto.com/cafes/press-books-toronto/>

Bobette and Bell

Address: 1121 Queen St E, Toronto, ON M4M 1K9

Website: <https://bobbetteandbelle.com/>

GO ON A WINTER WALK!

Earl Bales Park

Address: 4169 Bathurst St North York, ON

Website: <https://www.toronto.ca/data/parks/prd/facilities/complex/337/index.html>

High Park

Address: 1873 Bloor St W, Toronto, ON

Website: <http://www.highparktoronto.com/>

Buttonwood Park

Address: 30 Mulham Pl, Etobicoke, ON

Website: <https://www.toronto.ca/data/parks/prd/facilities/complex/813/index.html#tab=dropin>

Greenwood Park

Address: 150 Greenwood Ave, Toronto-East York, ON

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

Trillium Park

Address: 955 Lakeshore Blvd W, Toronto, ON (Ontario Place)

Website: <https://ontarioplace.com/en/whats-on/trillium-park-and-william-g-davis-trail/>

Evergreen Brickworks

Address: 550 Bayview Ave, Toronto, ON

Website: <https://www.evergreen.ca/evergreen-brick-works/>

SPECIAL WINTER EVENTS!

Winterlicious

Try out a new restaurant in the city with a hand-crafted menu of delicious dishes. Winterlicious returns from Friday, January 27 to Thursday, February 9 to continue to help support the local restaurant industry in economic recovery and revival and to celebrate Toronto's diverse culinary scene.

Website: <https://www.toronto.ca/explore-enjoy/festivals-events/winterlicious/>

The Bloor-Yorkville Icefest

See over 70,000 pounds of ice carved into sculptures at this annual celebration of winter in the Village of Yorkville Park. This free event will run from February 18th-19th from noon to 11pm.

Website: <https://www.bloor-yorkville.com/icefest/>

Sugar Shack TO

On March 11 and 12, 2023, this annual outdoor event will transform Sugar Beach into a Canadian extravaganza featuring all things maple and maple syrup.

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

Midwinter Concert at The Bentway

Join us for an evening of musical performances and storytelling to warm your heart in the cold winter months, featuring music from Small World Music

Address: 55 Fort York Blvd Toronto, ON

Website: <https://www.thebentway.ca/event/midwinter-concert-with-small-world-music/>

Winter Stations at Woodbine Beach

Visit the reimagined lifeguard stations turned art installations along Toronto's east end beaches.

Website: <https://winterstations.com/>

IN-PERSON PROGRAMS & EVENTS



UPCOMING IN-PERSON MOSAIC EVENTS!

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

For full listing of programs and workshops please take a look at our Winter 2023 Newsletter at:
<https://mosaichomecare.com/newsletter/>

'The Luck O' the Irish' Lunch & Learn

Join us for a St. Patrick's Day celebration full of food, fun and fantastic fables! We will enjoy a delicious lunch followed by an entertaining presentation from Lianne Harris.

Date: Friday, March 17th, 2023

Time: 11:30am – 1:30pm

Location: Armour Heights Presbyterian Church 105 Wilson Avenue
(No charge for this event. Free parking. Close to public transit.)

Drumming Circle with Terri Segal

Join Terri Segal from 'Rhythmic by Nature' in this interactive drumming circle!

Date: Tuesday, March 28th, 2023

Time: 1:00pm – 2:00pm

Location: Armour Heights Presbyterian Church 105 Wilson Avenue
(No charge for this event. Free parking. Close to public transit.)



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 Trips

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 AND EVENTS

Requires access to a computer or smartphone and internet access.



UPCOMING MOSAIC PROGRAMS!

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

For full listing of programs and workshops please take a look at our Winter 2023 Newsletter at:
<https://mosaichomecare.com/newsletter/>

** Zoom links provided at time of registration. You can also dial in to participate through your telephone if you do not have access to a computer – dial in number provided at time of registration.*

Weekly Knitting and Crochet Group

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

Dates: Every Wednesday

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

Location: Zoom



Functional Fitness with Joanne Picot

Join us on Zoom twice a month for a complete body workout featuring simple exercises to build muscles, flexibility, and boost heart health. Joanne will lead you through a variety of energizing standing and seated exercises using light free weights.

Dates: Fridays, January 20th, February 10th, March 3rd

Time: 11:00am – 12:00pm

Location: Zoom

**Nia Fitness with Jennifer Hicks**

Join us online (Zoom) for a full body workout through music, dance, and strength-enhancing movement! Nia incorporates martial arts, self-awareness, body positivity and fitness all in one.

Dates: Thursdays, January 26th, February 23rd, March 23rd

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

Location: Zoom

Avoiding Winter Slips and Falls with Margot McWhirter

Get ready to safely step (or roll) outside this Winter, knowing how to prevent falls, fractures and frostbite with this informative online presentation.

Date: Tuesday, January 24th

Time: 1:00pm – 2:00pm

Location: Zoom

Growing Wellness Café

Experience the month's garden and nature theme through poetry, art, and activities. Leave the virtual café feeling connected to community and with new knowledge and tools to grow your wellness naturally.

Dates: Thursdays, January 12th, February 2nd, March 2nd, 2023

Time: 2:00pm – 3:00pm EST

Location: Zoom

**Mosaic's Community Café**

Join Mosaic for an afternoon of ideas, fun, connection and social interaction with some discussion about your hobbies and interests.

Dates: Mondays, January 9th, February 13th, March 13th, 2023

Time: 1:00pm – 2:00pm

Location: Zoom

A Primer on Wills, Powers of Attorney and Real Estate Issues with Sheldon Parker

Time to get your affairs in order? The time to do that is while you are still capable, and able. Not doing this in a timely fashion can lead to very significant consequences.

Date: Tuesday, March 7th, 2023

Time: 1:00pm – 2:00pm

Location: Zoom

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>

[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
Tel 416.322.7002 | 905.597.7000



Community Resource Centre

105 Wilson Avenue, Lower Level
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Mosaic Home Care Services & Community Resource Centre

info@mosaichomecare.com www.mosaichomecare.com

What a difference we make®!