



Spring & Summer 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!

Paula Deen's Banana Bread

Ingredients

- 2 cups all-purpose flour
- 1 cup granulated sugar
- 1 teaspoon salt
- 1/2 cup butter, room temperature
- 4 overly ripe bananas
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 2 eggs, room temperature
- 1/2 to 1 cup chopped pecans



Retrieved from:

<https://insanelygoodrecipes.com/paula-deen-banana-bread/>

Directions

1. Preheat the oven to 350 degrees Fahrenheit. Grease the bottom and the sides of 2 loaf pans with oil or butter, or line with parchment paper.
2. In a medium bowl, combine the flour, sugar, and salt.
3. In a large bowl, beat the butter, bananas, and eggs just until combined.
4. Pour the dry ingredients into the banana mixture. Gently mix just until the batter is lump-free. Stir in the pecans.
5. Pour the batter into prepared pans. Bake for 40 to 45 minutes, or until a toothpick inserted into the center comes out clean.
6. Let the bread cool in the pans for 10 minutes, then transfer onto a wire rack to cool completely. Slice and enjoy!

Raspberry Lemonade

Ingredients

- 1 cup fresh raspberries, plus more for garnish
- 1/2 cup fresh lemon juice (from 3 large lemons)
- 1/4 cup granulated sugar
- 2 cups water
- Ice for serving
- 1 lemon, sliced, for garnish



Retrieved from:

<https://www.eatingwell.com/recipe/7960152/raspberry-lemonade/>

Directions

1. Combine raspberries, lemon juice and sugar in a blender; process until well blended, about 45 seconds. Pour the mixture through a fine-mesh sieve into a serving pitcher; stir in water. Serve over ice; garnish with raspberries and a lemon slice, if desired. (Serves 4)

GET INTO SOME SUMMER READING!

Every Summer After

By Carley Fortune

They say you can never go home again, and for Persephone Fraser, ever since she made the biggest mistake of her life a decade ago, that has felt too true. Instead of spending summers in cottage country, on the glittering lakeshore of her childhood, she stays in a stylish apartment in Toronto, keeping everyone a safe distance from her heart.

Until Percy receives the call that sends her racing back to Barry's Bay and into the orbit of Sam Florek—the man she never thought she'd have to live without.

Told over the course of six years in the past and one weekend in the present, *Every Summer After* is a gorgeously romantic look at love and the people and choices that mark us forever.

The Hotel Nantucket

By Elin Hilderbrand

After a tragic fire in 1922 that killed 19-year-old chambermaid, Grace Hadley, The Hotel Nantucket descended from a gilded age gem to a mediocre budget-friendly lodge to inevitably an abandoned eyesore — until it's purchased and renovated top to bottom by London billionaire, Xavier Darling. Xavier hires Nantucket sweetheart Lizbet Keaton as his general manager, and Lizbet, in turn, pulls together a charismatic, if inexperienced, staff who share the vision of turning the fate of the hotel around. They face challenges in getting along with one another (and with the guests), in overcoming the hotel's bad reputation, and in surviving the (mostly) harmless shenanigans of Grace Hadley herself — who won't stop haunting the hotel until her murder is acknowledged.

ENJOY SOME POETRY!

More than Enough

By Marge Piercy

The first lily of June opens its red mouth.
All over the sand road where we walk
multiflora rose climbs trees cascading
white or pink blossoms, simple, intense
the scene drifting like colored mist.

The arrowhead is spreading its creamy
clumps of flower and the blackberries
are blooming in the thickets. Season of
joy for the bee. The green will never
again be so green, so purely and lushly

new, grass lifting its wheaty seedheads
into the wind. Rich fresh wine
of June, we stagger into you smeared
with pollen, overcome as the turtle
laying her eggs in roadside sand.

TRY A WORD SEARCH!

Word Search

MAP WORD SEARCH



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

Cartography	Streets	Directions	Europe	Time Zone
Compass	Topography	Atlas	Africa	Equator
Survey	Pioneers	World	Maritime	Facilities
GPS	Mountains	Country	Navigation	Exploration

Retrieved from: www.goldencarers.com

CAN YOU FIND ALL 10 HIDDEN OBJECTS?



Retrieved from: www.goldencarers.com



SPRING & SUMMER FUN

With the warmer weather on its way, now is the time to get outside and explore the city!
Here is what's happening in Toronto this summer:

MEET UP AT THE MARKET!

St. Lawrence Market

Address: Front Street East & Lower Jarvis Street, Toronto, ON M5E 1C3

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

Attend one of their cooking classes or book a historical tour!

Kensington Market

Address: Southwest corner of College St & Spadina Ave, Toronto, ON

Website: <http://www.kensington-market.ca/Default.asp?id=home&l=1>

Attend the 'Pedestrian Sundays' festival every Sunday throughout the summer where they close the road to make way for even more cool businesses, performers and food vendors!

Evergreen Brickworks

Address: 550 Bayview Ave, Toronto, ON M4W 3X8

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

Visit the Farmers Market on Saturdays from 9am – 1pm, and the Vintage Market on Sundays from 10am – 3pm. Stay tuned for a Mosaic event happening here in the fall!

Davisville Village Market

Address: June Rowlands Park, 220 Davisville Ave, Toronto, ON

Website: <https://www.appletreemarkets.ca/markets>

Check out local produce farmers and other vendors every Tuesday from 3pm – 7pm!

Downsview Park Merchants Market

Address: Downsview Park, 40 Carl Hall Rd, M3K 2C1

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

Explore the Farmers Market, shopping vendors and try foods from around the world at the International Food Court!

Dufferin Grove Organic Farmer's Market

Address: South end of Dufferin Grove Park, Northeast corner of Dufferin Street and Sylvan Ave.

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

Visit this all-organic Farmer's Market every Thursday from 3pm – 7pm

GO ON A NATURE WALK!

Bluffer's Park

Address: 1 Brimley Rd S

Website: <https://www.toronto.ca/data/parks/prd/facilities/complex/2/index.html>

Colonel Samuel Smith Park

Address: 3145 Lake Shore Blvd W

Website: <https://www.toronto.ca/data/parks/prd/facilities/complex/466/index.html>

Crothers Woods

Address: 27 Redway Rd

Website: <https://www.toronto.ca/data/parks/prd/facilities/complex/3593/index.html>

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/>



FUN FESTIVALS!



Luminato

Check out Toronto's international arts festival and one of the preeminent arts festivals in North America, having commissioned over 100 new works, with more than 3,600 performances featuring 15,000+ artists from over 40 countries

Dates: June 7th – 18th, 2023

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

Markham Village Music Festival

Markham Village Music Festival will have over 50 artists lined up for some awesome performances, Kidz Zone, a vendor village, a beatbox battle and much more.

Dates: June 16th – 17th, 2023

Website: <https://www.markhamfestival.com/>

Summerlicious

Try out a new restaurant in the city with a hand-crafted menu of delicious dishes. Summerlicious returns to continue to help support the local restaurant industry in economic recovery and revival and to celebrate Toronto's diverse culinary scene.

Dates: July 7th – 23rd, 2023

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

Beaches Jazz Festival

The Beaches International Jazz Festival is back for a month-long music festival held each year in the lakeside Beaches community of Toronto.

Dates: July 6th – July 30th, 2023

Website: <https://www.beachesjazz.com/>

Toronto Summer Music Festival

If you love classical music, this event features many of the top orchestras and soloists from Canada and beyond! The theme for 2023 is 'Metamorphosis'.

Dates: July 6th – 29th, 2023

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

TD Salsa on St. Clair

This free festival is a celebration of Latin American culture, food, music, and art. It hosts dance classes, workshops, and a Salsa for Seniors program.

Dates: July 8th -9th, 2023

Website: <https://salsaintoronto.com/td-salsa-on-st-clair/>

IN-PERSON PROGRAMS & EVENTS



UPCOMING IN-PERSON MOSAIC EVENTS!

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

See the full event line-up at: <https://mosaichomecare.com/newsletter/>

Nature, Art & Community at Canterbury Place

Join us for an afternoon of art-making and meaningful conversation with Lynn Kislock!

Date: Thursday, May 18th, 2023

Time: 2:00pm – 3:00pm

Location: Canterbury Place Retirement Residence (1 Canterbury Place, North York)

Garden Party on the Patio at Chartwell Lansing

Join us at Chartwell Lansing for refreshments and a Drumming Circle hosted by Terri Segal!

Date: Wednesday, May 24th, 2023

Time: 1:00pm – 3:00pm

Location: 10 Senlac Road, North York

World Elder Abuse Education Day Event

Join us in this community event on social responsibility and safety for vulnerable seniors.

Featuring Sheldon Parker presenting on “10 Tips for a Happy and Fulfilling Life” and live music performed by 2B1 Music Duo

Date: Wednesday, June 14th, 2023

Time: 11:30am – 2:00pm

Location: Armour Heights Presbyterian Church 105 Wilson Avenue

(No charge for this event. Free parking. Close to public transit.)

Qigong in the Garden with Steffi Black

Join us in the garden for a relaxing Qigong session, which seeks to bring the body’s energy into balance through movement and meditation.

Date: Monday, July 10th, 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.)

Under the Stars at The Sumach by Chartwell

Join us for a night of Dinner and Dancing on the rooftop patio of The Sumach. Featuring live music performed by 2B1 Music Duo!

Date: Friday, July 21st, 2023

Time: 6:00pm – 9:00pm

Location: The Sumach by Chartwell (146 Sumach Street, Toronto)

COMMUNITY PROGRAMS & EVENTS!

Camp Sunshine by The Sunshine Centre for Seniors

Join Sunshine Centre for Seniors on Toronto Island for a drop-in camp program with new activities and themes each week!

Address: 60 Lakeshore Avenue, Ward's Island, Toronto, ON, M5J 1X8

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

See the full event line-up 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

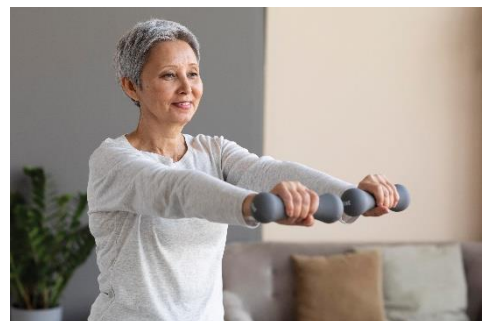
Functional Fitness with Joanne Picot

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, May 12th, June 9th, July 14th, 2023

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, May 25th, June 29th, July 27th, 2023

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

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, June 1st, July 6th, August 3rd, 2023

Time: 2:00pm – 3:00pm

Location: Zoom



COMMUNITY ONLINE PROGRAMS!

Dancing With Parkinsons

Join a daily dance class online with folks from coast to coast! Anybody is welcome to join!

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®!