



Winter 2024 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***

Table of Contents

At Home Activities	3
Warm Up this Winter	8
In-Person Programs & Events	10
Online Programs & Events	11
COVID-19 Resources.....	15

AT HOME ACTIVITIES

These activities do not require a computer and internet access.



TRY A COZY RECIPE!

5-Ingredient Baked Potato Soup

Ingredients

- 4 slices bacon, halved
- 6 medium scallions, thinly sliced, (white and green parts separated)
- 2 pounds peeled and cubed Russet potatoes
- 3 cups half-and-half or whole milk
- 1/2 teaspoon kosher salt
- Freshly ground black pepper
- 1 cup shredded cheddar cheese

Directions

1. Place the bacon in a large soup pot and cook on medium heat until browned and crisp, about 8 minutes. Transfer the bacon to paper towels to drain.
2. Add the white parts of the scallions to the pot. Saute until fragrant, about 1 minute. Add the potatoes and cook, stirring occasionally, for 5 minutes. Add the half-and-half or milk and salt and bring to a simmer. Cook, stirring occasionally, until the potatoes are soft, about 10 minutes. Meanwhile, chop or crumble the bacon.
3. At this point, mash with a potato masher or puree with an immersion blender into your desired consistency. Taste and season with salt, pepper, and any other desired seasonings to taste. Serve sprinkled with cheese, scallion greens and bacon.



Retrieved from: <https://www.thekitchn.com/recipe-5-ingredient-baked-potato-soup-family-friendly-253418>

Have a recipe that you would love to share? Email it to lauren@mosaichomecare.com to be featured in the next issue of the Mosaic Activity Booklet!

READ A NEW BOOK!

Before The Coffee Gets Cold

By Toshikazu Kawaguchi

In a small back alley of Tokyo, there is a café that has been serving carefully brewed coffee for more than one hundred years. Local legend says that this shop offers something else besides coffee—the chance to travel back in time.

Over the course of one summer, four customers visit the café in the hopes of making that journey. But time travel isn't so simple, and there are rules that must be followed. Most important, the trip can last only as long as it takes for the coffee to get cold.

Heartwarming, wistful, mysterious and delightfully quirky, Toshikazu Kawaguchi's internationally bestselling novel explores the age-old question: What would you change if you could travel back in time?

The Road Years: A Memoir, Continued . . .

By Rick Mercer

At the end of his memoir *Talking to Canadians*, Rick Mercer was poised to make the biggest leap yet in his extraordinary career. Having overcome a serious lack of promise as a schoolboy and risen through the showbiz ranks—as an aspiring actor, star of a surprisingly successful one-man show about the Meech Lake Accord, co-founder of *This Hour Has 22 Minutes*, creator and star of the dark-comedy sitcom *Made in Canada*—he was about to tackle his biggest opportunity yet.

The Road Years picks up the story at that exciting point, with the greenlighting of what would become Rick Mercer Report. Plans for the show, of course, included political satire and Rick's patented rants. But Rick and his partner, Gerald Lunz, were also determined to do something that comedy tends to avoid as too challenging: they would emphasize the positive. Rick would travel from coast to coast to coast in search of everything that's best about Canada, especially its people. He found a lot to celebrate, naturally, and was rewarded with a huge audience and a run of 15 seasons.

The Road Years tells the inside story of that stupendous success. A time when Rick was heading to another town—or military base, sports centre, national park—to try dogsledding, chainsaw carving, and bear tagging; hang from a harness (a lot); ride the "Train of Death;" plus countless other joyous and/or reckless assignments.

Added to the mix were encounters with the country's great. Every living prime minister. Rock and roll royalty from Rush to Randy Bachman. Olympians and Paralympians. A skinny-dipping Bob Rae. And Jann Arden, of course, who gets a chapter to herself. Along the way he even found the time to visit several countries in Africa and co-found and champion the charity Spread the Net, which has gone on to protect the lives of millions

ENJOY SOME POETRY!

The Snow Fairy

By Claude McKay

Throughout the afternoon I watched
 them there,
Snow-fairies falling, falling from the
 sky,
Whirling fantastic in the misty air,
 Contending fierce for space
 supremacy.
And they flew down a mightier force
 at night,
As though in heaven there was revolt
 and riot,
And they, frail things had taken panic
 flight
 Down to the calm earth seeking
 peace and quiet.
I went to bed and rose at early dawn
 To see them huddled together in a
 heap,
Each merged into the other upon the
 lawn,

Stopping by Woods on a Snowy Evening

By Robert Frost

The night is darkening round me,
 The wild winds coldly blow;
But a tyrant spell has bound me
 And I cannot, cannot go.
The giant trees are bending
Their bare boughs weighed with snow.
And the storm is fast descending,
 And yet I cannot go.
Clouds beyond clouds above me,
 Wastes beyond wastes below;
But nothing drear can move me;
 I will not, cannot go.

TRY A WORD SEARCH!

Word Search

COOKIES & BISCUITS



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

Hobnob	Butter	Monte Carlo	Malt	Florentine
Gingernut	Macaroon	Pfeffernusse	Truffles	Halva
Hazelnut	Chocolate Chip	Garibaldi	Tea	Lebkuchen
Amaretti	Digestive	Biscotti	Oreo	Karachi

Retrieved from: www.goldencarers.com

CAN YOU SOLVE THESE RIDDLES?

Questions:

1. What is at the end of a rainbow?
2. What has hands but cannot clap?
3. What gets shorter as it grows older?
4. What has branches, but no fruit, trunk, or leaves?
5. Forward, I am heavy; backward, I am not. What am I?
6. What can you hold in your right hand, but never in your left hand?
7. What can fill a room but takes up no space?
8. What has one head, one foot, and four legs?
9. What has many keys but cannot open a single lock?
10. What has to be broken before you can use it?

Answers:

1. The letter 'W'
2. A clock
3. A candle
4. A bank
5. A ton
6. Your left hand
7. Light
8. A bed
9. A piano
10. An egg

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. Insects | 6. Things that you take on vacation |
| 2. Countries beginning with the letter 'G' | 7. Flavours of ice cream |
| 3. Words that rhyme with 'time' | 8. Canadian actors |
| 4. Capital cities in Canada | 9. Hockey teams |
| 5. Things you wear in the winter | 10. Things with wheels |



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!

SPECIAL WINTER EVENTS!

Twilight Symphony at Casa Loma

Experience live music in a new light with a series of intimate candlelit concerts in one of Toronto's most magical locations, Casa Loma. Twilight Symphony at the Castle features the Casa Loma Symphony Orchestra, under the artistic direction and baton of Maestro Paolo Busato. Guests will travel the 800ft tunnel below Austin Terrace, to the Carriage Room, for a one-of-a-kind performance bathed in candlelight.

Website: <https://casaloma.ca/project/twilight-symphony/>

The Junction 4th Annual Window Wonderland

Toronto's award-winning winter art exhibit, Window Wonderland returns to the Junction for its fourth consecutive year. The magical urban art walk will transform the Junction into a FREE outdoor art gallery, featuring 20 spectacular augmented reality (AR) window installations with accompanying sidewalk art and five murals, all designed by local and international artists.

Website: <https://torontojunction.ca/window-wonderland-2023>

TD Union Winter

Union and TD are excited to bring back our free skating rink with free skate rentals right on Front Street. Join us on the rink for a fun and magical winter experience. Register ahead of time to reserve your spot – walk-ins limited.

Website: <https://www.blogto.com/events/td-union-winter-toronto/>

Winterlicious

Try out a new restaurant in the city with a hand-crafted menu of delicious dishes. Winterlicious returns from January 26 to Thursday, February 8, 2024 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/>



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>

Evergreen Brickworks

Address: 550 Bayview Ave, Toronto, ON

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



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/wp-content/uploads/2023/12/mosaic-newsletter-winter-2024.pdf>

Community Dinner at Mosaic

Spend an evening with old friends, new neighbours, and connect over meaningful conversations and fantastic food!

Date: Friday, January 19th, 2024

Time: 6:30pm – 8:30pm

Location: Armour Heights Presbyterian Church 105 Wilson Avenue

Cost: \$10/adult, \$5/child

The Luck O' the Irish Lunch and Learn

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

Date: Friday, March 8th, 2024

Time: 12:00pm – 2:00pm

Location: Armour Heights Presbyterian Church 105 Wilson Avenue

Cost: \$5



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/wp-content/uploads/2023/12/mosaic-newsletter-winter-2024.pdf>

** 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 12th, February 9th, March 8th

Time: 10:00am – 11:00pm

Location: Zoom

**Dance 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 25th, February 29th, March 28th

Time: 1:00pm - 2:00pm

Location: Zoom

A February Winterlude

A person-to-person interview featuring Frances Hernick (née Pratz) about her life as a concert pianist. She will be playing some of her favourite pieces by Chopin.

Date: Wednesday, February 21st, 2024

Time: 2:00pm – 3:00pm

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 4th, February 1st, March 7th, 2024

Time: 2:00pm – 3:00pm

Location: Zoom

**Winter Birds with Marcie Jacklin**

Enjoy this presentation about the birds that visit southern Ontario during the winter months with Marcie Jacklin!

Date: Monday, January 22nd, 2024

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
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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®!