



Spring & Summer 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.

Mosaic's Blog

Visit Mosaic's Blog for information on you tube discussions, articles, events and community!

Blog: <https://mosaichomecare.com/blog/>

Mosaic's Podcast Channels

Apple Podcast:

<https://podcasts.apple.com/us/podcast/mosaics-community-life-podcast/id1564979634>

Google Podcast:

<https://podcasts.google.com/feed/aHR0cHM6Ly9hbmNob3luZm0vcy81NWJiZmQyOC9wb2RjYXN0L3Jzcw>

Spotify Podcast:

<https://open.spotify.com/show/2DUBKpjZ76GjkgYxjsS38>

Mosaic's Newsletter

If you would like to sign up for our seasonal newsletter created by Mosaic Home Care Services & Resource Centre

<https://mosaichomecare.com/newsletter/>

Our newsletter keeps you informed about what's new at Mosaic and contains a calendar of events that take place at Mosaic Home Care and in the Community!

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

Table of Contents

At Home Activities	4
Spring into Warmer Weather	9
In-Person Programs & Events	14
Online Programs & Events	17
COVID-19 Resources	21



AT HOME ACTIVITIES

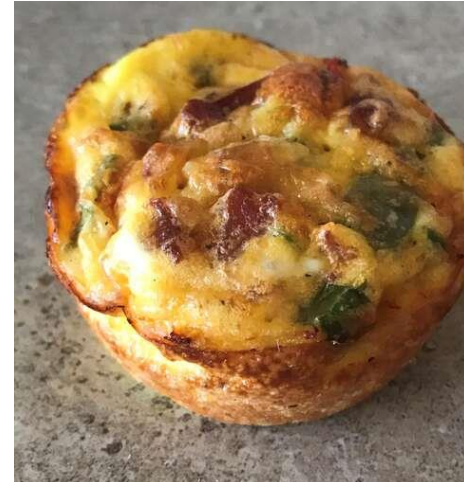
These activities do not require a computer and internet access.

TRY AN EASY BREAKFAST MUFFIN!

These breakfast egg muffins are inspired by your favorite morning casserole or omelet! Great for an on-the-go breakfast and very customizable to your tastes. You can substitute any vegetables or meat that you like. I love to make a dozen of these and have them in my fridge to grab in the morning on my way to work.

Ingredients

- cooking spray
- 1 green bell pepper, chopped
- 1 red bell pepper, chopped
- 1 bunch green onions, chopped
- 8 large eggs
- 2 ¾ ounces fully-cooked bacon pieces (such as Oscar Mayer®)
- ¼ cup whole milk
- 1 pinch garlic powder, or to taste
- 1 pinch onion powder, or to taste
- salt and ground black pepper to taste
- ½ (8 ounce) package shredded mild Cheddar cheese



Directions

- STEP 1: Preheat the oven to 350 degrees F (175 degrees C). Grease a 12-cup muffin tin with cooking spray.
- STEP 2: Place bell peppers and green onions into a large bowl. Add eggs, bacon, milk, garlic powder, onion powder, salt, and pepper. Sprinkle Cheddar cheese into the bowl and whisk until incorporated. Pour mixture equally into the prepared muffin cups.
- STEP 3: Bake in the preheated oven until a toothpick inserted into the center of a muffin comes out clean, about 30 minutes. Let cool slightly before serving.

Submitted By Lynn Greenwold

Retrieved from: <https://www.allrecipes.com/recipe/278443/easy-breakfast-egg-muffins/>

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!

Lilac Girls: A Novel

By Martha Hall Kelly

New York socialite Caroline Ferriday has her hands full with her post at the French consulate and a new love on the horizon. But Caroline's world is forever changed when Hitler's army invades Poland in September 1939—and then sets its sights on France.

An ocean away from Caroline, Kasia Kuzmerick, a Polish teenager, senses her carefree youth disappearing as she is drawn deeper into her role as courier for the underground resistance movement. In a tense atmosphere of watchful eyes and suspecting neighbors, one false move can have dire consequences.

For the ambitious young German doctor, Herta Oberheuser, an ad for a government medical position seems her ticket out of a desolate life. Once hired, though, she finds herself trapped in a male-dominated realm of Nazi secrets and power.

The lives of these three women are set on a collision course when the unthinkable happens and Kasia is sent to Ravensbrück, the notorious Nazi concentration camp for women. Their stories cross continents—from New York to Paris, Germany, and Poland—as Caroline and Kasia strive to bring justice to those whom history has forgotten.

Apples Never Fall

By Liane Moriarty

The Delaneys are fixtures in their community. The parents, Stan and Joy, are the envy of all of their friends. They're killers on the tennis court, and off it their chemistry is palpable. But after fifty years of marriage, they've finally sold their famed tennis academy and are ready to start what should be the golden years of their lives. So why are Stan and Joy so miserable?

The four Delaney children—Amy, Logan, Troy, and Brooke—were tennis stars in their own right, yet as their father will tell you, none of them had what it took to go all the way. But that's okay, now that they're all successful grown-ups and there is the wonderful possibility of grandchildren on the horizon.

One night a stranger named Savannah knocks on Stan and Joy's door, bleeding after a fight with her boyfriend. The Delaneys are more than happy to give her the small kindness she sorely needs. If only that was all she wanted.

Later, when Joy goes missing, and Savannah is nowhere to be found, the police question the one person who remains: Stan. But for someone who claims to be innocent, he, like many spouses, seems to have a lot to hide. Two of the Delaney children think their father is innocent, two are not so sure—but as the two sides square off against each other in perhaps their biggest match ever, all of the Delaneys will start to reexamine their shared family history in a very new light.

ENJOY SOME POETRY!

The Summer Day

By Mary Oliver

Who made the world?
Who made the swan, and the black bear?
Who made the grasshopper?
This grasshopper, I mean—
the one who has flung herself out of the grass,
the one who is eating sugar out of my hand,
who is moving her jaws back and forth instead of up and down—
who is gazing around with her enormous and complicated eyes.
Now she lifts her pale forearms and thoroughly washes her face.
Now she snaps her wings open, and floats away.
I don't know exactly what a prayer is.
I do know how to pay attention, how to fall down
into the grass, how to kneel down in the grass,
how to be idle and blessed, how to stroll through the fields,
which is what I have been doing all day.
Tell me, what else should I have done?
Doesn't everything die at last, and too soon?
Tell me, what is it you plan to do
with your one wild and precious life?

Friendship

Unknown Author

The best of friends can change a frown,
Into a smile, when you feel down.

The best of friends, will understand,
Your little trials, and lend a hand.

The best of friends, will always share,
Your secret dreams, because they care.

The best of friends, worth more than gold,
Give all the love, a heart can hold.

TRY THIS OPPOSITES WORD GAME!

Questions:

1. Beautiful
2. Happiness
3. Decent
4. Entrance
5. Generous
6. Heavy
7. Horizontal
8. Inside
9. Interesting
10. Love
11. Left
12. More

Answers:

1. Ugly
2. Sadness
3. Ascent
4. Exit
5. Mean
6. Light
7. Vertical
8. Outside
9. Boring
10. Hate
11. Right
12. Less

SPRING QUIZ?

Questions:

1. Protects you from the rain?
2. Without shoes?
3. Small pool of rain?
4. Where birds lay their eggs?
5. Brief rainfall?
6. An arch of colour in the sky?
7. Emerge from an egg?
8. Garden blooms?
9. Common climbing vine?
10. Butterfly-to-be?
11. Grass cutter
12. Very blowy

Answers:

1. Umbrella
2. Barefoot
3. Puddle
4. Nests
5. Shower
6. Rainbow
7. Hatch
8. Flowers
9. Ivy
10. Caterpillar
11. Lawnmower
12. Windy

THINGS THAT GO TOGETHER!

Guess the words that finish these phrases.

Questions:

1. Salt and
2. Shoes and
3. Coffee and
4. Bread and
5. Knife and
6. Fish and
7. Peanut butter and
8. Pen and
9. Wine and
10. Hammer and
11. Needle and
12. Ketchup and

Answers:

1. Pepper
2. Socks
3. Cream
4. Butter
5. Fork
6. Chips
7. Jelly
8. Paper
9. Cheese
10. Nails
11. Thread
12. Mustard



All puzzles and poems obtained from <https://www.goldencarers.com/>

SPRING INTO WARMER WEATHER

The warmer weather is here and there is so much to do!

Edwards Summer Music Series at Toronto Botanical Gardens

The Edwards Summer Music Series includes eight FREE outdoor concerts showcasing contemporary Canadian talent, within the beauty of the Toronto Botanical Garden, hosted by award-winning Canadian broadcaster and environmentalist Anwar Knight.

Admission to the concerts is FREE. General seating is available on a first-come basis or guests are encouraged to bring their own chairs.

The concerts take place **Thursday nights at 7 p.m. in July and August** within the courtyard adjacent to the historic barn in Edwards Gardens. Concerts are held rain or shine. Shows will be moved indoors in the case of extreme weather.

Please note: If concerts are moved indoors, the capacity is limited to around 300 guests. Access to the hall will be controlled for the safety of all guests. Guests with accessibility needs are advised to arrive early and will be provided with early access to the hall. No external chairs will be permitted in the hall.

Arrive early for greater enjoyment. Shop or dine at our weekly **Farmers Market** (3 to 7 p.m.). The **TBG Bloom Cafe**, which has a patio overlooking the concert venue, will be open for light bites, sweet treats, and hot food from the BBQ. Drop into the Visitor Center to browse our **Garden Shop** for a curated selection of plants, garden goodies, and nature-inspired home decor, or Children's Centre for **FREE drop-in Family Activities** (4 to 7 p.m.)

Generously Supported by the Edwards Charitable Foundation

Website: <https://torontobotanicalgarden.ca/enjoy/special-events/edwards-summer-music-series-is-back/>

Cirque du Soleil

Get your tickets for Echo, a Cirque du Soleil performance, starting at \$72.

When: May 8, 2024 to July 21, 2024

Where: Under the Big Top, 2150 Lake Shore Blvd West

Distillery District Events

<https://www.thedistillerydistrict.com/events/#1611763155990-ed380489-d8eb>

Summerlicious

Friday, July 5th to Sunday, July 21st

Summerlicious is the best way to discover Toronto's diverse cuisine. Over 200 top restaurants participate in this culinary celebration!

<https://www.toronto.ca/explore-enjoy/festivals-events/licious-participation/>

Doors Open Toronto

Saturday, May 25th & Sunday, May 26th

Location: All Over Toronto

Doors Open Toronto has given locals and visitors an intimate peek at some of the city's most storied structures for over 20 years. This is a chance to explore Toronto behind the scenes, from post-modern Aga Khan Museum to the City-run Victoria-era Spadina Museum.

There are walking tours, open studio programs and the opportunity to speak with prominent architects.

<https://www.destinationtoronto.com/events/annual-festivals-and-events/doors-open-toronto/>

Unionville Walking Tours

Call to Book

FREE Historic Walking Tour just forty minutes north of Toronto! George Duncan, author of 'Historic Unionville: A Village in the City' will take you through historic Main Street Unionville as you learn about the village's past and iconic landmarks. Visit our [Events](#) page for more information on dates and registration.

<https://unionville.ca/things-to-do/explore-main-street-unionville/walking-tour/>



LOCAL FARMER'S MARKETS!

[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, Starting from May 12th

Times: 9:00am-2:00pm

[Evergreen Farmers' Market](#)

Widest offering of local and seasonal food you'll find in the city.

Address: 550 Bayview Avenue, Toronto, ON

Dates: Every Saturday, Open year-round, outdoors from May to October and indoors from November to April.

Times: 9:00am-1:00pm

ADDITIONAL MARKETS AROUND THE CITY

https://www.blogto.com/eat_drink/2014/06/farmers_markets_in_toronto_by_day_of_the_week/

ENJOY A COFFEE, TEA OR BEVERAGE AT AN OUTDOOR PATIO!

Music Garden Café

Address: 466 Queens Quay West, Toronto, ON

Website: <https://www.instagram.com/musicgardencafe/>

Arvo

Liberty Village Address: 80 Atlantic Avenue, Toronto, ON

Distillery District Address: 17 Gristmill Lane, Toronto, ON

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

Found Café

College Address: 324 college Street, Toronto, ON

Bellwoods Address: 189 Shaw Street, Toronto, ON

Roncevalles Address: 2088 Dundas Street West, Toronto, ON

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



GO ON A SUNNY 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/>

Check out other Walking Trails Here

<https://www.toronto.ca/explore-enjoy/recreation/walking-hiking/trails/>

FESTIVALS HAPPENING OUTSIDE OF THE CITY!

Unionville Festival

Saturday June 1st & Sunday, June 2nd

Kick off the summer with the Unionville Festival! This annual event takes place on historic Main Street Unionville and is a celebration of the local community, featuring live music, delicious food, and a wide range of activities for people of all ages. Whether you're looking to enjoy some great entertainment or simply soak up the festive atmosphere, the Unionville Festival is a must-attend event for anyone in the area.

<https://unionville.ca/unionville-festival/>

Midland Butter Tart Festival
Saturday, June 8th

On June 8, 2024 from 9am-5pm our downtown Midland core and our waterfront parks host 200 vendors and food trucks for Ontario's Best Butter Tart Festival. Vendors sell everything from butter tarts to unique, hand-made items. And the variety of butter tarts you'll find at our festival includes plain, raisin, pecan, walnut, skor, maple, bacon, coconut, chocolate covered, PB&J, s'mores, gluten-free, vegan, nut-free, cheesecake, pumpkin... and many more.

The Entertainment Stage features family-friendly musical performances all day. And kids will love the Kids Zone in Harbourside Park. Enjoy free shuttle service, complimentary bike valet, free transit and much more! Mark your calendar to join us for the sweetest day of the year!

For more information, please visit us at: www.buttertartfestival.ca

<https://festivalsandeventsontario.com/latest-events/ontario-s-best-butter-tart-festival>

Pet Festival in Pickering
Saturday May 11th

10:00 am to 5:00 pm

Esplanade Park, located off of Glenanna and Valley Farm Road in Pickering.

Petapolooza has grown in the last few years to be one of the City's largest outdoor events and attendance has more than doubled in the last 3 years. Petapolooza brings together pet owners and enthusiasts within our community. It gives our community the opportunity to meet industry professionals, rescue groups, and others in the pet industry.

Admission is \$5 donation, with free admission for seniors 55+, children under 12, and pets. All proceeds from Petapolooza go towards helping us build a permanent animal shelter. Along with entertainment and vendor booths, there are plenty of giveaways and activities for the whole family! We are always overwhelmed by the support we receive from our community, sponsors and others who love pets.

<https://festivalsandeventsontario.com/latest-events/petapolooza>

Kitchener Ribfest & Craft Beer Show
Friday, July 19th – Sunday, July 21st
Victoria Park
Free Admission
Friday & Saturday Noon – 10pm & Sunday Noon – 6pm

2024 marks the 21st Anniversary of the Downtown Kitchener Ribfest & Craft Beer Show, celebrating the absolutely BEST of summer with flavours of barbecued ribs and chicken, great craft-brewed beer, and live entertainment - all in the open atmosphere of Victoria Park. Life doesn't get much better! Bring your friends, family and co-workers and savour the flavour!

Kids Fun Zone - all in the open atmosphere of Victoria Park.

<https://festivalsandeventsontario.com/latest-events/kitchener-ribfest-craft-beer-show>

For more events in Ontario

<https://festivalsandeventsontario.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 Spring & Summer Newsletter at:

[mar2024-mosaic-newsletter-spring-summer-2024-website.pdf \(mosaichomecare.com\)](https://www.mosaichomecare.com/mar2024-mosaic-newsletter-spring-summer-2024-website.pdf)

'Look and Live Your Best' Featuring Marilyn Wetston from 740 AM Zoomer Radio

Marilyn will demonstrate how we can look our best using accessories to update and refresh our look for 2024!

Date: Thursday, April 18th, 2024

Time: 2:00pm – 3:30pm

Location: Armour Heights Presbyterian Church 105 Wilson Avenue

Cost \$5 at the door

Community Café - 'Sound Advice for a Happy Retirement' with Sheldon Parker

Join us for an engaging presentation from the experience of Sheldon Parker on how to live your best during your retirement years!

Date: Thursday, May 9th, 2024

Time: 1:00pm – 2:00pm

Location: Armour Heights Presbyterian Church 105 Wilson Avenue

Rimbala Movement & Music with Dr. Daniel Rubinoff

Join us for Rimbala, an innovative falls-prevention program for seniors that combines movement and music in a new way. Rather than using pre-recorded music as an accompaniment to repetitive exercises, Rimbala classes are led by a professional musician who improvises the music in real time, in order to create a wide variety of musical speeds, textures, styles and moods.

Date: Thursday, June 13th, 2024

Time: 11:00am – 12:00pm

Location: Armour Heights Presbyterian Church 105 Wilson Avenue



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



Let's Move Willowdale

Saturday, May 4th
11am Move a Thon
12pm BBQ

Register:

www.neighbourlink.org/letsmove

The event includes a 4km walk, run, and 8km bike ride from the park through the Finch Hydro Corridor followed by a BBQ featuring delicious food, free milk tea, live entertainment, a caricature artist, kids activities, giant bubbles, prizes and more!

All funds raised will go towards NeighbourLink and the North York Seniors Centre's programs targeted at alleviating social isolation for the most vulnerable in our community.



Walk, Run, Bike
LET'S MOVE, WILLOWDALE

FAMILY FUN!
ALL ARE WELCOME!

FUNDS RAISED ALLEVIATE SOCIAL ISOLATION!

COMMUNITY MOVE-A-THON & BBQ

SAT. MAY 4 • HENDON PARK
11AM MOVE-A-THON • 12PM BBQ

REGISTER TODAY!
neighbourlink.org/letsmove

WE Love WILLOWDALE NeighbourLink NORTH YORK *nysc* North York SENIORS CENTRE

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 Spring & Summer Newsletter at:

[mar2024-mosaic-newsletter-spring-summer-2024-website.pdf \(mosaichomecare.com\)](#)

** 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 Other 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 10th, June 14th, July 12th

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, May 30th, June 27th, July 25th

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, April 4th, May 2nd, June 6th, July 4th, August 1st, 2024

Time: 2:00pm – 3:00pm

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

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

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