



Fall 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/aHR0cHM6Ly9hbmNob3luZm0vcy81NWJiZmQyOC9wb2RjYXN0L3Jzcmw>

Spotify Podcast:

<https://open.spotify.com/show/2DUBKpjZ76GjkgnYxjsS38>

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/wp-content/uploads/2024/08/aug2024-mosaic-newsletter-fall-2024-website.pdf>

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

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AT HOME ACTIVITIES

These activities do not require a computer and internet access.

TRY A PERFECT PUMPKIN MUFFIN!

Ingredients

- cooking spray
- 1 (15 ounce) can pumpkin puree
- $\frac{3}{4}$ cup melted butter
- $\frac{3}{4}$ cup brown sugar
- $\frac{1}{4}$ cup water
- 2 eggs
- 1 teaspoon vanilla extract
- 1 $\frac{3}{4}$ cups all-purpose flour
- $\frac{1}{2}$ cup white sugar
- 2 teaspoons pumpkin pie spice
- 1 teaspoon salt
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon
- $\frac{1}{4}$ teaspoon baking powder



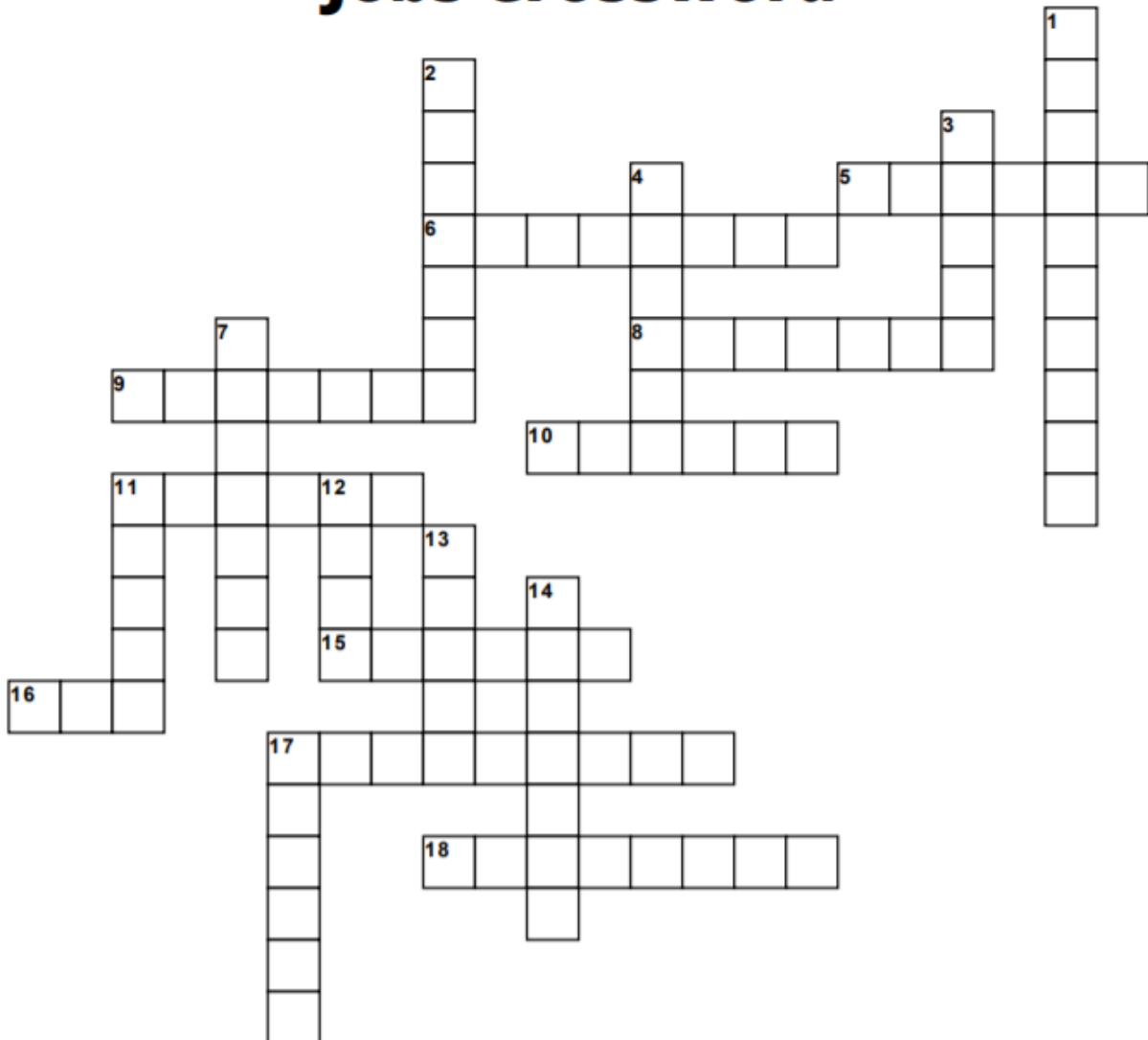
Directions

1. Preheat the oven to 350 degrees F (175 degrees C). Grease 14 muffin cups or line with paper liners sprayed with cooking spray.
2. Mix pumpkin puree, butter, brown sugar, water, eggs, and vanilla extract together in a large bowl.
3. Mix flour, white sugar, pumpkin spice, salt, baking soda, cinnamon, and baking powder together in a separate bowl. Pour into pumpkin mixture and mix until fully incorporated.
4. Spoon batter into the prepared muffin cups, filling each $\frac{3}{4}$ full.
5. Bake in the preheated oven until muffins are slightly browned on top and spring back easily when pressed, 25 to 30 minutes.

Retrieved from: <https://www.allrecipes.com/recipe/274250/perfectpumpkin-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!

Jobs Crossword



Across

- 5 - Someone who helps sick people (6)
- 6 - Someone who fixes cars (8)
- 8 - Someone who teaches (7)
- 9 - Someone whose trade is cutting and selling meat in a shop (7)
- 10 - Someone who cuts men's hair (6)
- 11 - Someone who catches criminals (6)
- 15 - Someone who grows crops (6)
- 16 - Someone who helps sick animals (3)
- 17 - Someone who conducts experiments (9)
- 18 - Someone who plays an instrument (8)

Down

- 1 - Someone who prepares tax documents (10)
- 2 - Someone who fixes water leaks (7)
- 3 - Someone who stars in a movie (5)
- 4 - Someone who serves food (6)
- 7 - Someone who plays sport professionally (7)
- 11 - Someone who flies airplanes (5)
- 12 - Someone who cooks food professionally (4)
- 13 - Someone who helps a doctor (5)
- 14 - Someone who fixes teeth (7)
- 17 - Someone who sings songs (6)

Word Search

THANKSGIVING



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

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

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

Where in the World Quiz

Where in the World Quiz (goldencarers.com)

In which country or city would you find these landmarks?

Answers can be found on the last page of the booklet

1. The Louvre
2. Statue of Liberty
3. Taj Mahal
4. Empire State Building
5. Golden Gate Bridge
6. Opera House
7. Big Ben
8. The White House
9. Buckingham Palace
10. The Great Wall
11. Leaning Tower of Pisa
12. Pyramids
13. The Grand Canyon
14. Dead Sea
15. Anne Frank House
16. Vatican City
17. Rockefeller Centre
18. The Great Barrier Reef

Finish the Analogies Quiz

Finish the Analogies Quiz (goldencarers.com)

Answers can be found on the last page of the booklet

1. Seat is to sit as ladder is to _____
2. Toe is to foot as finger is to _____
3. Bird is to flock as geese is to _____
4. Pot is to kitchen as towel is to _____
5. Small is to ant as huge is to _____
6. White board is to classroom as computer is to _____
7. Paper is to book as cardboard is to _____
8. Ink is to pen as lead is to _____
9. Dress is to lady as trousers are to a _____
10. Earring is to ear as ring is to _____
11. Sock is to show as glove is to _____
12. Ball is to football as racket is to _____
13. Laughter is to happy as crying is to _____
14. Paris is to France as Madrid is to _____
15. Snow is to ski as water is to _____
16. Green is to grass as black is to _____
17. Greek is to Greece as Hebrew is to _____
18. Canberra is to Australia as London is to _____
19. Cheetah is to mammal as alligator is to _____
20. Meat is to carnivore as plants is to _____

Opposites Word Game

Opposites Word Game #2 (goldencarers.com)

Answers can be found on the last page of the booklet

1. Beautiful
2. Happiness
3. Descent
4. Entrance
5. Generous
6. Heavy
7. Horizontal
8. Inside
9. Interesting
10. Love
11. Left
12. More
13. Modern
14. Rich
15. Start
16. Rude
17. Arrival
18. Amateur
19. Difficult
20. Male
21. Occupied
22. Noisy

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

Fall is in the Air

The leaves will be changing and the days will become cooler but there is still so much to do in and around the city in the coming months!

VISIT A FARMERS' MARKET!

NORTH YORK FARMERS' MARKET

WHERE: 5100 YONGE STREET (MEL LASTMAN SQUARE)

WHEN: EVERY THURSDAY UNTIL OCTOBER 10TH, 8AM – 2PM

FEATURING: LOCAL PRODUCE FARMERS AND ARTISANAL FOOD PRODUCTS

CLOSE TO PUBLIC TRANSIT

INFO@NORTHYORKFARMERSMARKET.CA

THE LESLIEVILLE FARMERS' MARKET

WHERE: 150 GREENWOOD AVENUE (GREENWOOD PARK)

WHEN: EVERY SUNDAY UNTIL OCTOBER 23RD, 9AM – 2PM

FEATURING: PRODUCE, PREPARED FOOD PRODUCTS & BREWERIES

CLOSE TO PUBLIC TRANSIT

ST. JACOBS FARMERS MARKET

WHERE: 878 WEBER STREET NORTH, WATERLOO ON

WHEN: ALL YEAR ROUND, THURSDAYS FROM 8AM – 3PM AND SATURDAYS FROM 7AM – 3:30PM

SPECIAL EVENT: HARVEST HOEDOWN AT ST. JACOBS MARKET

- FRIDAY SEPTEMBER 20TH, 4:30PM – 10:00PM
- TICKETS REQUIRED (\$8/\$10)
- FOR MORE INFORMATION PLEASE VISIT: [HTTPS://STJACOBSMARKET.COM/HARVEST-HOEDOWN/](https://stjacobsmarket.com/harvest-hoedown/)

1.5 HOUR DRIVE FROM TORONTO, TRANSIT AVAILABLE VIA GO BUS

ABERFOYLE ANTIQUE MARKET

WHERE: 57 BROCK ROAD SOUTH, PUSLINCH ON

WHEN: EVERY SUNDAY UNTIL OCTOBER 27TH, 8AM – 4PM (\$5 ENTRY FEE)

FEATURING: ANTIQUE GOODS AND SPECIALTY FOODS

1 HOUR DRIVE FROM TORONTO, TRANSIT AVAILABLE VIA GO BUS

TORONTO BOTANICAL GARDENS FALL MARKET

OCTOBER 5, 2024

ONE-DAY POP UP MARKET WITH LOCAL FALL PRODUCE, ARTISANAL PRODUCTS AND UNIQUE FOOD ITEMS.

UPCOMING EVENTS - TORONTO BOTANICAL GARDEN

PUMPKIN PATCHES

PUMPKIN PATCHES AND FARMS | DESTINATION ONTARIO



DOWNEY'S FARM

[HTTPS://DOWNEYSFARM.COM/DOWNEYS-FARM-MARKET-PUMPKINFEST.HTM](https://downeysfarm.com/downeys-farm-market-pumpkinfest.htm)

A CALEDON STAPLE FOR OVER 100 YEARS, DOWNEY'S FARM IS A FOURTH-GENERATION FAMILY FARM THAT WELCOMES VISITORS FROM THE GREATER TORONTO AREA AND BEYOND.

YOUR KIDS WILL ENJOY TRAVELLING ON WAGON RIDES, PETTING THE FARM ANIMALS, CYCLING DOWN THE PEDAL CART TRACK AND PLAYING IN A THREE-HECTARE CORN MAZE AT THE PUMPKINFEST PLAY AREA.

PURCHASE TICKETS IN ADVANCE ONLINE. PUMPKINFEST RUNS SEPTEMBER 21 TO OCTOBER 31, 2024.

LOCATION: 13682 HEART LAKE ROAD, CALEDON

HARVEST FESTIVAL AT PINGLE'S FARM

[HTTPS://PINGLESFARMMARKET.COM/PINGLES-HARVEST-FESTIVAL/](https://pinglesfarmmarket.com/pingles-harvest-festival/)

PICK YOUR OWN APPLES, PUMPKINS, STRAWBERRIES, CORN AND TOMATOES DURING THE HARVEST FESTIVAL AT PINGLE'S FARM.

TODDLERS AND OLDER KIDS ALIKE WILL LOVE EXPLORING THE 2.5-HECTARE CIRCUS-THEMED CORN MAZE AND PINGLE'S PLAYLAND, ANIMAL AREA AND WAGON RIDES. ENJOY A MEAL FROM PINGLE'S FALL-INSPIRED MENU, WHICH INCLUDES PIZZA, BRISKET, FRIED APPLES AND OTHER SWEET AND SAVOURY TREATS. PAIR YOUR MEAL WITH A HOT DRINK FROM PINGLE'S COFFEE SHACK.

THE FESTIVAL RUNS THROUGHOUT SEPTEMBER AND OCTOBER. GET TICKET ONLINE IN ADVANCE.

LOCATION: 1805 TAUNTON ROAD, HAMPTON

BUZZING BEES ADVENTURE FARM

[HTTPS://WWW.FACEBOOK.COM/BUZZINGBEEFARM](https://www.facebook.com/buzzingbEEfarm)

STROLL THROUGH THE SCENIC PUMPKIN FIELD TO FIND YOUR PERFECT GOURD AT THE BUZZING BEES ADVENTURE FARM.

IN ADDITION TO THE PUMPKINS, SHOP FOR HONEY AND MAPLE SYRUP AND WANDER PAST STRAW BALES AND CORN STALKS. THE HIGHLIGHT OF THE FARM FOR THE KIDS IS A SWEEPING 3.5-HECTARE CORN MAZE. THE FARM ALSO FEATURES A PEDAL KART TRACK, PUMPKIN BOWLING, AN ELASTIC BAND SHOOTING RANGE, TODDLER PEDAL TRACTORS AND MORE.

LOCATION: 1070 BROCK CONCESSION ROAD 5, SUNDERLAND

HOLIDAY MARKETS

One Of A Kind Winter show

One Of A Kind is a Canadian arts and crafts fair held annually at Toronto's Harbourfront Centre during winter months. It's a unique opportunity to shop local artists' work, meet new people and enjoy live music performances.

Hundreds of vendors sell handcrafted goods, including jewelry, pottery, glassware, woodwork, clothing, accessories, paintings, photography, sculpture, furniture, candles, soap, food, gifts, and more. Many activities are available throughout the day, including workshops, demonstrations, children's activities, and entertainment.

November 21- December 1, 2024

Energize Centre, Exhibition Place

[One Of A Kind \(oneofakindshow.com\)](http://oneofakindshow.com)

Niagara Falls Christmas Market

Open from mid-November to mid-December, this is a stunning outdoor market set against the backdrop of Niagara Falls. The market includes a Niagara Falls Santa Claus parade, tree lighting, and Christmas movies.

You can visit this market on Friday, Saturday, and Sunday nights. There are plenty of stalls, light-up activities, and live music performances each night. This is a great place to come with the whole family, and it's free to enter, so it's a great budget activity too.

Niagara Falls

4605 Queen St, Niagara Falls, ON L2E 2L7

Weekends Nov 12th-Dec 18th, Fridays: 5pm-10pm; Saturdays: 1pm-10pm; Sundays: 1pm-4pm
NIAGARA CHRISTMAS MARKETS AND SHOWS - NIAGARA FALLS BLOG (CLIFTONHILL.COM)

ENJOY A COFFEE, TEA AND SOME CARBS!

Balzac's Coffee Roasters

Address: 1 Trinity St, Toronto, ON

Website: [Distillery District – Balzac's Coffee Roasters \(balzacs.com\)](http://balzacs.com)

Dineen Coffee Company

Address: 140 Yonge Street, Toronto, ON

Website: [Dineen Coffee Company](http://dineencoffee.com)

Moonbeam Coffee Company

Address: 30 Saint Andrew Street, Toronto, ON

Website: [Moonbeam Coffee Company](http://moonbeamcoffee.com)



WINTER PLACES TO GO

Blue Mountain Village

Blue Mountain Village is a quaint ski resort town right beside the ski slopes of Blue Mountain, outside Collingwood. You can visit the resort to do skiing, snowboarding or snow-tubing, or you can visit the village only. Every year, Blue Mountain Village turns into a festive lit-up winter wonderland during the holiday season.

<https://www.tinyfootstepstravel.com/>

Kingston Ontario

A winter visit to Kingston allows you to soak of some of Canada's history and culture, and there are some fun outdoor winter activities as well. One of the best things to do in Kingston is [the Kingston haunted walk](#) (offered year round), which allows you to **explore the historic downtown**, and learn about the history, including some spooky stories.

<https://www.tinyfootstepstravel.com/>

GO ON A FALL WALK!

Alexander Muir Memorial Gardens

Address: 2901 Yonge St, North York

Crothers Woods

Address: 27 Redway Road, North York

Moccasin Trail Park

Address: 55 Green Belt Drive, North York

Edwards Gardens

Address: 755 Lawrence Ave E., North York

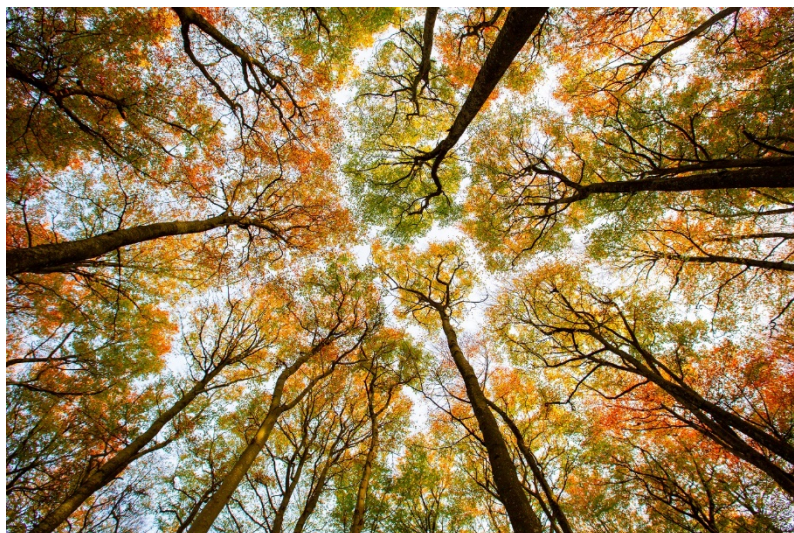


Where to go on a day trip to see all the beautiful fall colours

- Forks of the Credit Provincial park
- Rouge National Urban Park
- Rattlesnake Point Conservation Area
- Belfountain Conservation Area
- Dundas Peak in Hamilton
- Sherman Falls (Bruce Trail in Hamilton)

Check out other Walking Trails Here

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



FESTIVALS & FAIRS HAPPENING!

[Experience fall fairs | Destination Ontario](#)

Canine Watersports

September 14-15, 2024

The Toronto Waterfront Festival returns to Sugar Beach, with past festival favourites, cultural activities, food and more. The festival is FREE to attend but attendees are encouraged to voluntarily pay what they can at the information booths to help keep the event free for years to come.

Fall Ravine Festival

Saturday, October 5, 1 to 4 p.m.

Toronto Botanical Gardens

FREE Family fun including live music, hands-on activities, community partners, and a giant scavenger hunt throughout the ravine and gardens.

Admission is FREE

The Royal Agricultural Winter Fair

November 1–10, 2024

The Royal Agricultural Winter Fair is the largest combined indoor agricultural fair and international equestrian competition in the world.

Over 100 years old, the fair takes over Toronto's Exhibition Place. It hosts the [Royal Horse Show](#), with over 1,000 competitors and \$1,000,000 in prize money, agricultural competitions, and [food vendors](#) selling everything from comfort foods to gourmet meals.

Port Perry Fair

August 31–September 2, 2024

Celebrate rural life and local agriculture at the Port Perry Fairgrounds with exciting events like the horse-pulling competition, vintage tractor display, heavy horse show, live music and even a men's baking contest.

Where: [15835 Old Simcoe Road, Port Perry](#)

Uxbridge Fall Fair

September 6–8, 2024

A horse show, demo derby, tractor pull, classic car show and midway are exciting attractions hosted during the annual fair in Elgin Park.

Where: [180 Main Street South, Uxbridge](#)

Markham Fair

October 3–6, 2024

One of Canada's largest and longest-running county fairs, the Markham Fair at Markham Fairgrounds attracts upwards of 70,000 visitors and hosts roughly 3,000 exhibitors who enter more than 10,000 items into various competitions.

This fall fair also features farm animal displays, a livestock show, a horse pull, a tractor pull, a demolition derby and a midway.

Where: [10801 McCowan Road, Markham](#)

Kitchener-Waterloo Oktoberfest

September 27–October 19, 2024

The festival includes countless vendors, numerous [Festhallen](#) (German-style beer halls), Canada's largest Thanksgiving Day Parade, and a harvest celebration honouring the region's agricultural bounty. Don't miss the [Official Keg Tapping](#) and special events for kids during [KIDtoberfest](#).

Where: Several locations in Kitchener-Waterloo

Blue Mountain Apple Harvest Festival

October 12–14, 2024

Celebrate this year's apple harvest in Ontario's largest apple-growing region.

Blue Mountain's Apple Harvest Festival features live music, hiking among the fall colours, cider tasting and AGORA: Path of Light, an interactive lighting installation based on the five elements of air, space, earth, water and fire.

Where: [156 Jozo Weider Boulevard, The Blue Mountains](#)

For more events in Ontario

<https://festivalsandeventsontario.com/>

COMMUNITY EVENTS!

Nuit Blanche

Returning October 5, 2024

Take part in an all-night celebration of contemporary art that transforms Toronto's public spaces into extraordinary landscapes featuring over 80 free artworks from 7pm on October 5 to 7am on October 6.

This year's theme, [Bridging Distance](#), invites artists, curators and audiences to explore the multifaceted ways we experience and perceive distance through a multitude of independent works and commissioned projects by local, national and international artists. The event also offers free admission to some of the city's finest museums, galleries and cultural spaces throughout the night, having activated their sites in response to the theme.

[Nuit Blanche – City of Toronto](#)

Eataly Cooking Classes

Eataly Toronto is a place where you can eat, shop, and learn about high-quality, authentic Italian cuisine. Featuring an energetic marketplace with more than 10,000 products, an array of restaurants, cafes, and to-go counters, and an interactive cooking school, there's something for everyone to enjoy. Take the learning experience further with our full calendar of classes and events, featuring everything from hands-on pasta making to wine tastings to storewide celebrations.

<https://www.eventbrite.ca/o/eataly-toronto>

The Distillery District Breakfast Tour

Sat Oct 5th - Sun 27th Tour leaves at 9:30am on Saturday or Sunday and ends around 11:00am

Cost: \$49 + taxes and fees per person. **Meeting Point:** Go Tours Canada – 11 Gristmill Lane

Reservations are required

This tour features stops at favourite local Distillery District cafes and restaurants – start with a hot tea or coffee and then fuel up with a breakfast sandwich and biscotti. As you wander from one beloved local cafe to the next, our Tour Guide will dish out the fascinating stories behind the Distillery District's historic brick streets and buildings. We'll guide you to the best photo spots too. **And for our vegetarian friends**, we're fully prepared with delicious veg selections—just give us a heads up!

[Distillery District Breakfast Tour | A Flavourful Start \(gotourscanada.com\)](#)

Fall Fair & Taylor Made Market Place

Saturday September 21st 10 am to 3 pm

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

Live Music/Delicious Food/Makers Market/Taylor Swift Party

For this event and others please check out the website below

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



COMMUNITY PROGRAMS

Vibrant Health (Mid-town Toronto)

Monthly Program for Adults

- Provide Essential Information
- Discuss Common Concerns
- Share Practical Experiences
- Practice Brain Gym
- Practice Brain Stimulation/Hands on Activities
- Maintain Social Connections

Free program

Location: Vibrant Healthcare Alliance
2398 Yonge Street Toronto

Mondays: 2:30 p.m. to 4:00 p.m. on September 16th, 2024
1:00 p.m. to 2:30 p.m. on October 21st, November 18th & December 9th, 2024
Limited Space – To register, please call or email Dong 416-486-8666 Ext. 227
dongy@vibranthealthcare.ca

Adult Coloring Group for people who are 18 years and older

Date: Every Tuesday

Time: 2:30 p.m. to 4:00 p.m.

Free

Limited Space Available

To register, please call or email Dong at 416-486-8666 Ext. 227
dongy@vibranthealthcare.ca

Mindfulness Drop-In Program

Join us for monthly mindful moments

First Tuesday of the month 11:00 a.m. to 12 p.m.

September 3rd, October 1st, November 5th and December 3rd, 2024

Learn what Mindfulness is about. How can it benefit you. How to practice on your own.

For beginners and experts.

Vibrant Healthcare Alliance
2398 Yonge Street, Gym Room

For more information, please contact:

Anne Crasto, 416-486-8666 Ext/ 263

ammec@vobramtjea.ticare.ca

Rosemary Romeo, 416-486-8666 Ext. 230

rosemary@vibranthealth.ca

Senior Shape Fitness

<https://www.youtube.com/@SeniorShapeFitness>

Central Eglinton Community Centre

160 Eglinton Avenue East

www.centraleglinton.com

Please call Stacey Griffith, Older Adult Program Co-ordinator at 416-392-0511, ext. 237 or e-mail olderadults@centraleglinton.com with any questions you may have about the 50+ programs or the calendar.

Program Calendar - Central Eglinton Community Centre

North York Senior's Centre

[NYSC-Summer-2024-Version-25.pdf \(nyseniors.org\)](#)

North York Community House

Book Club

Tuesdays until October 29th

10:30am-1:30pm

255 Ranee Avenue, Suites 4 & 5

Sharing Stories Program for Immigrant Seniors

To register contact Casey Courtney

416-784-0920

ccourtney@nych.ca

or via the form

<https://forms.office.com/r/egVCAzr9wr>

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 Fall Newsletter at:

<https://mosaichomecare.com/wp-content/uploads/2024/08/aug2024-mosaic-newsletter-fall-2024-website.pdf>

Join Mosaic for a celebration of fall with Sunshine Centre for Seniors on Ward's Island!

Spend the day learning about local food, seeding saving, and participate in hands-on harvest activities with Emma Rooney, followed by a delicious BBQ picnic lunch and an afternoon of music and fun! Limited spots available for this event! Registration closes on September 16th!

Date: Monday September 23, 2024

Time: 11:00am – 2:00pm

Location: Ward's Island

Cost \$15/person (BBQ lunch and snacks included)

Ask the Experts: Aging Well & Staying Informed

Join Mosaic for an engaging and informative afternoon with experts and panelists from the community.

Date: Thursday November 7, 2024

Time: 1:00pm – 3:00pm

Location: Armour Heights Presbyterian Church 105 Wilson Avenue

The Holiday Festive Showcase

Join us as we kick off the Holiday season with a night of delicious dinner and festive entertainment, featuring singers, dancers, musicians, and more! Connect with old friends and make some new ones as we come together and celebrate the joy of the season! We encourage you to bring a non-perishable food item which will be collected and donated to the local food bank. Those who bring items will be entered into a raffle draw!

Date: Friday November 22, 2024

Time: 6:00pm – 9:00pm

Location: Armour Heights Presbyterian Church 105 Wilson Avenue

Cost: \$20/adult, \$5/child (Cash or cheque only, collected upon arrival) Proceeds of this event will go towards AHPC and Mosaic to help continue to put on exciting programming in our community

COMMUNITY CENTRES!

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



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 Fall 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, September 13th, October 11th, November 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, September 26th, October 24th, November 28th

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, September 5th, October 3rd, November 7th, December 5th, 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](http://VirtualArtAcademy.com) | [The Bitove Method](http://TheBitoveMethod.com)



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

A Friendly Voice

A Friendly Voice is a free, confidential "warm line" for older adults aged 55 and above living in Ontario and the Atlantic provinces (Nova Scotia, Newfoundland and Labrador, New Brunswick and Prince Edward Island). It's a welcoming space where you can freely connect with a caring individual without expectations or judgment. Whether you're struggling with loneliness or simply looking to stay socially healthy and add some connection to your routine, we're here to lend an empathetic ear and engage in delightful conversations.

Website: www.afriendlyvoice.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/>

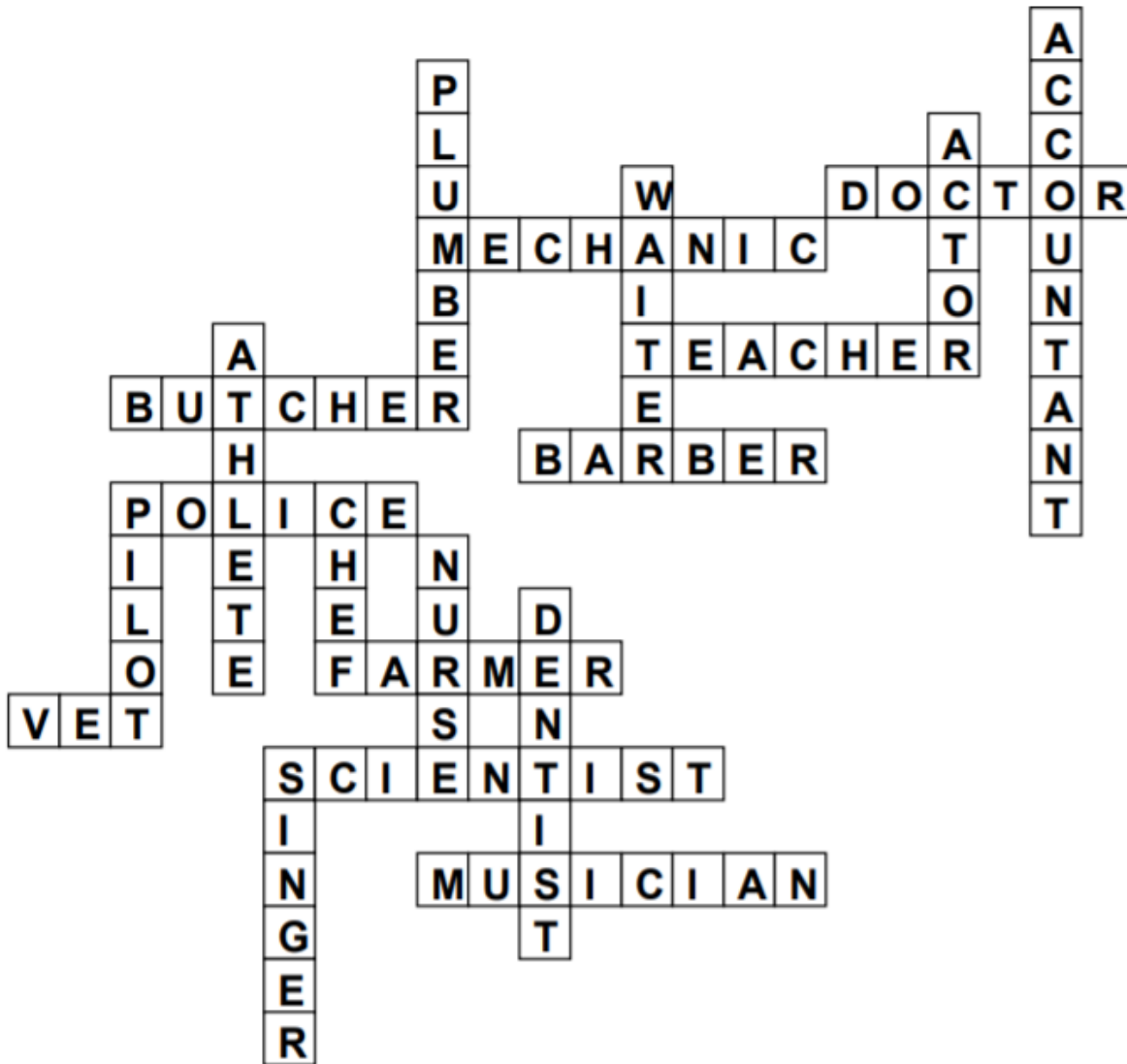
Mosaic Home Care & Community Resource Centres

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

Jobs Crossword



Answers to Puzzle on Page 5 - Where in the World Quiz

1. Paris, France
2. New York, USA
3. Agra, India
4. New York, USA
5. San Francisco, USA
6. Sydney, Australia
7. London, UK
8. Washington, USA
9. London, UK
10. China
11. Pisa, Italy
12. Giza, Egypt
13. Arizona, USA
14. Amsterdam, the Netherlands
15. Rome, Italy
16. New York, USA
17. San Francisco, USA
18. Queensland, Australia

Answers to Puzzle on Page 6 - Finish the Analogies Quiz

1. Climb
2. Hand
3. Gaggle
4. Bathroom
5. Elephant
6. Office
7. Box
8. Pencil
9. Man
10. Finger
11. Hand
12. Tennis
13. Sad
14. Spain
15. Swim
16. Coal
17. Israel
18. England
19. Reptile
20. herbivore

Answers to Puzzle on Page 6 - Opposites Word Game

1. Ugly
2. Sadness
3. Ascent
4. Exit
5. Mean
6. Light
7. Vertical
8. Outside
9. Boring
10. Hate
11. Right
12. Less
13. Ancient
14. Poor
15. End
16. Polite
17. Departure
18. Professional
19. Easy
20. Female
21. Vacant
22. Quiet

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
Toronto, ON M5M 2Z9
Tel 416.322.7002 | 905.597.7000

Mosaic Home Care Services & Community Resource Centre

info@mosaichomecare.com www.mosaichomecare.com

What a difference we make®!