

Winter 2025 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/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/wp-content/uploads/2024/12/nov2024-mosaic-newsletter-winter-2025-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.

RECIPE!

Ingredients

- Lean ground beef
- 1 teaspoon basil
- 1 tablespoon chili powder
- 1 teaspoon cayenne powder
- 1 teaspoon garlic powder
- Hot sauce to taste
- 2 green peppers or 2 red peppers or 1 of each
- 1 onion
- 2 garlic cloves
- 2 tins of mushrooms
- 2 cans tomato sauce (spaghetti sauce) *regular size cans
- 2 cans Heinz deep browned beans in tomato sauce
- 2 tablespoons brown sugar



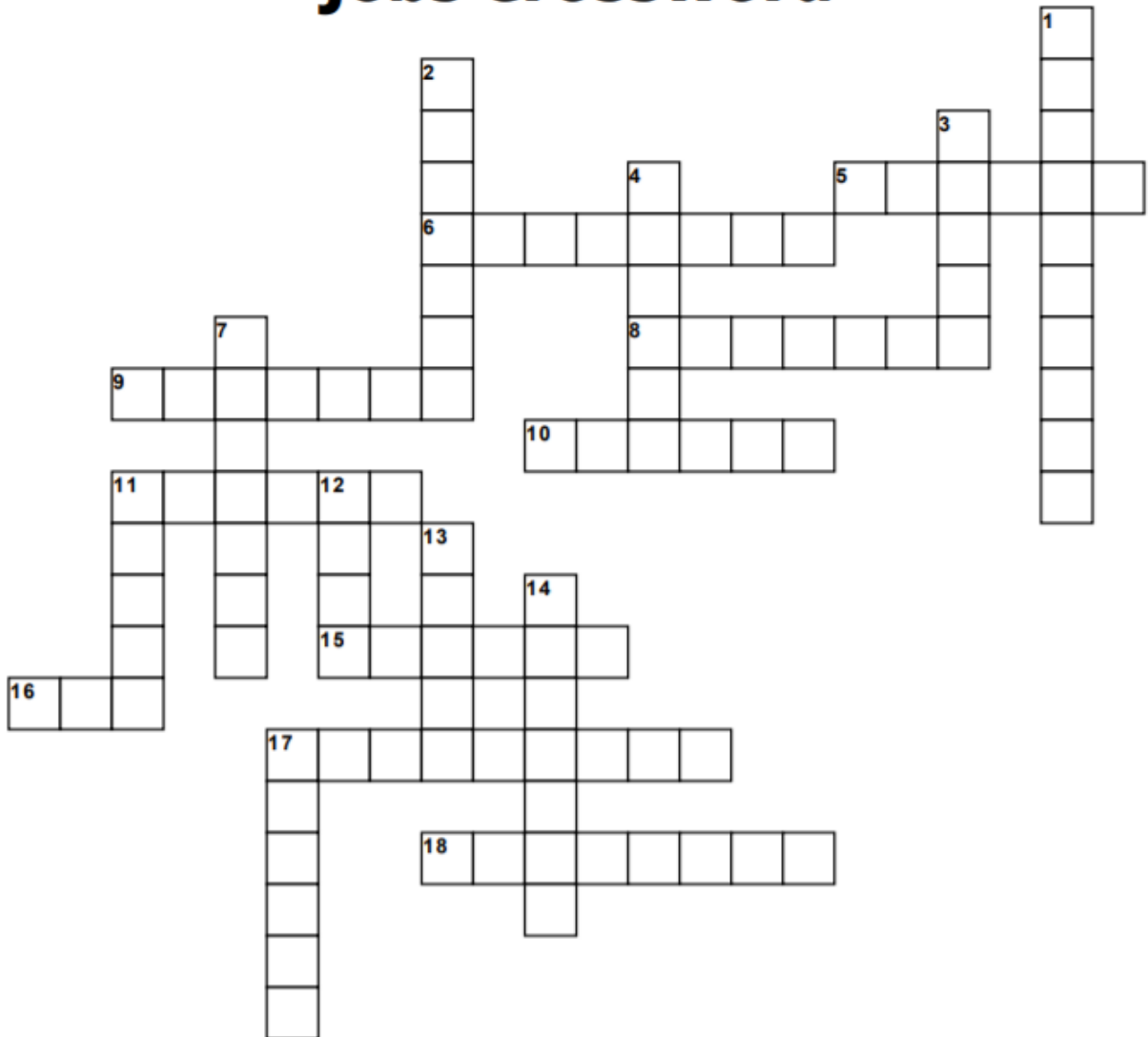
Directions

1. In a large pot add the following: little bit of oil, peppers, onion, garlic cloves and mushrooms
2. Cook until softened
3. Cook ground beef in a pan until brown, once cooked add to pot with peppers, onions etc.
4. Then add the following to the pot – tomato sauce (2 cans), Browned beans (2 cans) and brown sugar
5. Add a little bit of water and simmer
6. Enjoy!

This recipe is courtesy of Jennifer Kendall

Have a recipe that you would love to share? Email it to jennifer@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

COFFEE WORD SEARCH



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

Latte

Affogato

Dirty Chai

Flat White

Brew

Iced

Mocha

Espresso

Vienna

Cold Brew

Beans

Ristretto

Cappuccino

Drip

Roast

Long Black

Caffeine

Take Away

Piccolo

Macchiato

Grinder

Barista

Decaf

Frappe

Food Anagrams

1. APE
2. COAL
3. LAST
4. WEST
5. LUMP
6. DIARY
7. CAUSE
8. REAP
9. KEEL
10. MASH
11. STAKES
12. AGREES
13. SOIL
14. FIRES
15. TEAM
16. PAGER
17. MELON
18. DICER
19. SNUB
20. LAKE

Potluck Quiz

1. What condiment was once sold as medicine?
2. What colour are Ronald McDonald's gloves
3. What was Buzz Lightyear's original name
4. Only one planet spins clockwise, which planet?
5. Lemons float but limes sink – True or False?
6. What was the tiny pocket on jeans made for?
7. Is an avocado a fruit or a vegetable?
8. Which country is consistently ranked the happiest in the world?
9. Besides water, what is the most popular beverage worldwide?
10. How many feet long is a mile?
11. President Theodore Roosevelt had what animal as a pet?
12. where is the heart located in a shrimp?
13. What is the only fruit that has its seeds on the outside?
14. Which animals hold hands while sleeping?
15. Identical twins have the same fingerprints – True or False
16. Where did Hawaiian pizza (ham & pineapple) originate from?
17. Where would you find the smallest bone in your body?
18. What does the word burrito mean in Spanish?

Winter Activities

Snow is on the ground and the weather is chilly! But you can still enjoy sights & activities around the city

Winterlicious

[Winterlicious – City of Toronto](#)

January 31 to February 13, 2025

Over 220 restaurants offer three-course prix fixe menus, featuring everything from traditional favourites to contemporary fusion and global flavours. With menus that cater to every palate and pocket it's the perfect time to explore the city's best bites.

[Winterlicious – City of Toronto](#)

Distillery Light Festival

[Toronto Light Festival | Home](#)

January 17 - March 1, 2025

Free

The Toronto Light Festival offers a visual journey and a playful adventure throughout the walking streets of The Distillery District.

The Festival, now in its fourth year, exhibits local and international light artists. Artworks are curated to educate, warm hearts, inspire or just put a smile on visitors faces.

Roy Thomson Hall

<https://roythomsonhall.mhrth.com/>

Opera Atelier

[Opera Atelier](#)

St. Lawrence Hall

157 King Street East, 4th Floor

Toronto, ON M5C 1G9

Telephone: (416) 703-3767

Fax: (416) 703-4895

opera.atelier@operaatelier.com

CASA LOMA EVENTS

<https://casaloma.ca/events/>

IMAGINE DRAGONS – MARCH BREAK AT CASA LOMA - Casa Loma

IMAGINE DRAGONS – MARCH BREAK AT CASA LOMA

(March 9th – 17th)

For all General Admission e-Ticketing questions please contact TicketWeb:

help@ticketweb.ca

Imagine Dragons – March Break admission tickets are \$45 per person. All sales are final.

Children 3 and under are free when accompanied by a ticket holding adult.

Travel to a fairy-tale castle and an era of dragons and adventure with Imagine Dragons at Casa Loma. Multiple exciting and interactive theatrical live shows are guaranteed to take you back in time to a bygone era.



Twilight Symphony at the Castle

[Don't miss your chance to secure our early-bird gift voucher for a specialized experience!](#)

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.

Murdoch Mysteries Escape Game: Secret of Station House No. 4

Detective Murdoch is missing and as Toronto's newest constables you've been called into action, but the clock is ticking! You only have 60 minutes to save Murdoch. Discover the clues, piece together the evidence, crack the case, and unravel the Secret of Station House No. 4! Step into a world of intrigue and wonder as we bring the global hit television show Murdoch Mysteries to real life in this immersive escape game.

Illuminarium

Journey to Oz

60-minute, 360° animated musical.

[Journey to Oz](#)

\$34.50 (plus HST)

Presto Members save 15% on admission.

Step into the enchanting world of Oz in a 60-minute, 360° animated musical that breathes new life into the beloved story. Walk the Yellow Brick Road alongside Dorothy, Toto, and friends as you encounter magical places, and discover your true Oz identity with a live encounter with the Wizard himself! Perfect for all ages, this immersive adventure will leave you believing in the power of courage, heart, and wisdom.

SPACE: A Journey To The Moon & Beyond

In an out-of-this-world immersive experience, take an extraordinary journey across the galaxy. Fly through a technicolor nebula, kick up dust on the moon, see Saturn's rings up close, and weave through an asteroid belt. A giant leap into the unknown, SPACE will transport you to places you've only ever imagined.

Brickworks Farmers' Market

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

Did you know Evergreen Brick Works is home to [Toronto's largest farmers' market?](#) Held on Saturdays year-round, it offers the widest variety of local and seasonal food in the city. Shop over 60 vendors, including local farmers, producers, entrepreneurs and chefs. Hailing from different parts of Ontario, they offer a range of locally made products, from fish, produce, cheese and baked goods to kombucha and artisanal nuts.

The Farmers' Market runs outdoors from May to November and indoors from November to April.



OUTDOOR ACTIVITIES

Skating at Nathan Phillip Square

Call us at [647-380-1921](tel:647-380-1921)

[Nathan Phillips Skate Rentals-Home](#)

Skate Rental Hours

November 30th - March 16th 10am - 9:45pm Everyday.

See rates of rentals on website



All Skates need to be returned to shop by 10pm

Skate Sharpening Hours Mon-Friday 10am-4pm

Sorry, we do not take reservations.

Nathan Phillips Square

Located at 100 Queen Street West, easily accessed by the TTC Queen streetcar (501).

Or the Yonge Line subway (exit Queen station).

Or the University line (exit Osgoode Station).

Toronto Islands

[Things To Do on the Toronto Islands in the Winter](#)

Cross-country skiing

The Toronto Islands are great for cross-country skiing with its wide open spaces and flat terrain. Right off the ferry dock—Ward’s Island is the only stop in winter, but the other islands are connected and accessible—you can start heading west to Centre Island.

You’ll pass through the disc golf course, St. Andrew-By-the-Lake Anglican Church, the Royal Canadian Yacht Club, and the [Centreville Amusement Park](#) (eerily silent for the winter season and fun to walk around).

Snowshoeing

If cross-country skiing isn’t of interest, opt to go snowshoeing instead. You can follow the same trails, but snowshoeing will allow you to venture off the trail and explore more of the island. Feeling ambitious? Make the 5km trek to Hanlan’s Point, the Toronto Islands’ most westerly point.

Tips for visiting Toronto Islands in winter

Only the [Ward’s Island ferry](#) operates during the winter season. This ferry will take you to the eastern part of the islands, and from there, you can walk or bring your bike to get around. There are no bike rentals available on the island in the winter.

All park facilities at Centre Island and Hanlan’s Point are closed except for the [public washrooms](#) near Ward’s beach, in Centre Island and at Hanlan’s Point Ferry Dock. Also, pack some food and water, as the only restaurant that’s open during winter is Ward’s Island’s [Riviera](#) (and that’s only on Saturdays, Sundays and Mondays).

Brickworks

[Amazing Ways To Explore Evergreen Brick Works This Winter | Destination Toronto](#)

Skating

One of Toronto's best-kept secrets is Evergreen Brick Works' skating rink. Nestled within the walls of the old brick factory, this [open-air skating rink](#) sits under the building's rustic, exposed beams.

Hiking

If hiking is more your thing, you'll love the snowy trails of [Don River Valley Park](#). Connected to the Evergreen Brick Works site, the park spans 2 sq km (200 hectares), taking you from Pottery Road down to Corktown Common on the [Waterfront](#).

If you only have 20 minutes to spare for a hike, make your way to the Chester Hill Lookout Path for an unmatched view of Toronto's winter skyline.

Snowshoeing at the City Golf Courses

Snowshoeing has become a very popular outdoor winter activity in Toronto. The City of Toronto provides [seven snowshoeing loops at Toronto's four city golf courses](#), located throughout the city.

These sites include Dentonia, Don Valley, Humber Valley, and Tam O'Shanter Golf Courses. The loops are all between 1 km and 2.5 km in distance.

Best Parks for Outdoor Fun

[Best Parks in Toronto for Winter Fun | Explore Winter Wonderland](#)



Tobogganing

Whether you call it tobogganing, sledding or sledging, Toronto's got a hill for you for this popular winter activity! The City of Toronto lists all of its [tobogganing-approved city parks](#), including these three snow-day faves:

[Bickford Park](#) is the most central city-sanctioned toboggan hill, with slopes suitable for all ages and stages. Head to [Sweetie Pie](#) bakery at the corner for coffee and 'gram-worthy pies; it's open daily.

[Cedarvale Park](#) is great for mix-and-match family winter sports, with winter birdwatching in the adjacent nature trail, an indoor and outdoor skating rink onsite, and sled hills ringing around a wide, safe ravine basin free of trees.

[Riverdale Park East](#) offers easy street parking and transit access via the 506 Carlton streetcar line, a [Rooster Coffee House](#) across the street to warm up with a cappuccino or hot cocoa and cookies, and, best of all, a steep incline for ultimate sledding thrills.

Downhill Skiing and Snowboarding

Beginner or advanced, you can hit the ski hills right inside the city. Head north to [Earl Bales Park](#). Its Ski and Snowboard Centre rents all the downhill gear you need for as little as an hour. Brave its bunny hill—don't feel shy, there are as many newbie adults as little kids! —or hop on



the chairlifts to carve down the three-run main hill or the advanced racer hill.

Warm up by the glow of a winter bonfire

Hang out by a crackling winter bonfire for an unforgettably Canadian experience. Bonus points if you grab the fixings for fireside S'mores.

[Trillium Park](#)'s rock-surround fire pit is your best bet to enjoy lakeside views next to a roaring winter bonfire.

[Christie Pits](#) is a ravine park on the edge of [Koreatown](#) (home to [cozy waffles](#) and some of the city's best bubble tea). Book its cozy fire pit through the City of Toronto's online [reservation site](#) for a memorable urban campfire experience.

[Dufferin Grove Park](#) is a chill, kid-friendly park in the west end, with an artificial rink and plenty of open space for kids to build snow forts. Book one of the two fire pits through the City of Toronto's online [reservation site](#).

Wildlife in the snow

Winter is the best time to sharpen your animal tracking skills. Snow makes it easier to identify creatures' little footprint patterns (here's a [beginner guide from Parks Ontario](#)), a fun naturalist activity for any age.

[High Park](#) is home to [18 types of mammals](#) and is a year-round birding hotspot with over [267 bird species](#) spotted, even though it's surrounded by urban neighbourhoods. Look out for coyote and chipmunk tracks among more common ones like squirrels and sparrows after a fresh snowfall.

Scarborough's [Rouge National Urban Park](#) treats visitors to a mix of forests, creeks, farms, ancient [Indigenous trails](#) as well as marshland and a beach on Lake Ontario. Iconic Canadian wildlife abounds here, including beavers and loons, along with white-tailed deer and birds. Black bears have been spotted, so heed Rouge's [wildlife safety guidelines](#).

[Tommy Thompson Park](#) is a long, car-free peninsula jutting out into Lake Ontario and one of Toronto's best parks for birdwatching.

Owing to its adjacent marshland and wetlands, you can track [small aquatic mammals](#) here, too, like mink, muskrats and beavers. Swing over to [Leslieville](#) for a bite nearby; [Hastings Snack Bar](#) is a hidden neighbourhood favourite for Polish comfort food.

Walking Trails

Woodbine Beach

A [beautiful boardwalk trail](#) that makes a winter walk along Lake Ontario ideal.

You will see many locals walking their dogs and strolling along the boardwalk with a coffee in hand. In fact, the entire beach south of the boardwalk is leash-free from November 1 – March 21, making it a popular destination for dog owners.

Glen Stewart Ravine

If you prefer a shorter wintery walk, this beautiful nature reserve in the Beaches neighbourhood is a hidden gem. During winter, the ravine is carpeted with snow, creating a magical walking experience. Right beside the ravine you will find Glen Stewart Park. The park is a popular spot to toboggan or go skating on a natural ice rink.

The Scarborough Bluffs

A natural wonder that draws visitors year-round. While summer is the most popular time to explore these impressive cliffs and [sandy beach](#), the bluffs are just as stunning in the winter. Visiting the bluffs in the winter months is ideal, as you don't have to compete with the summer crowds. Not to mention, the bluffs and Lake Ontario create a picturesque scene for photography and winter walks.



INDOOR ACTIVITIES

Cooking Classes

The Chef Upstairs

[Midtown - Adult Cooking Class - Winter Comforts Cooking Class - The Chef Upstairs](#)

Midtown - Adult Cooking Class - Winter Comforts Cooking Class

\$145.00

The Chef Upstairs is A Cooking Experience Unlike Any Other

The Coolest Venues in Midtown and Vaughan for Private Dining, Corporate Team Building, Cooking Classes and Kids Programs. The Chef Upstairs features an intimate dining experience with amazing chefs & spectacular food. Whether it's a cooking class or special event, you'll find our chefs' passion for food and fun makes every occasion memorable.



Longo's Cooking Classes

[Longos](#)

The Loft Cooking School and Community Room is open at select locations. We offer in-person and virtual adult, teen and child classes. You can also book kids' birthday parties and private events/room rentals with us! Browse our upcoming classes below or to book your next event, [contact your nearest available location](#).

Dish Cooking Classes

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

Our most popular class format. Enjoy a welcome drink on us before exploring the recipes and techniques involved in your **4-course** meal. Under the guidance of our chefs, you'll divide up into groups to prepare some of the recipes from the menu. There will be **no formal rotation** through the cooking stations. Once all the cooking is complete, you'll sit down to enjoy the wonderful meal you created together.

Cost ranges from \$95 - \$160 depending on the type of class

Botanical Gardens

[Upcoming Events - Toronto Botanical Garden](#)

Get the Jump on Spring

Toronto Botanical Garden's annual Horticultural Open House with **OVER 30 plant and garden-related vendors and exhibitors**

Saturday, February 22, 2025

10 a.m. to 4 p.m.

Adult Learning programs

[Programs, Talks & Workshop - Toronto Botanical Garden](#)

ENJOY A HOT OR COLD BEVERAGE & A SWEET TREAT!

Louie Coffee Shop

Address: Located in the Toronto Carpet Factory at 1187 King St W, Toronto, ON

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



Morning Parade Coffee Bar

Address: Trinity Bellwoods: 256 Crawford Street, at Dundas
Upper Beaches: 1952 Gerrard Street East, at Woodbine

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

Daily Press Café & Juice Bar

Address: 200 Queen St West, Toronto, ON

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

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/>

COMMUNITY PROGRAMS

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

Vibrant Health (Mid-town Toronto)

please call or email Dong 416-486-8666 Ext. 227

dongy@vibranthealthcare.ca

Parkinsons Canada

This is an on-line tool to search specific care in your region. Here is the link to join.

<https://carefinder.parkinson.ca/request-to-join-carefinder/>

Ontario Society of Senior Citizens Organization

You can find additional workshops and programs available for all Ontarians at this link

[Ontario Society of Senior Citizens Organizations Events - 13 Upcoming Activities and Tickets | Eventbrite](#)

Thursday, February 13, 2025, 2:00 p.m.

OSSCO Educational Program: Managing Caregiver Stress and Burnout (5-weeks)

Register

Wednesday, February 19, 2025, 3:00 p.m.

OSSCO Educational Program: Meditation 101: 6-Week Journey to Mindful Living

Register

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 Newsletter at:

<https://mosaichomecare.com/wp-content/uploads/2024/12/nov2024-mosaic-newsletter-winter-2025-website.pdf>

Join Mosaic for a Presentation on Life in the Blue Zones!

Want to discover the secrets to living to 100? Explore the **Blue Zones** with us – the regions of the world that are home to the longest living and healthiest populations!

Join us for a dynamic presentation that will introduce you to the foods, cultures, and ways of living from these special regions in Italy, Japan, and Costa Rica just to name a few!

Date: Friday March 21, 2025

Time: 2:00pm – 4:00pm

Location: Claremont Retirement Residence (305 Balliol Street, Toronto)

Ask the Experts: Considering Downsizing, Now what? With Brian Cowen

Join us for a **FREE** interactive seminar by Realtor® and Senior Real Estate Specialist® Brian Cowan of Transition with Ease™

Attend to play “What’s it Worth” with prizes to win!

Date: Thursday March 13, 2025

Time: 10:00am – 11:00am

Location: Armour Heights Presbyterian Church 105 Wilson Avenue

Mosaic’s Growing Wellness Café

Join hosts Emma and Victoria for a lively **online** program that’s sure to easily awaken your senses.

- Poetry and art inspiration
- Movement and brain exercises
- Tools for active green living
- A caring and connected community

Date: **Thursdays**, February 6th, March 6th, 2025

Time: 2:00pm – 3:00pm

Location: Zoom

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 Winter Newsletter at:

<https://mosaichomecare.com/wp-content/uploads/2024/12/nov2024-mosaic-newsletter-winter-2025-website.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 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, February 14th, March 21st

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 30th, February 27th, March 27th

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

[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

SENIOR SUPPORTS

CAMH 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 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/>

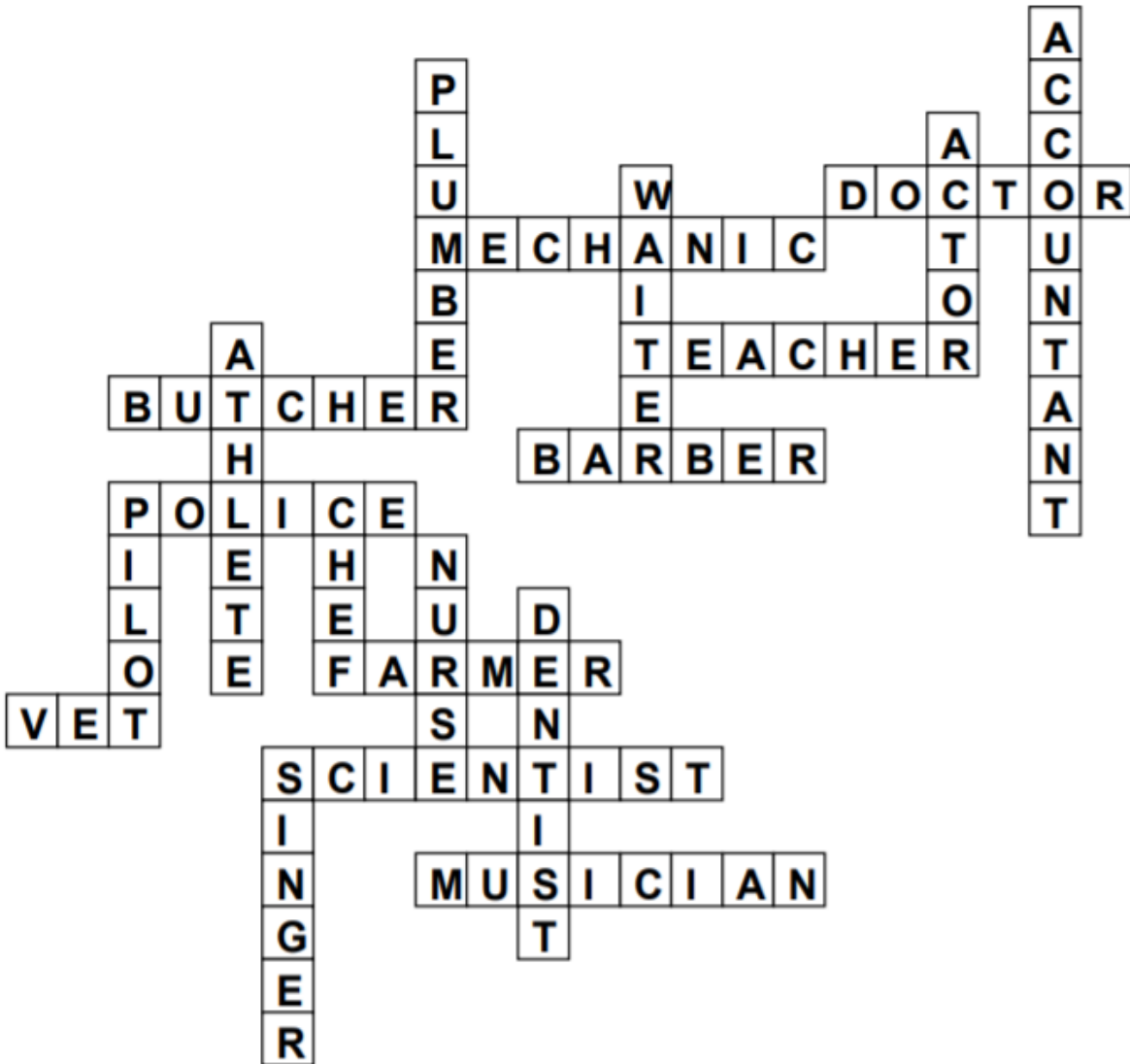
Mosaic Home Care & Community Resource Centres

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



Word Search

COFFEE WORD SEARCH



				W			P	I	C	C	O	L	O
T	A	K	E	A	W	A	Y					L	M
		R	C	R	I	S	T	R	E	T	T	O	O
	B	F	L	A	T	W	H	I	T	E		N	C
D	C			B	P			P		M	R	G	H
I	O	G	F	V	A	P	I		E	A	O	B	A
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T	D	E	A	I	D	E	I	C		C	S	A	A
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C	R	N	P		F	D	C	N	T	I		K	T
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- | | | | |
|------------|-----------|------------|-----------|
| Latte | Mocha | Cappuccino | Piccolo |
| Affogato | Espresso | Drip | Macchiato |
| Dirty Chai | Vienna | Roast | Grinder |
| Flat White | Cold Brew | Long Black | Barista |
| Brew | Beans | Caffeine | Decaf |
| Iced | Ristretto | Take Away | Frappe |

Answers to Food Anagrams

1. PEA
2. COLA
3. SALT
4. STEW
5. PLUM
6. DAIRY
7. SAUCE
8. PEAR
9. LEEK
10. HAMS
11. STEAKS
12. GREASE
13. OILS
14. FRIES
15. MEAT
16. GRAPE
17. LEMON
18. CIDER
19. BUNS
20. KALE

Answers to Pot Luck Quiz

1. KETCHUP
2. YELLOW
3. ENGLISH
4. VENUS
5. TRUE
6. TO STORE A POCKET WATCH
7. A FRUIT
8. FINLAND
9. TEA
10. 5,280 FT
11. A HYENA
12. ITS HEAD
13. STRAWBERRY
14. SEA OTTERS
15. FALSE
16. CANADA
17. THE EAR
18. LITTLE DONKEY

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
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Mosaic Home Care Services & Community Resource Centre
info@mosaichomecare.com www.mosaichomecare.com

What a difference we make®!