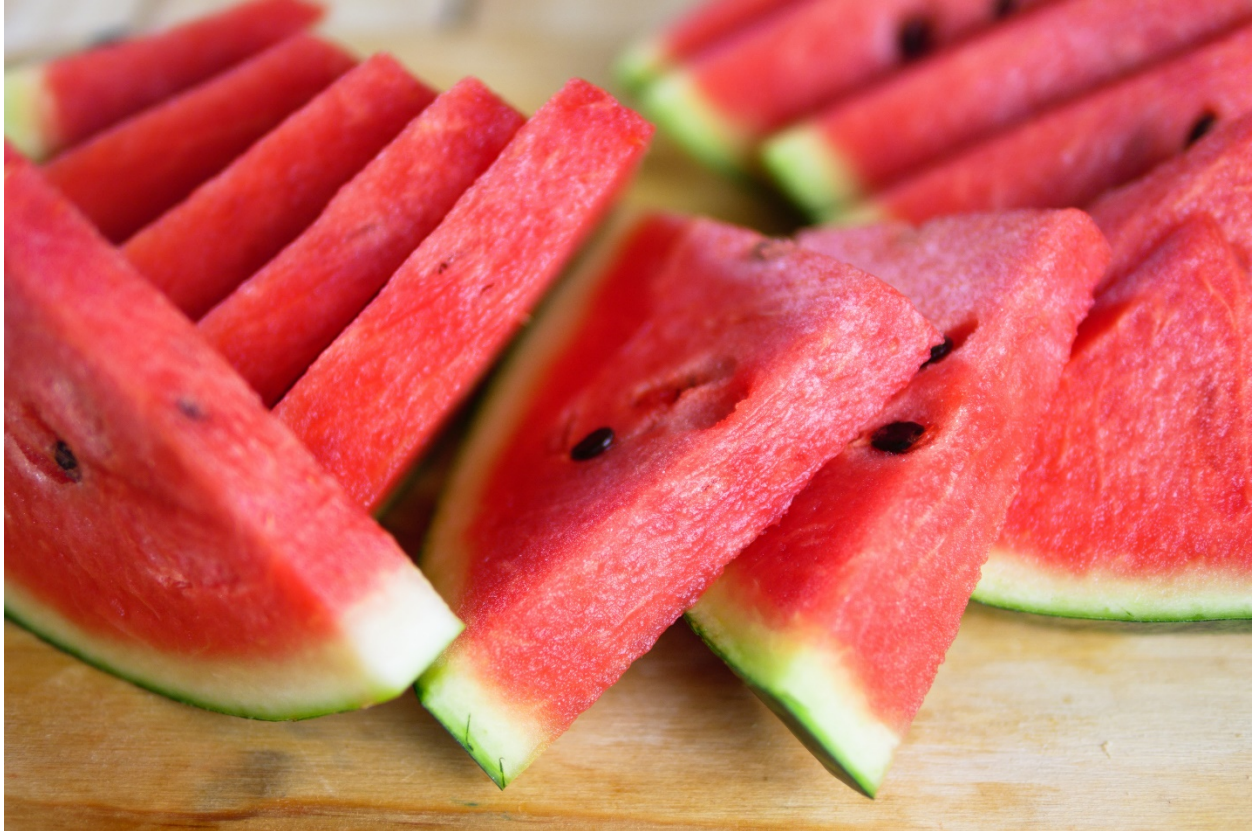


Spring & Summer 2025 Activity Booklet



***A Guide for the Community, Families and
Caregivers***

**Brought to you by
*Mosaic Home Care & Community Resource Centre***

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

SPRING/SUMMER 2025 NEWSLETTER:

https://mosaichomecare.com/wp-content/uploads/2025/04/MAR2025_Mosaic_Newsletter_SPRING-SUMMER-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.

RECIPES

Everyday Icy Smoothie:

1 frozen very ripe large banana, cut into 1-inch pieces

½ cup frozen blueberries or strawberries

Small handful frozen broccoli

½ cup vanilla almond milk

1 tbsp. almond butter

½ cup ice

2 tablespoons honey, especially if using non-ripe bananas

(Combine all of the ingredients in the blender and process until smooth).



Tropical Green Smoothie

2 cups spinach

1 ripe banana

½ cup frozen pineapple

½ cup frozen mango

3 dates, pitted

1 tablespoon almond butter

Combine all ingredients in a blender or food processor until smooth.

Hummus with Parsley

1 pound dried chickpeas, soaked overnight and cooked until soft (or three 15 ounce cans drained)

2 to 3 cloves of garlic

½ cup extra-virgin olive oil, plus more for serving

2 tablespoons red wine vinegar

¼ cup parsley chopped

Salt (optional)

- Put cooked chickpeas and garlic in a food processor or high-powered blender and blend until roughly pureed. Drizzle with olive oil and vinegar.
- Sprinkle with parsley and salt to taste. Serve with raw vegetables, pita or good, crusty bread for dipping.

Mango Salsa (to add to fish, salmon or chicken)

1 ½ cups diced mango

1 small avocado, diced

½ cup diced red bell pepper

¼ cup finely minced red onion

2 tbsp minced jalapeno peppers (can use from jar)

1 tbsp minced parsley

1 tbsp freshly squeezed lime juice

Pinch of salt



Combine all ingredients, cover and refrigerate until serving time

Summer Pasta with Fresh Tomato and Basil - Sardinia Italy – Blue Zone Cookbook by Dan Buettner

Total cook time: 30 min. /makes 4 servings

Inspired by the fresh ingredients from Sardinia – often grown and picked in the gardens found in local backyards.

3 to 4 cups water

4 tomatoes (Roma will work well here)

1 clove garlic

¼ red onion, minced

¼ cup extra-virgin olive oil

½ cup finely chopped fresh basil

1 pound angel hair or capellini pasta

Red pepper flakes (optional)

Salt and pepper (optional)

- Bring water to a boil in a medium soup pot.
- Add tomatoes to water to parboil. Remove after 1 minute.
- When cool enough to handle, remove skins from the tomatoes and coarsely chop.
- In a large mixing bowl, combine the tomatoes, garlic, onion, olive oil and basil; let sit for 10-20 min. to the flavours combine.
- While the fresh tomato sauce is marinating, cook pasta according to package directions.
- Drain pasta, then immediately toss with fresh tomato sauce.
- Season with red pepper flakes, salt, and pepper to taste before serving.

Have a recipe that you would love to share?

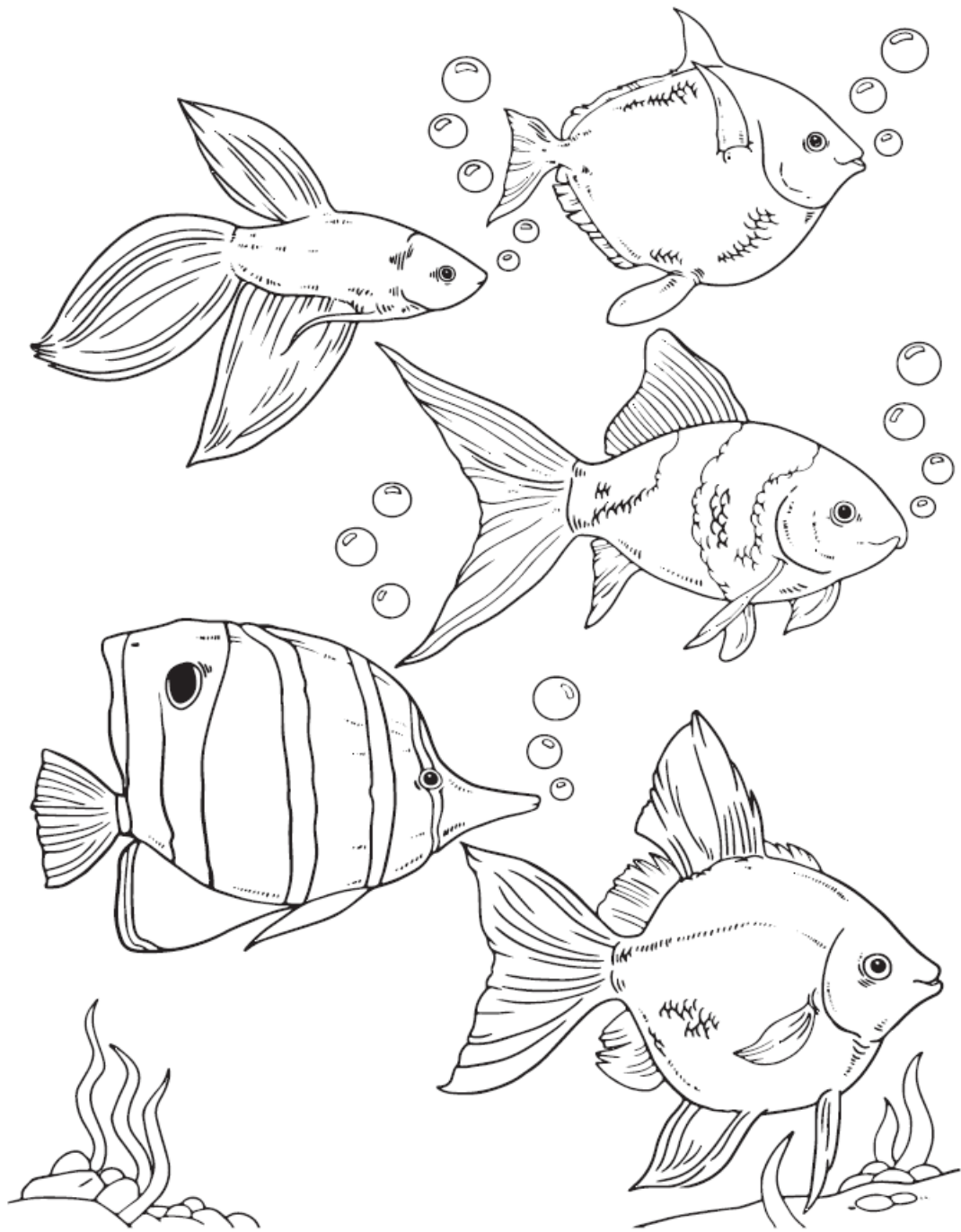
Email it to jennifer@mosaichomecare.com to be featured in the next issue of the Mosaic Activity Booklet!

COLOURING PAGES

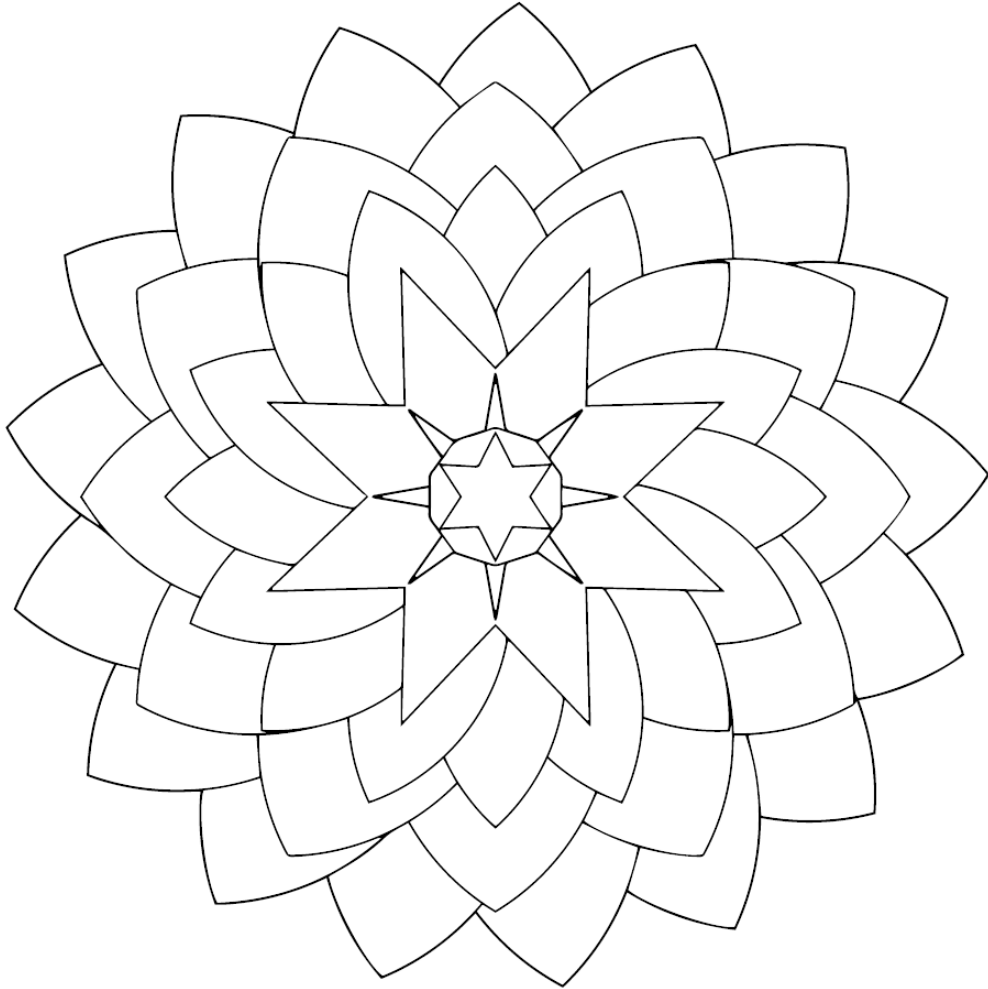


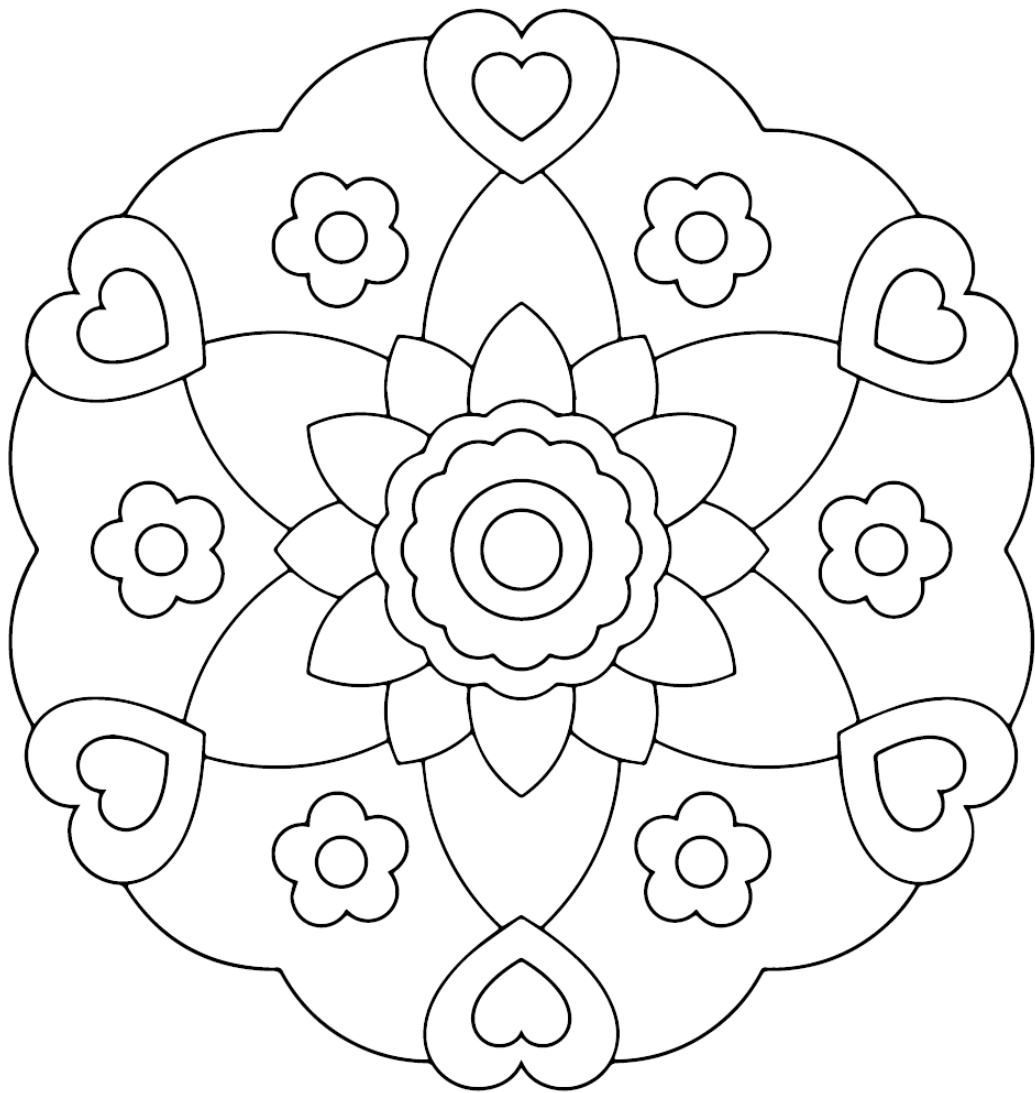
All puzzles/ colouring pages obtained from <https://www.goldencarers.com>. All Answers to puzzles found at the end of the booklet











ARTS & CRAFTS



Pool Noodle Stamping

Pool Noodle Stamping is a simple, low-mess craft that encourages creativity, fine motor skills, and social interaction. With just a few supplies, participants can paint, stamp, and design vibrant, one-of-a-kind artwork.



Supplies You'll Need

- Pool noodles (cut into different lengths)
- Washable paint (various colors)
- Paper or canvas
- Paper plates or trays (for holding paint)
- Plastic tablecloth or newspaper (for easy cleanup)
- Optional: Paintbrushes, markers, or stickers for extra detail

How to Do It

1. **Prepare the Pool Noodles** – Cut noodles into various lengths. For variety, carve simple shapes into the ends (like hearts or stars).
2. **Set Up the Painting Station** – Pour different paint colors onto plates or trays. Cover the table to make cleanup easy.
3. **Start Stamping** – Dip one end of a pool noodle into paint and press it onto paper or canvas. Experiment with mixing colors and creating fun patterns.
4. **Get Creative** – Use multiple noodle sizes, overlap stamps, or turn them into shapes like flowers, animals, or abstract art.
5. **Let Dry & Display** – Allow the artwork to dry, then display it in community spaces or personal rooms for everyone to enjoy.

Benefits for Seniors

- Encourages creativity and self-expression
- Improves hand strength and dexterity
- Easy and accessible for all skill levels
- Fosters group fun and social interaction

This cheerful and easy craft is perfect for senior living communities, art therapy sessions, or family craft time.

Kindness Rock Garden

Transform ordinary rocks into inspiring art pieces, spreading positivity one rock at a time. Kindness Rocks!

For this activity, you will need:

- Wire Basket
- Rocks
- Acrylic Paint
- Paint Markers
- Sealant (We used ModPodge)
- Clothespins
- Laminated Labels

Instructions:

- Have your residents paint their rocks.
- Once dried, you can assist them in writing kind words or messages.
- We laminated a label that I made myself which says:
Kindness Rocks: Take One for You or Pass Along
- I used the clothespins to hold the laminated label onto the wire basket and we sat this out in the courtyard for everyone to enjoy!



Homemade Wind Chimes

Residents can string beads to decorate these homemade wind chimes.

Materials

- Plastic Cups (small)
- Beads
- Bead String
- Hole Punch
- Yarn or string to hang the wind chimes

Instructions:

1. Take the plastic cups and punch 4 holes on each side. You will also have to find a way to punch a hole in the top to hang the wind chime once finished.
2. Have your participants string the beads to their liking.
3. You will then tie the beaded string through the hole punches.
4. Use string to hang the wind chimes, whether it be in rooms or courtyards.



Bird Seed Wreath

Attract birds to your backyard this Spring!

You will need:

- ¾ cup plain flour
- 3 tablespoon of honey
- 1 packed unflavoured gelatin
- ½ cup warm water
- 4 cups bird seed
- A ceramic or glass mould
- Cooking spray

Instructions

1. Whisk the gelatin and warm water until dissolved.
2. Add honey and flour and stir
3. Add bird seed and fold until all seeds are well coated, it is a sticky mixture!
4. Mix until there are no lumps.
5. Spray mould with nonstick spray.
6. Gently press the mixture well into the mould.
7. Use a chopstick to make a hole in the mixture for hanging later on.
8. Set the mould aside overnight.
9. Remove wreath from mould and hang your bird feeder on a tree!

Sun-catcher Hearts

Materials:

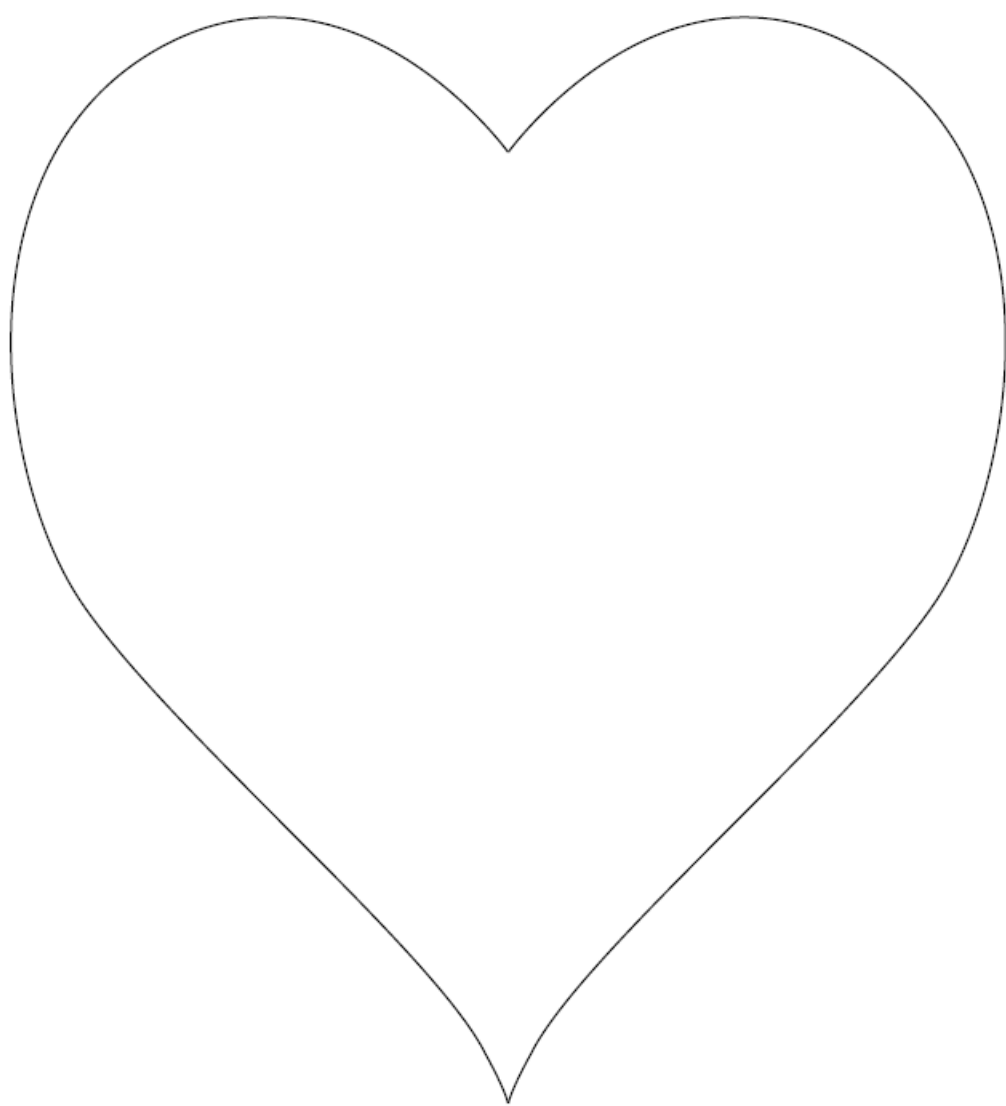
- Contact paper (self adhesive book cover) cut to A4 size. You will need 2 pieces per sun catcher.
- Construction paper cut to A4 size (any thick paper is suitable).
- Scissors, glue, markers, and string.
- Decorations: whatever you have on hand: confetti, glitter, stickers, letters, drawings, cut flowers or petals, dried herbs, or colourful tissue paper.

Note: To make them twice as big as the ones in the photo, cut everything to A3 size instead. Buy 10 to 15 metres of contact paper in this case.

Instructions:

- Download heart template, trace onto construction paper and then cut out the heart (inside).
- Peel off one piece of contact paper and place construction paper on top.
- Give to clients to decorate.
- Once complete, peel off another piece of contact paper and cover the decorated side.
- Hang hearts from ceiling with strings or attach to walls and glass windows with blue tack. If you want to make garlands use the small heart template.





Vase Jars

I did this activity with my clients and it was loved so much I thought I needed to share it.

Often residents are given a single flower or some home picked flowers, they may even like to pick the odd flower themselves.

Vases are always in short supply at many facilities. This activity provides your clients with a lovely useful vase made from relatively inexpensive items.

YOU WILL NEED:

- A selection of clean small glass jars. (labels & sticky glue removed, wash in dishwasher for extra sparkle)
- Selection of coloured fabric ribbons.
- Decorative butterflies ,ladybirds & flowers. (find these in \$2 shops)
- Scissors
- Double sided tape (could use craft glue)

HOW TO MAKE:

Allow your clients time to select the jar size and shape they would like. Clients will enjoy taking time to select coloured ribbon and a decorative piece to highlight their vase.

Assess who may need guidance with choice or help using either glue or tape Double sided tape can be difficult to remove the backing tape, this can be attached to the jar by staff before the activity begins or during the activity depending on help available in your facility.

- Take a piece of double sided tape and fix it onto the bottom side of the jar.
- Remove the back of the tape and attach a pre cut piece of ribbon.
- Ribbon can be tied in a bow at the top of the jar. Make it as fancy or simple as you like.
- Finally attach the decorative flower or butterfly. Use the foam double sided tape to fix on or a hot glue gun.

I'm sure you will have happy clients proud of what they have made.

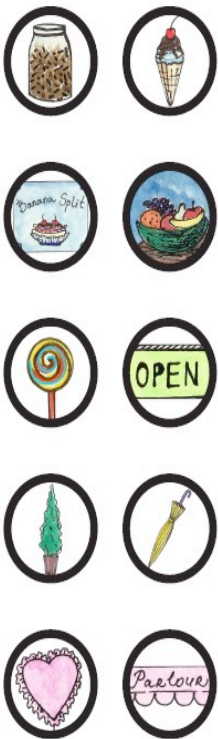
Its lovely to see residents use the craft items they make, I had some ladies later return with their decorated jars full of flowers proudly showing off their achievement.

PUZZLES & TRIVIA



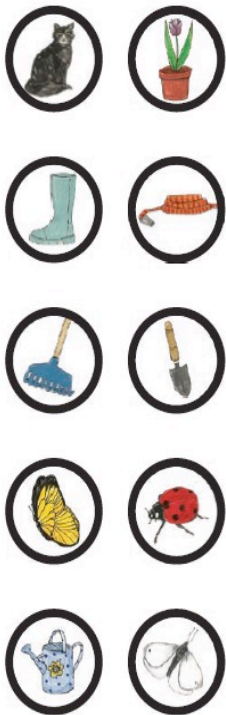
FIND THE
HIDDEN
OBJECTS

Can you find all 10?



FIND THE
HIDDEN
OBJECTS

Can you find all 10?



Word Search

GOLF TERMS



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

Ace

Par

Bunker

Fore

Slice

Birdie

Fairway

Rough

Handicap

Hook

Bogey

Green:

Putt

Mulligan

Lie

Eagle

Tee Box

Drive

Chip

Clubhouse

Word Search

FIND IT IN THE KITCHEN



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

Blender

Utensils

Sink

Stove

Bowl

Colander

Frypan

Refrigerator

Oven

Peeler

Stockpot

Grater

Saucepan

Plate

Cup

Dishwasher

Kettle

Spatula

Toaster

Wok

Animal Word Scramble

Unscramble the letters to reveal the names of various animals!

Question	Answer
1 toga	:
2 god	:
3 tac	:
4 shore	:
5 noil	:
6 flow	:
7 bare	:
8 adanp	:
9 reed	:
10 oklaa	:
11 grof	:
12 harks	:
13 dota	:
14 balm	:
15 hesep	:
16 woc	:
17 tab	:
18 guiana	:
19 gietr	:
20 kcniche	:

Jumbled Fruit Quiz

Here are some fun fruit word scrambles to solve!

Question	Answer
1 PAPEL	:
2 RAEP	:
3 EPGAR	:
4 GRNAOE	:
5 WPAAWP	:
6 ARIDNNAM	:
7 EMLI	:
8 MLPU	:
9 TCAPIOR	:
10 HPACE	:
11 TFUIRSISONAP	:
12 EPPLPIANE	:
13 TRIGUARFEP	:
14 YTRSRRAEWB	:
15 AAANNB	:
16 AGMON	:
17 VAGUA	:
18 GFI	:
19 CRRYEH	:
20 TONRMEAWEL	:

Unscramble Word Search

To solve this puzzle, first unscramble each word and write the word on the blanks provided.

Then look for the words you made in the puzzle.

The words can be found in any direction in the puzzle

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

KMLI _____

GUTYRO _____

PELPA _____

NAABNA _____

IBOCRLCO _____

HRYERC _____

RADEB _____

SATPORCI _____

OACOAVD _____

CELAPAOTNU _____

ARSREBYRP _____

TMOATO _____

YCRRARNEB _____

VUAGA _____

TROARC _____

MENLO _____

GFI _____

SAREKTOIHC _____

NHPAISC _____

GLARCI _____

FLSHELIHS _____

BRCA _____

GAMON _____

MILE _____

NONOI _____

GNEGIR _____

QHSUSA _____

NASPUET _____

SONALM _____

SIRSNAI _____

KIIW _____

HINT - each word is related to HEALTHY FOOD

Anagram Quiz #3

Rearrange letters in brackets to make another word using the clues provided!

Question	Answer
1 Tentative bite (State)	:
2 Liquid glue (Spate)	:
3 A tendon (Wines)	:
4 Back of a book (Pines)	:
5 Plain text (Pores)	:
6 Tall plants (Reset)	:
7 Channel changer (Meteor)	:
8 Number in a trio (Ether)	:
9 Divide equally (Hares)	:
10 Armjoint (Below)	:
11 Stay behind (Marine)	:
12 Audition hopefuls (Castor)	:
13 Deer hunter's trophy (Rental)	:
14 Apprehend (Rarest)	:
15 Catching some z's (Please)	:
16 Flower patch (Danger)	:
17 Drew close (Earned)	:
18 Deeply regret (Mental)	:
19 Yellow fruit (Solemn)	:
20 Curly-haired dog (Looped)	:

Spring & Summer Activities

Warmer weather and longer nights are heading our way! Time to get out and enjoy the sunshine!

Places to Visit

Spadina Museum

<https://www.toronto.ca/explore-enjoy/history-art-culture/museums/spadina-museum>

General admission is free. Some exhibitions and events may carry a separate charge where noted.

Special Exhibits and Events

Browse the [Toronto History Museums Calendar](#) to find special exhibits and events happening at this and other museum sites.

Toronto Zoo

[Toronto Zoo | Plan Your Visit](#)

Hours starting May 17 – September 1

Weekdays 9:30am - 6:00pm

Weekends/Holidays 9:30am - 7:00pm

The Toronto Zoo has over 3,000 animals representing over 300 species and 10km of walking trails.

African Lion Safari

<https://lionsafari.com/>

OPEN DAILY May 3 – September 14

African Lion Safari® is a Canadian owned family business created in the name of conservation by the late Colonel G.D Dailley. The park opened its gates to the public on August 22, 1969, with 40 lions in 3 reserves; today the park houses in excess of 1,000 animals comprised of over 100 species.

Ripley's Aquarium

<https://www.ripleys.com/attractions/ripleys-aquarium-of-canada>

Open Daily from 9am-9pm

Immerse yourself among thousands of awe-inspiring aquatic animals and get closer than ever before with interactive, hands-on experiences, unique animal encounters, and exciting events!

Distillery District

<https://www.thedistillerydistrict.com/events/>

Friday's 10am-11am

For questions email: publicdomain@soulpepper.ca

Yoga Mornings at Soulpepper Theatre

Start your day with some morning yoga to gently wake up your body, breath, and senses. Each class will explore some meditation, pranayama (breathwork), and other grounding techniques for the nervous system, as well as move through some movement and stretches to gently energise the body.

Suitable for all levels including beginners. Seated, standing and lying down poses will be included with different options and students are encouraged to find and choose what works best for them.

Rock & Roll Revival at the Distillery

<https://www.thedistillerydistrict.com/rockrevival/>

Saturday, May 3 2pm – Sunday, June 5 8pm

Celebrating the best of rock 'n roll in the heart of Toronto.

Farmers Markets

St. Lawrence Market

[St. Lawrence Market: Home](#)

Kensington Market

<https://kensingtonmarket.to/>

Stackt Market

<https://stacktmarket.com/>

Harbourfront Centre

<https://harbourfrontcentre.com/>

Things to do in Toronto

Fleur de Villes Spring

Fleurs de Villes Spring - Bloor-Yorkville

May 7 – 11

Join us in the Bloor-Yorkville neighbourhood and see over 30 incredible floral installations, including our famous floral mannequins, all created by Toronto's talented florists. Enjoy floral refreshments and live music along the trail, attend a floral demonstration, and shop for blooms from local florists at our Saturday flower market.

Casa Loma – Mother's Day High Tea

Mothers' Day High Tea at the Castle - Casa Loma

May 11

Experience the elegance of the Edwardian era with an afternoon tea at Toronto's iconic castle, Casa Loma. An elevated experience, guests will sample a selection of premium teas, scones, gourmet pastries and tea sandwiches in the majestic ambiance of the Castle.

High Tea guests are permitted to tour the castle, as part of their reservation. Guests with a later seating are asked to tour prior to their reservations as the Castle closes at 5pm daily.

RESERVATIONS REQUIRED

Please make your reservation [here](#).

\$75 per person plus applicable taxes and gratuities.

Includes admission to Casa Loma.

Ice Cream Festival at Casa Loma

<https://casaloma.ca/project/ice-cream-festival/>

May 17,

9:30am-5pm

Perfectly timed to kick off ice cream season, Toronto's historic landmark and popular attraction, Casa Loma, will host the first-ever Chapman's Ice Cream Festival on May 17th! The festival will feature many fun activities, games and contests for people of all ages. Live music, creative ice cream dishes and a variety of delectable ice cream flavours will be sure to delight your senses. All included with general admission.

International Food + Drink Festival

[International Food + Drink Festival - Harbourfront Centre](#)

Saturday, May 17 to Monday, May 19

A three-day food fest of international street food and craft cocktails.

Toronto Jazz Festival

[Toronto's International Jazz Festival - Celebrating 37 Years](#)

June 20-29

Summer Music in the Park

[Summer Music in the Park | Bloor-Yorkville](#)

Music in the summer has become a tradition in Bloor-Yorkville. Stroll through the neighbourhood and have a seat by the 'Big Rock' and tap your feet to the smooth summer sounds ranging from classic jazz with JUNO Nominated artists Alex Bird or Danielle Bassels, to the folk-pop sounds of David Celia & Co. Be sure to catch violin virtuoso Dr. Draw, the soul fusion sounds of Quincy Bullen, The O'Deadlys Celtic performance, or traditional New Orleans jazz with West End Riverboat Band.

Toronto Botanical Garden

<https://torontobotanicalgarden.ca/enjoy/events-at-the-garden/>

June 7 & 8 9am-4pm

Through the Garden Gate: Hogg's Hollow

One of Toronto's largest tours of private gardens. Garden-goers will have the opportunity to visit 14 residential gardens, of varying sizes and themes in the unique Toronto enclave of Hogg's Hollow. Garden seekers will also have a chance to ask questions and learn something too! Knowledgeable Toronto Master Gardeners will be stationed in each garden and are happy to answer plant and garden design questions.

Many other events happening at the Toronto Botanical Garden can be found at the link above

Spend the day at one of Toronto's Beaches!

<https://www.toronto.ca/explore-enjoy/parks-recreation/places-spaces/beaches-gardens-attractions/beaches/>

Welcome to Toronto's supervised swimming beaches. From the golden sands of Bluffer's Park Beach to the vibrant atmosphere of Woodbine Beach, each of these pristine locations offer the perfect spot to enjoy the refreshing waters of Lake Ontario.

Lifeguards are on duty daily from June to early August, 10:30 a.m. to 7:30 p.m. and from mid-August to September, 10:30 a.m. to 7 p.m.

[Walking Trails](#)

Sunnybrook Park

<https://www.alltrails.com/parks/canada/ontario/sunnybrook-park>

High Park

<https://www.alltrails.com/parks/canada/ontario/high-park>

Mud Creek Trails

<https://www.lostrivers.ca/content/mudcreek.html>



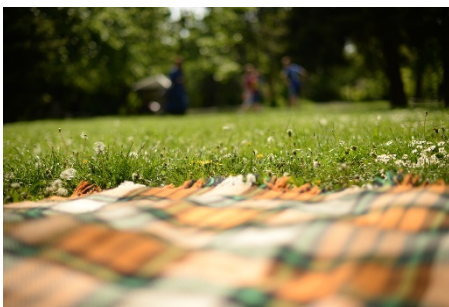
Evergreen Brickworks

<https://www.evergreen.ca/wp-content/uploads/2023/10/EBW-Bike-Map-East.pdf>

Centre Island & Wards Island

<https://www.torontoisland.com/wards.php>

<https://www.torontoisland.com/center.php>



Cooking Classes

The Chef Upstairs

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

Longo's Cooking Classes

[Longos](#)

Dish Cooking Classes

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

Eataly

[Eataly Don Mills](#) | [Eataly](#)

St Lawrence Market

<https://stlawrencemarket.com/food/the-miele-market-kitchen-delicious/>



Ice Cream & Summer Treats

Summer's Ice Cream

Address: 101 Yorkville Avenue, Toronto

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

Pass the Syrup

Address: 66 Dundas Street East, Toronto

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

The Big Chill

Address: 566 College Street, Toronto, ON

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



Other places: <https://www.tastetoronto.com/guides/best-ice-cream-in-toronto>

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](#)

North York Seniors Centre

www.nyseniors.org

416-733-4111

Offers On-site, Zoom, and Phone programs. Membership is required.

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 look at our Spring & Summer Newsletter:

SPRING/SUMMER 2025 NEWSLETTER:

https://mosaichomecare.com/wp-content/uploads/2025/04/MAR2025_Mosaic_Newsletter_SPRING-SUMMER-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: Thursday, July 24, 2025

Time: 1:00pm – 3:00pm

Location: Armour Heights Presbyterian Church 105 Wilson Avenue

Brain Games & Arts Afternoon

Join us for a fun afternoon of brain games and art hosted by medical students from the University of Toronto. You will have the opportunity to participate in exciting **team-based trivia games** that will teach us how we can optimize our brain health, followed by a relaxing **arts-based painting session**.

Enjoy games, art and snacks during this entertaining afternoon! Register your spot now!

Date: Friday, May 23, 2025

Time: 1:00pm – 2:30pm

Location: Armour Heights Presbyterian Church 105 Wilson Avenue

Mosaic's Growing Wellness Café

Come celebrate with North York & Scarborough Elder Abuse Networks in recognizing these two very important dates

- Mark McCabe Toronto Police Services – Presentation on Preventing Frauds & Scams
- Instructor to lead some Movement to Music – Provided by North York Seniors Centre
- Listen and Dance to the Sounds of Ester & Rudy from 2B1

Light lunch, coffee & tea provided – No charge for event.

Date: Friday, June 13, 2025

Time: 11:30am – 1:30pm

Location: Armour Heights Presbyterian Church 105 Wilson Avenue

Visit Riverdale Farm with Mosaic

Embrace your wild side and join us for a visit to Riverdale Farm! We will tour the historic buildings, say hello to the farm animals and then enjoy a picnic lunch together at the nearby Riverdale Park West.

Date: Friday, May 30, 2025

Time: 11:00am – 1:30pm

Location: Riverdale Farm 201 Winchester St, Toronto



ONLINE PROGRAMS



UPCOMING ONLINE MOSAIC EVENTS!

Requires access to a computer or smartphone and internet access.

** 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.*

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, June 6th, July 18th

Time: 10:00am – 11:00am

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 29th, June 26th, July 31st

Time: 1:00pm - 2:00pm

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





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

COMMUNITY 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

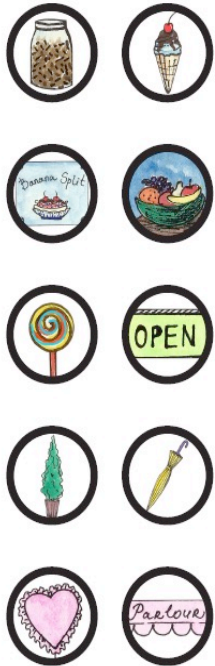
Mosaic is trying to support vulnerable seniors during this pandemic. If you or someone you know needs resources or information, please contact Lauren McNair at 905-597-7000 ext. 227 or lauren@mosaichomecare.com

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

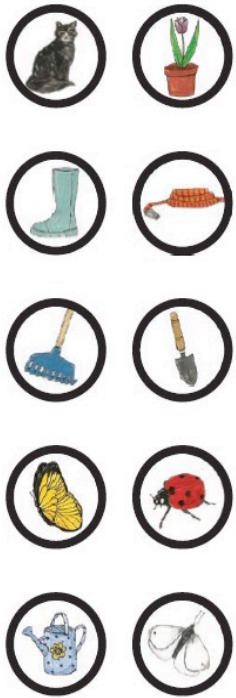
FIND THE HIDDEN OBJECTS

Can you find all 10?



FIND THE HIDDEN OBJECTS

Can you find all 10?



Word Search

GOLF TERMS



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

Ace

Par

Bunker

Fore

Slice

Birdie

Fairway

Rough

Handicap

Hook

Bogey

Green:

Putt

Mulligan

Lie

Eagle

Tee Box

Drive

Chip

Clubhouse

Word Search

FIND IT IN THE KITCHEN



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

Blender

Utensils

Sink

Stove

Bowl

Colander

Frypan

Refrigerator

Oven

Peeler

Stockpot

Grater

Saucepan

Plate

Cup

Dishwasher

Kettle

Spatula

Toaster

Wok

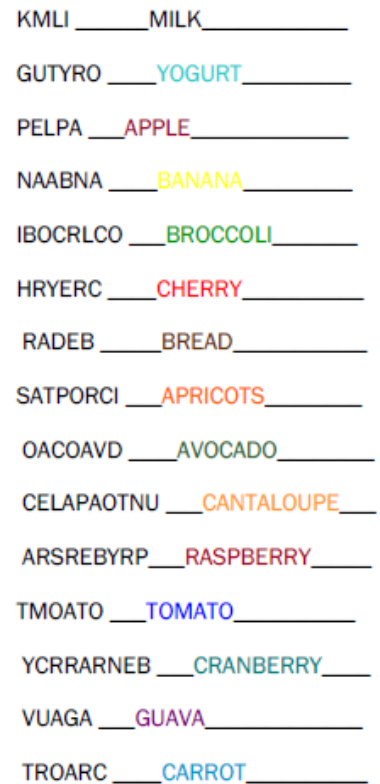
Answer

- 1 goat
 - 2 dog
 - 3 cat
 - 4 horse
 - 5 lion
 - 6 wolf
 - 7 bear
 - 8 panda
 - 9 deer
 - 10 koala
 - 11 frog
 - 12 shark
 - 13 toad
 - 14 lamb
 - 15 sheep
 - 16 cow
 - 17 bat
 - 18 iguana
 - 19 tiger
 - 20 chicken
-

Answer

- 1 APPLE
 - 2 PEAR
 - 3 GRAPE
 - 4 ORANGE
 - 5 PAWPAW
 - 6 MANDARIN
 - 7 LIME
 - 8 PLUM
 - 9 APRICOT
 - 10 PEACH
 - 11 PASSIONFRUIT
 - 12 PINEAPPLE
 - 13 GRAPEFRUIT
 - 14 STRAWBERRY
 - 15 BANANA
 - 16 MANGO
 - 17 GUAVA
 - 18 FIG
 - 19 CHERRY
 - 20 WATERMELON
-

The words can be found in any direction in the puzzle



KIIW _____ KIWI _____

52

Answer

1 Taste

2 Paste

3 Sinew

4 Spine

5 Prose

6 Trees

7 Remote

8 Three

9 Share

10 Elbow

11 Remain

12 Actors

13 Antler

14 Arrest

15 Asleep

16 Garden

17 Neared

18 Lament

19 Lemons

20 Poodle

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®!