

# **FALL 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](http://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

### FALL 2025 NEWSLETTER:

[https://mosaichomecare.com/wp-content/uploads/2025/08/JUL2025\\_Mosaic\\_Newsletter\\_FALL-2025\\_WEBSITE.pdf](https://mosaichomecare.com/wp-content/uploads/2025/08/JUL2025_Mosaic_Newsletter_FALL-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 [priya@mosaichomecare.com](mailto:priya@mosaichomecare.com)

## Table of Contents

Recipes.....	4
Colouring Pages.....	7
Arts & Crafts.....	14
Puzzles .....	17
Fall Activities .....	25
Community Programs.....	31
In-Person & Online Programs & Events .....	34
Community Centres .....	37
Support & Resources in the Community .....	41
Answers .....	43

## AT HOME ACTIVITIES

**These activities do not require a computer and internet access.**

## RECIPES

**Have a recipe that you would love to share?**

**Email it to [jennifer@mosaichomecare.com](mailto:jennifer@mosaichomecare.com) to be featured in the next issue of the Mosaic Activity Booklet!**

### Hashbrown Casserole

#### **Ingredients: (Serves 12)**

1 pkg. (2lb) frozen hashbrowns  
1 cup butter  
1 pint sour cream  
1 can cream of chicken soup  
½ cup chopped green onions  
2 cups shredded cheddar cheese  
1 tsp. salt  
½ tsp. pepper  
2 cups crushed cornflakes

#### **Directions:**

Take ½ cup butter; melt

Pour frozen hashbrowns in pan and add melted butter to coat. Add all other ingredients except cornflakes.

Mix well.

Melt other ½ cup butter. Pour butter into 2 cups crushed cornflakes. Sprinkle cornflakes on top. Cover with foil. Bake 1 ½ hours in 350 degree oven. Half of the time keep foil on and half of the time without foil.

## **Blueberry French Toast**

### **Ingredients: (Serves 6)**

1 ½ cup brown sugar

1 ¼ tsp cinnamon

¼ cup butter, melted

12 slices bread

1 cup fresh blueberries

5 eggs

1 ½ cups milk

½ tsp salt

### **Directions:**

Combine brown sugar, cinnamon and melted butter. Mix well. Sprinkle 1/3 of mixture evenly in bottom of a 9"x13" pan – spray pan first

Cover with 6 slices of bread

Sprinkle another 1/3 of sugar mixture over bread and scatter berries on top

Place remaining bread on fruit. Sprinkle with remaining sugar mixture

Beat eggs, milk and salt together. Pour evenly over bread. Press down lightly

Cover with plastic wrap and refrigerate overnight or let stand at room temperature for 2 hours.

Bake, uncovered at 350 degrees for 40-45 minutes or until puffed and golden

Serve warm, maple syrup optional

## **Coffee Cake**

### **Ingredients:**

¼ lb butter (1/2 cup)

1 cup sugar

2 eggs

1 cup sour cream

1 tsp soda

1 ½ cups cake flour

1 tsp vanilla

1 ½ tsp baking powder

### **Directions:**

Blend sugar and butter

Add eggs

Add sour cream and dry ingredients (sifted together) alternately

Add vanilla

### **Topping:**

¼ cup sugar

1 tbsp cinnamon

2 tbsp chopped nuts (this is optional)

Pour half the batter in a square pan

Sprinkle 2/3 of topping mixture

Pour all the rest of the batter on

Sprinkle remaining topping mixture on top of cake

Bake at 350 degrees for approximately 45 minutes

# COLOURING PAGES



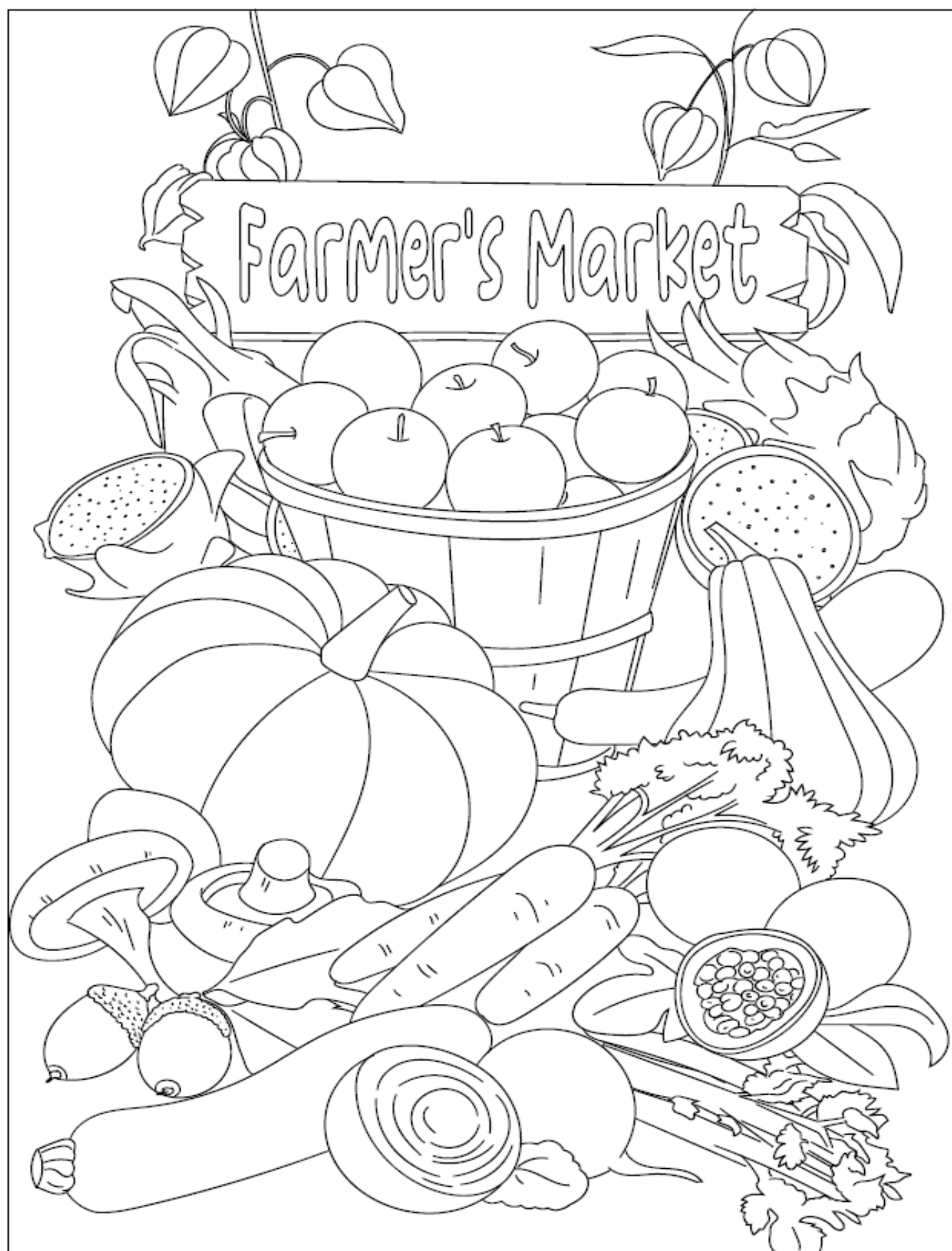
All puzzles/ colouring pages obtained from <https://www.goldencarers.com>. All Answers to puzzles found at the end of the booklet

















# ARTS & CRAFTS



Traditionally, rain sticks are hollowed out plant stalks filled with pebbles or seeds.

For centuries, indigenous people from all over the world have used rain sticks in ceremonies to attract rain. Rain sticks remind people of the sound of gently falling rain, which is harmonious and relaxing.

**Materials:**

- Cardboard tubes (recycled)
- Cardboard
- Duct tape (any colour)
- Scissors
- Rice, or dried beans, macaroni, lentils, whatever you have on hand
- Contact paper
- Aluminium foil

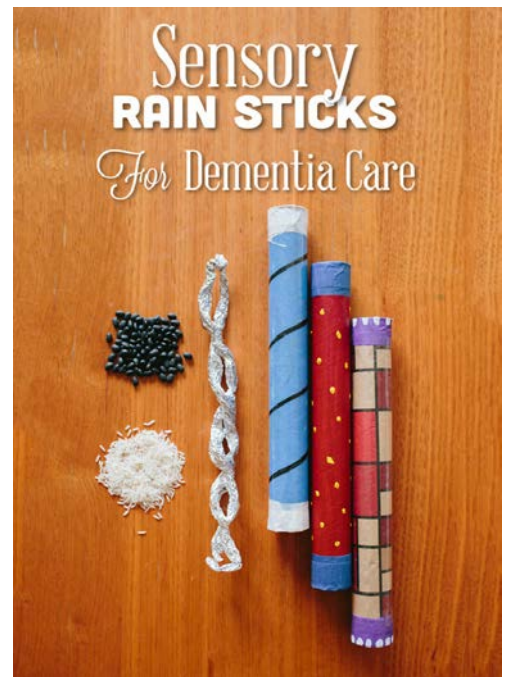
**Decorations**

Rain sticks may be:

- Sprayed painted
- Brush painted
- Covered with wrapping paper
- Covered in glitter

**Instructions:**

- Trace and cut out two circles from one end of tube onto cardboard to make the 'lids'
- Decorate tubes as desired
- Close one side of the tube with a cardboard circle using duct tape
- Tear off two or three pieces of aluminium foil a little taller than the tube
- Fold and crumple each piece of aluminium foil
- Weave the aluminum pieces together and place inside tube
- Insert a quarter cup of rice or other grains into the tube
- Seal the end with another cardboard circle and duct tape
- Cover rain maker in contact paper for endurance (optional)



# 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.





# PUZZLES & TRIVIA



# Word Search

## GRATITUDE WORD SEARCH



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

Grateful

Hug

Encourage

Compliment

Patience

Thankful

Note

Care

Listen

Forgive

Support

Kindness

Acknowledge

Help

Thank You

Smile

Praise

Respect

Appreciate

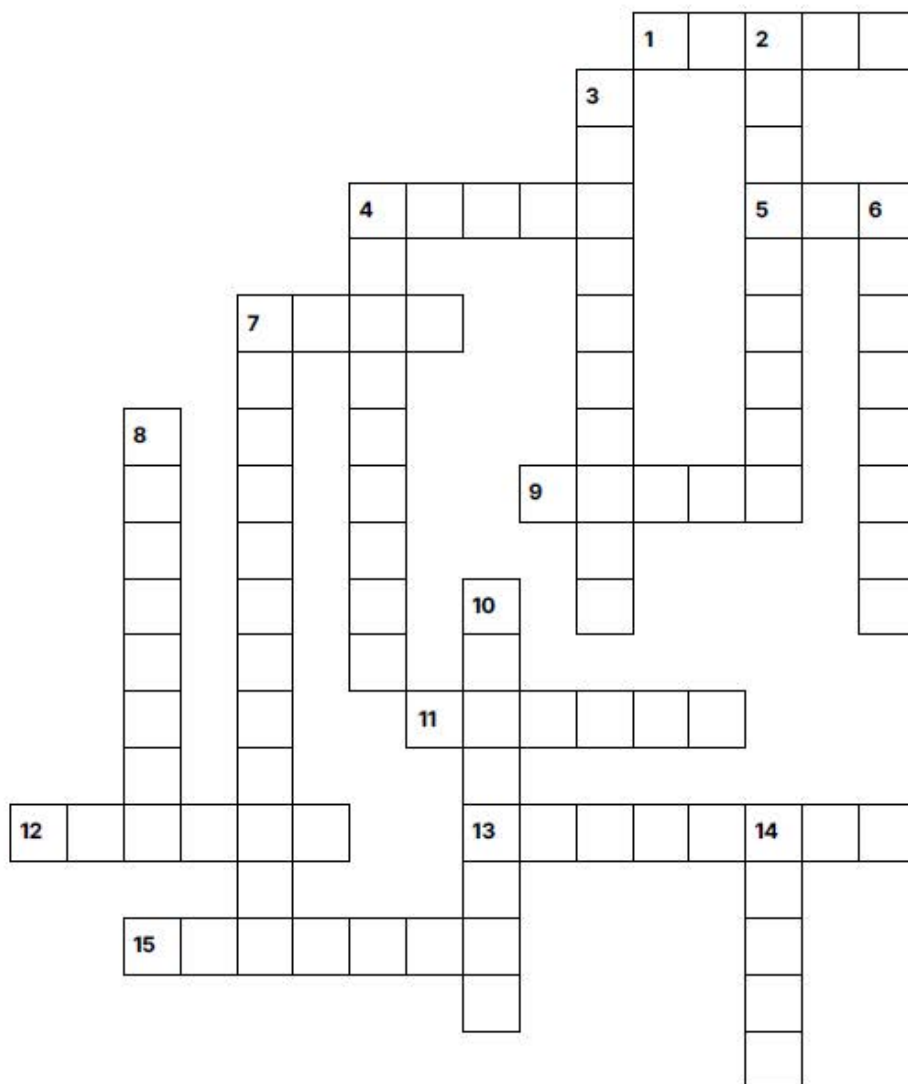
Blessings

## Spot the Differences 13 to find!



# Crossword

## THANKSGIVING DAY





## Crossword

# THANKSGIVING DAY



## Across

1. What parade is held in New York (5)
4. People drink Apple \_\_\_\_\_ (5)
5. Sometimes people do this after the Thanksgiving meal. (3)
7. This bone comes out of the turkey and you use it to make a \_\_\_\_\_. (4)
9. What you put on mashed potatoes (5)
11. This bird is cooked in the oven (6)
12. What someone does in the kitchen after the meal (6)
13. What sport is always on TV (8)
15. This pie is made with an orange squash (7)

## Down

2. This red fruit either comes from a can or as a relish/sauce (9)
3. Some people do a fun run on Thanksgiving morning. What is it called? (10)
4. Green Bean \_\_\_\_\_ (9)
6. You mash these (8)
7. What you put on pumpkin pie (12)
8. What colorful things float in the sky during the Thanksgiving Day parade? (8)
10. What is put inside the turkey? (8)
14. This pie is made with a fruit (5)

## Halloween Word Game

The answers to the following clues can all be found in the letters of HALLOWEEN.

Question	Answer
1 A circle of light around the head of a holy person	:
2 To permit	:
3 A female sheep	:
4 Solitary - by oneself	:
5 a building or large room used for meetings, concerts, or other events	:
6 A snake like fish	:
7 To make holy or consecrate	:
8 A narrow street or alley	:
9 Not old - of recent origin.	:
10 A single unit only	:
11 A very large marine mammal	:
12 the back part of the human foot below the ankle	:
13 Be in or move into a sloping position	:
14 In an unbroken or undamaged state; in one piece	:
15 An area of short, regularly mown grass in the garden of a house	:
16 Absent from where one should be but without intent to desert	:
17 Any beer other than lager, stout, or porter	:
18 Withdraw gradually from a mother's milk	:
19 Nocturnal bird of prey	:
20 'Hello' in Spanish	:

## Christmas Word Scramble

Can you unscramble these Christmas words? First letter provided.

Question	Answer
1 dnorewadnl (w)	:
2 escrogo (s)	:
3 asnat lacsu (s,c)	:
4 teesrnsp (p)	:
5 uhrdplo (r)	:
6 ejssu (j)	:
7 mashcrist eert (c,t)	:
8 bwos (b)	:
9 enol (n)	:
10 wnmosan (s)	:
11 rwehta (w)	:
12 ndyca ance (c,c)	:
13 yollh (h)	:
14 ftgis (g)	:
15 nirgch (g)	:
16 emryr (m)	:
17 ngtsiock (s)	:
18 gnwraipp (w)	:
19 tooeicadrsn (d)	:
20 eblis (b)	:

# What Tree Am I Riddles

Draw a line to match each riddle to the tree it describes!

## Questions

1.	What tree is often found after a fire?	Plane
2.	What tree is nearest the sea?	Elder
3.	What tree is often found in bottles?	Peach
4.	What tree keeps a lady warm?	Weeping Willow
5.	What tree is an insect?	Date
6.	What tree does everybody carry in his hand?	Beech
7.	What tree makes pancakes better?	Dragon
8.	What tree is a pretty girl?	Fir
9.	What tree is a couple?	Ash
10.	What tree may breath fire?	Spruce
11.	What tree is in high favour?	Cork
12.	What is the neatest tree?	Locust
13.	What tree grieves most?	Palm
14.	What tree is older than most others?	Bay
15.	What tree is a carpenter's tool?	Pine
16.	What tree is a body of water?	Pear
17.	What tree marks the advance of time?	Maple
18.	What tree sighs and languishes?	Poplar



## FALL ACTIVITIES

*Weather will start to get cooler, and leaves will begin to change colour!! Let's get outside and enjoy this wonderful season*

### Places to Visit

*Some of the best places to see Toronto fall colours are at, High Park, Evergreen Brick Works, Trinity Bellwoods and Crothers Woods.*

### **Pumpkinfest Toronto at Downsview Park**

[Toronto Pumpkinfest – Thanksgiving Weekend at Downsview Park](#)

**October 11<sup>th</sup> – 14<sup>th</sup>**

Downsview Park

35 Carl Hall Road, Toronto, Ontario M3K 2B6

Enjoy a weekend filled with unlimited midway rides, unlimited inflatable fun, a sprawling pumpkin patch, local food trucks, live entertainment, tons of family photo ops, and so much more!

### **Casa Loma**

[Legends of Horror - Casa Loma](#)

Every October, the grounds of Casa Loma will once again be transformed into an immersive theatrical experience, Legends of Horror. Done in the presentational form considered “promenade theatre”, in which the audience walks at their own pace through a 2 km trail commencing in the lower gardens of Casa Loma and winding its way through the castle tunnels and darkest spaces never before open to the public.

**For tickets and more information visit [legendsofhorror.ca](http://legendsofhorror.ca)**

### **Distillery District**

[The Distillery Historic District - Entertainment](#)

Free Summer Music Series: Line Dance Lessons!

**Fri Sep 12th 6:00pm - 8:00pm**

Mosey on down to The Distillery District and stomp your boots with **FREE** line dancing lessons!

★ Led by Good for the Soul Line Dancing

📅 Every Friday until October 3 (except September 26)

🕒 6PM-8PM

📍 Trinity Street Stage

### **Pedestrian Sundays in Kensington Market**

#### **Toronto in Fall: With 27 Epic Fall Activities (2025)**

*May – October: last Sunday of the month*

On the last Sunday of the month from May to October, the coolest neighbourhood of Toronto closes down its streets to vehicles and becomes a big block party.

Spend the day exploring the shops and art, jewelry vendors, eating delicious foods from around the world and listening to live music.

### **Pumpkins After Dark in Milton**

#### **Toronto in Fall: With 27 Epic Fall Activities (2025)**

*September 27, 2025 – November 1st, 2025*

Located at Country Heritage Park in Milton, Ontario, 1 hour west of Toronto is the fun Pumpkins After Dark experience.

This is a walk through experience with tens of thousands of carved pumpkins.

The pumpkins are set up in incredible art displays throughout the event. This is the perfect family night or couples date night idea during the fall.

## **Visit a Pumpkin Patch**

### **Downey's Farm Market**

#### **Downey's Farm Market in Caledon, Ontario near Toronto**

13682 Heart Lake Road, Caledon, Ontario L7C 2J5

### **Dixie Orchards**

#### **Dixie Orchards - Pick Your Own Apples, Pumpkin Patch**

14309 Dixie Road, Inglewood, Ontario L7C 2M8, Canada

## **Farmers Markets**

**St. Lawrence Market**

[St. Lawrence Market: Home](#)

**Kensington Market**

<https://kensingtonmarket.to/>

**Stackt Market**

<https://stacktmarket.com/>

**Harbourfront Centre**

<https://harbourfrontcentre.com/>

## **Fall Fairs**

**Niagara Grape and Wine Festival (St. Catharines)**

September 5 - 28

[Niagara Grape & Wine Festival](#)

**Uxbridge Fall Fair (Uxbridge)**

September 5 - 7

[New Home of Uxbridge Fair | Uxbridge Fair](#)

**Severn Bridge Fall Fair (Muskoka)**

September 6

[Severn Bridge Fall Fair | Home](#)

**Markham Fair**

October 2 - 5

[Markham Fair](#)

**Kitchener-Waterloo Oktoberfest**

September 26 - October 18

[Home - Kitchener-Waterloo Oktoberfest](#)

## **Apple Festivals**

### **St. George Apple Festival (St. George)**

September 20 - 21

[St. George Apple Fest - Family Fun Festival, Farm Fresh Produce](#)

### **Brighton Applefest (Brighton)**

September 25 - 28

[Applefest - Municipality of Brighton](#)

### **Wellesley Apple Butter and Cheese Festival (Wellesley)**

September 27

[Wellesley ABC Festival](#)

### **Apple Harvest Festival (Blue Mountain)**

October 11 - 13

[BMVA - Apple Harvest Event Info](#)

## **Apple Picking**

### **Pine Farms Orchard**

<https://pinefarmsorchard.com/>

Bakeshop      Market      Cafe

Conveniently located a short drive from Toronto – just off Highway 400, a few minutes north of Canada's Wonderland.

### **Fall Hours**

**August 12th - December**

**Tuesday- Sunday 9am–5pm**

**Open Labour Day & Thanksgiving**

**\*Closed the day after Labour Day and the day after Thanksgiving**



## [Walking Trails](#)

### **Moore Park Ravine Trail**

[Moore Park Ravine Trail, Ontario, Canada - 1,482 Reviews, Map | AllTrails](#)

### **Martin Goodman Waterfront Trail**

[Martin Goodman Waterfront Trail, Ontario, Canada - 1,479 Reviews, Map | AllTrails](#)



### **Sherwood Park Trail**

[Sherwood Park Trail - Burke Brook Ravine Trail, Ontario, Canada - 669 Reviews, Map | AllTrails](#)

### **Earl Bales Park**

[Earl Bales Park, Ontario, Canada - 556 Reviews, Map | AllTrails](#)

Here you can find many other wonderful trails to explore

[10 Best trails and hikes in Toronto | AllTrails](#)



## **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/>



## **Fall Cozy Treats**

### **Balzac's Café**

[Café Locations – Balzac's Coffee Roasters](#)

Located in some of Canada's richest cultural districts and historical neighbourhoods, all our cafés are uniquely designed and have their own story to tell.

### **Dineen Coffee**

[Dineen Coffee Company](#)

Several locations in Toronto



At Dineen Coffee Co., we admire and cherish the historical significance of our location and marry it with the contemporary Toronto lifestyle. When you enter, you'll notice the elaborate crafting on the ceiling and columns, mixed with floor-to-ceiling windows, and our signature red-leather banquette.

## **COMMUNITY PROGRAMS**

### **Senior Shape Fitness**

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

### **Central Eglinton Community Centre**

160 Eglinton Avenue East

[www.centraleglinton.com](http://www.centraleglinton.com)

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

### **Vibrant Health (Mid-town Toronto)**

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

[dongy@vibranthealthcare.ca](mailto: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](http://www.nyseniors.org)

416-733-4111

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



UNISON HEALTH & COMMUNITY  
SERVICES PRESENTS



Mental Health Program

# ZUMBA

FACILITATED BY ABRAHAM ROJAS  
ZARAGOZA

GET ACTIVE AND HAVE SOME FUN WITH  
YOUR FELLOW COMMUNITY MEMBERS!

Sept. 4 - Nov. 6  
Thursdays 10am-11am

North York Community House  
255 Rane Ave., Suites 4 & 5

For registration, please  
call Casey S. Courtney at 647-637-8592



North York  
Community  
House


 **Unison**  
Health & Community Services  
Engage. Empower. Enhance.





# *BETTER LIVING* **HEALTH, WELLNESS & VOLUNTEER** *Fair*

 **Friday, September 12**  
**11:00 AM - 3:00 PM**

 **at Better Living Community Center**  
**10 Overland Drive, Toronto M3C 2C3**



***Join Us for the Health, Wellness & Volunteer Fair This September!***

Enjoy demos, info sessions, giveaways, and more!  
Meet local professionals, explore programs, and discover services  
for healthy aging. **LOOKING TO GIVE BACK?** *Learn about volunteer  
opportunities and how to get involved.*

**Everyone's welcome—don't miss out!**

**For more information:**

Front Desk at 416-447-7244 Ext. 622 or [frontdesk@betterlivinghealth.org](mailto:frontdesk@betterlivinghealth.org)



Older Adult Centres' Association of Ontario  
Association des centres pour aînés de l'Ontario

**OACAO**

The Voice of Older Adult Centres  
La voix des centres pour aînés



Funding provided by:



*Better Living Community Centre, in partnership with the Older Adult Centres' Association of Ontario (OACAO), and with support from the **Province of Ontario**.*

## IN-PERSON PROGRAMS & EVENTS



### UPCOMING IN-PERSON MOSAIC EVENTS!

To register please email [info@mosaichomecare.com](mailto:info@mosaichomecare.com) or call 416-322-7002

For full listing of programs and workshops please look at our Fall Newsletter:

### **FALL 2025 NEWSLETTER:**

[https://mosaichomecare.com/wp-content/uploads/2025/08/JUL2025\\_Mosaic\\_Newsletter\\_FALL-2025\\_WEBSITE.pdf](https://mosaichomecare.com/wp-content/uploads/2025/08/JUL2025_Mosaic_Newsletter_FALL-2025_WEBSITE.pdf)

### **Café – Bisou Toronto**

Join Mosaic for a lovely morning at the French Café – Bisou Toronto for a café and croissant and to meet the staff of this lovely café. We will enjoy some delicious French pastries and coffee.

**Limited spots available for this program so book early!**

**Please RSVP by Friday October 17th, 2025!**

**Date:** Thursday, October 23, 2025

**Time:** 9:30pm – 11:30am

**Location:** We will meet at The Sumach lobby at 9:30 a.m. and walk together to Bisou Toronto and we will return to The Sumach at 11:00 a.m.

### **Drag Bingo with Miss DeWitt**

Join us for a fun afternoon playing Drag Bingo! Your bingo game will never be the same! Miss DeWitt will join us and charm you with her banter, dazzle you with her costumes, entertain you with selections from her extensive song repertoire...oh, and call numbers as only she can. Even if the numbers don't make you a winner, Miss DeWitt will make everyone feel like a winner, and you all are!

**Cost:** \$5 (*cash only, collected upon arrival*)

Light refreshments will be served.

**Registration required**

**Date:** Thursday November 6th, 2025

**Time:** 1:00pm – 3:00pm

**Location:** Armour Heights Presbyterian Church 105 Wilson Avenue

### **Jingle All the Way**

Come and celebrate the start of the holiday season with a night of dinner and entertainment inspired by cultures from all around the world! Enjoy a delicious meal with your fellow community members, and then dance and sing the night away with fun performances, including 2B1 Music Duo!

We encourage you to bring a nonperishable food item which will be collected and donated to the local food bank. Those who bring items will be entered into a raffle draw!

**Cost:** \$20 (Collected upon arrival)

**Registration required - Please RSVP by Thursday November 27th, 2025**

**Date:** Thursday November 27th, 2025

**Time:** 5:30pm – 8:30pm

**Location:** Armour Heights Presbyterian Church 105 Wilson Avenue



## 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, September 19<sup>th</sup>, October 10<sup>th</sup>, November 14<sup>th</sup>

**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, September 25<sup>th</sup>, October 30<sup>th</sup>, November 27<sup>th</sup>

**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](mailto: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](mailto: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](http://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](http://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](http://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](mailto: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](mailto: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](mailto: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](mailto: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](mailto:tcanhwebinars@gmail.com)

# Word Search

## GRATITUDE WORD SEARCH



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

Grateful

Hug

Encourage

Compliment

Patience

Thankful

Note

Care

Listen

Forgive

Support

Kindness

Acknowledge

Help

Thank You

Smile

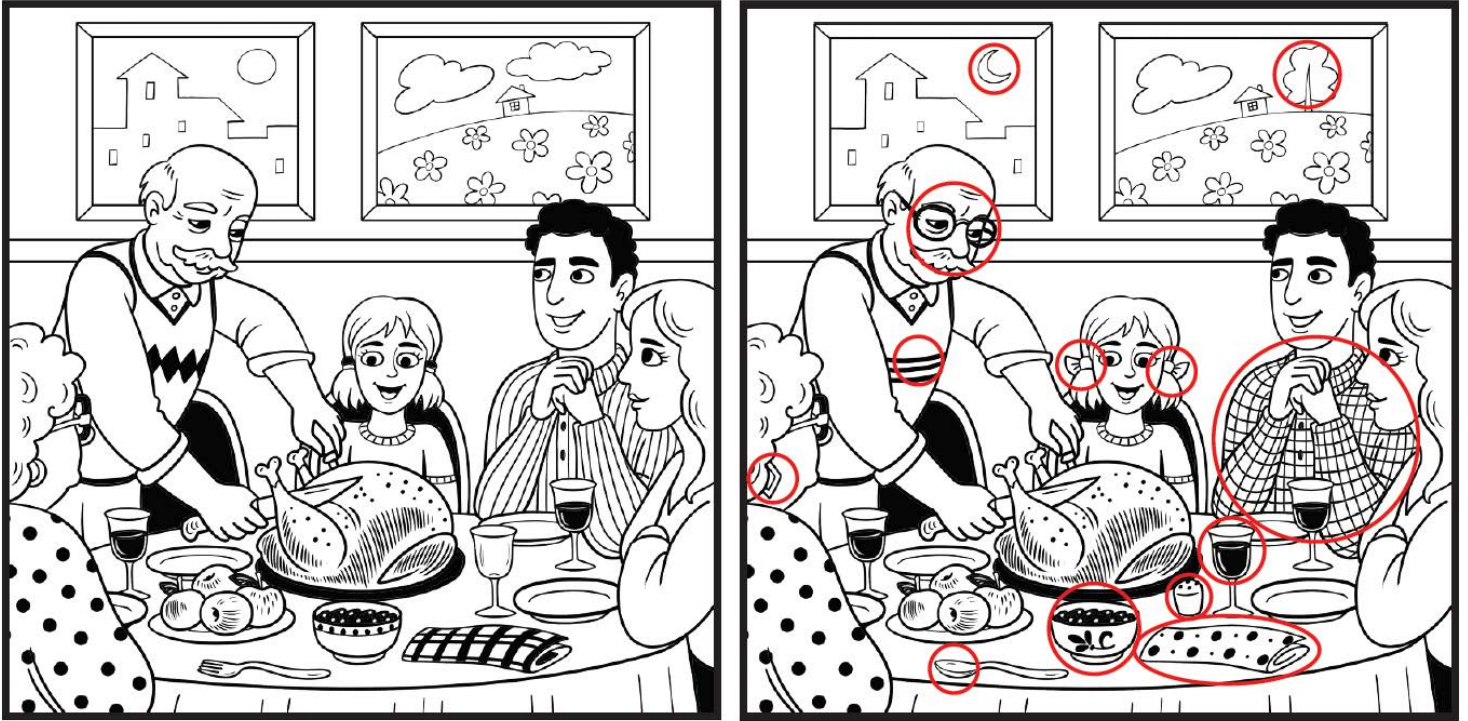
Praise

Respect

Appreciate

Blessings

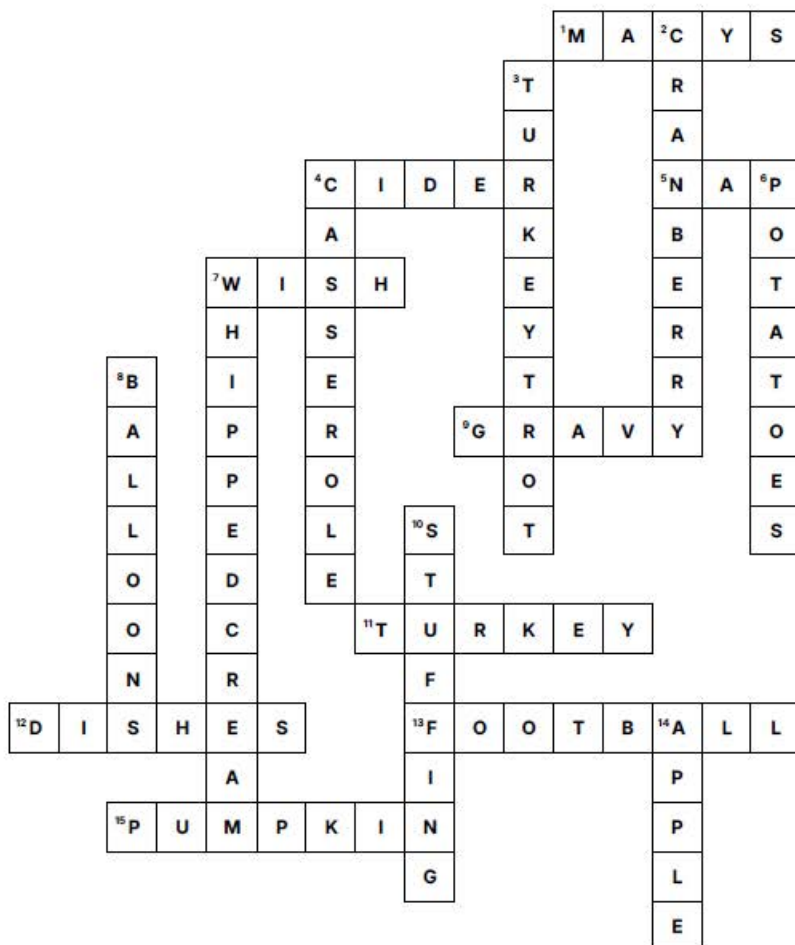
## Spot the Differences 13 to find!





# Crossword

## THANKSGIVING DAY



### Answer

1 Halo

2 Allow

3 Ewe

4 Alone

5 Hall

6 Eel

7 Hallow

8 Lane

9 New

10 One

11 Whale

12 Heel

13 Lean

14 Whole

15 Lawn

16 Awol

17 Ale

18 Wean

19 Owl

20 Hola

### Answer

1 Halo

2 Allow

3 Ewe

4 Alone

5 Hall

6 Eel

7 Hallow

8 Lane

9 New

10 One

11 Whale

12 Heel

13 Lean

14 Whole

15 Lawn

16 Awol

17 Ale

18 Wean

19 Owl

20 Hola

### Answer

- 1 Wonderland
  - 2 Scrooge
  - 3 Santa Claus
  - 4 Presents
  - 5 Rudolph
  - 6 Jesus
  - 7 Christmas Tree
  - 8 Bows
  - 9 Noel
  - 10 Snowman
  - 11 Wreath
  - 12 Candy Cane
  - 13 Holly
  - 14 Gifts
  - 15 Grinch
  - 16 Merry
  - 17 Stocking
  - 18 Wrapping
  - 19 Decorations
  - 20 Bells
-

## Answers

1. Ash. 2. Beech. 3. Cork. 4. Fir. 5. Locust. 6. Palm. 7. Maple. 8. Peach. 9. Pear. 10. Dragon. 11. Poplar. 12. Spruce. 13. Weeping Willow. 14. Elder. 15. Plane. 16. Bay. 17. Date. 18. Pine.

---

### 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®!*