

Holiday 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

FALL 2025 NEWSLETTER:

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 Priya at

416-322-7002 or 905-597-7000 Ext. 227, or priya@mosaichomecare.com

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Potato Latkes

[Potato Latkes Recipe](#)

Ingredients

- medium russet or Yukon Gold potatoes, peeled
- 1 large egg, beaten, or more to taste
- 2 tablespoons all-purpose flour
- 1 tablespoon grated onion
- ½ teaspoon salt, or more to taste
- ¼ cup peanut oil for frying, or as needed



Directions

Slice peeled potatoes and run through a food processor fitted with the grater attachment. Place shredded potatoes in a cheesecloth and wring well to remove as much moisture as possible.

Measure 2 cups shredded, drained potatoes and place into a medium bowl; save any extra for another use. Add egg, flour, onion, and salt, and stir until well combined.

Heat 1/4 inch of oil in a large, heavy-bottomed skillet over medium-high heat. Place large spoonfuls of potato mixture into the hot oil, pressing down on them to form 1/4- to 1/2-inch-thick patties. Cook until golden brown, 4 to 5 minutes. Flip and repeat on the other side.

Remove to a paper towel-lined plate to drain while you cook any remaining latkes. Serve hot.

Sugar Cookie

[The Best Christmas Sugar Cookie Recipe \(With Homemade Icing\)](#)

COOKIE INGREDIENTS:

2 cups cake flour
½ cup all-purpose flour
1 cup sugar
½ cup salted butter, softened
1 whole egg + 1 egg white
¼ cup butter flavored shortening, softened
1 ½ tsp baking powder
¼ tsp cream of tartar
3 tsp vanilla extract
⅓ cup sugar for dusting the top of the cookies after they bake

ICING/FROSTING INGREDIENTS:

1 cup salted butter, softened
4 cups powdered sugar
1 teaspoon clear imitation vanilla (or vanilla extract)
4-5 tablespoons heavy cream



1. WHISK: Cake flour, all-purpose flour, baking powder, and cream of tartar in a large mixing bowl.
2. MIX: The sugar, butter, and shortening. Use a hand mixer to beat together until light and fluffy.
3. ADD: Vanilla extract and the whole egg. Beat together until combined. Beat in the egg white.
4. MIX: Gradually add dry ingredients to wet ingredients (beat on low), until no flour pockets remain.
5. CHILL: Cover the mixing bowl with saran wrap and place in the refrigerator for 2-3 hours.
6. ROLL: The out the dough to about ½ inch thick.
7. CUT: Out desired shapes with floured cookie cutters. Place 6 cookies on one lined baking sheet, and 6 on another.
8. BAKE: One cookie sheet at a time on 375 degrees for 10-12 minutes.
9. COOL: On cookie sheet for 2-3 minutes then move to a wire rack.

Easy Lemon Squares

[Easy Fresh Lemon Squares - Quick & Easy Tangy Lemon Bars](#)

Ingredients for the Recipe

- Butter – softened butter
- Sugar – powdered/icing/confectioners' sugar
- Flour – all purpose flour
- Salt – if you use unsalted butter then add a bit more salt

FOR THE FILLING

- Eggs
- Sugar – granulated sugar
- Baking Powder
- Lemon Juice – be sure to use fresh lemons and not bottled
- Salt
- Lemon Zest



How to make a Lemon bar recipe

In a medium bowl, stand mixer or even food processor, beat on medium speed the butter and powdered sugar until combined. Add the flour and beat again until a soft dough forms. Pat evenly onto the bottom of the prepared baking pan.

Bake, remove from the oven. Let cool.

In a medium bowl, beat together, the eggs, granulated sugar, baking powder, fresh lemon juice and pinch of salt. Pour over the baked cooled crust and return to the oven and bake until the centre is set. Cool in the pan.

Cut when the bars are completely cooled.

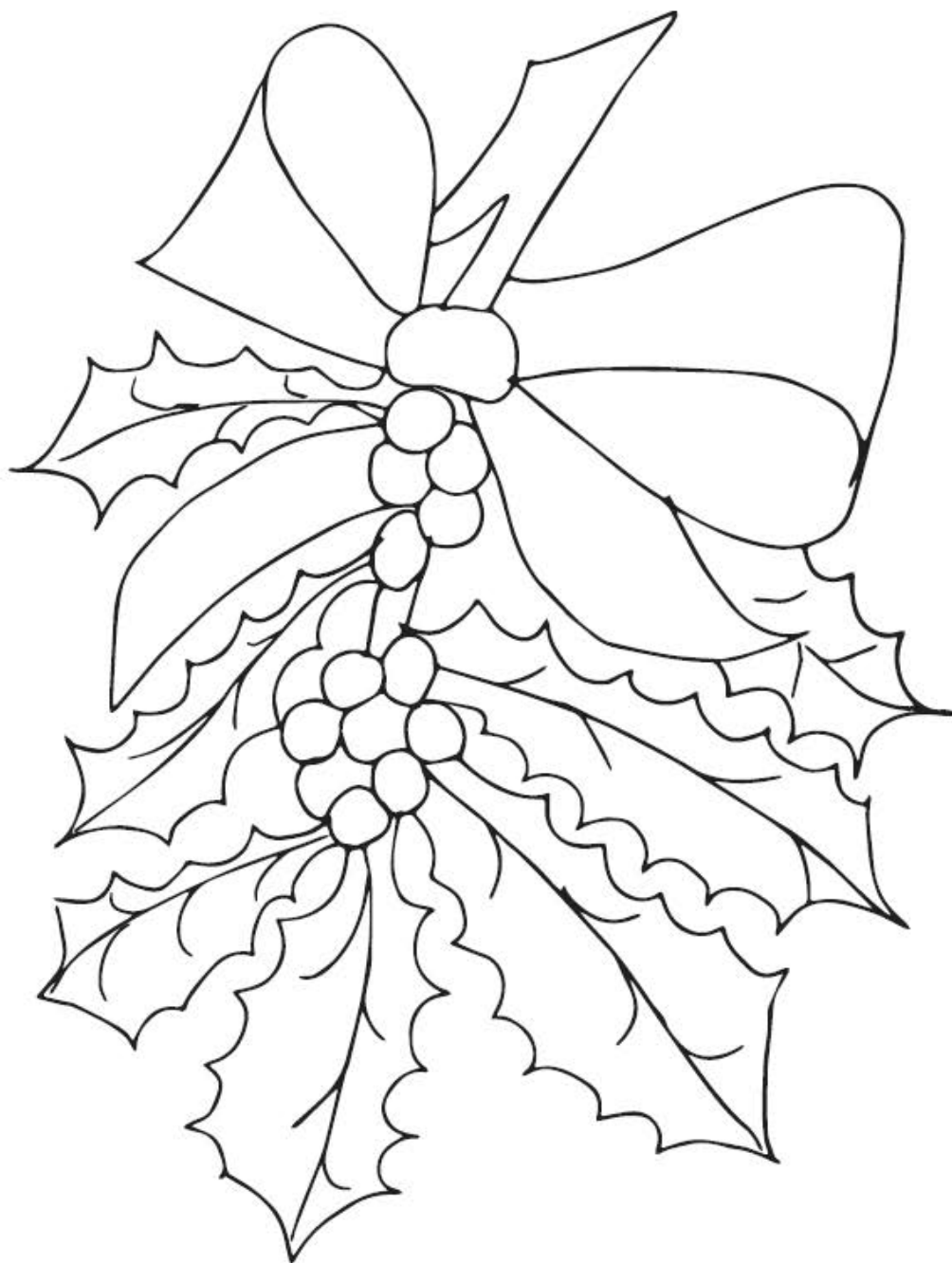
Tips for making the Best Lemon Bars

- Be sure to use fresh lemons, you want the best tasting bars since it's all about the lemons!
- For easier removal line your baking pan with parchment paper.
- Be sure to bake the crust before adding the filling.
- Be sure to cool the semi baked crust before adding the filling.
- You may want to refrigerate them before cutting, it makes it easier to cut into clean even squares.
- Dust with powdered sugar before serving.

COLOURING PAGES









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MERRY CHRISTMAS!



CraftyMorning.com





ARTS & CRAFTS



Pinecone Christmas Keepsake

Create a charming decoration for the holidays with this simple pearl pinecone Christmas tree.

Materials Needed

- Medium or large pinecones
- Small pearl beads (flat-backed or round)
- Hot glue gun or craft glue
- Small star beads or miniature star ornaments
- Decorative ribbons (red, gold, or color of choice)
- Scissors

Instructions

- Carefully glue small pearl beads onto each tip of the pinecone scale.
- Glue a small star bead to the very top of the pinecone to create the tree topper.
- Cut a short length of decorative ribbon and tie it into a neat bow. Glue just below the star.

Place your pearl pinecone Christmas tree on a mantel, as part of a table centerpiece, or group several together in a decorative bowl for a cozy holiday display.



Sparkling Snowflake Ornaments

This simple and festive craft adds a touch of sparkle and seasonal cheer to any community space.

Materials:

- Popsicle sticks (4 per participant)
- Glue
- Blue and white paints
- Paint brushes
- Paint palette
- Adhesive craft jewels
- Ribbon

Process:

1. Begin by creating the snowflake shape. Glue the popsicle sticks together one at a time in a crisscross pattern, following the arrangement shown. Allow the structure to dry.
2. Paint the snowflake using a mix of blue and white tones. Let the first side dry completely, then paint the other side.
3. Add adhesive craft jewels across the snowflake for extra sparkle. Participants can choose as many jewels as they like for a brighter effect.
4. Glue a knotted piece of ribbon to the back of the snowflake and allow it to dry securely.
5. Hang the snowflake on the Christmas tree and enjoy the frosty, festive touch it brings!





PUZZLES & TRIVIA



Word Search

CHRISTMAS TREE DECORATIONS



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

Tinsel

Ribbons

Lights

Santa Claus

Bows

Angel

Baubles

Bow

Presents

Wreath

Snowflake

Snowman

Christmas

Garland

Bells

Crib

Star

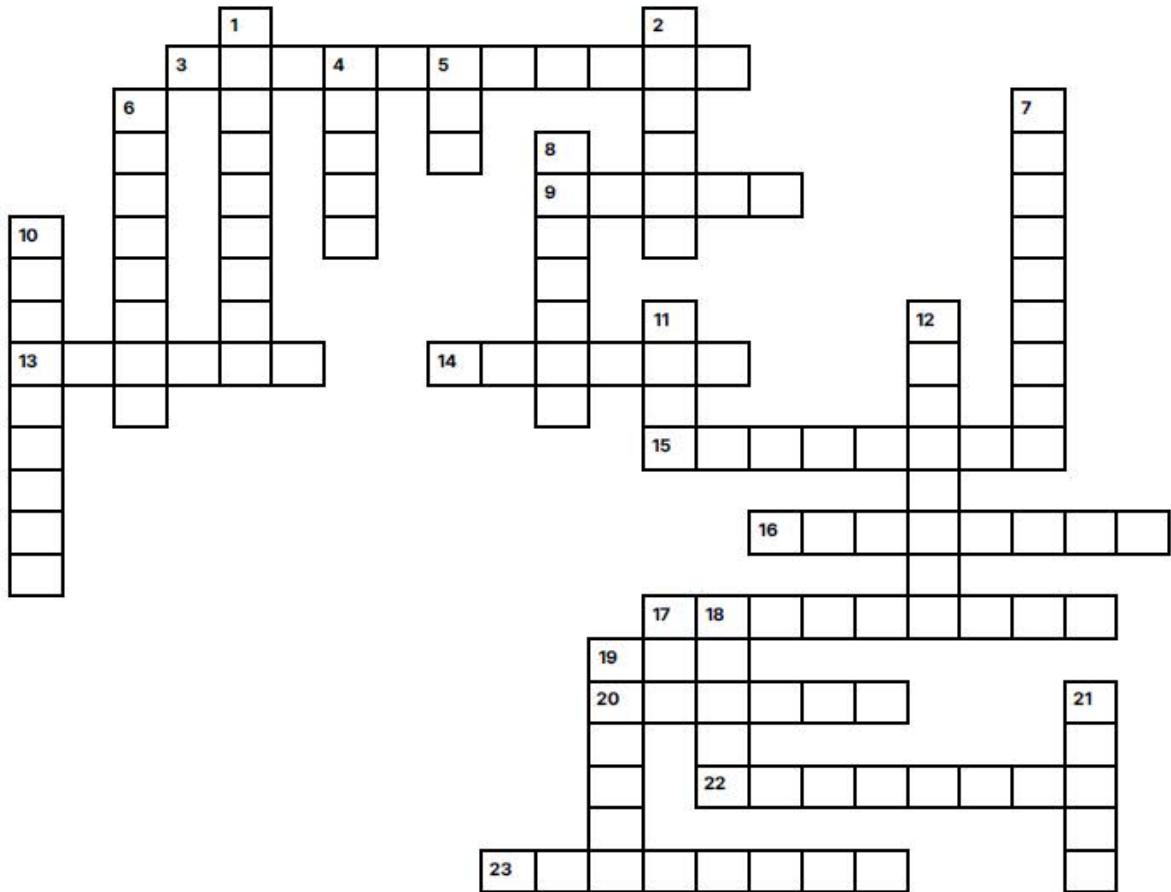
Reindeer

Tree

Decorations

Crossword

CHRISTMAS CROSSWORD PUZZLE



Questions on next page

Crossword

CHRISTMAS CROSSWORD PUZZLE



Across

- 3. House made of sweet treats (11)
- 9. Evergreen with red berries (5)
- 13. Traditional meat for Christmas dinner (6)
- 14. Hang this on your door (6)
- 15. Santa's favorite animals (8)
- 16. The scene depicting the Christmas story (8)
- 17. City where Jesus was born (9)
- 20. Open this calendar one day at a time (6)
- 22. Hang it up on Christmas eve (8)
- 23. Another name for gifts (8)

Down

- 1. Stand underneath this to get a kiss (9)
- 2. Christmas songs (6)
- 4. One of the Christmas colors (5)
- 5. The color of Rudolph the Reindeer's nose (3)
- 6. Keeper of the flocks (8)
- 7. One of the Three Wise Men (9)
- 8. Traditionally Santa gets into your house through this (7)
- 10. Where Santa lives (9)
- 11. Bright light in the night sky (4)
- 12. The Christmas Season (8)
- 18. Little helpers (5)
- 19. Made of wax and shines brightly (6)
- 21. Who announces the birth of Jesus (5)

Spot the Differences! Can you find all 10?





CHRISTMAS

Word Scramble

LELBS _____

ISENTPIOTA _____

CLEAND _____

GIGABRNDEER _____

TEWHAR _____

SCRALO _____

EDINERER _____

GOSTINCK _____

ESOKOCI _____

GNGEGO _____

GLISEH _____

TENESSRP _____

SOTTLEMIE _____

LEGAN _____

STRANEMON _____

CREDEMBE _____

WOMANNS _____

DANCY ENCA _____

SLITEN _____

SATNA CSLAU _____

GSGENTIER _____

RSNIBOB _____

YMFAL PSUPRE _____

LAGRAND _____



Winter

Word Scramble

LWEBO ROZE _____ GOGGNE _____

SBIOFTENRTT _____ CEI KCOYEH _____

PMOHIETYRAH _____ NJOGOLHSN _____

REEWAST _____ NGOGABOT _____

OWOL COSKS _____ TTKEERLTUCN _____

SESLTOCI _____ FOESKNWAL _____

NWOMSAN _____ QTILU _____

STENTIM _____ HDOLWLNI GISINK _____

OTH ECLCHOOAT _____ CGALREI _____

DWOFROIE _____ FPAAREL THA _____

GDO LDSE _____ RFUERLIS _____

LCIUGRN _____ BAALLAVAC _____



Happy Hanukkah



Solve the following puzzle by finding all the hidden words!



MIRACLE

LATKE

HEBREW

BLESSING

CHALLAH

DREIDEL

EIGHT

TEMPLE

SHIN

OIL

GELT

MACCABEE

MENORAH

SUFGANIYOT

SAMEACH

CHANUKAH

TORAH

CANDLES

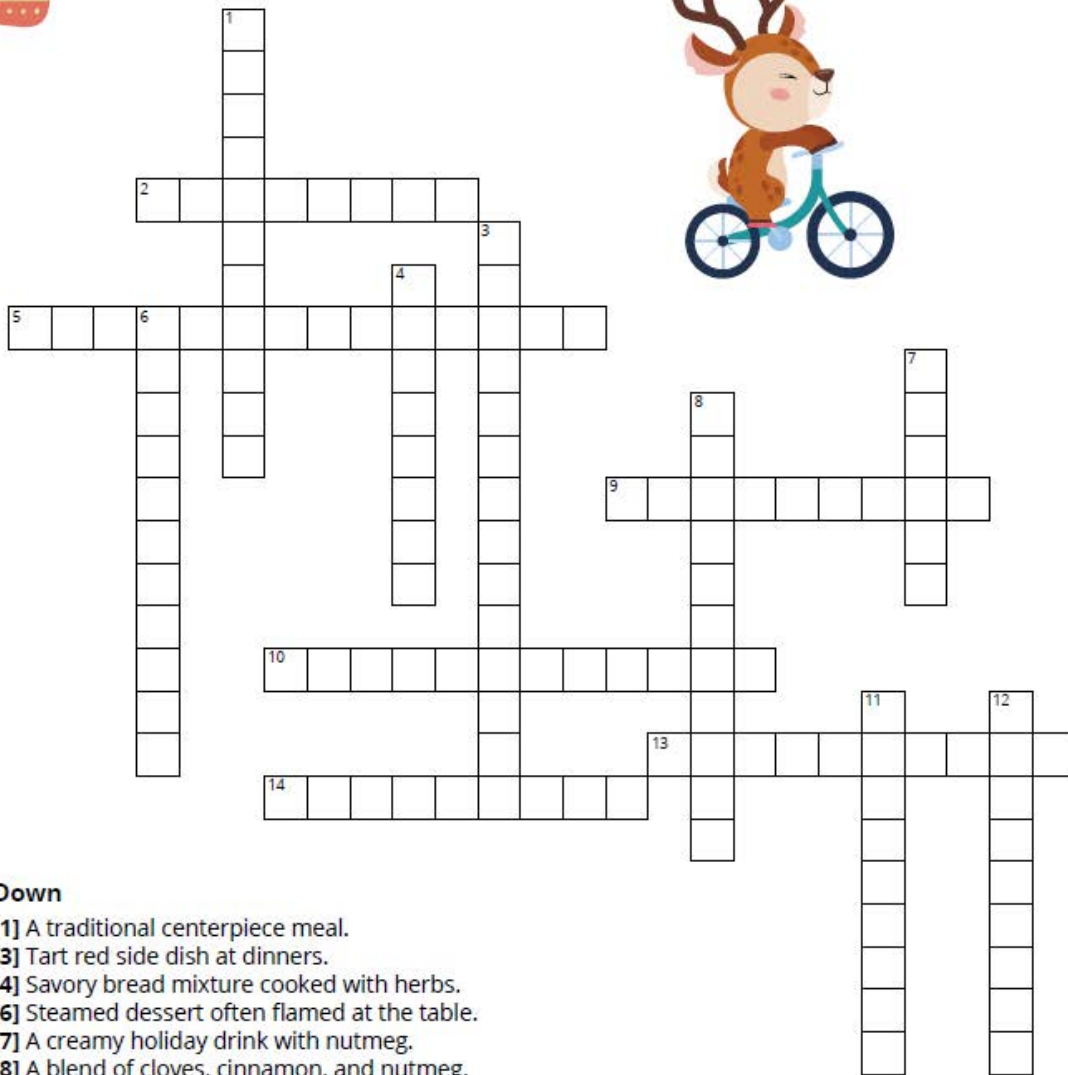
HANUKKAH



Holiday Feast & Festivities

CROSSWORD

Solve the following puzzle based on the clues given!



Down

- [1] A traditional centerpiece meal.
- [3] Tart red side dish at dinners.
- [4] Savory bread mixture cooked with herbs.
- [6] Steamed dessert often flamed at the table.
- [7] A creamy holiday drink with nutmeg.
- [8] A blend of cloves, cinnamon, and nutmeg.
- [11] Dense dessert with dried fruit.
- [12] A festive get-together with friends or family.

Across

- [2] Warm drink infused with cinnamon.
- [5] Layered chocolate and crushed candy.
- [9] Peppermint-striped holiday treat.
- [10] A celebratory raising of glasses.
- [13] Crunchy spiced cookie enjoyed in winter.
- [14] A large celebratory holiday meal.



Holiday Activities

Just in case you or someone you know are planning a visit to the ROM – there is a discount code of 15% per admission ticket (offer valid to Dec. 31, 2026 – limit 4 guests per coupon)

MUSEUM15 Buy tickets at <https://www.rom.on.ca/>

Distillery District

www.thedistillerywintervillage.com

November 13, 2025 to January 4, 2026

Children nine and under are free. Prices start at \$15 plus fees and HST

Use this link to find what's going on at the Distillery over the Holidays

[Attractions](#)

Evergreen Brick Works – dates are not out yet

Candlelight Christmas Concerts 2025

[Christmas Events in Toronto 2025: Holiday Concerts, Festivals, Shows](#)

See the Candlelight Christmas Special featuring “The Nutcracker” at Evergreen Brick Works on Friday, December 19, 2025 and Saturday, December 20, 2025 at 6:30 p.m. and 8:45 p.m. The holiday music will be performed by the Listeso Music Group that includes two violins, viola, cello, piano and a vocalist. The group will also perform holiday classics such as “O Holy Night”, “The Snow is Dancing”, “The Skaters Waltz” and “Greensleeves”.

Tickets can be purchased at: [Purchase Candlelight Christmas Special featuring “The Nutcracker” here.](#)

Elora Christmas Market

[Elora Christmas Market - Ontario's Spectacular Holiday Destination](#)

Elora Christmas town is open day to night Nov 14th-Dec 25th

Chalets & Fire tables open November 14th until Christmas, Every Wednesday to Sunday 12pm-8pm

Allan Gardens Flower Show

[Annual Allan Gardens Conservatory Winter Flower Show](#)

December 2, 2025 – January 9, 2026

Free Event – Open 10am-5pm

St. Lawrence Winter Market

Winter Market

November 20th – December 22nd **Market St. | Thursdays through Sundays | FREE**

Thurs & Fri: 11AM to 7PM

Sat & Sun: 10AM to 7PM

Mon Dec 22: 10AM to 7PM

Casa Loma

Christmas at the Castle and Holiday Lights - Casa Loma

Select Dates December 5th, 2025 – January 3rd, 2026

9.30am – 5pm (last admission at 4.30pm)

Guests will marvel in the magic at the castle, resplendent with stunning holiday décor including a 20 ft tree in the Great Hall, and eight signature trees created by talented Canadian designers. Destination “design” trees are scattered throughout the castle, in the Great Hall, designed by Living Luxe Magazine and Amber Walker.

Enjoy live performances by Canada’s Got Talent 2025 semi-finalists Jambo Brothers, Knight Before Christmas shows, holiday vocals by Sara Papini and others, a Great Hall aerialist, mimes, mascots, and an interactive magician. Kids can meet Santa and his elves and send letters to the North Pole.

To purchase tickets, please click: [Tickets](#)

Christmas at the Castle Admission \$45 per person

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

Santa is here daily until December 24th – 10:30am – 4:30pm.

Winterfest Harbourfront Centre

Winterfest @ Harbourfront Centre - Harbourfront Centre

November 28th to December 31st

Fridays: 6pm-11pm

Saturdays: 12pm-11pm

Sundays: 12pm-8pm

Canada’s Wonderland WinterFest

Christmas Events & Activities | WinterFest | Canada's Wonderland | Event | Canada's Wonderland

Canada's Wonderland, 1 Canada's Wonderland Drive, Vaughan

Select Dates November 15 - January 3, 2026

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

Word Search

CHRISTMAS TREE DECORATIONS



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

Tinsel

Ribbons

Lights

Santa Claus

Bows

Angel

Baubles

Bow

Presents

Wreath

Snowflake

Snowman

Christmas

Garland

Bells

Crib

Star

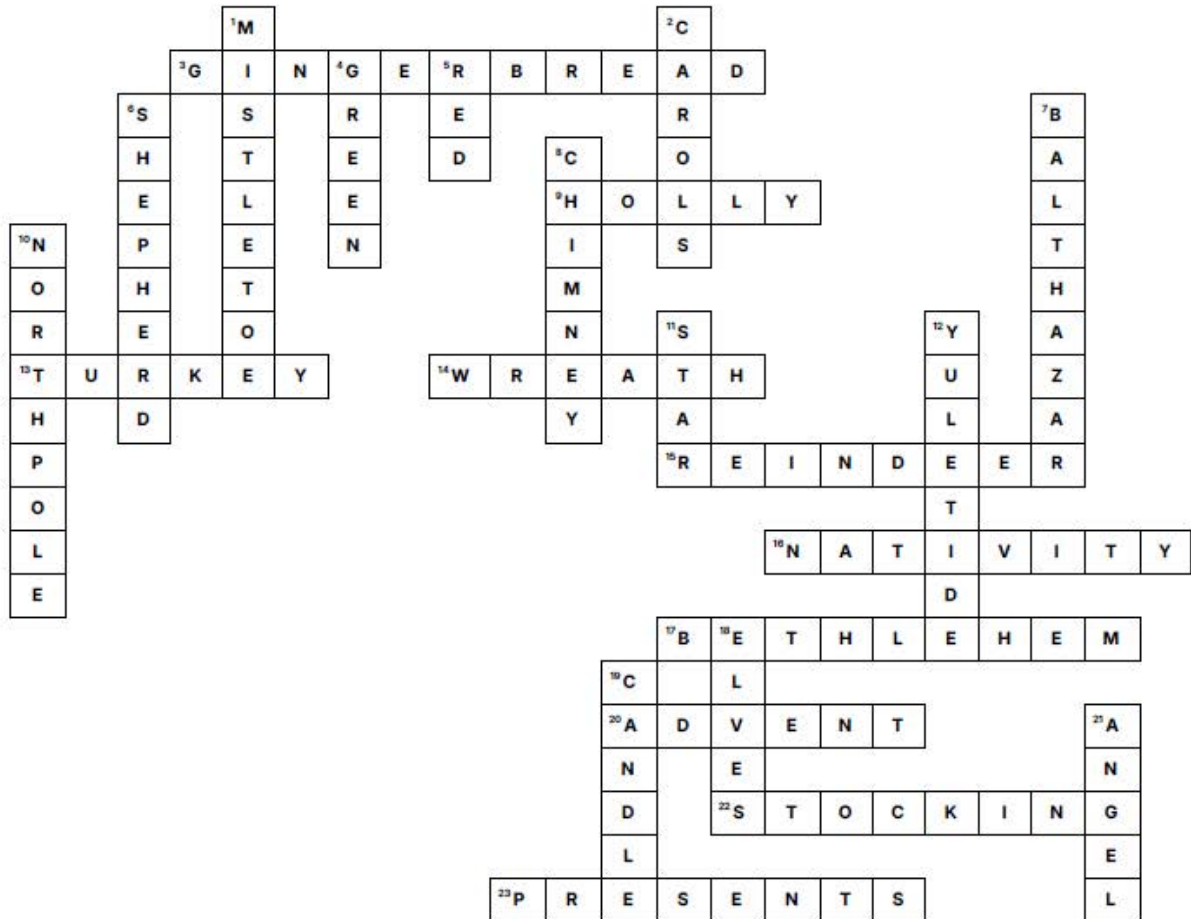
Reindeer

Tree

Decorations

Crossword

CHRISTMAS CROSSWORD PUZZLE



Spot the Differences! Answers.





CHRISTMAS

Word Scramble

LELBS __BELLS__	ISENTPIOTA __POINSETTIA__
CLEAND __CANDLE__	GIGABRNDEER __GINGERBREAD__
TEWHAR __WREATH__	SCRALO __CAROLS__
EDINERER __REINDEER__	GOSTINCK __STOCKING__
ESOKOCI __COOKIES__	GNGEGO __EGGNOG__
GLISEH __SLEIGH__	TENESSRP __PRESENTS__
SOTTLEMIE __MISTLETOE__	LEGAN __ANGEL__
STRANEMON __ORNAMENTS__	CREDEMBE __DECEMBER__
WOMANNNS __SNOWMAN__	DANCY ENCA __CANDY CANE__
SLITEN __TINSEL__	SATNA CSLAU __SANTA CLAUS__
GSGENTIER __GREETINGS__	RSNIBOB __RIBBONS__
YMFAL PSUPRE __FAMILY SUPPER__	LAGRAND __GARLAND__



Winter

Word Scramble

LWEBO ROZE **BELOW ZERO**

GOGGNE **EGGNOG**

SBIOFTENRTT **FROSTBITTEN**

CEI KCOYEH **ICE HOCKEY**

PMOHIETYRAH **HYPOTHERMIA**

NJOGOLHSN **LONGJOHNS**

REEWAST **SWEATER**

NGOGABOT **TOBOGGAN**

OWOL COSKS **WOOL SOCKS**

TTKEERLTUCN **TURTLENECK**

SESLTOCI **SOLSTICE**

FOESKNWAL **SNOWFLAKE**

NWOMSAN **SNOWMAN**

QTIU **QUILT**

STENTIM **MITTENS**

HDOLWLNi GISINK **DOWNHILL SKIING**

OTH ECLCHOOAT **HOT CHOCOLATE**

CGALREI **GLACIER**

DWOFROIE **FIREWOOD**

FPAAREL THA **EARFLAP HAT**

GDO LDSE **DOG SLED**

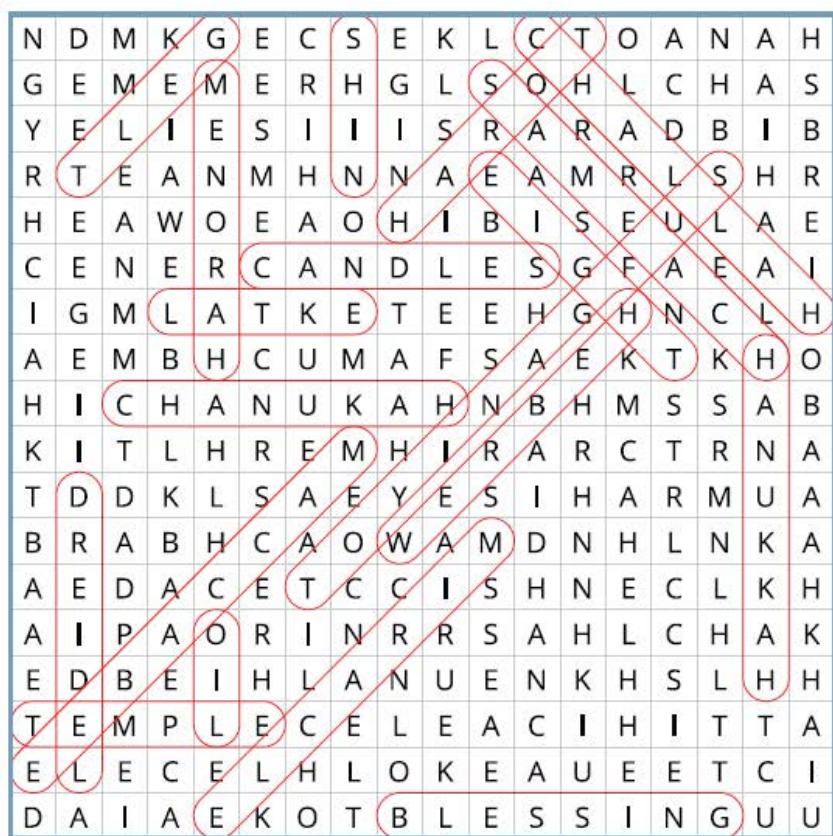
RFUERLIS **FLURRIES**

LCIUGRN **CURLING**

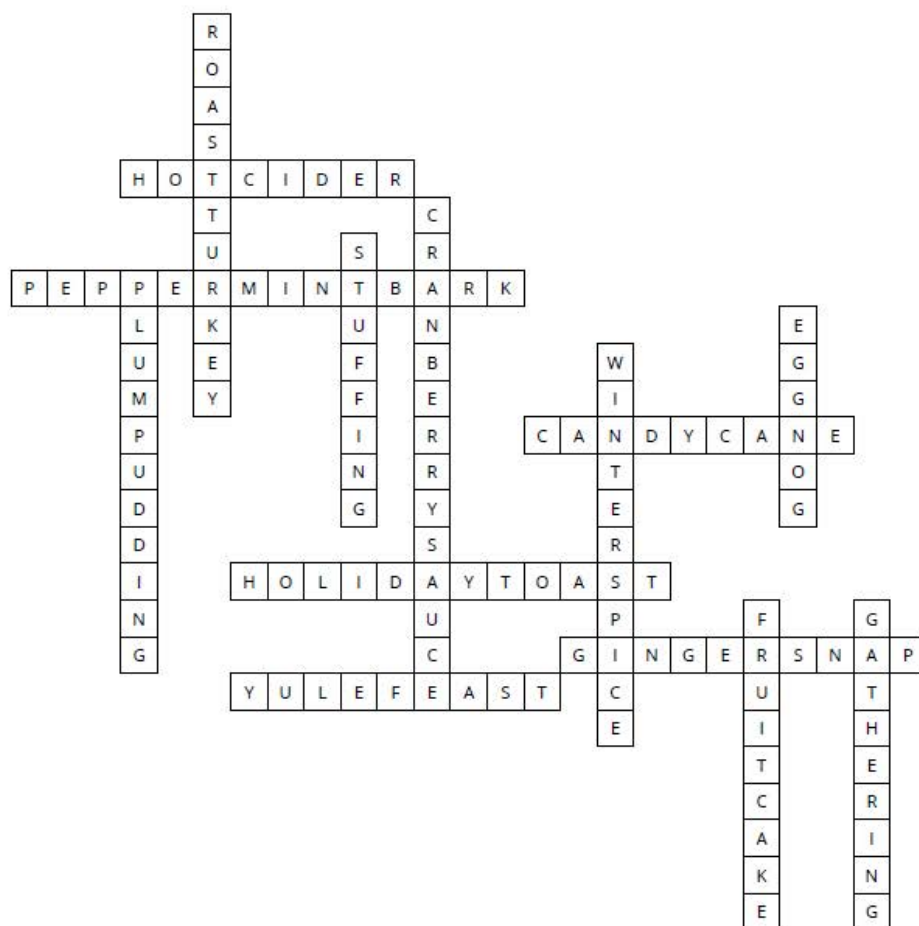
BAALLAVAC **BALACLAVA**

Happy Hanukkah

Solution



Solution



Websites used in this booklet

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

[Free Printable Christmas Coloring Pages - Crafty Morning](#)

[christmas colouring seniors - Search Images](#)

<https://letsdopuzzles.com/>

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Community Resource Centre

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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®!