

Winter 2026 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/aHR0cHM6Ly9hbmNob3luZm0vcy81NWJiZmQyOC9wb2RjYXN0L3Jzcv>

Spotify Podcast:

<https://open.spotify.com/show/2DUBKpjZ76GikgnYxjsS38>

Mosaic's Newsletter

If you would like to sign up for our seasonal newsletter created by Mosaic Home Care Services & Resource Centre

<https://mosaichomecare.com/newsletter/>

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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AT HOME ACTIVITIES

These activities do not require a computer and internet access.

French Onion Soup

1/4 cup of butter
1 1/2 - 2 Spanish onions
2 cartons (6 cups) beef broth
Croutons
Shredded mozzarella, cheddar and parmesan cheese

Melt butter in large pan
Stir in onions
Sprinkle thyme
Cook until onions are golden
Add 6 cups of beef broth
Bring to boil, cover, reduce heat & simmer for 1 hour
Melt cheese slowly then brown under broiler



Beef Noodle Casserole

1 large onion, chopped
1/2 small green pepper, chopped
1 stalk celery, chopped
3 tbsp ground beef
1 can (4 ounces) mushroom stems & pieces with liquid (optional)
1 tsp seasoned salt
1/4 tsp pepper
1 can (8 ounces) tomato sauce
1 can (6 ounces) tomato paste
4 ounces noodles, cooked
4 ounces cheddar cheese, shredded

Saute first 3 ingredients in the margarine in skillet 2 to 3 minutes or until tender
Add beef and saute, stirring, until meat loses its red colour
Add mushrooms, if used
Mix seasonings, 1/3 cup water and next 2 ingredients
Stir into meat mixture and heat well
Add noodles, mix well and put in casserole dish
Top with shredded cheese

Bake at 350 degrees until heated through. 20 minutes or so.

Shepherd's Pie

Meat Filling

2 tbsp olive oil
1 cup chopped yellow onion
1 lb 90% lean ground beef
2 tsp dried parsley leaves
1 tsp dried rosemary leaves
1 tsp dried thyme leaves
½ tsp salt
½ tsp ground black pepper
1 tbsp Worcestershire sauce
2 garlic cloves – minced
2 tbsp all purpose flour
2 tbsp tomato paste
1 cup beef broth
1 cup frozen peas & carrots
½ cup frozen corn kernels

Potato Filling

1 ½ - 2 lbs russet potatoes
(about 2 large potatoes peeled
and cut into 1 inch cubes)
8 tbsp unsalted butter – 1 stick
1/3 cup half & half
½ tsp garlic powder
½ tsp salt
¼ tsp ground black pepper
¼ cup parmesan cheese

Instructions

1. Add the oil to a large skillet and place it over medium heat-high heat for 2 minutes. Add the onions. Cook 5 minutes, stirring occasionally.
2. Add ground beef to the skillet and break it apart with a wooden spoon. Add the parsley, rosemary, thyme, salt and pepper. Stir well. Cook for 6-8 minutes, until the meat is browned, stirring occasionally.
3. Add Worcestershire sauce and garlic. Stir to combine. Cook for 1 minute.
4. Add the flour and tomato paste. Stir until well incorporated and no clumps of tomato paste remain.
5. Add the broth, frozen peas and carrots, and frozen corn. Bring the liquid to a boil then reduce to simmer. Simmer for 5 minutes, stirring occasionally.
6. Set the meat mixture aside. Preheat oven to 400 degrees F.

Make the potato topping

1. Place the potatoes in a large pot. Cover the potatoes with water. Bring the water to a boil. Reduce to a simmer. Cook until potatoes are fork tender, 10-15 minutes.
2. Drain the potatoes in a colander. Return the potatoes to the hot pot. Let the potatoes rest in the hot pot for 1 minute to evaporate any remaining liquid.
3. Add butter, half & half, garlic powder, salt and pepper. Mash potatoes and stir until all the ingredients are mixed together.
4. Add the parmesan cheese to the potatoes. Stir until well combined.

Assemble the casserole

1. Pour the meat mixture into a 9x9 (or 7x11) inch baking dish. Spread it out into an even layer. Spoon the mashed potatoes on top of the meat. Carefully spread into an even layer.
2. If the baking dish looks very full, place it on a rimmed baking sheet so that the filling doesn't bubble over into your oven. Bake uncovered for 25-30 minutes. Cool for 15 minutes before serving.

Note: bake at 400 degrees F. start preheating the oven after you make the meat mixture.



These recipes are courtesy of Jennifer Kendall

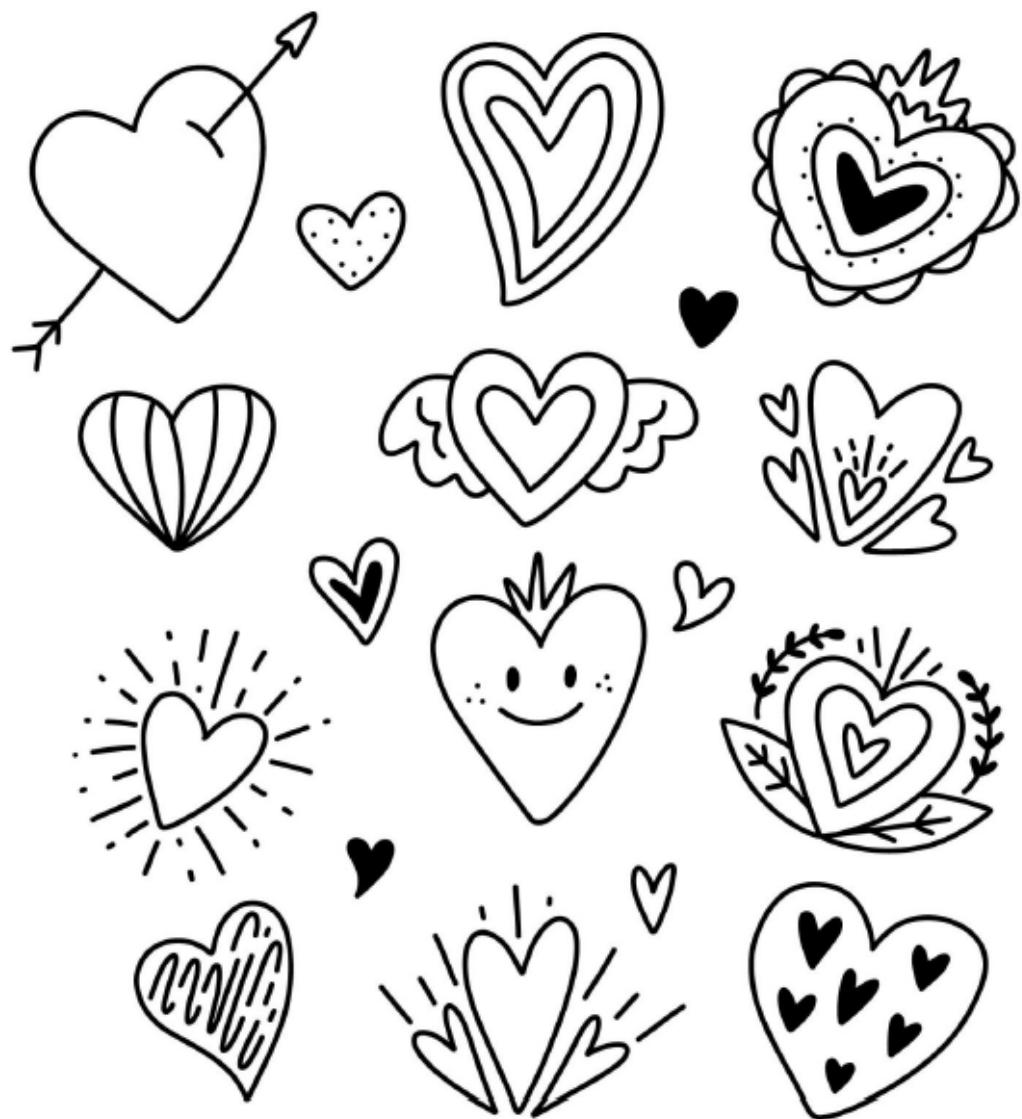
Have a recipe that you would love to share? Email it to
jennifer@mosaichomecare.com to be featured in the next issue of the Mosaic Activity Booklet!

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

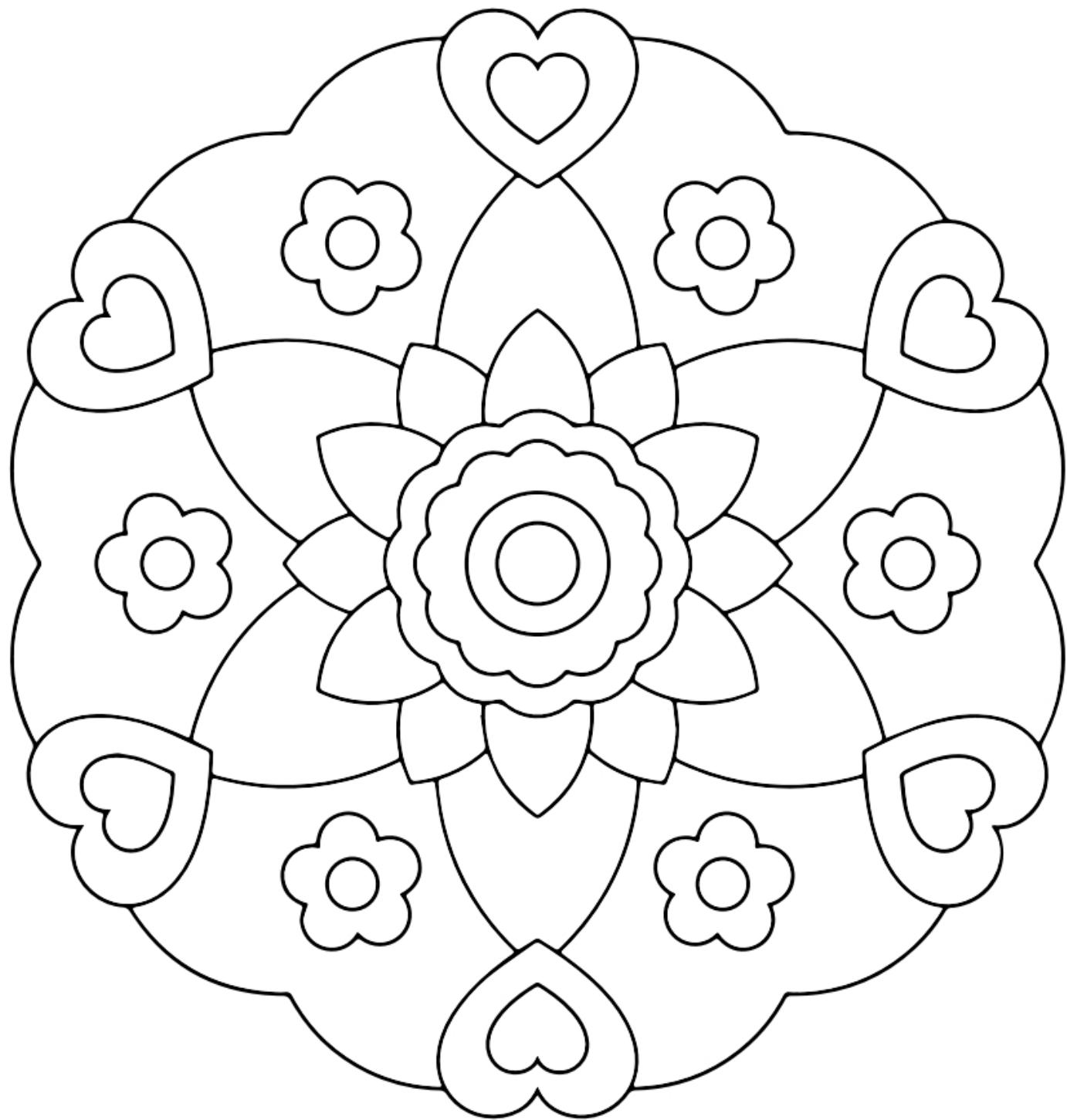
COLOURING PAGES













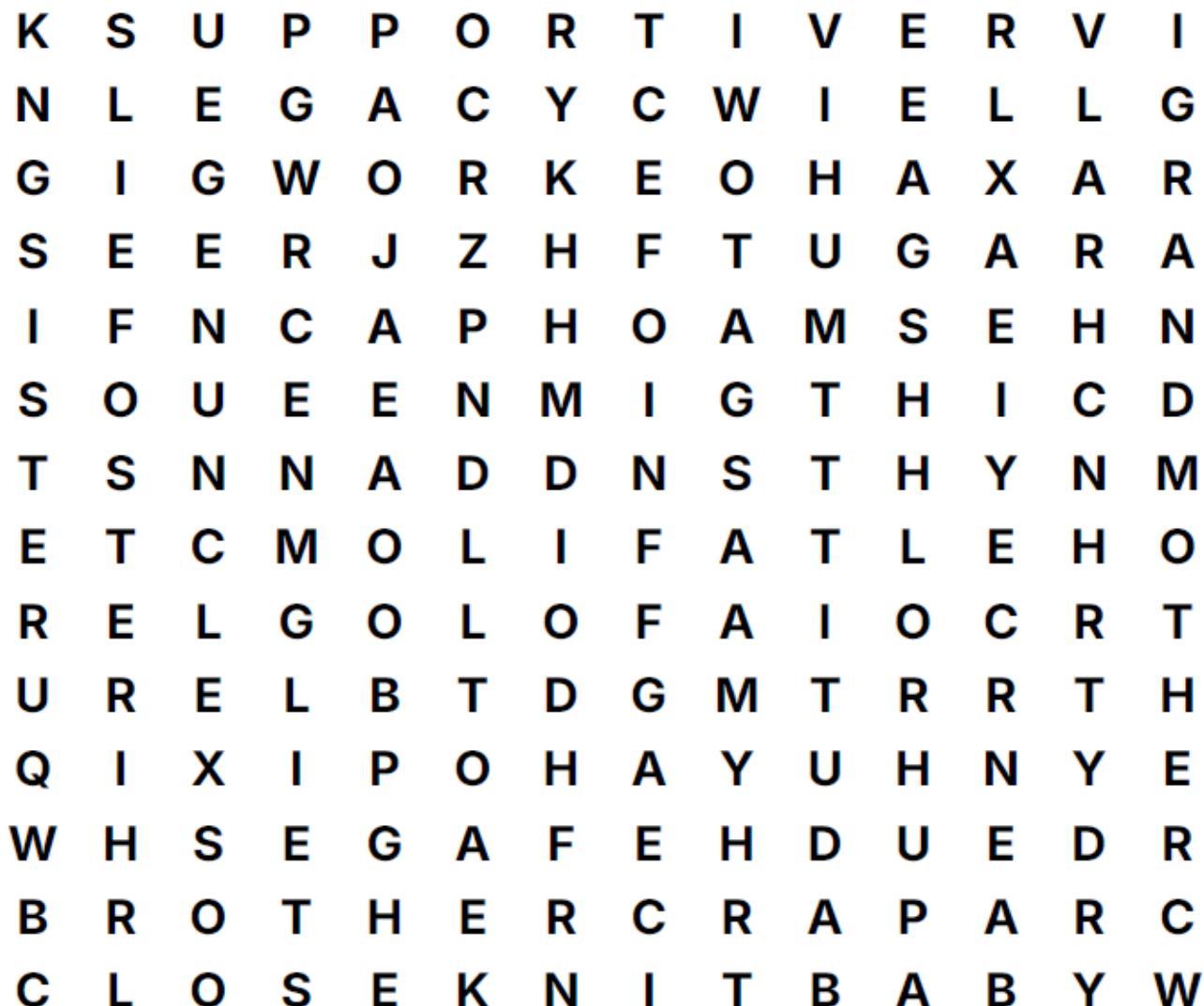


PUZZLES & TRIVIA



Word Search

FAMILY DAY



Family	Mother	Father	Sister	Brother
Sibling	Aunt	Uncle	Grandmother	Baby
Grandfather	Cousin	Niece	Newpew	Close Knit
Work	Church	Godmother	Godfather	Foster
Legacy	History	Genealogy	Supportive	

Word Search

GROUNDHOG DAY



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

Ground Hog

February

Legend

Winter

Spring

Sunny

Shadow

Precipitation

Mascot

German

Candlemas

Hibernate

Herbivore

Burrow

Whistle

Predict

Weather

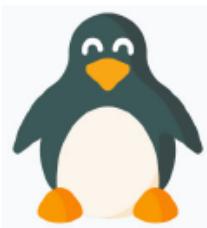
Festival

Town Cryer

Handler

Word Search

WINTER WONDERLAND



Jack Frost

Wonderland

Cold

Snow

Polar Bear

Fireplace

Igloo

Magic

Frost

Chill

Snowflakes

Scarf

Jumper

Ice Skating

Penguins

Snowball

Sledding

Hot Chocolate

Snowman

Icicles

Themed Words Brain Teaser

Change one letter in each word to create a new one; every row follows a theme!

1.	WIMPLE	SPIT	ACHE	WASH	BAIL
2.	SLAIN	PARK	SAIL	DITTY	BLOG
3.	SWEAT	LUTE	HAIR	LONELY	BUNNY
4.	SHADE	HOT	LOSE	FORM	NARROW
5.	BRAIN	TRICK	STEAL	ROIL	WICKET
6.	WOOL	LATE	LOCO	BASIC	PONG
7.	VEAL	COWER	MUSK	TIDE	CROAK
8.	WAIL	HIND	GRIST	PALS	FAST
9.	LINT	BASIN	THEME	DELL	SATE
10.	FEW	THREAT	SWITCH	PIG	UNIT
11.	HOLE	YARN	BUNK	ION	SHOW
12.	EAR	RUE	WALL	HEAD	CORK
13.	FUN	RAIL	SNOB	STIR	FIND
14.	BLUR	HEAL	PINE	BLANK	GREET

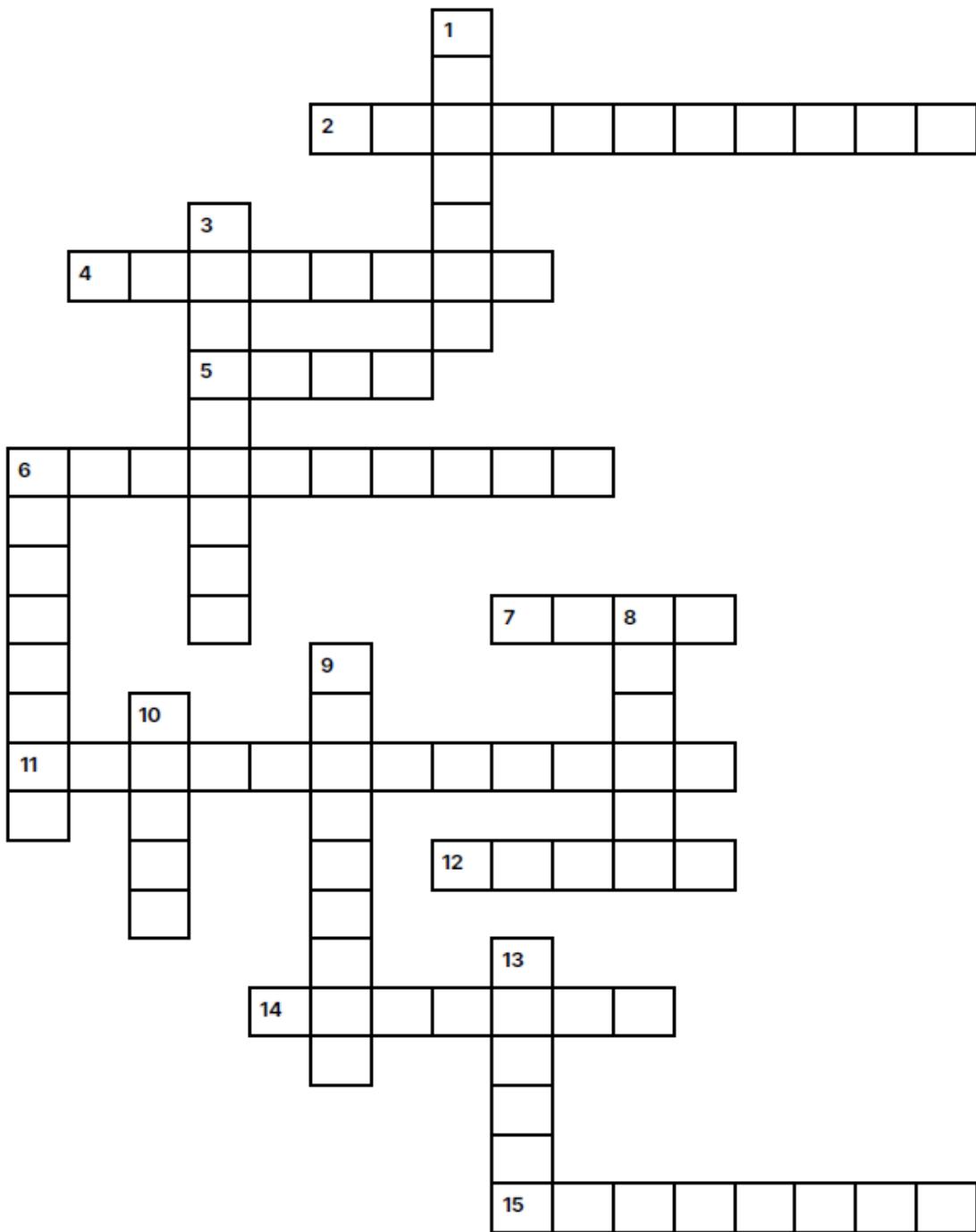
Finish the Analogies Quiz

An analogy is a comparison between two things. Finish each analogy with one word.

Question	Answer
1 Book is to cover as pot is to	:
2 Lead is to pencil as ink is to	:
3 Bee is to buzz as dog is to	:
4 Rome is to Italy as Paris is to	:
5 Sock is to foot as mitten is to	:
6 Eye is to see as ear is to	:
7 Winter is to snow as spring is to	:
8 Airplane is to fly as boat is to	:
9 Butcher is to meat as bakery is to	:
10 Doctor is to hospital as chef is to	:
11 Sad is to happy as front is to	:
12 Laughing is to happy as crying is to	:
13 Wolf is to pack as lion is to	:
14 Bride is to groom as wife is to	:
15 Italy is to Europe as Ghana is to	:
16 Toe is to foot as finger is to	:
17 Go is to green as stop is to	:
18 Ladder is to climb as chair is to	:
19 Cool is to cucumber as proud is to	:
20 Foot is to stomp as hand is to	:

Crossword

ST. PATRICK'S DAY CROSSWORD



Crossword

ST. PATRICK'S DAY CROSSWORD



Across

2. What does the three leaf clover symbolise? (11)
4. The name of a famous Irish beer (8)
5. Dug from the bogs of Ireland to use as fuel (4)
6. He makes shoes and guards gold (10)
7. The four leaf clover symbolises this (4)
11. St. Patrick converted the Irish to this (12)
12. Month that St. Patrick's Day falls on (5)
14. Kiss this stone to be cured from shyness (7)
15. Another name for a 3 leaf clover (8)

Down

1. Capital of Northern Ireland (7)
3. What is the name of the Irish County featured in a famous song? (9)
6. Popular short and humorous verse, often nonsensical (8)
8. Language group that includes Irish and Scottish (6)
9. You find this at the end of a rainbow (3,2)
10. Color representing St. Patrick's Day (5)
13. He banished these reptiles from Ireland (6)

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

Winter Activities

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

Winterlicious

[Winterlicious – City of Toronto](#)

January 30 to February 12, 2026

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

[Winterlicious – City of Toronto](#)

CASA LOMA EVENTS

High Tea at the Castle

[High Tea at the Castle - Casa Loma](#)

This Family Day long weekend, experience the elegance of the Edwardian era with afternoon tea at Toronto's iconic castle, Casa Loma. At this elevated experience, guests will sample a selection of premium teas, scones, gourmet pastries and tea sandwiches in the majestic ambiance of the castle. Reservations required.

Family Day weekend: February 14th – 16th, 2026



Twilight Symphony at the Castle

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

Experience live music in a new light with a series of intimate candlelit concerts in one of Toronto's most magical locations, Casa Loma. **Twilight Symphony at the Castle** features the Casa Loma Symphony Orchestra, under the artistic direction and baton of

Maestro Paolo Busato. Guests will travel the 800ft tunnel below Austin Terrace, to the Carriage Room, for a one-of-a-kind performance bathed in candlelight.

The Dragon's Song

The Dragon's Song - Casa Loma

Be the hero. Discover the magic. Save the dragons. You have been asked to embark upon a dangerous quest: to save dragons from extinction. To do so, you'll need to sneak into a mysterious tower where the last dragon egg is rumoured to rest. Will you find the egg and learn the secret of the dragon's song?

The Casa Loma Escape Series invites you into a fantastic world full of strange science and mystical wonders.

GAME TIMES

Wednesdays – Fridays 4:00PM / 6:45PM / 8:45PM

Saturday + Sunday 2:00 PM / 4:00PM / 6:45 PM / 8:45 PM

TICKET PRICES

\$46.35 + HST / General

\$56.65 + HST / Prime Time

Holiday ticket prices will vary

Brickworks Farmers' Market

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

Did you know Evergreen Brick Works is home to [Toronto's largest farmers' market](#)? Held on Saturdays year-round, it offers the widest variety of local and seasonal food in the city.

Shop over 60 vendors, including local farmers, producers, entrepreneurs and chefs. Hailing from different parts of Ontario, they offer a range of locally made products, from fish, produce, cheese and baked goods to kombucha and artisanal nuts.

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



Evergreen Brickworks

<https://www.evergreen.ca/evergreen-brick-work/events/free-indoor-movie-nights/>

Cozy, Family Friendly Movies

Beat the winter blues with a series of FREE indoor movie nights at Evergreen Brick Works. Enjoy cozy, family-friendly films in a warm indoor space on select Saturday evenings throughout January and February.

Doors: 6pm Showtime: 6:30pm

Arrive early to save your spot. We have space for approximately 125 visitors.

Snacks and drinks available for purchase at the Evergreen Bar

Movie schedule

- **January 17:** Chronicles of Narnia: The Lion, the Witch, and the Wardrobe
- **January 24:** 101 Dalmatians
- **January 31:** Abominable
- **February 7:** Frozen
- **February 14:** Little Women

Toronto Zoo

See all Zoo Events here - <https://www.torontozoo.com/events>

Orchid Oasis

Join the Zoo's Horticulture team in celebrating the annual bloom with hand-picked orchids in the Greenhouse! Enjoy the floral spectacle, take in a special Guardians of Plants Talk, and capture stunning photo ops.

Guardians of Plants talks are at 12:00pm on the following dates:

- February 14, 15, & 16
- DAILY March 14 to 22

<https://www.torontozoo.com/events/orchid#evt>



Sharks at the ROM

<https://www.toronto.ca/explore-enjoy/festivals-events/festivals-events-calendar/>

This family-friendly exhibition invites you to uncover fresh perspectives, groundbreaking research and the astounding diversity of this ancient group of fishes. Visitors will delve into the anatomy, behaviour, and history of sharks, from familiar favourites like tiger sharks and great whites to lesser-known species like the dwarf lanternshark—a tiny, light-producing marvel small enough to hold in your hand. Through dozens of interactives and life-sized models, including a life-size head of the huge extinct Megalodon, join us for a unique look at these magnificent creatures, their habitats, hunting techniques, and the conservation threats that they face.



Event Details

Royal Ontario Museum 100 Queen's Park, Toronto, ON, M5S 2C6 Event occurs from December 23, 2025 until March 22, 2026

Soma Chocolate Factory

<https://www.somachocolate.com/pages/cacao-bean-lab>

ADDRESS: Distillery District: 32 Tank House Lane, Toronto, Ontario, Canada, M5A3C4

PHONE: 416.815.7662

The factory shop is a working chocolate factory, come on by and see, hear and smell chocolate being made. Where else can you shop and hang out in the middle of a working chocolate factory. There are very fun [chocolate tastings](#) here, you can book individual spots or book a private tasting for your group.



See more Fun things to do in Toronto

<https://wanderingcarol.com/things-to-do-in-toronto-in-winter/>

Botanical Gardens

[Upcoming Events - Toronto Botanical Garden](#)

OUTDOOR ACTIVITIES

Skating at Nathan Phillip Square

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

[Nathan Phillips Skate Rentals-Home](#)

See rates of rentals on website

Nathan Phillips Square

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

Or the Yonge Line subway (exit Queen station).

Or the University line (exit Osgoode Station).



Toronto Islands

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

Cross-country skiing

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

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

Snowshoeing

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

Tips for visiting Toronto Islands in winter

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

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

Brickworks

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

Skating

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

Hiking

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

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

Snowshoeing at the City Golf Courses

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

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



Best Parks for Outdoor Fun

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

Tobogganing

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

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

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

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

Downhill Skiing and Snowboarding

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



Warm up by the glow of a winter bonfire

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

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

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

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

Wildlife in the snow

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

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

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

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

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

Walking Trails

Woodbine Beach

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

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

[Glen Stewart Ravine](#)

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

The Scarborough Bluffs

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



INDOOR ACTIVITIES

Cooking Classes

The Chef Upstairs

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

Midtown - Adult Cooking Class - Winter Comforts Cooking Class

\$145.00

The Chef Upstairs is A Cooking Experience Unlike Any Other

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



Longo's Cooking Classes

[Longos](#)

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

Dish Cooking Classes

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

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

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

ENJOY A HOT OR COLD BEVERAGE & A SWEET TREAT!

GET COZY AT A COFFEE SHOP!

Snakes and Lattes Board Game Café

Address: 45 Eglinton Ave E, Toronto, ON

Website: <https://www.snakesandlattes.com/midtown>

Dineen York Mills

Address: 311 York Mills Road, North York, ON

Website: <https://www.dineencoffee.com/index.php>

Butter & Blue

Address: 7 Baldwin Street, Toronto, ON

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

Forget Me Not Coffee

Address: 102 Ossington Avenue, Toronto, ON

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

Moonbeam Coffee Company

Address: 30 Saint Andrew Street, Toronto, ON

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



COMMUNITY PROGRAMS

Senior Shape Fitness

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

Central Eglinton Community Centre

160 Eglinton Avenue East

www.centraleglinton.com

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

Program Calendar - Central Eglinton Community Centre

Vibrant Health (Mid-town Toronto)

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

dongy@vibranthealthcare.ca

Parkinsons Canada

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

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

Ontario Society of Senior Citizens Organization

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

[Ontario Society of Senior Citizens Organizations Events - 13 Upcoming Activities and Tickets | Eventbrite](https://www.eventbrite.ca/e/ontario-society-of-senior-citizens-organizations-events-13-upcoming-activities-and-tickets-13721111111)

IN-PERSON PROGRAMS & EVENTS



UPCOMING IN-PERSON MOSAIC EVENTS!

To register please email info@mosaichomecare.com or call 416-322-7002

For full listing of programs and workshops please take a look at our Winter Newsletter at:

https://mosaichomecare.com/wp-content/uploads/2025/12/OCT2025_Mosaic_Newsletter_WINTER-2026_WEBSITE.pdf

Mosaic's Growing Wellness Café

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

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

Date: Thursday, March 5th, 2026

Time: 2:00pm – 3:00pm

Location: Zoom

Theatre of the Beat

Will be hosting a **fun** and **interactive** drama workshop for older persons, family caregivers, Personal Support workers & community agencies looking at the dynamics, social justice theme, addressing Seniors and community.

Date: Friday, March 6, 2026

Time: 11:00am – 1:00pm

Location: Armour Heights 105 Wilson Avenue, North York

Building the Foundation for a Happy and Healthy Life!

Join Mosaic Home Care & GenWell for a presentation on Social Health 101 + Community Mapping Workshop

As we age, our social circles can quietly shrink. A move, a change in our health, the loss of a loved one, or children living farther away can make everyday connections harder. Yet social connection is one of the strongest protectors of our mood, memory, and overall well-being. This session is about keeping those connections strong and making new ones, in simple ways that fit real life.

Date: Friday, March 13, 2026

Time: 11:00am – 1:00pm

Location: Armour Heights 105 Wilson Avenue, North York

COMMUNITY CENTRES!

North York Seniors Centre

Address: 21 Hendon Avenue, Toronto

➤ Adult Day Program

- Monday – Friday, 9:30am – 3:00pm
- Social and recreational program featuring group activities, exercise and nutritious lunch & snacks

➤ Social Club

- Mondays from 11am – 2pm
- An afternoon of socializing and discussion

Bernard Betel Centre

Address: 1002 Steeles Ave. W, Toronto

➤ In Person Programs

- Includes a variety of programs such as book clubs, computer courses, support groups and exercise classes

WoodGreen Active Living Centre

Address: Multiple Locations

➤ Hosts a variety of in-person programming including Tai Chi, Pole Walking, Line Dancing, Bingo and Day Trips

The Bitove Method

Address: 850 O'Connor Drive, Toronto

➤ In-Person Program

- Thursdays from 1pm – 4pm
- Featuring an afternoon of laughter and creativity



ONLINE PROGRAMS



Requires access to a computer or smartphone and internet access.

UPCOMING MOSAIC PROGRAMS!

To register please email info@mosaichomecare.com or call 416-322-7002

For full listing of programs and workshops please take a look at our Winter Newsletter at:

https://mosaichomecare.com/wp-content/uploads/2025/12/OCT2025_Mosaic_Newsletter_WINTER-2026_WEBSITE.pdf

** Zoom links provided at time of registration. You can also dial in to participate through your telephone if you do not have access to a computer – dial in number provided at time of registration.*

Weekly Knitting and Crochet Group

Drop into knit, chat and make new friends virtually on Zoom!

Dates: Every Other Wednesday

Time: 1:00 p.m. to 2:00 p.m.

Location: Zoom

Functional Fitness with Joanne Picot

Join us on Zoom twice a month for a complete body workout featuring simple exercises to build muscles, flexibility, and boost heart health. Joanne will lead you through a variety of energizing standing and seated exercises using light free weights.

Dates: Fridays, February 27th, March 27th

Time: 10:00am – 11:00pm

Location: Zoom

Dance Fitness with Jennifer Hicks

Join us online (Zoom) for a full body workout through music, dance, and strength-enhancing movement! Nia incorporates martial arts, self-awareness, body positivity and fitness all in one.

Dates: Thursdays, February 26th, March 26th

Time: 1:00pm - 2:00pm

Location: Zoom

Theatre of the Beat - North York & Scarborough Elder Abuse Networks – Under the umbrella of Elder Abuse Prevention Ontario. We will be hosting a fun and interactive drama workshop for older persons, family caregivers, Personal Support workers & community agencies looking at the dynamics, social justice them, addressing Seniors and community featuring Theatre of the Beat.

Date: Friday March 6th, 2026

Time: 11:00 a.m. to 1 p.m.

Location: Mosaic Home Care Services & Community Resource Community Hub – 105 Wilson Avenue, North York. (located at Armour Heights Presbyterian Church, parking in Saunders Street at the front of the Church – enter through the glass doors).

Refreshments, lunch and resources will be provided by local community agencies. Limited spots for this presentation so sign up early.

To register contact jane@mosaichomecare.com 416.322.7002 or jessica.lang@tcare.ca



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: itandoc@schcontario.ca / 416-948-8976



SCARBOROUGH
CENTRE FOR
HEALTHY
COMMUNITIES

Bernard Betel Centre

Bernard Betel Centre is offering a wide variety of online programs for the community. They have virtual cooking classes, guided meditations, and other workshops for you to try!

When: Check website for full virtual program listing

Website: <https://betelcentre.org/online-programs/>

Registration: marial@betelcentre.org



Better Living Health and Community Services

Better Living Health and Community Services has been delivering programs and services (online and day programming) to support individuals to maintain their independence and enhancing social well-being.

Website: <https://mybetterliving.ca/helping-you-in-the-community/>



Circle of Care

Circle of Care offers home and community support services in the North Toronto area. These include, social clubs, exercise and falls prevention programs and adult day programs.

Website: <https://www.circleofcare.com/programs-services/>

Phone: 416-635-2860



VV's Adult Support Centre

VV's Adult Support Centre Corp. provides virtual programs for seniors such as online events, webinars, and fitness workshops.

Website: www.vvsadultsupportcentre.com



North York Seniors Centre

Providing programs through Zoom and other COVID-19 related supports for seniors.

Website: <https://www.nyseniors.org/>



The Bitove Method

"The Bitove Method offers virtual classes that are created and facilitated by Professional Artists trained in Relational Caring. We offer educational and interactive art-based courses that tap into what we need most... to connect."

**Visit website for full program listing, registration required.*

Website: Virtual Art Academy | The Bitove Method



Etobicoke Senior Support Services

Health and wellness programming runs through group telephone and video. Includes our Seniors' Lunch Program, Social Recreation, Exercise and Falls Prevention programs. This programming supports independent seniors in maintaining a routine, social connections, and recreational leisure activities.

Phone: 416-243-0127

Website: www.esssupportservices.ca

A Friendly Voice

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

Website: www.afriendlyvoice.ca

SENIOR SUPPORTS

CAMH Mental Health Supports

Information and resources available for everyone (articles, tips for stress and anxiety, tools to enhance wellbeing, etc.).

Website: [Mental Health and the COVID-19 Pandemic | CAMH](#)

Phone: 416-535-8501

To Access CAMH Clinical Services: 416-535-8501, press 2

City of Toronto Mental Health Resources

Website offers a listing of mental health supports across Toronto.

Website: [COVID-19: Mental Health Resources – City of Toronto](#)

Phone: Call 911 if you are in an emergency, immediate danger, or medical distress. For other needs, call 211 to be connected to mental health and other social services (Line open 24/7). Or Text 21166 Monday to Friday from 7 a.m. to 9 p.m.

The Progress Place Warm Line

Confidential service for adults above 18 years of age feeling isolated, anxious, depressed or just need someone to talk to – not a crisis service.

Website: [Progress Place Warm Line](#)

Phone: 416-323-3721 (12 p.m. to 8 p.m.) or text 647-557-5882

Hospice Palliative Hotline

Responds to the emotional needs of those facing serious illness (including COVID-19) and end of life. The service is also available to their caregivers, those grieving, and frontline workers supporting those who are palliative and dealing with COVID-19

Toronto's Senior's Helpline

The City of Toronto's seniors helpline provides information about home care, community care and crisis services in Toronto.

Phone: 416-217-2077

Neighbour 2 Neighbour (N2N) – Friendly Phone Calls

N2N works with socially isolated seniors who are interested in building new relationships with one another.

Phone: 416-925-4363

Email: info@theneighborhoodgroup.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 Priya Hawkins

priya@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
FAMILY DAY



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

Word Search

GROUNDHOG DAY



Ground Hog	February	Legend	Winter
Spring	Sunny	Shadow	Precipitation
Mascot	German	Candlemas	Hibernate
Herbivore	Burrow	Whistle	Predict
Weather	Festival	Town Cryer	Handler

Word Search

WINTER WONDERLAND



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

Jack Frost

Wonderland

Cold

Snow

Polar Bear

Fireplace

Igloo

Magic

Frost

Chill

Snowflakes

Scarf

Skating

Ice Skating

Penguins

Snowball

Sledding

Hot Chocolate

Snowman

Icicles

Answers

1.	Pimple, Spot, Acne, Rash, Boil (Skin conditions)
2.	Stain, Mark, Soil, Dirty, Blot (Blemishes)
3.	Sweet, Cute, Fair, Lovely, Bonny (Compliments)
4.	Spade, Hoe, Hose, Fork, Barrow (Gardening Tools)
5.	Train, Track, Steam, Rail, Ticket (Railways)
6.	Pool, Lake, Loch, Basin, Pond (Bodies of water)
7.	Veil, Cover, Mask, Hide, Cloak (Concealing something)
8.	Nail, Hand, Wrist, Palm, Fist (Related to hands)
9.	Mint, Basil, Thyme, Dill, Sage (Types of herbs)
10.	Sew, Thread, Stitch, Pin, Knit (Related to sewing)
11.	Home, Barn, Bank, Inn, Shop (Buildings)
12.	Eat, Run, Walk, Read, Cook (Daily Actions)
13.	Sun, Rain, Snow, Star, Wind (Nature)
14.	Blue, Teal, Pink, Black, Green (Colors)

Answer

1 Lid

2 Pen

3 Bark

4 France

5 Hand

6 Hear

7 Rain

8 Sail

9 Bread

10 Restaurant

11 Back

12 Sad

13 Pride

14 Husband

15 Africa

16 Hand

17 Red

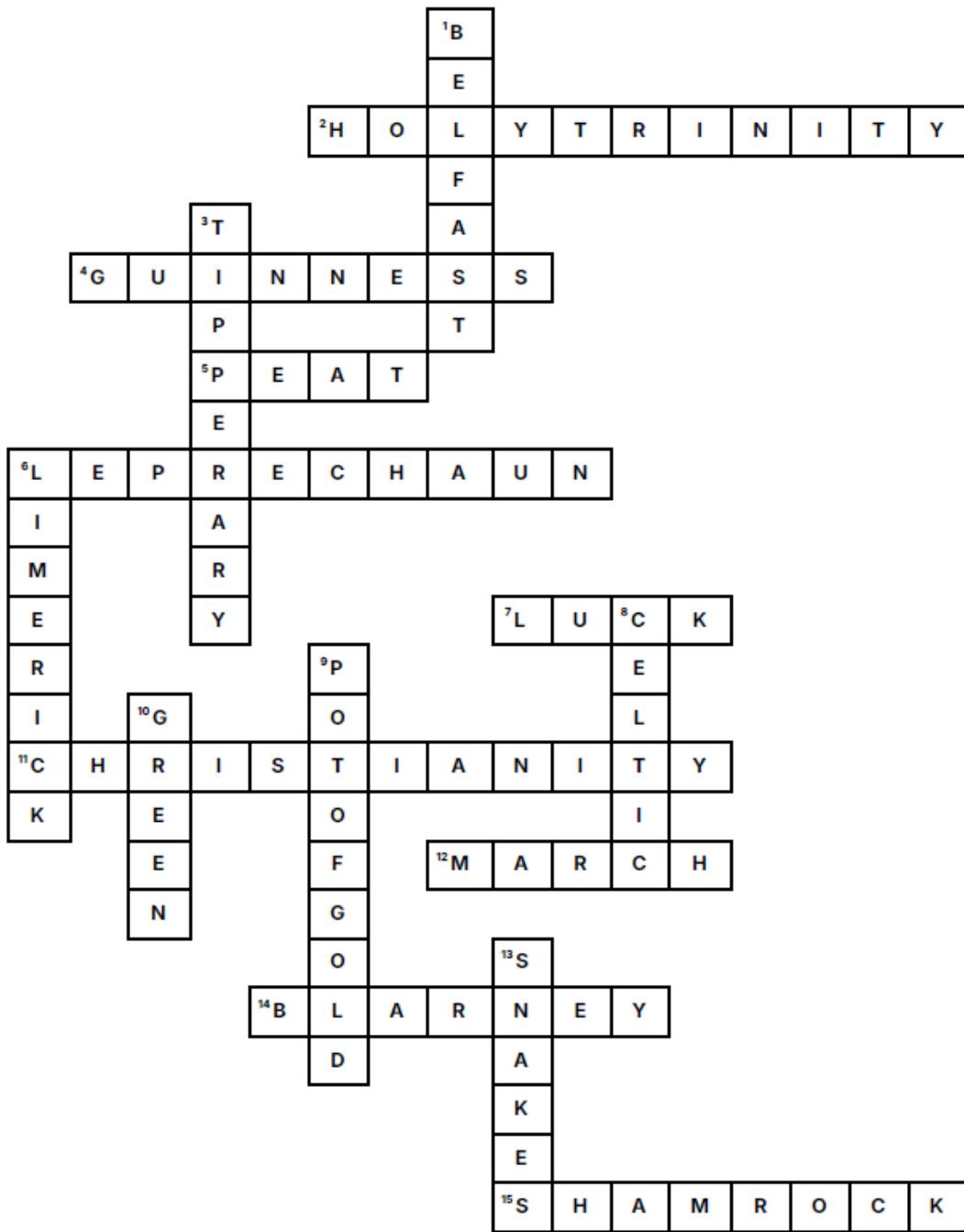
18 Sit

19 Peacock

20 Clap

Crossword

ST. PATRICK'S DAY CROSSWORD



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®!