

# Summer 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](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/2DUBKpjZ76GjkgYxisS38>

### **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](mailto:priya@mosaichomecare.com)

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## AT HOME ACTIVITIES

These activities do not require a computer and internet access.

### Roasted Beet, Goat Cheese & Candied Walnut Salad

#### **Ingredients:**

- 1 cup mixed greens
- ¼ cup candied walnuts
- ½ cup roasted beets
- 2 tbsp goat cheese

#### Candied Walnuts

##### **Ingredients**

- 1 cup raw walnuts (halves and pieces or whole)
- ¼ cup granulated sugar
- 1 tbsp butter
- 1 tbsp water
- ¼ tsp cinnamon or spice of choice (optional)

##### **Instructions**

- Place a sheet of parchment paper or empty sheet pan out (to transfer candied walnuts onto once done cooking)
- In saute pan or skillet, on high heat, combine butter, sugar and walnuts
- Stir constantly for about 2 minutes until butter melts. Keep stirring
- Add 1 tbsp of water. It should sizzle and start to bubble causing sugar to melt
- Keep stirring for another 2-3 minutes until the nuts are thoroughly coated in sugar mixture
- Remove from heat and quickly transfer coated nuts onto parchment paper or empty sheet pan and separate them with a spoon or spatula while hot so they don't clump
- Let cool for about 5 minutes

#### Roasted Beets

- Slice the ends off both sides of the beets. Peel with a vegetable peeler or knife.
- Slice beets into ½ to ¾ inch piece
- Pour oil over beets and mix thoroughly with beets so they are evenly covered
- Sprinkle salt & pepper
- Pre-heat oven to 350 degrees. Bake for 25-30 minutes

#### **Final Instructions:**

Place mixed greens on plate  
Top with roasted beets, goat cheese and candied walnuts

#### Beet Salad Dressing

##### **Ingredients**

- 1/3 cup olive oil
- 2 tbsp balsamic vinegar
- 2 tbsp dijon mustard
- 2 tbsp honey
- 1 tsp salt – adjust to taste
- ½ tsp ground black pepper

##### **Instructions**

Combine all ingredients in a sealable canning jar.  
Close the lid and shake vigorously to combine.  
Keep dressing refrigerated between uses.

## **Hummingbird Cake**

### **Cake**

3 cups sifted all-purpose flour  
2 cups sugar  
1 teaspoon ground cinnamon  
1 teaspoon baking soda  
½ tsp salt  
2 cups mashed ripe bananas  
1 cup chopped pecans  
3 eggs, beaten  
¾ cups canola oil  
1 (8oz) can crushed pineapple in 100% juice  
1 ½ tsp vanilla extract

### **Frosting**

½ cup cream cheese (4oz), softened  
3 tbsp unsalted butter, softened  
2 cups powdered sugar  
½ tsp vanilla extract  
½ cup finely chopped pecans

### **Instructions**

- Heat oven to 350 degrees. Spray 13x9 inch baking pan with cooking spray. Sprinkle with flour, tapping out extra
- Whisk flour, sugar, cinnamon, baking soda and salt in large bowl. Gently stir in bananas, 1 cup pecans, eggs, oil, pineapple with juice and 1 ½ tsp vanilla until blended (batter will be thick). Spread in pan.
- Bake 40 to 45 minutes or until toothpick inserted in center comes out with some moist crumbs attached, top is deep golden brown and cake just begins to pull away from sides of pan. Cool completely in pan on wire rack.
- Beat cream cheese and butter in large bowl at medium speed 2 to 3 minutes or until smooth and creamy. Beat in powdered sugar and ½ tsp vanilla until well-blended. Stir in 1/3 cup pecans. Spread frosting over cake. Cake can be made up to 1 day ahead. Store in refrigerator. Serve at room temperature.
- Serves 16

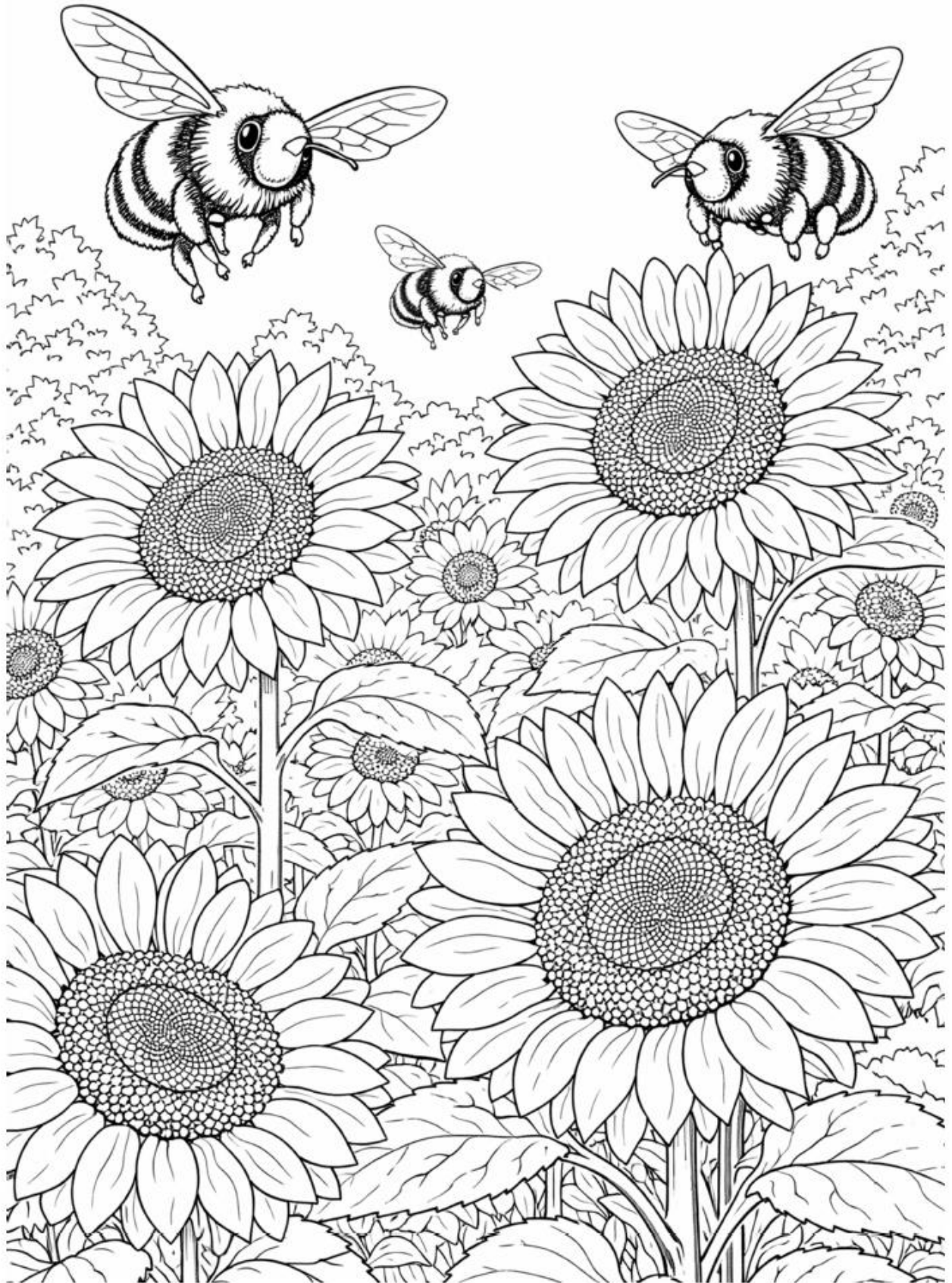
**Have a recipe that you would love to share? Email it to [jennifer@mosaichomecare.com](mailto:jennifer@mosaichomecare.com) to be featured in the next issue of the Mosaic Activity Booklet!**

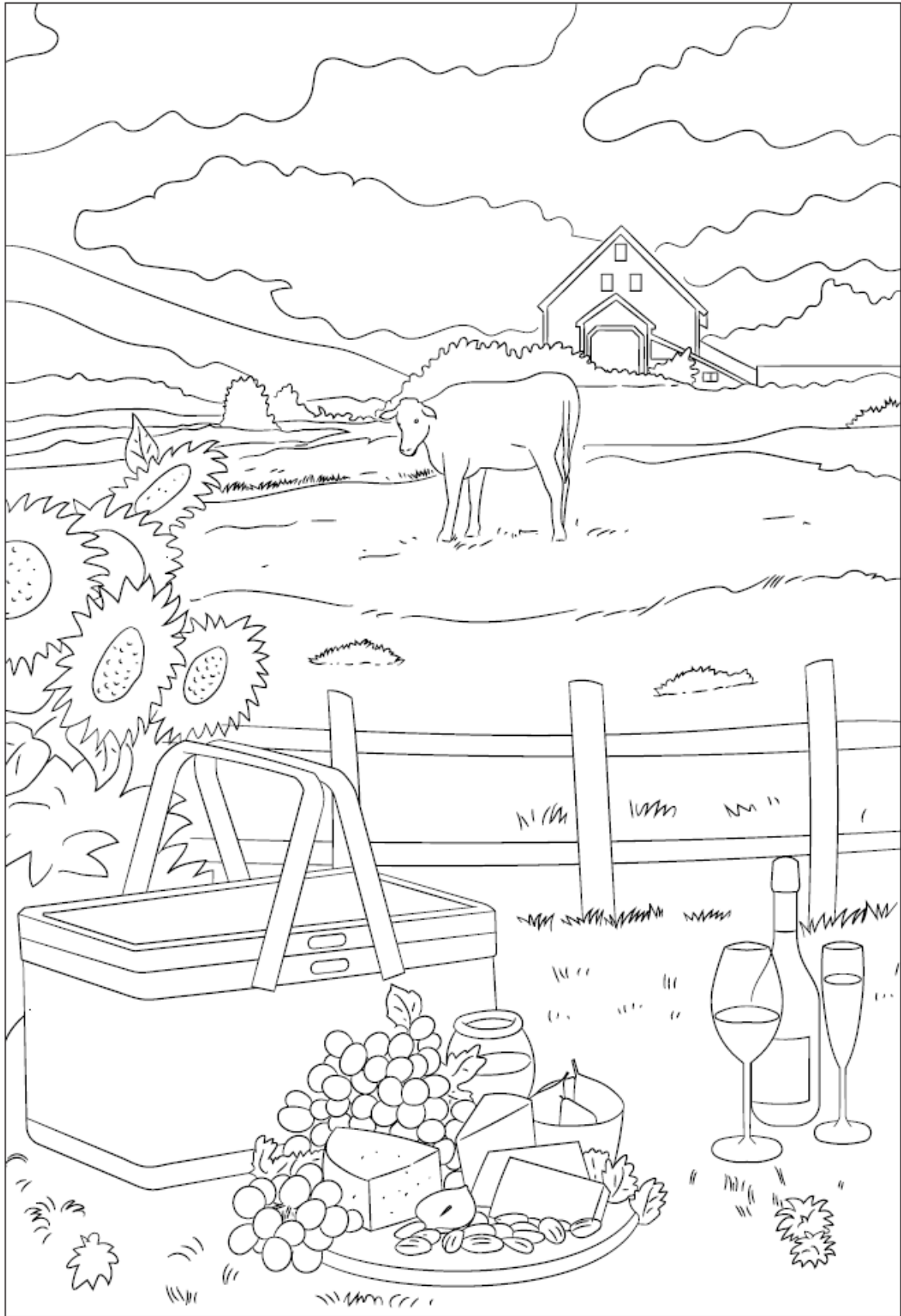
*All puzzles and colouring pages obtained from <https://www.goldencarers.com>. All Answers to puzzles found at the end of the booklet*

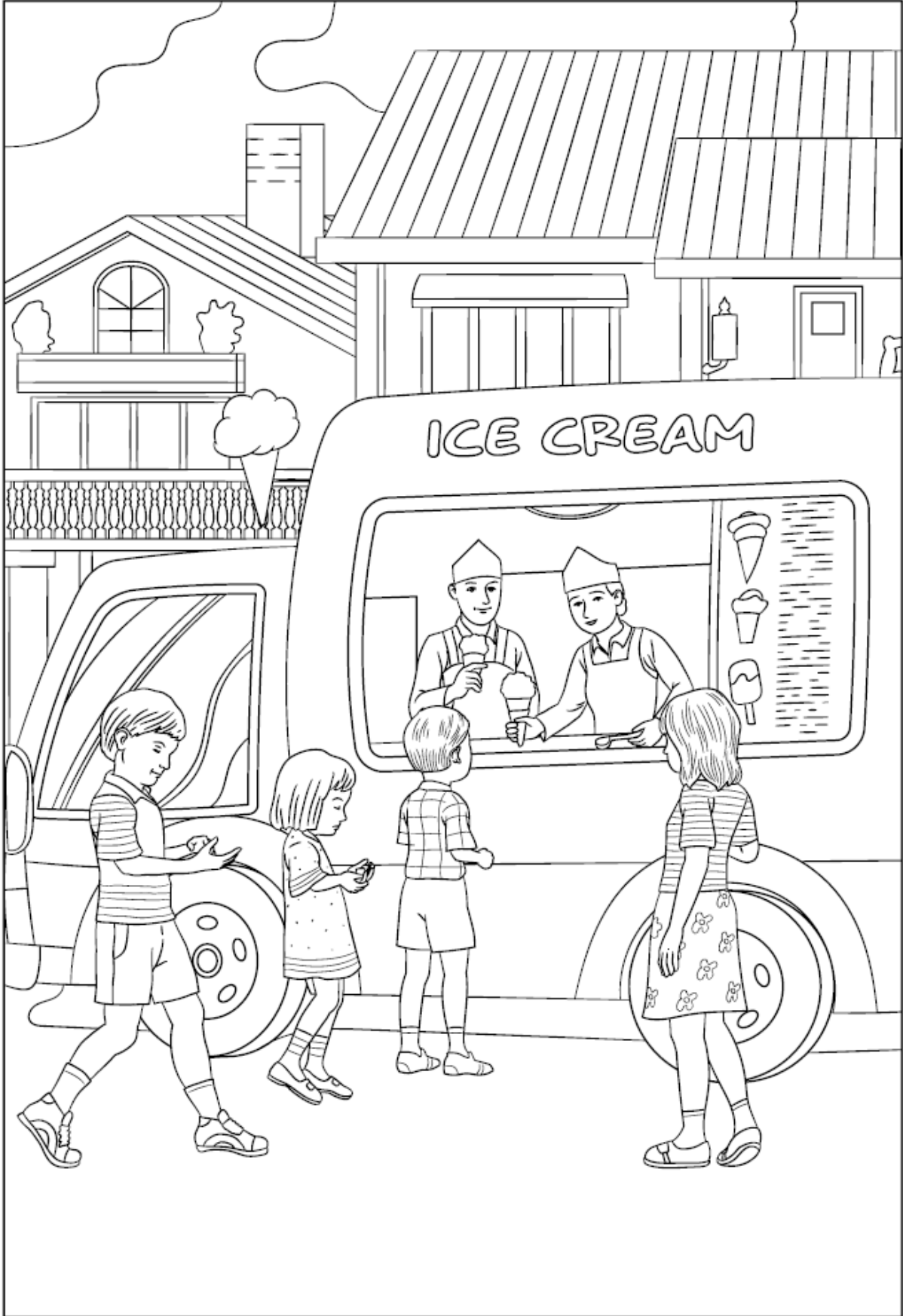
# COLOURING PAGES

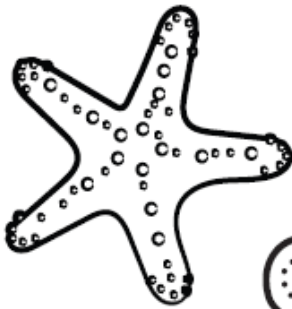
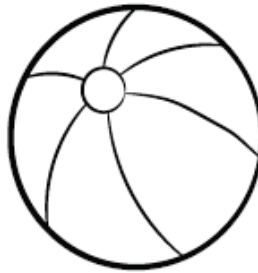
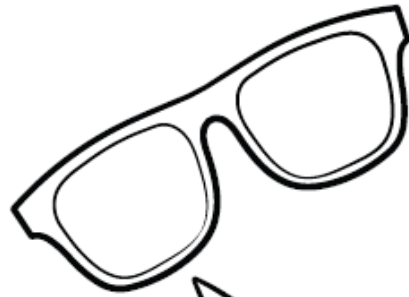
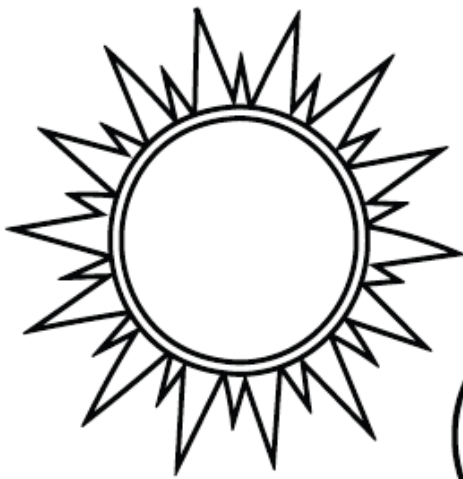




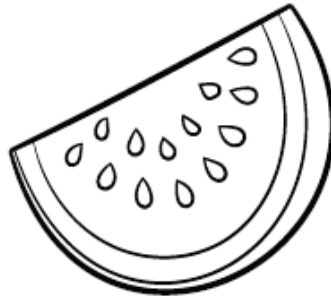
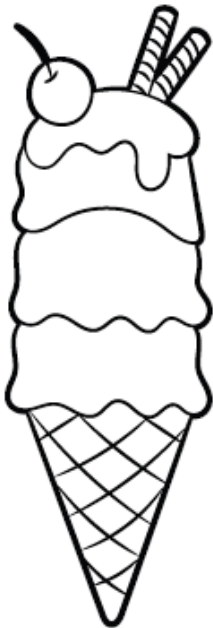








HELLO  
SUMMER







# PUZZLES & TRIVIA



Crossword

BEACH DAYS CROSSWORD



A crossword puzzle grid with 18 numbered starting points for words. The grid consists of black and white squares. The numbered squares are:

- 1: Top-left corner, 10 squares long.
- 2: Top row, 5 squares long, starting from the 7th square.
- 3: 3rd row, 10 squares long, starting from the 5th square.
- 4: 4th row, 5 squares long, starting from the 3rd square.
- 5: 5th row, 5 squares long, starting from the 7th square.
- 6: 6th row, 10 squares long, starting from the 5th square.
- 7: 7th row, 5 squares long, starting from the 1st square.
- 8: 8th row, 5 squares long, starting from the 5th square.
- 9: 9th row, 2 squares long, starting from the 8th square.
- 10: 10th row, 6 squares long, starting from the 5th square.
- 11: 11th row, 5 squares long, starting from the 4th square.
- 12: 11th row, 3 squares long, starting from the 6th square.
- 13: 11th row, 3 squares long, starting from the 7th square.
- 14: 12th row, 4 squares long, starting from the 4th square.
- 15: 13th row, 4 squares long, starting from the 1st square.
- 16: 13th row, 2 squares long, starting from the 4th square.
- 17: 13th row, 2 squares long, starting from the 6th square.
- 18: 14th row, 3 squares long, starting from the 2nd square.

# Crossword

## BEACH DAYS CROSSWORD



### Across

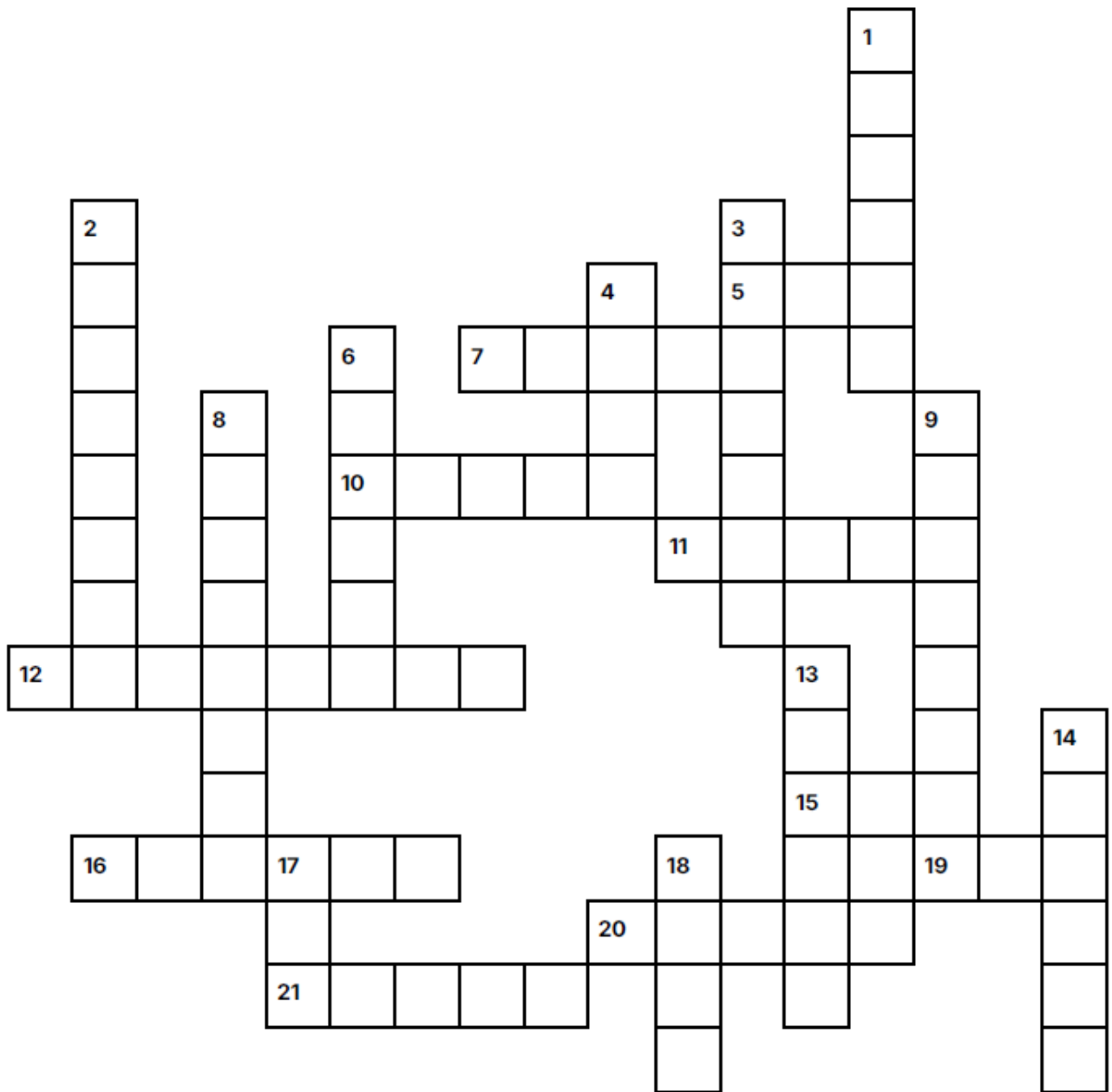
1. Children often build these in the sand. (11)
3. A colorful ball often tossed around at the beach. (9)
4. You dry off with this after swimming. (5)
6. A garment worn for swimming. (8)
7. A place where ocean waves meet the land. (5)
8. A large body of salt water. (5)
10. A bird commonly seen near the beach. (7)
11. Dark glasses worn to protect your eyes from the sun. (10)
14. Something that rolls onto the shore. (4)
15. A container used to build sandcastles. (6)
18. A protective item worn on the head to block the sun. (3)

### Down

1. You spread this on before going in the sun. (9)
2. You can collect these along the shore. (6)
5. A colorful object used to provide shade. (8)
9. A game played with a ball and a net on the sand. (10)
11. A small shovel used for digging in the sand. (5)
12. A person who watches swimmers and helps keep them safe. (9)
13. A popular beach activity involving a board and waves. (7)
16. A flying toy often seen at the beach on windy days. (4)
17. The rise and fall of the ocean's water level. (4)

*Crossword*

# GOLF CROSSWORD



# Crossword

## GOLF CROSSWORD



### Across

- 5. Golfing term for a hole-in-one (3)
- 7. Golf bag is full of these (5)
- 10. The piece of turf displaced when a club strikes the ball (5)
- 11. The area where the hole is located (5)
- 12. Old-fashioned golf pants (8)
- 15. Major golf organisation initials (3)
- 16. This club is used on the green (6)
- 19. The standard number of strokes for a hole (3)
- 20. One stroke over par (5)
- 21. Two under par (5)

### Down

- 1. A sand-filled hazard (6)
- 2. Informal do-over shot (8)
- 3. Famous golf tournament held annually in Augusta, Georgia (7)
- 4. A shot played on the green with a putter (4)
- 6. A person who carries a player's clubs and offers advice (6)
- 8. Golf course transportation (4,4) (8)
- 9. Golfer's ability rating (8)
- 13. Caddyshack animal (6)
- 14. One under par (6)
- 17. Starting peg (3)
- 18. Warning shout (4)

*Crossword*

WORLD WONDERS CROSSWORD



A crossword puzzle grid with 20 numbered starting points for words. The grid consists of white squares for letters and empty spaces for non-letter positions. The numbers are placed in the top-left corner of the starting square for each word.

- 1: Down, 1 square
- 2: Across, 6 squares
- 3: Across, 5 squares
- 4: Across, 2 squares
- 5: Down, 1 square
- 6: Across, 5 squares
- 7: Down, 4 squares
- 8: Down, 2 squares
- 9: Across, 4 squares
- 10: Across, 3 squares
- 11: Across, 4 squares
- 12: Across, 2 squares
- 13: Down, 2 squares
- 14: Across, 3 squares
- 15: Down, 6 squares
- 16: Down, 2 squares
- 17: Down, 6 squares
- 18: Across, 3 squares
- 19: Down, 4 squares
- 20: Across, 3 squares

# Crossword

## WORLD WONDERS CROSSWORD



### Across

2. In which city would you find the largest church in the world? (7)
3. In which city would you find the CN Tower? (7)
6. What is the name of the world's largest art museum? (6)
9. The Rialto Bridge is the oldest bridge in which Italian city? (6)
10. How many heads are carved into Mount Rushmore? (4)
11. In which city would you find the Eiffel Tower? (5)
12. In which city would you find the famous Leaning Tower? (4)
14. In which city would you find the Colosseum? (4)
18. On which island would you find the Moai stone statues? (6)
20. In which city would you find the Taj Mahal? (4)

### Down

1. The Acropolis of Athens is home to which iconic building? (9)
4. How many waterfalls make up Niagara Falls? (5)
5. Which river carved the Grand Canyon? (8)
7. What is the name of the great bell in Elizabeth Tower, London? (6)
8. In which country would you find the Christ the Redeemer statue? (6)
13. In which mountain range would you find Machu Picchu? (5)
15. In which country would you find Stonehenge? (7)
16. What color is the Golden Gate Bridge? (6)
17. In which country would you find the castle that inspired the Disney Sleeping Beauty Castle? (7)
19. What does the Statue of Liberty hold in her right hand? (5)

# Word Search

## SUMMER NIGHTS



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

Fireflies

Sweater

Corn

Kool-aid

Ghost Story

Campfire

Friends

Moon

Root Beer

Singalong

Stars

Crickets

Marshmallows

Hotdogs

Laughter

Smores

Mountain Pies

Beer

Blanket

Joy

Word Search  
HAPPINESS IS...



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

Family

Children

Home

Books

Relaxation

Love

Adventure

Laughter

Food

Music

Kindness

Friends

Sunshine

Art

Travel

Nature

Hugs

Pets

Smiles

Hobbies

Word Search Hard

ELVIS MOVIES



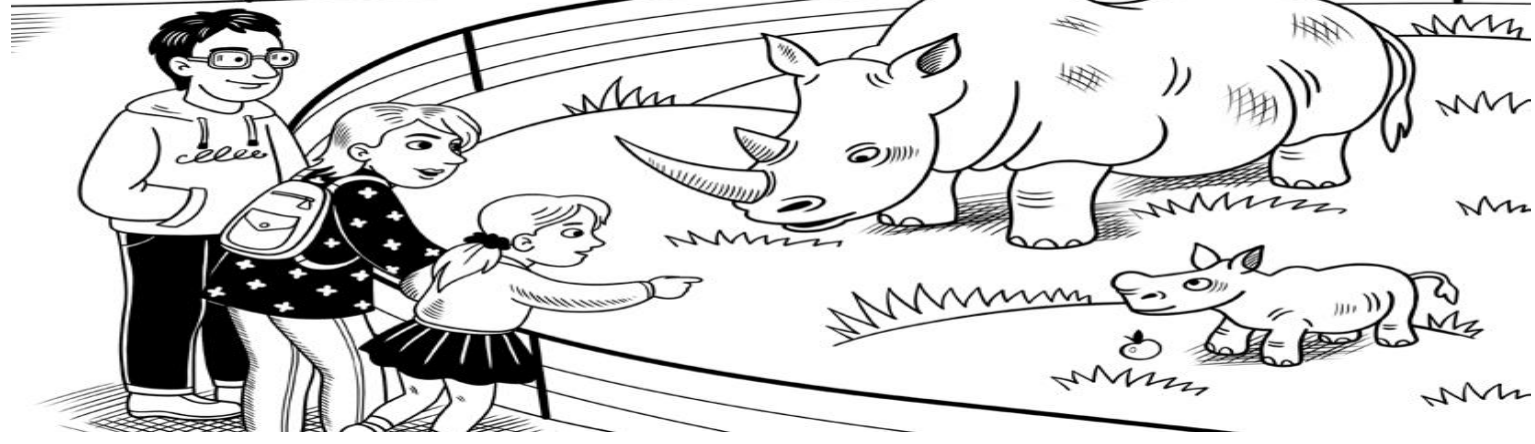
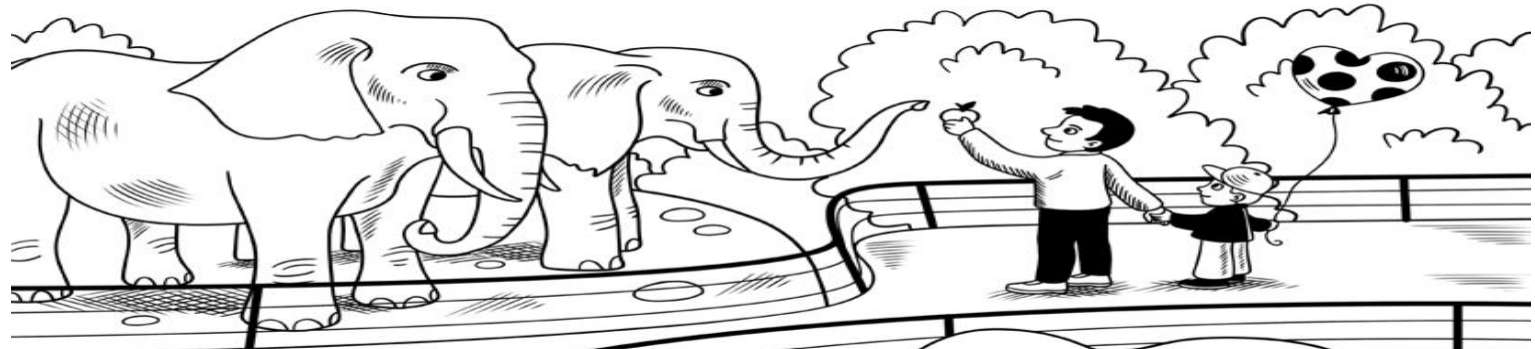
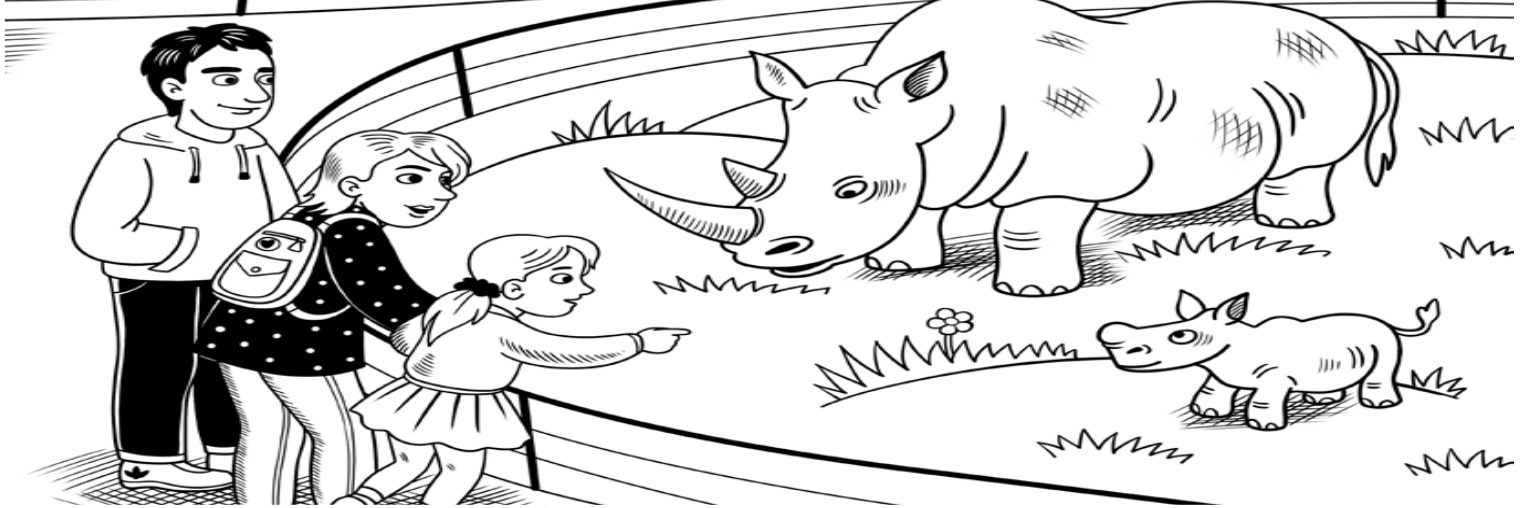
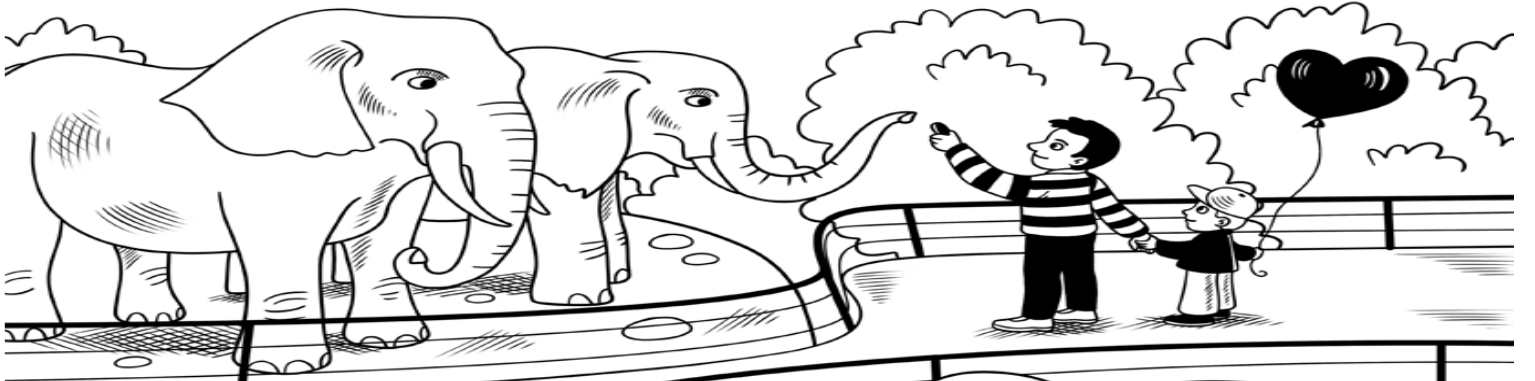
N U Z Z V D I I E Y T T U R E E O  
P Y F N T A R K O A E H O A M J T  
L Q Z E I H O I J W Z I Y T E T A  
C J N L B A U N Y D R S G S L X S  
L A Y B A L S G A E E I N G K B N  
A I P U H A T C W E D S I N C B I  
M L P O F G A R A P N E V I I W S  
B H A R O D B E Y S E L O M T T U  
A O H T E I O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

Love Me Tender  
This Is Elvis  
Roustabout  
Spinout  
Charro

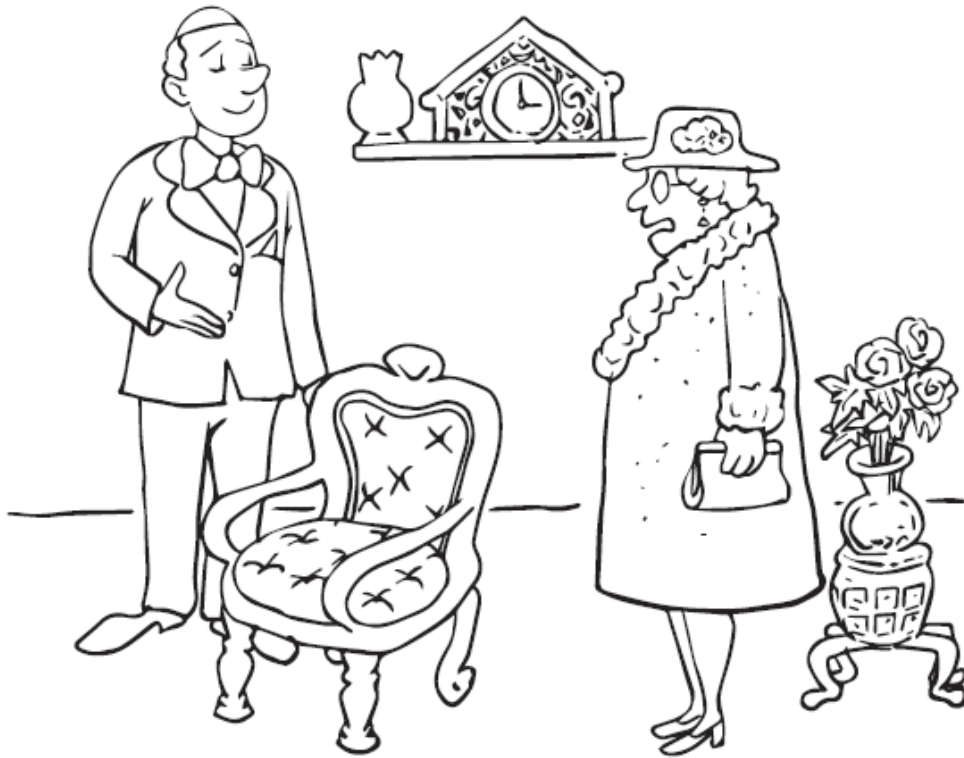
Loving You  
Blue Hawaii  
Girl Happy  
Double Trouble  
Change Of Habit

Jailhouse Rock  
Kid Galahad  
Tickle Me  
Clambake  
Flaming Star

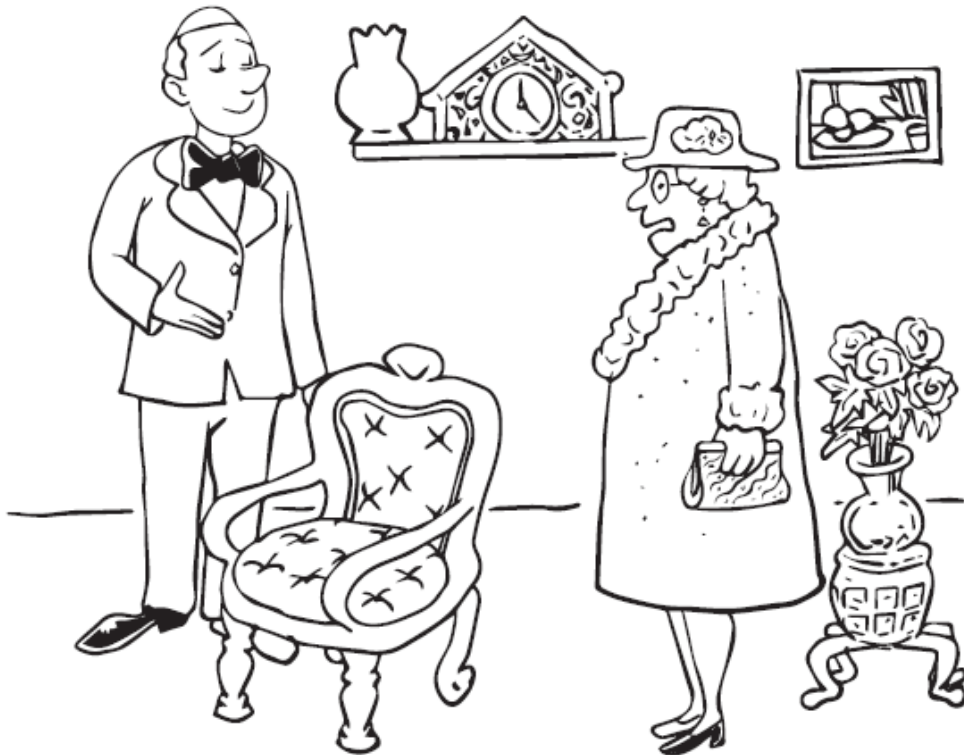
King Creole  
Kissin Cousins  
Harum Scarum  
Speedway  
Stay Away Joe



# Spot the Differences 10 to find!



WHAT DO YOU MEAN? A VICTORIAN T.V. CHAIR!



WHAT DO YOU MEAN? A VICTORIAN T.V. CHAIR!

# Flowers Word Scramble

- |                   |           |
|-------------------|-----------|
| 1. LLYI           | 1. _____  |
| 2. NPOYE          | 2. _____  |
| 3. IONRNTCAA      | 3. _____  |
| 4. LLAAC LYIL     | 4. _____  |
| 5. EOSR           | 5. _____  |
| 6. NDRAEGAI       | 6. _____  |
| 7. TAUMCMRHSEYNH  | 7. _____  |
| 8. NAINIZ         | 8. _____  |
| 9. LAHDAI         | 9. _____  |
| 10. WOEUSRNFL     | 10. _____ |
| 11. ISDYA         | 11. _____ |
| 12. NORNASDGAP    | 12. _____ |
| 13. NNGORMI YOGLR | 13. _____ |
| 14. ENRBEAV       | 14. _____ |
| 15. INTUPAE       | 15. _____ |
| 16. MRGLIADO      | 16. _____ |
| 17. PPYOP         | 17. _____ |
| 18. IFDDAFOL      | 18. _____ |
| 19. UPTIL         | 19. _____ |
| 20. DAYAGRNHE     | 20. _____ |



# Summer Activities



## Casa Loma Events

### Breathtaking Gardens

<https://casaloma.ca/project/casa-loma-breathtaking-gardens/>

Join us at Casa Loma every Sunday morning from June 14th to August 30th for Breath Taking Gardens, an immersive breath, sound, and connection experience presented by Soul Expansion.

Set within the lush gardens of Casa Loma, this series brings together history, nature, and sound in a peaceful morning setting. Guided by Freddy Gervasi and The Band of Souls, each session features layered instrumentation and intentional frequencies designed to calm the mind and support the body's natural flow.

### Dressing the Abbey Exhibit

<https://casaloma.ca/project/dressing-the-abbey/>

*Dressing the Abbey* – Experience original costumes worn by the stars of *Downton Abbey*<sup>™</sup> at Toronto's majestic castle, Casa Loma. Immerse yourself in the elegance of early 20th-century British aristocratic fashion, styles that would have felt right at home within these historic walls. The costume exhibition highlights fashion from one of the most widely watched television dramas in the world, *Downton Abbey*.

**Admission includes access to the 2nd and 3rd floors of Casa Loma only. The remainder of the castle is not included with exhibit admission and will not be available for touring.**

- **Hours of Operation: 5:30pm – 9:00pm (last admission at 8:30pm)**

### Casa Loma: Summer Series

<https://casaloma.ca/project/casa-loma-summer-series/>

Doors open at 5:00 PM. Show begins at 7:30PM.

From June 15th through September 7th, the gardens of Casa Loma transform into Toronto's most enchanting outdoor stage, where music, history, and summer romance meet under the stars. Each evening offers its own distinct rhythm.

Mondays feature the Casa Loma Symphony Orchestra, under the artistic direction of Maestro Paolo Busato, Tuesday's Rock Symphony features the vocal stylings of Justin Di Donato and Cleopatra Williams and Wednesdays are a celebration to the icons, from Abba to the Bee Gees, these performances bring nostalgia to life in a setting unlike any other.

**SYMPHONY IN THE GARDENS – Monday Evenings**

**ROCK SYMPHONY – Tuesday Evenings**

**TRIBUTE SHOWS – Wednesday Evenings**

## Evergreen Brickworks

### 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.

### Brickworks Summer Movies

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

There's something special about watching a movie outside in the summer. The warm air, the night sky, the sounds of nature in the background—it turns a movie night into something to remember.

Every Thursday in August, we're hosting a free outdoor screening under the Pavilions at Evergreen Brick Works (where the Saturday Farmer's Market meets). Bring a blanket or lawn chair, purchase something to eat or drink from one of our on-site food vendors and settle in for a family-friendly movie in one of Toronto's most beautiful settings. No registration required.

### Family Wanders

<https://www.evergreen.ca/evergreen-brick-work/activities/family-wanders/>

Family Wanders are guided walks that explore the beautiful nature at Evergreen Brick Works! Families will be able to get in touch with their senses and observe the changing seasons down in the Valley.

- **Cost:** We suggest a \$20 donation per family which will go directly towards supporting free programming at Evergreen Brick Works. Evergreen is a charity and none of the revenue generated is for profit.
- **Meeting location:** Family Wanders will meet by Building 1. We highly suggest parking in the West Lot. Your meeting point will be through the grey metal gates; follow the sign for Family Wanders.
- **Time:** Always 10:00 am – 11:00 am

Family Wanders take place rain or shine. Kindly note that the wander will leave the meeting spot at 10am and will end at 11am. We ask that families please arrive 5-10 minutes before the wander begins. If you plan to bring a pet along with you, please ensure they are leashed for the program's duration. Check website for dates.

### **Toronto Zoo**

See all Zoo Events here -

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



### **Weekend & Holiday Sensory Friendly Early Admission**

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

Saturday May 16 – Monday September 7

9:00am – 9:30am

Your Toronto Zoo is offering sensory-friendly early admission on weekends and holidays, giving guests the opportunity to enjoy the Zoo during a naturally quieter time of day, before regular crowds and activity levels increase. This can provide a more comfortable experience for individuals with sensory sensitivities.\*

### **Celebrate Canda Day at the Zoo**

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

Join us this Canada Day July 1, as we celebrate Canada’s 159th birthday with fun, music, and wildlife wonder!

9:30am - 4:00pm

Enjoy a soundtrack of great Canadian music playing throughout the area - a true celebration of our country’s cultural soundscape.

### **Royal Ontario Museum**

**All Events at the ROM - <https://www.rom.on.ca/whats-on/events>**

### **How Smart Can You Bee? Special Exhibition Tour & Bee Trivia**

<https://www.rom.on.ca/whats-on/events/conversations-how-smart-can-you-bee-special-exhibition-tour-bee-trivia>

Beat the summer heat with a cool, engaging visit to the exhibition, *BEES: A Story of Survival*, presented by Desjardins Financial Group, where you’ll encounter fascinating facts about bees you may never have heard. Take a closer look at their life cycle, why they matter so much to humans, what’s putting them at risk, and even meet some local bees from our own neighbourhood. After the exhibition tour, put your knowledge to the test in a lively, social game of bee-themed trivia. Come with family, friends, or join a team and meet new people! Designed to be family-friendly for ages 14 and up, your registration gives you full access to the special exhibition, *BEES: A Story of Survival*, plus general admission to the Museum, making it a fun and refreshing way to spend a summer day in the city.

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## **Distillery District**

### **Summer of Soccer**

<https://www.thedistillerydistrict.com/distillerys-summer-of-soccer/>  
<https://www.thedistillerydistrict.com/events/#1611763155990-ed380489-d8eb>

As Toronto gears up to host the world's biggest sporting event, ICFF is bringing the energy of the beautiful game to the heart of The Distillery Historic District with a celebration of soccer, cinema, and culture. Kicking off on June 25, The Distillery Historic District will transform into a cinema and fun event under the stars! As part of the official selection of movies, ICFF presents its 'Soccer Series' showcasing a lineup of new releases and fan-favourite classics, alongside special guests and champions of the game.

Featuring beloved films like *Bend It Like Beckham* and *Next Goal Wins*, the series celebrates soccer's global cultural impact while building excitement for the game's arrival in Toronto in 2026.

Individual tickets are available starting at \$22 per screening.

### **Breakfast Waking Tour**

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

**Tue Jun 16th 9:30am - Mon Sep 7th 11:00am**

Begin your day in the Distillery District with Toronto's best coffee and bites. Indulge in a rich morning experience with our new Distillery District Breakfast Tour. This tour features stops at favourite local Distillery District cafes and restaurants – start with a hot tea or coffee and then fuel up with a breakfast sandwich and biscotti. Your tour leaves our office at 9:30am on Saturday or Sunday – The perfect way to start a full day of Toronto highlights and exploration. As you wander from one beloved local cafe to the next, our Tour Guide will dish out the fascinating stories behind the Distillery District's historic brick streets and buildings. We'll guide you to the best photo spots too. And for our vegetarian friends, we're fully prepared with delicious veg selections—just give us a heads up!

Cost: \$65 + HST per person (minimum 2 per tour)

Time: Saturday / Sunday @ 9:30am

Duration: 75 minutes

Meeting Point: Go Tours Canada – 11 Gristmill Lane

Dietary notes: Vegetarian options available.



## **FARMERS MARKETS**

<https://www.destinationtoronto.com/leisure-blog/post/cant-miss-farmers-markets-in-toronto/>

### **St. Lawrence Market**

Farmer's Market

Saturday - 5am to 3pm

South Market

Tuesday to Friday – 9am to 7pm

Saturday – 7am to 5pm

Sunday – 10am to 5pm

Monday – Closed



### **Leslieville Farmers' Market**

*9 a.m.–2 p.m. on Sundays*

*Year-round*

Now operating year-round, LFM has served this east-end neighbourhood for over a decade with 55-plus local vendors at Greenwood Park, and, during the colder months, indoors at the [East End Food Hub](#).

With events including the renowned annual Night Market, it's a vibrant hotspot that welcomes visitors with fresh produce and live music. With regular vendor change-ups, each season brings new items, but you can always expect to find essential produce, baked goods, and freshly prepared foods.

### **Trinity Bellwoods Farmers' Market**

*3–7 p.m. on Tuesdays*

*May to October*

The [Trinity Bellwoods Farmers' Market](#) loves to support local farms and the idea of farm-to-table dining.

Local volunteers operate the market rain or shine and focus solely on food vendors. These vendors include Footstep Organics, Monforte Dairy, TC Tibetan Momos, Robinson Bread and more.

Located at Dundas West and Shaw Street, the market will leave you with a real sense of community and your weekly dose of fruits, baked goods and artisanal snacks.

## **Botanical Gardens**

[Upcoming Events - Toronto Botanical Garden](#)

## **Harbourfront**

<https://harbourfrontcentre.com/whats-on/>

<https://harbourfrontcentre.com/series/courses/>



## **Harbourfront's Summer Music in the Garden**

<https://harbourfrontcentre.com/series/summer-music-in-the-garden/>

Summer Music in the Garden is an intimate live music experience by the waterfront, occurring Thursdays at 7pm and Sundays at 4pm all summer. Presenting a multicultural slate of songs, sounds and stories, the Music Garden will host 20 free performances by Canadian musicians and celebrated local artists. This season's highlights include the classical storytelling of JUNO nominee Julie Lumsden, the Afrocentric choral music of The Nathaniel Dett Chorale, the electric Cuban rhythms of Montano Cubano and the Western, classical and Persian fusion of Ladom Ensemble.

*Summer Music in the Garden is made possible through the generosity of our partners and donors. Special thanks to the City of Toronto and founding patron and Toronto Music Garden champion Dr. James D. Fleck. The 2026 Summer Music in the Garden program is supported by the Hodgson Family Foundation, The William and Nona Heaslip Foundation and The Lloyd Carr-Harris Foundation.*

## **Summer Events & Festivals**

<https://www.destinationtoronto.com/events/annual-festivals-and-events/>

## **Adventure Seekers**

<https://www.haliburtonforest.com/book-online/book-canopy-tour/>

The canopy tour takes place 10 to 20 metres above ground and is over half a kilometre long as you trek through the “spectacular” scenery of the Haliburton Forest. The experience runs from late May to mid-October and costs \$98 for adults and \$78 for those aged 10 to 17.

## **Spend the day at one of Toronto's Beaches!**

### **Sunnyside Park**

<https://www.toronto.ca/explore-enjoy/parks-recreation/places-spaces/parks-and-recreation-facilities/location/?id=394>

Sunnyside Park is located in the west end of Toronto on the shore of Lake Ontario. It was once home to Sunnyside Amusement Park. It is a popular place for picnics. Sunnyside is one of a series of parks along the waterfront that has a boardwalk for pedestrians and the Martin Goodman Trail for cyclists and multi-use purposes. On the east side of the park you will find Sunnyside Pavilion and Sunnyside Gus Ryder Pool and on the west Sir Casimir Gzowski Park with a great playground.

### **Bluffer's Park**

<https://www.toronto.ca/explore-enjoy/parks-recreation/places-spaces/parks-and-recreation-facilities/location/?id=2>

Bluffer's Park was designed to improve public access to the base of the Scarborough Bluffs. It can be accessed by Brimley Road. The park features a sandy beach, picnic areas, walks, lookouts, a boat launch and visitors' dockage.

### **Marie Curtis Park**

<https://www.toronto.ca/explore-enjoy/parks-recreation/places-spaces/parks-and-recreation-facilities/location/?id=6>

Throughout this park, you can find an abundance of wildlife and native plants. There is a playground, a wading pool, a public swimming beach, picnic spots and walking trails, including a connection to the Waterfront Trail.

### **Woodbine Beach**

<https://www.toronto.ca/explore-enjoy/parks-recreation/places-spaces/parks-and-recreation-facilities/location/?id=311>

Woodbine Beach is a popular spot for picnics, sunbathing and swimming with wide stretches of sand, summer lifeguards, a bathing station and the Donald D. Summerville Outdoor Olympic Pool nearby. The recently renovated bathing station features upgraded ventilation and lighting, a new roof, an enlarged patio, change rooms, accessible washrooms, water bottle filling stations and a beach shower with a foot wash.

## Walking Trails

### Martin Goodman Waterfront Trail

<https://www.alltrails.com/trail/canada/ontario/martin-goodman-waterfront-trail>

This route follows trails that are also known as the Toronto Waterfront Trail. The trailhead is located in the beautiful Humber Bay. Humber Park offers plenty of parking. The route leads through several waterfront parks, West and East Islands, and to the harbourfront. The Humber Bay Arch Bridge offers a great scenic view of the river, city, and bay.

### The Kay Gardner Beltline Park and Trail

<https://www.toronto.ca/explore-enjoy/parks-recreation/places-spaces/parks-and-recreation-facilities/location/?id=884>

The Kay Gardner Beltline Park and Trail are a unique part of Toronto's parks and ravines. The trail follows an old railway line from Allen Road south of Elm Ridge Drive west to Mount Pleasant Cemetery. It is a great way to see the city along old ravines and through hidden green spaces. The Park is part of the Central Ravines, Beltline and Gardens Discovery Walk.

### Thomson Memorial Park

<https://www.toronto.ca/explore-enjoy/parks-recreation/places-spaces/parks-and-recreation-facilities/location/?id=543>

Thomson Memorial Park is a 41.8-hectare park that follows the West Highland Creek. The park has paths through the large wooded ravine. In 2021, the playground was improved as part of the Playground Enhancement Program and features play structures for children aged 18 months to five years and for children aged five and up. The playground also includes three types of swings, including an inclusive swing, and accessible benches and picnic tables.

The Dogs Off-Leash Area is fenced, allows Commercial Dog Walkers, and has a separate area for dogs weighing less than 9 kg.



## **Public Outdoor Swimming Pools**

### **Sunnyside Gus Ryder Outdoor Pool**

<https://www.toronto.ca/explore-enjoy/parks-recreation/places-spaces/parks-and-recreation-facilities/location/?id=433>

Located at the foot of Lake Shore Boulevard West and Parkside Drive. There is paid parking onsite. Bags aren't allowed on deck. Please use the lockers in the change rooms to store your items.

### **Donald D. Summerville Outdoor Olympic Pools**

<https://www.toronto.ca/explore-enjoy/parks-recreation/places-spaces/parks-and-recreation-facilities/location/?id=437>

Located on the beach at Woodbine Park. This facility features a 50-metre, Olympic-size pool, a 25-metre training pool and a separate diving pool. The diving pool features both five and 10-metre diving platforms.

### **Parkway Forest Park**

<https://www.toronto.ca/explore-enjoy/parks-recreation/places-spaces/parks-and-recreation-facilities/location/?id=718>

Located near Don Mills Road and Sheppard Avenue East.

There are two playgrounds in the park; one located at the north end between the community centre and the basketball court and the other south of the sports fields. The outdoor pool is located at 59 Forest Manor Rd across from the community centre.



### **Pine Point Park**

<https://www.toronto.ca/explore-enjoy/parks-recreation/places-spaces/parks-and-recreation-facilities/location/?id=859>

Located near Highway 401 and Islington Avenue that connects with the Humber River Recreational Trail. The park's wooded trails follow the banks of the Humber River and extend up to several surrounding neighbourhood streets. Additional amenities located in the park are the Pine Point Outdoor Pool and the Pine Point Arena.

## **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.

### **Program Calendar - Central Eglinton Community Centre**

### **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](#)

## 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](mailto:info@mosaichomecare.com) or call 416-322-7002

**For full listing of programs and workshops please take a look at our Spring & Summer Newsletter at:**

**[https://mosaichomecare.com/wp-content/uploads/2026/03/FEB2026\\_Mosaic\\_Newsletter\\_SPRING-SUMMER-2026\\_WEBSITE.pdf](https://mosaichomecare.com/wp-content/uploads/2026/03/FEB2026_Mosaic_Newsletter_SPRING-SUMMER-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, June 26<sup>th</sup>, July 30<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, June 18<sup>th</sup>, July 30<sup>th</sup>

**Time:** 1:00pm - 2:00pm

**Location:** Zoom



## COMMUNITY ONLINE PROGRAMS!

### [Stay, Play & Learn at Home \(City of Toronto\)](#)

*Activities over all seasons for all ages to enjoy in the comfort of your home. Sort by Audience for different target age groups such as Seniors, Youth or Kids. Many activities are for Everyone. **All activities are free.***

Please visit the City of Toronto website to view the full program listing: [Stay, Play & Learn at Home – City of Toronto](#)

### [Alzheimer Society of Toronto](#)

Featuring a variety of online programming, including art, music, exercise, safety, and webinars for caregivers and healthcare providers.

For view their activity calendar please visit: <https://alz.to/events/?tribe-bar-date=2022-09-02>



### [Art Blogs \(Art Gallery of Toronto\)](#)

*Read about art news from the AGO and more!*

Please visit the City of Toronto website to view the full program listing: [Blog Search | Art Gallery of Ontario \(ago.ca\)](#)

### [The Met Collection](#)

Look at some popular pieces from various collections showing at The Metropolitan Museum from the comfort of your home!

View collections here: <https://www.metmuseum.org/art/collection>

### [Online & Mobile Games \(Yee Hong Centre for Geriatric Care\)](#)

Games include Mahjong solitaire, Daily jokes (Android devices), Brain games (Android & Apple Devices).

Please visit the City of Toronto website to view the full program listing: [At-Home Activities | Yee Hong](#)

### [Social and Exercise Classes, Luma Care](#)

Luma Care is an organization that has made tremendous strides with senior online



connection through their Virtual Healthier Living Centre. To register, please click the link below. Keep in mind that you will need to download the Zoom app to participate.

**Website:** <https://lumacare.ca/>

### [Scarborough Centre for Healthy Communities](#)

Join SCHC online for their community programs. Check out their full online program listing on their website.



**Website:** <https://www.schcontario.ca/>

**Registration:** [jtandoc@schcontario.ca](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 | 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](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)

## **SENIOR SUPPORTS**

### **CAMH Mental Health Supports**

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

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

**Phone:** 416-535-8501

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

### **City of Toronto Mental Health Resources**

Website offers a listing of mental health supports across Toronto.

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

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

### **The Progress Place Warm Line**

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

**Website:** [Progress Place Warm Line](#)

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

### **Hospice Palliative Hotline**

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

### **Toronto's Senior's Helpline**

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

**Phone:** 416-217-2077

### **Neighbour 2 Neighbour (N2N) – Friendly Phone Calls**

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

**Phone:** 416-925-4363

**Email:** [info@theneighbourhoodgroup.org](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 Priya Hawkins

[priya@mosaichomecare.com](mailto: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](mailto:tcanhwebinars@gmail.com)





Crossword

WORLD WONDERS CROSSWORD



A crossword puzzle grid with the following words filled in:

- 1P: P
- 2V: V A T I C A N
- 3T: T O R O N
- 4T: T O
- 5C: C
- 6L: L O U V R E
- 7B: B
- 8B: B
- 9V: V E N I C E
- 10F: F O U R
- 11P: P A R I S
- 12P: P I S
- 13A: A
- 14R: R O M
- 15E: E
- 16O: O
- 17G: G
- 18E: E A S T
- 19T: T E R
- 20A: A G R A

The grid is composed of white squares for letters and empty squares for the crossword pattern. The words are arranged in a complex, interconnected layout.

# Word Search

## SUMMER NIGHTS



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

Word Search  
HAPPINESS IS...



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

Word Search Hard

ELVIS MOVIES



					D			E	Y	T <sub>↓</sub>	U	R	E		
				T	A	R <sub>↓</sub>	K <sub>↓</sub>	O	A		H	O	A	M	
			E	I	H	O	I	J	W		I	Y	T	E	
C <sub>↓</sub>	J <sub>↓</sub>		L	B	A	U	N	Y	D	R	S	G	S	L	S
L	A	Y	B	A	L	S	G	A	E	E	I	N	G	K	N
A	I	P	U	H	A	T	C	W	E	D	S	I	N	C	I
M	L	P	O	F	G	A	R	A	P	N	E	V	I	I	S
B	H	A	R	O	D	B	E	Y	S <sub>↓</sub>	E	L	O	M	T <sub>↓</sub>	U
A	O	H	T	E	I	O	O	A		T	V	L <sub>↓</sub>	A		O
K	U	L	E	G	K <sub>↓</sub>	U	L	T		E	I		L		C
E	S	R	L	N	O	T	E	S <sub>↓</sub>		M	S		F <sub>↓</sub>		N
	E	I	B	A		R	B <sub>↓</sub>	L	U	E	H	A	W	A	I
	R	G <sub>↓</sub>	U	H		R				V					S
	O		O	C <sub>↓</sub>				A		O					S
	C		D <sub>↓</sub>						H	L <sub>↓</sub>					I
	K		S <sub>↓</sub>	P	I	N	O	U	T	C <sub>↓</sub>					K <sub>↓</sub>
				H <sub>↓</sub>	A	R	U	M	S	C	A	R	U	M	

Love Me Tender

This Is Elvis

Roustabout

Spinout

Charro

Loving You

Blue Hawaii

Girl Happy

Double Trouble

Change Of Habit

Jailhouse Rock

Kid Galahad

Tickle Me

Clambake

Flaming Star

King Creole

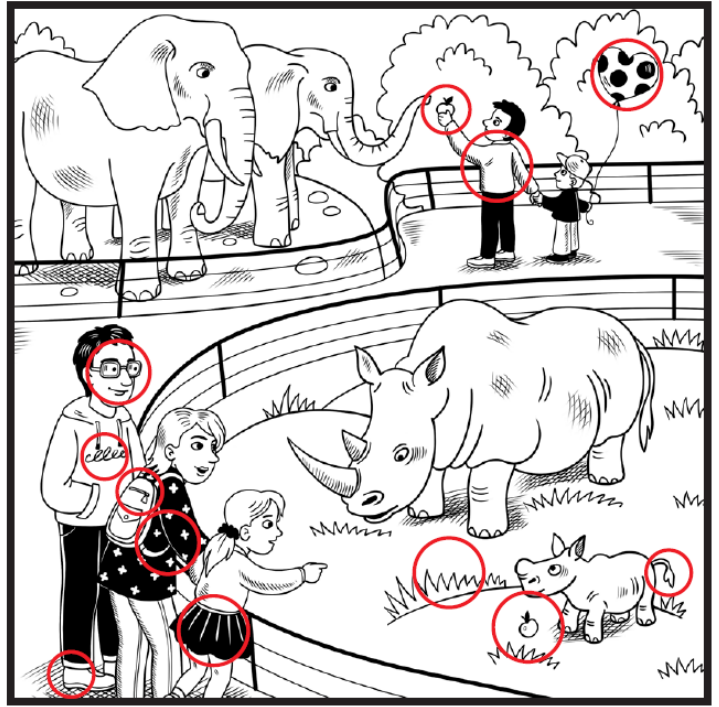
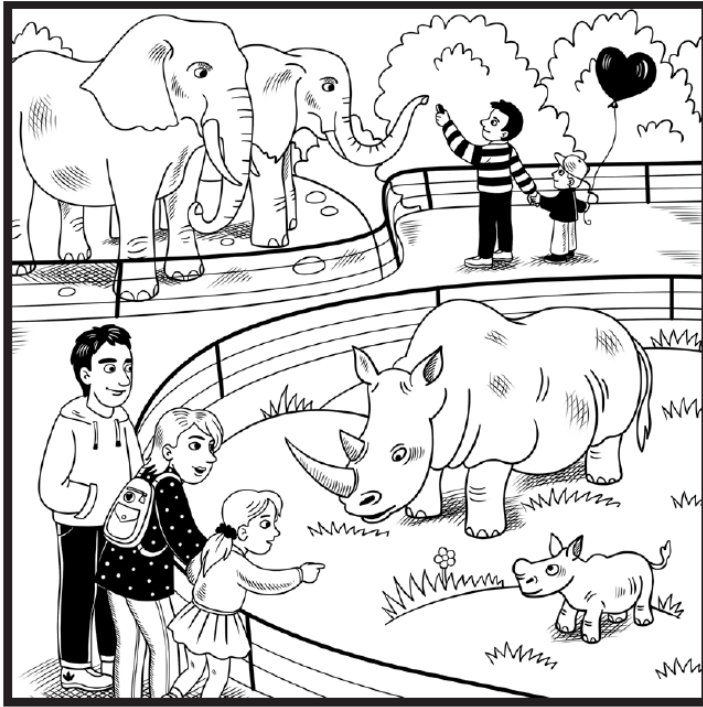
Kissin Cousins

Harum Scarum

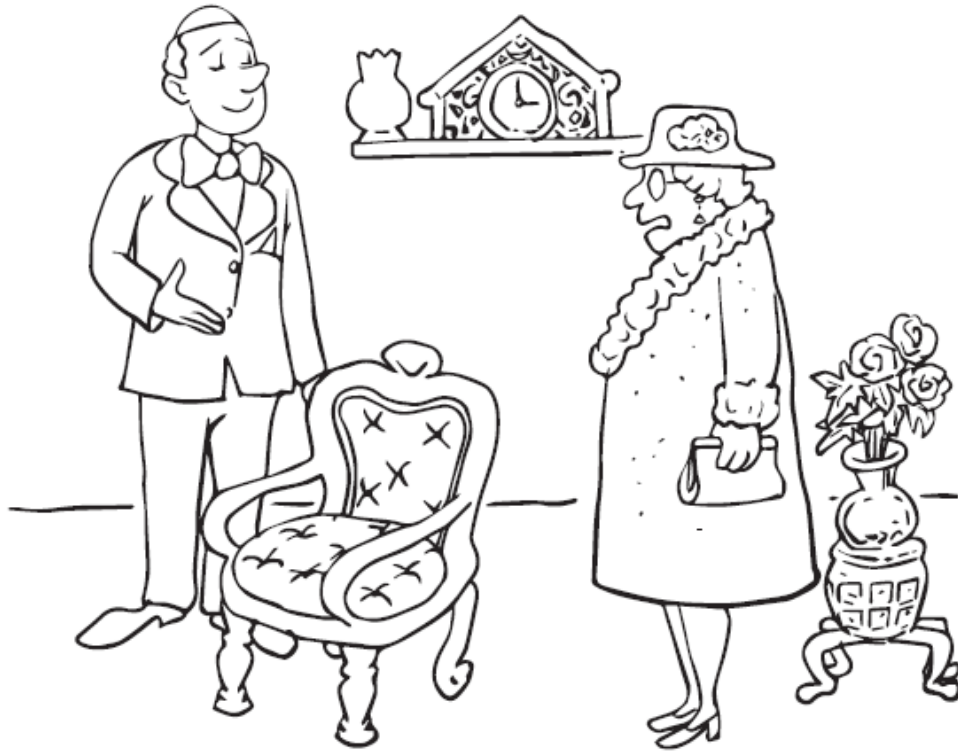
Speedway

Stay Away Joe

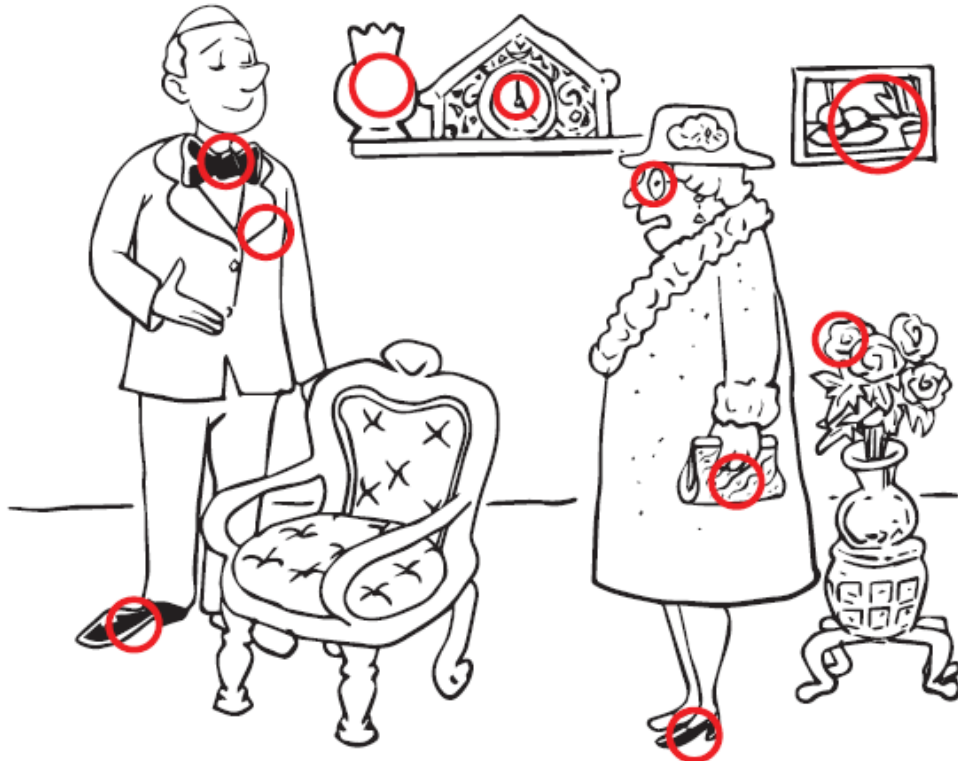
# Spot the Differences 12 to find!



# Spot the Differences 10 to find!



WHAT DO YOU MEAN? A VICTORIAN T.V. CHAIR!



WHAT DO YOU MEAN? A VICTORIAN T.V. CHAIR!

# Flowers Word Scramble Answers

- |                   |                   |
|-------------------|-------------------|
| 1. LLYI           | 1. LILY           |
| 2. NPOYE          | 2. PEONY          |
| 3. IONRNTCAA      | 3. CARNATION      |
| 4. LLAAC LYIL     | 4. CALLA LILY     |
| 5. EOSR           | 5. ROSE           |
| 6. NDRAEGAI       | 6. GARDENIA       |
| 7. TAUMCMRHSEYNH  | 7. CHRYSANTHEMUM  |
| 8. NAINIZ         | 8. ZINNIA         |
| 9. LAHDAI         | 9. DAHLIA         |
| 10. WOEUSRNFL     | 10. SUNFLOWER     |
| 11. ISDYA         | 11. DAISY         |
| 12. NORNASDGAP    | 12. SNAPDRAGON    |
| 13. NNGORMI YOGLR | 13. MORNING GLORY |
| 14. ENRBEAV       | 14. VERBENA       |
| 15. INTUPAE       | 15. PETUNIA       |
| 16. MRGLIADO      | 16. MARIGOLD      |
| 17. PPYOP         | 17. POPPY         |
| 18. IFDDAFOL      | 18. DAFFODIL      |
| 19. UPTIL         | 19. TULIP         |
| 20. DAYAGRNE      | 20. HYDRANGEA     |



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