

# Fall 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/2DUBKpjZ76GjkgYxjsS38>

## Mosaic's Newsletter

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

### FALL 2025 NEWSLETTER:

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

Our newsletter keeps you informed about what's new at Mosaic and contains a calendar of events that take place at Mosaic Home Care and in the Community!

If you have any questions regarding the activities or resources in this booklet or having a difficult time and are needing to talk. Please reach out to Lauren at

416-322-7002 or 905-597-7000 Ext. 227, or [sangita@mosaichomecare.com](mailto:sangita@mosaichomecare.com)

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## **AT HOME ACTIVITIES**

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

### **RECIPES**

Treat everyone to this easy and festive pumpkin pie recipe, perfect for a fun, seasonal celebration.

#### **Pumpkin Pie**

##### **Ingredients**

- 2 cups cold canned pureed pumpkin (or steam and puree your own)
- 3 eggs
- ½ cup brown sugar
- A pinch each of ginger, cloves, and nutmeg powder
- 1 cup thickened cream
- Icing sugar, for dusting
- Short crust pastry

##### **Method**

- Preheat the oven to 220°C (425°F), or gas mark 7.
- Line a 23 cm (9-inch) loose-base baking pan with baking paper.
- Roll out the short crust pastry and gently press it into the pan, covering the edges.
- Refrigerate for 20 minutes.
- In a food processor, blend the pumpkin puree, eggs, cream, brown sugar, and spices until smooth.
- Pour the pumpkin mixture into the chilled pastry pan (no need to blind bake).
- Bake in the preheated oven for 10 minutes.
- Reduce the oven temperature to 160°C (320°F) and bake for another 30–40 minutes, depending on your oven. The pie is ready when the filling is set but slightly wobbly in the center.
- Allow the pie to cool before removing it from the pan.
- Dust with icing sugar and chill before serving. Pair with crème fraîche or sour cream for a perfect finish.

Enjoy!

## **Thukpa (Soupy Noodles)**

### **Ingredients**

- ½ pack of your choice of noodles or spaghetti
- 1 bowl of your choice of legumes (black chickpeas are preferred more)
- 1 Onion and 1 garlic
- 1 tablespoon of cumin and coriander powder
- 1 Potato

### **Method**

- Soak your legumes overnight or few hours for it to get soft.
- Add some oil in a pot and stir fry chopped onion, potatoes and minced garlic.
- Add soaked black chickpeas.
- Add cumin and coriander powder and stir fry them.
- Add few glasses of water completely covering the food.
- Cooked until soft or it's easier if you use pressure cooker. Cooked till 4-5 whistle in pressure cooker.
- Boil water with pinch of salt and a drop of oil.
- Add your noodles and boil until tender or follow package instructions.
- Drain the hot water and wash the noodles with cold water.

### **Plating**

- In a serving bowl add noodles.
- Add the hot legume soup directly into the noodles.
- Garnish generously with fresh coriander and green spring onion.

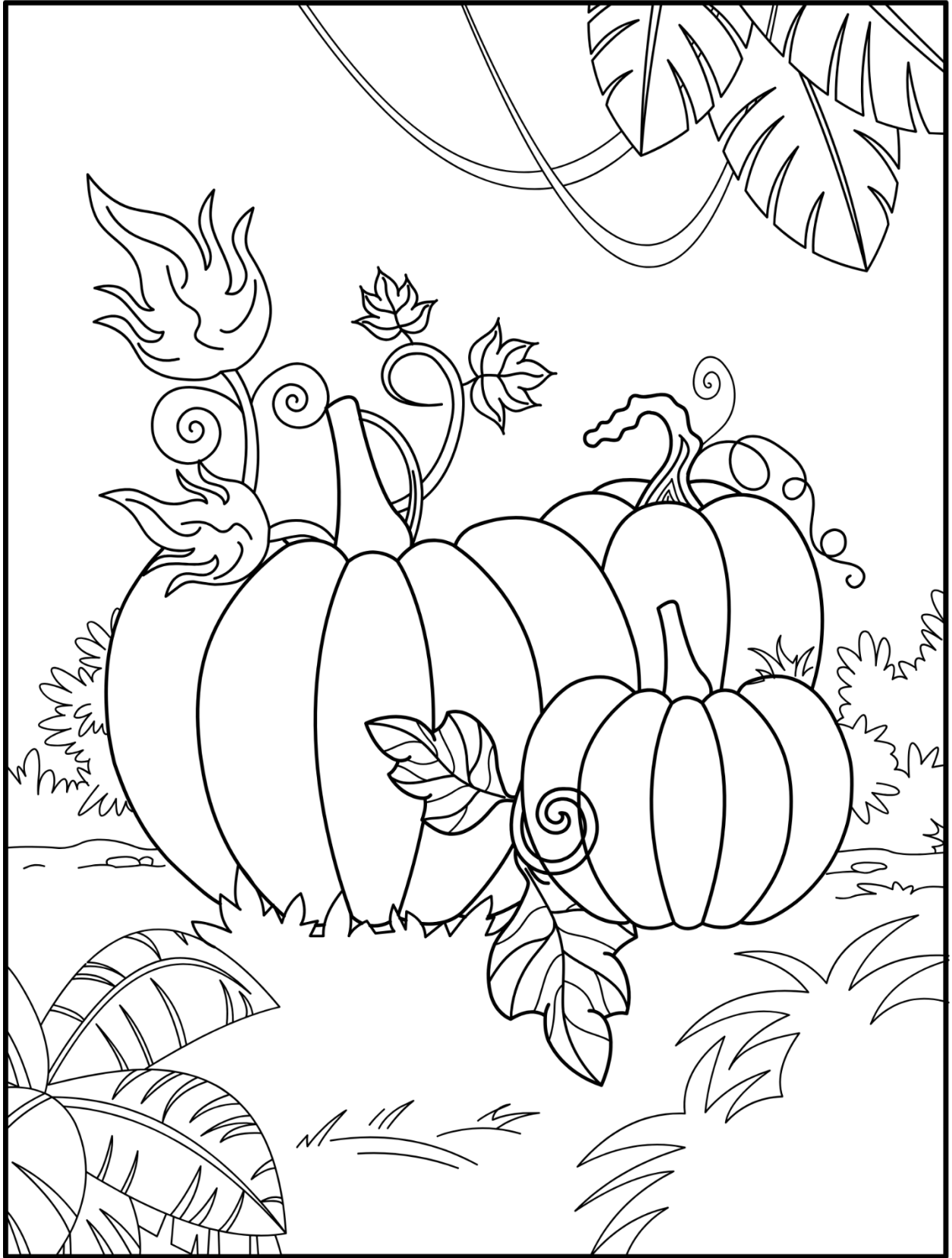
Enjoy your hot soupy noodles, you can always tweak it according to your taste.

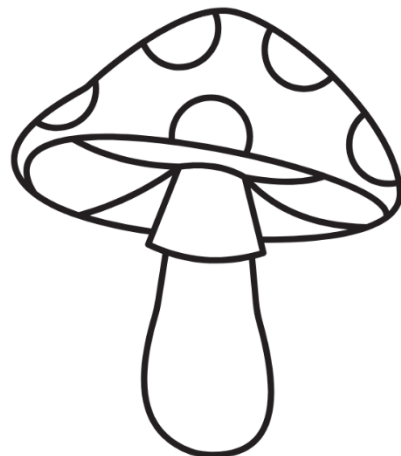
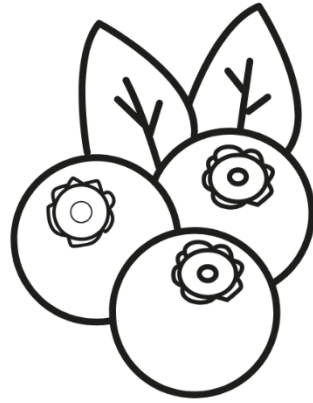
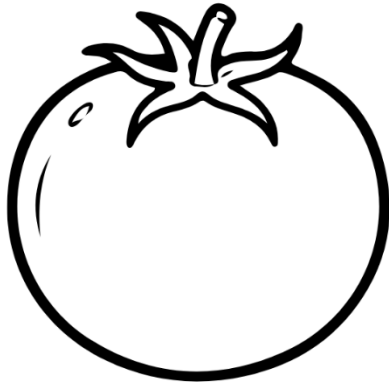
**Have a recipe that you would love to share?**

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

# Colouring Pages





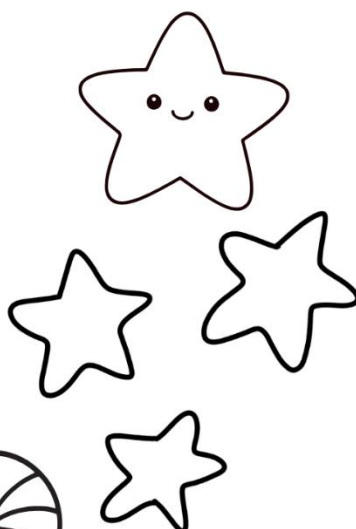




**HAPPY HALLOWEEN**



HAPPY  
Thanks  
giving



❄ MERRY ❄  
CHRISTMAS



# Arts & Crafts



## DIY Autumn Wreath at Home

Step by step method to make autumn wreath at home.

Material needed:

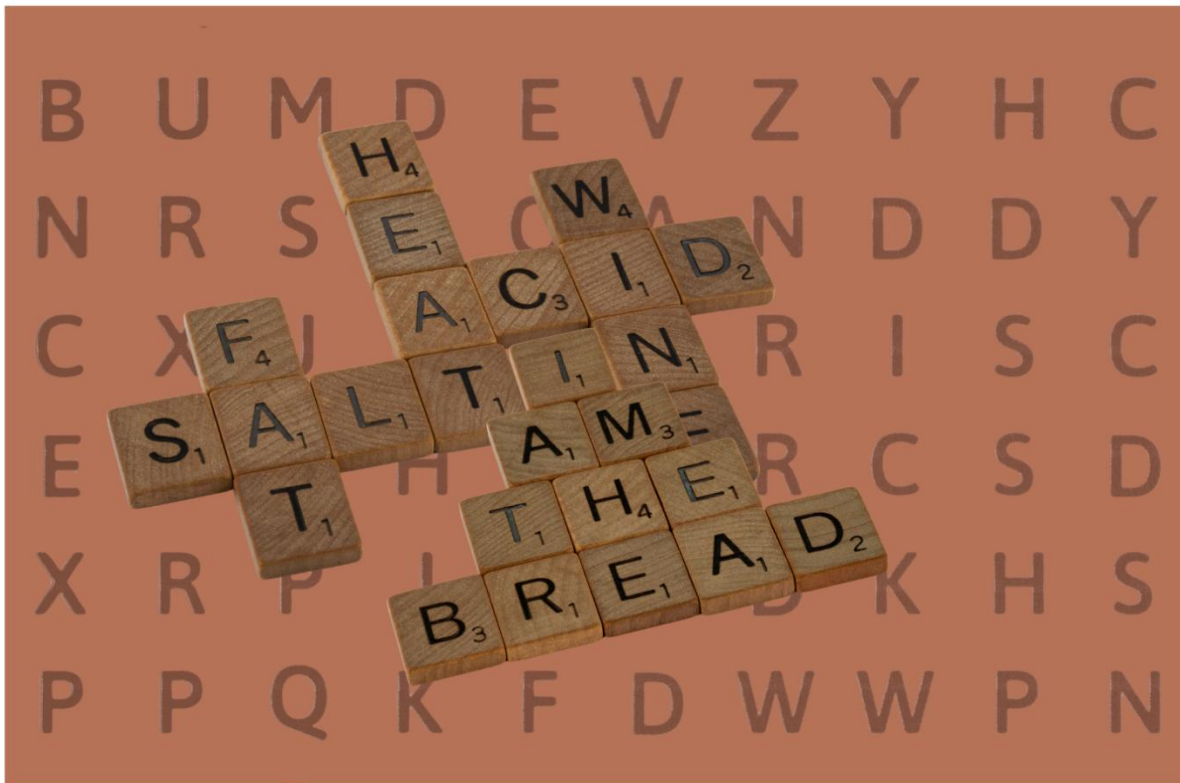
- Grapevine, foam or wires as a wreath base
- Artificial leaves like maple, birch, oak
- Artificial berries, small pumpkin, and pinecones for decoration
- Green craft wire or paint green on your regular wire
- Hot glue gun and glue stick
- Scissor or wire cutter

Instruction:

- Make your wreath base with grapevine or wire you have
- Secure it and add some green wire in wreath
- Start decorating as you like with artificial leaves, berries, and pinecones using hot glue gun
- Look if there is any empty space, and add decorative items in that area
- Let it air dry
- After few hours it is ready to hang on your door or anywhere you like.



## Puzzle & Trivia



# Word Search

## GRATITUDE WORD SEARCH



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

Grateful

Hug

Encourage

Compliment

Patience

Thankful

Note

Care

Listen

Forgive

Support

Kindness

Acknowledge

Help

Thank You

Smile

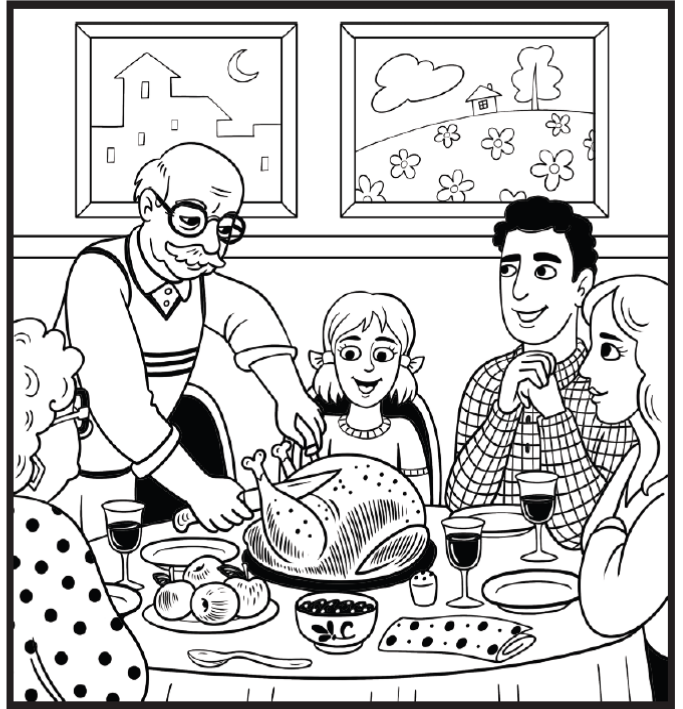
Praise

Respect

Appreciate

Blessings

## Spot the Differences 13 to find!



*Word Search*

## FALL WORD SEARCH



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

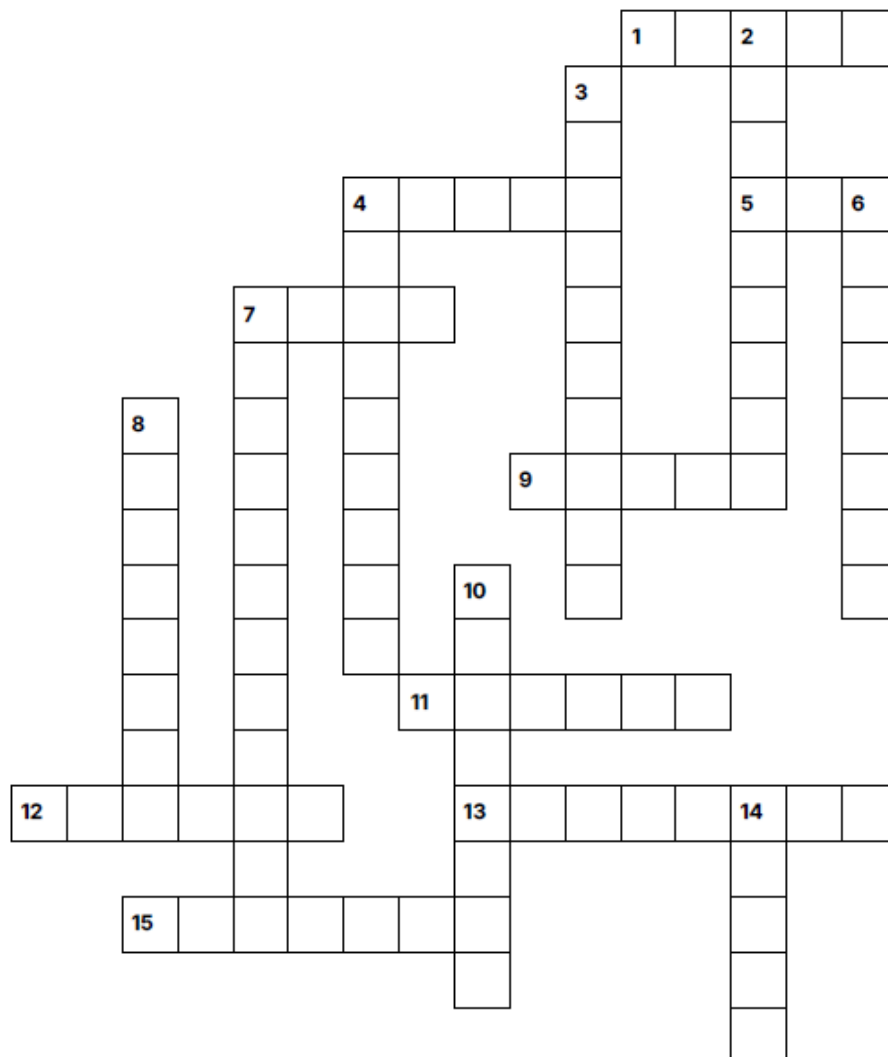
## FALL WORD SEARCH

*Activities for Seniors*

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

*Crossword*

# THANKSGIVING DAY



## Halloween Word Game

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

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



- |               |       |               |       |
|---------------|-------|---------------|-------|
| 1. AMUTUN     | _____ | 13. KTYAACSH  | _____ |
| 2. ANIRY      | _____ | 14. PAELP     | _____ |
| 3. GANREO     | _____ | 15. AEFL      | _____ |
| 4. EAKR       | _____ | 16. UNPIPMK   | _____ |
| 5. RESAOWCRC  | _____ | 17. STHAERV   | _____ |
| 6. SLQEIURR   | _____ | 18. PERAS     | _____ |
| 7. RDE EEVLAS | _____ | 19. UCENSHTST | _____ |
| 8. YWNID      | _____ | 20. PEALM     | _____ |
| 9. QSUASH     | _____ | 21. FBONIRE   | _____ |
| 10. RCAON     | _____ | 22. ETASWER   | _____ |
| 11. GOENLD    | _____ | 23. DRCEI     | _____ |
| 12. CRNO      | _____ | 24. SOTREF    | _____ |

## Christmas Word Scramble

Can you unscramble these Christmas words? First letter provided.

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

## Fall Activities

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

### Places to visit

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

## Pumpkinfest Toronto at Downsview Park

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

**October 10<sup>th</sup> – 13<sup>th</sup>**

Downsview Park

35 Carl Hall Road, Toronto, Ontario M3K 2B6

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

## Casa Loma

### [Legends of Horror - Casa Loma](#)

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

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

## Distillery District

### [The Distillery Historic District | Events](#)

Free Summer Music Series: Line Dance Lessons!

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

★ Led by Good for the Soul Line Dancing

📅 Every Friday until October 9<sup>th</sup> (except September 25<sup>th</sup>)

🕒 6PM-8PM

📍 Trinity Street Stage

## Pedestrian Sundays in Kensington Market

### [Pedestrian Sunday at Kensington Market in Toronto | Mato](#)

*May – October: last Sunday of the month*

On the last Sunday of the month from May to October, the coolest neighbourhood of Toronto closes its streets to vehicles and becomes a big block party. Spend the day exploring the shops and art, jewelry vendors, eating delicious foods from around the world and listening to live

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

#### [Pumpkins After Dark - MILTON](#)

*September 26<sup>th</sup>, 2026 – October 31<sup>st</sup>, 2026*

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

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

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

### **Visit Pumpkin Patch**

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

##### [Downey's Farm Market in Caledon, Ontario near Toronto](#)

13682 Heart Lake Road, Caledon, Ontario L7C 2J5, Canada

#### **Dixie Orchards**

##### [Dixie Orchards - Pick Your Own Apples, Pumpkin Patch](#)

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

#### **Reesor's Farm market**

##### [Reesor's Farm Market — Reesor's Markets](#)

10825 9th Line Markham, Ontario L6B 1A8, Canada



## **Fall market and Harvest Festivals**

### **Scarborough Fall Market & Harvest Festival**

Event: Scarborough Fall Market & Harvest Festival

Dates: Friday, September 25<sup>th</sup> – Sunday, September 27<sup>th</sup>, 2026

Time: 10:00 AM – 6:00 PM

Location: 1005 Brimley Rd, Toronto, ON

Admission: Free and open to the public

### **Mississauga Fall Market & Food Festival**

Celebrate the beauty of fall at the Mississauga Fall Market & Food Festival, a three-day community event featuring delicious food, unique shopping, and local entertainment!

Event: Mississauga Fall market & Food Festival

Dates: Friday, September 11<sup>th</sup> – Sunday, September 13<sup>th</sup>, 2026

Time: 10:00 AM – 8:00 PM (Daily)

Location: 300 City Centre Drive, Mississauga, ON L5B 3C1

### **Taste of Toronto Culture Fest**

Dive into the vibrant flavors and beats of the city at Taste of Toronto Culture Fest—food, fun, and fest vibes!

Event: Taste of Toronto Culture Fest 2026 🍁

Dates: October 29<sup>th</sup> (10:00 AM) – October 31<sup>st</sup> (12:00 PM)

Time: 10:00 AM – 12:00PM

Location: 650 Dixon Road, Toronto, ON M9W 1J1

## **Farmers Markets**

### **St. Lawrence Market**

[St. Lawrence Market: Home](#)

### **Kensington Market**

<https://kensingtonmarket.to/>

### **Stackt Market**

<https://stacktmarket.com/>

### **Habourfront Centre**

<https://harbourfrontcentre.com/>

## **Fall Fairs**

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

September 4<sup>th</sup> – 20<sup>th</sup>

[Niagara Grape & Wine Festival](#)

### **Uxbridge Fall Fair (Uxbridge)**

September 11<sup>th</sup> – 13<sup>th</sup>

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

### **Severn Bridge Fall Fair (Muskoka)**

September 12<sup>th</sup>

[Severn Bridge Fall Fair | Home](#)

### **Markham Fair**

October 1<sup>st</sup> – 4<sup>th</sup>

[Markham Fair](#)

### **Kitchener-Waterloo Oktoberfest**

September 25<sup>th</sup> - October 17<sup>th</sup>

[Home - Kitchener-Waterloo Oktoberfest](#)

## **Apple Festivals**

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

September 19<sup>th</sup> – 20<sup>th</sup>

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

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

September 24<sup>th</sup> – 27<sup>th</sup>

[Applefest - Municipality of Brighton](#)

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

September 26<sup>th</sup>

[Wellesley ABC Festival](#)

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

October 10<sup>th</sup> – 12<sup>th</sup>

[BMVA - Apple Harvest Event Info](#)

## **Apple Picking**

### **Pine Farms Orchard**

<https://pinefarmsorchard.com/>

Bakeshop      Market      Cafe

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

### **Fall Hours**

**August 12<sup>th</sup> - December**

**Tuesday- Sunday 9am–5pm**

**Open Labour Day & Thanksgiving**

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



## **Walking Trails**

### **Moore Park Ravine Trail**

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

### **Martin Goodman Waterfront Trail**

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



### **Sherwood Park Trail**

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

### **Earl Bales Park**

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

Here you can find many other wonderful trails to explore

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



## **Cooking Classes**

### **The Chef Upstairs**

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

### **Longo's Cooking Classes**

[Longos](#)

### **Dish Cooking Classes**

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

### **Eataly**

[Eataly Don Mills | Eataly](#)

### **St Lawrence Market**

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

## **Fall Cozy Treats**

### **Balzac's Café**

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

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

### **Dineen Coffee**

[Dineen Coffee Company](#)

Several locations in Toronto



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



## Free Windows

**Several museums and cultural spaces offered free admissions on some specific days of weeks or months.**

**1. Gardiner Museum**

Free every Wednesday from 4:00 p.m. to 9:00 p.m.

**2. Aga Khan Museum**

Free every Wednesday from 4:00 p.m. to 8:00 p.m.

**3. Bata Shoe Museum**

Free every Sunday from 12:00 p.m. to 5:00 p.m.

**4. Art Gallery of Ontario (AGO)**

Free admission on first Wednesday of the month, from 6:00 p.m. to 9:00 p.m. Also, visitors 25 and under are always free. Tickets must be pre-booked online in advance.

**5. Royal Ontario Museum (ROM)**

Free admission on the third Tuesday of the month, from 4:00 p.m. to 8:30 p.m. Tickets must be pre-booked online in advance.

**6. Museum of Contemporary Art (MOCA)**

Free admission on the first Friday of every month from 5:00 p.m. to 9:00 p.m.

**List of always free museum in Toronto:**

- Fort York National Historic Site
- Spadina Museum
- Gibson House Museum
- Todmorden Mills
- Colborne Lodge
- Montgomery's Inn
- Scarborough Museum
- Mackenzie House
- Zion Schoolhouse
- Market Gallery

Website: [Free Museum & Gallery Admission Days in Toronto - Child's Life](#)

## Free admission with your adult Toronto Public Library card.

Discover, explore and enjoy Toronto's arts, cultural experiences, and attractions with [tpl:map](#). Book your free pass with your adult library card and start your adventure today.

- [Aga Khan Museum](#)
- [Art Gallery of Ontario \(AGO\)](#)
- [Bata Shoe Museum](#)
- [Canadian Stage](#)
- [Cathedral Bluffs Symphony Orchestra](#)
- [DanceWorks](#)
- [Etobicoke Philharmonic Orchestra](#)
- [Gardiner Museum](#)
- [Hot Docs Cinema](#)
- [Hot Docs Festival](#)
- [Inter Toronto FC](#)
- [McMichael Canadian Art Collection](#)
- [Mooredale Concerts: Music & Truffles KIDS](#)
- [Museum of Contemporary Art](#)
- [Ontario Science Centre: KidSpark at Harbourfront Centre](#)
- [Reptilia](#)
- [Ripley's Aquarium of Canada](#)
- [Royal Conservatory of Music](#)
- [Royal Ontario Museum \(ROM\)](#)
- [Tafelmusik](#)
- [Textile Museum of Canada](#)
- [The Royal Agricultural Winter Fair](#)
- [The Village at Black Creek](#)
- [Toronto Railway Museum](#)
- [Toronto Symphony Orchestra](#)
- [Toronto Zoo](#)

Visit TPL Map or [tpl:map | Toronto Public Library](#) to book your online free tickets and for more information.

## **COMMUNITY PROGRAMS**

### **Senior Shape Fitness**

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

### **Central Eglinton Community Centre**

160 Eglinton Avenue East

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

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

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

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

[dongy@vibranthealthcare.ca](mailto:dongy@vibranthealthcare.ca)

### **Parkinsons Canada**

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

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

### **Ontario Society of Senior Citizens Organization**

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

[Ontario Society of Senior Citizens Organizations Events - 13 Upcoming Activities and Tickets | Eventbrite](#)

### **North York Seniors Centre**

[www.nyseniors.org](http://www.nyseniors.org)

416-733-4111

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

### **Better Living Health and Community Service**

**Open House | Fall Fun Fair & Sale - Better Living**

416- 447-7244

Open House- Fall, Fun, Fair & Sale on September 12, 13, 14

3 Jam packed days of...FREE classes, workshops, events, Daily Deals, giveaways & MORE!



St. Clair O'Connor  
Community

Open to  
the Public

# HEALTH & WELLNESS FAIR

Free  
Lunch  
&  
Admission

Tuesday September 3rd 2026

**10:AM-2:00PM**

2701 St. Clair Ave. E. Toronto On. M4B 1M5  
(Corner of St. Clair E. and O'Connor Dr.)

While lunch is FREE, it is important that you sign up in advance to ensure that we are able to serve all of our visitors who would like Lunch,  
Please reserve no later than August 28th before 4:00pm at reception  
416-757-8757

Exhibitors include:

- \* Toronto Police Services 55 Division
- \* Mary Morton Tours
- \* Healthy Hearing
- \* Alzheimer Society
- \* Qualicare
- \* Tai Chi Demonstration
- \* Blood Pressure Clinic
- \* OCAO
- \* MPP Office
- \* and more

Hosted by St. Clair O'Connor  
Community in partnership and funded  
by the Older Adult Centres'  
Association of Ontario with Funding  
Support from the Government .  
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Older Adult Centres' Association of Ontario  
Association des centres pour aînés de l'Ontario

OCAO

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



Funding provided by:



## **IN-PERSON PROGRAMS & EVENTS**



### **UPCOMING IN-PERSON MOSAIC EVENTS!**

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

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

[https://mosaichomecare.com/wpcontent/uploads/2026/09/JUL2026\\_Mosaic\\_Newsletter\\_FALL-2026\\_WEBSITE.pdf](https://mosaichomecare.com/wpcontent/uploads/2026/09/JUL2026_Mosaic_Newsletter_FALL-2026_WEBSITE.pdf)

### **FALL 2026 NEWSLETTER:**

**Dance Fitness Weekly at Armour Heights with Jenn Hicks (In-Person)** – This low impact dance fitness class with Jenn uses diverse music and simple dance movements to create a dynamic and energizing aerobic workout. With easy-to-follow moves that can be done seated or standing.

Every Monday from September 14th to December 14th, 2026

**The Green Bench Documentary Screening – A Red-Carpet Event at Mosaic (In-Person)** – Ron Schlegel once said, “The greatest untapped resource in Canada, if not the world, is the collective wisdom of our elders.” The Green Bench is an 83-minute documentary built around that idea, following residents in long-term care and retirement communities as they share stories, insight, and hard-earned wisdom that too often go unheard.

Thursday September 24th, 2026

**Location:** Mosaic Home Care Community Resource Centre, 105 Wilson Avenue

**Back by Popular Demand: Sound Advice for A Happy Retirement with Sheldon Park (Retired Lawyer) (In-Person)**

Lunch and Learn – How to truly enjoy your retirement!

Friday October 16th, 2026

**Time:** 11:00 a.m. to 1:30 p.m.

**Location:** Mosaic Home Care Community Resource Centre, 105 Wilson Avenue

**Cost:** \$5 (Collected upon arrival)

**Registration is required for all the programs.**

# The GREEN BENCH

DOCUMENTARY SCREENING

*A Red-Carpet Event at Mosaic*

In collaboration with  
**Schlegel Villages and  
Elder Care Transition**



Ron Schlegel once said, "The greatest untapped resource in Canada, if not the world, is the collective wisdom of our elders." **The Green Bench** is an 83-minute documentary built around that idea, following residents in long-term care and retirement communities as they share the stories, insight, and hard-earned wisdom that too often go unheard.



The film is an invitation to sit down, listen, and see older adults differently. It challenges the assumptions we make about aging and shows what happens when generations take the time to really talk to one another.

This screening is for anyone who works with, cares for, or simply wants to understand older adults better: care providers, students, families, community groups, and neighbours alike. Come away with a new appreciation for the people who came before us, and the conversations still waiting to happen.

Join us for a screening of **The Green Bench**. Bring a friend, bring a question, and be ready to listen and share your wisdom.

**Date:** Thursday September 24<sup>th</sup>, 2026 **Time:** 10:00 a.m. to 1:00 p.m.

**Location:** Armour Heights Presbyterian Church (105 Wilson Ave, North York)  
(Free parking. Close to public transit.)

*Come dressed to impress.*

**Limited spots available. Registration required.**

To register please call **416.322.7002** or [info@mosaichomecare.com](mailto:info@mosaichomecare.com)

**Cocktail hour is from 10:00 a.m. to 10:30 a.m. We will be providing a light lunch.**

To register for all programs call our offices at **416.322.7002** or [info@mosaichomecare.com](mailto:info@mosaichomecare.com) if you need more information.

 **Proudly Canadian**



*What a difference we make\*!*

## Mosaic Home Care Services & Community Resource Centre

### Corporate Office

105 Wilson Avenue, Second Floor  
Toronto, ON M5M 2Z9  
Tel **416.322.7002** | **905.597.7000**

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

### Community Resource Centre

105 Wilson Avenue, Lower Level  
Toronto, ON M5M 2Z9  
Tel **416.322.7002** | **905.597.7000**

| [info@mosaichomecare.com](mailto:info@mosaichomecare.com)

**Mosaic's** *Jingle & Mingle*  
FESTIVE HIGH TEA!

*Happy Holidays!*

Come and enjoy a magical afternoon with a festive high tea and a variety of entertainment inspired by cultures from around the world! Sip warm tea, taste sweet and savoury treats, come celebrate in style.



**Live Band Music:** Over 36 years experience entertaining audience of all ages! Get ready to dance the afternoon away to tunes of the incredible **Sugar Rush** – bringing the energy of the holiday spirit to the stage! Will guarantee a great time!

We encourage you to bring a non-perishable food item which will be collected and donated to the local food bank. You are encouraged to wear your fascinator/hats for this occasion.

★ **Registration required. Limited spots available, reserve your spot today!** ★

★ **Date:** Friday November 27<sup>th</sup>, 2026 **Time:** 1:00 p.m. to 4:00 p.m. ★

**Location:** Armour Heights Presbyterian Church (105 Wilson Avenue, North York)

(Free parking. Close to public transit.)

ARMOUR  
HEIGHTS



PRESBYTERIAN  
CHURCH

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

**Please RSVP by Friday November 13<sup>th</sup>, 2026**

To register for all programs call our offices at **416.322.7002** or **info@mosaichomecare.com** if you need more information.

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| **info@mosaichomecare.com**

## **ONLINE PROGRAMS**



### **UPCOMING ONLINE MOSAIC EVENTS!**

Requires access to a computer or smartphone and internet access.

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

#### **Mosaic's Growing Wellness Cafe (Zoom)**

Gentle warm-up and brain exercises. Experience this month's garden and nature theme through poetry, art, and activities. A Memory – Friendly Community Program.

Wednesdays, September 2nd, October 7th, November 4th, and December 2nd, 2026

#### **Mosaic's Knitting & Crochet Social Group (Zoom)**

Every other Wednesday of the month (Schedule sent upon registration)

Start date: September 9th to December 9th, 2026

#### **Dance Fitness with Jenn Hicks (Zoom)**

Join us on Zoom for this low impact dance fitness class with Jenn that uses diverse music and simple dance movements to create a dynamic and energizing aerobic workout.

Thursdays, September 24th, October 29th, and November 26th, 2026

#### **Functional Fitness with Joanne Picot (Zoom)**

Join Joanne once a month online for a complete body workout featuring simple exercises to build muscles, flexibility, and boost heart health.

Fridays, September 25th, October 23rd, November 20th, and December 11th, 2026

## **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

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**Address:** 850 O'Connor Drive, Toronto

➤ **In-Person Program**

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



## **COMMUNITY ONLINE PROGRAMS!**

### **Stay, Play & Learn at Home (City of Toronto)**

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

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

### **Alzheimer Society of Toronto**

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

For view their activity calendar please visit: [Programs - Alzheimers Society of Toronto](#)



### **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)

## **COMMUNITY SUPPORTS**

### **CAMH Mental Health Supports**

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

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

**Phone:** 416-535-8501

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

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

Website offers a listing of mental health supports across Toronto.

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

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

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

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

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

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

### **Hospice Palliative Hotline**

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

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

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

**Phone:** 416-217-2077

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

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

**Phone:** 416-925-4363

**Email:** [info@theneighbourhoodgroup.org](mailto:info@theneighbourhoodgroup.org)

### **Providence Learning Centre – Telephone Counselling**

Providence Learning Centre is providing telephone counselling support and resource

navigation.

**Phone:** 416-285-3666

### **Community Teams Gain Clinic – Geriatric Services**

Provides Geriatric Services in the Scarborough Community.

**Phone:** 416-493-3333

### **The Sesheme Foundation – Senior Pandemic Relief Programs & Non Crisis Peer Support Phone Line**

Provide both social programs and COVID-19 supports.

**Phone:** (416) 358-2882

**Email:** [info@sesheme.ca](mailto:info@sesheme.ca)

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

### **Etobicoke Senior Services (ESS)**

Supporting seniors in their desire to remain in their own homes and community

**Phone:** 416-243-0127

**Email:** [agency@esssupportservices.ca](mailto:agency@esssupportservices.ca)

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

### **Mosaic Home Care & Community Resource Centres**

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

### **Seniors Without Walls**

Free, fun, and easy telephone and computer-based seniors' activities and programs. For more information call 416-630-7000 or Email: [tcanhwebinars@gmail.com](mailto:tcanhwebinars@gmail.com)

## Answers

### Word Search

### GRATITUDE WORD SEARCH



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

Grateful

Hug

Encourage

Compliment

Patience

Thankful

Note

Care

Listen

Forgive

Support

Kindness

Acknowledge

Help

Thank You

Smile

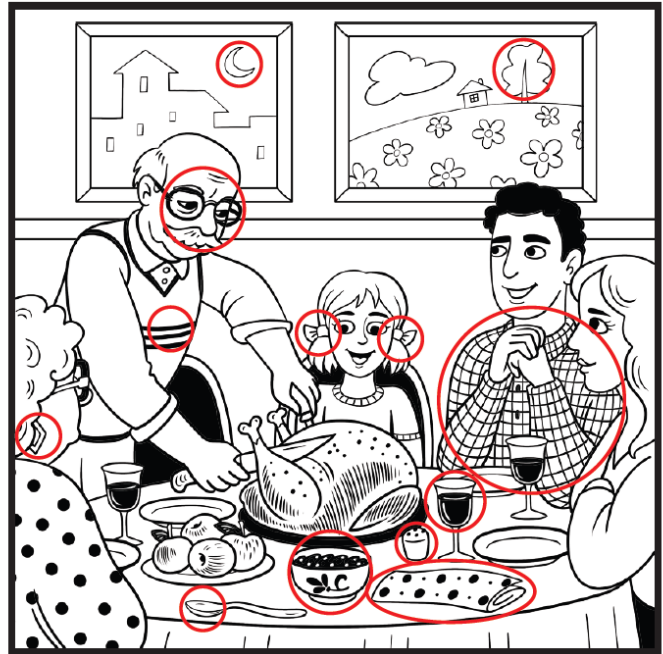
Praise

Respect

Appreciate

Blessings

## Spot the Differences 13 to find!

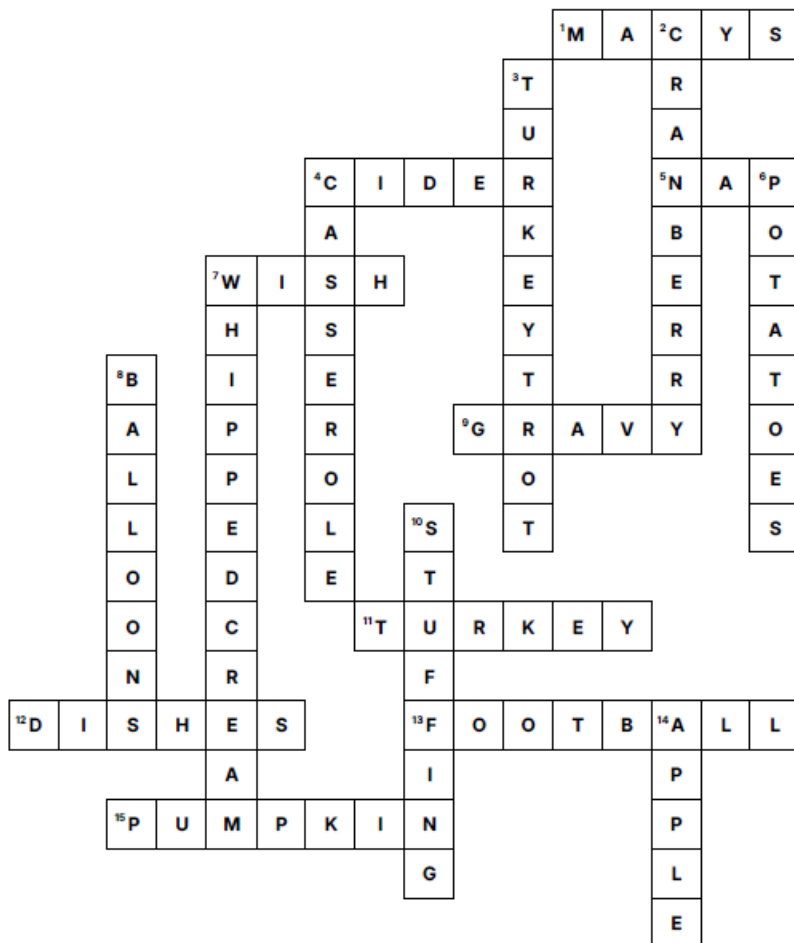


Answer

- 1.FALL
2. AUTUMN
3. PEEPER
4. CRISP
5. APPLE
6. PUMPKIN
7. HAYRIDE
8. THANKSGIVING
9. HALLOWEEN
10. TRICK OR TREAT
11. CANDY
12. TURKEY
13. STUFFING
14. CRANBERRY
15. ORANGE
16. RED
17. RAKE
18. COOL
19. CIDER
20. COSTUME
21. CRUNCH
22. CHANGE
23. LEAVES
24. COZY

# Crossword

## THANKSGIVING DAY



### Answer

1 Halo

2 Allow

3 Ewe

4 Alone

5 Hall

6 Eel

7 Hallow

8 Lane

9 New

10 One

11 Whale

12 Heel

13 Lean

14 Whole

15 Lawn

16 Awol

17 Ale

18 Wean

19 Owl

20 Hola

## Answers

1. AUTUMN
2. RAINY
3. ORANGE
4. RAKE
5. SCARECROW
6. SQUIRREL
7. RED LEAVES
8. WINDY
9. SQUASH
10. ACORN
11. GOLDEN
12. CORN
13. HAYSTACK
14. APPLE
15. LEAF
16. PUMPKIN
17. HARVEST
18. PEARS
19. CHESTNUTS
20. MAPLE
21. BONFIRE
22. SWEATER
23. CIDER
24. FOREST

### Answer

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

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