About Mosaic, Our Community Resource Centres and our Newsletter

We are an internationally recognised provider of person centered community integrated home care. Our model addresses the wider social and emotional needs of (older adults) and their families both in their homes and in their communities.

We operate two community resource centres in the GTA. These provide a wide range of events to the community as well as information on community resources. Our events are mostly free and include social, educational, physical, cognitive, historical, festive and many other monthly activities. We host Memory Cafés and Community Cafés and provide regular pole walking and knitting group activities.

This newsletter provides information on our many events as well as our wider community outreach and speaking events. People of all ages are welcomed and respected as persons of meaning, being and community.
Featured Events

**MARKHAM OFFICE (The Shops on Steeles)**

Mosaic’s Knitting and Crochet Group
Wednesday afternoons starting April 3rd, 2019 onward

Mosaic’s Community Focus Group
(You must call and speak to the organizer of this group if interested at 905.597.7000 ext. 223)
Fridays, April 5th, May 3rd, June 7th and September 13th, 2019

Back by Popular Demand “The Great Concertos”
Marcel Deurvorst Returns to Mosaic Once Again!
Thursday April 11th, 2019

Mosaic’s Community Café –
Come Help Define Our Community!
Mondays, April 22nd and June 17th, 2019
(Resumes again on September 23rd, 2019)

Mosaic’s Community Café –
Come Help Define Our Community! Community Led Project Series featuring Rick Line – Leading a hands-on bird box building workshop.
Monday June 17th, 2019

First Link ® Memory Café
(Program Resumes September 2019 to June 2020)
Last Tuesday of every month, on April 30th, May 28th and June 25th, 2019

Enjoy Pole Walking with Mosaic this Spring and Summer!
Once a month from April to June 2019 on April 26th, May 17th and June 21st, 2019 and once a week every Friday from July to August 2019

Mosaic’s Matinée at our Community Resource Centre in Markham
Last Thursday of the month, April 25th, May 30th, June 27th and July 25th, 2019

Interactive Drumming Program with Terri Segal
Thursday May 9th, 2019

Join Mosaic for Yoga Dance in Chairs with Lesley White
Friday May 24th, 2019

World Wide Knit in Public Day
Saturday June 8th, 2019

Join Mosaic for a Musical Interlude of Music, Dance and Theatre in Appreciation of Seniors, Community and Life!
Friday June 14th, 2019

Connect Hearing Workshop
Thursday June 20th, 2019

Connect Hearing Screening
Thursday July 11th, 2019

**TORONTO OFFICE (CNIB Centre)**

Mosaic Knitting and Crochet Group
Last Monday morning each month starting April 29th, May 27th, June 24th, July 29th and August 26th, 2019

Back by Popular Demand “The Great Concertos”
Marcel Deurvorst Returns to Mosaic Once Again!
Thursday April 18th, 2019

Mosaic’s Community Café
Monday April 29th, May 27th and June 24th, 2019
(Resumes again on September 30th, 2019)

Chair Yoga Series with Better Living
This program will run every first Wednesday of the month, on May 1st, June 5th and July 3rd, 2019

Enjoy Pole Walking with Mosaic this Spring and Summer!
Every Thursday from May to August 2019 (Resumes on September 26th, 2019 until October on a monthly basis)

Mindfulness Workshop by Better Living
Friday July 26th, 2019

OUTSIDE COMMUNITY EVENTS & TOURS

Yoga Dance in Chairs with Lesley White – Community Café at Armour Heights Presbyterian Church
Tuesday April 30th, 2019

Come Help Define Our Community – Community Café at Armour Heights Presbyterian Church
Tuesday April 30th, May 28th, June 25th, July 30th and August 27th, 2019

Shop & Dine with Mosaic! A Day Trip to St. Lawrence Market & Lunch at the Old Spaghetti Factory
Thursday July 4th, 2019

**Additional Programs at Mosaic**

Additional Programs at Mosaic
Tuesday April 30th, 2019
Join Mosaic & Alzheimer Society of York Region at our First Link® Memory Café to learn about Restored Landscapes Close to Home. What’s your favourite place to relax and enjoy nature?

Saturday June 8th, 2019
World Wide Knit in Public Day held at Mosaic Home Care Centre Court (The Shops on Steeles & 404).

Monday June 17th, 2019
Mosaic’s Community Led Project Series features Rick Line at our Community Café. He will be leading a hands-on bird box building workshop.

Fall 2019/2020
Mosaic’s Mid-Town Memory Café will be taking our cafes out into the community at local coffee houses in Mid-Town. Stay tuned for more updates in the fall.
The McMaster Geriatric Certificate Program is a real eye-opener and push for change in the way we think about dementia. The program helps to remove the stigma of dementia as it reiterates the fact that people with dementia are people too! We need to treat those living with dementia as actual people by finding ways to improve their lifestyles, exercising and encouraging their abilities, and implementing gentle and effective communication approaches. It helps when we are all in-the-know!

The Geriatric Certificate Program has helped me to have a better understanding of what we can do to enrich the lives of the geriatric community. This type of education is useful because it can be applied to real life everyday and it’s increasingly important as the Canadian population ages.

Although my work is based in an office, I am able to communicate good practices with front-line staff and share useful information to colleagues. Many of our front-line staff have this type of education already, so for me, taking this course provides me with a better perspective of what our caregivers are doing to provide person-centered care to our clients.

Candace Nelson, BA (Hons.)
Client Services Team Lead

Our Mosaic family would like to congratulate Candace Nelson, BA (Hons.), Team Lead Client Services, on receiving her Geriatric Certificate Program through McMaster.

The McMaster Geriatric Certificate Program is a real eye-opener and push for change in the way we think about dementia. The program helps to remove the stigma of dementia as it reiterates the fact that people with dementia are people too! We need to treat those living with dementia as actual people by finding ways to improve their lifestyles, exercising and encouraging their abilities, and implementing gentle and effective communication approaches. It helps when we are all in-the-know!

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Although my work is based in an office, I am able to communicate good practices with front-line staff and share useful information to colleagues. Many of our front-line staff have this type of education already, so for me, taking this course provides me with a better perspective of what our caregivers are doing to provide person-centered care to our clients.

Candace Nelson
Mosaic has been facilitating focus groups at our Markham Community Resource Centre at The Shops on Steeles & 404. We are also developing a community mapping project that is looking to help connect people to their social and emotional needs and this would benefit from input by the focus group.

Commitment from Focus Group Participants:
- Be available for group meeting dates
- Contribute to group discussions (problem solving, brainstorming solutions, etc.)
- Cooperate and collaborate with different perspectives and ideas

Where: Mosaic Home Care & Community Resource Centre (Markham office)

Dates: Fridays, April 5th, May 3rd, June 7th and September 13th, 2019
(Every first Friday of the month excluding the months of July and August 2019)
Address: 2900 Steeles Avenue East, Markham (Lower Level by Centre Court)
Time: 10:30 a.m. to 1:00 p.m.

~ RSVP by calling Jane Teasdale at 905.597.7000 Ext. 223 or info@mosaichomecare.com ~

No charge for event. Lunch will be provided for Focus Group participants.
Free parking. Close to public transit.

New this year is the Mosaic’s Community Focus Groups

Mosaic held its second Focus Group on Friday, March 1st, 2019. To say that these groups are going better than expected is an understatement. The level of care, commitment and passion demonstrated by each group member even in the earliest stages of this group is a direct reflection of how any community can be an instrument of unlimited possibilities and social change.

Stay tuned for more information as these groups develop. Our upcoming meeting will be scheduled on April 5th, May 3rd, June 7th and September 13th, 2019. If you have any questions regarding the focus group or are interested in joining, please call at 905.597.7000 Ext. 242 or email beth@mosaichomecare.com. People interested in joining the focus groups need to undergo a short assessment process to make sure they understand the objectives and functions of the group. These are not like other Mosaic events where it is possible to turn up on the day.
The Bernard Betel Centre is a vibrant, non-profit community centre with offerings for older adults. We provide services and programs to over 5,000 individuals each year, with over 120 programs each week including fitness, recreation, trips and travel, special events, community support services, health and wellness, volunteer opportunities, and many more. A Betel Centre membership is $57.53 +HST per year.

Our Recreation program has something for everyone! Our art program includes classes in painting, knitting, drawing and all levels of pottery with our own kiln onsite. Join us for a game of bingo, bridge, mah-jong, canasta, Sudoku, chess or rummi-cube. Love to perform? Take part in our international choir or improv comedy group! If literary arts is what interest you, try out creative writing, ‘what’s your story’ or take out a book from our on-site library.

Our Health Promotion and Wellness program offers fitness classes for all levels and abilities, weekly wellness lectures, workshops and events to learn about the latest health information from the experts, supports groups, health fairs, monthly screening clinics, and more! As a member, you also have the opportunity to access free foot care services at our onsite Chiropody clinic, where Chiropodists provide basic, dry foot care.

Our Lifelong Learning program includes discussion groups, workshops, courses and lectures led by experts in their field or university professors, on topics such as arts, culture, history, current events, religion, travel, and more. We have a state-of-the-art computer lab with 13 computers and offer programs for all levels in English and Russian, including beginner, intermediate and advanced classes, social media, Microsoft Office, iPhone and Android, digital photography, and more!

The Russian Golden Age Cultural Program offers comprehensive recreational and educational programs, community support, special events and wellness activities to Russian-speaking seniors. The ETROG Hebrew Club offers a variety of activities in Hebrew such as lectures, discussions, music, and special events.

We offer various Community Support Services including service navigation, social work clinics, the safe option program, friendly visiting, and more. Our cafeteria and food services is Glatt Kosher under the Kashruth Supervision of the COR. Our tasty kosher meals on wheels are prepared in our kitchen and delivered by volunteers. Let us cater your next special function! We are experienced with organizing and hosting events and holiday parties.

The Bernard Betel Centre offers organized day trips and overnight travel led by trained volunteers and staff. Our day trips are one-day excursions that include cruises, theatre, art galleries, casinos and sightseeing tours. Our overnight trips range in length from a few days to a few weeks, and include Canadian, North American and international destinations, all at an affordable cost and an appropriate pace for older adult travellers.

The Bernard Betel Centre is truly a second home for many in the community, where lifelong friends start and flourish. Drop by for a tour from one of our dedicated volunteers or staff, and learn more about the benefits of joining the Bernard Betel Centre. We look forward to seeing you soon!

Katie Giles
Director, Programs and Communications
Bernard Betel Centre
Back by Popular Demand — "The Great Concertos"

Marcel Deurvorst Returns to Mosaic Once Again!

Marcel Deurvorst has spent a lifetime studying, listening, and attending live concerts and performances of Operas. For the last 10 years he has taught Opera and Classical Music Appreciation courses at the LIFE Institute at Ryerson University.

Where: Mosaic Home Care & Community Resource Centre (Markham office)
Date: Thursday April 11th, 2019
Address: 2900 Steeles Avenue East, Markham (Lower Level by Centre Court)
Time: 1:30 p.m. to 3:00 p.m.
~ RSVP 905.597.7000 or info@mosaichomecare.com by Monday April 8th, 2019 ~
No charge for event. Refreshments provided.
Free parking. Close to public transit.

Back by Popular Demand — "The Great Concertos"

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Where: Mosaic Home Care & Community Resource Centre (Toronto office)
Date: Thursday April 18th, 2019
Address: CNIB Centre, 1929 Bayview Avenue, Suite 215H, Toronto
Time: 1:30 p.m. to 3:00 p.m.
~ RSVP 416.322.7002 or info@mosaichomecare.com by Monday April 15th, 2019 ~
No charge for event. Refreshments provided. Close to public transit.
Outdoor parking available at $2 per hour or $12 for the full day.
Join Mosaic and members of our community once a month, for an afternoon of ideas, fun, connection and social interaction.

Our community café is a space for everyone, whether you want to sit and listen, talk and take part or lead and grow the community and its connections. There will be activities and events as well as discussion and development of ideas as to how our communities could be better run and more deeply connected. Stay engaged, active and involved!

Where: Mosaic Home Care & Community Resource Centre (Markham office)

Dates: Mondays, April 22nd and June 17th, 2019
Resumes again on September 23rd, 2019

Address: 2900 Steeles Avenue East, Markham (Lower Level by Centre Court)
Time: 1:30 p.m. to 3:00 p.m.

~ RSVP to attend 905.597.7000 or info@mosaichomecare.com ~
No charge for event. Refreshments provided.
Free parking. Close to public transit.

Where: Mosaic Home Care & Community Resource Centre (Toronto office)

Dates: Mondays, April 29th, May 27th and June 24th, 2019
Resumes again on September 30th, 2019

Address: CNIB Centre, 1929 Bayview Avenue, Suite 215H, Toronto
Time: 1:30 p.m. to 3:00 p.m.

~ RSVP to attend 416.322.7002 or info@mosaichomecare.com ~
No charge for event. Refreshments provided. Close to public transit.
Outdoor parking available at $2 per hour or $12 for the full day.
First Link® Memory Café at Mosaic
Share your stories and socialize with others.

Being active physically, socially, and mentally is good for the brain.

Are you interested in memory related issues? Individuals who have been diagnosed with Early Alzheimer’s disease and/or related dementias, their Care Partners as well as those who worry about memory problems are welcome for Socialization and Information Networking for Care Partners. First Link® Memory Café at Mosaic is run as a partnership between Alzheimer Society York Region and Mosaic Home Care, facilitated by Jonathan from Alzheimer Society York Region.

Dates: Last Tuesday of every month, on April 30th, May 28th and June 25th, 2019. (Program resumes September 2019 to June 2020)
Time: 1:00 p.m. to 2:30 p.m.
Location: Mosaic Home Care & Community Resource Centre
The Shops on Steeles and 404, 2900 Steeles Avenue East, Thornhill, ON L3T 4X1
Located on the Lower Level by Centre Court

To Register please phone 905.597.7000 ext. 242 – No charge for event.

Chair Yoga Series with Better Living

Come and join Mosaic for an invigorating 3-part Chair Yoga Series with Joanne Picot, an experienced Holistic Health Practitioner from Better Living. Chair Yoga is one of the gentlest forms of yoga available. Participants will perform postures and breathing exercises with the aid of a chair. Experience the many benefits of yoga without having to get up or down from the floor.

Chair Yoga benefits include:
• Increased balance
• Strength, flexibility
• Range of motion
• Stress reduction

Joanne Picot has a history of working in the health wellness and fitness industry and has graduated from Yoga Alliance Canada-Certified Yoga Teacher.

Where: Mosaic Home Care & Community Resource Centre (Toronto office)
Dates: Every first Wednesday of the month, on May 1st, June 5th and July 3rd, 2019
Address: CNIB Centre, 1929 Bayview Avenue, Suite 215H, Toronto
Time: 3:30 p.m. to 4:30 p.m.

~ RSVP 416.322.7002 or info@mosaichomecare.com by Wednesday April 24th, 2019 ~
No charge for event. Refreshments provided. Close to public transit. Outdoor parking available at $2 per hour or $12 for the full day.
Enjoy Pole Walking with Mosaic this

Spring & Summer!

Join a free walking and Nordic Pole Walking Club!

Stay in shape with Mosaic’s Pole Walking Club this April to September 2019. Staff will lead the walk from 9:30 a.m. to 11:00 a.m., with refreshments served after the walk. This is a great opportunity to get exercise and meet with neighbours from your community! Weather permitting, all walks will be held outside so please dress according to the weather (if weather is too extreme or unsafe, we will walk inside The Shops on Steeles).

- Wear comfortable clothing
- Bring your Nordixx Poles if you have them (they MUST have rubber tips)
- Water Bottle

For more information contact Mosaic Home Care Services & Community Resource Centres at 905.597.7000 or email info@mosaichomecare.com

Where: Mosaic Home Care & Community Resource Centre (Markham office)

Dates: Once a month from April to June 2019 on April 26th, May 17th, June 21st and once a week every Friday from July to August 2019
Address: 2900 Steeles Avenue East, Markham (Lower Level by Centre Court)
Time: 9:30 a.m. to 11:00 a.m.

No charge for event. Refreshments provided.
Free parking. Close to public transit.

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- Bring your Nordixx Poles if you have them (they MUST have rubber tips)
- Water Bottle

For more information contact Mosaic Home Care Services & Community Resource Centres at 416.322.7002 or email info@mosaichomecare.com

Where: Mosaic Home Care & Community Resource Centre (Toronto office)

Dates: Every Thursday from May to August 2019
Resumes on September 26th, 2019 on a monthly basis
Address: CNIB Centre, 1929 Bayview Avenue, Suite 215H, Toronto
Time: 9:30 a.m. to 11:00 a.m.

No charge for event. Refreshments provided. Close to public transit.
Outdoor parking available at $2 per hour or $12 for the full day.
Central Eglinton Community Centre (CECC) is committed to high quality programming; financial, physical and social accessibility; volunteerism; and providing opportunities for community participation. Central Eglinton Community Centre, a registered charity, was developed in 1976 by a group of citizens and community groups concerned about the conservation, protection and improvement of their community. Originally, the Centre focused on parent/child activities. Over the years, in response to a variety of needs expressed by the community, the Centre’s objectives have expanded to provide a wide range of programs and services for people of all ages.

Central Eglinton Community Centre’s older adult program promotes healthy, active and safe living through our educational, social and recreational programming in an accessible building. CECC supports independent living by incorporating different aspects of health from cognitive to emotional and physical in our programming. These diverse and stimulating programs are chosen based on the needs and wishes of our members and participants. We do this through annual surveys and the bi-monthly meetings that are held with members and participants.

Collaborating with other organizations also helps Central Eglinton Community Centre meet the needs of the members and participants, while keeping the programs current and relevant. For example, CECC is currently collaborating with The Baycrest Rotman Research Institute on a cognitive intervention study, in which participants and members of CECC are involved in.

Our 50+ Program Calendar comes out every two months and has a wonderful balance of traditional and modern programming. This fun and affordable programming includes both registered programs and drop-in programs. Participants can be found enjoying Current Events, Stretch & Breathe (Chair Exercises), Osteo Exercise, Back Care Pilates, Osteo Pilates, bus trips, Toronto outings, seminars & workshops, Sing-A-Long & Beginner Lessons, a free computer lab, Cindy’s Knitting Circle, crafts, a book club, creative writing workshops and so much more. We also offer special events such our very popular Seniors Information and Active Living Fair. Not only do we go on day trips outside of the city, we also explore what our very own city has to offer from exhibits to shows.

Through government grants and fundraising, Central Eglinton Community Centre is able to keep its programs running. One of our fundraising events is the Toronto Challenge, where participants raise money in support of them walking 1k, 5k or running 5k. This is a fun day enjoyed by both staff and participants. This year the walk will be on Sunday, June 9, 2019 at 9:00 am. If you are interested in joining the walk please contact Sherri Bulmer at 416-392-0511, ext. 228

Central Eglinton Community Centre is truly a place “where new friends meet”, bringing individuals out of their homes and keeping them connected to and active in the community. Participants rely on CECC to enrich their social lives, many citing that CECC feels like ‘family’ to them.

Contact Information:

Sherri Bulmer
Older Adult Program Coordinator
Central Eglinton Community Centre

160 Eglinton Avenue East @ Redpath Avenue, Toronto, ON M4P 3B5
Tel: 416-392-0511, ext 228  |  FX: 416-392-0514  |  www.centraleglinton.com
Join Mosaic and Armour Heights Presbyterian Church on April 30th, 2019 for Yoga Dance in Chairs with Lesley White!

A Rejuvenating Workout for Everybody!

Chair Yoga is an enjoyable and effective form of exercise. It’s specifically designed for those who move with greater ease in or with the support of a chair. This program combines the benefits of yoga and dancing into a complete body, mind and spirit workout.

The Benefits of Yoga Dance in Chairs include:
- Improved coordination
- Increased flexibility, strength & balance
- Increased concentration & overall wellbeing

Lesley White is a certified Yoga Dance, Chair Yoga and Yoga Nidra (deep relaxation) instructor. She also has her certification in Active Aging from Western University, London Ontario. Lesley teaches privately and group clients include BridgePoint, Active Healthcare, Parkinson’s Society, Wellspring and Baycrest. She brings an infectious love of movement, music and people to all her classes.
Terri Segal is an Expressive Arts Therapist, Facilitator, and Educator who is dedicated to sharing the therapeutic value of creative expression through Group Drumming and Expressive Arts workshops. For the past 10 years, Terri has studied and taught West African Drumming and World Percussion. She is a trained Expressive Arts Therapist and Drum Circle Facilitator.

**Interactive Drumming Program**

In Rhythmic by Nature’s Interactive Drumming Program, you will:

- engage in collaborative and FUN rhythm based activities through movement, voice and music.
- experience first-hand the health and wellness benefits of Drumming and Creativity.
- learn how to play a variety of Hand Drums and World Percussion instruments.

No previous musical experience is necessary to participate.

**Where:** Mosaic Home Care & Community Resource Centre (Markham office)

**Dates:** Last Thursday of the month, April 25th, May 30th, June 27th and July 25th, 2019

**Address:** 2900 Steeles Avenue East, Markham (Lower Level by Centre Court)

**Time:** 2:00 p.m. to 4:00 p.m.

~ RSVP if you are interested in attending at 905.597.7000 or info@mosaichomecare.com ~

No charge for event. Refreshments provided.
Free parking. Close to public transit.

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**Join Mosaic in Welcoming Terri Segal for an**

**Mosaic’s Matinée at our Community Resource Centre in Markham**

**Come join Mosaic staff for a Movie & Popcorn**

- Community members can join us for movies and popcorn every last Thursday of the month.
- Caregivers (family members, Personal Support Workers, Lifestyle Companions®) are encouraged to join with the person they care for.
- Movie suggestions are welcomed. Please provide us with your movie suggestions when you call to book your place. We will vote on the day of the event for the movie selection.

**Where:** Mosaic Home Care & Community Resource Centre (Markham office)

**Dates:** Last Thursday of the month, April 25th, May 30th, June 27th and July 25th, 2019

**Address:** 2900 Steeles Avenue East, Markham (Lower Level by Centre Court)

**Time:** 2:00 p.m. to 4:00 p.m.

~ RSVP if you are interested in attending at 905.597.7000 or info@mosaichomecare.com ~

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- experience first-hand the health and wellness benefits of Drumming and Creativity.
- learn how to play a variety of Hand Drums and World Percussion instruments.

No previous musical experience is necessary to participate.

**Where:** Mosaic Home Care & Community Resource Centre (Markham office)

**Date:** Thursday May 9th, 2019

**Address:** 2900 Steeles Avenue East, Markham (Lower Level by Centre Court)

**Time:** 1:30 p.m. to 3:00 p.m.

~ RSVP at 905.597.7000 or info@mosaichomecare.com by Monday May 6th, 2019 ~

No charge for event. Refreshments provided.
Free parking. Close to public transit.

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**Join Mosaic in Welcoming Terri Segal for an**

**Interactive Drumming Program**

In Rhythmic by Nature’s Interactive Drumming Program, you will:

- engage in collaborative and FUN rhythm based activities through movement, voice and music.
- experience first-hand the health and wellness benefits of Drumming and Creativity.
- learn how to play a variety of Hand Drums and World Percussion instruments.

No previous musical experience is necessary to participate.

**Where:** Mosaic Home Care & Community Resource Centre (Markham office)

**Date:** Thursday May 9th, 2019

**Address:** 2900 Steeles Avenue East, Markham (Lower Level by Centre Court)

**Time:** 1:30 p.m. to 3:00 p.m.

~ RSVP at 905.597.7000 or info@mosaichomecare.com by Monday May 6th, 2019 ~

No charge for event. Refreshments provided.
Free parking. Close to public transit.
Chair Yoga is an enjoyable and effective form of exercise. It’s specifically designed for those who move with greater ease in or with the support of a chair. This program combines the benefits of yoga and dancing into a complete body, mind and spirit workout.

The Benefits of Yoga Dance in Chairs include:
- Improved coordination
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Lesley White is a certified Yoga Dance, Chair Yoga and Yoga Nidra (deep relaxation) instructor. She also has her certification in Active Aging from Western University, London Ontario. Lesley teaches privately and group clients include BridgePoint, Active Healthcare, Parkinson’s Society, Wellspring and Baycrest. She brings an infectious love of movement, music and people to all her classes.

Join Mosaic for Yoga Dance in Chairs with Lesley White!
A Rejuvenating Workout for Everybody!

Where: Mosaic Home Care & Community Resource Centre (Markham office)
Date: Friday May 24th, 2019
Address: 2900 Steeles Avenue East, Markham (Lower Level by Centre Court)
Time: 1:30 p.m. to 3:00 p.m.
~ RSVP at 905.597.7000 or info@mosaichomecare.com by Monday May 20th, 2019 ~
No charge for event. Refreshments provided.
Free parking. Close to public transit.

Join Mosaic for a Musical Interlude of Music, Dance and Theatre
In Appreciation of Seniors, Community and Life!

Come and join us for live music as we welcome back Jay Franco from One Man Big Band, Humber College Theatre Performance and Karen Millyard from Danceweavers. Karen will provide a series of social and folk dances to get everyone up and dancing to the music! This event will be held at The Shops on Steeles & 404. Refreshments will be provided and information resources from community Agencies will be available.

Where: Mosaic Home Care & Community Resource Centre (Markham office)
Date: Friday June 14th, 2019
Address: 2900 Steeles Avenue East, Markham (Lower Level by Centre Court)
Time: 10:30 a.m. to 12:30 p.m.
~ RSVP at 905.597.7000 or info@mosaichomecare.com by Monday June 10th, 2019 ~
No charge for event. Refreshments provided.
Free parking. Close to public transit.
Are you always having to ask people to repeat themselves? Is your TV too loud for other people? Do you sometimes miss the doorbell or phone?

If you think you might be affected by hearing loss, don’t wait any longer: The sooner your hearing impairment is investigated by an audiologist, the greater your quality of life will be in the future. Find out the best way to proceed and get your most common questions answered during this 1.5 hour workshop.

**Program Description:** After our eyes, the most important sensory organ is our ears, thus hearing impairment has significant consequences. In most cases, hearing loss is age-related. However, it can also be triggered by loud noises or infections, or may be hereditary. Hearing loss may occur very suddenly, although in most cases it is gradual, and so you only become aware of it as it progresses. Fortunately, in most cases impaired hearing can be improved using a hearing aid. Find out how.

**Leslie Shabani** is a clinical audiologist in North York, Toronto. She earned her doctoral degree in Audiology from The University of Florida. She is also a clinical practicum supervisor for both the School of Audiology and Speech Sciences at the University of British Columbia. Leslie strives to provide patient-centered care through rehabilitative services to achieve an improved quality of life among the hearing impaired.

**Connect Hearing Workshop**

Where: **Mosaic Home Care & Community Resource Centre (Markham office)**

Date: **Thursday June 20th, 2019**  
Address: **2900 Steeles Avenue East, Markham (Lower Level by Centre Court)**  
Time: **1:30 p.m. to 3:00 p.m.**

~ RSVP at 905.597.7000 or info@mosaichomecare.com by Thursday June 13th, 2019 ~

No charge for event. Refreshments provided.  
Free parking. Close to public transit.

**Connect Hearing Screening**

**Benefits of Screening**

Does it sound like everyone is mumbling or are you always turning up the TV volume?

As part of our health & wellness program, Connect Hearing will be offering complimentary Hearing Health Checks on-site, and identify people who would benefit from a full hearing evaluation.

**Program Description:**  
- By appointment only  
- Hearing screenings to be scheduled every 15 minutes  
- To provide a consistent professional recommendation based on a pass/refer criteria

**Leslie Shabani** is a clinical audiologist in North York, Toronto. She earned her doctoral degree in Audiology from The University of Florida. She is also a clinical practicum supervisor for both the School of Audiology and Speech Sciences at the University of British Columbia. Leslie strives to provide patient-centered care through rehabilitative services to achieve an improved quality of life among the hearing impaired.

Where: **Mosaic Home Care & Community Resource Centre (Markham office)**

Date: **Thursday July 11th, 2019**  
Address: **2900 Steeles Avenue East, Markham (Lower Level by Centre Court)**  
Time: **1:00 p.m. to 4:00 p.m.**

~ RSVP at 905.597.7000 or info@mosaichomecare.com by Thursday July 4th, 2019 ~

No charge for event. Refreshments provided.  
Free parking. Close to public transit.
Have you ever wanted to practice mindfulness? Mosaic and Better Living have collaborated to host a Mindfulness for Health Workshop on July 26, 2019. The workshop will be led by Rachel Kampf, a registered psychotherapist from Better Living. In this program participants will learn and practice mindfulness-based techniques such as relaxation, visualization and meditation which have been proven to positively impact health.

Some benefits of practicing Mindfulness include:
- Boosting the body’s immune system
- Alleviating depression and anxiety
- Pain management

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Rachel Kampf received her M.Ed. from the Ontario Institute for Studies in Education (O.I.S.E.) in Adult Education and Counselling and has had a private counselling practice since 1983. Rachel is also a certified Core Energetics therapist and a graduate of The Core Energetics Institute of New York.

Date: Friday July 26th, 2019
Address: CNIB Centre, 1929 Bayview Avenue, Suite 215H, Toronto
Time: 1:30 p.m. to 3:00 p.m.

~ RSVP 416.322.7002 or info@mosaichomecare.com by Friday July 19th, 2019 ~

No charge for event. Refreshments provided. Close to public transit. Outdoor parking available at $2 per hour or $12 for the full day.
PERSON-CENTERED HOME CARE
• Our complete Home Care Package + our Lifestyle Services to include the integration of our “The Meaning of Me®” model for the person under our care.

The Meaning of Me® – Person-Centered Care has been around for ages but it is the model that Mosaic has created that makes us different from other private home care companies.
• Client services monitor care and are available after hours and weekends
• Caregivers are personally introduced and we regularly perform home visits
• Caregivers trained for complex care needs

NURSING
• Medication, pain and symptom management
• Monitoring, charting and care plans
• Complex care needs (palliative, dementia, Parkinson’s etc)

COMMUNITY RESOURCE CENTRES
• Resources for families with care needs
• Regular fun, educational and social events
• First Link® Memory Café at Markham, Mosaic’s Mid-Town Memory Café – Resource Centre, Community Cafés

MOSAIC’S ELDER CARE PLUS®
• Care Management integrated with home care
• Expert advice provided by registered Social Workers