



## ***“Mosaic Home Care – A tour of our Wonderful City”***

***September 2019***

**A Guide for Members, Families and Caregivers**

For the latest Mosaic Activity Booklet please visit

<https://www.mosaichomecare.com/news-events/activity-booklet/>

Or call our Mosaic offices to receive our latest booklet via mail

905-597-7000 or 416-322-7002

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

## Festivals

### Event Details:

As summer winds down and cooler weather slowly approaches, why not enjoy one of these outdoor festivals!



### **1. Toronto International Film Festival**

Come alone or with friends or family to enjoy the 2019 TIFF movie lineup. You can also wait till October 2019 and look out for TIFF Seniors' Film Friday's schedule to watch films for free!

**When:** September 5<sup>th</sup> to 15<sup>th</sup>, 2019 (check website for dates and times for different films playing)

**Where:** TIFF Bell Lightbox, 350 King St W

**Cost:** Adult \$14/Senior & Student\$11.50/Child \$12 (Prices vary for Members, 3D or Premium Films)

**Information:**

Website: <https://www.tiff.net/>

Phone: 416-599-2033

### **2. Cabbagetown Festival**

Come enjoy the Cabbagetown Festival! An early fall festival with music, food and a diverse community to get to know!

**When:** September 7<sup>th</sup> to 8<sup>th</sup>, 2019 Saturday from 11am to 8pm & Sunday from 11am to 7pm

**Where:** On Parliament St Between Wellesley St E and Gerrard St E

**Cost:** Free

**Information:**

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

Email: [Meagan@curatedbym.com](mailto:Meagan@curatedbym.com)

Phone: 416-921-0857





#### 4. St. Lawrence Market Community Harvest Festival

Enjoy an all-day community harvest street festival this September!

**When:** September 21<sup>st</sup>, 2019 from 10am to 5pm

**Where:** St. Lawrence Harvest Festival, 93 Front St E

**Cost:** Free

**Information:**

Website: [http://www.stlawrencemarket.com/events/event\\_detail/497/Community%20Harvest%20Festival](http://www.stlawrencemarket.com/events/event_detail/497/Community%20Harvest%20Festival)

Phone: 416-392-7219



#### 5. Toronto Oktoberfest

Experience Oktoberfest right here in Toronto!

**When:** September 26<sup>th</sup> to September 28<sup>th</sup>, 2019, Thursday & Friday from 6pm to 11:30pm & Saturday from 12pm to 11:30pm

**Where:** Ontario Place, 955 Lake Shore W

**Cost:** Ticket prices vary based on events attended

**Information:**

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

## Yoga & Meditation Events



### **Event Details:**

Why not participate in some Zen activities this September? Here are two events to get you started:

#### **1. Sunset Yoga**

Enjoy a 60 minute yoga class (mixture of Hatha and Vinyasa yoga) during sunset!

**When:** September 18<sup>th</sup>, 2019 from 6pm to 7pm

**Where:** Ontario Place, 955 Lake Shore Blvd W

**Cost:** Free

#### **Information:**

Website: <http://ontarioplace.com/en/whats-on/yoga/>

Email: [info@ontarioplace.com](mailto:info@ontarioplace.com)

Phone: 416-314-9900



#### **2. Stress Relief Through Meditation**

If you're in need of some stress relief, come learn some helpful breathing and stretching techniques.

**When:** September 14<sup>th</sup>, 2019 from 11am to 12pm

**Where:** Evelyn Gregory Library, 120 Trowell Ave

**Cost:** Free

#### **Information:**

Website:

<https://www.torontopubliclibrary.ca/detail.jsp?R=EVT24409>

Phone: 416-394-1006



## Museum, Music & Art Events



### **Event Details:**

Art and music always bring people together. Experience what the city has to offer this September at one of these events!

#### **1. Cabbagetown Arts & Crafts**

This art fair was named as one of the top 10 outdoor art festivals in Toronto. Come check out this event for yourself!

**When:** September 6<sup>th</sup> to September 8<sup>th</sup>, 2019 Friday from 1pm to 7pm, Saturday & Sunday from 10am to 6pm

**Where:** 375 Sumach Street (Across Riverdale Farm, between Winchester and Carlton Streets)

**Cost:** Free

#### **Information:**

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

Email: [Cabbagetowncraft@gmail.com](mailto:Cabbagetowncraft@gmail.com)

Phone: 416-926-0237

#### **2. Queen West Art Crawl**

Enjoy a community-based arts festival in the Queen West community.

**When:** September 21<sup>st</sup> to 22<sup>nd</sup> from 11am to 6pm

**Where:** Trinity-Bellwoods Park, 790 Queen St W

**Cost:** Free

#### **Information:**

Website: <https://www.queenwestartcrawl.com/>

Email: [info@queenwestartcrawl.com](mailto:info@queenwestartcrawl.com)

#### **3. ROM Free Evenings Every 3<sup>rd</sup> Monday**

Come explore the ROM's 40 permanent galleries for free every 3<sup>rd</sup> Monday of the month!

**When:** September 16<sup>th</sup>, 2019 from 5:30pm to 8:30pm

**Where:** ROM, 100 Queens Park

**Cost:** Free

#### **Information:**

Website: <https://www.rom.on.ca/en/whats-on/3rd-monday-nights>

Email: [info@rom.on.ca](mailto:info@rom.on.ca)





#### 4. Figment Toronto

A free, non-profit participatory art event. There will be art activities in different mediums to explore for the whole family!

**When:** September 21<sup>st</sup> to 22<sup>nd</sup>, 2019 Saturday from 12pm to 7pm & Sunday from 12pm to 5pm

**Where:** Dufferin Grove Park, 875 Dufferin Pk (Opposite of Dufferin Mall)

**Cost:** Free

**Information:**

Website: <http://toronto.figmentproject.org/>



#### 5. Friday Night Jazz

Listen to smooth jazz the second Friday of every month at Ripley's Aquarium.

**When:** September 13<sup>th</sup>, 2019 from 7pm to 11pm

**Where:** Ripley's Aquarium, 288 Bremner Boulevard

**Cost:** Adults \$30/ Youth & Seniors \$20/Child \$7

**Information:**

Website: <https://www.ripleyaquariums.com/canada/groups-events/jazz/>

Phone: 647-351-3474

## Community Events

### **Event Details:**

Community lunches, charity events and open streets. A few events to start off your September right!

### **1. Open Streets TO**

This is a program that runs globally, come participate in the Toronto event! Communities are encouraged to bike, walk, practice yoga on a street where it normally wouldn't be ideal to do so. Come visit Mosaic's booth at Yonge & Wellesley for Community Table Talks and Neighbourhood Mapping!

**When:** Sunday September 15<sup>th</sup>, 2019 from 10am to 2pm

**Where:** Yonge & Bloor (along Ossington Ave to Park Rd and Yonge from Queen St to Bloor St)

**Cost:** Free

### **Information:**

**Website:** <https://www.openstreetsto.org/>

**Phone:** 647-206-9815

### **2. Kidney Walk**

Support The Kidney Foundation of Canada this September by helping fundraise for research, programs and supports for those living with kidney disease.

### **Scarborough:**

**When:** September 14<sup>th</sup>, 2019 from 10am to 2pm

**Where:** Thomson Memorial Park, 1005 Brimley Road

**Cost:** Register for free as an individual or a group and set a fundraising goal (register via the website link)

### **Information:**

**Website:** <https://kidney.akaraisin.com/ui/ONKW19/g/19716>

**Phone:** 1-800-387-4474 ext. 4964

### **Toronto West:**

**When:** Saturday September 21<sup>st</sup>, 2019 10am to 2pm

**Where:** High Park, 1873 Bloor St W

**Cost:** Register for free as an individual or a group and set a fundraising goal (register via the website link)

### **Information:**

**Website:** <https://kidney.akaraisin.com/ui/ONKW19/g/19722>

**Phone:** 1-800-387-4474 ext. 4964



# KIDNEY WALK

## Health Fairs



### Event Details:

Check out some informative and fun health fairs this September! Seminars, health and wellness exhibitors and tons of information on programs and events from different organizations.

#### 1. Seniors Information & Active Living Fair

**When:** September 7<sup>th</sup>, 2019 10am to 3pm

**Where:** Waterfront Neighbourhood Centre, 627 Queens Quay W

**Cost:** Free

**Information:** [https://waterfrontnc.ca/programs-services/seniors/?fwp\\_sessions=fall](https://waterfrontnc.ca/programs-services/seniors/?fwp_sessions=fall)

**Website:** <https://waterfrontnc.ca/programs-services/seniors/>

**Phone:** 416-392-1509

#### 2. Better living Senior Active Living Fair

**When:** September 14<sup>th</sup> from 10am to 3pm

**Where:** Better Living Community Centre, 1 Overland Dr

**Cost:** Free

**Information:**

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

**Email:** [Frontdesk@betterlivinghealth.org](mailto:Frontdesk@betterlivinghealth.org)

**Phone:** 416-447-7244 ext. 622

#### 3. George S. Syme Seniors Active Living Fair

**When:** September 27<sup>th</sup>, 2019 from 10am to 2pm

**Where:** The David Appleton Community Centre, 33 Pritchard Ave

**Cost:** Free

**Information:**

**Website:** <http://syme55.com/>

**Email:** [syme55@syme55.com](mailto:syme55@syme55.com)

**Phone:** 416-766-0388



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**Mosaic Home Care Services & Community Resource Centre**

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*What a difference we make®!*