



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

***November 2019***

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

**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)**

## Dance & Music Events



### Event Details:

Explore dance and music events that the city has to offer.

#### **1. Paradise**

Drama of three individuals' stories of survival and sacrifice.

When: November 3, 2019 1:00 PM- 2:15 & 4:30 PM- 5:45

Where: Al Green Theatre, Miles Nadal JCC, 750 Spadina Ave

Cost: \$15

Information:

Website: <https://www.mnjcc.org/events/1159-paradise.html>

Phone: 416-924-6211

Email: [info@mnjcc.org](mailto:info@mnjcc.org)

#### **2. B-side: Looking in**

A contemporary flamenco production

When: November 2, 2019 8:00 PM – 9:00 PM

November 3, 2019 2:00 PM – 3:00 PM

Where: Winchester Street Theatre, 80 Winchester St

Cost: \$20-25

Information:

Website: <https://allevents.in/toronto/b-side-looking-in/1000068638530693>

#### **3. Discover Dance: Olga Barrios**

Enjoy a performance from Olga Barrios choreographer, dancer, and arts educator.

When: November 13, 2019 Show starts at 12:00 PM

Where: Meridian Hall, 1 Front St E

Cost: Free

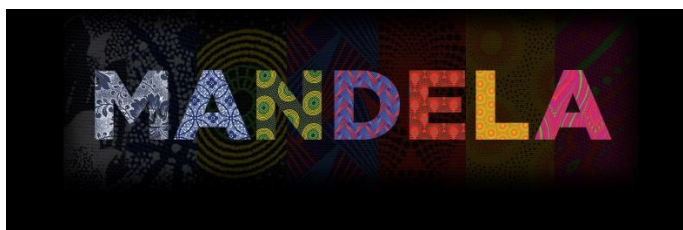
Information:

Website: <http://sony.stg.devlin.ca/calendar-event-details/?id=628>

Phone: 416-368-6161

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

## Art Exhibitions



### **Event Details:**

Gather family and friends for a relaxing and inspiring event around the city.

**1. Chrysanthemum Show at Centennial Park Conservatory**  
Enjoy colorful and creative displays of this cherished flower.

**When:** November 1 to 25, 2019 10:00 AM - 5:00 PM

**Where:** Centennial Park Conservatory, 151 Elmcrest Rd

**Cost:** Free

### **Information:**

Website: <https://www.toronto.ca/explore-enjoy/parks-gardens-beaches/gardens-and-horticulture/conservatories/centennial-park-conservatory/>

Phone: 416-394-8543

### **2. Mandela**

Exhibition that looks at Nelson Mandela and the movement that formed around him.

**When:** November 2, 2019 to January 7, 2020

Every Tuesday and Wednesday 1:00 PM - 6:00 PM

Every Thursday, Friday, Saturday 10:00 AM - 6:00 PM

Closed December 24-25, 2019 & January 1, 2020

**Cost:** \$12

**Where:** Meridian Arts Centre, 5040 Yonge St

### **Information:**

Website:

<http://www.meridianartscentre.com/events/mandela>

Phone: 416-733-9388

## Food Events and Sales



### **Event Details:**

Nothing brings people together like food does. Enjoy the last of the fall harvest with these few events.

#### **1. Soupalicious Toronto**

Gather your family for a cozy soup-tasting and harvest celebration. This is a 'road to zero waste' event, so bring your own spoon!

**When:** November 3, 2019 12:00 PM- 3:00 PM

**Where:** St. Archangel Michael Church, 212 Delaware Ave

**Cost:** Adults: \$20 (+HST) in advance or \$28 (+HST) at door; children: \$5 in advance; Family passes also available.

**Information:**

Website: <https://www.soupalicious.ca/toronto>

Phone: 416-535-0240

#### **2. Junction Farmers Market**

This is your last chance to purchase your weekly veggies and meat from wonderful local farmers and food artisans. This is the last market day of the season until next year!

**When:** November 2, 2019 9:00 AM- 1:00 PM

**Where:** 2960 Dundas Street W

**Cost:** Free

**Information:**

Website: <https://junctionmarket.ca/event-calendar/market-day-nov-2nd/>

Email: [info@junctionmarket.ca](mailto:info@junctionmarket.ca)

#### **3. One of a Kind Show & Sale**

Find baked goods, jewelry, clothing to furniture, and major artworks, along with the designers and craftspeople.

**When:** November 21 to December 1, 2019

Weekdays & Saturday 10:00 AM- 9:00 PM

Sundays 10:00 AM- 6:00 PM

Thursday, November 28, 10:00 AM- 11:00 PM

**Where:** Exhibition Place, 100 Princes' Blvd

**Cost:** \$8.50

**Information:**

Website:

<https://www.oneofakindshow.com/toronto/en/index.html>

## Health & Wellness

### **Event Details:**

Looking for a way to improve your quality of life? Check these programs and learn how to live a healthier life.

#### **1. Secrets to Meditation**

Discover an effective approach to meditation.

**When:** November 5 & November 19, 2019 7:00 PM - 8:30 PM

**Where:** Cooking School, 396 St Clair Ave W

**Cost:** Free

#### **Information:**

Website: <https://www.eventbrite.com/e/secrets-to-meditation-in-toronto-introduction-to-the-happiness-program-tickets-62873281678?aff=ebdssbdestsearch>

#### **2. Seniors Matter**

A series of workshops offering informative and interactive programming.

**When:** November 14, 2019 10:00 AM – 3:00 PM

**Where:** North York Civic Centre, 5110 Yonge St

**Cost:** Free (Members Only)

#### **Information:**

Website: <https://ontario25.ca/seniors-matter/>

#### **3. Special Energy Healing Event**

Meditation techniques to renew our body energy, and inspire the spiritual mind.

**When:** November 30, 2019 2:00 PM - 5:00 PM

**Where:** Toronto Bodhi Meditation Centre, 180 Yorkland Blvd

**Cost:** Free

#### **Information:**

Website: <https://www.puti.org/en/torontocenter/>

Phone: 647-812-0187

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



## Holiday Festivities



### **Event Details:**

The Holiday season is coming so gather family and friends to experience the spirit of the season at these events.

#### **1. The Royal Winter Fair**

The largest indoor agricultural event in the world. Come enjoy the best in agriculture, local food, and equestrian competitions from across the country. Like dogs? Come and watch the Super Dogs. Lots to enjoy for the whole family!

**When:** November 1 -10, 2019

Every Tuesday to Saturday, 9:00 AM - 9:00 PM

Monday & Sunday, 9:00 AM - 6:00 PM

**Cost:** \$20, or save when you buy a Family Pass

**Where:** Exhibition Place, 100 Princes' Blvd

#### **Information:**

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

Phone: 416-263-3400

Email: [info@royalfair.org](mailto:info@royalfair.org)

#### **2. Toronto Christmas Market**

Have a sip of mulled wine and celebrate the sounds, sights and scents of Christmas. The market brings together local craftspeople, musicians and artisanal food-makers for a truly festive experience.

**When:** November 14 to December 22, 2019

Tuesday, Wednesday, Thursday, Sunday 12:00 PM - 9:00 PM

Every Friday & Saturday 12:00 AM - 10:00 PM

**Where:** Distillery District, 373 Front St E

**Cost:** Free during the week

\$8 in advance or \$12 day of on the Weekends

#### **Information:**

Website: <http://tochristmasmarket.com/>

#### **3. Santa Claus Parade**

The Santa Claus Parade is a magical place to take the family this holiday.

**When:** November 17, 2019 12:30 PM

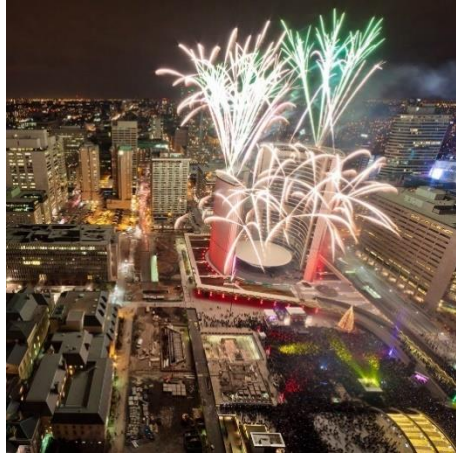
**Where:** Parade begins at Bloor and Parliament & ends at Jarvis and Front (The St. Lawrence Market)

**Cost:** Free

#### **Information:**

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

Email: [info@thesantaclausparade.ca](mailto:info@thesantaclausparade.ca)



#### 4. Cavalcade of lights

A celebration with the first lighting of Toronto's Christmas tree, live musical performances, circus arts, a skating party and a spectacular fireworks display.

**When:** November 30, 2019

**Where:** Nathan Phillips Square, 100 Queen St W

**Cost:** Free

**Information:**

Website: <https://www.toronto.ca/explore-enjoy/festivals-events/cavalcade-of-lights/>

Email: [spevprog@toronto.ca](mailto:spevprog@toronto.ca)

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*What a difference we make®!*