



## **Activity Booklet May 2020**

### **COVID-19 Home Edition**

**A Guide for the Community, Families and  
Caregivers**

*Brought to you by*

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

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

This is a special edition of the Mosaic Activity Booklet. We normally include fun and engaging events happening around our city but due to COVID-19 and the closing of all public spaces and community events, we have compiled some things you can try right at home to stay happy, healthy and engaged!

Keeping your mind and body active during self-isolation is imperative, social distancing does not mean not socializing but instead keeping in touch and engaged in different ways.

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 Beth at 905-597-7000 Ext. 242.



### Home Activities

These activities do not require a computer and internet access.

### *Spiritual Activities*

Here's a list of 8 activities provided by Golden Carers to bring you closer to music, art and nature!

1. Gardening or planting (simply getting hands in the soil can be spiritual)
2. Colour a Mandala
3. Place a "worry jar" in your home for yourself or your family. Have people write down whatever could be worrying them and add that paper into the jar as a way to symbolize them letting go of it.
4. Set a daily mantra for yourself (example: I am healthy, I am happy, I am safe, etc.)
5. Colour a mandala and try a breathing exercise as a way to relax!
6. Post encouraging words and phrases and leave them all over your home for yourself
7. Try a guided meditation (use an app or search some on YouTube to get you started)
8. Journal. This is a great way to write your intentions and free up space in your mind by releasing your thoughts. You could also write a list of things you are grateful for to practice gratitude.

Reference: <https://www.goldencarers.com/30-spiritual-activity-ideas/6332/>



### ***Puzzles, Crafts and Art***

What a great way to pass the time and stimulate your brain than a puzzles, craft or creating art? These things are ways to strengthen our cognitive abilities! Next time you feel your brain needs some exercise, try a jigsaw puzzle (see page 7 – 8 for a fun word search and mandala

### ***Try A New Recipe***

Think of a recipe you've been wanting to try but haven't had the time to do so or make something that you enjoy eating! If you enjoy cooking, it can be a great stress reliever.



### **Easy Peanut Butter Cookie Recipe from Jane Teasdale!**

#### **Ingredients**

1 cup unsalted butter	2 ½ cups all-purpose flour
1 cup crunchy peanut butter	1 tsp baking powder
1 cup white sugar	½ tsp salt
1 cup packed brown sugar	1 ½ tsp. baking soda
2 eggs	

#### **Directions**

##### ***Step 1***

Cream butter, peanut butter, and sugars together in a bowl; beat in eggs.

##### ***Step 2***

In a separate bowl, sift flour, baking powder, baking soda, and salt; stir into butter mixture. Put dough in refrigerator for 1 hour.

##### ***Step 3***

Roll dough into 1-inch balls and put on baking sheets. Flatten each ball with a fork, making a crisscross pattern. Bake in a preheated 375 degrees F oven for about 10 minutes or until cookies begin to brown.



## Online Home Activities

Require access to a computer or smartphone and internet access.

### Mosaic Online Programs:

#### *Mosaic Presents: Exercise with Joanne Picot*

This 60-minute online fitness class will focus on a gentle stretch moving the body in 7 different directions in addition to a circulatory warmup. The workout will include strength training for the main muscle groups, gentle core strengthening exercises as well as balance to help promote flexibility and strength. The class will finish with a cool down for the body to promote restoration and relaxation.

#### **Required Equipment:**

- A Chair (sturdy and not on wheels)
- 2 Cans (for example, canned vegetables) OR 2 Water Bottles
- A SMILE!

You will need a Zoom account to participate in this online program. If you are interested in registering for this class, us please contact Beth Eshete at [beth@mosaichomecare.com](mailto:beth@mosaichomecare.com) or call 905-597-7000 ext. 242. **Once you register, you will be emailed the Zoom link and password.**



#### *Mosaic Presents: Knitting & Crochet Club Online*

We have moved our Knitting & Crochet class online! We host this program every Wednesday from 1:00pm to 2:00pm. You will need a Zoom account to participate in this online program. If you are interested in joining us, please contact Beth Eshete at 905-597-7000 or [beth@mosaichomecare.com](mailto:beth@mosaichomecare.com). **Once you register, you will be emailed the Zoom link and password.**



#### *Toronto Botanical Gardens Online*

Because physical access to the gardens are limited for the time being, the Toronto Botanical Gardens have provided Torontonians an all access pass to what's blooming, online! They feature the spring garden as it blooms. Grab some tea and scroll through the website to brighten your day!

Website: <https://torontobotanicalgarden.ca/virtual-gardening/march-30-2020/>



### ***Toronto Public Library Online Programs***

As Toronto Public Libraries have closed due to COVID-19 they have instead made online programs and lectures available to the public! If you are interested in looking at the upcoming programs available, please visit the website link below. Keep in mind that registration is necessary for all TPL online programs.

Website: <https://www.torontopubliclibrary.ca/search.jsp?N=4287650129>



### ***Social and Exercise Classes with Luma Care***

Luma Care is an organization that has made tremendous strides with senior online connection through their Virtual Healthier Living Centre. Even before the COVID-19 pandemic, Luma Care has understood the barriers to participation and connection for older adults who are home-bound. With this being said, they have always had a online program schedule available for the community. To check out the awesome programs and register, please click the link below. Keep in mind that you will need to download the Zoom app in order to participate. If you miss a class, no worries because Luma Care records all their sessions and you can watch it on YouTube

instead (link available below).

Website (Lumacare Online Schedule & YouTube - scroll down for exercise videos):

<https://lumacare.ca/programs-and-services/healthier-living-center/virtual-healthier-living-centre/#1587245391431-be288868-691d>



### ***Online Museum Tours***

Enjoy tours online of your favourite museums online! Google has partnered with over than 2,500 galleries and museums to make it possible to explore virtually right from your couch. Choose the museum and collection of your choice from the website and enjoy.

Website: <https://artsandculture.google.com/partner?hl=en>



### ***Koerner Hall Concerts at Home***

Watch past livestreams of concerts from Koerner Hall. Choose from several shows from the website link below! The great thing is that you can watch them as many times as you like!

Website: [https://www.rcmusic.com/performance/live-from-koerner-hall-concert-livestream?dm\\_i=366S,113JN,5K18XW,3X7PQ,1](https://www.rcmusic.com/performance/live-from-koerner-hall-concert-livestream?dm_i=366S,113JN,5K18XW,3X7PQ,1)



## ***Music Therapy***

Music therapy can serve as a distraction for the mind. Golden Carers has recommended listening to calming music, you can find different types of music on YouTube based on your music taste. Golden Carers links a Native American song called Awenasa, which is an hour long. If an hour is too long, perhaps start off with 10 - 15 minutes.



Native American Healer Music

Reference: <https://www.goldencarers.com/30-spiritual-activity-ideas/6332/>

YouTube Link: <https://www.youtube.com/watch?v=wq26miPJ3vk>

## **Alzheimer Society Online Programs**

The Alzheimer Society York Region and Toronto are featuring various programs online. They have support groups, gentle fitness, webinars and music therapy groups available. If you are interested in joining any of these groups, please visit the website links below.

Alzheimer Society York Region: <https://alzheimer.ca/en/york>

Phone: 905-726-3477

Alzheimer Society Toronto: <https://alz.to/>

Phone: 416-322-6560

**Alzheimer**  
*Society*  
YORK REGION

**Alzheimer Society**  
TORONTO

# Words Search

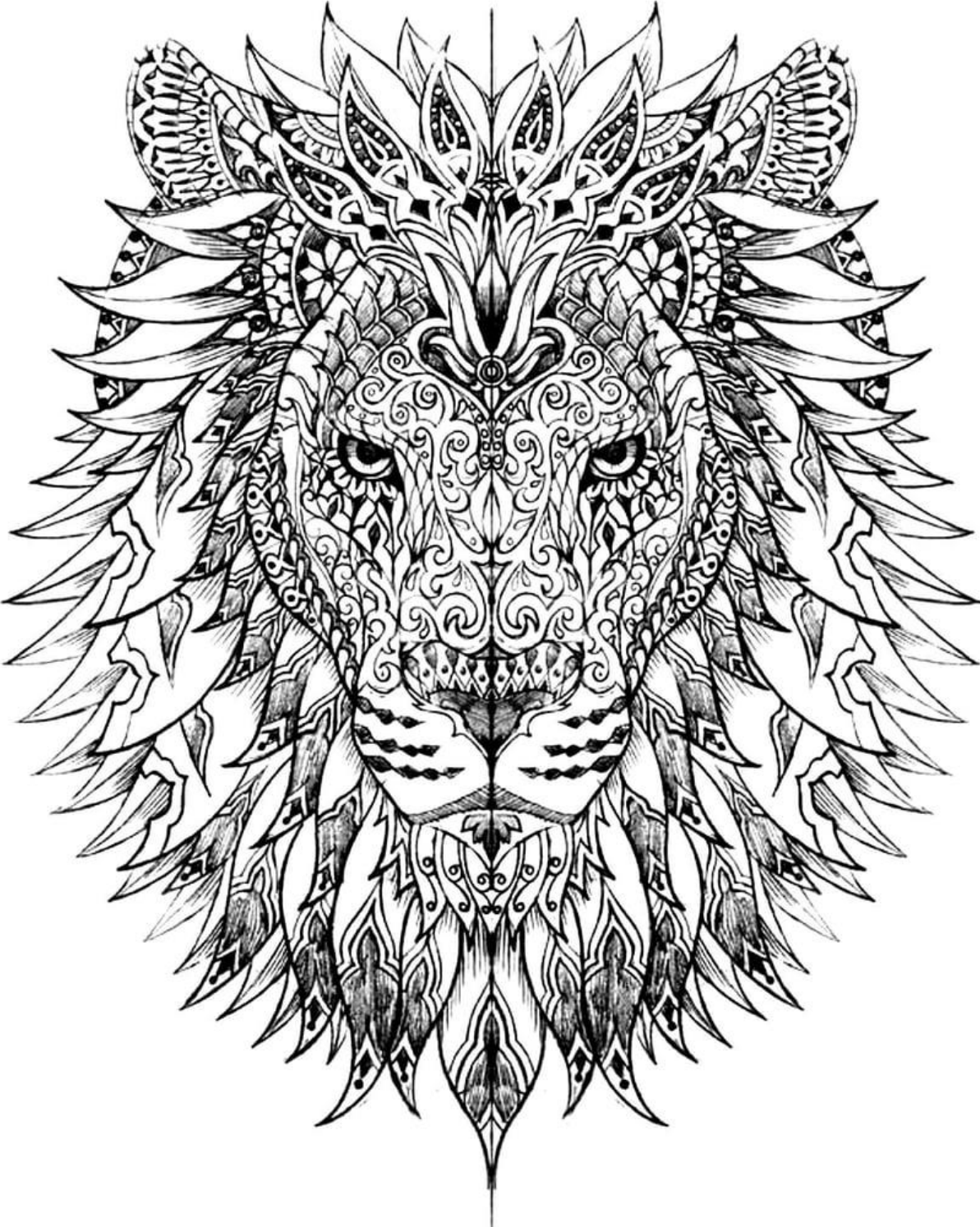
## Vacation

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

ANNIVERSARY	FEAST	OUTING	RESTAURANT
BEACH	FESTIVAL	PAMPER	RETREAT
BISTRO	HAVEN	PARK	SANCTUARY
BREAK	HIDEAWAY	PARTY	SAND
BROADWAY	HIKING	PEAK	SEASHORE
CAFÉ	HOLIDAY	PERFORMANCE	SHELTER
CELEBRATION	HOTEL	PLAY	SHORELINE
COAST	INN	POND	TOUR
CONCERT	JOURNEY	POOL	TRIP
ESCAPE	LODGE	REFUGE	VACATION
EXCURSION	MOUNTAINS	RESORT	VOYAGE
EXPEDITION	MUSEUM	REST	



**Mandalas Colouring Activity**



## Breathing Exercise



# BREATHING TO RELAX



Reference: <https://www.pinterest.ch/pin/705939310320137025/>

App: <https://www.healmylife.co.in/>

## COVID-19 Senior Isolation Supports

### Mosaic Home Care & Community Resource Centres

Mosaic is trying to support vulnerable seniors during this pandemic. If you or someone you know is in need of resources or information, please contact Beth Eshete at 905-597-7000 ext. 242 or [beth@mosaicomecare.com](mailto:beth@mosaicomecare.com).

### Pals Program Circle of Care Sinai Health

Circle of Care Sinai Health has a phone pals program for people who are 55 and older and live alone in their homes. Call for more information.

Phone: 416-635-2860

### Toronto's Senior's Helpline

The City of Toronto's seniors helpline provides informational 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

#### York Region Office

The Shops on Steeles and 404  
2900 Steeles Avenue East, Suite 218  
Thornhill, ON L3T 4X1  
Tel 905.597.7000 | Fax 905.597.5446



#### Toronto Office

CNIB Centre  
1929 Bayview Avenue, Suite 215H  
Toronto, ON M4G 3E8  
Tel 000.000.0000

### Mosaic Home Care Services & Community Resource Centre

[info@mosaicomecare.com](mailto:info@mosaicomecare.com)  
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*What a difference we make®!*