



# Activity Booklet June 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.



### Watch a Movie!

Who doesn't like to make some popcorn, curl up and watch a good movie. Here are 10 great movie ideas from Golden Carers for your next movie night!

1. The Parent Trap (1961)
2. The Golden Pond (1981)
3. Walk the Line (2005)
4. The King's Speech (2010)
5. Casablanca (1942)
6. Fried Green Tomatoes (1991)
7. Billy Elliot (2000)
8. The Princess Bride (1987)
9. Grease (1978)

## 10. Mama Mia (2008)

### Face Exercises

Have you ever thought about doing face exercises? Here are some great and easy exercises for you to try at home from Golden Carers.

1. Scrunch your face up, making an "ooo" sound, RELAX, now open eyes wide, lift eyebrows and make an "eee" sound.

*Repeat 2 or 3 times*

2. Use 2 hands, eyes shut, slowly massage your forehead and temples with the tips of your fingers.

*Repeat 2 or 3 times*

3. Use 2 hands, this time place fingers and palms on cheeks and massage.

*Repeat 2 or 3 times. If you wear glasses, please remove them.*

4. Rub hands together for a few seconds. Cup hands over closed eyes to block out the light and think about relaxing the eyes,

*Repeat 2 or 3 times*

Reference: <https://www.goldencarers.com/pleasant-face-exercises/6398/>

### Puzzles, Crafts and Art

What a great way to pass the time and stimulate your brain than by doing a puzzle, 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 or solve a riddle! See below for some fun activities to try.

### 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.

Chocolate Chip Banana Muffin Recipe

Shared by Martha Miller, Mosaic's Client Services Liaison

## **Ingredients**

Preheat oven to 350° and Grease or paper line muffin tin (makes 16 muffins)

- 1  $\frac{3}{4}$  cups all-purpose flour
- $\frac{3}{4}$  cups sugar (I used brown sugar)
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- $\frac{1}{2}$  teaspoon salt
  
- 1 egg
- $\frac{1}{2}$  cup canola oil (healthier version is applesauce)
- $\frac{1}{2}$  cup plain yogurt (I used Greek)
- 1 teaspoon vanilla
- 2-3 mashed ripe bananas (1 cup)
- $\frac{3}{4}$  cup semi-sweet chocolate chips (I used mini)

## **Directions:**

In a large bowl, combine the flour, sugar, baking powder, baking soda and salt. In another bowl, whisk the egg, oil, yogurt and vanilla.

Stir wet ingredients into dry just until moistened. Fold in bananas and chocolate chips.

Fill greased or lined muffin cups  $\frac{3}{4}$  full. Bake at 350 for 22-25 minutes. Cool for 5 minutes before removing from pans to wire racks. Makes 16.



## Online Home Activities

Require access to a computer or smartphone and internet access.



### Mosaic Online Programs:

#### **Senior Safety Tips with Sergeant Bob: How to Protect Yourself from COVID-19 Scams & Fraud**

Join Sergeant Bob in an interactive presentation on how to protect yourself or a loved one from scams during COVID-19. Retired Police Sergeant, Bob Paterson, works with The McLennan Group Insurance Inc. to develop and share practical, economical safety tips for Canadians 50-plus.

**When:** Thursday June 4<sup>th</sup>, 2020

**Time:** 1:00pm to 2:00pm

#### **Knitting & Crochet Group**

Drop into knit, chat and make new friends virtually on Zoom!

**When:** Every Wednesday starting from June 3<sup>rd</sup> to August 26<sup>th</sup>, 2020

**Time:** 1:00pm to 2:00pm



#### **Exercise with Joanne Picot (3 Part Series)**

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! 😊

**When:** Thursdays on **June 18<sup>th</sup>**, July 16<sup>th</sup> & August 20<sup>th</sup>, 2020

**Time:** 1:00pm to 2:00pm

#### **First Link Memory Café Program: Theatre in the Web**

The QuaranTime Show! is a morning show full of absurd situations and unforgettable characters. Created by Theatre In The Web — a collective of emerging artists dedicated to connecting theatre and audiences through new, innovative opportunities.

**When:** Tuesday June 30<sup>th</sup>, 2020

**Time:** 1:00pm to 2:00pm

## 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>



## 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



## Koerner Hall Concerts at Home

Watch past and live streams of concerts from Koerner Hall. Choose from several shows from the website link below or register for scheduled performances.

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)



## Community Connections: Rainbow Space Network Upcoming Programs

All Rainbow Space program have been moved online, here are some of the upcoming events in June!

- Tuesday June 9th 4:30pm 2SLGBTQ+ and allies Older Adult Coffee Circle—Pride addition with a special guest (all ages welcome)
- Tuesday June 16<sup>th</sup> 10:00am 2SLGBTQ+ and allies Older Adult Coffee Circle (all ages welcome)
- Friday June 19<sup>th</sup> 12:00pm 2SLGBTQ+ and allies 17 years and up Q & Gay (Open and Honest chat about sex)
- Tuesday June 23<sup>rd</sup> 4:30pm 2SLGBTQ+ and allies Older Adult Coffee Circle (all ages welcome)
- Tuesday June 30<sup>th</sup> 10am 2SLGBTQ+ and allies Older Adult Coffee Circle (all ages welcome)

Website & Newsletter:

<https://mailchi.mp/0bbee9a6820c/rainbow-space-newsletter-june-1-2020-pride-addition>



**CAYR**  
COMMUNITY CONNECTIONS  
People Supporting People



Harm  
Reduction



HIV/  
AIDS



Rainbow  
Space



Learn



Grow




Partner


## World Elder Abuse Awareness Day, June 15, 2020

### Uproot Elder Abuse, Plant a Seed for Change:

On June 15, join Elder Abuse Prevention Ontario and the Canadian Network for the prevention of Elder Abuse on their social media and campaign using the hashtag **#UprootAbuse** and tag your gardening pictures and videos to take part!




Elder Abuse Prevention (ON)  
Stop Abuse - Restore Respect  
Prévention de la maltraitance envers les aînés (ON)  
Arrêtez les mauvais traitements - Restaurez le respect



CNPEA RCPMTA

### **WEAAD celebrates 15<sup>th</sup> Anniversary!**



**WORLD ELDER ABUSE  
AWARENESS DAY 2020**  
Uproot Elder Abuse  
Plant a Seed for Change

[Elder Abuse Prevention Ontario](#) (EAPO) and the [Canadian Network for the Prevention of Elder Abuse](#) (CNPEA) invite you to join us as we mark this milestone day. This year's theme,

***Uproot Elder Abuse, Plant a Seed for Change***  
*inspired by WEAAD founder, Dr. Elizabeth Podnieks.*

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Since [WEAAD's inception](#), communities across the globe have used the day to raise the visibility of elder abuse, by sharing information and promoting resources and services that increase seniors' safety and well-being.

The current pandemic may have disrupted our way of life and altered WEAAD plans, but here's something we can all do safely in our own homes: plant something in our gardens and on our window sills. Make it a neighbourhood planting ceremony, or a family activity, by using a video call or hosting a Zoom gardening session! Trees and plants have a healing quality that positively affect us, our communities and our world.

On June 15, join us on social media to share our campaign **#UprootAbuse** and your gardening pictures/videos with us. A safe, fun, and intergenerational activity to engage in together to help plant the seed for change!

We also chose to plant trees and seedlings this year to symbolize the connection between older adults and the planet we all dwell on. [Environmental crises are directly connected to increased vulnerability and to the violation of older people's human rights](#). In times of disasters, older adults are often among the most vulnerable populations who face ageist attitudes and policies, and a lack of access to suitable resources and services.

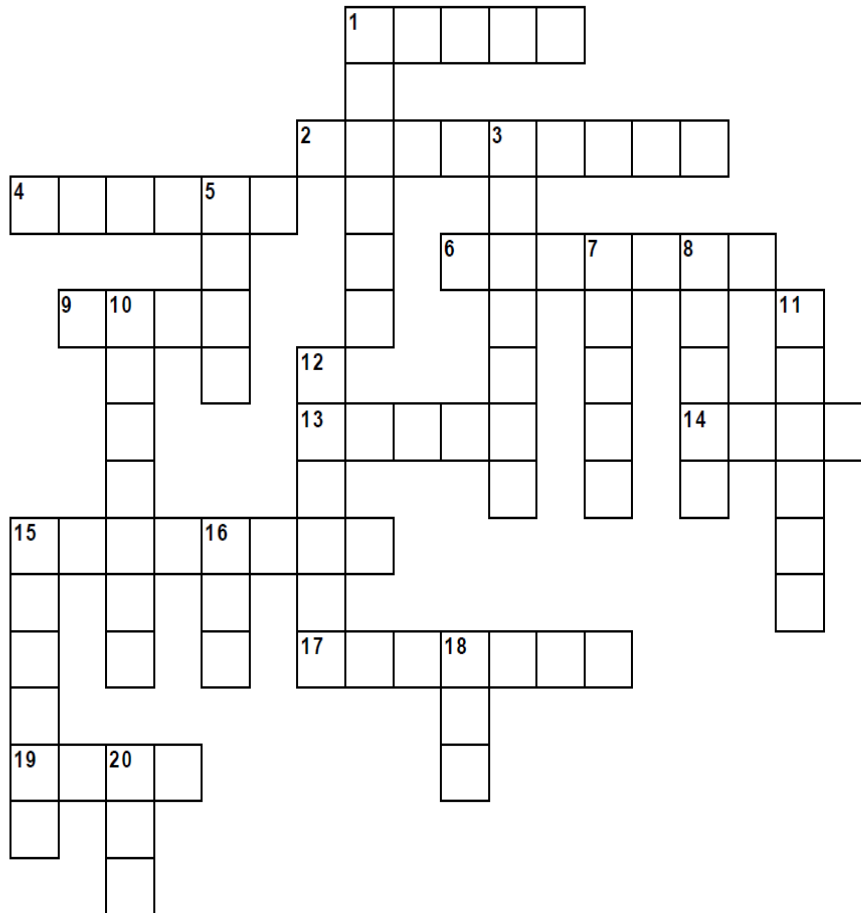
**On June 15, 2020, let's recognize World Elder Abuse Awareness Day with renewed conviction and energy, to uproot elder abuse and plant a seed for change.**

More details about our social media campaign and how you can participate are coming soon...



## June Crossword

# Crossword #13



### Across

- 1 - Hot sauce (5)
- 2 - Sleuth (9)
- 4 - People from Copenhagen (6)
- 5 - Fizzy beverage (4)
- 6 - Not nearby (7)
- 9 - Pig's fat (4)
- 13 - Rent (5)
- 14 - Sacred Song (4)
- 15 - Often (8)
- 17 - Green Gem (7)
- 19 - Genesis garden (4)

### Down

- 1 - Cheddar is a type of this (6)
- 3 - The first name of England's Prince of Wales (7)
- 7 - 'Entertain' starting with the letter 'A' (5)
- 8 - Luau greeting (5)
- 10 - Sports person (7)
- 11 - Top of a mountain (6)
- 12 - Light haired (6)
- 15 - Fail to remember (6)
- 16 - A flying saucer (3)
- 18 - ... de Janeiro (3)
- 20 - Snaky fish (3)

Crossword Answers

Crossword #13



Reference: <https://www.goldencarers.com/pdf/4252/>

## Fun Riddles

All answers rhyme with the word in bold below:

### RAIN

1. Having an excessively high opinion of  
one's own appearance

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2. Island kingdom in the Persian Gulf

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3. What we use to think

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4. Picasso's homeland

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5. An ache

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6. A very small piece of sand

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7. A rope made of metal links

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8. Twist your ankle

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9. A spot on your clothes

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10. A flying vessel of transport

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11. An addictive drug

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12. A type of lettuce

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13. A storm with violent whirley winds

\_\_\_\_\_

14. Linked railway carriages

\_\_\_\_\_

15. Lion's hair

\_\_\_\_\_

16. Where water and liquid waste goes

\_\_\_\_\_

17. Sparkline with from France

\_\_\_\_\_

18. Large long legged, long necked bird

\_\_\_\_\_

19. Not fancy

\_\_\_\_\_

20. Opposite of crazy

\_\_\_\_\_

### Answers

1 - Vain , 2 - Bahrain , 3 - Brain , 4 - Spain , 5 - Pain , 6 - Grain , 7 - Chain , 8 - Sprain , 9 - Stain , 10 - Plane , 11 - Cocaine , 12 - Romaine , 13 - Hurricane , 14 - Train , 15 - Mane , 16 - Drain , 17 - Champagne , 18 - Crane , 19 - Plain , 20 - Sane

## 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

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#### 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@mosaichomecare.com](mailto:info@mosaichomecare.com)  
[www.mosaichomecare.com](http://www.mosaichomecare.com)

*What a difference we make®!*