



Mosaic's Zoom Community Café

Join Mosaic for an afternoon of ideas, fun, connection and social interaction! Our café is a virtual space for everyone whether you want to sit and listen, talk and take part or lead the group about your hobbies and interests. There will be activities and events as well as discussions. Stay engaged, active and involved in our communities!

September **COVID-19: What's Next?**

A Workshop with Jean Raymond from OSSCO

Join us for a discussion on COVID-19 where we are asking: How are you right now? How could you better prepare? Where to go from here?

Monday September 21st, 2020 from 1:00 p.m. to 2:00 p.m.

October

Holland's Pride and Joy, Andre Rieu: Musician & Showman!

A Presentation by Marcel Deurvorst

Come learn about Andre Rieu and his famous Johann Strauss Orchestra along with beautiful Holland!

Monday October 19th, 2020 from 1:00 p.m. to 2:00 p.m.

November

Beyond Health & Fitness: Increasing Self-Confidence & Body Awareness

A Presentation by Sonny Ciufu

Join Personal Trainer, Sonny Ciufu, for a special workshop to help promote health and fitness for older adults. Sonny will be sharing his clients success stories and his process for training active adults.

Monday November 16th, 2020 from 1:00 p.m. to 2:00 p.m.

Join Mosaic Home Care Services for Zoom Programs Online. Mosaic Home Care Services & Community Resource Centres have taken some of our programs online during the COVID-19 Pandemic.

To register for all programs call our offices at **905.597.7000** or info@mosaichomecare.com or beth@mosaichomecare.com if you need more information. A Zoom link for the program will be sent once you have completed the registration.



Mosaic Home Care Services & Community Resource Centres

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