















October 2020

Mosaic Home Care Services & Community Resource Centres Activity Calendar

www.mosaichomecare.com



Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
<p align="center"><u>November 2020</u> <i>Increasing Self-Confidence and Body Awareness – November 16th</i> <i>Presentation from Dr. Daren Heyland: Plan Well Guide – November 17th</i> <i>Dalcroze Eurythmic Experience with Brian Katz from Music Can Heal – November 24th</i></p>			<p>National Day of the Older Persons – Theatre in the Web (Threads of Our Past) Zoom 1pm – 2pm</p>	
5	6	7	8	9
		<p>Knitting & Crochet Group Zoom 1pm – 2pm</p> 	<p>Pole Walking In Person - TBD 9:30am – 11:00am</p> 	<p>Pole Walking In Person – Steeles & 404 10am – 11:00am</p> 
12	13	14	15	16
	<p>Exercise with Joanne Picot (3-Part Series) Zoom 1pm – 2pm</p>	<p>Knitting & Crochet Group Zoom 1pm – 2pm</p> 	<p>Pole Walking In Person - TBD 9:30am – 11:00am</p>  <p>The Roaring 20s with Lianne Harris Zoom 1pm – 2pm</p>	<p>Pole Walking In Person – Steeles & 404 10am – 11:00am</p> 
19	20	21	22	23
<p>Community Café: Holland's Pride and Joy: Andre Rieu with Marcel Deurvorst Zoom 1pm – 2pm</p> 		<p>Knitting & Crochet Group Zoom 1pm – 2pm</p> 	<p>Pole Walking In Person - TBD 9:30am – 11:00am</p> 	<p>Pole Walking In Person – Steeles & 404 10am – 11:00am</p>  <p>Art Workshop with Donna Zekas Zoom 1pm to 2pm</p>
26	27	28	29	30
	<p>First Link Memory Café: Stay Fit for Falls with Judy Chu Zoom 1pm – 2pm</p> 	<p>Knitting & Crochet Group Zoom 1pm – 2pm</p> 	<p>Pole Walking In Person - TBD 9:30am – 11:00am</p> 	<p>Pole Walking In Person – Steeles & 404 10am – 11:00am</p> 

Markham Community Centre

The Shops on Steeles and 404
 2900 Steeles Avenue East, Suite 218 Markham, ON L3T 4X1
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Toronto Community Centre

Armour Heights Presbyterian Church
 105 Wilson Avenue, Second Floor
 Toronto, ON M5M 2Z9
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