



## **October 2020 Activity Booklet**

### **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.



***The Mosaic team would like to wish you and your loved ones a Happy Thanksgiving!***



## Home Activities

These activities do not require a computer and internet access.



### 3 Cozy Drink Recipes to Try at Home!

As the weather gets cooler, it's nice to stay warm with a yummy drink!

#### Chai Tea Latte

Ingredients to make 2 drinks (adjust to create a larger batch)

- 2 cups of brewed chai tea
- 2 cups of warm milk
- 1 teaspoon of vanilla extract
- 1 tablespoon of simple syrup or vanilla syrup
- Cinnamon

Mix ingredients together and top with a sprinkle of cinnamon

Garnish with a gingersnap cookie or biscotti

#### Warm Cranberry Apple Cider

(Inspired by [Tastes of Lizzy T](#))

Ingredients to make 14 servings

- 2 quarts apple cider
- 1 ½ quarts 100% cranberry juice
- ½ cup sugar
- ¼ cup brown sugar
- 1t cloves
- 1t allspice
- 3 cinnamon sticks

Put everything in a pot and simmer. Before serving, strain out cinnamon sticks and other spices if needed

Garnish with cranberries or a slice of an orange

#### Pumpkin Spice Latte

(inspired by [Inspired Taste](#))

Ingredients to make 2 drinks (adjust to create a larger batch)

- 2 cups milk
- 2T pumpkin puree (you can use the store bought kind from the can)
- 1-2 T sugar to taste (you can also use simple syrup or a vanilla syrup)

- 1T vanilla extract
- ½ t pumpkin pie spice
- ½ cup brewed hot coffee
- Whipped cream

Mix the milk, puree, vanilla, and sugar until it is not clumpy. You can warm this ahead of time, but it is not necessary

Mix in the pumpkin pie spice and coffee

Top with whipped cream

Garnish with a pumpkin frosted cookie

Drink recipes from <https://www.goldencarers.com/4-cozy-drink-recipes/6656/>

### Try a Tongue Twister!

If you're in need of a good laugh, try one of these fun tongue twisters

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1 Six sticky skeletons

---

2 I saw a kitten eating chicken in the kitchen

---

3 Lesser leather never weathered wetter weather better!

---

4 If a black bug bleeds black blood, what colour blood does a blue bleed?

---

5 The great Greek grape growers grow great Greek grapes

---

6 How can a clam cram in a clean cream can?

---

**7** A big black bug bit a big black bear

---

**8** Selfish, shellfish, selfish, shellfish!

---

**9** How many yaks could a yak pack if a yak pack coil pack yaks?

---

**10** We shall surely see the sunshine soon

---

**11** Santa's short suit shrunk!

---

**12** Chester cheetah chewed a chunk of cheap cheddar cheese

---

**13** It can be understood through tough thorough thought, though!

---

**14** Six slimy snails sailed silently

---

**15** Rory's lawn rake rarely rakes really right

---

**16** Stan the silk sheet slitter slit six silk sheets

---

**17** Thirty-three thousand feathers on a trusses throat

---

**18** Freeze breeze made these trees flea's sneeze

---

**19** Red roses for Ruby, red rubies for Rosie

---

**20** Irish wristwatch!

Reference: <https://www.goldencarers.com/more-tongue-twisters/6648/>

### Online Home Activities

Requires access to a computer or smartphone and internet access.



### Mosaic Online Programs:

#### Knitting & Crochet Group

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



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

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

**Location:** Zoom

**\* Zoom link provided at time of registration. You can also dial in to participate through your telephone if you do not have access to a computer – dial in number provided at time of registration.**

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

Exercise with us on Zoom! 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:** Tuesdays on September 15<sup>th</sup>, **October 13<sup>th</sup>**, November 10<sup>th</sup>

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

**Location:** Zoom

**\* Zoom link provided at time of registration. You can also dial in to participate through your telephone if you do not have access to a computer – dial in number provided at time of registration.**

### **The Roaring 20's: A Presentation with Lianne Harris**

Join Mosaic as we explore the 1920's, on Zoom! It was a time of the Jitter-Bug and juke boxes, the Bee's Knees and the Cat's Pajamas. Its era had no precedent and its place in history marks it as the most revolutionary decade this last century. It was an era bigger than life, louder than convention – it was the Roaring 20's!

**When:** Thursday October 15<sup>th</sup>, 2020

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

**Location:** Zoom

***\* Zoom link provided at time of registration. You can also dial in to participate through your telephone if you do not have access to a computer – dial in number provided at time of registration.***

### **Community Café: Holland's Pride and Joy: ANDRE RIEU, Musician & Showman, Presentation by Marcel Deurvorst**

Join Mosaic and members of our community on Zoom once a month, for an afternoon of ideas, fun, connection and social interaction. Our Zoom 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!

**When:** Monday October 19<sup>th</sup>, 2020

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

**Location:** Zoom

***\* Zoom link provided at time of registration. You can also dial in to participate through your telephone if you do not have access to a computer – dial in number provided at time of registration.***

### **First Link Memory Café Program: Stay Fit for Fall Prevention with Judy Chu**

The First Link® Memory Café Program on Zoom is a collaborative program run by Mosaic Home Care and Alzheimer Society York Region for those living with memory issues and their caregivers.

**When:** Tuesday October 27<sup>th</sup>, 2020

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

**Location:** Zoom

***\* Zoom link provided at time of registration. You can also dial in to participate through your telephone if you do not have access to a computer – dial in number provided at time of***

**registration.**

### **Art Workshop with Dona Zekas**

Join Toronto Based local artist, Dona Zekas, for a conversation about her work as an artist, her travels around the world and a simple art exercise to try at home!

**When:** Friday October 23<sup>rd</sup>, 2020

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

**Location:** Zoom

**\* Zoom link provided at time of registration. You can also dial in to participate through your telephone if you do not have access to a computer – dial in number provided at time of registration.**

### **Outdoor Mosaic Programs:**

**\* ALL MOSAIC OUTDOOR PROGRAMS ARE CANCELLED UNTIL FURTHER NOTICE DUE TO COVID-19 \***

### **Social Distancing Events outside and in the GTA**

#### **Parks to Check Out:**

#### ***Rockwood Park***

Towering limestone cliffs, caves and glacial potholes, including one of the world's largest, are a few of the natural wonders at Rockwood. You can view them from hiking trails on both sides of the Eramosa River or in a rented canoe. The park's unique setting makes it a popular location for television shows, movies and photography shoots.



**For more park information like hours of operation and other notes to visitors, please check the website.**

**Address:** 161 Fall Street South Rockwood, ON N0B 2K0

**Phone:** 519-856-9543

**Website:** <https://www.grandriver.ca/en/outdoor-recreation/Rockwood.aspx>





### **Earl Bales Park**

With bike trails, an off-leash dog park and great picnic sites, this might be a fun park to check out this Fall.

**Address:** 4169 Bathurst St North York, ON M3H 3P7

**Website:** <https://www.toronto.ca/data/parks/prd/facilities/complex/337/index.html>



### **Art Gallery of Ontario**

The Ago is reopening to **Members and Annual Passholders** starting on July 2<sup>nd</sup>, 2020. For more information on the different exhibits that will be available in July please visit the website or give the gallery a call.

**Phone:** 416-979-6648 / 416-979-6620

**Website:** <https://ago.ca/>

### **Nuit Blanche Online**

Due to COVID-19 Nuit Blanche will look a little different this year! Instead of being cancelled, the event has been moved online! "The virtual event will present five streams of programming including talks, podcasts, live streams, Nuit History and augmented and virtual reality artworks" so be sure to check it out from the comfort of your home this year!

**Website:** <https://www.toronto.ca/explore-enjoy/festivals-events/nuitblanche/>

## **Other Online Community Programs**

### **Minds in Motion, Alzheimer Society York Region Online Programs**

Minds in Motion® is a physical activity and brain stimulation program for people living with dementia and their care partners, currently being offered online throughout Ontario.



**When:** Every Wednesday's starting July 22<sup>nd</sup>, 2020

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

**Registration:** <https://www.eventbrite.ca/e/minds-in-motion-virtual-program-registration-112985037288>

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

Luma Care is an organization that has made tremendous strides with senior online connection through their Virtual Healthier Living Centre. To register, please click the link below. Keep in mind that you will need to download the Zoom app in order to participate.



**Website:** <https://lumacare.ca/>

### **Scarborough Centre for Healthy Communities**

Join SCHC online for their "Getting the most from your healthcare appointment" seminar. Register by August 10<sup>th</sup>, 2020.



**When:** Tuesday August 25<sup>th</sup>, 2020

**Time:** 1:30pm to 3:30pm

**Registration:** [jtandoc@schcontario.ca](mailto:jtandoc@schcontario.ca) / 416-948-8976

### **Bernard Betel Centre**

Bernard Betel Centre is offering a wide variety of online programs for the community. They have virtual cooking classes, guided meditations and other workshops for you to try!

Take a look at their August 2020 calendar linked below.

**When:** Check website for full program listing



<https://betelcentre.files.wordpress.com/2020/03/virtual-programming-calendar-august-2020.pdf>

**Registration:** [marial@betelcentre.org](mailto:marial@betelcentre.org)

### **Better Living Health and Community Services**

Better Living Health and Community Services has been delivering programs and services (online and day programming) to support individuals to maintain their independence and enhancing social well-being.



**Website:** <https://mybetterliving.ca/helping-you-in-the-community/>

### **Circle of Care**

Circle of Care offers home and community support services in the North Toronto area. These include, social clubs, exercise and falls prevention programs and adult day programs.



**Website:** <https://www.circleofcare.com/programs-services/>

# November Crossword



## ITALIAN FOOD Crossword

A crossword puzzle grid with 19 numbered starting points for words. The grid is composed of white squares for letters and empty spaces for gaps. The numbers are as follows:

- 1: Down, 1st square
- 2: Down, 1st square
- 3: Across, 1st square
- 4: Across, 1st square
- 5: Across, 1st square
- 6: Across, 1st square
- 7: Down, 1st square
- 8: Across, 1st square
- 9: Down, 1st square
- 10: Down, 1st square
- 11: Down, 1st square
- 12: Down, 1st square
- 13: Down, 1st square
- 14: Across, 1st square
- 15: Down, 1st square
- 16: Across, 1st square
- 17: Across, 1st square
- 18: Across, 1st square
- 19: Across, 1st square

## Italian Food Crossword

### Across

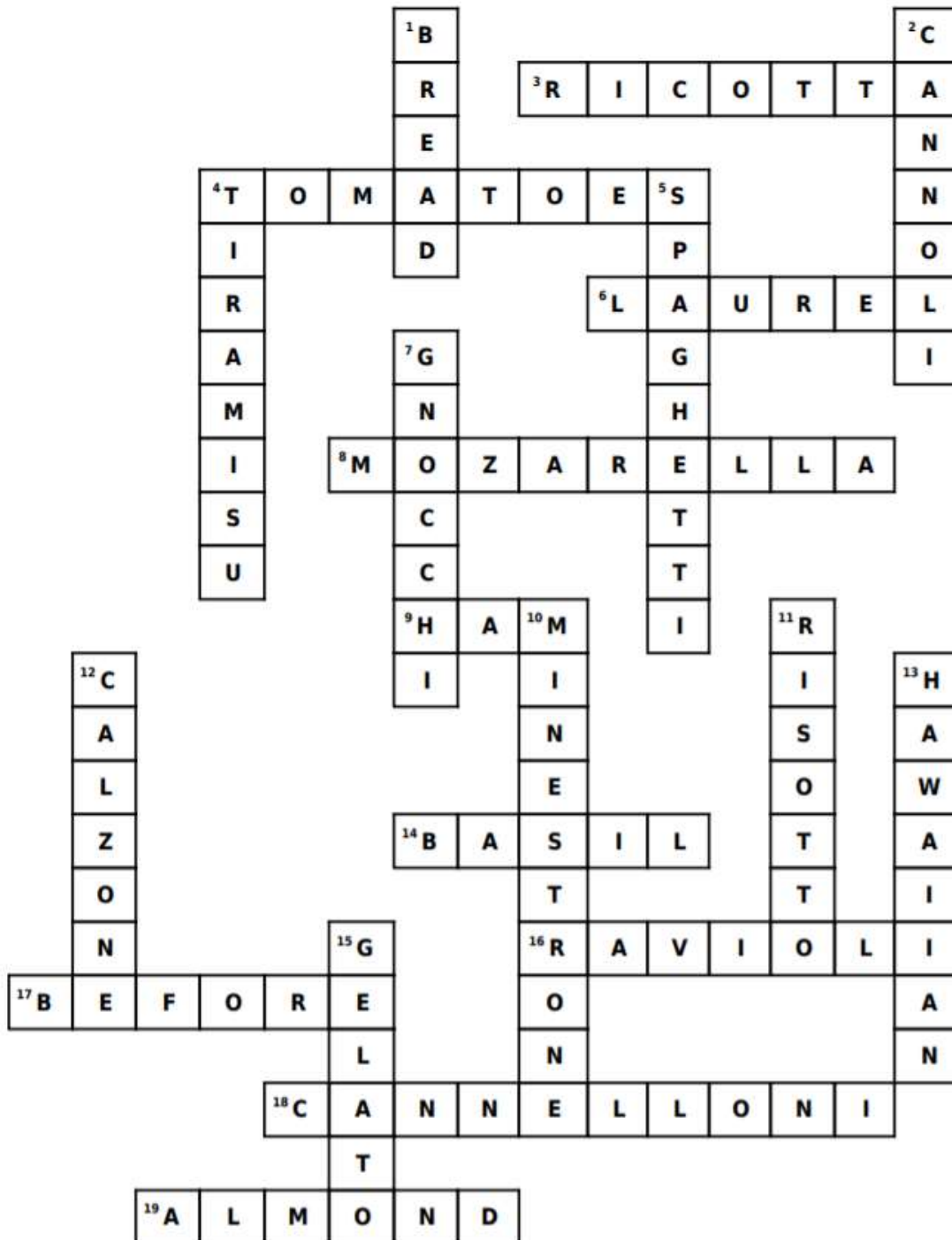
3. An Italian cheese made from whey rather than whole milk
4. The main ingredient of passata
6. Roman crowns and wreaths were made from this plant
8. Italian cheese made from buffalo's milk
9. What, in Italian, is 'prosciutto'?
14. The main ingredient in pesto
16. Small, square cases of pasta filled with meat or cheese
17. Is 'antipasti' commonly served before or after a meal?
18. Cylindrical type of lasagna that is stuffed and baked
19. Amaretti are crunchy biscuits with the flavour of which nut?

### Down

1. Focacia is a type of this
2. Small deep-fried pastry tubes with a sweet creamy filling
4. Coffee-flavoured Italian dessert
5. Italian pasta made in the form of long, thin strings
7. Italy's famous pillowy potato dumplings
10. A thick Italian soup made with vegetables and pasta
11. Rice dish cooked with broth until it reaches a creamy consistency
12. A type of pizza that is folded in half before cooking to contain a filling.
13. What name is given to a pizza with ham & pineapple?
15. Italian-style ice cream

# Crossword Answers

## Italian Food Crossword



Reference: <https://www.goldencarers.com/italian-food-crossword/6105/>

## **COVID-19 Senior 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

### **Community Teams Gain Clinic – Geriatric Services**

Provides Geriatric Services in the Scarborough Community.

Phone: 416-493-3333

**The Sesheme Foundation – Senior Pandemic Relief Programs & Non Crisis Peer Support  
Phone Line**

Provide both social programs and COVID-19 supports.

Phone: (416) 358-2882

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

Website: <https://sesheme.ca/>

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**Corporate Office**

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



**Toronto Office**

105 Wilson Avenue, Second Floor  
Toronto, ON M5M 2Z9  
Tel 416.322.7002

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

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

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*What a difference we make®!*