



# **November 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.



### Home Activities

These activities do not require a computer and internet access.



#### Hanukkah Chicken Recipe

Submitted by Judy Chu and her Family! Judy's husband made this wonderful meal for their family using this recipe found on Epicurious.com (Link below for the website).

*Judy recently did a presentation at Mosaic on falls prevention, feel free to check out her website [www.judychu.ca](http://www.judychu.ca)*



## **Yields 6-8 Servings**

**Prep time: 1 hour and 15 minutes**

### **Ingredients**

- 3 lb. skinless, boneless chicken thighs
- 1/4 tsp. cayenne pepper
- Kosher salt, freshly ground pepper
- 2 lb. russet potatoes, peeled, coarsely shredded on the large holes of a box grater or in a food processor
- 1 small onion, peeled, shredded on the large holes of a box grater or in a food processor
- 2 Tbsp. matzo meal
- 1 large egg
- 1/2 cup plus 2 Tbsp. vegetable, canola, or grapeseed oil, divided
- 3 Pink Lady apples (about 1 1/2 lb.), sliced into 1/2" wedges
- 1/2 cup dry white wine
- 1 1/2 cups unsweetened applesauce
- 4 sprigs thyme
- 2 Tbsp. fresh lemon juice
- 1/4 cup coarsely chopped parsley leaves
- 2 tsp. finely grated lemon zest

### **Directions**

1. Place a rack in oven as close to broiler as possible; preheat broiler. Season chicken on all sides with cayenne, 1 Tbsp. salt, and 1 tsp. black pepper. Let sit 10–15 minutes.
2. Meanwhile, working in batches, wring out excess moisture from shredded potatoes and onion in a clean dish towel over the sink (the more liquid you remove, the crispier your latkes will be, so take your time and use several towels if necessary). Transfer potatoes and onion to a large bowl.
3. Whisk matzo meal, 2 tsp. salt, and 1 tsp. pepper in a medium bowl. Add egg and whisk to combine. Add to potato mixture and mix to evenly distribute.
4. Heat 1/4 cup oil in a 10" ovenproof (preferably cast-iron) skillet over medium-high until shimmering. Carefully transfer potato mixture into hot oil in skillet and use a rubber spatula to spread it into an even layer, pressing to flatten as much as possible. Cook until edges are just

starting to brown, about 5 minutes. Brush 2 Tbsp. oil over and transfer skillet to broiler. Broil, checking often to make sure latke isn't burning, until top is crisped and deeply golden brown, 10–12 minutes.

5. While latke is in the oven, heat remaining 2 Tbsp. oil in a large skillet over high. Working in 2 batches, cook chicken flat side down until golden brown, about 4 minutes. Turn and cook until other side is golden brown, about 1 minute. Transfer to a plate.
6. Cook apples in hot oil and fat in pan over medium-high heat, stirring occasionally, until caramelized and softened, 8–10 minutes. Add wine and cook, stirring occasionally, until reduced by half, 2–3 minutes. Using a slotted spoon, transfer apples to a medium bowl, leaving reduced wine behind in skillet. Add applesauce, thyme, and 3/4 tsp. salt to skillet and stir to combine. Nestle chicken into sauce in skillet. Pile apple mixture over chicken. Cover and cook over medium heat until chicken is cooked through, about 15 minutes.
7. Carefully invert skillet with latke onto a cutting board, then slice latke into 8 wedges.
8. Drizzle lemon juice over chicken. Toss parsley, lemon zest, and 1/4 tsp. salt in a small bowl. Sprinkle over chicken and apples. Serve chicken with latke wedges alongside.

**Reference:** <https://www.epicurious.com/recipes/food/views/hanukkah-chicken>

### **Paper Plate Poppy Wall Decoration**

A simple craft activity to try for Remembrance Day.

#### **Materials**

- Large & Small paper plates
- Red, Black and Green paint & brushes
- A3 paper

#### **Instructions**

For each poppy you will need four large paper plates and one small paper plate.

Paint large plates poppy Red, small plate Black.

Cut strips of A3 paper (11-3/4 x 16-1/2) about 1" wide 25mm and paint these green, this will be the poppy stem.

Once everything has dried staple the four large red plates together in the approximate shape of the poppy flower.

Staple the stem in position.

Then place the small black plate in the centre of the red plates and using a drawing pin attach to the wall this holds the poppy together.



Reference: <https://www.goldencarers.com/paper-plate-poppy-wall-decoration/6709/>

### **Online Home Activities**

Requires access to a computer or smartphone and internet access.



### **Mosaic Online Programs:**

Here is a list of upcoming Mosaic programs, please contact Mosaic if you would like register. If you are not yet on the list to receive Mosaic updates, please contact us to be added to the list.

*To register for any programs please email [beth@mosaichomecare.com](mailto:beth@mosaichomecare.com) or call 905-597-7000 ext. 242.*

### [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](#)

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.

**Date:** Tuesday November 10<sup>th</sup>, 2020 from 1:00 p.m. to 2:00 p.m. (Next class is January 5<sup>th</sup>, 2020)

**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: Beyond Health & Fitness: Increasing Self-Confidence & Body Awareness Presentation by Sonny Ciufu](#)

A special workshop to help promote health and fitness for older adults.

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

**Location:** Zoom

### [Plan Well Guide Presentation by Dr. Heyland](#)

Plan Well Guide: a novel decision aid to support decision-making in serious illness (like COVID-19 pneumonia)

Main discussion points include:

- With respect to future medical care, why think ahead/plan ahead?
- Highlight current deficiencies in communication and decision-making process related to serious illness
- Introduce you to Plan Well Guide [www.planwellguide.com](http://www.planwellguide.com)
- Discuss future collaborations

**Date:** Tuesday November 17th, 2020 from 1 p.m. to 2 p.m.

**Location:** Zoom

**[First Link Memory Café: Dalcroze Eurythmics Experience Presentation by Brian Katz from Music Can Heal](#)**

A playful and experiential approach to music through movement!

**Date:** Tuesday November 24th, 2020 from 1 p.m. to 2 p.m.

**Remembrance Day Online**

As Canadians cannot get together this year to remember, we have listed some great resources from the Veterans Affairs website for you to check out.

**People and Stories:**

**<https://www.veterans.gc.ca/eng/remembrance/people-and-stories>**

**Veterans' Week (November 5<sup>th</sup> – 11<sup>th</sup>):**

**<https://www.veterans.gc.ca/eng/remembrance/people-and-stories>**



Find more resources online at **<https://www.veterans.gc.ca/eng>**

**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/>



### **Other Online Community Programs**

#### **Virtual Art Talks with Art Gallery of Toronto**

The AGO is offering small group virtual art talks for Alzheimer Society Toronto. You can explore their collection through conversation, exchanging ideas and observations about the selected artworks. This is a one-hour virtual art talk hosted on Zoom and the program is designed for people living with dementia and their caregivers.

**When:** Tuesday December 15<sup>th</sup>, 2020

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

# AGO



### **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

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

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

**Website:** <https://alz.to/event/virtual-art-talks-with-art-gallery-ontario-ago-2/>

### **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 upcoming programs

**Website:** <https://www.schcontario.ca/all-programs.html>

**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 latest calendar linked below.

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

<https://betelcentre.org/2020/03/23/virtual-programming/>

**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**

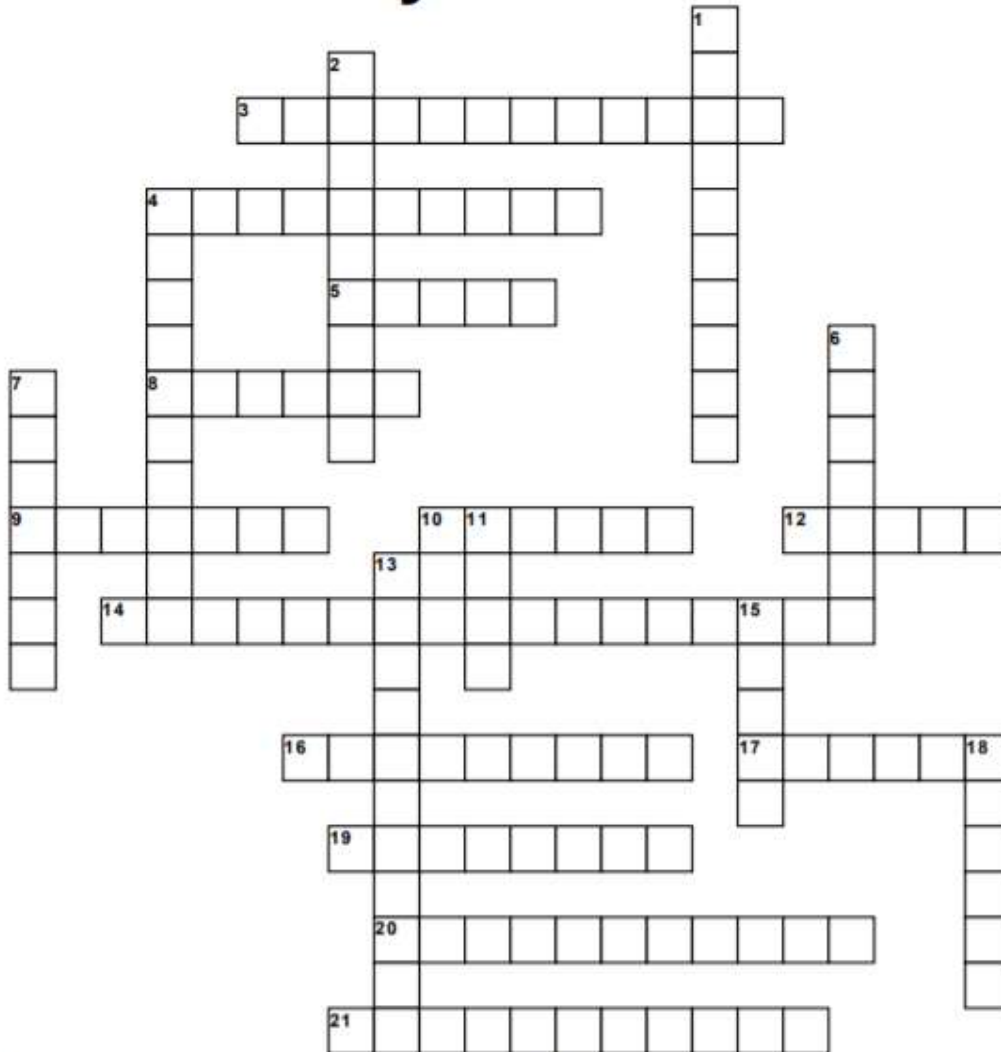
Circle of Care offers home and community support services in the North Toronto area. These include, social clubs, exercise and falls prevention programs and adult day programs.

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



## November Crossword

# Family Crossword



### Across

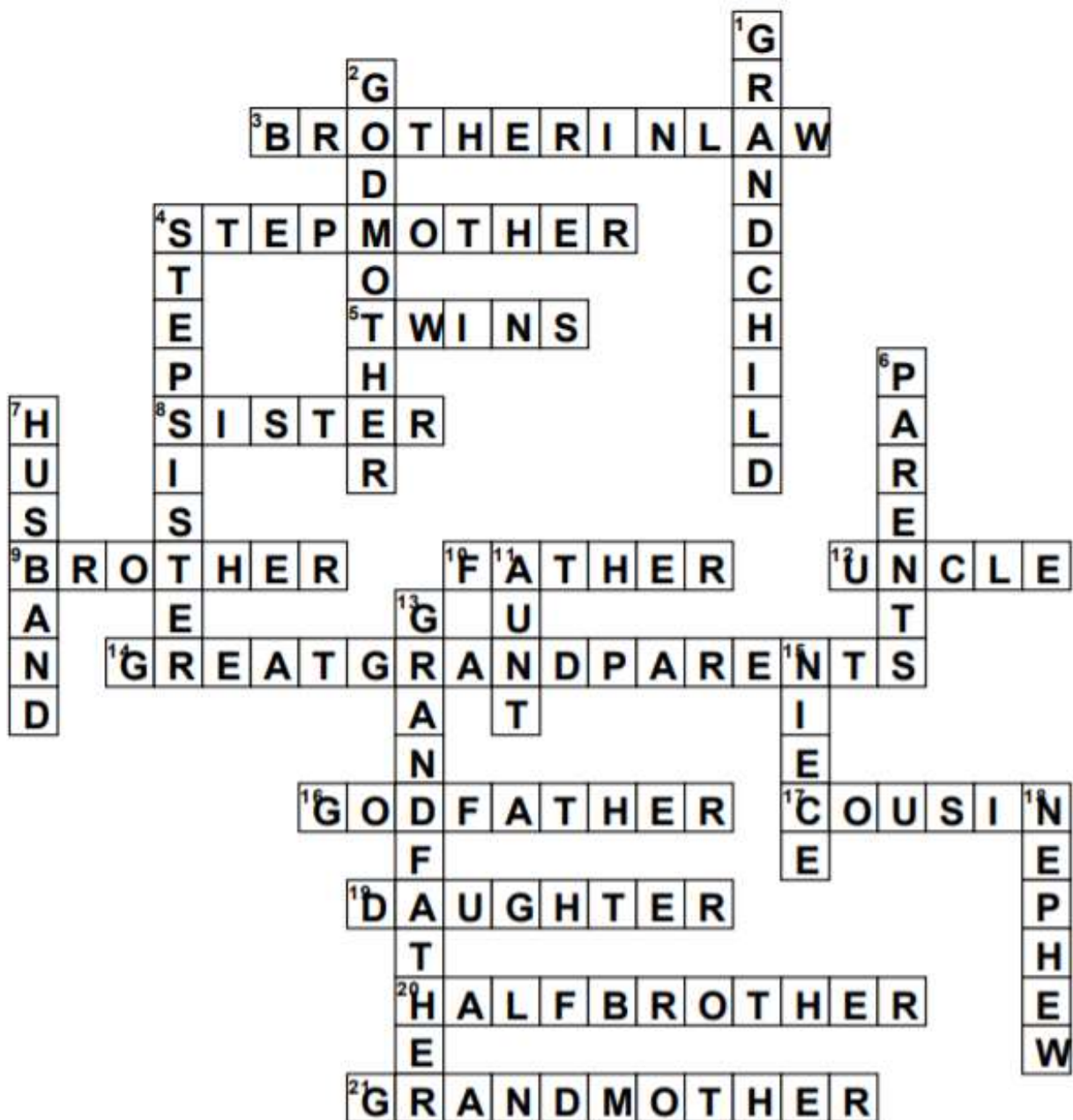
- 3 - My husband's brother (12)
- 4 - Your father's new wife (10)
- 5 - Babies born at the same birth (5)
- 8 - A female sibling (6)
- 9 - A male sibling (7)
- 10 - The male parent (6)
- 12 - My father's brother (5)
- 14 - The parents of my grandparents (17)
- 16 - Man who sponsors a child at baptism (9)
- 17 - My aunt's child (6)
- 19 - Your female child (8)
- 20 - A brother that has only one parent in common (11)
- 21 - Your mother's mother (11)

### Down

- 1 - A child born to one of your children (10)
- 2 - Woman who sponsors a child at baptism (9)
- 4 - The daughter of your father's new wife (10)
- 6 - My mother and father (7)
- 7 - The man I married (7)
- 11 - My mother's sister (4)
- 13 - My mother's father (11)
- 15 - My brother's daughter (5)
- 18 - Your sister's son (6)

Crossword Answers

# Family Crossword



## **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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**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®!*