



# **December 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 no 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.



**Mosaic is wishing you and your family a happy and safe  
Holidays and New Years!**



## Home Activities

These activities do not require a computer and internet access.



### Mosaic's Holiday Cookbook

Our Mosaic team has come together to create a holiday cookbook for you. These are some of the recipes they love making for their families and wanted to share with the community. Try some of these yummy recipes this holiday season!

#### Sarah's Cranberry-Cream Cheese Crescent Bites

This recipe was first introduced to me by one of my friends. It's an easy to make and inexpensive appetizer. It reminds of the holidays and gathering with friends and family. Although this year looks a little different, I promise these will put you in the holiday spirit with a touch of cranberry!

#### Ingredients

4 oz cream cheese, softened  
3 tablespoons chopped dried cranberries  
1 tablespoon chopped fresh chives  
1 teaspoon finely diced seeded jalapeño chile  
1 can (8 oz) Pillsbury™ refrigerated crescent dough sheet or 1 can (8 oz) Pillsbury™ refrigerated crescent rolls



#### Directions

1. Heat oven to 375°F. Line two cookie sheets with cooking parchment paper.
2. In medium bowl, mix cream cheese, cranberries, chives and jalapeño chile.
3. Unroll dough on work surface. Press into 12x8-inch rectangle. (If using crescent roll dough, firmly press perforations to seal.) With pizza cutter or sharp knife, cut into 6 rows by 4 rows to make 24 squares.
4. Place 1 teaspoon cream cheese mixture onto center of each square. Bring 4 corners together to overlap slightly in center at top of each bundle. Twist and pinch to seal, leaving small gaps between seams. Place on cookie sheets.
5. Bake 11 to 13 minutes or until golden brown. Serve warm.

Recipe can be found at <https://www.pillsbury.com/recipes/cranberry-cream-cheese-crescent-bites/893a09a7-1db8-4ffd-a593-3bc48b7d1d35>

### **Diane's Holiday Clodhoppers**

Here's a treat Diane's kids love!

#### **Ingredients**

2 cups Golden Grahams Cereal (heaping)  
½ cups Dried Cranberries  
¼ cups Slivered Almonds  
1 cup White Chocolate Pieces



#### **Directions**

1. In a medium bowl, combine the cereal, cranberries, and almonds. In a double boiler over medium heat, melt the chocolate.
2. Pour the melted chocolate over the cereal mixture and toss until evenly coated.
3. Roughly spread the mixture (but leave lots of clumps!) on a baking sheet lined with wax paper and throw the whole shebang into the freezer for about 10-15 minutes (to set).
4. Remove from the freezer and break into chunks. Package in festive Christmas bags to give away or toss into a bowl to enjoy yourself.

Recipe can be found at <https://tastykitchen.com/recipes/desserts/christmas-crack-aka-clodhoppers/>

### **Jennifer's Pecan Balls**

Here's a family favourite from Jennifer!

#### **Ingredients**

½ lb (1 cup) butter, softened  
4 tbsp sugar  
2 cups flour  
1 cup finely chopped pecans  
1 tsp vanilla

#### **Directions**

1. Mix in above order.
2. Roll into little balls.
3. Place on greased cookie sheet
4. Bake at 350 to 375 oven for 25minutes or until lightly browned on bottom.
5. Roll hot from oven in icing sugar.
6. Put on parchment paper till cool, then roll again in icing sugar and enjoy!



**This is a family recipe, no website link.**

## **Martha's Sugar & Spice (and everything nice) Nuts!**

A delicious treat to snack on!

Yields 2 cups

### **Ingredients**

- 1 Egg
- 2 Cups of unsalted nuts (your choice – cashews, pecans, almonds)
- ¼ Cup sugar
- ½ Tsp cinnamon
- ½ Tsp cayenne
- ¼ Tsp salt

### **Directions**

1. Beat one egg white until foamy.
2. Stir in two cups unsalted nuts, of your choice, until coated.
3. Stir ¼ cup sugar with ½ tsp cinnamon, ½ tsp cayenne and ¼ tsp salt. Toss with nuts until coated.
4. Spread out on a greased baking sheet.
5. Bake at 325° stirring often until golden – 20-25 minutes.
6. Cool completely.



### **Guess the Birthday: December Edition**

Try and figure out who's birthday it is based on the clues!

#### **1. Birthday: December 4<sup>th</sup>, 1921**

I was born in Winnipeg, Canada, and became a United States citizen in 1941. In Hollywood, I was known as a singer as well as an actress. I featured in various movies in the 1930s and 1940s including, Spring Parade, Three Smart Girls, and Lady on a Train, The Amazing Mrs. Holliday, among others. Among my hit singles were: Spring in My Heart, Always, Spring Will Be a Little Late This Year, When April Sings, Il Bacio, and others.

Clue: Initials – D.D.

#### **2. Birthday: December 5<sup>th</sup>, 1905**

I was an American entrepreneur, voice actor and film producer. I was born in Chicago, Illinois. I moved to California when I was 18 years old to pursue a career as a commercial illustrator and to join my brother Roy who was recovering from tuberculosis in Los Angeles. When Roy's health improved, we setup a business together. In my early 20s I developed a mouse character that became extremely popular. In 1934, we decided to produce a full color movie based on Snow



White and the Seven Dwarfs. Despite the media predicting our downfall, and despite being four years in the making and three times over budget, the film premiered late in 1937 to high praise from the audience and critics alike.

Clue: Initials – W.D.

### 3. Birthday: December 9<sup>th</sup>, 1916

I was born Issur Danielovitch in Amsterdam, New York. Throughout my career I have appeared in more than 90 movies, working alongside the likes of Lana Turner, Lauren Bacall, and Doris Day among many others. In 1955 I formed my own production company and achieved major box office success with films like Paths to Glory, The Vikings, and Spartacus. In 1982, I featured on the Australian film The Man from Snowy River. In 1999, I joined my long-time friend Lauren Bacall in Diamonds. I was a guest at the 2018 Golden Globe and I received a standing ovation.

Clue: Initials – K.D.

### 4. December 13<sup>th</sup>, 1929

I was born in Toronto, Canada. I am at heart a stage actor and I worked in various plays in Canada, U.S., and England. My film career began when I was nearly 30 years old and my debut was in Stage Struck in 1958. Soon after I had the lead part in a movie that made cinematic history. In this movie I played Captain Von Trapp. In 2010 I agreed to appear for the 45th anniversary of the movie with the full cast on the Oprah Winfrey Show. At the age of 82, I won an Academy Award for my performance in Beginners - making me the oldest actor to win an Academy Award.

Clue – Initials C.P.

## Answers

1. Deanna Durbin



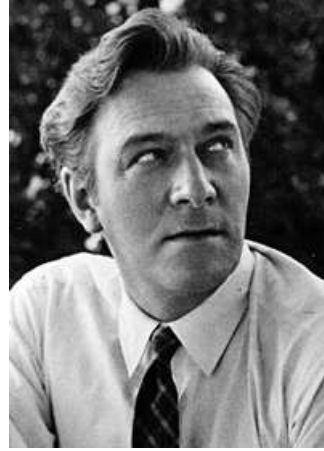
3. Kirk Douglas



## 2. Walt Disney



## 4. Christopher Plummer



Reference: <https://www.goldencarers.com/pdf/6068/>

### **Outdoor Winter Activities**

As the weather cools down and it begins to snow this month, perhaps try an outdoor winter activity with friends or family. If maintaining social distancing protocols and other safety measures (i.e. warm clothing, and proper attire for specific certain activities) outdoor activities might make this season a little more fun.

Here are some suggestions:

- Snowshoeing
- Skating
- Walking

**Here are some parks to check out:**

#### ***Earl Bales Park***

**Address:** 4169 Bathurst St North York, ON

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

#### ***High Park***

**Address:** 1873 Bloor St W, Toronto ON

**Website:** <http://www.highparktoronto.com/>

## Skating rinks that are Open:

### ***Buttonwood Park***

**Address:** 30 Mulham Pl, Etobicoke ON

**Website:** <https://www.toronto.ca/data/parks/prd/facilities/complex/813/index.html#tab=dropin>

### ***Greenwood Park***

**Address:** 150 Greenwood Ave, Toronto East York ON

**Website:** <https://www.toronto.ca/data/parks/prd/facilities/complex/70/index.html#tab=dropin>

### ***Mel Lastman Square***

**Address:** 5100 Yonge St, North York ON

**Website:** <https://www.toronto.ca/data/parks/prd/facilities/complex/956/index.html#tab=drop-in>

## **Holiday Themed Events**

### ***Christmas Light Drive-Thru Snow***

“ Experience a magical holiday adventure like no other at the Christmas Drive-Thru Festival at Angus Glen Golf Club. Enjoy more than a million illuminating lights, dazzling displays, music shows, simulated starburst firework lights, and a spectacular lights tunnel right in the comfort of your own vehicle!”



**When:** November 20, 2020 to January 4, 2021 from 5:30 p.m. to 10:30 p.m.

**Where:** 10080 Kennedy Rd, Markham ON (Angus Glen Golf Club)

**Website:** <https://magicallights.ca/> (check website for ticket prices per car)

**Phone:** 416-569-4059

### ***Marques Family Farm Christmas Market***

“The Marques Family Farm Christmas Market is offering Christmas trees, holiday decor, produce, baked goods, preserves, plus a showcase of different local businesses that offer various artisan products. Get wonderful gifts while supporting local businesses!”

**When:** Weekends, November 14 to December 20, 2020





from 10 a.m. to 4 p.m.

**Where:** 365 King St, Newmarket ON (Marques Family Farm)

**Website:** [https://m.facebook.com/events/2799653230313116/?event\\_time\\_id=2799653263646446&\\_rdr](https://m.facebook.com/events/2799653230313116/?event_time_id=2799653263646446&_rdr)

### ***Casa Loma Holiday Light Tour***

“Experience the magic of the season at Casa Loma’s spectacular Holiday Light Tour. Wander through a dazzling lighting display in the gardens and tunnels, all decorated for the festive season. Designed as a self-guided walk, guests stroll through the property’s grounds while enjoying the spectacular decorations and outdoor lighting displays in a safe environment.



All current safety protocols in place: Guest Screening/Contact Tracing, Physical Distancing, Masks/Face Coverings Required. The Holiday Light Tour is not included with Casa Loma general admission.”

**When:** December 22, 2020– January 31, 2021 open from 4 p.m. daily

**Where:** 1 Austin Terrace, Toronto ON

**Website:** <https://casaloma.ca/project/casa-lomas-holiday-light-tour/>

### **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 until December 23<sup>rd</sup>, 2020 Program will resume January 6<sup>th</sup>, 2021

**Time:** 1:00 p.m. to 2:00 p.m.

**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.***



### ***Updates on Mosaic Winter 2021 Programs***

Reoccurring programs like **Exercise with Joanne, Community Café and First Link Memory Café** will resume January 2021. Look out for our Winter 2021 Newsletter coming out sometime early January.

To be emailed the newsletter please contact us at [info@mosaichomecare.com](mailto:info@mosaichomecare.com) or visit <https://www.mosaichomecare.com/> for updates.

### **Armour Heights Community Zoom Programming**

Armour Heights Presbyterian Church has several online Zoom programs coming up that you may want to check out! Mosaic Home Care has a community resource centre located at Armour Heights that will be open once COVID-19 restrictions are lifted and it is safe to do so.

Check out the “Coming Events” page for a full listing of Armour Heights programs and events. Zoom links can be found on the page, no registration is required. For more information please email [info@mosaichomecare.com](mailto:info@mosaichomecare.com) or call 416-485-4000.

### ***Program Listing:***

**Yoga with Erin** – Saturday, Nov 28, Dec 5, 12, 19 at 10:00 a.m.

**Christmas Open Mic Night** - Thursday Dec 10 at 7:30 p.m.

**A COVID Christmas** – Friday Dec 18, 2020 at 7:30 p.m.

For more information and Zoom links please visit the website:

<https://armourheights.org/coming-events-1>

### **Other Online Community Programs**

#### **OSSCO Virtual Cookie Exchange**

Noreen takes participants on a discussion on baking during COVID-19 and why baking provides comfort and connection in challenging times. This program is offered through telephone.

**When:** Wednesday December 2<sup>nd</sup>, 220 from 1:00 p.m.

**Registration:** [info@ossco.org](mailto:info@ossco.org) / 416-785-8570

**Website:** <https://www.eventbrite.ca/e/virtual-cookie-exchange-tickets-131232924209>



### **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:** 1:00 p.m. to 2:00 p.m.

**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 community programs. Check out their full online program listing on their website.



**Website:** <https://www.schcontario.ca/>

**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!

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

**Website:** <https://betelcentre.org/online-programs/>

**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/>



# Word Search

## CHRISTMAS TREE DECORATIONS



J S X V W V R N H R X C E X S S P  
A B A Z Y S R T H E F N L A C E D  
G W Q N I E A T R E E T M O P L N  
V T B S T E R V I D K T G Q R B J  
D E C O R A T I O N S B N S E U V  
S O T W I H C W I I Z P E Y S A T  
K I C U B I R L R E F F V T E B I  
B B R S B U X H A R R K A W N L N  
Y Z O W O I C W S U K R B P T E S  
M B Z O N X H U B L S N Q G S G E  
C H R B S A L D N A L R A G Y N L  
I P T Y E S E U Q L L E B U B A Q  
S L B S N O W F L A K E B I N S L  
L L I G H T S I A L T P R D J L J  
P F N X D U T G B B L C U U H G D  
O H C N M N A M W O N S L H R C M  
X J H S L P P J W W H M Y T W G U

**Tinsel**

**Angel**

**Snowflake**

**Crib**

**Ribbons**

**Baubles**

**Snowman**

**Star**

**Lights**

**Bow**

**Christmas**

**Reindeer**

**Santa Claus**

**Presents**

**Garland**

**Tree**

**Bows**

**Wreath**

**Bells**

**Decorations**

## **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/>

---

**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)

---

*What a difference we make®!*