



January 2021 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

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 New Year!



Home Activities

These activities do not require a computer and internet access.



Recipe to Try at Home

Banana Sticky Toffee Pudding

Yields: 9

Ingredients

1/2 cup unsalted butter, at room temperature, divided, plus more for greasing
3/4 cup boiling water
6 ounces pitted dates, chopped (1 cup)
1 teaspoon baking soda
1 1/2 cups all-purpose flour
1 teaspoon baking powder
1/2 teaspoon kosher salt
1 3/4 cups light brown sugar
2 large eggs
2 medium-size overripe bananas, mashed (1 cup)
1/2 cup heavy cream
Unsweetened whipped cream, for serving



Directions

1. Preheat oven to 350°. Grease a 9-inch square metal cake pan with butter. In a small heatproof bowl, pour the boiling water over the dates; stir in the baking soda. In a medium bowl, whisk together the flour, baking powder, and salt.
2. In the bowl of a stand mixer fitted with the paddle, beat 1/4 cup of the butter with 3/4 cup of the brown sugar at medium speed until light and fluffy, about 4 minutes. Beat in the eggs, one at a time. At low speed, beat in the flour mixture until just combined. Add the date mixture and bananas, and beat at low speed until just combined.
3. Scrape the batter into the prepared pan, and bake until a toothpick inserted in the center comes out clean, about 30 minutes.
4. Meanwhile, in a small saucepan, combine the heavy cream, the remaining 1/4 cup of butter, and the remaining 1 cup of brown sugar. Bring to a gentle boil over moderate heat, and cook until slightly thickened and deep golden, about 3 minutes. Keep warm.

5. Transfer the pan to a wire rack. Using a skewer or toothpick, poke holes all over the cake. Pour half of the warm sauce over the cake, and let stand until absorbed, about 10 minutes. Serve warm with the remaining sauce and the whipped cream.

Recipe can be found at: <https://www.foodandwine.com/recipes/banana-sticky-toffee-pudding>

Christmas Carols Quiz

Test and see how many carols you know!

Questions

- | | | |
|---|--|-------|
| 1 | Which carol opens with "Said the night wind to the little lamb"? | _____ |
| 2 | What wakes baby Jesus up in the song "Away in a Manger"? | _____ |
| 3 | "Oh little Town of Bethlehem, How.....we see thee lie"? | _____ |
| 4 | "Silent night, holy night, all is calm, all is....."? | _____ |
| 5 | "Oh Come all ye faithful, joyful and"? | _____ |
| 6 | How many verses are there in "Away in a Manger"? | _____ |
| 7 | What are the missing lyrics - "Ding Dong merrily on high, in the bells are ringing"? | _____ |
| 8 | Which Christmas carol includes the lines "The stars in the sky, Look down where he lay, The little Lord Jesus, Asleep in the hay"? | _____ |

9	"Tidings of comfort and joy" are brought with which Christmas carol?	_____
10	Which carol contains the line - "Peace on earth and mercy mild, God and Sinners reconciled"?	_____
11	German based disco group Boney M had a number one hit in 1978 with which Christmas song?	_____
12	Where did the 3 ships sail into on Christmas Day in the morning?	_____
13	The lyrics "Let earth receive her King, Let every heart prepare Him room, And heaven and nature sing" are taken from which carol?	_____
14	Which Christmas carol describing Mary's journey to Bethlehem has been recorded by Gracie Fields, the Beverley sisters, Vera Lynn and Aled Jones among others?	_____
15	What type of tree is mentioned in "The 12 Days of Christmas"?	_____
16	Which Christmas carol includes the lyrics "From now on, our troubles will be out of sight"?	_____
17	Which Christmas carol is commonly known by the title "Chestnuts Roasting on an Open Fire"?	_____
18	What are the Kings following in "We Three Kings of Orient Are"?	_____

19 What is fun to ride in "Jingle Bells?" _____

20 What three things are we told we better do in "Santa Claus is Coming to Town"?

Answers

1. Do You Hear What I Hear?, 2. Cattle, 3. Still, 4. Bright, 5. Triumphant, 6. Three, 7. Heav'n, 8. Away in a Manger, 9. God Rest ye Merry Gentlemen, 10. Hark the Herald Angels Sing, 11. Mary's Boy Child, 12. Bethlehem, 13. Joy To The World, 14. Little Donkey, 15. Pear Tree, 16. Have Yourself a Merry Little Christmas, 17. The Christmas Song, 18. Star, 19. One horse open sleigh, 20. Watch out, not cry, not pout

From: <https://www.goldencarers.com/christmas-carols-quiz-ii/6757/>

Fun Limericks

1. There was an old man with a beard,
Who said "It is just as I feared!
Two owls and a hen,
Four larks and a wren,
Have all built their nests in my beard",
2. There was an old man in a boat,
Who said "I'm afloat, I'm afloat"
When they said "No you ain't"
He was ready to faint,
That unhappy old man in a boat.
3. There was an old man in a tree,
Whose whiskers were lovely to see,
But the birds of the air,
Plucked them perfectly bare,
To make themselves nests on that tree.
4. There was an old person of Dover,
Who rushed through a field of blue clover,
But some very large bees,
Stung his nose and his knees,
So he very soon went back to Dover.

From: <https://www.goldencarers.com/a-few-limericks-to-share/6690/>

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

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:

For full listing of programs and workshops please take a look at our Winter 2021 Newsletter at:
<https://www.mosaichomecare.com/news-events/newsletter/>

Knitting & Crochet Group

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

When: Every Wednesday starting January 6th, 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.***



Functional Fitness with Joanne Picot

Join us on Zoom twice a month for a complete body workout featuring simple exercises to build muscles, flexibility, and boost heart health. Joanne will lead you through a variety of energizing standing and seated exercises using light free weights.

When: Tuesdays January 5th & 19th, 2021

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

Location: Zoom



Community Café: Tales of Wisdom with Timothy Greenwood

Stories help us face the challenges of life with examples of inspiration, humor and overcoming; and these days we need these types of stories more than ever.

When: Monday January 18th, 2021

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

Location: Zoom



[First Link® Memory Café: A Healthy Bite of Exercise & Nutrition with Urban Poling Inc.](#)

An informative “bite” of exercise and nutrition! A series of seated and standing exercises which will get your heart pumping and put your mind at ease. Tuesday January 26th, 2021 from 1 p.m. to 2 p.m.



When: Tuesday January 28th, 2021

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

Location: Zoom

[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 or call 416-485-4000.

[Everything You Wanted to Know About Scotland & More...](#)

Come and join Mosaic Home Care Services and Armour Heights Presbyterian Church online on Zoom as we celebrate Robbie Burns Day!

When: Monday January 25th

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

Location: Zoom

To register contact Armour Heights Church at (416) 485-4000 or by email estone@armourheights.org A link will be sent once registered or through the church website <https://armourheights.org/>



For more information and Zoom links please visit the website:

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

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.

Alzheimer
Society
YORK REGION

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 / 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

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/>



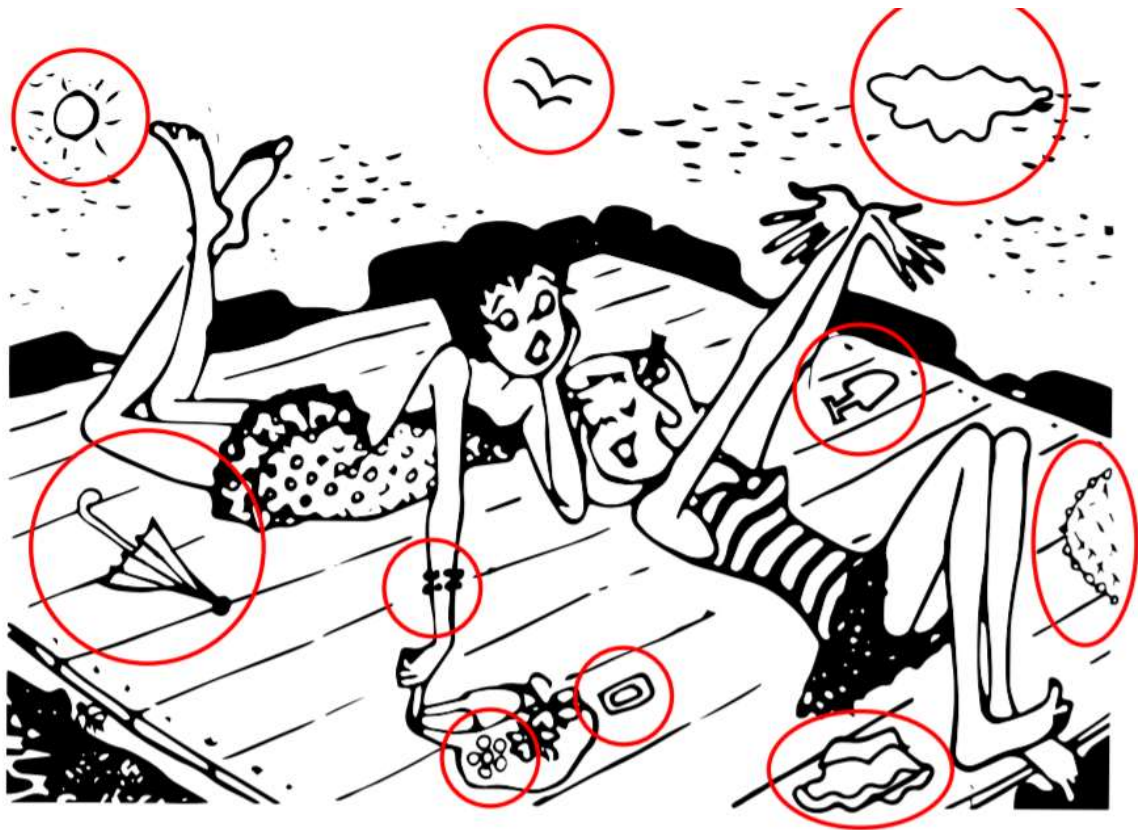
Spot the Difference: Ladies by the Water

There are 10 things that are different between the photos, can you find them?

Spot The Difference 10 to find!



Answers



Activity from: <https://www.goldencarers.com/spot-the-differences-13/4941/>

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.

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 information 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

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

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

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Mosaic Home Care Services & Community Resource Centres

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What a difference we make®!