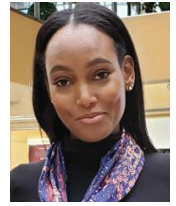




# Online Program Schedule

## Winter 2021

### Mosaic Home Care Services



Mosaic is providing online programming on Zoom during the COVID-19 Pandemic. Participation is possible through computer or telephone (dial in through landline or cell phone).

To register call **905.597.7000** or email [info@mosaichomecare.com](mailto:info@mosaichomecare.com). After registering, a Zoom link for the program will be sent once you. For more information please visit our website at [www.mosaichomecare.com](http://www.mosaichomecare.com).

## Mosaic Program Schedule

### Recurring Zoom Programs:



**Knitting & Crochet Group** *Drop into knit, chat and make new friends virtually on Zoom!*

**Dates:** Every Wednesday January 6<sup>th</sup> to March 31<sup>st</sup>, 2021 from 1 p.m. to 2 p.m.



**Functional Fitness with Joanne Picot**

**Dates:** January 5<sup>th</sup> & 19<sup>th</sup>, February 2<sup>nd</sup> & 16<sup>th</sup>, March 2<sup>nd</sup> & 16<sup>th</sup>, 2021 from 1 p.m. to 2 p.m.



**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.*

Monday January 18<sup>th</sup>, 2021  
from 1 p.m. to 2 p.m.

**Monday February 15<sup>th</sup>, 2021 -**

Cancelled due to Family Day

**Luck O'the Irish with Lianne Harris**

*Take a journey into the history of the people and land of Ireland (before pubs and St. Patrick, beyond leprechauns and shamrocks)!*

Monday March 22<sup>nd</sup>, 2021  
from 1 p.m. to 2 p.m.



**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 26<sup>th</sup>, 2021  
from 1 p.m. to 2 p.m.

**National Ballet School Info Session & Dance Demo**  
*An interactive presentation on the benefits of dance and the Baycrest NBS Sharing Dance Programs.*

Tuesday February 23<sup>rd</sup>, 2021  
from 1 p.m. to 2 p.m.

**Stress on the Brain: How to Destress with Sara MacLean**

*Join us as we discuss how to manage stress healthily and how stress might impact brain health.*

Tuesday March 30<sup>th</sup>, 2021  
from 1 p.m. to 2 p.m.

### Special Zoom Programs:



**Valentine's Day Heart Health & Blood Pressure Workshop with Karyn Terrell**

*A heart health workshop for the community.*

**Date:** Friday February 12<sup>th</sup>, 2021 from 1 p.m. to 2 p.m.



**Meditation Made Easy, Kristi Stangeland** *Join us for a group online meditation session!*

**Date:** Friday February 19<sup>th</sup>, 2021 from 1 p.m. to 2 p.m.



**Preserving our Memories a Conversation with Jane Rowan** *An afternoon with artist, writer and community advocate, Jane Rowan.*

**Date:** Friday February 26<sup>th</sup>, 2021 from 1 p.m. to 2 p.m.



**My Life As An Opera Singer with Maria Soulis** *A conversation with Maria Soulis about her life on the operatic stage!*

**Date:** Thursday March 25<sup>th</sup>, 2021 from 1 p.m. to 2 p.m.



Home Care Services & Community Resource Centres  
[info@mosaichomecare.com](mailto:info@mosaichomecare.com)  
[www.mosaichomecare.com](http://www.mosaichomecare.com)

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