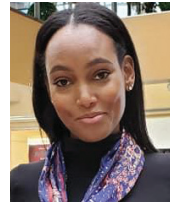




# Online Program Schedule Spring & Summer 2021 Mosaic Home Care Services



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**. After registering, a Zoom link for the program will be sent once you. For more information please visit our website at **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 7<sup>th</sup> to June 30<sup>th</sup> 2021 from 1 p.m. to 2 p.m.



**Functional Fitness with Joanne Picot**

**Dates:** April 1<sup>st</sup> & 15<sup>th</sup>, May 6<sup>th</sup> & 20<sup>th</sup>, June 3<sup>rd</sup> & 17<sup>th</sup>, July 8<sup>th</sup> & 22<sup>nd</sup>, 2021 from 12 p.m. to 1 p.m.



### Community Café:

**Creating Space to Align with Our True Essence with Almeiri Santos**  
*Enjoy learning how to use your own resources to stay grounded and centred during these difficult times.*  
Monday April 19<sup>th</sup>, 2021  
from 1 p.m. to 2 p.m.

**Staying Educated During COVID-19 with Jean Raymond Soulorde from OSSCO**  
*Join us to learn how to how to stay educated and informed during COVID-19.*  
Monday May 17<sup>th</sup>, 2021  
from 1 p.m. to 2 p.m.

**The Art of Being Happy with Shukla Datta**  
*This workshop decodes the What, Why and How's of Happiness.*  
Monday June 21<sup>st</sup>, 2021  
from 1 p.m. to 2 p.m.



### First Link® Memory Café:

**Guided Museum Tour: "A Like Vision" by The Group of Seven at 100**  
*Enjoy an interactive guided tour by an expert McMichael Educator.*  
Tuesday April 27<sup>th</sup>, 2021  
from 1 p.m. to 2 p.m.

**Forest Bathing with Emma Rooney**  
*Join Emma as she discusses the benefits of forest therapy.*  
Tuesday May 25<sup>th</sup>, 2021  
from 1 p.m. to 2 p.m.

**Improve your Brain Health with Physical & Social Activities During Covid-19**  
*Join us for a discussion on the latest research on improving brain health with Judy Chu.*  
Tuesday June 29<sup>th</sup>, 2021  
from 1 p.m. to 2 p.m.

**Power of Attorney's, Wills and Elder Scams**  
*An interactive discussion on POA's, wills and how to protect yourself from scams.*  
Tuesday July 27<sup>th</sup>, 2021  
from 1 p.m. to 2 p.m.

### Special Zoom Programs:



### Urban Strolls with Nathalie Prezeau

*Join us on Zoom for a lively presentation by Nathalie Prezeau, author of popular walking guides!*  
**Date:** Tuesday May 18<sup>th</sup>, 2021 from 1 p.m. to 2 p.m.



### Seniors Month Celebration – Theatre In The Web's Virtual Experience

**Date:** Tuesday June 8<sup>th</sup>, 2021 from 1 p.m. to 2 p.m.



### Summer Cook Along with Miranda Keyes

*Join us for an exciting and interactive cooking class*  
**Date:** Friday July 9<sup>th</sup>, 2021 from 1 p.m. to 2:30 p.m.



### Community Games Afternoon

*Join us for fun and interactive games!*  
**Date:** Tuesday August 10<sup>th</sup>, 2021 from 1 p.m. to 2 p.m.



info@mosaichomecare.com  
www.mosaichomecare.com

## Mosaic Home Care Services & Community Resource Centres

### 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**

