



## **April 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](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.

***\* Covid-19 information and resources are available on the last page of this booklet***



## Home Activities

These activities do not require a computer and internet access.



### Cook with Family & Friends on Zoom!

We love sharing different cooking recipes, why not share this recipe (or another) with friends and host a fun, interactive cooking night over Zoom!

### Baked Feta Pasta

This pasta dish has been a viral hit lately so we thought we would share this recipe with our community.

#### Ingredients

- 2 pt. cherry or grape tomatoes
- 1 shallot, quartered
- 3cloves garlic, smashed (optional)
- 1/2 c. extra virgin olive oil, divided
- Kosher salt
- Crushed red pepper flakes
- 1 (8-oz.) block feta
- 3 sprigs thyme
- 10 oz. pasta
- Zest of 1 lemon (optional)



#### Directions

- 1.** Preheat oven to 400°. In a large ovenproof skillet or medium baking dish, combine tomatoes, shallot, garlic, and most of the olive oil. Season with salt and red pepper flakes and toss to combine.
- 2.** Place feta into center of tomato mixture and drizzle top with remaining olive oil. Scatter thyme over tomatoes. Bake for 40 to 45 minutes, until tomatoes are bursting and feta is golden on top.
- 3.** Meanwhile, in a large pot of salted boiling water, cook pasta according to package instructions. Reserve ½ cup pasta water before draining.
- 4.** To skillet with tomatoes and feta, add cooked pasta, reserved pasta water, and lemon zest (if using) to skillet and stir until completely combined. Garnish with basil before serving.

Retrieved from: [Baked Feta Pasta Tik Tok - How To Make Baked Feta Pasta \(delish.com\)](#)

## Funny Short Stories

### The Doctor

*Morris, an 82 year old man went to the Doctor to get a physical. A few days later the Doctor saw Morris walking down the street with a gorgeous young woman on his arm.*

*A couple of days later the Doctor spoke to Morris and said "you're really doing great, aren't you!".*

*Morris replied "Just doing what you said Doc" - "Get a hot mamma and be cheerful!"*

*The Doctor said "I didn't say that, I said "you've got a heart murmur - be careful!"*

*ooh!!!*

### A Senior Moment

*One day a famous old Celebrity went to a Nursing Home to see all of his friends again and see how everyone was doing. When he got there he was immediately greeted by everyone because they recognised him instantly. He said hi to all of his friends warmly but then noticed one man didn't say anything to him, or even give him a glance.*

*This was puzzling. Didn't the man know who he was? Surely, he'd seen some of his movies or his TV show! He finally decided to talk to the man.*

*The Celebrity went up to the old man and stood in front of him, asking:  
"Do you know who I am"?*

*The old man looked at him and quickly said:  
"No, but you can go to the front desk and they'll tell you".*

### Hospital Regulations

Hospital regulations require a wheelchair for patients being discharged. However, while working as a student nurse I found one elderly gentleman, already dressed and sitting on the bed with a suitcase at his feet, who insisted he didn't need my help to leave the hospital.

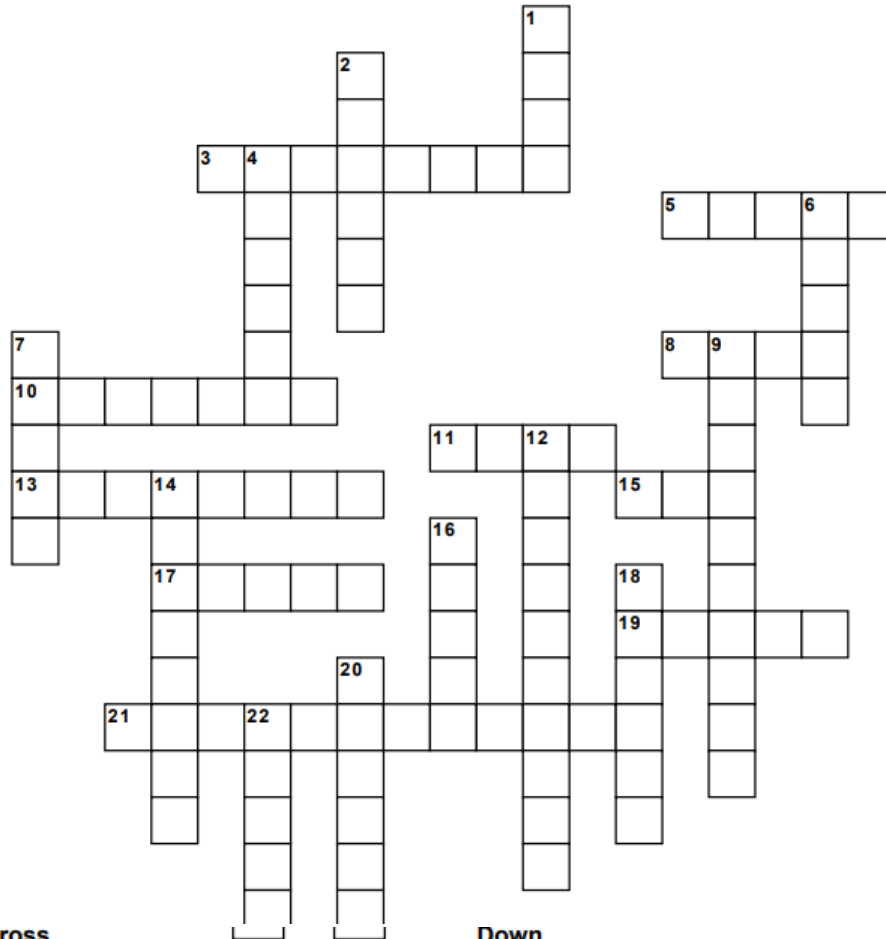
After a chat about rules being rules, he reluctantly let me wheel him to the elevator. On the way down I asked him if his wife was meeting him.

"I don't know" he said. "She's still upstairs in the bathroom changing out of her hospital gown."

Retrieved from: [Short Story Jokes #13 \(goldencarers.com\)](http://goldencarers.com)

## April Fools Day Crossword

# April Fools Day Crossword



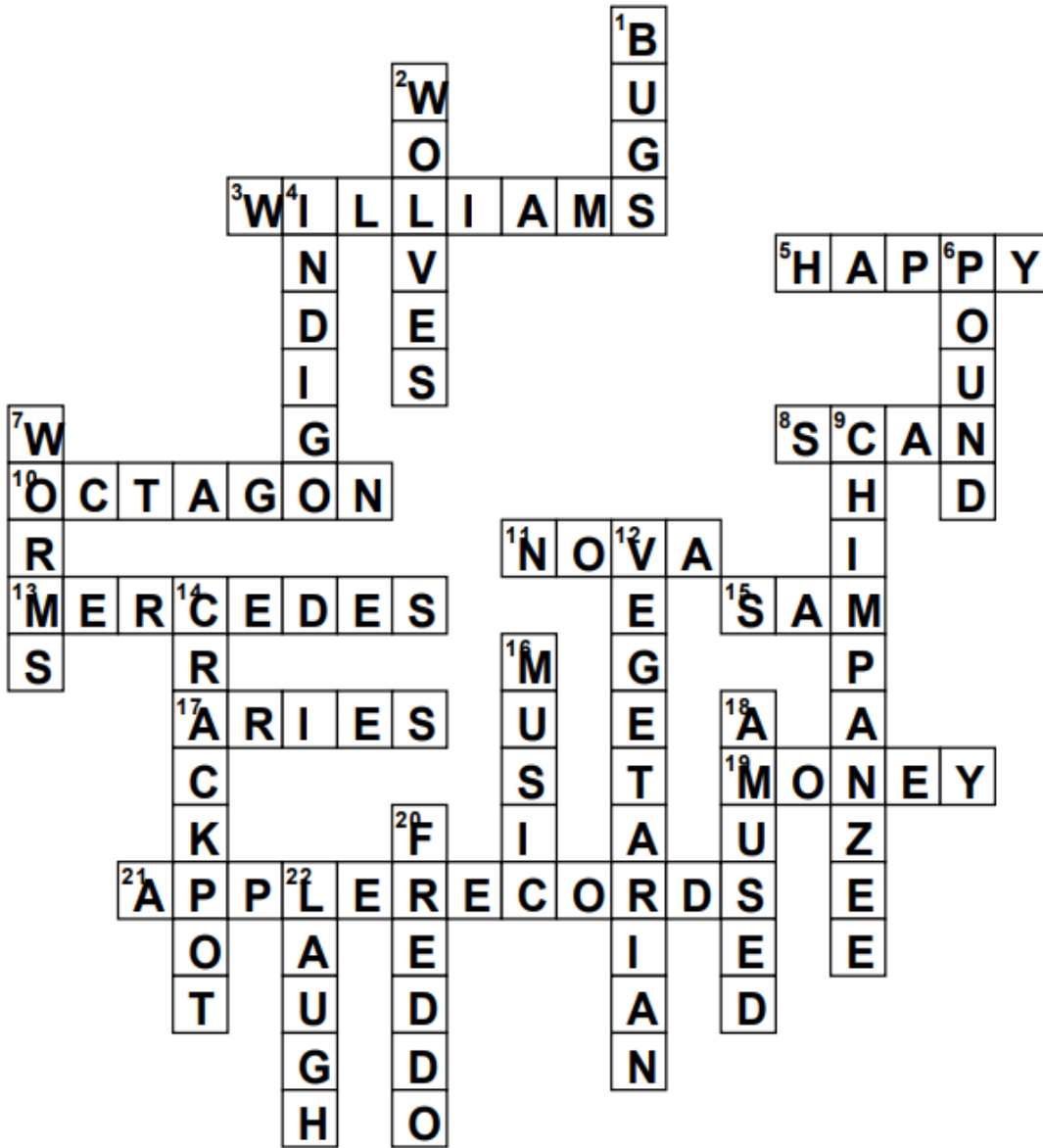
### Across

- 3 - Comedian, recently deceased. Robin \_\_\_\_\_ (8)  
 5 - Being 'over the moon' is being \_\_\_\_\_ (5)  
 8 - Read a bar code (4)  
 10 - Eight sided shape (7)  
 11 - \_\_\_\_\_ Scotia (4)  
 13 - German car manufacturer, starting with 'M'  
 15 - 'Play it again \_\_\_\_\_' (3)  
 17 - April Zodiac Sign (5)  
 19 - 'A fool and his \_\_\_\_\_ are soon parted' (5)  
 21 - Record label founded by the Beatles (5, 7)

### Down

- 1 - Famous rabbit, \_\_\_\_\_ Bunny (4)  
 2 - These animals are said to howl at the moon (6)  
 4 - Colour of the rainbow, starting with I (6)  
 6 - 'Penny wise and \_\_\_\_\_ foolish' (5)  
 7 - Fish bait (5)  
 9 - Type of ape, starts with 'C' (10)  
 12 - Someone who doesn't eat meat (10)  
 14 - Eccentric, foolish person; starts with 'C' (8)  
 16 - Movie title: 'The Sound of \_\_\_\_\_' (5)  
 18 - A queen once said: 'We are not \_\_\_\_\_' (6)  
 20 - Cadbury chocolate frog (6)  
 22 - Jokes make you \_\_\_\_\_ (5)

# April Fools Day Crossword





## Online Home Activities

Requires access to a computer or smartphone and internet access.



### Mosaic Online Programs:

For full listing of programs and workshops please review our Spring-Summer 2021 Newsletter at: [newsletter-spring-summer-2021.pdf \(mosaichomecare.com\)](#)

**\* Zoom links 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.**



### Knitting & Crochet Group

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

**When:** Every Wednesday

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

**Location:** Zoom



### 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:** Tuesday's on April 1<sup>st</sup> & 15<sup>th</sup>, 2021

**Time:** 12:00 p.m. to 1:00 p.m.

**Location:** Zoom



### **First Link® Memory Café: Guided Museum Tour: “A Like Vision” by The Group Seven at 100**

*An interactive presentation on the benefits of dance and the Baycrest NBS Sharing Dance Programs.*

**When:** Tuesday April 27<sup>th</sup>, 2021

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

**Location:** Zoom



## **Community Events, Programs & Workshops**

### **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 and access to Zoom links please visit the website: <https://armourheights.org/coming-events-1> or call 416-485-4000.*

### **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>

**Alzheimer**  
*Society*  
YORK REGION

### **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/>

**LUMA**  **CARE**



### 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



SCARBOROUGH  
CENTRE FOR  
HEALTHY  
COMMUNITIES

### 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)

**April 2021 Calendar:** <https://betelcentre.files.wordpress.com/2021/03/online-program-calendar-e28093-april-2021.pdf>



### 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/>

**Phone:** 416-635-2860



### VV's Adult Support Centre

VV's Adult Support Centre Corp. provides virtual programs for seniors such as online events, webinars, and fitness workshops.

**Website:** [www.vvsadultsupportcentre.com](http://www.vvsadultsupportcentre.com)



### North York Seniors Centre

Providing programs through Zoom and other COVID-19 related supports for seniors.

**Website:** <https://www.nyseniors.org/>



## The Bitove Method

*“The Bitove Method offers virtual classes that are created and facilitated by Professional Artists trained in Relational Caring. We offer educational and interactive art-based courses that tap into what we need most... to connect.”*

*\*Visit website for full program listing, registration required.*

**Website:** [Virtual Art Academy | The Bitove Method](#)



## Etobicoke Senior Support Services

Health and wellness programming runs through group telephone and video. Includes our Seniors' Lunch Program, Social Recreation, Exercise and Falls Prevention programs. This programming supports independent seniors in maintaining a routine, social connections and recreational leisure activities.

**Phone:** 416-243-0127

**Website:** [www.esssupportservices.ca](http://www.esssupportservices.ca)



## Toronto Botanical Gardens: Garden Wise, Organic and Sustainable Methods

Join certified Master Gardener, Gail Bebee, to learn about organic and sustainable gardening, including soil care, managing weeds and lawns without harmful chemicals, and treating diseases.

**When:** Wednesday April 7<sup>th</sup>, 2021 from 7:00 p.m. to 8:00 p.m.

**Cost:** \$15.01 – \$48.12

**Registration required:** [Garden Wise: Organic and Sustainable Methods Tickets, Wed, 7 Apr 2021 at 7:00 PM | Eventbrite](#)



## Seniors Info Session with Canada Revenue Agency

An information session regarding new tax measures due to the COVID-19 pandemic. Presentation will be held via GoToMeeting.

**When:** Wednesday April 14<sup>th</sup>, 2021 from 10:00 a.m. to 11:30 a.m.

Registration Required: [Linda@dfsorilliabarrie.org](mailto:Linda@dfsorilliabarrie.org) (Linda Reid)

## Family Caregiver Programs & Information

### Caregiver Club Program at Circle of Care

The Caregiver Club Program is a one-year pilot project, funded by The Petro-Canada CareMakers Foundation,



supporting caregivers at Circle of Care and caregivers in Toronto & York region. The program is running from November 2020 to November 2021.

**Support Services Available:** 1 to 1 Social Work Support, Education & Training, Connecting with Other Caregivers, Recognition, Gift of Respite (to assist caregivers with a one-time gift of respite)

**Website:** [Caregivers Club – A space for family caregivers \(circleofcare.com\)](http://circleofcare.com)

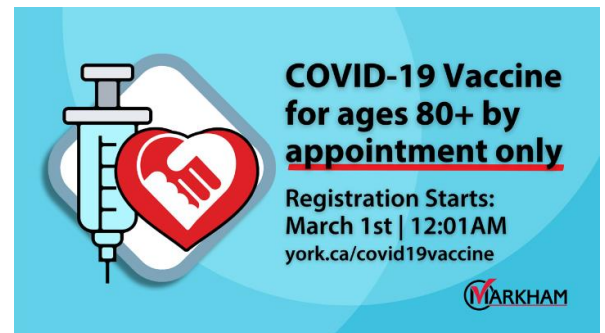
**Phone:** 416-635-2860

## COVID-19 Senior Supports

**NEW:**

**COVID-19 Vaccine for Ages 65+ (York Region Residents ONLY)**

Registration: [York.ca/covid19vaccine](http://York.ca/covid19vaccine)



## Seniors Without Walls

Free, fun and easy telephone and computer-based seniors' activities and programs. For more information call 416-630-7000 or Email: [tcanhwebinars@gmail.com](mailto:tcanhwebinars@gmail.com)



### What is it?

- **FREE**, fun and easy telephone/computer based seniors' activity program
- A community-creating, loneliness-busting program for isolated seniors

### Who can participate?

- Seniors 55+ and adults with disabilities who find it difficult to leave home.
- Must be a resident of the City of Toronto

### For Information or to Register

Call: 416-630-7000

Email: [tcanhwebinars@gmail.com](mailto:tcanhwebinars@gmail.com)

**OACAO**  
The Voice of Older Adults Centres  
La voix des centres pour aînés

In partnership with the Older Adults Centres' Association of Ontario (OACAO) with funding provided by the Government of Ontario.

Ontario 

### **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@mosaichomecare.com](mailto:beth@mosaichomecare.com)

### **Jane's GTA Café Blog**

A blog about life in the community, current read: My Experience Receiving the COVID-19 Vaccine.

**Website:** [Jane's GTA Cafe - A blog about life in the community for those in need of care and their families, and much more....](#)

### **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](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/>

### **Etobicoke Senior Services (ESS)**

Supporting seniors in their desire to remain in their own homes and community

Phone: 416-243-0127

Email: [agency@esssupportservices.ca](mailto:agency@esssupportservices.ca)

Website: <https://www.esssupportservices.ca/>

### **211**

Community programs and social services helpline.

Phone: 211

Email: <https://211ontario.ca/>

Website: <https://211ontario.ca/>

## **Province Wide Mental Health Supports**



<b>ConnexOntario</b>	24/7 mental health and addictions system navigation and information, including local crisis and service supports	1-866-531-2600
<b>BounceBack</b>	Telephone coaching, workbooks and videos for youth 15+ and adults to help manage low mood, mild-to-moderate depression, anxiety, stress or worry	1-866-345-0224
<b>First Nations and Inuit Hope for Wellness Help Line</b>	24/7 counselling and crisis intervention to all Indigenous peoples across Canada	1-855-242-3310
<b>Good2Talk</b>	24/7 counselling service for post-secondary students, accessible by phone or by texting: GOOD2TALKON to 686868	1-866-925-5454
<b>Kids Help Phone</b>	24/7 phone counselling service for children and youth	1-800-668-6868
<b>Telehealth</b>	24/7 service you can call to get health advice or information.	1 866-797-0000
<b>Woebot</b>	An online automated conversational agent (chatbot) who helps you monitor mood and learn about yourself via Cognitive Behavioural Therapy (iCBT).	Download the Woebot app or sign up here: <a href="http://www.woebot.page.link/ontario">www.woebot.page.link/ontario</a>
<b>Mind Beacon</b>	Digital self-guided Cognitive Behaviour Therapy (iCBT)	Sign up here: <a href="http://info.mindbeacon.com/btn542">info.mindbeacon.com/btn542</a>
<b>Morneau Shepell</b>	Digital self-guided Cognitive Behaviour Therapy (AbilitiCBT)	Sign up here: <a href="http://ontario.abiliticbt.com">ontario.abiliticbt.com</a>

January 2021





## Other Online/Telephone Community Programs

			
<p><b>#VibrantSTRONG</b> Health &amp; Wellness Series Wednesday's: 2:00 - 3:00 PM</p> <p><b>#VibrantSTRONG</b> Stretching at Home Monday's: 10:30 – 11:20 AM Wednesday's: 11:00 – 11:45 AM <i>(Offered in English &amp; Portuguese)</i></p>	<p><b>WoodGreen</b> Short Storytelling Club Monday's: 1:00 - 2:00 PM (Bi-weekly)</p> <p><b>WoodGreen</b> Games Tuesday's: 2:00 - 3:00 PM (Bi-weekly)</p> <p><b>WoodGreen</b> Meditation Wednesday's: 12:30 - 1:30 PM (Bi-weekly)</p> <p><b>WoodGreen</b> JukeBox Friday's: 3:00 - 3:30 PM (Once a month)</p>	<p><b>Malvern Family Resource Centre</b> Chat &amp; Brain Games Tuesday's: 10:30 - 11:30 AM</p> <p><b>Malvern Family Resource Centre</b> Trivia &amp; Fun Facts Thursday's: 10:30 - 11:30 AM</p>	<p><b>North York Seniors Centre</b> Book Club Tuesday's: 1:15 - 2:15 PM (Bi-weekly)</p> <p><b>North York Seniors Centre</b> Biography Series Wednesday's: 2:15 - 2:45 PM</p> <p><b>North York Seniors Centre</b> You Be The Judge Friday's: 2:15 - 2:45 PM</p>
<p>To Register, Contact <b>Anne</b> 416-486-8666 ext. 263 or 234</p>	<p>To Register, Please Call 416-572-3575</p>	<p>To Register, Contact <b>Amena</b> 647-213-4453</p>	<p>To Register, Please Call 416-733-4111</p>

### Corporate Office

The Shops on Steeles and 404  
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### Toronto Office

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Toronto, ON M5M 2Z9  
Tel 416.322.7002

### Mosaic Home Care Services & Community Resource Centres

info@mosaichomecare.com [www.mosaichomecare.com](http://www.mosaichomecare.com)

*What a difference we make®!*