



## **May 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***



## What Are You Looking For?

We know this activity booklet has a lot of information, so we want to make sure you're getting the information and resources you need.

**In this booklet you will find the following information and resources:**

### At-Home Activities

\*That **do not** require internet access **Page 4**

*i.e. Recipes, riddles, short stories, crossword puzzles, crafts, etc.*

### Online Home Activities

\*That **do** require internet access **Page 6**

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*Alzheimer Society York Region*

*Armour Heights Presbyterian Church Community Programs*

*Luma Care*

*Scarborough Centre for Healthy Communities*

*Bernard Betel Centre*

*Better Living Health and Community Services*

*Circle of Care*

*VV's Adult Support Centre*

*The Bitove Method*

*Etobicoke Senior Support Services*

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*If you have any information or resources that you might think is beneficial to add to this booklet, please send to Beth Eshete at [beth@mosaichomecare.com](mailto:beth@mosaichomecare.com).*

*Thank you.*

## 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!

### Apple Cinnamon French Toast

Yields 4 servings

#### Ingredients

- 12 oz french bread(285 g), a day old
- 2 granny smith apples, peeled
- 1 cup brown sugar(220 g)
- 2 teaspoons cornstarch
- 6 eggs
- 2 cups milk(480 mL)
- 1 teaspoon vanilla
- 1 teaspoon cinnamon
- ¼ cup maple syrup(85 g)
- powdered sugar, to taste
- whipped cream, to taste



#### Directions:

1. Cut the bread into 1-inch (2 ½ cm) cubes.
2. Dice peeled apples into small bite-size pieces.
3. Preheat the oven to 350°F (180°C).
4. In a medium bowl, mix together the bread, apples, sugar, and cornstarch.
5. In a separate bowl, whisk together the eggs, milk, vanilla, and cinnamon.
6. Pour egg mixture into the bread bowl.
7. Give the ingredients a good stir, then pour into a 9x13-inch (33 cm X 23 cm) greased baking tray.
8. Drizzle with maple syrup.
9. Bake for 45 minutes or until golden brown.

Retrieved from: [Apple Cinnamon French Toast Bake Recipe by Tasty](#)

## Canadian Quiz

QUESTIONS	ANSWERS
1. Can you name two provinces of Canada?	
2. The Pitcher plant, found in the marshlands of Canada is carnivorous. True or False?	
3. What is the name of Nova Scotia's provincial flower?	
4. Can you name Canada's smallest province?	
5. Canada has one landlocked province, can you name it?	
6. Canada newest territory is...	
7. What is the name of the Canadian National Park which was the first to be accepted as a World Heritage site in 1979?	
8. What is the oldest walled city in North America?	
9. In which Canadian province was the film 'Anne of Green Gables' filmed?	
10. Canada got its name from the Iroquois word 'Kanata'. What does it mean?	

### ANSWERS

1. Nova Scotia, Ontario, Quebec, Newfoundland, Alberta, Saskatchewan, British Columbia, etc
2. True
3. Mayflower
4. Prince Edward Island
5. Saskatchewan
6. Nunavut
7. The Nahanni National Park
8. Quebec City is the only city that has maintained its fortification walls, which were first built in 1695
9. Newfoundland
10. Village

Retrieved from [Canadian Quiz \(goldencarers.com\)](http://goldencarers.com)

## Online Home Activities

Requires access to a computer or smartphone and internet access.



### Mosaic Community Programs Online

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).**

#### Registration

**Call:** 905-597-7000

**Email:** [info@mosaichomecare.com](mailto:info@mosaichomecare.com)

**\*Zoom link for the program will be sent after you register**

#### 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 May 6<sup>th</sup> & 20<sup>th</sup>, 2021

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

**Location:** Zoom



#### Community Café: Staying Educated During COVID-19 with Jean Raymond Soulorde from OSSCO

*Join us to learn how to stay educated and informed during COVID-19.*

**When:** Monday May 17th, 2021

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

**Location:** Zoom





### Urban Strolls with Nathalie Prezeau

Join us on Zoom for a presentation about popular walking guides in Toronto, rediscover the city! Also enter for a chance to win a free copy of Nathalie's book!

**When:** Tuesday May 18<sup>th</sup>, 2021

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

**Location:** Zoom

### First Link® Memory Café: Forest Bathing with Emma Rooney

Join Emma as she discusses the benefits of forest therapy.

**When:** Tuesday May 25<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/>



### 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)

**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.essupportservices.ca](http://www.essupportservices.ca)



## **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

### CAMH COVID-19 Mental Health Supports

Information and resources available for everyone (articles, tips for stress and anxiety, tools enhance wellbeing, etc.).

**Website:** [Mental Health and the COVID-19 Pandemic | CAMH](#)

**Phone:** 416-535-8501

**To Access CAMH Clinical Services:** 416-535-8501, press 2

### City of Toronto COVID-19 Mental Health Resources

Website offers a listing of mental health supports across Toronto.

**Website:** [COVID-19: Mental Health Resources – City of Toronto](#)

**Phone:** Call 911 if you are in an emergency, immediate danger, or medical distress. For other needs, call 211 to be connected to mental health and other social services (Line open 24/7). Or Text 21166 Monday to Friday from 7 a.m. to 9 p.m.

### The Progress Place Warm Line

Confidential service for adults above 18 years of age feeling isolated, anxious, depressed or just need someone to talk to – not a crisis service.

**Website:** [Progress Place Warm Line](#)

**Phone:** 416-323-3721 (12 p.m. to 8 p.m.) or text 647-557-5882

### Hospice Palliative Hotline

Responds to the emotional needs of those facing serious illness (including COVID-19) and end of life. The service is also available to their caregivers, those grieving, and frontline workers supporting those who are palliative and dealing with COVID-19

### 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/>

### **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**

Blogs on recent COVID-19 updates, vaccinations, community news and health care initiatives.

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

### **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)



## Seniors' Centre Without Walls

### 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)



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