



# **June 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 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.

With more people receiving the COVID-19 vaccinations and the ease of restrictions, soon activities will be permitted in outside spaces in parks and community but social distancing and wearing your mask if close to individuals is important. For more guidelines and updates please review the [Toronto Public Health Guidelines](#).

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:**

### Home & Social Distanced Activities

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

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

### Online & Social Distance 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*

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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 & Social Distanced Outdoor 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!

### Roasted Veggie and Black bean Tacos (Vegetarian)

#### Ingredients

- Corn
- Tomatoes
- Zucchini
- Yellow squash
- Yellow onion
- Red bell pepper
- Olive and canola oil
- Spices (cumin, chili powder, salt, and pepper)
- Black beans
- Cilantro
- Lime juice
- Tortillas, for serving
- Taco toppings of choice

#### Directions

- Prep the fresh veggies and place on roasting sheet.
- Drizzle with oil and sprinkle with spices. Toss to combine.
- Roast for 20 minutes, stirring the veggies halfway through.
- Once the vegetables have finished roasting, add the black beans, lime juice and cilantro to the pan and stir.
- Serve veggie taco filling with warm tortillas and your favorite toppings.

For more tips for this recipe please visit the website. Recipe retrieved from:

[Vegetarian Tacos \(with Roasted Veggies & Black Beans!\) - Cooking Classy](#)

## Limericks to Share!

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",  
But he snored - how he snored!  
All the other beasts roared,  
So his wife tied a knot in his trunk.
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.
5. An elephant slept in his bunk  
And in slumber his chest rose and sunk
6. A large red cow  
Tried to make a bow  
But did not know how  
They say  
For her legs got mixed  
And her horns got fixed  
And her tail would get  
In her way.
7. A funny young fellow named Perkins  
Was terribly fond of small gherkins  
One day after tea  
He ate 93  
And pickled his internal workings.
8. I never saw a purple cow  
I never hope to see one  
But I can tell you anyhow  
I'd rather see than be one.

Retrieved from: [A Few Limericks to Share \(goldencarers.com\)](http://goldencarers.com)

## Local Parks to Check Out!

### [High Park](#)

**Address:** 1873 Bloor St W Toronto, ON

### [Earl Bales Park](#)

**Address:** 4169 Bathurst St North York, ON

### [Sunnybrook Park](#)

**Address:** 1132 Leslie St Toronto, ON

### [The Don River Valley Park](#)

**Address:** Don Valley Pkwy Toronto, ON

### [Toronto Botanical Gardens](#)

**Address:** 777 Lawrence Ave E North York,  
ON

### [Tommy Thompson Park](#)

**Address:** 1 Leslie St Toronto, ON

## Online Home Activities

Requires access to a computer or smartphone and internet access.



### Mosaic Community Programs Online

Mosaic is providing free 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:** Tuesdays on June 3<sup>rd</sup> & 17<sup>th</sup>, 2021

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

**Location:** Zoom



#### [Community Café: The Art of Being Happy with Shukla Datta](#)

*This workshop decodes the What, Why and How's of Happiness.*

**When:** Monday June 21<sup>st</sup>, 2021

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

**Location:** Zoom



**First Link® Memory Café: Improve Your Brain Health with Physical & Social Activities During Covid-19**

Join Emma as she discusses the benefits of forest therapy.

**When:** Tuesday June 29<sup>th</sup>, 2021

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

**Location:** Zoom



**Seniors Month Programs:**

**Seniors Appreciation Month with Theatre in the Web**

Join Mosaic Home Care Services in Celebration of Seniors Month online! Mark your calendar for the premier of Theatre in the Web's upcoming virtual performance. In celebration of Seniors Month, join the actors online this Spring for an out of this world fun and interactive performance! Hosted by Mosaic Home Care Services & Community Resource Centres.

**When:** Tuesday June 8<sup>th</sup>, 2021

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

**Location:** Zoom

**Registration**

**Call:** 905-597-7000

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

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

**World Elder Abuse Awareness Day**

*Partnered Event with North York Elder Abuse Network, Elder Abuse Etobicoke and Elder Abuse Prevention Ontario.*

North York Elder Abuse Network, Elder Abuse Prevention (Ontario) and Prevention of Elder Abuse Coalition Etobicoke/York is happy to be organizing this joint interactive presentation for the community. Featuring Sheldon Parker speaking on "A Primer Online Fraud".

Also accompanying Sheldon Parker is Theatre in the Web Acting Group. They will be providing a few vignettes on types of fraud that seniors may experience either online or in the community.

**When:** June 15<sup>th</sup>, 2021

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

**Location:** Zoom

## **Registration**

**Call:** 905-597-7000

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

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

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

### **Friday Free Speakers Series (Manor Road United Church)**

*"The Friday Speaker Series runs from 1PM to 3PM via Zoom and is hosted by Rev.Dr. John Joseph Mastandrea. The program aims to help seniors and neighbours in the community cope with isolation brought on by COVID-19 restrictions.*

*The program is free and open to everyone! For the Zoom link, please email [manorroaduc@gmail.com](mailto:manorroaduc@gmail.com)." Free event.*

**When:** Every Friday

**Time:** 1:00 p.m. 3:00 p.m.

**Location:** Zoom

**Registration:** Phone or Email

**Phone:** 416-483-0695

**Email:** [manorroaduc@gmail.com](mailto:manorroaduc@gmail.com)

### **Free Virtual Community Kitchen (Waterfront Neighbourhood Centre)**

*"Join us Virtually in Zoom, Go Meet Platforms or over the Phone Every Other Tuesday 4:30pm-5:30pm. Recipes and Cooking is posted ahead of time for all to gather ingredients list and menu." Free event.*

**When:** Tuesdays June 1<sup>st</sup> & 15<sup>th</sup>, 2021

**Time:** 4:30 p.m. to 5:30 p.m.

**Registration:** Email or Phone

**Phone:** 416-392-1509 ext. 327

**Email:** [jun@waterfrontnc.ca](mailto:jun@waterfrontnc.ca) (Jun)

### **Free Guided Meditation on Zoom (Toronto Meditation)**

**When:** Every Wednesday June 2<sup>nd</sup>, 2021

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

**Location:** Zoom

**Registration:** [Guided Meditation via Zoom Tickets, Wed, 2 Jun 2021 at 9:00 PM | Eventbrite](#)



### **Virtual Bridge (Senior Persons Living Connected – SPLC)**

*“Join our SPLC community of bridge players, in a wonderful internet group through BBO. Make new friends and enjoy the game from the comfort of your own home.” Free event.*

**When:** Every Tuesday

**Time:** 3:00 p.m.

**Registration:** Call or Email

**Phone:** 416-493-3333

**Email:** [sukaina@splc.ca](mailto:sukaina@splc.ca) (Sukaina Walji-Karim)

### **Brain Games for Older Adults**

*“Memory games, brain and body teasers, “Name That Tune”, riddles, and more! Meet new friends, challenge your memory and co-ordination, laugh a Bunch, and dance and sing to your favourite tunes. Keep your brain young! Program runs in English over Zoom”*

**When:** Thursdays

**Time:** 11:00 a.m. to 12:00 p.m.

**Registration:**

[http://docs.google.com/forms/d/e/1FAIpQLSfnrsYBV0CiAtiO9ogUDPTAyOOLjSqAv7anRNExzRv mnCqUeQ/viewform?usp=sf\\_link](http://docs.google.com/forms/d/e/1FAIpQLSfnrsYBV0CiAtiO9ogUDPTAyOOLjSqAv7anRNExzRv mnCqUeQ/viewform?usp=sf_link)

**Phone:** 647-725-0844

**Email:** [Ado@stdemetrius.ca](mailto:Ado@stdemetrius.ca) (Anna Do)

### **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>



### 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 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 to 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 needs 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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