



August 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

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 & Outdoor Activities **Page 4**

*That **do not** require internet access

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

Online Home Activities

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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.

Thank you.

Home & 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!

Chicken Afritada

Try making this dish from the Philippines. It is delicious and can be eaten with rice.



Ingredients

- 1 tablespoon vegetable oil 3 cloves garlic crushed and chopped.
- 1 onion, chopped.
- 1 cup seeded and chopped tomatoes.
- 900g (2 pounds) chicken breast, cut into cubes.
- 2 cups water
- 1 cup tomato sauce
- 3 potatoes peeled and quartered.
- 1 green or red bell pepper, seeded and cut into strips.
- 1 carrot, chopped.
- 1 (10 ounce) can baby peas, drained
- salt and ground black pepper to taste

Directions

- Heat oil in a large skillet over medium heat; add garlic. Cook and stir until fragrant, about 3 minutes. Add onion; cook and stir until translucent, about 5 minutes. Stir in tomatoes; cook, mashing with a fork, until flesh and skin separate, about 5 minutes.
- Place chicken in the wok; cook and stir until lightly browned, about 5 minutes. Pour in water. Cover and bring to a boil. Stir in tomato sauce; simmer until flavors combine, about 15 minutes.
- Mix potatoes into the wok; simmer until tender, about 10 minutes. Stir in bell pepper, peas and carrot; simmer until softened, about 5 minutes. Season with salt and pepper.

Submitted by Mosaic Community Member, Jane Elvin, who tried this recipe with her cooking class.

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

Pole Walking Classes with Mosaic!

Registration and pre-screening are mandatory to participate in these classes. Dates are subject to change due to changing government and health restrictions.

Limited space available, please contact Beth Eshete at info@mosaichomecare.com or call 905-597-7000

Pole Walking Toronto

**Meeting place CNIB, 1929 Bayview Ave
(in front of the building)**

Thursday's 9:30 a.m. to 11:00 a.m.

August 5th, 12th, 19th, 26th 2021

Pole Walking Markham

**Meeting Place The Shops on Steeles, 2900
Steeles Ave East**

Friday's 10:00 a.m. to 11:00 a.m.

August 6th, 13th, 20th, 27th 2021

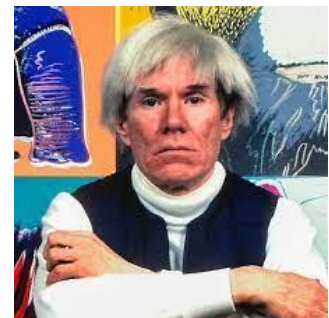
[AGO: Andy Warhol Exhibit](#)

"A 20th-century icon at the centre of Pop Art, Andy Warhol was born Andrew Warhola in Pittsburgh, PA, in 1928. Shy, gay and from a working-class, East European immigrant background, Warhol had a unique understanding of American culture and society."

When: August 2021 to October 24, 2021

Location: 37 Dundas Street West, Toronto

Ticket Booking: [Andy Warhol - AGO Tickets](#)



[Fleurs de Villes: Bloor-Yorkville](#)

"The second annual event will feature a self-guided trail with over 35 luxury-floral pop-up installations designed by some of the GTA's best florists, with the event in support of The Breast Cancer Society of Canada and The Breast Cancer Research Foundation."



Fleurs de Villes ROSÉ is a free public event, and visitors will be able to safely walk the self-guided trail while adhering to social distancing guidelines.”

When: August 4th – 8th, 2021

Location: Bloor-Yorkville Area

Cost: Free to attend

Casa Loma

Casa Loma is now open 7 days a week. Book tours, restaurants and much more.

When: Dates & times available on website

Location: 1 Austin Terrace, Toronto

Cost & Registration: [TicketWeb - Upcoming Events](#)



Riverdale Farm

“Riverdale Farm is a working farm located in Toronto's downtown Cabbagetown neighbourhood. A popular community meeting place for families from across Toronto and beyond.”

When: 9:00 a.m. to 5 p.m.

Location: 550 Broadview Ave

Cost: Free



Swimming, City of Toronto

“Outdoor and indoor pools are open and are operating at reduced capacity. Reservations are encouraged.”

When: Schedules will differ for different pool locations, check website

Location: Find the closest pool to you and register [Swimming – City of Toronto](#)

Cost: Check website [Swimming – General Information – City of Toronto](#)

Davisville Village Market

A local farmer’s market at June Rowlands Park in midtown.

When: August to October 5th, 2021

Location: Corner of Mount Pleasant and Davisville Ave.

Cost: Free

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



Online Home Activities

Requires access to computer/smart phone and internet.



Mosaic Community Programs Online

Mosaic Home care and Community resource Centres is providing free online programming via Zoom.

Participation is possible through computer or telephone for some programs (dial in through landline or cell phone).

To Register

Call: 905-597-7000

Email: 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



Community Games Afternoon

Join us for an afternoon of fun games.

When: Tuesday August 10th, 2021

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

Location: Zoom



Community Events, Programs & Workshops

Travel to Thailand (North York Seniors Centre)

“A hybrid experience, over zoom but with food & goods delivered to your front door. Experience Thailand with tasty treats, fun activities, & virtual tours! Travel virtually through Thailand! We’ll see some landmarks, learn about the culture, and you’ll be sent some tasty Thai treats!

Free Delivery within NYSC’s Catchment Area (From Bathurst Street to Victoria Park Avenue and Steeles Avenue to Highway 401)”.

When: Tuesday August 10th, 2021

Time: 1:00 p.m.



Location: Zoom

Cost: \$10.00

Registration: [Travelogue to Thailand | Gift-Shop | North York Seniors Centre \(nyseniors.org\)](#)

Long Distance Caregiving (Alzheimer Society Toronto)

“Explore some of the unique challenges and issues that can arise when caring from a distance, as well as identify the different ways caregivers can provide support and be involved in the person’s life.”

When: Monday August 9th, 2021

Time: 6:30 p.m. to 7:30 p.m.

Location: Zoom

Cost: Free

Registration: [Webinar: Long Distance Caregiving – Alzheimer Society of Toronto: Alzheimer's Disease & Dementia](#)

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 (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

Phone: 647-725-0844

Email: 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 / 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



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



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



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 \(circleofcare.com\)](https://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](https://camh.ca/mental-health-and-the-covid-19-pandemic)

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](https://toronto.ca/covid-19-mental-health-resources)

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](https://www.progressplace.ca/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

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

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

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

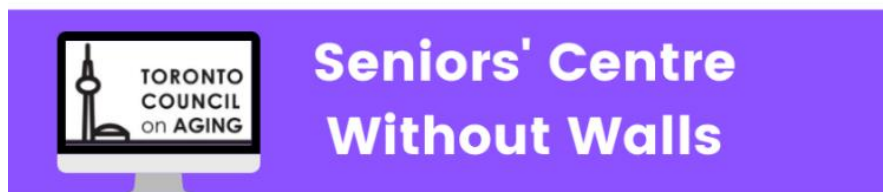
Jane's GTA Café Blog

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



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



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Mosaic Home Care Services & Community Resource Centres

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What a difference we make®!