

Mosaic's Memory Café



Join Mosaic Home Care for our Mosaic's Memory Café held the last Tuesday of every month either online or in-person. This program is for those with memory and cognitive issues and their family carers. We have a number of interesting speakers and activities that make our café a place to look forward to.

Programs online and in-person include educational sessions from community organizations and professionals, discussion topics and activities, with a focus on creative arts (music, movement, art and meaningful discussions and activities), interesting hobbies and hands-on workshops.

Dates: Tuesday October 25th, and Tuesday November 29th, 2022

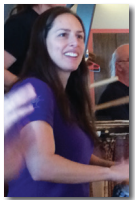
Time: 1:00 p.m. to 2:00 p.m.

Location: ☀️ Tuesday October 25th In-Person at Armour Heights Presbyterian Church, 105 Wilson Avenue (Wilson & Avenue Road)

*In person session is subject to change or cancellation due to COVID-19 restrictions, participants will be notified

- Tuesday November 29th on Zoom

Registration required



Interactive Drumming Circle with Terri Segal:

- Tuesday October 25th | 1:00 p.m. to 2:00 p.m. | In-Person
- In-Person at Armour Heights Presbyterian Church
- Refreshments provided by The Sumach by Chartwell

Engage in collaborative and fun rhythm-based activities with Terri Segal, an Expressive Arts Therapist, Facilitator and Educator.



Meditation Workshop with Almeiri Santos:

- Tuesday November 29th | 1:00 p.m. to 2:00 p.m. | on Zoom

Learn about the benefits of a meditation practice with Almeiri Santos, a skilled Meditation Teacher and Reiki Master.

To register for all programs call our offices at **416.322.7002** or **info@mosaichomecare.com** if you need more information. A Zoom link for the program will be sent once you have completed the registration.



What a difference we make!

Mosaic Home Care Services & Community Resource Centre

105 Wilson Avenue, Second Floor, Toronto, ON M5M 2Z9

Tel **416.322.7002**

www.mosaichomecare.com | **info@mosaichomecare.com**

Close to public transit | Free parking

