

# UPCOMING First Link<sup>®</sup> Memory Café PROGRAMS ON ZOOM



The First Link<sup>®</sup> Memory Café Program on Zoom is a collaborative program run by Mosaic Home Care and Alzheimer Society York Region for those living with memory issues and their caregivers. Here are the upcoming presentations and workshops online for the First Link<sup>®</sup> Memory Café featured through Zoom through Mosaic Home Care Services.

- April** **Guided Museum Tour: “A Like Vision” by The Group of Seven at 100**  
*Celebrate the centenary of The Group of Seven’s first exhibition! An interactive guided tour by an expert McMichael Educator will provide participants the time to examine images of artwork up close while remaining responsibly distanced from home!*  
**Tuesday April 27<sup>th</sup>, 2021 from 1:00 p.m. to 2:00 p.m.**
- May** **Forest Bathing with Emma Rooney**  
*Forest bathing is a practice that originated in Japan in the 1980s to address burnout caused by the technological boom. Join Emma as she discusses on the benefits of forest therapy and guide us to try it for ourselves!*  
**Tuesday May 25<sup>th</sup>, 2021 from 1:00 p.m. to 2:00 p.m.**
- June** **Improve your Brain Health with Physical & Social Activities During Covid-19**  
*Join us for a discussion on the latest research on improving brain health with Judy Chu.*  
**Tuesday June 29<sup>th</sup>, 2021 from 1:00 p.m. to 2:00 p.m.**
- July** **Power of Attorney’s, Wills and Elder Scams**  
*Lawyer, Sheldon Parker, will lead an interactive discussion on how to designate a POA, particulars of developing a will and how to protect yourself from scams.*  
**Tuesday July 27<sup>th</sup>, 2021 from 1:00 p.m. to 2:00 p.m.**

To register for all programs call our offices at **905.597.7000** or **info@mosaichomecare.com** or **beth@mosaichomecare.com** if you need more information. A Zoom link for the program will be sent once you have completed the registration.

