

## Virtual Care Hub Group—October 2022

After each Virtual Group, please complete the Virtual Care Survey. Thank you. https://www.surveymonkey.com/r/HKS5WMV

Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
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2	3 9:00am-10:00am: Tamil Open Chat (Maithily) Zoom. You will need to join with a computer (Google Zoom) or cell phone (download Zoom app) as you need to have a camera. Zoom ID: 979 762 7167 Passcode:2580  10:00am-11:00am: Welcome to Tamil Chair Yoga (Maithily) Zoom You will need to join with a computer (Google Zoom) or cell phone (download Zoom app) as you need to have a camera. Zoom ID: 979 762 7167 Passcode:2580	4 10:00am-11:00am: Breath work (Shruti Patel) Join Zoom Meeting https://ca01web.zoom.us /i/61049444253?pwd=a1 dXMmNQZzdYRFBuQzFUR 3VDR2g5dz09  Meeting ID: 610 4944 4253 Passcode: 867154 One tap mobile +12042727920,,61049444 253# Canada +14388097799,,61049444 253# Canada	5 9:00am-10:00am: Tamil Open Chat (Maithily) Zoom. You will need to join with a computer (Google Zoom) or cell phone (download Zoom app) as you need to have a camera. Zoom ID: 979 762 7167 Passcode:2580  10:00am-11:00am: Welcome to Tamil Chair Yoga (Maithily) Zoom You will need to join with a computer (Google Zoom) or cell phone (download Zoom app) as you need to have a camera. Zoom ID: 979 762 7167 Passcode:2580	6 10:00am-11:00am: Mind Body Yoga (Shruti Patel) Join Zoom Meeting https://ca01web.zoom.us/ i/63461976823?pwd=emV KOHIVQTR1ck1HYzJIUXdod 09ZZz09  Meeting ID: 634 6197 6823 Passcode: 401713 One tap mobile +12042727920,,63461976 823# Canada +14388097799,,63461976 823# Canada	7 9:00am-10:00am: Tamil Open Chat (Maithily) Zoom. You will need to join with a computer (Google Zoom) or cell phone (download Zoom app) as you need to have a camera. Zoom ID: 979 762 7167 Passcode:2580  10:00am-11:00am: Welcome to Tamil Chair Yoga (Maithily) Zoom You will need to join with a computer (Google Zoom) or cell phone (download Zoom app) as you need to have a camera. Zoom ID: 979 762 7167 Passcode:2580	8
	11:00am-12:00pm: Tamil				11:00am-12:00pm:	

## **Guest Speaker** (Maithily) **Zoom**. You will need to join with a computer(Google Zoom) or cell phone as you need to have a camera.

Zoom ID: 979 762 7167 Passcode:2580

# 12:00pm-1:00pm: Tamil Discussion Group

(Maithily)

**Zoom**. You will need to join with a computer (Google Zoom) or cell phone (download Zoom app) as you need to have a camera.

Zoom ID: 979 762 7167 Passcode:2580

## 11:00am-12:00pm: Tamil Guest Speaker (Maithily)

**Zoom**. You will need to join with a computer (Google Zoom) or cell phone as you need to have a camera.

Zoom ID: 979 762 7167

Passcode:2580

# 12:00pm-1:00pm: Tamil Discussion Group

(Maithily)

**Zoom**. You will need to join with a computer (Google Zoom) or cell phone (download Zoom app) as you need to have a camera. Zoom ID: 979 762 7167 Passcode:2580

## 6:00pm-7:00pm: Mat Yoga

### **Join Zoom Meeting**

https://ca01web.zoom.us/j/6 5709211757?pwd=THdpZ3pa OGJBMW1iMXBraUR6WFV0U T09

Meeting ID: 657 0921 1757
Passcode: 213740
One tap mobile
+12042727920,,65709211757
# Canada
+14388097799,,65709211757
# Canada

### **Tamil Guest Speaker**

(Maithily) **Zoom**. You will need to join with a computer (Google Zoom) or cell phone as you need to have a camera.

Zoom ID: 979 762 7167 Passcode:2580

## 12:00pm-1:00pm: Tamil Discussion Group (Maithily)

**Zoom**. You will need to join with a computer (Google Zoom) or cell phone (download Zoom app) as you need to have a camera.

Zoom ID: 979 762 7167 Passcode:2580

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	11:00am-12:00pm: Tamil Guest Speaker (Maithily) Zoom. You will need to		Join on your computer or mobile app Click here to join the		Tamil Guest Speaker (Maithily) Zoom. You will need to join with a	

join with a computer(Google Zoom) or cell phone as you need to have a camera.

Zoom ID: 979 762 7167 Passcode:2580

# 12:00pm-1:00pm: Tamil Discussion Group

(Maithily)

**Zoom**. You will need to join with a computer (Google Zoom) or cell phone (download Zoom app) as you need to have a camera.

Zoom ID: 979 762 7167 Passcode:2580

#### meeting

### Or call in (audio only)

+1 647-749-

7008,,184300367# Canada,

Toronto

Phone Conference ID: 184

300 367#

## 11:00am-12:00pm: Tamil Guest Speaker (Maithily)

**Zoom**. You will need to join with a computer (Google Zoom) or cell phone as you need to have a camera.

Zoom ID: 979 762 7167

Passcode:2580

## 12:00pm-1:00pm: Tamil Discussion Group

(Maithily)

**Zoom**. You will need to join with a computer (Google Zoom) or cell phone (download Zoom app) as you need to have a camera.

Zoom ID: 979 762 7167 Passcode:2580

6:00pm-7:00pm: Mat

Yoga

## **Join Zoom Meeting**

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Zoom ID: 979 762 7167 Passcode:2580

### 12:00pm-1:00pm: Tamil Discussion Group (Maithily)

**Zoom**. You will need to join with a computer (Google Zoom) or cell phone (download Zoom app) as you need to have a camera.

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	m-12pm: Dealing with Emotions—Name It,			
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## **Guest Speaker** (Maithily) **Zoom**. You will need to join with a computer(Google Zoom) or cell phone as you need to have a camera.

Zoom ID: 979 762 7167 Passcode:2580

### 12:00pm-1:00pm: Tamil Discussion Group (Maithily)

**Zoom**. You will need to join with a computer (Google Zoom) or cell

phone (download Zoom app) as you need to have a

camera.

Zoom ID: 979 762 7167 Passcode:2580 (Jennifer/Kerri)

Microsoft Teams meeting Join on your computer or mobile app

Click here to join the meeting

Or call in (audio only)

+1 647-749-

7008,,184300367# Canada,

Toronto

Phone Conference ID: 184

300 367#

## 11:00am-12:00pm: Tamil Guest Speaker (Maithily)

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Zoom ID: 979 762 7167

Passcode:2580

# 12:00pm-1:00pm: Tamil Discussion Group

(Maithily)

**Zoom**. You will need to join with a computer (Google Zoom) or cell phone (download Zoom app) as you need to have a camera. Zoom ID: 979 762 7167

Passcode:2580

2:00pm-3:00pm Employment Strategies-Time Management (Alana)

**Zoom:** Click or cut and paste the link into your

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		browser and then add the			
		password ID. When the			
		host starts the group you			
		will be invited in from the			
		waiting room.			
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		Password ID <b>156349</b>			
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		Join Zoom Meeting			
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30	9:00am-10:00am: Tamil				
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Zoom ID:			
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10:00am-11:00am:			
Welcome to Tamil Chair			
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Guest Speaker (Maithily)			
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12:00pm-1:00pm: Tamil			
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