




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.
						1
2	<p>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</p> <p>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</p> <p>11:00am-12:00pm: Tamil</p>	<p>4 10:00am-11:00am: Breath work (Shruti Patel) Join Zoom Meeting https://ca01web.zoom.us/j/61049444253?pwd=a1dXMmNQZzdYRFBuQzFUR3VDZ09 Meeting ID: 610 4944 4253 Passcode: 867154 One tap mobile +12042727920,,61049444 253# Canada +14388097799,,61049444 253# Canada</p>	<p>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</p> <p>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</p>	<p>6 10:00am-11:00am: Mind Body Yoga (Shruti Patel) Join Zoom Meeting https://ca01web.zoom.us/j/63461976823?pwd=emVKOHIVQTR1ck1HYzJIUXdod09ZZz09 Meeting ID: 634 6197 6823 Passcode: 401713 One tap mobile +12042727920,,63461976 823# Canada +14388097799,,63461976 823# Canada</p>	<p>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</p> <p>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</p> <p>11:00am-12:00pm:</p>	8

<p>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</p> <p>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</p>		<p>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</p> <p>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</p> <p>6:00pm-7:00pm: Mat Yoga Join Zoom Meeting https://ca01web.zoom.us/j/65709211757?pwd=THdpZ3paOGJBMW1iMXBraUR6WFV0UT09 Meeting ID: 657 0921 1757 Passcode: 213740 One tap mobile +12042727920,,65709211757 # Canada +14388097799,,65709211757 # Canada</p>		<p>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</p> <p>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</p>
---	--	---	--	---

9	<p>10</p> 	<p>11</p> <p>10:00am-11:00am: Breath work (Shruti Patel) Join Zoom Meeting https://ca01web.zoom.us/j/61049444253?pwd=a1dXMmNQZzdYRFBuQzFUR3VDJR2g5dz09</p> <p>Meeting ID: 610 4944 4253 Passcode: 867154 One tap mobile +12042727920,,61049444253# Canada +14388097799,,61049444253# Canada</p>	<p>12</p> <p>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</p> <p>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</p> <p>11am-12pm: Immune Boosters—Building a Healthy Defense Against Colds and Flu’s (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-</p>	<p>13</p> <p>10:00am-11:00am: Mind Body Yoga (Shruti Patel) Join Zoom Meeting https://ca01web.zoom.us/j/63461976823?pwd=emVKOHVQTR1ck1HYzJIUXdod09ZZz09</p> <p>Meeting ID: 634 6197 6823 Passcode: 401713 One tap mobile +12042727920,,63461976823# Canada +14388097799,,63461976823# Canada</p>	<p>14</p> <p>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</p> <p>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</p> <p>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</p>	15

[708.,184300367#](tel:708184300367) 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](https://zoom.us/j/9797627167)
[Passcode:2580](https://zoom.us/j/9797627167?pwd=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](https://zoom.us/j/9797627167)
[Passcode:2580](https://zoom.us/j/9797627167?pwd=2580)

**6:00pm-7:00pm: Mat
Yoga**
Join Zoom Meeting
[https://ca01web.zoom.us/j/6
5709211757?pwd=THdpZ3pa
OGJBMW1iMXBraUR6WFV0U
T09](https://ca01web.zoom.us/j/65709211757?pwd=THdpZ3paOGJBMW1iMXBraUR6WFV0UT09)

Meeting ID: 657 0921 1757

**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](https://zoom.us/j/9797627167)
[Passcode:2580](https://zoom.us/j/9797627167?pwd=2580)

			Passcode: 213740 One tap mobile +12042727920,,65709211757 # Canada +14388097799,,65709211757 # Canada			
16	<p>17 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</p> <p>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</p> <p>11:00am-12:00pm: Tamil Guest Speaker (Maithily) Zoom. You will need to</p>	<p>18 10:00am-11:00am: Breath work (Shruti Patel) Join Zoom Meeting https://ca01web.zoom.us/j/61049444253?pwd=a1dXMmNQZzdYRFBUzFUR3VDR2g5dz09 Meeting ID: 610 4944 4253 Passcode: 867154 One tap mobile +12042727920,,61049444253# Canada +14388097799,,61049444253# Canada</p>	<p>19 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</p> <p>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</p> <p>11am-12pm: Cooking Methods (Jennifer/Kerri) Microsoft Teams meeting Join on your computer or mobile app Click here to join the</p>	<p>20 10:00am-11:00am: Mind Body Yoga (Shruti Patel) Join Zoom Meeting https://ca01web.zoom.us/j/63461976823?pwd=emVkoHIVQTR1ck1HYzJIUXdod09Zz09 Meeting ID: 634 6197 6823 Passcode: 401713 One tap mobile +12042727920,,63461976823# Canada +14388097799,,63461976823# Canada</p>	<p>21 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</p> <p>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</p> <p>11:00am-12:00pm: Tamil Guest Speaker (Maithily) Zoom. You will need to join with a</p>	22

<p>join with a computer(Google Zoom) or cell phone as you need to have a camera. Zoom ID: 979 762 7167 Passcode:2580</p> <p>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</p>		<p>meeting Or call in (audio only) +1 647-749-7008,,184300367# Canada, Toronto Phone Conference ID: 184 300 367#</p> <p>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</p> <p>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</p> <p>6:00pm-7:00pm: Mat Yoga Join Zoom Meeting https://ca01web.zoom.us/j/65709211757?pwd=THdpZ3paOGJBMW1iMXBraUR6WFV0U</p>		<p>computer (Google Zoom) or cell phone as you need to have a camera. Zoom ID: 979 762 7167 Passcode:2580</p> <p>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</p>
---	--	--	--	---

			<p>T09</p> <p>Meeting ID: 657 0921 1757 Passcode: 213740 One tap mobile +12042727920,,65709211757 # Canada +14388097799,,65709211757 # Canada</p>			
23	<p>24 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</p> <p>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</p> <p>11:00am-12:00pm: Tamil</p>	<p>25 10:00am-11:00am: Breath work (Shruti Patel) Join Zoom Meeting https://ca01web.zoom.us/j/61049444253?pwd=a1dXMmNQZzdYRFBUzFUR3VDR2g5dz09</p> <p>Meeting ID: 610 4944 4253 Passcode: 867154 One tap mobile +12042727920,,61049444253# Canada +14388097799,,61049444253# Canada</p>	<p>26 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</p> <p>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</p> <p>11am-12pm: Dealing with our Emotions—Name It, Don't Numb It</p>	<p>27 10:00am-11:00am: Mind Body Yoga (Shruti Patel) Join Zoom Meeting https://ca01web.zoom.us/j/63461976823?pwd=emVKOHIVQTR1ck1HYzJIUXdod09ZZz09</p> <p>Meeting ID: 634 6197 6823 Passcode: 401713 One tap mobile +12042727920,,63461976823# Canada +14388097799,,63461976823# Canada</p>	28	29

	<p>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</p> <p>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</p>		<p>(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#</p> <p>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</p> <p>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</p> <p>2:00pm-3:00pm Employment Strategies- Time Management (Alana) Zoom: Click or cut and paste the link into your</p>		
--	--	--	---	--	--

			<p>browser and then add the password ID. When the host starts the group you will be invited in from the waiting room.</p> <p>https://us04web.zoom.us/j/8684072796 <u>Password ID 156349</u></p> <p>6:00pm-7:00pm: Mat Yoga Join Zoom Meeting https://ca01web.zoom.us/j/65709211757?pwd=THdpZ3paOGJBMW1iMXBraUR6WFV0UT09</p> <p>Meeting ID: 657 0921 1757 Passcode: 213740 One tap mobile +12042727920,,65709211757 # Canada +14388097799,,65709211757 # Canada</p>		
30	31 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

**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

--	--	--	--	--	--	--