

Virtual Care Hub Group—February 2023

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	3	4
			9:00am-10:00am: Tamil		9:00am-10:00am:	
			Open Chat (Maithily)		Tamil Open Chat	
			Zoom. You will need to join		(Maithily) Zoom. You	
			with a computer (Google		will need to join with a	
			Zoom) or cell phone		computer (Google	
			(download Zoom app) as		Zoom) or cell phone	
			you need to have a camera.		(download Zoom app)	
			Zoom ID:		as you need to have a	
			979 762 7167		camera.	
			Passcode:2580		Zoom ID:	
					979 762 7167	
					Passcode:2580	
			10:00am-11:00am:			
			Welcome to Tamil Chair			
			Yoga (Maithily)			
			Zoom You will need to join		10:00am-11:00am:	
			with a computer (Google		Welcome to Tamil	
			Zoom) or cell phone		Chair Yoga (Maithily)	
			(download Zoom app) as		Zoom You will need to	
			you need to have a camera.		join with a computer	
			Zoom ID: 979 762 7167		(Google Zoom) or cell	
			Passcode:2580		phone (download	
					Zoom app) as you need	
			11am-12pm: Cooking		to have a camera.	
			Methods (Jennifer/Kerri)		Zoom ID: 979 762 7167	
			Microsoft Teams meeting		Passcode:2580	
			Join on your computer			
			or mobile app		11:00am-12:00pm:	
			Click here to join the		Tamil Guest Speaker	
			meeting		(Maithily) Zoom . You	
			Or call in (audio only)		will need to join with a	
			+1 647-749-		computer(Google	
			7008,,184300367# Canada,		Zoom) or cell phone as	

			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		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	
5	6 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	7	8 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	9 10:00am-11:00am: Mind, Body, Yoga Join Zoom Meeting https://ca01web.zoom.us/j/62 537937683?pwd=Tm1uVW10 WldwTDcybnl1UXVNajZKdz09 Meeting ID: 625 3793 7683 Passcode: 236769 One tap mobile +16132093054,,62537937683	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	11

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

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

11am-12pm: Expressing Love in a Positive Way (Jennifer/Kerri)

Passcode:2580

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)

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)

Canada

+16473744685,,62537937683

Canada

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

			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			
12	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	Mappy Valentine's Day	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	16 10:00am-11:00am: Mind, Body, Yoga Join Zoom Meeting https://ca01web.zoom.us/j/62 537937683?pwd=Tm1uVW10 WldwTDcybnl1UXVNajZKdz09 Meeting ID: 625 3793 7683 Passcode: 236769 One tap mobile +16132093054,,62537937683 # Canada +16473744685,,62537937683 # Canada	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)	18

(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 (download Zoom app) as you need to have a camera. Zoom ID: 979 762 7167 Passcode:2580

11am-12pm: Are you Focusing on What is Important to You Today? 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)

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)

Passcode:2580

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

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

join with a computer

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

9	20	21	22	23	24	25
	9:00am-10:00am: Tamil		9:00am-10:00am: Tamil	10:00am-11:00am: Mind,	9:00am-10:00am:	
	Open Chat (Maithily)		Open Chat (Maithily)	Body, Yoga	Tamil Open Chat	
	Zoom. You will need to		Zoom. You will need to join	Join Zoom Meeting	(Maithily) Zoom. You	
	join with a computer		with a computer (Google	https://ca01web.zoom.us/j/62	will need to join with a	
	(Google Zoom) or cell		Zoom) or cell phone	537937683?pwd=Tm1uVW10	computer (Google	
	phone (download Zoom		(download Zoom app) as	WldwTDcybnl1UXVNajZKdz09	Zoom) or cell phone	
	app) as you need to have a		you need to have a camera.		(download Zoom app)	
	camera.		Zoom ID:	Meeting ID: 625 3793 7683	as you need to have a	
	Zoom ID:		979 762 7167	Passcode: 236769	camera.	
	979 762 7167		Passcode:2580	One tap mobile	Zoom ID:	
	Passcode:2580			+16132093054,,62537937683	979 762 7167	
			10:00am-11:00am:	# Canada	Passcode:2580	
	10:00am-11:00am:		Welcome to Tamil Chair	+16473744685,,62537937683		
	Welcome to Tamil Chair		Yoga (Maithily)	# Canada	10:00am-11:00am:	
	Yoga (Maithily)		Zoom You will need to join		Welcome to Tamil	
	Zoom You will need to		with a computer (Google		Chair Yoga (Maithily)	
	join with a computer		Zoom) or cell phone		Zoom You will need to	
	(Google Zoom) or cell		(download Zoom app) as		join with a computer	
	phone (download Zoom		you need to have a camera.		(Google Zoom) or cell	
	app) as you need to have a		Zoom ID: 979 762 7167		phone (download	
	camera.		Passcode:2580		Zoom app) as you need	
	Zoom ID: 979 762 7167				to have a camera.	
	Passcode:2580		11am12pm: Being		Zoom ID: 979 762 7167	
			Assertive Not Aggressive		Passcode:2580	
	11:00am-12:00pm: Tamil		(Jennifer/Kerri)			
	Guest Speaker (Maithily)		Microsoft Teams meeting		11:00am-12:00pm:	
	Zoom . You will need to		Join on your computer		Tamil Guest Speaker	
	join with a		or mobile app		(Maithily) Zoom . You	
	computer(Google Zoom)		Click here to join the		will need to join with a	
	or cell phone as you need		meeting		computer(Google	
	to have a camera.		Or call in (audio only)		Zoom) or cell phone as	
	Zoom ID: 979 762 7167		+1 647-749-		you need to have a	
	Passcode:2580		7008,,184300367# Canada,		camera.	
			Toronto		Zoom ID: 979 762 7167	
	12:00pm-1:00pm: Tamil		Phone Conference ID: 184		Passcode:2580	

Discussion Group 300 367# (Maithily) 12:00pm-1:00pm: **Zoom**. You will need to **Tamil Discussion** join with a computer **Group** (Maithily) (Google Zoom) or cell **Zoom**. You will need to phone (download Zoom 11:00am-12:00pm: Tamil join with a computer app) as you need to have a **Guest Speaker** (Maithily) (Google Zoom) or cell **Zoom**. You will need to join phone (download camera. with a computer(Google Zoom app) as you need Zoom ID: 979 762 7167 Zoom) or cell phone as you Passcode:2580 to have a camera. need to have a camera. Zoom ID: 979 762 7167 Zoom ID: 979 762 7167 Passcode:2580 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 2-3pm: Employment **Strategies—Interview Preparation** (Alana) Zoom: Click or cut and paste the link into your browser and then add the password ID. When the host starts the group you will be invited in from the waiting room. https://us04web.zoom.us/j/8 684072796 Password ID **156349**

26	27	28				
20		28				
	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					
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	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					
	30000					
	12:00pm-1:00pm: Tamil					
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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		