




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.
			<p>1 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 meeting Or call in (audio only) +1 647-749-7008, 184300367# Canada,</p>	<p>2</p>	<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 Guest Speaker (Maithily) Zoom. You will need to join with a computer(Google Zoom) or cell phone as</p>	<p>4</p>

			<p>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>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>	
5	<p>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</p>	7	<p>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</p>	<p>9 10:00am-11:00am: Mind, Body, Yoga Join Zoom Meeting https://ca01web.zoom.us/j/62537937683?pwd=Tm1uVW10WldwTDcybnl1UXVNaWZKdz09 Meeting ID: 625 3793 7683 Passcode: 236769 One tap mobile +16132093054,,62537937683</p>	<p>11 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</p>	11

	<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> <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>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: Expressing Love in a Positive Way (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)</p>	<p># Canada +16473744685,,62537937683 # Canada</p>	<p>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> <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>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>			
12	<p>13 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</p>	<p>14</p> 	<p>15 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</p>	<p>16 10:00am-11:00am: Mind, Body, Yoga Join Zoom Meeting https://ca01web.zoom.us/j/62537937683?pwd=Tm1uVW10WldwTDcybnl1UXVNaWZKdz09 Meeting ID: 625 3793 7683 Passcode: 236769 One tap mobile +16132093054,,62537937683 # Canada +16473744685,,62537937683 # Canada</p>	<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</p>	18

<p>(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>(download Zoom app) as you need to have a camera. Zoom ID: 979 762 7167 Passcode:2580</p> <p>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#</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>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>
---	--	--	--	--

19	<p>20 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> <p>12:00pm-1:00pm: Tamil</p>	21	<p>22 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>11am12pm: Being Assertive Not Aggressive (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</p>	<p>23 10:00am-11:00am: Mind, Body, Yoga Join Zoom Meeting https://ca01web.zoom.us/j/62537937683?pwd=Tm1uVW10WldwTDcybnl1UXVNaZKdz09 Meeting ID: 625 3793 7683 Passcode: 236769 One tap mobile +16132093054,,62537937683 # Canada +16473744685,,62537937683 # Canada</p>	<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 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>	25

	<p>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>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>2-3pm: 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.</p> <p>https://us04web.zoom.us/j/8684072796 Password ID 156349</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>
--	--	--	--	--	--

26	<p>27</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> <p>12:00pm-1:00pm: Tamil</p>	28			

	<p>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>				
--	--	--	--	--	--