

Virtual Health and Wellness Friendly Community Centre - March 2024 Calendar

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
CONNECTION	EDUCATION 10-11 am English Conversations SPANISH CONNECTION www.Facebook.com/migrantworkers4 9am Exercise class 10am Trade Courses 12 pm Documentary 3pm Church 4pm Movie 5pm English Courses (all levels)	CONNECTION 2-3pm Connection Café - Best Life FITNESS 5-5:30pm Tai Chi	EDUCATION 10:30-11:30am “Be Happy, Be Healthy” Education Series FITNESS 5-5:30pm Fitness to Music CONNECTION 6– 7:30pm Persian Connection Café	MUSIC 3-4:30pm Jammin’ for Wellness FITNESS 5-5:30pm Fitness with Shirley MUSIC 7-8pm Songs of Our Lives (<i>Mar 6 only</i>)	CONNECTION 3-4pm French Connection Café MUSIC 5-6pm One Song a Week		
EDUCATION							
FITNESS							
MUSIC							

Coming Soon:

- Caregiver Conversations: What to Expect (monthly program)

Also available (scheduled at a time convenient for you):

Quality Life Program: 1:1 6-week intergenerational phone program that explores wellness skills, storytelling, goal setting, finding resources and building a community circle of support. Email hwfc.lab@gmail.com to register.

Programs currently available for:

- Older adults and caregivers
- Mandarin speakers
- People who are isolated

Go to <https://socialhealth.hwfc.ca/> Healthy connections to family, friends, community, and social activities are part of good health. Take our 2 minute “Social Health Check Up” to survey to learn more.

PROGRAM DESCRIPTIONS

CONNECTION CAFÉ SERIES

Weekly meetups for conversation, education, wellness, and help finding resources.

MONDAY 2-3pm: Connection Café

Connection Café is a space for growth, reflection and communication. Through different sessions we will touch on different topics surrounding wellness. Join us as we benefit from the support of one another and participate in meaningful conversations. *Hosted by Brianna and Paloma*

This group is being run through CSC Virtual Community Centre. You will need to create an account in this platform

<https://virtualcommunitycentre.ca/> Go to <https://virtualcommunitycentre.ca/groups/connection-cafe-af8pg3> to join the group

TUESDAY 6–7:30pm: Persian Connection Café

Meet others from the Persian community for conversation and to explore what's available in your community. Conversational English practice, meditation, and other wellness activities offered each week. *Hosted by Zahra*

<https://us06web.zoom.us/j/4736925444?pwd=YzltUmppWnVJUjBRcVUwZWVtL0tkZz09>

THURSDAY 3-4pm: French Connection Café

Meet other French speakers for conversation and connection. Conversation practice, plus wellness activities offered each week. *Hosted by Fida and Reese*

<https://us06web.zoom.us/j/4736925444?pwd=YzltUmppWnVJUjBRcVUwZWVtL0tkZz09>

SUNDAY 9am-6pm Spanish Connection (with CARE International)

9am Exercise class

10am Trade Courses

12pm Documentary

3pm Church

4pm Movie

5pm English Courses (all levels)

For more details, see www.Facebook.com/migrantworkers4

EDUCATION

TUESDAY 10:30–11:30am: Be Healthy, Be Happy Education Series

Weekly sessions, with different topics and guest speakers each week to share advice and tips about how to be as healthy and happy as possible.

<https://us06web.zoom.us/j/4736925444?pwd=YzltUmppWnVJUjBRcVUwZWVtL0tkZz09>

SUNDAY 10-11am English Conversations (Speaking Practice)

Weekly meetup to improve your conversation skills in English and connect with others. *Hosted by qualified teacher and ESL instructor*

<https://us06web.zoom.us/j/4736925444?pwd=YzltUmppWnVJUjBRcVUwZWVtL0tkZz09>

FITNESS AND MOVEMENT

Instruction and videos guide us through different exercises to improve strength, balance, cardio, core, and stretching.

MONDAY 5-5:30pm: Tai Chi

1/2 hour of Tai Chi. This moving meditation program can help you improve your mood, balance, concentration, and well-being.

<https://us06web.zoom.us/j/4736925444?pwd=YzltUmppWnVJUjBRcVUwZWVtL0tkZz09>

TUESDAY 5-5:30pm: Fitness To Music

Focus on cardio. Low impact, suitable for all ages.

<https://us06web.zoom.us/j/4736925444?pwd=YzltUmppWnVJUjBRcVUwZWVtL0tkZz09>

WEDNESDAY 5-5:30pm: Fitness with Shirley

Low impact, suitable for all ages.

<https://us06web.zoom.us/j/4736925444?pwd=YzltUmppWnVJUjBRcVUwZWVtL0tkZz09>

MUSIC

WEDNESDAY 3– 4:30pm: Jammin' for Wellness

Join us in playing your favorite songs, or enjoy the relaxed atmosphere, listen and let the music bring you wellness. Host: Chris Elliott.

<https://us06web.zoom.us/j/4736925444?pwd=YzltUmppWnVJUjBRcVUwZWVtL0tkZz09>

WEDNESDAY 7-8:30pm: Songs of Our Lives *Monthly - March 6 only*

First Wednesdays of each month Enjoy intimate conversations with seniors in our community about their favourite music and how it affects their lives.

<https://us06web.zoom.us/j/4736925444?pwd=YzltUmppWnVJUjBRcVUwZWVtL0tkZz09>

THURSDAY 5-6pm: One Song a Week

Bring your guitar and play along. Learn a new song each week. Simple ABC,123 method and fun songs to keep you in tune and sharpen memories and talent.

<https://us06web.zoom.us/j/4736925444?pwd=YzltUmppWnVJUjBRcVUwZWVtL0tkZz09>

PHONE-BASED PROGRAMS FOR INDIVIDUALS

1:1 Quality Life Program

6-week intergenerational phone program that explores wellness skills, storytelling, goal setting, finding resources and building a community circle of support. Email hwfc.lab@gmail.com

Mandarin Connection Café (runs until April)

Over 8 weeks, engage in activities about wellness at all levels. Email hwfc.lab@gmail.com to register

FOR MORE INFORMATION:

HWFC Community Calendar <https://hwfc.ca/activation/>

CARE para Trabajadores Internacionales / CARE for International Workers

For more details, see www.Facebook.com/migrantworkers4

Follow us at <https://www.facebook.com/VirtualCompassionCareCommunityCentre/>

Watch *Songs of Our Lives* and other videos on our YouTube channel

<https://www.youtube.com/@windsoressexcompassioncare5811/playlists>

For virtual seniors and other programs available through Community Support Centre of Essex, register at

<https://virtualcommunitycentre.ca/>

NEED HELP USING ZOOM?

Watch this easy tutorial <https://www.youtube.com/watch?v=M9kjMDbdUxc>