

# Virtual Compassion Care Community Centre Program Descriptions: July 2021

See <https://www.facebook.com/VirtualCompassionCareCommunityCentre/> for program posters and additional details

## Sunday

**9 AM:** Cardio Dance / Full session to lose weight.  
CARE para Trabajadores Internacionales.  
<https://www.facebook.com/migrantworkers4>

**10-12AM:** Spiritual Message. Temple La Buena Semilla.  
<https://www.facebook.com/templocristianolabuenasemilla/>

**12 PM:** Hiroshima y Nagasaki in 15 mins (Documental).  
CARE para Trabajadores Internacionales  
<https://www.facebook.com/migrantworkers4>

**1 PM:** Working risk prevention. The cost of the accidents.  
CARE para Trabajadores Internacionales  
<https://www.facebook.com/migrantworkers4>

**2-4:00PM:** Yoga with Dianne Bondy (Family Fuse). For Caribbean Workers. You must register in advance at 2265065872, email [admin@familyfuse.ca](mailto:admin@familyfuse.ca) or click on this link:  
[https://docs.google.com/forms/d/e/1FAIpQLSeMvXsGUiUzNCW6WLZxEaXm4JuH-2\\_qvGixahqFla70BIWBCw/formResponse](https://docs.google.com/forms/d/e/1FAIpQLSeMvXsGUiUzNCW6WLZxEaXm4JuH-2_qvGixahqFla70BIWBCw/formResponse)

• **2-2:35PM:** Sunday Holy Mass. Virgin Mary Mother Parish.  
<https://magnificat.tv/es/taxonomy/term/1>

• **3 PM:** Movie: A Day.  
CARE para Trabajadores Internacionales  
<https://www.facebook.com/migrantworkers4>

• **5:00-5:30 PM:** Lesson 12 - This - That - These - Those + Verb to be in affirmative form.  
CARE para Trabajadores Internacionales  
<https://www.facebook.com/migrantworkers4>

CARE para Trabajadores Internacionales / CARE for International Workers  
For more details, see [www.Facebook.com/migrantworkers4](http://www.Facebook.com/migrantworkers4)

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### JULY 25, 10-12 pm. Guided Nature Wellness Walks with Susan Harrison

This Sunday, meet at the North end of John's Pond to walk the Ganatchio Trail and little river extension. Access to the healing power of nature such as reducing anxiety and depression. The walks are slow in pace and do not go more than 3kms. The walks are accessible for any age participant and can be modified for accessibility. The purpose of the walks is not to get exercise nor is it about learning the names of plants and birds. The guide will provide a series of invitations that allows participants to experience nature in a manner that involves all 5 senses. In-person walks when permitted. Virtual/Remote guided walks are also an option. See <http://www.hummingbirdhealingconnections.com/>



### **Monday**

#### EVERY MONDAY 5– 5:30 pm: Beginner's Essentials of Tai Chi and Qigong

Take a break at the end of your day to rewind, relax, and rebalance. Improve your strength, balance, concentration, and well-being. In this weekly activity group, we will watch a video to guide us through different exercises. Suitable for new learners and people of all ages and abilities. To join click here:

<https://us06web.zoom.us/j/94962113801?pwd=MkJ3OWo2cXNvd1VLbVdrUjhSK3JwUT09>

#### EVERY MONDAY 6:30 – 8:00 pm: Grief Support Group (offered through HPCO)

Safely explore the emotional, physical, social, and spiritual aspects of coping with the death of a relative or friend. This open group meets once a week for 90 minutes. Participants can join any time. Facilitated by Eugene Dufour, a Grief Specialist with over 30 years of grief counseling and hospice palliative care experience. REGISTRATION REQUIRED

<https://hpc0.zoom.us/meeting/register/tJYtd-qtPzMpG9z-4dG404KNKUJ7g7VRqfNQ>

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### JULY 26 7-8pm The Center of Us - Chakra for Beginners with Margaret Taylor

Learn the basics to "The Center of Us": where the chakras are, what they represent, what may cause blockages, and what may help to heal them if they are off balance - including food, crystals, herbs for tea making and essential oils. Includes a meditation at the end of the class.

<https://us06web.zoom.us/j/86542896729?pwd=cHBaaExvSkVXWllpd1NsRmJmZUJXUT09>



**TERRIFIC  
TUESDAY**

### **Tuesday**

#### EVERY TUESDAY 9:00 – 10:00 AM: English for Healthcare Professionals

This weekly program offers help to those who have a hard time reading / speaking English in a clear professional manner. Joe and his Team focuses on articulation, written and spoken grammar and understanding common acronyms used in healthcare and social services. TO JOIN click here

<https://us06web.zoom.us/j/95567060399?pwd=QmpnZzVlVGNqcmV5d2dnSXFzWWVEQT09>

#### EVERY TUESDAY 10-11am: Tenacious Tuesday (Community Support Centre)

Have fun while staying fit and active. REGISTER at <https://virtualcommunitycentre.ca>

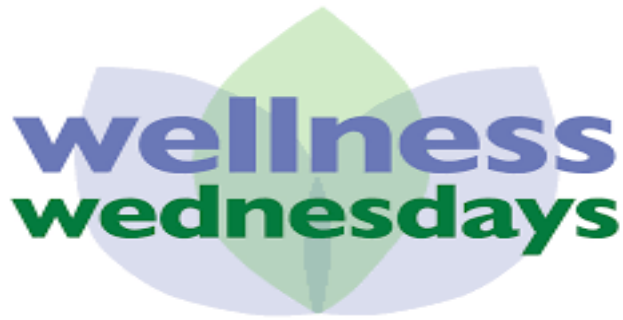
#### EVERY TUESDAY 6– 7:30pm: Persian Connections Café

Meet others from the Persian community. Share information about resources and activities you are interested in. Learn what activities are available and how to join them. Hosted by Zahra. TO JOIN click here:

<https://us06web.zoom.us/j/93741006646?pwd=Zitkd2dUWWRUSFZEaStiUEhnRWdKZz09>



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## Wednesday

**EVERY WEDNESDAY 10-11 am: Wellness Wednesday** (Community Support Centre)

Join guest speakers/ local health care providers to talk about health and wellness.

REGISTER at <https://virtualcommunitycentre.ca>

**EVERY WEDNESDAY 3– 4pm: Jammin’ for Wellness**

Join Joe as he shares some of his favorite tunes and asks “you” to do the same.

Singers must be able to accompany themselves or have backing tracks. Everyone is muted except for the singer who shares basic structure of song. Best to have an external speaker attached to your device to increase the volume as it tends to get loud. Hosted by Joe Perry. TO JOIN

<https://us06web.zoom.us/j/98475426486?pwd=WWp1RVdSTVZBd2lLeXNOSzRqV0srZz09>

**JULY 14, 28: 7-8 pm Arts and Film Club for Kids & Grandparents**

Education and activities for kids and seniors – together. Programs can be arranged based on your interests – painting, crafts, filmmaking, social media, photography, creative writing, other.

- July 14 - Storyboarding
- July 28 - Creative writing

Join Zoom Meeting

<https://us06web.zoom.us/j/85219690832?pwd=NURzallwT0ZPaythSjJqRGxVVERhQT09>



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## Thursday – Community Connections Series

### EVERY THURSDAY 6 PM – 7:30 PM: Painting Class – Persian Connection Café

Meet others from the Persian community and learn how to paint

<https://us06web.zoom.us/j/93741006646?pwd=Zitkd2dUWWRUSFZEaStiUEhnRWdKZz09>



## Friday

### EVERY FRIDAY 10-11am: Computer Class

Basics of using computer programs like MS Word, Excel, MS Teams, etc.

<https://us06web.zoom.us/j/92759378261?pwd=UHZvM0JraHZyeXRONzZiK21mTjNodz09>

### EVERY FRIDAY 10-11am: Fitness Friday (Community Support Centre)

Our chair yoga class guides you through a series of stretches and breathing techniques – nice and slow. REGISTER at <https://virtualcommunitycentre.ca>

### EVERY FRIDAY 1 – 1:30pm: Beginner Guitar

Learn basic guitar chords and simple songs. Joe breaks it down with his simple ABC,123 method where he has taught hundreds of people a host of fun songs to keep their memory sharp and share a fun talent with family and friends.

<https://us06web.zoom.us/j/93872501815?pwd=OXV6Y0xNWXdBUZ6Ynl2dGQ1M3Z2QT09>

### EVERY FRIDAY 1:30– 2pm: Intermediate Guitar

Join Joe as he shares some secrets of the trade of being a guitar player for bands. This is for the serious guitar student who wants to understand how melody and enhanced chording can add to any song. Various styles of guitar will be explored. You must know basic chords and can play 3-5 chord songs.

<https://us06web.zoom.us/j/91059128264?pwd=R2RRdkFiUm9IRzJPeUZsaG9oQysyZz09>

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### COMING IN AUGUST – STAY TUNED FOR DETAILS

#### [AUG 4 and 18 10-11am: Krafts & Kreations with Kathy](#)

Bring the family and have some fun. Join Kathy Vincent for easy to do crafts and art creations with simple art supplies or household items.

<https://us06web.zoom.us/j/85219690832?pwd=NURzallwT0ZPaythSjJqRGxVVERhQT09>

#### [AUG 12: 7 – 8pm Action for Happiness Group Meeting with Jodie](#)

Meet up with like-minded people to TUNE into what matters and TAKE action in our own communities Meets the second Thursday of each month (next meeting August 12). REGISTER ONLINE to join the group and to receive meeting details

[https://airtable.com/shrf2zWAIKGuK0cFz?prefill\\_GROUP=GRP174%20\(Essex%20ON\)](https://airtable.com/shrf2zWAIKGuK0cFz?prefill_GROUP=GRP174%20(Essex%20ON))

#### [AUG 15. 1:30– 3pm: Virtual Death Café](#)

Come and share how death shows up in your life! Our aim is to increase awareness of death to help people make the most of their (finite) lives. Co-facilitated by Death Doulas Doreen Thibert and Sue Timpson Mannell. Meets the third Sunday every month. REGISTRATION REQUIRED

#### [AUG 16 7-8pm: Introduction to Zen Meditation](#)

With Dave Killen, an ordained Dharma Teacher, practicing Buddhist and 10+ year member of the Detroit Zen Centre. This class introduces basic meditation practices with an emphasis on posture, breath work and remaining in the present moment. You will have an opportunity to do 2 brief (10 to 15 minute) rounds of practice, with an introduction to walking meditation and Q & A to wrap up. No experience needed. TO JOIN:

<https://us06web.zoom.us/j/92214563251?pwd=d2daWHhOOHlqWTF4OFpHOWQvbk1RZz09>

#### [AUG 20: 7-9 pm: Virtual Coffee House](#)

##### [9– 11pm: Open Song Circle](#)

Rockin' Joe Perry and his many musical friends are available to entertain you. Share a song, have a laugh, enjoy the lights, and sit back for a fun evening of great entertainment. Joe has invited musicians from around the country as well as local stars TO JOIN:

<https://us06web.zoom.us/j/94601925091?pwd=b0pueVY3U1dqOG1lQ0l4ZmxUeUF0Zz09>

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### [TBD 12 – 1:30pm Advance Care Planning Program](#) (HPCO)

Your health can change without warning. In Ontario, there are specific laws about when and who can make health care decisions on your behalf, should you become mentally incapable of doing so. We encourage you to participate in the appropriate Advance Care Planning conversations to ensure future wishes for your care are known and clear. It can be difficult to have these conversations with your family or friends, but they prove to be helpful in a time of need. This workshop covers education on Advance Care Planning as well as how to have the conversation. TO JOIN <https://hpcoco.zoom.us/j/97138074917>

[TBD 12– 1pm: Caregiving for Serious Illness and End-of-Life](#) (HPCO) - Are you caring for someone with serious illness/End-of-Life? Join our weekly virtual education program and support group on ZOOM. Different topics covered over the next 10 weeks. See [flyer](#) at [www.hpcoco.ca](http://www.hpcoco.ca) for details.  
<https://hpcoco.zoom.us/j/91354431364>

### [LIVE Fitness Academy with Thomas Kasurak](#)

Join Thomas Kasurak, a professional fitness instructor, for virtual group fitness and healthy nutrition workshops. Fitness that requires no equipment, that everyone can do, for seniors of all levels of fitness and capabilities. Thomas has a wealth of experience working with clients who need special guidance due to weight issues, age, injuries or other special needs. See video <https://fb.watch/6a3blkGXpr/> or go to Live Fitness Academy on Facebook  
**Monday Wednesday and Fridays at 5 pm starting in August**

### [Using Dance to Bolster Brain Health](#) – Windsor Dance Experience (WDX)

See more at: <https://www.youtube.com/watch?v=INZQwmVwuWs>  
**Tuesday 7:00** — starting August bi weekly Confirmed

### [AUG: 7 – 8pm WECCC Circle of Care Call-in](#)

Monthly group check-in for WECCC members and volunteers to connect with each socially and talk about what's on your mind this month. Share what's new, ask questions, and meet people who share your interests and passions. TO JOIN call in using this toll-free number: **1 855 703 8985** (Meeting ID: 999 8438 7560)

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## AUG: 7 – 8pm The Importance of Re-Connecting

Learn about how being socially connected improves your health. Talk about what you can do to help yourself, how we can be more mindful about helping others, and share ideas for working together to build stronger neighbourhoods. TO JOIN: <https://hpc0.zoom.us/j/99984387560?pwd=RXVQOUE3NGFaZEsyNitiY2VuYXNodz09>

## AUG: 7 – 8pm Connection Café and Navigation Workshop

set some goals, talk about your interests and what's available, find new activities, practice skills Need help? Our trained WECCC facilitators are available to offer assistance. TO JOIN:

<https://hpc0.zoom.us/j/99984387560?pwd=RXVQOUE3NGFaZEsyNitiY2VuYXNodz09>

Saturday Crafters – starting again this Fall