



STRIVE CENTRE

DAILY VIRTUAL RECREATION PROGRAMS - STARTING APRIL 14TH, 2020

To stay connected during this difficult time of Covid-19, the Strive Centre will be offering a variety of virtual programs and activities for adults with diverse abilities. These programs will be accessed via the virtual software **Zoom**.

What You'll Need

- An E-mail address
- An Internet connection
- A smartphone, tablet, or computer with a webcam and microphone



Zoom

Sign-up and download **Zoom**

For tablets or smartphones visit:

- App Store (Apple products)
- Google Play (Android products)

For computers visit:

- <https://zoom.us>



Strive Centre's Zoom

Strive Centre will send the Meeting ID and Password to your email.

We're happy to help!
For further assistance, please see contact info below.