

Join us on Friday at 11am for Center updates with Julimarie followed by a discussion group with Sarah Marshall. Sarah is a second year Master's level graduate student who is completing her internship with Heights and Hills!

FRIDAY 11:00AM Center updates with Matt and discussion with Sarah

Direct link: <https://us02web.zoom.us/j/87908774322>

Teleconferencing #: 929-205-6099

Meeting ID: 879 0877 4322

Heights and Hills and Older Adults Technology Services (OATS) are excited to continue our 10-week series of technology classes and workshops starting this week. Classes will be held on Tuesdays and Thursdays from 1-2pm. Subjects will include computer basics, protecting your personal information, tips on using Zoom, telemedicine, social media, and much more! All skill levels welcome!

OATS Technology classes

Tuesdays and Thursdays

1pm-2pm

<https://seniorplanet.zoom.us/j/92009989265>

PSCSA remote class schedule this week

Classes on Zoom (Video or Phone)

Monday

12:30PM: Yoga with TJ

Teleconferencing #: 929-205-6099

Meeting ID: 837 714 088

<https://zoom.us/j/837714088>

2:00PM: Discussion Group with Matt

Teleconferencing #: 929-205-6099

Meeting ID: 972 670 301

<https://zoom.us/j/972670301>

Tuesday

11:00AM Bodies in Motion with Quinn (password required)

Meeting ID: 718 813 0636

Password: 835384

<https://zoom.us/j/7188130636>

1:00PM: OATS Tech class

<https://seniorplanet.zoom.us/j/92009989265>

2:00PM: Storytelling with Lily

Teleconferencing #: 301-715-8592

Meeting ID: 450 717 4121

<https://zoom.us/j/450717412>

Wednesday

12:00PM: Meditation with TJ

Teleconferencing #: 929-205-6099
Meeting ID: 878 9738 2626
<https://us02web.zoom.us/j/87897382626>

2:00PM: Qi Gong with Ann
Teleconferencing #: 929-205-6099
Meeting ID: 735 930 111
<https://us02web.zoom.us/j/735930111>

Thursday

1:00PM: OATS Tech class
<https://seniorplanet.zoom.us/j/92009989265>

2:00PM: Tai Chi with Tzyann
Teleconferencing #: 929-205-6099
Meeting ID: 890 354 421
<https://zoom.us/j/890354421>

Friday

11:00AM Center updates with Matt and discussion with Sarah
Direct link: <https://us02web.zoom.us/j/87908774322>
Teleconferencing #: 929-205-6099
Meeting ID: 879 0877 4322

1:00PM Latin Rhythms with Walter Perez
Teleconferencing #: 929-205-6099
Meeting ID: 859 3983 5726
<https://us02web.zoom.us/j/85939835726>

Instructions to join a class via zoom:

By Telephone

1. On your phone, dial the [teleconferencing number](#)
2. Enter the **meeting ID** when prompted using your dial-pad followed by #. (Each class has a different meeting ID)
3. When prompted to enter participant ID, just press # again.

By Computer

1. Open zoom.us/join
2. Enter the [meeting ID](#) and click "Join"
3. When Pop-Up box appears, select "Open Zoom"
4. Select if you would like to connect audio and/or video and click **Join**.