

Election Day is Tomorrow! Please contact Matt Abrams at mabrams@heightsandhills.org if you have any questions about voting locations or other election related questions.

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>**

THIS WEEK:

We are also happy to continue our partnership with New York Presbyterian - Brooklyn Methodist Hospital and Good Neighbors of Park Slope for virtual presentations from doctors and other healthcare professional on subjects ranging from telemedicine, falls prevention, and much more. Next presentation is scheduled for Thursday November 5th at 11am.

Join Louis Chang, M.D., Attending Neurosurgeon, at NewYork-Presbyterian Brooklyn Methodist Hospital for an informative and interactive workshop on neck pain.

Registration is required, you can register by clicking [THIS LINK](#)

Please reach out to Matt Abrams at mabrams@heightsandhills.org or call the center at 718-832-3726 if you have questions or need help to register.

Reminder: Heights and Hills is closed NEXT Wednesday 11/11 in observance of Veteran's Day

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://zoom.us/j/735930111>

Thursday

11:00AM: Workshop with NY Presbyterian Hospital

Join Louis Chang, M.D., Attending Neurosurgeon, at NewYork-Presbyterian Brooklyn Methodist Hospital for an informative and interactive on neck pain.

Registration is required, you can register by clicking [THIS LINK](#)

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 and social hour with Julimarie

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

Teleconferencing #: 929-205-6099

Meeting ID: 879 0877 4322

1:00PM Latin Rythyms 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**.