NEW GROUP CONTINUING THIS WEEK: Open Hearts Open Minds

Join Heights and Hills intern Bette Birnbaum for a four part series that dives deeply into our personal meaning. This non-denominational group will delve into topics of spirituality, the connections we have to others and the world around us, and more.

THURSDAYS Starting this week
3:00PM: Open Hearts Open Minds with Bette
Teleconferencing #: 929-205-6099
Meeting ID: 825 2420 1149
https://us02web.zoom.us/j/82524201149

-----

MOVEMENT SPEAKS! Thursdays at 10am
We are excited to have a returning class to the PSCSA, Movement Speaks by Dances for a Variable Population. Join us in celebrating movement in strong, creative ways. The class will last 10 weeks. Starting this Thursday. One time registration required, please click here.
Movement Speaks
Thursday 10:00AM
Meeting ID: 657 199 474
https://us02web.zoom.us/j/657199474
Registration link
-----
Covid Vaccine Update: Visit the Heights and Hills website for up to date vaccine info: https://www.heightsandhills.org/covid-19-vaccine-information/

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
Tuesday

11:00AM Bodies in Motion with Quinn (password required)
Meeting ID: 718 813 0636
Password: 835384
https://zoom.us/j/7188130636

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

10:00AM: Movement Speaks
Meeting ID: 657 199 474
https://us02web.zoom.us/j/657199474

11:00AM: Virtual Tour of the Guggenheim Museum
email mabrams@heightsandhills.org to register

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

3:00PM: Open Hearts Open Minds with Bette
Teleconferencing #: 929-205-6099
Meeting ID: 825 2420 1149
https://us02web.zoom.us/j/82524201149
Friday

11:00AM Center updates 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 Leo and Walter
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.