Special Presentation This Week: Preventing Scams in the Age of Covid with Racquel and Julimarie

Scammers are taking advantage of our current crisis to find new ways to steal. Join Center Assistant Director Julimarie and Social Work Intern Racquel in exploring how to identify and prevent these new scams, how to protect your finances, how to report them, and more!

**Wednesday 11am: Scams Presentation with Julimarie and Racquel**

Direct Link: [https://us02web.zoom.us/j/83985189938](https://us02web.zoom.us/j/83985189938)

Teleconferencing #: 929-205-6099

Meeting ID: 839 8518 9938

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Join us on Friday at 11am for Center updates with Matt 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](https://us02web.zoom.us/j/87908774322)

Teleconferencing #: 929-205-6099

Meeting ID: 879 0877 4322

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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](https://seniorplanet.zoom.us/j/92009989265)

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Reminder: Center will be closed on Thursday and Friday of next week, November 26th and 27th for Thanksgiving.

**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](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](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
11:00AM: Scams Presentation with Julimarie and Racquel
Direct Link: https://us02web.zoom.us/j/83985189938
Teleconferencing #: 929-205-6099
Meeting ID: 839 8518 9938

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.