

Reminder: Heights and Hills is closed Monday January 18th in observance of Martin Luther King Day.

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### **NEW CLASS THIS WEEK: 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.

Movement Speaks

Thursday 10:00AM

Meeting ID: 657 199 474

<https://us02web.zoom.us/j/657199474>

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Additional Reminder: Latin Rhythms returns this Friday!

### **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>

**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>

**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 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](https://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**.