

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>

Teleconferencing #: 929-205-6099

Meeting ID: 839 8518 9938

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>

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>

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>

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

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**.