

**Reminder: Heights and Hills is closed on Monday, all remote classes will be canceled.**

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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>

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**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 October 15th at 11am on heart failure and related issues.

Dr. Kumudha Ramasubbu, MD, Director of Heart Failure at NewYork-Presbyterian Brooklyn Methodist Hospital, for an informational and informative talk on Chronic Heart Failure

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

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

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If anyone needs assistance in registering to vote or registering absentee, please email Matt Abrams at [mabrams@heightsandhills.org](mailto:mabrams@heightsandhills.org) or call the center and leave a message at 718-832-3726. You also can fill out an absentee ballot application online at the link below.

<https://nycabsentee.com/>

**PSCSA remote class schedule this week**

Classes on Zoom (Video or Phone)

**Monday**

**NO ACTIVITIES TODAY**

**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  
Dr. Kumudha Ramasubbu, MD, Director of Heart Failure at NewYork-Presbyterian Brooklyn Methodist Hospital, for an informational and informative talk on heart issues  
Registration at [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

### 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**.