

**Scheduling update, this week only:**

**Chair Yoga with TJ: Moved to 12:30PM on Wednesday (no class Monday)**

**Qi Gong with Ann: Canceled this week.**

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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 21st at 11am.

Strokes, Aneurysm, and other issues with Dr. Michael Ayad, Director, Cerebrovascular and Endovascular Neurosurgery

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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**Early Voting is now open for the 2020 election. For help finding your early voting location visit the following link:**

**<https://findmypollsite.vote.nyc/>**

If anyone needs assistance in voting or finding a polling place, please email Matt Abrams at [mabrams@heightsandhills.org](mailto:mabrams@heightsandhills.org) or call the center and leave a message at 718-832-3726.

**PSCSA remote class schedule this week**

Classes on Zoom (Video or Phone)

**Monday**

**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/4507174121>

## Wednesday

### 12:00PM: Meditation with TJ

Teleconferencing #: 929-205-6099

Meeting ID: 878 9738 2626

<https://us02web.zoom.us/j/87897382626>

### 12:30PM: Yoga with TJ

Teleconferencing #: 929-205-6099

Meeting ID: 837 714 088

<https://zoom.us/j/837714088>

## Thursday

### 11:00AM: Workshop with NY Presbyterian Hospital

Strokes, Aneurysm, and other issues with Dr. Michael Ayad, Director, Cerebrovascular and Endovascular Neurosurgery

Registration is required, you can register by clicking [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**.