

THIS FRIDAY at 2pm: Valentine's Day Celebration. Join the PSCSA in a lighthearted get together to celebrate Valentine's Day. We will exchange stories, hear some music, and more!

FRIDAY 2PM
Valentines Day Celebration
Teleconferencing #: 929-205-6099
Meeting ID: 886 7826 5788
<https://us02web.zoom.us/j/88678265788>

Reminder: Heights and Hills is closed Monday February 15th, there will be no classes.

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. One time registration required, please click [here](#).

Movement Speaks
Thursday 10:00AM
Meeting ID: 657 199 474
<https://us02web.zoom.us/j/657199474>

[Registration link](#)

Covid Vaccine Update: Visit the Heights and Hills website for up to date vaccine info:
<https://www.heightsandhills.org/covid-19-vaccine-information/>

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>

2:00PM

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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**.