

We are happy to introduce two new remote classes at PSCSA. The first is the return of A Matter of Balance with Center Director Matt Abrams and social worker and former PSCSA intern Jenny Campbell. We will discuss how the COVID crisis has affected our lives and the challenges in getting our physical and mental health needs met as well as strategies to prevent falls and to help maintain our physical mobility. The class will be on Friday's at 11am.

Matter of Balance with Matt and Jenny

Fridays at 11am

Call in phone number 929-205-6099

Meeting ID: 879 0877 4322

Direct link: <https://us02web.zoom.us/j/87908774322>

We are also are happy to introduce two graduate students from Long Island University's Occupational Therapy Program, Jessica and Kelly, who will be leading an exercise group called Staying Active at Home that will incorporate stretching, strengthening, and light aerobic exercises. Members will also have the opportunity to sign up for one on one sessions to develop personalized programs to fit your needs and goals. The group will be on Thursday's at 11am.

Staying Active at Home with LIU Occupational Students Jessica and Kelly

Thursdays at 11am

Teleconferencing ph#: 929-205-6099

Meeting ID: 883 0000 5037

Direct link: <https://us02web.zoom.us/j/8830000503>

Complete PSCSA remote class schedule

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 Andy

Teleconferencing #: 929-205-6099

Meeting ID: 972 670 301

<https://zoom.us/j/972670301>

3:00PM: Dancing Your Identity: Creative Movement Practice with Carina Rubaja (Spanish & English available)

Teleconferencing #: 929-205-6099

Meeting ID: 557 864 360

<https://zoom.us/j/557864360>

Tuesday

11:00AM: Chair Tap with Nicole Ohr

Teleconferencing #: 929-205-6099

Meeting ID: 413 301 565

<https://zoom.us/j/413301565>

2:00PM: Storytelling with Lily

Teleconferencing #: 301-715-8592

Meeting ID: 450 717 4121

<https://zoom.us/j/4507174121>

Wednesday

11:00AM: Chorus with Tahira

Teleconferencing #: 929-205-6099

Meeting ID: 883 7620 4612

<https://us02web.zoom.us/j/88376204612>

2:00PM: Qi Gong with Ann

Teleconferencing #: 929-205-6099

Meeting ID: 735 930 111

<https://zoom.us/j/735930111>

Thursday

11:00AM Staying Active at Home with LIU Occupational Students Jessica and Kelly

Teleconferencing ph#: 929-205-6099

Meeting ID: 883 0000 5037

Direct link: <https://us02web.zoom.us/j/8830000503>

2:00PM: Tai Chi with Tzyann

Teleconferencing #: 929-205-6099

Meeting ID: 890 354 421

<https://zoom.us/j/890354421>

Friday

11:00AM Matter of Balance with Matt Abrams and Jenny Campbell

Call in phone number 929-205-6099

Meeting ID: 879 0877 4322

Direct link: <https://us02web.zoom.us/j/87908774322>

3:15PM: Afro-Caribbean Dance with Sade Bully

Teleconferencing #: 929-205-6099

Meeting ID: 129 152 668

<https://zoom.us/j/129152668>

2:00PM: Meditation with Jill, Class on Conference Call (Phone only)

Teleconferencing #: 1-425-436-6362

Meeting ID: 515813#

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**.