ZOOM REMOTE CLASS INFORMATION

If you would like to join a class:

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.
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

**2:00PM**: Aging Transitions with Andy  
Teleconferencing #: 929-205-6099  
Meeting ID: 972 670 301

**Tuesday**

**2:00PM**: Story Telling with Lily  
Teleconferencing #: 301-715-8592  
Meeting ID: 450 717 4121

**Wednesday**

**2:00PM**: Qi Gong with Ann  
Teleconferencing #: 929-205-6099  
Meeting ID: 735 930 111

**Thursday**

**2:00PM**: Tai Chi with Tzyann  
Teleconferencing #: 929-205-6099  
Meeting ID: 890 354 421
Classes on Conference Call (Phone only)

Friday

2:00PM: Meditation with Jill
Teleconferencing #: 1-425-436-6362
Meeting ID: 515813#