## Virtual Class September 2020

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
</table>
Dial-in: +1 929 436 2866: AT 10am  
Meeting ID: 819 6935 8885 | Pooled Income Trust with LifeTrust  
TIME: 10:00 – 11:00 am  
Registration Link: https://bit.ly/2Xeau9W  
Dial-in: +1 929 436 2866  
Meeting ID: 812 0977 5076#  
Passcode: 571775#  | VNSNY Choice Virtual Exercise  
link: https://zoom.us/j/7726623351#success  
Meeting ID: 772 662 3351  | Virtual Dance Party  
REGISTRATION LINK: https://bit.ly/38cBeFz  
DIAL: +1 929 436 2866 or +1 312 626 6799 or +1 301 715 8592 or +1 669 900 6833 or +1 253 215 8782 or +1 346 248 7799: at 1pm  
Meeting ID:E84 3048 2207: Password: 030664  
PSS to close 2 hrs. early (Labor Day) |
| PSS Closed - Labor Day                                                 | VNSNY Choice Virtual Exercise  
Zoom Link: https://zoom.us/j/7726623351#success  
Meeting ID: 772 662 3351  | Living Longer, Living Smarter with AARP  
Registration Link: https://bit.ly/2X0Dq6  
Dial-in: +1 929 436 2866  
Meeting ID: 843 3786 3798#  | VNSNY Choice Virtual Exercise (Chair Yoga) from 10-11am  
https://zoom.us/j/7726623351#success  
Meeting ID: 772 662 3351  | Virtual Dance Party  
REGISTRATION LINK: https://bit.ly/38cBeFz  
DIAL: +1 929 436 2866 or +1 312 626 6799 or +1 301 715 8592 or +1 669 900 6833 or +1 253 215 8782 or +1 346 248 7799: at 1pm  
Meeting ID:E84 3048 2207: Password: 030664  
PSS to close 2 hrs. early (Labor Day) |
| Education And recreation                                                | Zoom Class: Arts & Crafts Candy Jar Making  
Class@PSS Highbridge Gardens Center  
11am – 12pm by zoom  
Meeting ID # 97145821426  
Password: 123456  | 6-WEEK CHRONIC DISEASE SELF-MANAGEMENT PROGRAM (Español)  
Dial-in:+1 (929) 436-2866  
ID: 833 3113 3381#  
Passcode: 571775#  | VNSNY Choice Virtual Exercise (Chair Yoga) from 10-11am  
Zoom Link: https://zoom.us/j/7726623351  
Meeting ID: 772 662 3351  | Virtual Dance Party  
REGISTRATION LINK: https://bit.ly/38cBeFz  
DIAL: +1 929 436 2866 or +1 312 626 6799 or +1 301 715 8592 or +1 669 900 6833 or +1 253 215 8782 or +1 346 248 7799: at 1pm  
Meeting ID:E84 3048 2207: Password: 030664  
PSS to close 2 hrs. early (Labor Day) |
| Health MGMT: WhatsApp Video Conference. At 2pm                        | 6-WEEK CHRONIC DISEASE SELF-MANAGEMENT PROGRAM (English)  
REGISTRATION LINK – CDSMP  
Dial-in: +1 (929) 436-2866  
Meeting ID: 897 0788 2971#  
Passcode: 571775#  | 6-WEEK CHRONIC DISEASE SELF-MANAGEMENT PROGRAM (Español)  
Dial-in:+1 (929) 436-2866  
ID: 833 3113 3381#  
Passcode: 571775#  | Elizabeth Hernandez: eheherandez@pssusa.org  
Yvanssa Mezon: ymezon@pssusa.org  
First Steps on the Road to Long Term Care  
Registration link: https://bit.ly/31nAUkc  
ID: 837 0521 0453#  
Passcode: 790865#  |  
1145 University Avenue, Bronx, NY 10452  
(347) 918-9185  
Funded by DFTA, Sponsored by PSS  |
| Education and Recreation: WhatsApp Video Conference. At 2pm            | 6-WEEK CHRONIC DISEASE SELF-MANAGEMENT PROGRAM (English)  
REGISTRATION LINK – CDSMP  
Dial-in: +1 (929) 436-2866  
Meeting ID: 897 0788 2971#  
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