Older Adult Virtual Classes

Join us each month via Zoom for our fun and exciting virtual classes geared towards our Older Adults.

Class:	Disaster Preparedness -(Spanish)
Course #:	008.4.1802
Cost:	FREE
Who:	Adults 50+
When:	Wednesday, June 2 at 9:30 am to 11:00 a.m.
Where:	Zoom Webinar
Register:	Go to www.sjregistration.com and use the code 008.4.1802

Class:	Fair Housing for Seniors With SALA
Course #:	008.1.1860
Cost:	FREE
Who:	Adults 50+
When:	Tuesday, June 22 at 1:00 pm to 2:30 p.m.
Where:	Zoom Webinar
Register:	Go to www.sjregistration.com and use the code 008.1.1860

Class:	Tenant Protection Ordinance With SALA
Course #:	008.1.1880
Cost:	FREE
Who:	Adults 50+
When:	Tuesday, June 8 at 1:00 pm to 2:30 p.m.
Where:	Zoom Webinar
Register:	Go to www.sjregistration.com and use the code 008.1.1880

Class:	Healthy Living for your Brain & Body
Course #:	008.1.1850
Cost:	FREE
Who:	Adults 50+
When:	Monday, June 6 at 9:30 am to 10:30 a.m.
Where:	Zoom Webinar
Register:	Go to www.sjregistration.com and use the code 008.1.1850

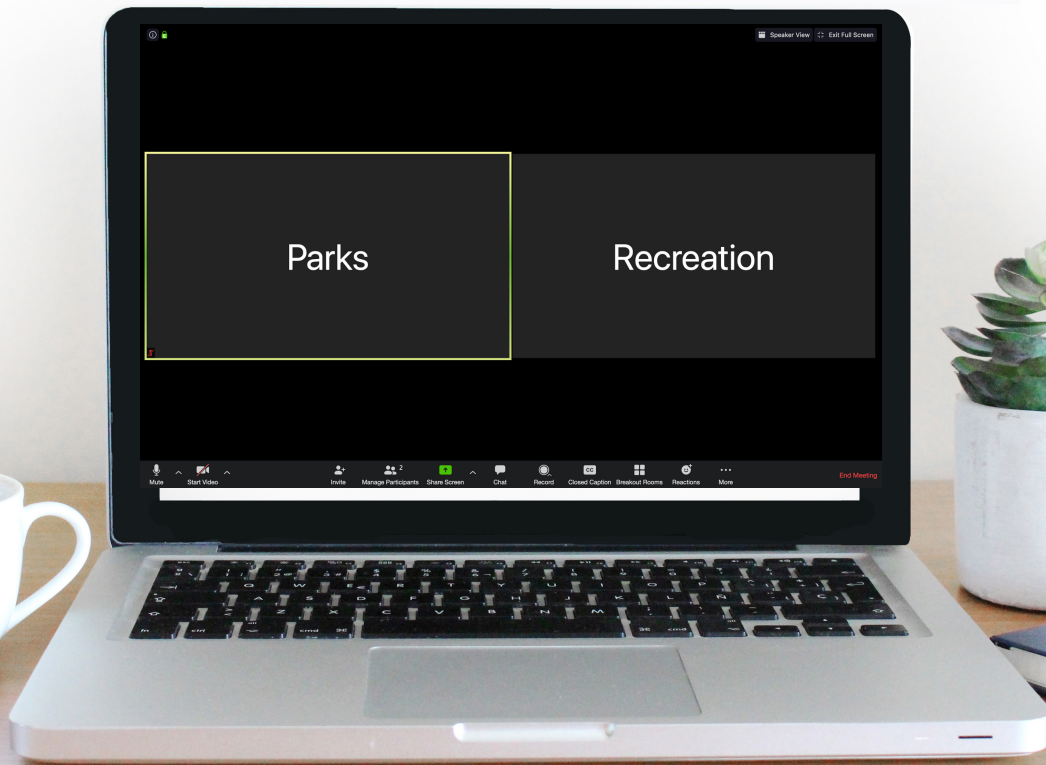|	
Class:	Lung Health & Wildfires
Course #:	008.1.1820
Cost:	FREE
Who:	Adults 50+
When:	Thursday, July 8 at 9:00 am to 10:30 a.m.
Where:	Zoom Webinar
Register:	Go to www.sjregistration.com and use the code 008.1.1820

Class:	Understanding & Responding to Dementia Related Behavior
Course #:	008.1.1891
Cost:	FREE
Who:	Adults 50+
When:	Friday, July 30 at 3:30 pm to 5:00 p.m.
Where:	Zoom Webinar
Register:	Go to www.sjregistration.com and use the code 008.1.1891

For questions, email josue.covarrubias@sanjoseca.gov or call 408-793-5589. To request an accommodation for City-sponsored events or an alternative format for printed materials, please contact Josué Covarrubias at 408-793-5589 or (800) 735-2922 (TTY) as soon as possible, but at least three business days before the event.

Register at www.sjregistration.com

San Jose
PARKS, RECREATION & NEIGHBORHOOD SERVICES | CITY OF SAN JOSE CAPITAL OF SILICON VALLEY

Building Community Through **Fun**

Zoom Instructions

You will need either a smart phone, a tablet or a computer and internet service or phone service.

From the Zoom app:
1. Open the Zoom app via PC, Mac, iOS or Android
2. Click on Sign in or Join Meeting
3. Click the Join button
4. Enter the Meeting ID (this is displayed in the email invitation)
5. You can then choose whether to come into the meeting with your audio or video enabled or disabled
6. Click Join and you're in the meeting

Email link:
1. You will receive an email invitation from the meeting host
2. Click on the link in the email (join via PC, Mac, iOS or Android)
3. You will be taken to the meeting

For more help there are many videos online that show how to use zoom. Here is one that is simple and easy to understand: https://youtu.be/9isp3qPeQ0E