

**ALL ACTIVITIES & EVENTS ARE FREE FOR CSA LONG ISLAND UNIT MEMBERS:**

**SCROLL DOWN TO SEE ZOOM LINKS, IDs & PASSWORDS**

**Gentle Senior Chair Yoga with Suzanne**

(Certified 500 Hour Yoga Instructor & Retired CSA Member)



Tuesdays 10:00-11:00AM

Enjoy gentle stretches and yoga poses using a chair to help improve your flexibility, strength and balance.

**Topic: Chair Yoga**

Time: Apr 20, 2021 10:00 AM Eastern Time (US and Canada)

Every week on Tue, 7 occurrence(s)

Apr 20, 2021 10:00 AM

Apr 27, 2021 10:00 AM

May 4, 2021 10:00 AM

May 11, 2021 10:00 AM

May 18, 2021 10:00 AM

May 25, 2021 10:00 AM

Jun 1, 2021 10:00 AM

Join Zoom Meeting

<https://us02web.zoom.us/j/84098135866?pwd=S3haVFIPMkNHdTRXd0oxVUFrcm04UT09>

Meeting ID: 840 9813 5866

Passcode: 774443

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Tai Chi is a moving meditation, a flowing dance, and system of self-healing. Practicing Tai Chi has many benefits to our physical, mental and emotional well-being. The use of slow, fluid and gentle movements with coordinated breath will increase stamina, strengthen the immune system, tone muscles, improve coordination and slow down the aging process. People of all ages will benefit from this wonderful modality.

**Topic: Tai Chi with Linda**

Time: Apr 23, 2021 Fridays 11:30 AM Eastern Time (US and Canada)

Every week on Fri, 7 occurrence(s)

Apr 23, 2021 11:30 AM

Apr 30, 2021 11:30 AM

May 7, 2021 11:30 AM

May 14, 2021 11:30 AM

May 21, 2021 11:30 AM

May 28, 2021 11:30 AM  
Jun 4, 2021 11:30 AM

Join Zoom Meeting

<https://us02web.zoom.us/j/88299061222?pwd=RGNwWGgyWW5hamhnSExZRCtSS2RTUT09>

Meeting ID: 882 9906 1222  
Passcode: 909687

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This exercise class is designed to help improve your cardiovascular fitness level. The class will begin with a warm-up segment and build intensity as it progresses. Low impact movements will be performed to burn calories, improve flexibility, and enhance well-being. You can participate in a standing or seated position. Modifications will be directed throughout the class.

**Topic: Simply Aerobics with Mindy**

Wednesdays | 1:30 – 2:15 PM

Apr 7, 2021 01:30 PM  
Apr 14, 2021 01:30 PM  
Apr 21, 2021 01:30 PM  
May 5, 2021 01:30 PM  
May 12, 2021 01:30 PM  
May 19, 2021 01:30 PM

**No Aerobics May 26, 2021**

Join Zoom Meeting

<https://us02web.zoom.us/j/81327846312?pwd=dWVMb3p1bk11QndCWUQzY0t4RIE2Zz09>

Meeting ID: 813 2784 6312  
Passcode: 452680

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**Current Events Group led by Morton Kugal, CSA LI Unit Member - Every second and fourth Thursday of each month - 10:30AM -12:00PM**

**February 25**

**March 11, 25**

**April 8, 22**

**May 13, 27**

**June 10, 24**

**Current topics of interest will be put forth for an interactive discussion.**

**This group will be limited to 15 participants.**

**Please email Morton Kugal at [Mortonkugal@yahoo.com](mailto:Mortonkugal@yahoo.com) if you are interested in joining.**

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