

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 | February 2, 9, 16, & 23

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

Topic: Chair Yoga

Time: Mar 2, 2021 10:00 AM Eastern Time (US and Canada)

Every week on Tue, until Apr 13, 2021, 7 occurrence(s)

Mar 2, 2021 10:00 AM

Mar 9, 2021 10:00 AM

Mar 16, 2021 10:00 AM

Mar 23, 2021 10:00 AM

Mar 30, 2021 10:00 AM

Apr 6, 2021 10:00 AM

Apr 13, 2021 10:00 AM

Join Zoom Meeting

<https://us02web.zoom.us/j/83704602273?pwd=L29EcEQ3VzlyWG0vbm5SbElGdUF3Zz09>

Meeting ID: 837 0460 2273

Passcode: 642588



Topic: Tai Chi with Linda

Time: Mar 5, 2021 11:30 AM Eastern Time (US and Canada)

Every week on Fri, until Apr 16, 2021, 7 occurrence(s)

Mar 5, 2021 11:30 AM

Mar 12, 2021 11:30 AM

Mar 19, 2021 11:30 AM
Mar 26, 2021 11:30 AM
Apr 2, 2021 11:30 AM
Apr 9, 2021 11:30 AM
Apr 16, 2021 11:30 AM

Join Zoom Meeting

<https://us02web.zoom.us/j/86526432706?pwd=c1RHaFEvTGpseHlGd3FqemwranZZUT09>

Meeting ID: 865 2643 2706

Passcode: 246883

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.



Simply Aerobics with Mindy

Wednesdays | 1:30 – 2:15 PM | February 24, March 3, 10 & 17

Every week on Wed, 4 occurrence(s)

Feb 24, 2021 01:30 PM

Mar 3, 2021 01:30 PM

Mar 10, 2021 01:30 PM

Mar 17, 2021 01:30 PM

Join Zoom Meeting

<https://us02web.zoom.us/j/83544534947?pwd=UUFUb2hBUndEUlFhQzY1N3VrS1hudz09>

Meeting ID: 835 4453 4947

Passcode: 274902

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.



NASSAU COUNTY MUSEUM OF ART

Virtual Lecture Live via Zoom from the Nassau County Museum of Art

Thursday| 1:00pm | MARCH 18, 2021

A Docent will explore the intricate sculptures of American artist, **Ruth Asawa**.

To Register - email: emsm783@aol.com Please include your name and email

Zoom info will be sent to each registrant on Wednesday prior to the event.

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 if you are interested in joining.

HEALTH SEMINARS:

Dr. Joshua Siegel

10:00 am - 11:00 am

Wednesday March 10 - Nutrition and Weight Loss

Join Zoom Meeting

<https://us02web.zoom.us/j/85862772038?pwd=SVJGYVdBaG9CYkNxaHZWK1YwYWp2UT09>

Dr. Joshua Siegel

10:00 am - 11:00 am

Wednesday April 7 - Stress, Sleep and Healthy Living

Join Zoom Meeting

<https://us02web.zoom.us/j/84548740288?pwd=REV0eGJ5R2pUR1JoQUI1blhZZGJqUT09>

Meeting ID: 845 4874 0288

Passcode: 552882