

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)



Wednesdays 10:00-11:00AM

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

Topic: Chair Yoga - Every week on Wednesday – May 18, 25; June 1, 8

Join Zoom Meeting

<https://us02web.zoom.us/j/81414512655?pwd=VXVqNHdxNFJ0RjZDTjNvK3ZMckRmQT09>

Meeting ID: 814 1451 2655

Passcode: 184589



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

January 13, 27; February. 10, 24; March 10, 24; April 14, 28; May 12, 26

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.

Freeport Memorial Library <https://www.freeportlibrary.info/>

This library has many activities planned; however, please note:

Priority is given to Freeport residents. All non-residents will be placed on the waiting list.

[Click Here to View Full List of Library Programs](#)

East Meadow Public Library <https://eastmeadow.info/>

(Click here to view all events)

ADDITIONAL RESOURCES

Nassau Library System

<https://www.nassaulibrary.org/members/>

Suffolk Cooperative Library System

<https://portal.suffolklibrarysystem.org/library-information/library-directory>

Find local calendars in your community – Enter Zip Code

<https://www.burbio.com/states>