

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 – Wednesdays

Dates:

Feb 1, 8, 15, 22

Mar 1, 8, 15, 22, 29

Apr 19, 26

May 3, 10, 17, 24, 31

June 7, 14

PLEASE NOTE: No Chair Yoga on April 5 & 12

oin Zoom Meeting

<https://us02web.zoom.us/j/84595125452?pwd=NnpsemIPcm1oTjR4cTVzd3V1NldqZz09>

Meeting ID: 845 9512 5452

Passcode: 240683

ZOOM PRESENTATIONS

(The zoom link will be emailed to members prior to the event)

Events That Changed New York, America and the World

Thursday, January 19th @ 1pm

Follow the chapters of Susan & Art's book, "It Happened in New York City", as you explore and learn the behind the scenes of some of the fascinating things that affected the City, and ultimately the country and the world. Some of the things you will learn about are: Lincoln's historic speech at Cooper Union, the infamous

woman who ran for President in 1872, the “Trial of the Century”, Lilliputian New York, the 1945 plane crash into the Empire State Building and many others. You’ll relive these events with the authors, as you virtually travel all throughout NYC. This presentation is a fun way to learn about historic events.

Harlem and African-American History in New York

Thursday, February 16th @ 1pm

African-Americans have always been an integral part of New York City from its earliest founding by the Dutch to current day. This presentation discusses the diaspora of the population from lower Manhattan to Harlem with an emphasis on how African-Americans have contributed to the cultural and political life of the City. Learn about the greats of the Harlem Renaissance such as Langston Hughes, Aaron Douglas and Duke Ellington and political influencers like Malcolm X and Adam Clayton Powell. Explore the fabled Harlem neighborhood, once the second largest Jewish enclave in New York City and now one of the most upscale parts of the City with its beautiful architecture, wonderful restaurants, unique shopping and many historical sites.

The CSA Long Island Retire Chapter Walking Club

The walking club will meet weekly starting **March 27, 2023, to June 5, 2023 on Mondays from 9 am to 10 am.** The program will be at least a half-mile walk in **Eisenhower Park meeting at Parking Field 2.** Participants will stretch before walking and will walk at their own pace.
