

1199SEIU Benefit and Pension Funds  
330 West 42<sup>nd</sup> Street  
New York, NY 10036-6977

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**PAID**  
New York, NY  
Permit No. 3700

## Chi Gong Classes

Learn this Chinese healing art that aims to increase the body's healthy energy. Participants perform simple movements, while both sitting and standing, that are believed to benefit the immune, circulatory and nervous systems. Classes are held in Brooklyn on Mondays from 10:00 am to 11:00 am and in the Bronx on Wednesdays from 1:30 pm to 2:30 pm. Check the calendar for exact dates.

## New Computer Training Classes in Staten Island

Retirees in Staten Island can sign up for a six-week class to learn basic computer skills, including email and the Internet. If you sign up for the course, you'll attend two classes each week – on Mondays and Fridays, from either 9:00 am to 11:00 am OR 11:30 am to 1:30 pm. The course will run from April 15 to May 24. A second session will be held from May 27 to June 28. The course is completely free of charge, but space is limited and classes are first come, first served. If you are interested, please sign up at your Staten Island Chapter Meeting on Monday, April 8. You can also call Eloisa Pelaez at (718) 448-7482, ext. 8132, or Sammy Ekuonyo at (718) 448-7482, ext. 8128.

## Act Now! Come to the Drama Class

The Drama class reads plays and screenplays aloud (no experience or memorization required) and discusses how their themes relate to daily life. Films of some works, including Lorraine Hansberry's *A Raisin in the Sun*, will also be shown. Tuesdays from 10:30 am to noon.

To learn about trip and vacation offers, call (800) 552-6262, ext. 112, and (800) 431-1130, ext. 5537.

# IMPORTANT NEWS

*about chapter meetings  
and classes!*

# 1199SEIU Retired Members Division

April 2013

(646) 473-8666 • [www.1199SEIUBenefits.org](http://www.1199SEIUBenefits.org)

## OUT-OF-STATE RETIREES

### Florida Chapters

#### Broward – Leon Davis Chapter NEW LOCATION AND TIME

Tuesday, April 9 – 1:00 pm to 3:00 pm  
Tamarac Community Center – Coconut Palm Room  
8601 West Commercial Blvd. • Tamarac, FL 33351

#### Casselberry – Doris Turner Chapter

Thursday, April 18 – 11:00 am to 1:00 pm  
Casselberry Public Library  
215 North Oxford Road • Casselberry, FL 32707

#### Fort Myers Chapter

Monday, April 22 – 11:00 am to 1:00 pm  
The Riverside Community Center  
3601 East Riverside Drive • Fort Myers, FL 33902

#### Miami-Dade – Ossie Davis Chapter

Friday, April 5 – 10:30 am to 12:30 pm  
18441 NW 2<sup>nd</sup> Avenue  
Lincoln Building – North Wing, Suite 502 (Penthouse)  
Miami Gardens, FL 33169

#### North Port Chapter

Tuesday, April 23 – 11:00 am to 1:00 pm  
Morgan Family Community Center  
6207 West Price Blvd. • North Port, FL 34288

#### Orlando Chapter

Wednesday, April 17 – 11:00 am to 1:00 pm  
UAW Local #788  
1825 West Oak Ridge Road • Orlando, FL 32809

#### Palm Bay/Melbourne Chapter

Tuesday, April 23 – 1:30 pm to 3:30 pm  
Palm Bay United Methodist Church – Fellowship Hall  
2100 Port Malabar Blvd., NE • Palm Bay, FL 32905

#### Port St. Lucie Chapter

Wednesday, April 24 – 11:00 am to 1:00 pm  
Port St. Lucie Community Center  
2195 SE Airoso Blvd. • Port St. Lucie, FL 34984

#### South Palm Beach Chapter

Thursday, April 11 – 10:00 am to noon  
Temple Emeth  
5780 West Atlantic Avenue • Delray Beach, FL 33446

#### Tampa Chapter

Wednesday, April 24 – 11:00 am to 1:00 pm  
1199SEIU UHWE Office  
500 North West Shore Blvd. • Tampa, FL 33609

#### West Palm Beach Chapter

Wednesday, April 3 – 11:00 am to 1:00 pm  
St. Christopher's Episcopal Church – Parish Hall  
1063 North Haverhill Road • West Palm Beach, FL 33414

For information, contact Marilyn Silverberg: Toll-free (877) 369-8340  
Palm Beach County (561) 369-8340; fax (561) 369-8342  
8775 Via Tuscany Drive • Boynton Beach, FL 33472

### North & South Carolinas Chapter

#### Friday, April 19, 9:30 am to noon

Birnie Hope Center • 210 South Purdy Street • Sumter, SC 29150  
For information, call Nonnie B. Perry at (803) 481-0475.

# Yoga Classes

## Now in White Plains and Staten Island, Too

Classes are held four times each month, except where noted\* – please check the calendar for exact dates. The new classes in White Plains meet on Wednesdays from 11:30 am to 12:30 pm, and the new Staten Island classes are held on Fridays from 10:00 am to 11:00 am.

### **Bronx** Wednesdays, noon to 1:00 pm

1199SEIU Healthcare & Education Center  
2501 Grand Concourse, Room 301

### **Brooklyn** Fridays, 10:00 am to 11:00 am

25 Elm Place (off Fulton Street), Rooms 4 & 5

### **Hicksville – NEW TIME** Wednesdays, 10:00 am to 11:00 am

100 Duffy Avenue, 3<sup>rd</sup> Floor

### **Manhattan Headquarters**

Thursdays, 11:00 am to noon • Fridays, 2:00 pm to 3:00 pm

330 West 42<sup>nd</sup> Street, 9<sup>th</sup> Floor

### **New Hyde Park\*** Tuesday, April 16, 1:00 pm to 2:00 pm

\*(one class per month)

North Shore-LIJ Cohen Children's Medical Center

Teaching Center – Conference Room • 269-01 76<sup>th</sup> Avenue

### **Queens** Tuesdays, 10:00 am to 11:00 am

Devore Dance Center • 205-05 Hollis Avenue, Main Floor

### **Staten Island – NEW CLASS** Fridays, 10:00 am to 11:00 am

1199SEIU Training and Employment Funds Office

790 Port Richmond Avenue (off Forest Avenue)

### **White Plains – NEW CLASS** Wednesdays, 11:30 am to 12:30 pm

1199SEIU Benefit and Pension Funds

White Plains Office • 99 Church Street

## Explore an Age-Friendly College Website

Age-Friendly NYC College Link is a new online database that connects older adults with educational and cultural opportunities at more than 40 New York City-area colleges and universities. Age-Friendly NYC is a joint initiative of the Mayor's Office, the City Council and the New York Academy of Medicine that is dedicated to making New York a great place to enjoy your senior years.

On the website – [www.agefriendlycollege.org](http://www.agefriendlycollege.org) – you can learn about programs for the liberal and creative arts, computers and technology, business, job skills, personal growth and more. Performances, lectures and physical fitness activities are also offered. We encourage you to check out this resource, which will allow you to explore new horizons and meet new friends. Log on today and see what you can learn next!

## Shakespeare Class Tuesdays, 12:30 pm to 1:30 pm

The class is currently reading *Julius Caesar*, a gripping tragedy about power, political corruption and the conflicting demands of honor, patriotism and friendship.

1199SEIU RMD, 330 West 42<sup>nd</sup> Street, 9<sup>th</sup> Floor



## Sewing and Quilting Classes in Brooklyn

**Sewing:** Tuesdays, noon to 2:00 pm **Quilting:** Thursdays, noon to 2:00 pm

Both classes are held at 25 Elm Place (off Fulton Street) in Rooms 4 & 5. Please check the calendar.

All classes are open to retirees and free of charge.

## NYC APRIL CALENDAR & CHAPTER MEETINGS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> 10-11 Chi Gong (Brooklyn) 10:30-11:30 Opera Appreciation 12-1 Art History 1:30-3:30 Executive Committee Meeting	<b>2</b> 9:30-12 Photography 10-11 Yoga* (Queens) 10:30-12 Drama 12-2 Sewing (Brooklyn) 12-3 Art 12:30-1:30 Shakespeare 1:30-3 Discussion Group	<b>3</b> 10-11 Yoga* (Hicksville) 10-12 Choral Group 10-12 Knitting & Crocheting (Beg) 11-12 Dance (Hicksville) 11:30-12:30 Yoga* (White Plains) 12-1 Yoga* (Bronx) 12:30-4:30 Knitting & Crocheting (Int/Adv) 1-4 Knitting & Crocheting (Brooklyn) 1:30-2:30 Chi Gong (Bronx)	<b>4</b> 10-11 Tai Chi 11-12 Yoga* 12-1 Lunch Club 12-2 Quilting (Brooklyn) 1-2 General Membership Meeting 3-5 Arts & Crafts 3-5 Sewing	<b>5</b> 10-11 Yoga* (Brooklyn) 10-11 Yoga* (Staten Island) 10-12 Quilting 1-2 Dance 2-3 Yoga*
<b>8</b> 10-11 Chi Gong (Brooklyn) 10:30-11:30 Opera Appreciation 12-1 Art History	<b>9</b> 9:30-12 Photography 10-11 Yoga* (Queens) 10:30-12 Drama 12-2 Sewing (Brooklyn) 12-3 Art 12:30-1:30 Shakespeare 1:30-3 Discussion Group	<b>10</b> 10-11 Yoga* (Hicksville) 10-12 Choral Group 10-12 Knitting & Crocheting (Beg) 11-12 Dance (Hicksville) 11:30-12:30 Yoga* (White Plains) 12-1 Yoga* (Bronx) 12:30-4:30 Knitting & Crocheting (Int/Adv) 1-2 Bingo (White Plains) 1-4 Knitting & Crocheting (Brooklyn) 1:30-2:30 Chi Gong (Bronx)	<b>11</b> 10-11 Tai Chi 11-12 Yoga* 12-1 Lunch Club 12-2 Quilting (Brooklyn) 3-5 Arts & Crafts 3-5 Sewing	<b>12</b> 10-11 Yoga* (Brooklyn) 10-11 Yoga* (Staten Island) 10-12 Quilting 1-2 Dance 2-3 Yoga*
<b>15</b> 9-11 Computers (Staten Island) 10-11 Chi Gong (Brooklyn) 10:30-11:30 Opera Appreciation 11:30-1:30 Computers (Staten Island) 12-1 Art History	<b>16</b> 9:30-12 Photography 10-11 Yoga* (Queens) 10:30-12 Drama 12-2 Sewing (Brooklyn) 12-3 Art 12:30-1:30 Shakespeare 1-2 Yoga* (New Hyde Park) 1:30-3 Discussion Group	<b>17</b> 10-11 Yoga* (Hicksville) 10-12 Knitting & Crocheting (Beg) 11:30-12:30 Yoga* (White Plains) 12-1 Yoga* (Bronx) 12:30-4:30 Knitting & Crocheting (Int/Adv) 1-2 Bingo (White Plains) 1-4 Knitting & Crocheting (Brooklyn) 1:30-2:30 Chi Gong (Bronx)	<b>18</b> 10-11 Tai Chi 11-12 Yoga* 12-1 Lunch Club 12-2 Quilting (Brooklyn) 1-3 Birthday Party 3-5 Arts & Crafts 3-5 Sewing	<b>19</b> 9-11 Computers (Staten Island) 10-11 Yoga* (Brooklyn) 10-11 Yoga* (Staten Island) 10-12 Quilting 10-12 Vision Screening 11:30-1:30 Computers (Staten Island) 1-2 Dance 2-3 Yoga*
<b>22</b> 9-11 Computers (Staten Island) 10-11 Chi Gong (Brooklyn) 10:30-11:30 Opera Appreciation 11:30-1:30 Computers (Staten Island) 12-1 Art History	<b>23</b> 9:30-12 Photography 10-11 Yoga* (Queens) 10:30-12 Drama 12-2 Sewing (Brooklyn) 12-3 Art 12:30-1:30 Shakespeare 1:30-3 Discussion Group	<b>24</b> 10-11 Yoga* (Hicksville) 10-12 Choral Group 10-12 Knitting & Crocheting (Beg) 11-12 Dance (Hicksville) 11:30-12:30 Yoga* (White Plains) 12-1 Yoga* (Bronx) 12:30-4:30 Knitting & Crocheting (Int/Adv) 1-2 Bingo (White Plains) 1-4 Knitting & Crocheting (Brooklyn) 1:30-2:30 Chi Gong (Bronx)	<b>25</b> 10-11 Tai Chi 11-12 Yoga* 12-1 Lunch Club 12-2 Quilting (Brooklyn) 3-5 Arts & Crafts 3-5 Sewing	<b>26</b> 9-11 Computers (Staten Island) 10-11 Yoga* (Brooklyn) 10-11 Yoga* (Staten Island) 10-12 Quilting 11:30-1:30 Computers (Staten Island) 1-2 Dance 2-3 Yoga*
<b>29</b> 9-11 Computers (Staten Island) 10:30-11:30 Opera Appreciation 11:30-1:30 Computers (Staten Island) 12-1 Art History	<b>30</b> 9:30-12 Photography 10:30-12 Drama 12-2 Sewing (Brooklyn) 12-3 Art 12:30-1:30 Shakespeare 1:30-3 Discussion Group	<i>All classes are held at our Manhattan Headquarters unless otherwise indicated.</i>		<b>Vision Screening*</b> Friday, April 19, 10:00 am to noon First come, first served 1199SEIU RMD, 330 West 42 <sup>nd</sup> Street, 9 <sup>th</sup> Floor

\* Sponsored by HealthCare Partners, IPA

### **BRONX – JOSEPH JAMES CHAPTER**

Friday, April 12 • 11:00 am to 1:00 pm

1199SEIU Healthcare & Education Center  
2501 Grand Concourse, Room 301

### **BROOKLYN – MARSHALL DUBIN CHAPTER**

Wednesday, April 24 • 11:00 am to 1:00 pm

Brooklyn College  
Student Center, 2<sup>nd</sup> Floor  
East 27<sup>th</sup> Street & Campus Road

### **BROOKLYN – MATTIE SMALL CHAPTER**

Friday, April 19 • 11:30 am to 1:30 pm

1199SEIU Brooklyn Office  
25 Elm Place (off Fulton Street)

### **EAST HARLEM – LEON DAVIS CHAPTER**

Friday, April 26 • 10:30 am to noon

Jefferson Senior Center  
2205 First Avenue

### **HICKSVILLE – MILTON KONOWE CHAPTER**

Wednesday, April 17 • 11:00 am to 1:00 pm

1199SEIU Hicksville Office  
100 Duffy Avenue

### **NEW HYDE PARK – ELEANOR TILSON CHAPTER**

Tuesday, April 16 • 2:05 pm to 3:30 pm

NS-LIJ Cohen Children's Medical Center  
Teaching Center – Conference Room  
269-01 76<sup>th</sup> Avenue

### **NORTH BRONX – BERNARD MINTER CHAPTER**

Tuesday, April 9 • 1:00 pm to 3:00 pm

Holy Rosary Church  
1510 Adeo Avenue (enter at parking lot)

### **QUEENS – ST. ALBANS CHAPTER**

Tuesday, April 23 • 11:30 am to 1:00 pm

Guy Brewer Democratic Club  
197-01 Linden Blvd.

### **STATEN ISLAND CHAPTER**

Monday, April 8 • 11:00 am to 1:00 pm

1199SEIU Training and Employment Funds Office  
790 Port Richmond Avenue (off Forest Avenue)

### **WESTCHESTER – HUDSON VALLEY REGION CHAPTER**

Wednesday, April 3 • 1:00 pm to 3:00 pm

1199SEIU United Healthcare Workers East  
99 Church Street, White Plains

## Meeting Topics\*

**April** Sleep Disorders

**May** Arthritis & Other Bone Diseases

\*Sponsored by HealthCare Partners, IPA