New Summer Beginners’ Jewelry Classes in Staten Island

Join us in Staten Island for a six-week jewelry class from July 22 through August 26. This class will teach you the basics of designing and creating your own jewelry.

The class will meet once a week on Wednesdays. You can choose from two different class times: one session from 11:00 am to 1:00 pm, or a later session from 1:30 pm to 3:30 pm. The class will be held at the 1199SEIU Training and Employment Funds Office at 790 Port Richmond Avenue (off Forest Avenue). Class size is limited to 15 students per class and registration is first come, first served. For more information, call the Staten Island office at (718) 448-7482, ext. 8128.

Zumba Gold Workouts in Queens, Manhattan and Brooklyn!

Try our Zumba Gold dance classes on Tuesdays at the Devore Dance Center in Queens and on Fridays at Fund Headquarters in Manhattan. Enjoy a low-impact version of the fun aerobics dance class set to a Latin beat.

NEW – Join our Zumba Gold classes on Fridays in Brooklyn (25 Elm Place) three times per month. Please check the calendar.

Questions: Call (646) 473-8666
Outside NYC: (800) 892-2557

Florida Chapters

Broward – Leon Davis Chapter
Tuesday, June 9 • 11:00 am to 1:00 pm
Tamarac Community Center – Coconut Palm Room
8601 West Commercial Blvd. • Tamarac, FL 33351

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

Fort Myers Chapter
Monday, June 22 • 11:00 am to 1:00 pm
The Riverside Community Center
3061 East Riverside Drive • Fort Myers, FL 33916

Miami-Dade – Ossie Davis Chapter
Thursday, June 4 • 10:30 am to 12:30 pm
18441 NW 22nd Avenue
Lincoln Building – North Wing, Suite 502 (Penthouse)
Miami Gardens, FL 33169

North Port Chapter
Tuesday, June 23 • 11:00 am to 1:00 pm
Morgan Family Community Center
6207 West Price Blvd. • North Port, FL 34291

Orlando Chapter
Wednesday, June 17 • 11:00 am to 1:00 pm
UAW Local 7188
1825 West Oak Ridge Road • Orlando, FL 32809

Palm Bay/Melbourne Chapter
Tuesday, June 16 • 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
Monday, June 15 • 11:00 am to 1:00 pm
Port St. Lucie Community Center
2195 SE Ateno Blvd. • Port St. Lucie, FL 34984

South Palm Beach Chapter
Thursday, June 11 • 10:00 am to noon
Temple Anshei Shalom
7099 West Atlantic Avenue • Delray Beach, FL 33446

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

West Palm Beach Chapter
Wednesday, June 3 • 11:00 am to 1:00 pm
St. Christopher’s Episcopal Church – Parish Hall
1063 North Haverhill Road • West Palm Beach, FL 33417

FOR INFORMATION, CONTACT MARILYN SILVERBERG:
Marilyn.Silverberg@1199Funds.org; Toll-free: (877) 369-8340
Palm Beach County: (561) 369-8340 • Fax: (561) 369-8342
8775 Via Tuscany Drive • Boynton Beach, FL 33472

New York City Chapters

Bronx – Joseph James Chapter
Friday, June 12 • 11:00 am to 1:00 pm
1199SEIU Healthcare & Education Center
2501 Grand Concourse, Room 301

Brooklyn – Marshall Dubin Chapter
ROOM CHANGE
Wednesday, June 24 • 11:00 to 1:00 pm
Brooklyn College, Student Center – Jefferson Williams Lounge, 4th Floor
East 27th Street & Campus Road

Brooklyn – Mattie Small Chapter
Friday, June 19 • 11:30 am to 1:30 pm
1199SEIU Brooklyn Office
25 Elm Place (off Fulton Street)

East Harlem – Leon Davis Chapter
Friday, June 26 • 10:30 am to noon
Jefferson Senior Center
2205 First Avenue

Hicksville – Milton Konowe Chapter
Wednesday, June 17 • 11:00 am to 1:00 pm
1199SEIU Hicksville Office
100 Duffy Avenue

New Hyde Park – Eleanor Tilson Chapter
NEW TIME
Tuesday, June 16 • 2:00 pm to 3:00 pm
1199SEIU Healthcare & Education Center
3061 East Riverside Drive • Fort Myers, FL 33916

North Bronx – Bernard Minter Chapter
NEW TIME
Tuesday, June 9 • noon to 2:00 pm
Holy Rosary Church
1510 Adze Avenue (center at parking lot)

Queens – Edward Garrins Chapter
NEW LOCATION
Tuesday, June 23 • 11:30 am to 1:00 pm
Majority Baptist Church
115-21 Farmers Blvd., St. Albans

Staten Island Chapter
Monday, June 8 • 11:00 am to 1:00 pm
1199SEIU Training and Employment Funds Office
790 Port Richmond Avenue (off Forest Avenue)

Suffolk County Chapter
Thursday, June 11 • 11:00 am to 1:00 pm
First Baptist Church of Riverhead
1018 Northville Turnpike, Riverhead

Westchester – Hudson Valley Region Chapter
Stay healthy! Come to our yoga class and chapter meeting on Wednesday, June 3.
Yoga: 11:30 am • Chapter Meeting: 12:30 pm
1199SEIU United Healthcare Workers East
99 Church Street, White Plains

North & South Carolina Chapter

Family Day in the Park
Friday, June 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

Classes are held four times each month, except where noted.* Please check the calendar for exact dates.

**Suffolk County Chapter Meeting**
We hope to see you at the Suffolk County chapter meeting on Thursday, June 11, 11:00 am to 1:00 pm.

First Baptist Church of Riverhead
1018 Northville Turnpike • Riverhead, NY 11901

**Join Us for Yoga & Meditation in Suffolk County**
Calling all Yoga Lovers! Join our new Yoga & Meditation class in Suffolk County. This class combines beginners’ yoga instruction with guided meditation. The gentle practice of yoga is said to help improve your flexibility, strengthen your bones and reduce your stress, while the meditation can leave you feeling relaxed and refreshed. Classes meet three times per month from 11:00 am to 1:30 pm. Please check the calendar.

First Baptist Church of Riverhead
New Location
1018 Northville Turnpike • Riverhead, NY 11901

**Explore Age-Friendly Websites**
Age-Friendly NYC, a joint initiative of the NYC Mayor’s Office, the NYC Council and the New York Academy of Medicine, is dedicated to making NYC a great place for seniors. Here are just a few of the initiatives you can read about through their network of websites at www.AgeFriendlyNYC.org:

- To learn about programs for the liberal and creative arts, computers and technology, business, job skills, personal growth and more, go to www.AgeFriendlyCollege.org.
- To view free movies (snacks included), check out the Brooklyn Academy of Music’s Senior Cinema program. The 2015 season runs until June 19 and includes films like Sparkle, A Star is Born and the Central Park Five. Go to www.BAM.org/programs/senior-cinema.
- To learn about cultural events happening in your borough, download NYC-ARTS’ cultural guide books for seniors. The books provide information on ticketed and member discounts, accessibility, and locations and hours for local museums, dance and theater venues, libraries, zoos and more. Go to www.NYC-ARTS.org/seniors.

**Continuing Education Classes Available**
Retirees can keep up with the latest research, clinical trends and emerging healthcare issues with the 1199SEIU/League Training and Education Center’s accredited continuing education seminars and symposiums for social workers, dietitians, laboratory technologists, LPNs and more. Through a special arrangement, the three- and six-hour classes are available to retirees and cost $15 per credit/hour. Registration is required, and retirees who are interested in finding out how to sign up must call (646) 473-6916 for more information. Find a schedule of seminars and symposiums at www.1199SEIUBenefits.org/Institute.

**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 four times each month 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.

**Calling All Retired LPNs – Our Next LPN meeting is June 19**
The Retired Members Department holds quarterly meetings to help LPNs stay connected with each other and informed about the latest educational and social issues affecting them. Join us every third Friday in March, June, September and December—we hope you’ll get involved!

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

**Meeting Topics**
June
Protecting Your Skin
September
Shingles

*Supported by Healthcare Partners, VA

Shakespeare Class
No Class This Month (classes resume September 8)
New play coming in September – Richard II.

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. The class is currently examining how films and theater portray mental health issues, and is viewing Alejandro Iñárritu’s film Birdman. Coming in September, the class will be viewing August: Osage County starring Meryl Streep. Tuesdays from 10:30 am to noon.