

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

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## 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.

## Coming in July – Our Annual Retiree Art Show

Your fellow retirees are putting their creative talents on display at our annual 1199SEIU Art Exhibit from July 6 to July 30 at the 1199SEIU Art Gallery, 310 West 43<sup>rd</sup> Street. Don't miss this fabulous show!

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

## IMPORTANT NEWS

*about chapter meetings and classes!*

# 1199SEIU Retired Members Bulletin

## Florida Chapters

### Broward – Leon Davis Chapter

Tuesday, June 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, 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 2<sup>nd</sup> 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 #788  
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 **NEW DATE**

Monday, June 15 – 11:00 am to 1:00 pm  
Port St. Lucie Community Center  
2195 SE Airosa 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](mailto: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 am to 1:00 pm  
Brooklyn College, Student Center – **Jefferson Williams Lounge, 4<sup>th</sup> Floor**  
East 27<sup>th</sup> 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  
NS-LIJ Cohen Children's Medical Center  
Teaching Center – Conference Room  
269-01 76<sup>th</sup> Avenue

### North Bronx – Bernard Minter Chapter **NEW TIME**

Tuesday, June 9 • noon to 2:00 pm  
Holy Rosary Church  
1510 Adea Avenue (enter 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 Carolinas 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.

## 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

**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\* NEW TIME

**Tuesday, June 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

**Intermediate mat yoga class: Tuesdays, 10:00 am to 11:00 am**  
**Beginners' chair yoga class: Tuesdays, 11:15 am to 12:15 pm**  
Devore Dance Center • 205-05 Hollis Avenue, Main Floor

## Staten Island

**Mat yoga class: Wednesdays, 10:00 am to 11:00 am**  
**Chair yoga class: Fridays, 10:00 am to 11:00 am**  
1199SEIU Training and Employment Funds Office  
790 Port Richmond Avenue (off Forest Avenue)

## Suffolk County\*

**Beginners' yoga/meditation class**  
\*(three classes per month from 11:00 am to 1:00 pm – please see the calendar)  
First Baptist Church of Riverhead • 1018 Northville Turnpike

## White Plains

**Wednesdays, 11:30 am to 12:30 pm**  
1199SEIU Benefit and Pension Funds  
White Plains Office • 99 Church Street

## 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.**



# 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 Suffolk retirees! 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 1:00 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 New York 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](http://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](http://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](http://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 ticket 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](http://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 Upgrading Fund's Institute for Continuing Education (ICE)**. ICE offers accredited continuing education seminars and symposiums for social workers, dietitians, laboratory technologists, LPNs and more. Through a special arrangement, the three- and six-hour courses 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](http://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.

Classes are open to all retirees and are free of charge.

NYC JUNE CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> 10-11 Chi Gong (Brooklyn) 10:30-11:30 Opera Appreciation 12-1 Art History 1-3 Arts & Crafts (Staten Island) 1:30-3:30 Executive Committee Meeting	<b>2</b> 9:30-12 Photography 10-11 Intermediate Mat Yoga* (Queens) 10:30-12 Drama 11-1 Beginners' Knitting & Crocheting (Queens) 11:15-12:15 Beginners' Chair Yoga* (Queens) 12-3 Art 1:30-2:30 Zumba Gold (Queens) 1:30-3 Discussion Group	<b>3</b> 10-11 Mat Yoga* (Staten Island) 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) 2:30-3:30 Bingo (White Plains)	<b>4</b> 10-11 Tai Chi 11-12 Yoga* 11-1 Beginners' Yoga*/Meditation (Suffolk County) 12-1 Lunch Club 1-3 General Membership Meeting 3-5 Arts & Crafts 3-5 Sewing	<b>5</b> 10-11 Yoga* (Brooklyn) 10-11 Chair Yoga* (Staten Island) 10-12 Quilting 11:30-12:30 Zumba Gold (Brooklyn) 1-2 Dance 2-3 Yoga* 3:30-4:30 Zumba Gold
<b>8</b> 10-11 Chi Gong (Brooklyn) 10:30-11:30 Opera Appreciation 12-1 Art History 1-3 Arts & Crafts (Staten Island)	<b>9</b> 9:30-12 Photography 10-11 Intermediate Mat Yoga* (Queens) 10:30-12 Drama 11-1 Beginners' Knitting & Crocheting (Queens) 11:15-12:15 Beginners' Chair Yoga* (Queens) 12-3 Art 1:30-2:30 Zumba Gold (Queens) 1:30-3 Discussion Group	<b>10</b> 10-11 Mat Yoga* (Staten Island) 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 3-5 Arts & Crafts 3-5 Sewing	<b>12</b> 10-11 Yoga* (Brooklyn) 10-11 Chair Yoga* (Staten Island) 10-12 Quilting 11:30-12:30 Zumba Gold (Brooklyn) 1-2 Dance 2-3 Yoga* 3:30-4:30 Zumba Gold
<b>15</b> 10-11 Chi Gong (Brooklyn) 10:30-11:30 Opera Appreciation 12-1 Art History 1-3 Arts & Crafts (Staten Island)	<b>16</b> 9:30-12 Photography 10-11 Intermediate Mat Yoga* (Queens) 10:30-12 Drama 11-1 Beginners' Knitting & Crocheting (Queens) 11:15-12:15 Beginners' Chair Yoga* (Queens) 12-3 Art 1-2 Yoga* (New Hyde Park) 1:30-2:30 Zumba Gold (Queens) 1:30-3 Discussion Group	<b>17</b> 10-11 Mat Yoga* (Staten Island) 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* 11-1 Beginners' Yoga*/Meditation (Suffolk County) 12-1 Lunch Club 1-3 Birthday Party 3-5 Arts & Crafts 3-5 Sewing	<b>19</b> 10-11 Yoga* (Brooklyn) 10-11 Chair Yoga* (Staten Island) 10-12 LPN Meeting 10-12 Quilting 1-2 Dance 2-3 Yoga* 3:30-4:30 Zumba Gold
<b>22</b> 10-11 Chi Gong (Brooklyn) 10:30-11:30 Opera Appreciation 12-1 Art History 1-3 Arts & Crafts (Staten Island)	<b>23</b> 9:30-12 Photography 10-11 Intermediate Mat Yoga* (Queens) 10:30-12 Drama 11-1 Beginners' Knitting & Crocheting (Queens) 11:15-12:15 Beginners' Chair Yoga* (Queens) 12-3 Art 1:30-2:30 Zumba Gold (Queens) 1:30-3 Discussion Group	<b>24</b> 10-11 Mat Yoga* (Staten Island) 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* 11-1 Beginners' Yoga*/Meditation (Suffolk County) 12-1 Lunch Club 1-2 Health Topic Meeting (Protecting Your Skin) 3-5 Arts & Crafts 3-5 Sewing	<b>26</b> 10-11 Yoga* (Brooklyn) 10-11 Chair Yoga* (Staten Island) 10-12 Quilting 11:30-12:30 Zumba Gold (Brooklyn) 1-2 Dance 2-3 Yoga* 3:30-4:30 Zumba Gold
<b>29</b> 10:30-11:30 Opera Appreciation 12-1 Art History	<b>30</b> 9:30-12 Photography 10:30-12 Drama 12-3 Art 1:30-3 Discussion Group	<b>Meeting Topics*</b> <b>June</b> Protecting Your Skin <b>September</b> Shingles  *Sponsored by HealthCare Partners, IPA		

\* Sponsored by HealthCare Partners, IPA

All classes are held at our Manhattan Headquarters unless otherwise indicated.

**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.