1199SEIU Benefit and Pension Funds
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Explore an Age-Friendly College Website

Age-Friendly NYC College Link is an 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** – 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!

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.**

Questions:
Call (646) 473-8666

Outside NYC:
(800) 892-2557

IMPORTANT NEWS

about chapter meetings and classes!

1199SEIU Retired Members Bulletin

June 2014

New York City Chapters

Bronx – Joseph James Chapter
Friday, June 13 • 11:00 am to 1:00 pm
1199SEIU Healthcare & Education Center
2501 Grand Concourse, Room 301

Brooklyn – Marshall Dubin Chapter
Wednesday, June 25 • 11:00 am to 1:00 pm
Brooklyn College
Student Center, 2nd Floor
East 27th Street & Campus Road

Brooklyn – Mattie Small Chapter
Friday, June 20 • 11:30 am to 1:30 pm
1199SEIU Brooklyn Office
25 Elm Place *(off Fulton Street)*

East Harlem – Leon Davis Chapter
Friday, June 27 • 10:30 am to noon
Jefferson Senior Center
2205 First Avenue

Hicksville – Milton Konowe Chapter
Wednesday, June 18 • 11:00 am to 1:00 pm
1199SEIU Hicksville Office
100 Duffy Avenue

New Hyde Park – Eleanor Tilson Chapter
Tuesday, June 17 • 1:00 pm to 2:00 pm
NS-LIJ Cohen Children's Medical Center
Teaching Center – Conference Room
269-01 76th Avenue

North Bronx – Bernard Minter Chapter
Tuesday, June 10 • 1:00 pm to 3:00 pm
Holy Rosary Church
1510 Adee Avenue *(enter at parking lot)*

Queens – St. Albans Chapter
Tuesday, June 24 • 11:30 am to 1:00 pm
Guy Brewer Democratic Club
197-01 Linden Blvd.

Staten Island Chapter
Monday, June 9 • 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, June 4 • 12:30 pm to 2:30 pm
1199SEIU United Healthcare Workers East
99 Church Street, White Plains

North & South Carolinas Chapter

Family Day in the Park
Friday, June 20, 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.

Florida Chapters

Broward – Leon Davis Chapter
Tuesday, June 10 – 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 19 – 11:00 am to 1:00 pm
Casselberry Public Library
215 North Oxford Road • Casselberry, FL 32707

Fort Myers Chapter
Monday, June 23 – 11:00 am to 1:00 pm
The Riverside Community Center
3061 East Riverside Drive • Fort Myers, FL 33916

Miami-Dade – Ossie Davis Chapter **NEW DATE – MEETINGS WILL TAKE PLACE ON THE FIRST THURSDAY OF EVERY MONTH**
Thursday, June 5 – 10:30 am to 12:30 pm
18441 NW 2nd Avenue
Lincoln Building – North Wing, Suite 502 *(Penthouse)*
Miami Gardens, FL 33169

North Port Chapter
Tuesday, June 24 – 11:00 am to 1:00 pm
Morgan Family Community Center
6207 West Price Blvd. • North Port, FL 34291

Orlando Chapter
Wednesday, June 18 – 11:00 am to 1:00 pm
UAW Local #788
1825 West Oak Ridge Road • Orlando, FL 32809

Palm Bay/Melbourne Chapter
Tuesday, June 17 – 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, June 25 – 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 **NEW LOCATION**
Thursday, June 12 – 10:00 am to noon
Temple Anshei Shalom
7099 West Atlantic Avenue • Delray Beach, FL 33446

Tampa Chapter
Wednesday, June 25 – 11:00 am to 1:00 pm
1199SEIU UHWE Office
500 North West Shore Blvd. • Tampa, FL 33609

West Palm Beach Chapter
Wednesday, June 4 – 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

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, 3rd Floor

Manhattan Headquarters
Thursdays, 11:00 am to noon • Fridays, 2:00 pm to 3:00 pm
330 West 42nd Street, 9th Floor

New Hyde Park* Tuesday, June 17, 2:00 pm to 3:00 pm
**(one class per month)*
North Shore-LIJ Cohen Children's Medical Center
Teaching Center – Conference Room • 269-01 76th Avenue

Queens Tuesdays, 10:00 am to 11:00 am
NEW! Beginners' class, Tuesdays, 11:15 am to 12:15 pm
Devore Dance Center • 205-05 Hollis Avenue, Main Floor

Staten Island Fridays, 10:00 am to 11:00 am
1199SEIU Training and Employment Funds Office
790 Port Richmond Avenue *(off Forest Avenue)*

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

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.

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.

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 *The Great White Hope,* will also be shown. Tuesdays from 10:30 am to noon.

New Beginners' Computer Training Classes in the Bronx, Brooklyn, Hicksville and Staten Island!

Sign up for a six-week beginners' 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. Course sessions began in March, with new sessions scheduled through August. The courses are free of charge, but space is limited and classes are first come, first served. If you are interested, **please sign up at your local chapter meeting**. Registration is required.

Bronx – Joseph James Chapter
(two sessions offered, 9:30 am to 11:30 am and 1:00 pm to 3:00 pm)
Tuesdays and Fridays, June 3 to July 11
Tuesdays and Fridays, July 15 to August 22

Brooklyn – Mattie Small Chapter (1:00 pm to 3:00 pm)
Mondays and Wednesdays, June 2 to July 9
Tuesdays and Fridays, June 3 to July 11
Mondays and Wednesdays, July 14 to August 20
Tuesdays and Fridays, July 15 to August 22

Hicksville – Milton Konowe Chapter (1:15 pm to 3:15 pm)
Mondays and Wednesdays, July 7 to August 13

Staten Island Chapter
(two sessions offered, 9:00 am to 11:00 am and 11:30 am to 1:30 pm)
Mondays and Fridays, July 7 to August 15

Vision Screening

Friday, June 20, 10:00 am to noon
First come, first served
1199SEIU RMD, 330 West 42nd Street, 9th Floor

Wednesday, June 4, 12:30 pm to 2:30 pm
Westchester – Hudson Valley Region Chapter
1199SEIU United Healthcare Workers East
99 Church Street, White Plains

Two New Classes in July and August!

Jewelry Making: This six-week beginners' class will give you the basics on designing and creating your own jewelry as well as "reinventing" some of your old pieces.

Mad Hatter/Shoe Lover: In this six-week course, you can learn how to add stylish embellishments to your hats and shoes to brighten up your closet.

Both of these classes will meet two times a week, on Mondays and Tuesdays, from 3:00 pm to 5:00 pm. Classes run from July 7 through August 12. Class size is **limited to 15 students per class** and registration is first come, first served. To sign up, call (646) 473-6162 between 9:00 am and 5:00 pm. *(Please speak clearly and slowly when leaving your name and phone number.)*

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 10-11 Chi Gong (Brooklyn) 10:30-11:30 Opera Appreciation 12-1 Art History 1:30-3:30 Executive Committee Meeting	**3** 9:30-12 Photography 10-11 Yoga* (Queens) 10:30-12 Drama 11-1 Beginners' Knitting & Crocheting (Queens) 11:15-12:15 Beginners' Yoga (Queens) 12-2 Sewing (Brooklyn) 12-3 Art 12:30-1:30 Shakespeare 1:30-3 Discussion Group	**4** 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) 12:30-2:30 Vision Screening (White Plains) 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)	**5** 10-11 Tai Chi 11-12 Yoga* 12-1 Lunch Club 12-2 Quilting (Brooklyn) 1-3 General Membership Meeting 3-5 Arts & Crafts	**6** 10-11 Yoga* (Brooklyn) 10-11 Yoga* (Staten Island) 10-12 Quilting 1-2 Dance 2-3 Yoga*
9 10-11 Chi Gong (Brooklyn) 10:30-11:30 Opera Appreciation 12-1 Art History	**10** 9:30-12 Photography 10-11 Yoga* (Queens) 10:30-12 Drama 11-1 Beginners' Knitting & Crocheting (Queens) 11:15-12:15 Beginners' Yoga (Queens) 12-2 Sewing (Brooklyn) 12-3 Art 12:30-1:30 Shakespeare 1:30-3 Discussion Group	**11** 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)	**12** 10-11 Tai Chi 11-12 Yoga* 12-1 Lunch Club 12-2 Quilting (Brooklyn) 2-3 Health Topic Meeting (Body Weight and Aging) 3-5 Arts & Crafts	**13** 10-11 Yoga* (Brooklyn) 10-11 Yoga* (Staten Island) 10-12 Quilting 1-2 Dance 2-3 Yoga*
16 10-11 Chi Gong (Brooklyn) 10:30-11:30 Opera Appreciation 12-1 Art History	**17** 9:30-12 Photography 10-11 Yoga* (Queens) 10:30-12 Drama 11-1 Beginners' Knitting & Crocheting (Queens) 11:15-12:15 Beginners' Yoga (Queens) 12-2 Sewing (Brooklyn) 12-3 Art 12:30-1:30 Shakespeare 1:30-3 Discussion Group 2-3 Yoga (New Hyde Park)	**18** 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)	**19** 10-11 Tai Chi 11-12 Yoga* 12-1 Lunch Club 12-2 Quilting (Brooklyn) 1-3 Birthday Party 3-5 Arts & Crafts	**20** 10-11 Yoga* (Brooklyn) 10-11 Yoga* (Staten Island) 10-12 Quilting 10-12 Vision Screening 1-2 Dance 2-3 Yoga*
23 10-11 Chi Gong (Brooklyn) 10:30-11:30 Opera Appreciation 12-1 Art History	**24** 9:30-12 Photography 10-11 Yoga* (Queens) 10:30-12 Drama 11-1 Beginners' Knitting & Crocheting (Queens) 11:15-12:15 Beginners' Yoga (Queens) 12-2 Sewing (Brooklyn) 12-3 Art 12:30-1:30 Shakespeare 1:30-3 Discussion Group	**25** 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)	**26** 10-11 Tai Chi 11-12 Yoga* 12-1 Lunch Club 12-2 Quilting (Brooklyn) 3-5 Arts & Crafts	**27** 10-11 Yoga* (Brooklyn) 10-11 Yoga* (Staten Island) 10-12 Quilting 1-2 Dance 2-3 Yoga*
30 10:30-11:30 Opera Appreciation 12-1 Art History	*All classes are held at our Manhattan Headquarters unless otherwise indicated.*		**Meeting Topics*** **June** Body Weight and Aging **September** Healthcare-associated Infections * *Sponsored by HealthCare Partners, IPA*	

* Sponsored by HealthCare Partners, IPA

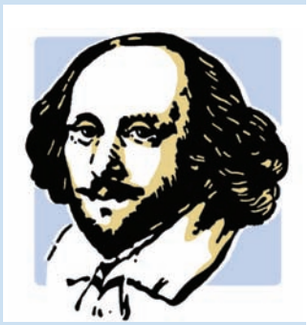
Join Us for Two 1199SEIU Retiree Exhibits in July

Come see your fellow retirees' creativity on display at the annual 1199SEIU Art Exhibit from July 14 to July 31 at the 1199SEIU Art Gallery, 310 West 43rd Street. Weekdays, 10:00 am to 4:00 pm.

Come see our Brooklyn retirees' Needlework Exhibit from July 16 to July 31 at the 1199SEIU Brooklyn Office, 25 Elm Place *(off Fulton Street)*. Weekdays, 11:00 am to 4:00 pm.

Shakespeare Class

Tuesdays, 12:30 pm to 1:30 pm

The class is currently reading *Antony and Cleopatra*, the tragic love story that lives on forever in history.

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