

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

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## 2013 Brings New Classes in Queens, Staten Island and White Plains

In Queens, we will add classes in Men's Exercise; Chess, Checkers and Dominoes; and Beginners' Knitting and Crocheting. Retirees on Staten Island can explore Computers and Men's Exercise. In the meantime, our new Yoga classes in White Plains and Staten Island have already started. Please check future RMD issues for details.

### 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.

### 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.

## 1199SEIU LPN Meeting

Friday, March 15  
10:00 am to noon

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

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

March 2013

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

## Florida Chapters

### THE ANNUAL FLORIDA RETIREE BANQUET IS MARCH 11!

The Annual Florida Retiree Banquet will be held on Monday, March 11, at the Palm Beach County Convention Center, 650 Okeechobee Blvd., West Palm Beach, Florida 33401. Registration begins at 9:00 am.

For those who are driving to the banquet, parking is free. If you have any questions once you arrive, please visit the Registration Desk. You can also pick up your tickets and meal cards from the Registration Desk.

For retirees who will be taking the chapter buses to the banquet, please see the information below. Your tickets and meal cards will be distributed on the bus. Please allow plenty of time for check in as the buses will leave on time.

**Brandon Chapter:** 5:45 am – Board Bus  
Westfield Mall • 459 Brandon Town Center • Brandon, FL 33511  
(park between Sears and Macy's)

**Broward – Leon Davis Chapter:** 7:15 am – Board Bus  
Lowe's Parking Lot • 8050 W. Oakland Park Blvd. • Sunrise, FL 33351  
(park close to North University Drive)

**Casselberry – Doris Turner Chapter:** 5:30 am – Board Bus  
St. Augustine Church • 375 N. Sunset Drive • Casselberry, FL 32707  
(park on Seminola Blvd. side)

**Fort Meyers Chapter:** 5:45 am – Board Bus  
Beall's Shopping Plaza • 1209 Homestead Road N.  
Lehigh Acres, FL 33936 (park at lower end)

**Miami-Dade – Ossie Davis Chapter:** 6:45 am – Board Bus  
18441 NW 2<sup>nd</sup> Avenue • Lincoln Building • Miami Gardens, FL 33169  
(park in rear lot of building)

**North Port Chapter:** 5:45 am – Board Bus  
Morgan Family Community Center • 6207 W. Price Blvd.  
North Port, FL 34286 (located across from North Port High School)

**Orlando Chapter:** 5:45 am – Board Bus  
UAW Local 788 • 1825 W. Oak Ridge Road • Orlando, FL 32809  
(park in rear lot on grassy area)

**Palm Bay/Melbourne Chapter:** 6:15 am – Board Bus  
Palm Bay United Methodist Church • 2100 Port Malabar Blvd. NE  
Palm Bay, FL 32905 (park in rear of main church parking lot)

**Port St. Lucie Chapter:** 7:00 am – Board Bus  
Wal-Mart Supercenter • 10855 S. US Highway 1 • Port St. Lucie, FL 34952  
(enter at traffic light – south entrance – and park on left)

**South Palm Beach Chapter:** 8:00 am – Board Bus  
Temple Emeth • 5780 W. Atlantic Avenue • Delray Beach, FL 33484  
(park in far rear parking area)

**Tampa Chapter:** 5:00 am – Board Bus  
1199SEIU UHWE Office • 500 N. West Shore Blvd. • Tampa, FL 33609  
(park on 3<sup>rd</sup> level **only** and come down to street level for bus pick-up)

**West Palm Beach Chapter:** 7:30 am – Board Bus  
St. Christopher's Episcopal Church • 1063 N. Haverhill Road  
West Palm Beach, FL 33417  
(park on the N. Haverhill Road side of the church lot)

**There are no chapter meetings in March.**  
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

**Women's History Month:** Friday, March 15, 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.

# 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!

## 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, March 19, 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 Fund

White Plains Office • 99 Church Street

## 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 MARCH CALENDAR & CHAPTER MEETINGS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Vision Screening*</b> Friday, March 15, 10:00 am to noon First come, first served 1199SEIU RMD, 330 West 42 <sup>nd</sup> Street, 9 <sup>th</sup> Floor		<i>* No hearing screening this month</i>		<b>1</b> 10-11 Yoga* (Brooklyn) 10-11 Yoga* (Staten Island) 10-12 Quilting 1-2 Dance 2-3 Yoga*
<b>4</b> 10-11 Chi Gong (Brooklyn) 10:30-11:30 Opera Appreciation 12-1 Art History 1:30-3:30 Executive Committee Meeting	<b>5</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>6</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>7</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>8</b> 10-11 Yoga* (Brooklyn) 10-11 Yoga* (Staten Island) 10-12 Quilting 1-2 Dance 2-3 Yoga*
<b>11</b> 10-11 Chi Gong (Brooklyn) 10:30-11:30 Opera Appreciation 12-1 Art History	<b>12</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>13</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>14</b> 10-11 Tai Chi 11-12 Yoga* 12-1 Lunch Club 12-2 Quilting (Brooklyn) 3-5 Arts & Crafts 3-5 Sewing	<b>15</b> 10-11 Yoga* (Brooklyn) 10-11 Yoga* (Staten Island) 10-12 LPN Meeting 10-12 Vision Screening 10-12 Quilting 1-2 Dance 2-3 Yoga*
<b>18</b> 10-11 Chi Gong (Brooklyn) 10:30-11:30 Opera Appreciation 12-1 Art History	<b>19</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>20</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>21</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>22</b> 10-11 Yoga* (Brooklyn) 10-11 Yoga* (Staten Island) 10-12 Quilting 1-2 Dance 2-3 Yoga*
<b>25</b> 10-11 Chi Gong (Brooklyn) 10:30-11:30 Opera Appreciation 12-1 Art History	<b>26</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>27</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>28</b> 10-11 Tai Chi 11-12 Yoga* 12-1 Lunch Club 12-2 Quilting (Brooklyn) 3-5 Arts & Crafts 3-5 Sewing	<b>29</b> OFFICE CLOSED

\* Sponsored by HealthCare Partners, IPA

#### **BRONX – JOSEPH JAMES CHAPTER**

Friday, March 8 • 11:00 am to 1:00 pm

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

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

Wednesday, March 27 • 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, March 15 • 11:30 am to 1:30 pm

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

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

Friday, March 22 • 10:30 am to noon

Jefferson Senior Center  
2205 First Avenue

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

Wednesday, March 20 • 11:00 am to 1:00 pm

1199SEIU Hicksville Office  
100 Duffy Avenue

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

Tuesday, March 19 • 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, March 12 • 1:00 pm to 3:00 pm

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

#### **QUEENS – ST. ALBANS CHAPTER**

Tuesday, March 26 • 11:30 am to 1:00 pm

Guy Brewer Democratic Club  
197-01 Linden Blvd.

#### **STATEN ISLAND CHAPTER**

Monday, March 11 • 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, March 6 • 1:00 pm to 3:00 pm

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

## Meeting Topics\*

**March** Preparing for the Future: Wills, Healthcare Proxies, Powers of Attorney

**April** Sleep Disorders

\*Sponsored by HealthCare Partners, IPA

QUESTIONS: CALL (646) 473-8666 • OUTSIDE NYC (800) 892-2557

March 2013