The Retiree Services Center Window – New Hours
The Retiree Services Center has changed its walk-up window service hours. The Services Center, located at 330 West 42nd Street, 10th Floor, will now be open Monday to Friday, 8:00 am to 5:00 pm.

Get Free Tax Preparation Help
The AARP Foundation’s Tax-Aide Program is available for free to taxpayers with low and moderate income, especially for those who are 60 and older. Go to www.AARP.org, enter “Tax-Aide” in the search box and then choose the selection that shows a tax preparation site near you.

Sign Up for “Seniors Out Speaking”
Join other 1199SEIU retirees to become a volunteer in the Medicare Rights Center’s “Seniors Out Speaking” (SOS) program. SOS program volunteers work within their community to educate other seniors about how to get the most from their Medicare benefits.
To volunteer: Our 1199SEIU SOS volunteers meet the first Thursday of each month. Call (646) 473-6916 for more details.

Calling All Retired LPNs
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!
Our next LPN meeting will be on Friday, March 20 • 10:00 am to noon
1199SEIU RMD • 330 West 42nd Street, 9th Floor

IMPORTANT NEWS
about chapter meetings and classes!

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

March 2015
Annual Florida Retiree Banquet
Friday, March 6, 2015 – 9:00 am to 3:00 pm

Great New Venue! Orlando World Center Marriott Resort & Convention Center • 8701 World Center Drive • Orlando, FL 32821-6358 • Telephone: (888) 789-3090 or (407) 239-4200

We look forward to seeing all of our Florida retirees at the banquet on March 6! Reservations are required. Be sure to bring your banquet tickets with you.

Directions to the Orlando World Center Marriott from the Orlando International Airport

Public transportation options:
- Taxi fare – about $55 (one way)
- Mears bus – about $21 (one way), reservations are required.

(please note: the hotel does not provide shuttle service from the airport)

For driving directions and a map, go to the Orlando World Center Marriott website at www.marriott.com/hotels/travel/mcowc-orlando-world-center-marriott/ and click on the “Maps & Transportation” tab.

Parking:
- Guests driving plug-in hybrid or plug-in electric vehicles receive complimentary self-parking
- Guests staying at the hotel: Site self-parking – $17 per day; valet parking – $26 per day
- For retirees who are only attending the banquet, parking is $10.

Banquet Bus Schedule

Broward – Leon Davis Chapter 5:15 am • Board bus • Lowe’s parking lot 8050 West Oakland Park Blvd. • Sunrise, FL 33351 (park closest to North University Drive)

Casselberry – Doris Turner Chapter 8:00 am • Board bus • St. Augustine Church 375 North Sunset Drive • Casselberry, FL 32707 (park on the Seminola Blvd. side)

Fort Meyers Chapter 5:15 am • Board bus • Bealls Shopping Plaza 1209 Homestead Road North • Lehigh Acres, FL 33936 (park in lower end)

Miami-Dade – Ossie Davis Chapter 4:30 am • Board bus • 18441 NW 2nd Avenue • Lincoln Building • Miami Gardens, FL 33169 (park in rear of building)

North Port Chapter 5:15 am • Board bus • Morgan Family Community Center 6207 West Price Blvd. • North Port, FL 34291 (located across from North Port High School)

Orlando Chapter 7:00 am • Board bus • UAW Local #788 1825 West Oak Ridge Road • Orlando, FL 32809 (park in rear of building on grassy area)

Palm Bay/Melbourne Chapter 6:45 am • Board bus • Palm Bay United Methodist Church • 2100 Port Malabar Blvd., NE • Palm Bay, FL 32905 (park towards rear of main church parking lot)

Port St. Lucie Chapter 6:30 am • Board bus • Walmart Supercenter 10855 US South Highway 1 • Port St. Lucie, FL 34952 (enter at traffic light – south entrance – and park to the left)

South Palm Beach Chapter 5:15 am • Board bus • Temple Anshei Shalom 7099 West Atlantic Avenue • Delray Beach, FL 33446 (park in far rear parking area)

Tampa Chapter – Tampa (first stop) 7:00 am • Board bus • SunTrust Building (Union meeting site) • 500 North West Shore Blvd. • Tampa, FL 33609 (park on 3rd level only and come down to street level for bus pickup; bus will park on main lot – street level)

Tampa Chapter – Brandon (second stop) 7:45 am • Board bus • Westfield Mall 459 Brandon Town Center • Brandon, FL 33511 (park on the southwest side of the mall between Sears and Macy’s)

West Palm Beach Chapter 5:15 am • Board bus • St. Christopher’s Episcopal Church • 1063 North Haverhill Road • West Palm Beach, FL 33417 (park in rear parking lot away from church on Haverhill Road side)

For further information, contact: Marilyn Silverberg, Florida Retiree Field Coordinator Marilyn.Silverberg@1199Funds.org • Toll-free: (877) 369-8340
In Palm Beach County: (561) 369-8340 • Fax: (561) 369-8342
8775 Via Tuscany Drive, Boynton Beach, FL 33472

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

New York City Chapters

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

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

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

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

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

New Hyde Park – Eleanor Tilson Chapter
Tuesday, March 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, March 10 • 1:00 pm to 3:00 pm
Holy Rosary Church
1510 Adee Avenue (enter at parking lot)

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

Staten Island Chapter
Monday, March 9 • 11:00 am to 1:00 pm
1199SEIU Training and Employment Funds Office
790 Port Richmond Avenue (off Forest Avenue)

Suffolk County Chapter NO MEETING IN MARCH

The next meeting will be on Thursday, April 9, 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, March 4.
Yoga: 11:30 am • Chapter meeting: 12:30 pm
1199SEIU United Healthcare Workers East
99 Church Street, White Plains

North & South Carolinas Chapter
Friday, March 13, 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**

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

**New Hyde Park**

**Tuesday, March 17, 2:00 pm to 3:00 pm**
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**
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

Retiree Chapter in Suffolk County

There is no Suffolk County chapter meeting in March. The next meeting will be on Thursday, April 9, 11:00 am to 1:00 pm. First Baptist Church of Riverhead
1018 Northville Turnpike • Riverhead, NY 11901

New Sewing Teacher!

We’ve made some exciting changes to our sewing class – starting with a talented new instructor who also teaches at the Pratt Institute. Come join us to learn new sewing techniques. The class meets on Thursdays from 3:00 pm to 5:00 pm at Fund Headquarters. Please check the calendar.

Knitting & Crocheting Classes in Brooklyn

The Brooklyn knitting & crocheting class is back! Please check the calendar. Wednesdays, 1:00 pm to 4:00 pm

Please note: We are no longer offering sewing classes in Brooklyn.

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.

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. 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. Check out this resource and see what you can learn next!

Coming Next Month – New Zumba Workout in Queens!

Join our new Zumba dance class coming in April to the Devore Dance Center in Queens. Enjoy a fun aerobics dance class set to a Latin beat. Classes begin on Tuesday, April 14, 1:30 pm to 2:30 pm. Please check the April calendar.

Mat Yoga Comes to Staten Island!

We’re offering a new mat yoga class in Staten Island. Classes meet on Wednesdays from 10:00 am to 11:00 am. Please check the calendar.

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

**Shakespeare Class**

Tuesdays, 12:30 pm to 1:30 pm

1199SEIU RMD, 330 West 42nd Street, 9th Floor

The class is currently reading *The Merchant of Venice*, a story of prejudice, revenge and a monetary loan whose collateral was “a pound of flesh.”

**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.

---

**NYC MARCH CALENDAR**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10-11</td>
<td>Chi Gong (Brooklyn)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10:30-11:30</td>
<td>Opera Appreciation</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12-1</td>
<td>Art History</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1-3</td>
<td>Arts &amp; Crafts (Staten Island)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1:30-3:30</td>
<td>Executive Committee Meeting</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>9:30-12</td>
<td>Photography</td>
<td></td>
<td></td>
</tr>
<tr>
<td>10-11</td>
<td>Yoga * (Queens)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10:30-12</td>
<td>Yoga * (Queens)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>11-1</td>
<td>Beginners’ Knitting &amp; Crocheting (Queens)</td>
<td>12-3</td>
<td></td>
<td></td>
</tr>
<tr>
<td>11:15-12:15</td>
<td>Beginners’ Yoga (Queens)</td>
<td>12:30-1:30</td>
<td>Shakespeare</td>
<td>1:30-3 Discussion Group</td>
</tr>
<tr>
<td>1:30-3 Discussion Group</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>10-11</td>
<td>Mat Yoga * (Staten Island)</td>
<td>10-11</td>
<td></td>
</tr>
<tr>
<td>11-12</td>
<td>Yoga * (Hicksville)</td>
<td>10-12</td>
<td>Choral Group</td>
<td></td>
</tr>
<tr>
<td>10-12</td>
<td>Art</td>
<td>11-12</td>
<td>Knitting &amp; Crocheting (Beg)</td>
<td>11-12</td>
</tr>
<tr>
<td>11-12</td>
<td>Yoga * (Hicksville)</td>
<td></td>
<td>Dance (Hicksville)</td>
<td>11:30-12:30</td>
</tr>
<tr>
<td>11-12</td>
<td>Yoga * (White Plains)</td>
<td></td>
<td>Yoga * (Brooklyn)</td>
<td>12-1</td>
</tr>
<tr>
<td>12-1</td>
<td>Yoga * (White Plains)</td>
<td></td>
<td>Yoga * (Brooklyn)</td>
<td>12:30-4:30</td>
</tr>
<tr>
<td>11-1</td>
<td>Yoga * (Brooklyn)</td>
<td></td>
<td>Yoga * (Brooklyn)</td>
<td>1:4</td>
</tr>
<tr>
<td>10-11</td>
<td>Yoga * (Brooklyn)</td>
<td></td>
<td>Yoga * (Brooklyn)</td>
<td>1:30-2:30</td>
</tr>
<tr>
<td>11-12</td>
<td>Yoga * (Brooklyn)</td>
<td></td>
<td>Yoga * (Brooklyn)</td>
<td>2:30-3:30</td>
</tr>
<tr>
<td>5</td>
<td>10-11</td>
<td>Tai Chi</td>
<td>10-11</td>
<td>Yoga * (Staten Island)</td>
</tr>
<tr>
<td>11-12</td>
<td>Yoga *</td>
<td>10-12</td>
<td>Lunch Club</td>
<td>1-3</td>
</tr>
<tr>
<td>10-12</td>
<td>Art</td>
<td>1-3</td>
<td>General Membership Meeting</td>
<td></td>
</tr>
<tr>
<td>3-5</td>
<td>Arts &amp; Crafts</td>
<td>3-5</td>
<td>Sewing</td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>10-11</td>
<td>Yoga * (Brooklyn)</td>
<td>10-11</td>
<td>Yoga * (Staten Island)</td>
</tr>
<tr>
<td>11-12</td>
<td>Yoga *</td>
<td>10-12</td>
<td>Quilting</td>
<td>1-2</td>
</tr>
<tr>
<td>10-12</td>
<td>Yoga * (Staten Island)</td>
<td>3-5</td>
<td>Arts &amp; Crafts</td>
<td>2-3</td>
</tr>
<tr>
<td>10-12</td>
<td>Yoga *</td>
<td>3-5</td>
<td>Sewing</td>
<td></td>
</tr>
</tbody>
</table>

**Meeting Topics**

<table>
<thead>
<tr>
<th>March</th>
<th>Colorectal Cancer</th>
</tr>
</thead>
<tbody>
<tr>
<td>April</td>
<td>Driver and Pedestrian Safety</td>
</tr>
</tbody>
</table>

*Sponsored by HealthCare Partners, IPA

**Vision Screening**

Friday, March 20, 10:00 am to noon

First come, first served

1199SEIU RMD, 330 West 42nd Street, 9th Floor

---

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

March 2015