

New Yoga/Meditation Class Comes to 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

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!

Join Us for the Suffolk County Chapter Meeting

We hope to see you at the Suffolk County chapter meeting on **Thursday, May 14, 11:00 am to 1:00 pm.**
First Baptist Church of Riverhead
1018 Northville Turnpike • Riverhead, NY 11901

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

IMPORTANT NEWS

about chapter meetings and classes!

1199SEIU
Retired Members
Bulletin



A Message from the Executive Director

Un Mensaje de la Directora Ejecutiva

Dear Retired Members,

As 1199SEIU retirees, you enjoy the comfort of knowing you are part of a supportive, extended family. This past year, I had the pleasure of seeing the special relationships that connection has fostered as I joined many of you in New York and at our newly launched chapter in Puerto Rico to celebrate the holidays. At both gatherings, you truly embodied the "Retired but Active" motto as you engaged with friends and former co-workers, sharing news, information and, of course, laughter.

Your Benefit and Pension Funds are an important part of your support network. With so many of you receiving supplemental health benefits through the Funds as well as the security of a monthly pension, your health and welfare are our priority. We hope you take advantage of all the ways your Funds support you. In addition to regular chapter meetings and get-togethers, our Retired Members Department offers a wide range of classes and events both here at Fund Headquarters and at various chapter locations. With so many choices, there are bound to be one or more ways you can get involved and connect with your fellow retirees.

Most important, I hope you will always remember that your Benefit and Pension Funds are here to help you. If you have any questions about your health or pension benefits, please do not hesitate to call our Retiree Services Representatives at (646) 473-8666 or (800) 892-2557.

Sincerely,

Estimados Miembros Jubilados,

Como jubilados de 1199SEIU, ustedes disfrutaron de la comodidad de saber que son parte de una familia extendida que brinda constante apoyo. Este último año he tenido el placer de comprobar las relaciones especiales que esa conexión ha auspiciado al unirme a muchos de ustedes en Nueva York y en nuestra agrupación recientemente lanzada en Puerto Rico para celebrar las fiestas. En ambas reuniones, ustedes personificaron de verdad el lema "Jubilados pero Activos" cuando conversaban con amigos y antiguos compañeros de trabajo compartiendo noticias, información y por supuesto, risas.

Sus Fondos de Beneficios y Pensiones forman una parte importante de su red de apoyo. Ya que muchos de ustedes reciben beneficios de salud suplementarios a través de los Fondos así como la seguridad de una pensión mensual, su salud y bienestar son nuestra prioridad. Esperamos que se beneficien de todas las formas en que sus Fondos los apoyan. Además de las reuniones de agrupaciones regulares y otras reuniones, nuestro Departamento de Miembros Jubilados ofrece una amplia variedad de clases y eventos tanto aquí en la sede del Fondo como en los diversos locales de las agrupaciones. Con tantas opciones disponibles, tiene que haber una o más formas de que participen y se conecten con sus compañeros jubilados.

Pero lo más importante es que siempre recuerden que sus Fondos de Beneficios y Pensiones están a su entera disposición para ayudarles. Si tienen alguna pregunta sobre sus beneficios de salud o de pensión, no duden en llamar a nuestros Representantes de Servicios a Jubilados al (646) 473-8666 o al (800) 892-2557.

Atentamente,



President's Message Mensaje de la Presidenta

Dear Sisters and Brothers,

As we enjoy the spring season with its warmer temperatures, it makes it a little bit easier for us to continue to fulfill our pledge as 1199SEIU retirees to remain "Retired but Active!" The month of May also includes celebrations that will always hold a place close to my heart, including National Nurses Week and Mother's Day, which give us the chance to honor the most committed caretakers of all: our nurses and mothers.

As a retired nurse, I have seen over decades of caring for others how valuable quality healthcare benefits are to maintaining our physical and mental health. And as 1199SEIU retirees, we are among the few who have supplemental health benefits. If you take medication for a chronic condition, you know how fortunate you are that you don't have to worry about co-payments in the Benefit Fund's prescription plan. And I encourage everyone to practice healthy habits to help ensure we can avoid chronic illness and enjoy our golden years.

Let me also take a moment to thank all of you who have been regular visitors to the Retired Members Department and attendees at our chapter meetings. Our Retired Members Department offers dozens of classes and activities at 330 West 42nd Street and in our local chapters – and I urge you to check your monthly bulletin for class schedules. There are classes to suit nearly every interest, including photography, literature, drama, yoga, dance, Tai Chi and Chi Gong, and the spring and summer months are an ideal time to get outside and make a trip to Fund Headquarters or a chapter near you.

Finally, I'd like to thank everyone who is current with their Union dues and encourage any of you who may have fallen behind to restart your contributions as soon as possible. Supporting our Union is a way to help future 1199SEIU retirees and to give back to the cause that, through the years, has given us so much.

In solidarity,
Lena Hayes

Queridos Hermanos y Hermanas,

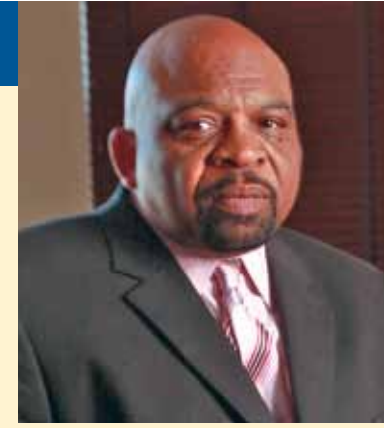
A medida que disfrutamos de la primavera con sus temperaturas más cálidas, resulta un poco más fácil para nosotros continuar cumpliendo nuestro compromiso como jubilados de 1199SEIU de permanecer "Jubilados pero Activos". El mes de mayo también incluye celebraciones que siempre estarán cerca de mi corazón, incluida la Semana Nacional de las Enfermeras y el Día de la Madre, que nos da la oportunidad de honrar a los cuidadores más comprometidos de todos: nuestras enfermeras y madres.

Como enfermera jubilada, durante décadas de cuidar a otras personas he visto lo valiosos que son los beneficios de atención de la salud de calidad para mantener nuestra salud física y mental. Y como jubilados de 1199SEIU, estamos entre los pocos que contamos con beneficios de salud suplementarios. Si tomamos medicamentos para una enfermedad crónica, sabemos la suerte que tenemos de no tener que preocuparnos sobre los copagos en el plan de medicamentos recetados del Fondo de Beneficios. Y les aliento a todos a practicar hábitos saludables para ayudar a garantizar que podamos evitar las enfermedades crónicas y disfrutemos de nuestros años dorados.

También me gustaría tomar un momento para agradecer a todos los que han visitado regularmente el Departamento de Miembros Jubilados y a los asistentes a las reuniones de nuestras agrupaciones. Nuestro Departamento de Miembros Jubilados ofrece docena de clases y actividades en 330 West 42nd Street y en nuestras agrupaciones locales, y le insto a que revise su boletín mensual para obtener los horarios de las clases. Existen clases para contentar a cada sector de intereses, incluidas clases de fotografía, literatura, teatro, yoga, danza, Tai Chi y Chi Gong, y los meses de primavera y verano son el momento ideal para salir y hacer un viaje a la sede del Fondo o a una agrupación cercana a usted.

Finalmente, quiero agradecer a todos los que están al día con sus cuotas sindicales y alentar a los que estén retrasados para que reinicien sus contribuciones lo más pronto posible. Apoyar a nuestro Sindicato es la mejor forma de ayudar a los futuros jubilados de 1199SEIU y también retribuir a la causa que durante los años nos ha aportado tanto.

En solidaridad,
Lena Hayes



A Message from / Un Mensaje de GEORGE GRESHAM

PRESIDENT / PRESIDENTE, 1199SEIU UNITED HEALTHCARE WORKERS EAST

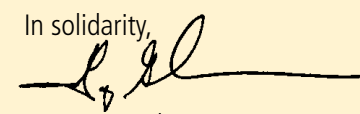
Dear Sisters and Brothers,

Our modern women's movement came of age in the late 1960s and 1970s, although no popular movement springs out of thin air. U.S. history is rich with heroines. Many of us know the names Sojourner Truth, Harriet Tubman, Susan B. Anthony, Emma Goldman, Elizabeth Gurley Flynn, Mother Jones, Dolores Huerta, Rosa Parks, Fannie Lou Hamer and other founders, leaders and organizers of the abolitionist, suffragist, labor and civil rights movements.

If our schools have fallen short in teaching history to our children, we should acknowledge that our labor movement has not done a good job of teaching our members their own history of struggle, one that we can be enormously proud of. We 1199ers are a union primarily of women healthcare workers. What was a union of 5,000 drugstore workers – overwhelmingly Jewish and male – changed dramatically when 1199's founding president, Leon Davis, and his co-workers decided to organize New York City hospital workers in 1959. These were tens of thousands of largely Black and Latina women workers earning, at the time, \$32 for a six-day work week.

The rest, as they say, is history – but a history made by a now predominantly female union membership. Braving hostile employers, willing to go to jail, walking picket lines 24 hours a day, 7 days a week in miserable cold winters and brutally hot summers, these heroic workers have built our Union into the 400,000-strong powerhouse we have become. And many remain active as ever as retired members even after their working days are over. For this we are grateful.

It has been said that "women hold up half the sky." I'd guess their burden is well more than half. Today our Union is filled with and led by everyday heroines (and heroes). Besides holding down their jobs – sometimes more than one – they raise their families and are leaders in their local schools, houses of worship and community organizations. They mobilize at their institutions, city halls and state legislatures, and they jump on buses to Washington, D.C., when they know it's important. They knock on doors and staff the phone banks, and many even travel thousands of miles to other states to help elect worker-friendly political candidates. They do this without compensation, without their photos on the covers of magazines. They will never be rich or famous. But they surely are heroic – and they are making history.

In solidarity,

George Gresham

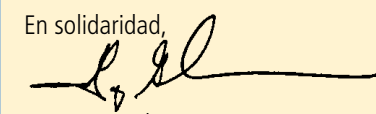
Queridos Hermanos y Hermanas,

Nuestro movimiento de la mujer moderna alcanzó la madurez a fines de la década de 1960 y en la década de 1970, aunque ningún movimiento popular surge del aire. La historia de los Estados Unidos está llena de heroínas. Muchos de nosotros conocemos los nombres de Sojourner Truth, Harriet Tubman, Susan B. Anthony, Emma Goldman, Elizabeth Gurley Flynn, Mother Jones, Dolores Huerta, Rosa Parks, Fannie Lou Hamer y otras fundadoras, líderes y organizadoras de los movimientos abolicionista, por el sufragio, defensa laboral y de los derechos humanos.

Si nuestras escuelas han hecho poco por enseñar historia a nuestros niños, debemos reconocer que nuestro movimiento laboral no ha llevado a cabo un buen trabajo en enseñar a nuestros miembros su propia historia de lucha, una historia de la que podemos estar enormemente orgullosos. Nosotros los miembros de 1199 somos mayormente un sindicato integrado por mujeres que son trabajadoras de la salud. Lo que era un sindicato de 5,000 trabajadores de farmacias —mayormente judíos y hombres— cambió dramáticamente cuando el presidente fundador de 1199, Leon Davis, y sus compañeros de trabajo decidieron en 1959 organizar a los trabajadores de los hospitales de la ciudad de Nueva York. Se trataba de docenas de miles de trabajadoras en gran medida de raza negra y latina que ganaban en esa época \$32 por una semana laboral de seis días.

Como dicen, el resto es historia, pero una historia hecha por la membresía sindical que ahora está integrada mayormente por mujeres. Confrontando a empleadores hostiles, dispuestas a ir a la cárcel, caminando en las líneas de piquetes las 24 horas del día, los 7 días de la semana en inviernos miserablemente fríos y veranos brutalmente calurosos, estas heroicas trabajadoras han levantado nuestro Sindicato hasta convertirlo en esta poderosa entidad de 400,000 miembros. Y muchas se mantienen tan activas como siempre como miembros jubilados incluso después de que han terminado sus días de trabajo. Por ello estamos agradecidos.

Se ha dicho que "las mujeres sostienen la mitad del cielo". Yo pensaría que su carga es bastante más que la mitad. Hoy en día nuestro Sindicato está lleno y dirigido por heroínas cotidianas (y héroes). Además de cumplir con sus trabajos, a veces más de uno, crían a sus familias y son líderes en sus escuelas locales, casas de culto y organizaciones comunitarias. Ellas movilizan a sus instituciones, municipios y legislaturas estatales, y se suben a los autobuses hacia Washington, D.C., cuando saben que es importante. Golpean las puertas y trabajan en los bancos de teléfonos, y muchas incluso viajan miles de millas a otros estados para ayudar a elegir a candidatos políticos que se alinean con los trabajadores. Hacen esto sin ninguna compensación, y sin incluir sus fotos en las cubiertas de las revistas. Nunca serán ricas ni famosas. Pero es seguro que son heroicas, y que están haciendo historia.

En solidaridad,

George Gresham

THIS PAGE IS PAID FOR BY 1199SEIU UNITED HEALTHCARE WORKERS EAST / ESTA PÁGINA LA FINANCIÓ 1199SEIU UNITED HEALTHCARE WORKERS EAST

Florida Retirees Come Together to Celebrate at the Annual Banquet

On Friday, March 6, a record-number 1,365 Florida retirees enjoyed our Annual Florida Retiree Banquet at its new venue – the Orlando World Center Marriott Resort & Convention Center. Retirees came from across the state and beyond, including many from New York. 1199SEIU President George Gresham and 1199SEIU Benefit and Pension Funds' Benefits Chief of Staff Kate Fallon shared remarks with the guests, and Lourdes Rodriguez-Dox from the Benefit and Pension Funds' Retired Members Department discussed the latest news affecting our "Retired but Active" retirees. All retirees enjoyed good food, great music and lively dancing as they mingled and laughed with old friends and former co-workers.

Los Jubilados de la Florida se Reúnen en su Banquete Anual para Celebrar

El viernes 6 de marzo, un número récord de 1,365 jubilados de la Florida disfrutó del Banquete Anual de Jubilados de la Florida en su nuevo local, el Hotel Orlando World Center Marriott Resort & Convention Center. Los jubilados provenían de todo el estado y más allá, incluidos muchos de Nueva York. George Gresham, Presidente de 1199SEIU y Kate Fallon, Jefa de Personal de los Fondos de Beneficios y Pensiones de 1199SEIU compartieron comentarios con los invitados, y Lourdes Rodriguez-Dox del Departamento de Miembros Jubilados de los Fondos de Beneficios y Pensiones trató sobre las últimas noticias que afectan a nuestros jubilados "Jubilados pero Activos". Todos los jubilados disfrutaron de la buena comida, magnífica música y entretenidos bailes a medida que se juntaron y rieron con viejos amigos y antiguos compañeros de trabajo.



El Departamento de Miembros Jubilados da la Bienvenida a la Nueva Agrupación de Puerto Rico

En enero lanzamos nuestra primera agrupación de jubilados de Puerto Rico, para atender a cerca de 1,200 jubilados vibrantes y activos que viven en la isla. Esta nueva agrupación activa y permanente ayudará a los jubilados de Puerto Rico a estar mejor conectados y obtener el apoyo que necesitan de sus Fondos de Beneficios y Pensiones. Al igual que sus compañeros jubilados de Nueva York, Florida y las Carolinas, ellos podrán reunirse como una comunidad y participar en una diversidad de programas y eventos sociales, culturales y educativos dirigidos a los jubilados. Podrán asistir a las reuniones de agrupaciones regulares para obtener ayuda respecto a preguntas de beneficios ya sea en persona o por teléfono y a través de un representante dedicado. Los jubilados de Puerto Rico también podrán participar en el programa Ancianos que Expresan Opiniones (Seniors Out Speaking, o SOS), que capacita a voluntarios, incluidos muchos de 1199, a salir a sus comunidades para ayudar a comprender sus beneficios de Medicare a otros jubilados. Esté atento para obtener información adicional en ediciones futuras del Boletín para Miembros Jubilados.

Retired Members Department Welcomes New Puerto Rico Chapter

In January, we launched our first Puerto Rico retiree chapter, serving nearly 1,200 vibrant, active retirees living on the island. This new active, permanent chapter will help Puerto Rico retirees stay better connected and get the support they need from their Benefit and Pension Funds. Like their fellow retirees in New York, Florida and the Carolinas, they will be able to come together as a community and participate in a variety of social, cultural and educational retiree programs and events. They will be able to attend regular chapter meetings to get help with any benefit questions in person or on the phone through a dedicated representative. Puerto Rico retirees can even participate in the Seniors Out Speaking, or SOS, program, which trains volunteers, including many 1199ers, to go out into their communities to help other seniors understand their Medicare benefits. Keep an eye out for more information in future issues of the Retired Members Bulletin.

Florida Chapters

Broward – Leon Davis Chapter

Tuesday, May 12 – 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, May 21 – 11:00 am to 1:00 pm
Casselberry Public Library
215 North Oxford Road • Casselberry, FL 32707

Fort Myers Chapter

Monday, May 18 – 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, May 7 – 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, May 19 – 11:00 am to 1:00 pm
Morgan Family Community Center
6207 West Price Blvd. • North Port, FL 34291

Orlando Chapter

Wednesday, May 20 – 11:00 am to 1:00 pm
UAW Local #788
1825 West Oak Ridge Road • Orlando, FL 32809

Palm Bay/Melbourne Chapter

Tuesday, May 19 – 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, May 18 – 11:00 am to 1:00 pm **NEW DATE**
Port St. Lucie Community Center
2195 SE Airosa Blvd. • Port St. Lucie, FL 34984

South Palm Beach Chapter

Thursday, May 14 – 10:00 am to noon
Temple Anshei Shalom
7099 West Atlantic Avenue • Delray Beach, FL 33446

Tampa Chapter

Wednesday, May 20 – 11:00 am to 1:00 pm
1199SEIU UHWE Office
500 North West Shore Blvd. • Tampa, FL 33609

West Palm Beach Chapter

Wednesday, May 6 – 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, May 8 • 11:00 am to 1:00 pm
1199SEIU Healthcare & Education Center
2501 Grand Concourse, Room 301

Brooklyn – Marshall Dubin Chapter

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

Brooklyn – Mattie Small Chapter

Friday, May 15 • 11:30 am to 1:30 pm
1199SEIU Brooklyn Office
25 Elm Place (off Fulton Street)

East Harlem – Leon Davis Chapter

Friday, May 29 • 10:30 am to noon
Jefferson Senior Center
2205 First Avenue

Hicksville – Milton Konowe Chapter

Wednesday, May 20 • 11:00 am to 1:00 pm
1199SEIU Hicksville Office
100 Duffy Avenue

New Hyde Park – Eleanor Tilson Chapter **NEW TIME**

Tuesday, May 19 • 2:00 pm to 3:00 pm
NS-LIJ Cohen Children's Medical Center
Teaching Center – Conference Room
269-01 76th Avenue

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

Tuesday, May 12 • noon to 2:00 pm
Holy Rosary Church
1510 Adea Avenue (enter at parking lot)

Queens – Edward Garrins Chapter **NEW LOCATION**

Tuesday, May 26 • 11:30 am to 1:00 pm
Majority Baptist Church
115-21 Farmers Blvd., St. Albans

Staten Island Chapter

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

Suffolk County Chapter

Thursday, May 14 • 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, May 6.
Yoga: 11:30 am • Chapter Meeting: 12:30 pm
1199SEIU United Healthcare Workers East
99 Church Street, White Plains

North & South Carolinas Chapter

Friday, May 15 • 9:30 am to noon
Bernie 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

Chair yoga class: 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* NEW TIME

Tuesday, May 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 76th 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

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 – 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

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.

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



Join Us for Zumba Gold Workouts in Queens and Manhattan!

Try our new 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. Please check the calendar.

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.

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 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:

- 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 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.

Classes are open to all retirees and free of charge.

NYC MAY CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meeting Topics* May Physical Activity and Exercise June Protecting Your Skin <small>*Sponsored by HealthCare Partners, IPA</small>		Vision Screening Friday, May 15, 10:00 am to noon First come, first served 1199SEIU RMD, 330 West 42nd Street, 9th Floor		1 10-11 Chair Yoga* (Brooklyn) 10-11 Yoga* (Staten Island) 10-12 Quilting 1-2 Dance 2-3 Yoga* 3:30-4:30 Zumba Gold
4 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	5 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 12:30-1:30 Shakespeare 1:30-2:30 Zumba Gold (Queens) 1:30-3 Discussion Group	6 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)	7 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	8 10-11 Chair Yoga* (Brooklyn) 10-11 Yoga* (Staten Island) 10-12 Quilting 1-2 Dance 2-3 Yoga* 3:30-4:30 Zumba Gold
11 10-11 Chi Gong (Brooklyn) 10:30-11:30 Opera Appreciation 12-1 Art History 1-3 Arts & Crafts (Staten Island)	12 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 12:30-1:30 Shakespeare 1:30-2:30 Zumba Gold (Queens) 1:30-3 Discussion Group	13 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)	14 10-11 Tai Chi 11-12 Yoga* 12-1 Lunch Club 3-5 Arts & Crafts 3-5 Sewing	15 10-11 Chair Yoga* (Brooklyn) 10-11 Yoga* (Staten Island) 10-12 Quilting 10-12 Vision Screening 1-2 Dance 2-3 Yoga* 3:30-4:30 Zumba Gold
18 10-11 Chi Gong (Brooklyn) 10:30-11:30 Opera Appreciation 12-1 Art History 1-3 Arts & Crafts (Staten Island)	19 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 12:30-1:30 Shakespeare 1:00-2:00 Yoga* (New Hyde Park) 1:30-2:30 Zumba Gold (Queens) 1:30-3 Discussion Group	20 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)	21 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	22 10-11 Chair Yoga* (Brooklyn) 10-11 Yoga* (Staten Island) 10-12 Quilting 1-2 Dance 2-3 Yoga* 3:30-4:30 Zumba Gold
25 OFFICE CLOSED	26 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 12:30-1:30 Shakespeare 1:30-2:30 Zumba Gold (Queens) 1:30-3 Discussion Group	27 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)	28 10-11 Tai Chi 11-12 Yoga* 11-1 Beginners' Yoga*/Meditation (Suffolk County) 12-1 Lunch Club 1-2 Health Topic Meeting (Physical Activity and Exercise) 3-5 Arts & Crafts 3-5 Sewing	29 10-12 Quilting 1-2 Dance

* Sponsored by HealthCare Partners, IPA

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

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. The class is currently reading *Florence* by Alice Childress. Films of some works, including *The Butler* and *Birdman*, will also be shown. Tuesdays from 10:30 am to noon.