

For information on upcoming trip and vacation offers,
call (800) 552-6262, ext. 112, and (800) 431-1130, ext. 5537.

Florida Chapters

Broward – Leon Davis Chapter

Tuesday, November 13 – noon to 2:00 pm

Tamarac Public Library

8701 West Commercial Blvd. • Tamarac, FL 33351

Casselberry – Doris Turner Chapter

Thursday, November 15 – 9:00 am to noon

Casselberry Public Library

215 North Oxford Road • Casselberry, FL 32707

Fort Myers Chapter NO MEETINGS UNTIL JANUARY

The Riverside Community Center

3601 Riverside Drive • Fort Myers, FL 33902

Miami-Dade – Ossie Davis Chapter

Friday, November 2 – 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 NO MEETINGS UNTIL JANUARY

Morgan Family Community Center

6207 West Price Blvd. • North Port, FL 34288

Orlando Chapter

Wednesday, November 14 – 11:00 am to 1:00 pm

UAW Local #788

1825 West Oak Ridge Road • Orlando, FL 32809

Palm Bay/Melbourne Chapter

Tuesday, November 27 – 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, November 28 – 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, November 8 – 10:00 am to noon

Temple Emeth

5780 West Atlantic Avenue • Delray Beach, FL 33446

Tampa Chapter NO MEETINGS UNTIL JANUARY

1199SEIU UHWE Office

500 N. West Shore Blvd. • Tampa, FL 33609

West Palm Beach Chapter

Wednesday, November 7 – 11:00 am to 1:00 pm

St. Christopher's Episcopal Church, Parish Hall

1063 North Haverhill Road • West Palm Beach, FL 33414

For information about Florida chapter meetings, contact Marilyn Silverberg: Toll-free (877) 369-8340; in Palm Beach County (561) 369-8340; fax (561) 369-8342;

8775 Via Tuscan Drive • Boynton Beach, FL 33472

North & South Carolinas Chapter

Friday, November 16 – 9:30 am to noon

BLACK HISTORY CELEBRATION

Birnie Hope Center

210 South Purdy Street • Sumter, SC 29150

Friday, December 14

10th Annual Christmas Celebration

For information, call Nonnie B. Perry at (803) 481-0475.



1199SEIU
Retired Members
DIVISION

about
chapter meetings
and classes!

IMPORTANT
NEWS

(646) 473-8666 • www.1199SEIUBenefits.org

Westchester-Hudson Valley Region Chapter Holiday Party

The Westchester-Hudson Valley Region Chapter will hold its first holiday party on

Tuesday, December 5, 10:00 am to 12:30 pm

at the 1199SEIU UHWE office at 99 Church Street in White Plains.

Please join us and start the festive season off right!

1199SEIU Annual Anne Shore Holiday Banquet

Friday, December 14, 11:00 am – 3:00 pm
Hilton New York, Sixth Avenue at 54th Street

Sold Out! Only ticket holders will be admitted.
Coat check required (fee)

2013 Brings New Classes in Queens and Staten Island

In Queens, we will add classes in Men's Exercise; Chess, Checkers and Dominoes; and Beginners' Knitting and Crocheting. On Staten Island, you can sample Yoga, Computers and Men's Exercise. Please check future RMD issues for more information.

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

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| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | |
|--|--|--|---|---|--|
| <p><i>All classes are held at our Manhattan Headquarters unless otherwise indicated.</i></p> | <p>Vision/Hearing Screening Friday, November 16 • 10:00 am - noon <i>First come, first served</i> 1199SEIU RMD • 330 West 42nd Street, 9th Floor</p> | | <p>1 10-11 Tai Chi 11-12 Yoga* 12 Lunch Club 12-2 Quilting (Brooklyn) 3-5 Arts & Crafts 3-5 Sewing</p> | <p>2 10-11 Yoga* (Brooklyn) 10-12 Quilting 1-2 Dance 2-3 Yoga*</p> | |
| | <p>5 10-11 Chi Gong (Brooklyn) 10:30-11:30 Opera Appreciation 12-1 Art History 1:30-3:30 Executive Committee Meeting</p> | <p>6 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</p> | <p>7 9:30-10:30 Yoga* (Hicksville) 10-12 Choral Group 10-12 Knitting & Crocheting (Beg) 10-12 Bingo (White Plains) 11-12 Dance (Hicksville) 12-1 Yoga* (Bronx) 12:30-4:30 Knitting & Crocheting (Inter/Adv) 1-4 Knitting & Crocheting (Brooklyn) 1:30-2:30 Chi Gong (Bronx)</p> | <p>8 10-11 Tai Chi 11-12 Yoga* 12 Lunch Club 12-2 Quilting (Brooklyn) 1-3 General Membership Meeting Arts & Crafts Sewing</p> | <p>9 10-11 Yoga* (Brooklyn) 10-12 Quilting 1-2 Dance 2-3 Yoga*</p> |
| | <p>12 10-11 Chi Gong (Brooklyn) 10:30-11:30 Opera Appreciation 12-1 Art History</p> | <p>13 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</p> | <p>14 9:30-10:30 Yoga* (Hicksville) 10-12 Knitting & Crocheting (Beg) 11-12 Dance (Hicksville) 12-1 Yoga* (Bronx) 12:30-4:30 Knitting & Crocheting (Inter/Adv) 1-4 Knitting & Crocheting (Brooklyn) 1:30-2:30 Chi Gong (Bronx)</p> | <p>15 10-11 Tai Chi 11-12 Yoga* 12 Lunch Club 12-2 Quilting (Brooklyn) 1-3 Birthday Party Arts & Crafts Sewing</p> | <p>16 10-11 Yoga* (Brooklyn) 10-12 Quilting 10-12 Vision/Hearing Screening 1-2 Dance 2-3 Yoga*</p> |
| | <p>19 10-11 Chi Gong (Brooklyn) 10:30-11:30 Opera Appreciation 12-1 Art History</p> | <p>20 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</p> | <p>21 9:30-10:30 Yoga* (Hicksville) 10-12 Knitting & Crocheting (Beg) 10-12 Choral Group 12-1 Yoga* (Bronx) 12:30-3 Knitting & Crocheting (Inter/Adv) 12:30-3 Knitting & Crocheting (Brooklyn) 1:30-2:30 Chi Gong (Bronx)</p> | <p>22 Office Closed</p> | <p>23 Office Closed</p> |
| | <p>26 10-11 Chi Gong (Brooklyn) 10:30-11:30 Opera Appreciation 12-1 Art History</p> | <p>27 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</p> | <p>28 9:30-10:30 Yoga* (Hicksville) 10-12 Knitting & Crocheting (Beg) 10-12 Choral Group 11-12 Dance (Hicksville) 12-1 Yoga* (Bronx) 12:30-4:30 Knitting & Crocheting (Inter/Adv) 1-4 Knitting & Crocheting (Brooklyn) 1:30-2:30 Chi Gong (Bronx)</p> | <p>29 10-11 Tai Chi 11-12 Yoga* 12 Lunch Club 12-2 Quilting (Brooklyn) Arts & Crafts Sewing</p> | <p>30 10-11 Yoga* (Brooklyn) 10-12 Quilting 1-2 Dance 2-3 Yoga*</p> |

* Sponsored by HealthCare Partners, IPA

Yoga Classes

Brooklyn 25 Elm Place (at Fulton Street), Rooms 4 & 5
 Fridays, 10:00 am – 11:00 am

Bronx 1199SEIU Healthcare & Education Center
 2501 Grand Concourse, Room 301
 Wednesdays, noon – 1:00 pm

Hicksville 100 Duffy Avenue, 3rd Floor
 Wednesdays, 9:30 am – 10:30 am

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

New Hyde Park NS-LIJ Cohen Children's Medical Center
 Teaching Center – Conference Room
 269-01 76th Ave.
 Tuesday, Nov. 20, 1:00 pm – 2:00 pm (One class only)

Queens Devore Dance Center
 205-05 Hollis Ave., Main Floor
 Tuesdays, 10:00 am – 11:00 am

Chi Gong Classes

Chi Gong is a Chinese healing art that is designed to bring healthy energy into the body. Participants perform a series of simple movements that are believed to aid the immune and circulatory systems and help calm the nervous system. Classes meet 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.

Join the Drama Class

The Drama Class reads plays and screenplays aloud and discusses how their themes relate to daily life. Films of some of the works, including Lorraine Hansberry's *A Raisin in the Sun*, will also be shown. No experience or memorization is required, so please join us on Tuesdays from 10:30 am to noon.

Sewing and Quilting Classes in Brooklyn

Sewing: Tuesdays, noon to 2:00 pm

Quilting: Thursdays, noon to 2:00 pm

Both are held in Rooms 4 & 5. Please check the calendar.

Meeting Topics*

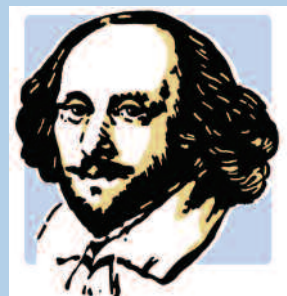
November Food Safety

December No Meetings

Shakespeare Class

Join us as we read *The Tempest*, the Bard's last play, and ponder whether it is a comedy or a tale of madness. Tuesdays, 12:30 pm to 1:30 pm.

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



NORTH BRONX - BERNARD MINTER CHAPTER
 Tuesday, Nov. 13 • 1:00 pm – 3:00 pm
 Holy Rosary Church
 1510 Adee Avenue (enter at parking lot)

BRONX - JOSEPH JAMES CHAPTER
 Friday, Nov. 9 • 10:00 am – noon
 1199SEIU Healthcare & Education Center
 2501 Grand Concourse, Room 301

EAST HARLEM - LEON DAVIS CHAPTER
 Friday, Nov. 30 • 10:30 am – noon
 Jefferson Senior Center
 2205 First Avenue

NEW HYDE PARK - ELEANOR TILSON CHAPTER
 Tuesday, Nov. 20 • 2:05 pm – 3:30 pm
 NS-LIJ Cohen Children's Medical Center
 Teaching Center – Conference Room
 269-01 76th Avenue

QUEENS - ST. ALBANS CHAPTER
 Tuesday, Nov. 27 • 11:30 am – 1:00 pm
 Guy Brewer Democratic Club
 197-01 Linden Blvd.

BROOKLYN - MATTIE SMALL CHAPTER
 Friday, Nov. 16 • 11:30 am – 1:30 pm
 1199SEIU Brooklyn Office
 25 Elm Place (off Fulton Street)

BROOKLYN - MARSHALL DUBIN CHAPTER
 Wednesday, Nov. 28 • 11:00 am – 1:00 pm
 Brooklyn College
 Student Center, 2nd Floor
 East 27th Street & Campus Road

HICKSVILLE - MILTON KONOWE CHAPTER
 Wednesday, Nov. 21 • 11:00 am – 1:00 pm
 1199SEIU Hicksville Office
 100 Duffy Avenue

STATEN ISLAND CHAPTER
 Monday, Nov. 12 • 11:00 am – 1:00 pm
 1199SEIU Training and Employment
 Funds Office
 790 Port Richmond Ave., 1st Floor (off Forest Ave.)

WESTCHESTER - HUDSON VALLEY REGION CHAPTER
 Wednesday, Nov. 7 • 1:00 pm to 3:00 pm
 1199SEIU United Healthcare Workers East
 99 Church Street, White Plains

