New Classes Begin This Month in the Bronx, Brooklyn and Hicksville!

Starting this month, we are offering a new Latin Dance class in the Bronx, chair yoga and Zumba Gold classes in Brooklyn and a new Zumba-T (Zumba toning class) in Hicksville. Please check the calendar.

- **Bronx**—Latin Dance classes on Wednesdays, 3:00 pm to 4:00 pm
- **Brooklyn**—Chair Yoga classes on Fridays, 9:00 am to 10:00 am and Zumba Gold classes on Fridays, 1:00 pm to 2:00 pm
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Knitting & Crocheting Teacher Wanted in Brooklyn

We are looking for a creative, experienced knitting & crocheting teacher who can help guide our retirees in our Brooklyn knitting & crochet class. All interested candidates should call (646) 473-8757. Our Brooklyn knitting & crochet class will be cancelled until further notice.

Florida Chapters

**SECOND ANNUAL JOINT MEETING FOR PORT MYERS, NORTH PORT AND TAMPA CHAPETERS IN SEPTEMBER!**

Join us for a Joint Meeting/Picnic on Monday, September 21, from 10:00 am to 2:00 pm. After the meeting, we’ll enjoy a picnic. Guest speakers will include 1199SEIU Secretary-Treasurer Maria Castaneda and Executive Vice President of 1199SEIU United Healthcare Workers East (Florida region) Monica Russo.

**Directions to Dallas White Park:**

- **Fort Myers members:** Take I-75 N. to Sunter Blvd. in Sarasota County. Take exit 182 from I-75 N. Continue on Sunter Blvd. to drive to Greenway Avenue.
- **North Port members:** Head northeast on West Price Blvd. to S. Sunter Blvd. Take S. Sunter Blvd. south until Greenway Avenue. Turn right onto Greenway Avenue.
- **Tampa members:** Take I-275 S. from W. Kennedy Blvd. Follow I-275 S and I-75 S to N. River Road in Sarasota County. Take exit 191 from I-75 S and follow N. River Road and U.S. 41 S.S. Tamiami Trail to Greenway Avenue.

**Important News about chapter meetings and classes!**

Save the Date! 1199SEIU Annual Anne Shore Holiday Banquet

**Friday, December 4, 2015, noon to 3:00 pm • Hilton New York—Sixth Avenue at 54th Street**

- $10 member, $20 guest (one guest per retiree)
- Coat check required (additional fee)

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**Brooklyn—Leonor Davis Chapter**

- **Tuesday, September 8**—1:00 pm to 3:00 pm
- **Tamarac Community Center—Coconut Palm Room**
- **8601 West Commercial Blvd. • Tamarac, FL 33321**

**Casselberry—Doris Turner Chapter**

- **Thursday, September 17**—11:00 am to 1:00 pm
- **Casselberry Public Library**
- **215 North Oxford Road • Casselberry, FL 32707**

**Miami-Dade—Oriel Davis Chapter**

- **Thursday, September 3**—10:30 am to 12:30 pm
- **18441 NW 2nd Avenue**
- **Lincoln Building—North Wing, Suite 502 (Penthouse)**
- **Miami Gardens, FL 33169**

**Orlando Chapter**

- **Wednesday, September 16**—11:00 am to 1:00 pm
- **UAW Local 1882**
- **2185 West Oak Ridge Road • Orlando, FL 32809**

**Palm Bay/Melbourne Chapter**

- **Tuesday, September 9**—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**

- **NEW DATE**
- **Wednesday, September 30**—11:00 am to 1:00 pm
- **Port St. Lucie Community Center**
- **2195 SE Airmont Blvd. • Port St. Lucie, FL 34984**

**South Palm Beach Chapter**

- **Thursday, September 10**—10:00 am to noon
- **Temple Anshei Shalom**
- **7099 West Atlantic Avenue • Delray Beach, FL 33446**

**West Palm Beach Chapter**

- **Wednesday, September 2**—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**
- **6775 Via Tuscany Drive • Boynton Beach, FL 33472**

**1199SEIU United Healthcare Workers East**

**99 Church Street, White Plains**

**North & South Carolina Chapter**

**Friday, September 11**—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.

B LOOKING FOR A YOGA CLASS NEAR YOU?

Yoga classes are open to all retirees and are free of charge.
All classes are held at our Manhattan Headquarters unless otherwise indicated.

Mondays

10:00-11:00 Intermediate Mat Yoga* (Brooklyn)
12:00-1:00 Art History
1:00-2:00 Yoga* (New Hyde Park)
3:30-4:30 Zumba Gold (Queens)

Tuesdays

10:00-11:00 Intermediate Mat Yoga* (Brooklyn)
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**Offices Closed:**

Monday, September 7

Friday, October 9

Monday, October 26

**Offices Closed:**

Tuesday, September 29

Friday, December 18

Monday, December 28

**Offices Closed:**

Wednesday, September 30

Friday, November 6

Monday, December 21

Tuesday, December 22

Friday, December 25

**Offices Closed:**

Thursday, October 8

Monday, December 28

**Offices Closed:**

Please check the calendar for additional dates.

Yoga at the New York Academy of Medicine

Yoga at the New York Academy of Medicine 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 may call (646) 473-6316 for more information.

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. There are just a few of the initiatives you can read about through their network of websites at: www.AgeFriendlyNYC.org:

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Shakespeare Class

Classes resume September 8

New play coming this month—Richard II.

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

** Scheduled by HealthCare Partners, IPA**

**Sponsored by HealthCare Partners, IPA**
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**Dallas White Park Pavilion**  
5900 Greenwood Avenue, North Port, Florida 34287 • (941) 240-8125

**Directions to Dallas White Park:**
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8775 Via Tuscany Drive • Boynton Beach, FL 33472

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**New York City Chapters**

**Bronx—Joseph James Chapter**  
Friday, September 11 • 11:00 am to 1:00 pm

**Brooklyn—Marshall Dublin Chapter**  
**ROOM CHANGE**  
**Wednesday, September 30 • 11:00 am to 1:00 pm**

Brooklyn College, Student Center – 2nd Floor  
East 27th Street & Campus Road

**Brooklyn—Mattie Small Chapter**  
**Friday, September 18 • 11:30 am to 1:30 pm**

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

**East Harlem—Leon Davis Chapter**  
**Friday, September 25 • 10:30 am to noon**

**Jefferson Senior Center**  
2205 First Avenue

**Hicksville—Milton Konowe Chapter**  
**Wednesday, September 16 • 11:00 am to 1:00 pm**

**1199SEIU Hicksville Office**  
100 Duffy Avenue

**New Hyde Park—Eleanor Tilson Chapter**  
**Tuesday, September 12 • 2:00 pm to 3:30 pm**

**NS-LIJ Cohen Children’s Medical Center**  
Teaching Center – Conference Room  
269-01 76th Avenue

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

**Tuesday, September 8 • noon to 2:00 pm**

**Holy Rosary Church**  
1510 Adee Avenue (enter at parking lot)

**Queens—Edward Garrins Chapter**  
**NEW LOCATION**  
**Tuesday, September 22 • 11:30 am to 1:00 pm**

**Majority Baptist Church**  
115-21 Farmers Blvd., St. Albans

**Staten Island Chapter**  
**Monday, September 14 • 11:00 am to 1:00 pm**

**1199SEIU Training and Employment Funds Office**  
790 Port Richmond Avenue (off Forest Avenue)

**Suffolk County Chapter**  
**Thursday, September 10 • 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, September 9.

**Yoga: 11:30 am • Chapter Meeting: 12:30 pm**

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

**North & South Carolina Chapter**  
**Friday, September 11 • 9:30 am to noon**

**Bimie Hope Center**  
210 South Purdy Street • Sumter, SC 29150

For information, call Nonnie B. Perry at (803) 481-0475.
Zumba Gold Workouts in Queens, Manhattan and Brooklyn!

Try our 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.

NEW—Join our Zumba Gold classes on Fridays in Brooklyn (25 Elm Place) three times per month. 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 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.

Join Us for Yoga & Meditation in Suffolk County

Calling all Suffolk retirees! Join our 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 • 1018 Northville Turnpike • Riverhead, NY 11901

Yoga Classes

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Yoga Classes

September 2015

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Queens

Intermediate mat yoga class: Tuesdays, 10:00 am to 11:00 am

Begins’ class yoga class: Tuesdays, 11:15 am to 12:15 pm

Chair Yoga at Fund Headquarters: Thursdays, 10:00 am to 11:00 am

Staten Island

Mat yoga class: Wednesdays, 10:00 am to 11:00 am

Chair yoga class: Fridays, 10:00 am to 11:00 am

New Hyde Park*

Begins yoga/meditation class: Mondays, 10:30 am to 11:30 am

Begins’ class yoga class: Mondays, 11:15 am to 11:30 am

Suffolk County*

Begins’ yoga/meditation class: Mondays, 10:30 am to 11:30 am

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Act Now! Come to the Drama Class

The Drama class plays read and screensplays aloud (no experience or memorization required) and discusses how their themes relate to daily life.

The class is currently examining how films and theater portray mental health issues. Coming in September, the class will be reading a novel about a New York State senator’s struggle with depression.

Mount Sinai

September 2015

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Shakespeare Classes

Classes resume September 8

New play coming this month—Richard II.