

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

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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

Hicksville—Zumba-T classes on Wednesdays, 12:15 pm to 1:15 pm

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 & crocheting class. All interested candidates should call (646) 473-8757. **Our Brooklyn knitting & crocheting class will be cancelled until further notice.**

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)

Tickets on sale (money orders only) at local chapter meetings and the 1199SEIU Retired Members Department, 330 West 42nd Street, 9th Floor

Questions: Call (646) 473-8666

Outside NYC: (800) 892-2557

Important News

*about chapter meetings
and classes!*

1199SEIU
Retired Members
Bulletin

September 2015

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

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

NEW! Chair yoga class: Fridays, 9:00 am to 10:00 am

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, September 15, 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

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

Chair yoga class: 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 from 11:00 am to 1:00 pm—
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

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 NEW LOCATION
1018 Northville Turnpike • Riverhead, NY 11901

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 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.

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—Our Next LPN Meeting Is September 18

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!

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 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.



Florida Chapters

SECOND ANNUAL JOINT MEETING FOR FORT MYERS, NORTH PORT AND TAMPA CHAPTERS 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.

Dallas White Park Pavilion

5900 Greenwood Avenue, North Port, Florida 34287 • (941) 240-8125

Directions to Dallas White Park:

Fort Myers members: Take I-75 N. to Sumter Blvd. in Sarasota County. Take exit 182 from I-75 N. Continue on Sumter Blvd. Drive to Greenwood Avenue.

North Port members: Head northeast on West Price Blvd. to S. Sumter Blvd. Take S. Sumter Blvd. south until Greenwood Avenue. Turn right onto Greenwood Avenue.

Tampa members: Take the 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. Follow N. River Road and U.S. 41 S./S. Tamiami Trail to Greenwood Avenue.

Broward – Leon Davis Chapter

Tuesday, September 8 – 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, September 17 – 11:00 am to 1:00 pm

Casselberry Public Library
215 North Oxford Road • Casselberry, FL 32707

Miami-Dade – Ossie 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 #788
1825 West Oak Ridge Road • Orlando, FL 32809

Palm Bay/Melbourne Chapter

Tuesday, September 29 – 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 Airoso 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
8775 Via Tuscany Drive • Boynton Beach, FL 33472

New York City Chapters

Bronx – Joseph James Chapter

Friday, September 11 • 11:00 am to 1:00 pm

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

Brooklyn – Marshall Dubin 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 15 • 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, September 8 • noon to 2:00 pm

Holy Rosary Church
1510 Adeo 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 Carolinas 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.

Classes are open to all retirees and are free of charge.

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

NYC SEPTEMBER CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 9:30-12:15 Photography 10-11 Intermediate Mat Yoga* (Queens) 10:30-12:15 Drama 11-1 Beginners' Knitting & Crocheting (Queens) 11:15-12:15 Beginners' Chair Yoga* (Queens) 12-3 Art 1:30-2:30 Zumba Gold (Queens) 1:30-3 Discussion Group	2 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) 12:15-1:15 Zumba-T (Hicksville) 12:30-4:30 Knitting & Crocheting (Int/Adv) 1:30-2:30 Chi Gong (Bronx) 2:30-3:30 Bingo (White Plains) 3-4 Latin Dance (Bronx)	3 10-11 Tai Chi 11-12 Yoga* 11-1 Beginners' Yoga*/Meditation (Suffolk County) 12-1 Lunch Club 3-5 Arts & Crafts 3-5 Sewing	4 9-10 Chair Yoga* (Brooklyn) 10-11 Chair Yoga* (Brooklyn) 10-11 Chair Yoga* (Staten Island) 10-12 Quilting 11:30-12:30 Lunch Club 1-2 Zumba Gold (Brooklyn) 1-2 Dance 1-2 Zumba Gold (Brooklyn) 2-3 Yoga*
7 OFFICE CLOSED	8 9:30-12:15 Photography 10-11 Intermediate Mat Yoga* (Queens) 10:30-12:15 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	9 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) 12:15-1:15 Zumba-T (Hicksville) 12:30-4:30 Knitting & Crocheting (Int/Adv) 1-2 Bingo (White Plains) 1:30-2:30 Chi Gong (Bronx) 3-4 Latin Dance (Bronx)	10 10-11 Tai Chi 11-12 Yoga* 12-1 Lunch Club 3-5 Arts & Crafts 3-5 Sewing	11 9-10 Chair Yoga* (Brooklyn) 10-11 Chair Yoga* (Brooklyn) 10-11 Chair Yoga* (Staten Island) 10-12 Quilting 11:30-12:30 Zumba Gold (Brooklyn) 1-2 Dance 1-2 Zumba Gold (Brooklyn) 2-3 Yoga* 3:30-4:30 Zumba Gold
14 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	15 9:30-12:15 Photography 10-11 Intermediate Mat Yoga* (Queens) 10:30-12:15 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	16 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) 1:30-2:30 Chi Gong (Bronx) 3-4 Latin Dance (Bronx)	17 10-11 Tai Chi 11-12 Yoga* 11-1 Beginners' Yoga*/Meditation (Suffolk County) 12-1 Lunch Club 1-2 Birthday Party 2-3 General Membership Meeting 3-5 Arts & Crafts 3-5 Sewing	18 10-11 Chair Yoga* (Brooklyn) 10-11 Chair Yoga* (Staten Island) 10-12 LPN Meeting 10-12 Quilting 1-2 Dance 2-3 Yoga* 3:30-4:30 Zumba Gold
21 10-11 Chi Gong (Brooklyn) 10:30-11:30 Opera Appreciation 12-1 Art History 1-3 Arts & Crafts (Staten Island)	22 9:30-12:15 Photography 10-11 Intermediate Mat Yoga* (Queens) 10:30-12:15 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	23 OFFICE CLOSED	24 10-11 Tai Chi 11-12 Yoga* 11-1 Beginners' Yoga*/Meditation (Suffolk County) 12-1 Lunch Club 1-2 Health Topic Meeting (Shingles) 3-5 Arts & Crafts 3-5 Sewing	25 9-10 Chair Yoga* (Brooklyn) 10-11 Chair Yoga* (Brooklyn) 10-11 Chair Yoga* (Staten Island) 10-12 Quilting 11:30-12:30 Lunch Club 1-2 Zumba Gold (Brooklyn) 1-2 Dance 1-2 Zumba Gold (Brooklyn) 2-3 Yoga* 3:30-4:30 Zumba Gold
28 10-11 Chi Gong (Brooklyn) 10:30-11:30 Opera Appreciation 12-1 Art History 1-3 Arts & Crafts (Staten Island)	29 9:30-12:15 Photography 10:30-12:15 Drama 12-3 Art 12:30-1:30 Shakespeare 1:30-3 Discussion Group	30 10-12 Choral Group 10-12 Knitting & Crocheting (Beg) 12:15-1:15 Zumba-T (Hicksville) 12:30-4:30 Knitting & Crocheting (Int/Adv) 1-2 Bingo (White Plains) 3-4 Latin Dance (Bronx)	Meeting Topics* September October Shingles Hepatitis C <small>*Sponsored by HealthCare Partners, IPA</small>	

* Sponsored by HealthCare Partners, IPA

Shakespeare Class

Classes resume September 8

New play coming this month—*Richard II*.



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 examining how films and theater portray mental health issues. Coming in September, the class will be viewing *August: Osage County* starring Meryl Streep. Tuesdays from 10:30 am to noon.

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