New Classes in the Bronx, Brooklyn and Hicksville!

Come join our 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 for updated class times.

Knitting & Crocheting Teacher Wanted in Brooklyn

We are looking for a creative, experienced knitting and 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 is canceled until further notice.

Important News about chapter meetings and classes!

SOLD OUT!
1199SEIU Annual Anne Shore Holiday Banquet
Friday, December 4, 2015, noon to 3:00 pm
Hilton New York—Sixth Avenue at 54th Street
Coat check required ($4.75 fee)
Tickets are not available for purchase at the door. This event is for adults only—no children, please.

Save the Date!
1199SEIU Florida Retiree Banquet
The annual Florida Retiree Banquet will be held on Thursday, March 10, 2016, at the Orlando World Center Marriott in Orlando, Florida. Tickets will be sold at local chapter meetings in January. Don’t miss it!
Florida Chapters

Broward – Leon Davis Chapter
Tuesday, December 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
NO MEETINGS UNTIL JANUARY
Casselberry Public Library
215 North Oxford Road • Casselberry, FL 32707

Fort Myers Chapter
NO MEETINGS UNTIL JANUARY
The Riverside Community Center
3061 East Riverside Drive • Fort Myers, FL 33916

Miami-Dade – Ossie Davis Chapter
Thursday, December 3 – 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 34291

Orlando Chapter
Wednesday, December 16 – 11:00 am to 1:00 pm
UAW Local #788
1825 West Oak Ridge Road • Orlando, FL 32809

Palm Bay/Melbourne Chapter
Tuesday, December 15 – 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
Monday, December 14 – 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, December 10 – 10:00 am to noon
Temple Anshei Shalom
7099 West Atlantic Avenue • Delray Beach, FL 33446

Tampa Chapter
NO MEETINGS UNTIL JANUARY
1199SEIU UHWE Office
500 North West Shore Blvd. • Tampa, FL 33609

West Palm Beach Chapter
Wednesday, December 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

THERE ARE NO NEW YORK CITY CHAPTER MEETINGS IN DECEMBER; THEY WILL RESUME IN JANUARY.

North & South Carolinas Chapter

Christmas Celebration
(Please bring a gift for a child ages 5 to 15)
Friday, December 11 • 9:30 am to noon
Binnie Hope Center • 210 South Purdy Street • Sumter, SC 29150
For information, call Nonnie B. Perry at (803) 481-0475.
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 communities 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 December 18

The LPN meeting on December 18 is from 10:00 am to 12:00 pm at our Manhattan Headquarters, 330 West 42nd Street, 9th Floor.

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.

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 • Bronx, NY 10468

Brooklyn

NEW! Advanced Chair Yoga class: Fridays, 10:00 am to 11:00 am
NEW! Beginners’ Chair Yoga class: Fridays, 12:15 pm to 1:15 pm
25 Elm Place (off Fulton Street), Rooms 4 & 5 • Brooklyn, NY 11201

Hicksville

Wednesdays, 10:00 am to 11:00 am
100 Duffy Avenue, 3rd Floor • Hicksville, NY 11801

Manhattan Headquarters

Thursdays, 11:00 am to noon
Fridays, 2:00 pm to 3:00 pm
330 West 42nd Street, 9th Floor • New York, NY 10036

New Hyde Park*

*NO CLASS IN DECEMBER

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
Jamaica, NY 11412

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) • Staten Island, NY 10302

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
Riverhead, NY 11901

White Plains

Wednesdays, 11:30 am to 12:30 pm
1199SEIU Benefit and Pension Funds
White Plains Office • 99 Church Street • White Plains, NY 10601

Join Us for Yoga & Meditation in Suffolk County

Calling all Suffolk retirees! Join our Beginners’ 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

QUESTIONS: CALL (646) 473-8666 • OUTSIDE NYC (800) 892-2557
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All classes are held at our Manhattan Headquarters unless otherwise indicated.

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

**Meeting Topics**

December No Chapter Meetings

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**Shakespeare Class**

The class is currently reading *Richard II*.

Tuesdays, 12:30 pm to 1:30 pm
1199SEIU RMD
330 West 42nd Street, 9th Floor

**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. Tuesdays from 10:30 am to noon.