**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 ($4.50 fee)

Tickets are **not** available for purchase at the door. This event is for adults only—no children, please.

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**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 will be cancelled until further notice.**

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

**Broward – Leon Davis Chapter**  
Tuesday, November 10 – 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, November 19 – 11:00 am to 1:00 pm  
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, November 5 – 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, November 18 – 11:00 am to 1:00 pm  
UAW Local #788  
1825 West Oak Ridge Road • Orlando, FL 32809

**Palm Bay/Melbourne Chapter**  
Tuesday, November 17 – 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, November 16 – 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, November 12 – 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, November 4 – 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, November 13 • 11:00 am to 1:00 pm  
1199SEIU Healthcare & Education Center  
2501 Grand Concourse, Room 301

**Brooklyn – Marshall Dubin Chapter**  
**ROOM CHANGE**  
Wednesday, November 18 • 11:00 am to 1:00 pm  
Brooklyn College – Student Center, 2nd Floor  
East 27th Street & Campus Road

**Brooklyn – Mattie Small Chapter**  
Friday, November 20 • 11:30 am to 1:30 pm  
1199SEIU Brooklyn Office  
25 Elm Place (off Fulton Street)

**East Harlem – Leon Davis Chapter**  
Friday, November 20 • 10:30 am to noon  
Jefferson Senior Center  
2205 First Avenue

**Hicksville – Milton Konowe Chapter**  
Wednesday, November 18 • 11:00 am to 1:00 pm  
1199SEIU Hicksville Office  
100 Duffy Avenue

**New Hyde Park – Eleanor Tilton Chapter**  
Tuesday, November 17 • 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, November 10 • noon to 2:00 pm  
Holy Rosary Church  
1510 Adee Avenue (enter at parking lot)

**Queens – Edward Garrins Chapter**  
**NEW LOCATION**  
**Tuesday, November 24 • 11:30 am to 1:00 pm**  
Majority Baptist Church  
115-21 Farmers Blvd., St. Albans

**Statens Island Chapter**  
Monday, November 9 • 11:00 am to 1:00 pm  
1199SEIU Training and Employment Funds Office  
790 Port Richmond Avenue (off Forest Avenue)

**Suffolk County Chapter**  
Thursday, November 12 • 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, November 4.  
Yoga: 11:30 am • Chapter Meeting: 12:30 pm  
1199SEIU United Healthcare Workers East  
99 Church Street, White Plains

**North & South Carolinas Chapter**

**Thanksgiving Celebration**  
Friday, November 20 • 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.

**Bronx**
*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**

**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**

**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**

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

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**
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](http://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](http://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](http://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](http://www.NYC-ARTS.org/seniors).

**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

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

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**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.

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**NYC NOVEMBER CALENDAR**

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<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tr>
<td></td>
<td><strong>Photography</strong></td>
<td><em><em>Mat Yoga</em> (SI)</em>*</td>
<td><strong>Tai Chi</strong></td>
<td><em><em>Advanced Chair Yoga</em> (BKLYN)</em>*</td>
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<td>2</td>
<td>10-11 Chi Gong (BKLYN)</td>
<td>10-11 Yoga* (Hicksville)</td>
<td>10-11 Yoga*</td>
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<td>3</td>
<td>9:30-12 Drama</td>
<td>10-12 Choral Group</td>
<td>10-12 Beginners’ Yoga*Mediation(Suffolk County)</td>
<td>10-12 Quilting</td>
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<td>9</td>
<td>10-11 Intermediate Mat Yoga* (QNS)</td>
<td>10-12 Knitting &amp; Crocheting(Beg)</td>
<td>11-12 Lunch Club</td>
<td>11:15-12:15 Zumba Gold (BKLYN)</td>
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<td>10</td>
<td>10-11 Beginners’ Knitting &amp; Crocheting (QNS)</td>
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<td>11-12 Beginners’ Chair Yoga* (QNS)</td>
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**Meeting Topics***

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<th>November</th>
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<th>Winter Safety</th>
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<tr>
<td>OFFICE CLOSED</td>
<td>OFFICE CLOSED</td>
<td>Sponsored by HealthCare Partners, IPA</td>
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**All classes are held at our Manhattan Headquarters unless otherwise indicated.**