

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

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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.** Don't miss it!

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.*

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.**

Questions: Call (646) 473-8666

Outside NYC: (800) 892-2557

Important News

*about chapter meetings
and classes!*

1199SEIU

Retired Members
Bulletin

November 2015

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



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 Airosa 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 Tilson 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 Adea 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

Staten 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

Wednesdays, noon to 1:00 pm

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

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

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, November 17, 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

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.

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.

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>10-11 Chi Gong (BKLYN) 10:30-11:30 Opera Appreciation 12-1 Art History 1-3 Arts & Crafts (SI) 1:30-3:30 Executive Committee Meeting</p>	<p>3</p> <p>9:30-12 Photography 10-11 Intermediate Mat Yoga* (QNS) 10:30-12 Drama 11-1 Beginners' Knitting & Crocheting (QNS) 11:15-12:15 Beginners' Chair Yoga* (QNS) 12:30-1:30 Shakespeare 12:30-3 Art 1:30-2:30 Zumba Gold (QNS) 1:30-3 Discussion Group</p>	<p>4</p> <p>10-11 Mat Yoga* (SI) 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* (BX) 12:15-1:15 Zumba-T (Hicksville) 12:30-4:30 Knitting & Crocheting (Int/Adv) 1:30-2:30 Chi Gong (BX) 2:30-3:30 Bingo (White Plains) 3-4 Latin Dance (BX)</p>	<p>5</p> <p>10-11 Tai Chi 11-12 Yoga* 11-1 Beginners' Yoga*/Meditation (Suffolk County) Lunch Club 12-1 General Membership Meeting 3-5 Arts & Crafts 3-5 Sewing</p>	<p>6</p> <p>10-11 Advanced Chair Yoga* (BKLYN) 10-11 Chair Yoga* (SI) 10-12 Quilting 11:15-12:15 Zumba Gold (BKLYN) 12:15-1:15 Beginners' Chair Yoga* (BKLYN) 1-2 Dance 1:30-2:30 Zumba Gold (BKLYN) 2-3 Yoga* 3:30-4:30 Zumba Gold</p>
<p>9</p> <p>10-11 Chi Gong (BKLYN) 10:30-11:30 Opera Appreciation 12-1 Art History 1-3 Arts & Crafts (SI)</p>	<p>10</p> <p>9:30-12 Photography 10-11 Intermediate Mat Yoga* (QNS) 10:30-12 Drama 11-1 Beginners' Knitting & Crocheting (QNS) 11:15-12:15 Beginners' Chair Yoga* (QNS) 12:30-1:30 Shakespeare 12:30-3 Art 1:30-2:30 Zumba Gold (QNS) 1:30-3 Discussion Group</p>	<p>11</p> <p>10-11 Mat Yoga* (SI) 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* (BX) 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 (BX) 3-4 Latin Dance (BX)</p>	<p>12</p> <p>10-11 Tai Chi 11-12 Yoga* 12-1 Lunch Club 1-2 Health Topic Meeting (Diabetes) Arts & Crafts 3-5 Sewing</p>	<p>13</p> <p>10-11 Advanced Chair Yoga* (BKLYN) 10-11 Chair Yoga* (SI) 10-12 Quilting 11:15-12:15 Zumba Gold (BKLYN) 12:15-1:15 Beginners' Chair Yoga* (BKLYN) 1-2 Dance 1:30-2:30 Zumba Gold (BKLYN) 2-3 Yoga* 3:30-4:30 Zumba Gold</p>
<p>16</p> <p>10-11 Chi Gong (BKLYN) 10:30-11:30 Opera Appreciation 12-1 Art History 1-3 Arts & Crafts (SI)</p>	<p>17</p> <p>9:30-12 Photography 10-11 Intermediate Mat Yoga* (QNS) 10:30-12 Drama 11-1 Beginners' Knitting & Crocheting (QNS) 11:15-12:15 Beginners' Chair Yoga* (QNS) 12:30-1:30 Shakespeare 12:30-3 Art 1-2 Yoga* (New Hyde Park) 1:30-2:30 Zumba Gold (QNS) 1:30-3 Discussion Group</p>	<p>18</p> <p>10-11 Mat Yoga* (SI) 10-11 Yoga* (Hicksville) 10-12 Knitting & Crocheting (Beg) 11:30-12:30 Yoga* (White Plains) 12-1 Yoga* (BX) 12:30-4:30 Knitting & Crocheting (Int/Adv) 1-2 Bingo (White Plains) 1:30-2:30 Chi Gong (BX) 3-4 Latin Dance (BX)</p>	<p>19</p> <p>10-11 Tai Chi 11-12 Yoga* 11-1 Beginners' Yoga*/Meditation (Suffolk County) Lunch Club 12-1 Birthday Party 3-5 Arts & Crafts 3-5 Sewing</p>	<p>20</p> <p>10-11 Advanced Chair Yoga* (BKLYN) 10-11 Chair Yoga* (SI) 10-12 Quilting 1-2 Dance 1:30-2:30 Zumba Gold (BKLYN) 2-3 Yoga* 3:30-4:30 Zumba Gold</p>
<p>23</p> <p>10-11 Chi Gong (BKLYN) 10:30-11:30 Opera Appreciation 12-1 Art History 1-3 Arts & Crafts (SI)</p>	<p>24</p> <p>9:30-12 Photography 10-11 Intermediate Mat Yoga* (QNS) 10:30-12 Drama 11-1 Beginners' Knitting & Crocheting (QNS) 11:15-12:15 Beginners' Chair Yoga* (QNS) 12:30-1:30 Shakespeare 12:30-3 Art 1:30-2:30 Zumba Gold (QNS) 1:30-3 Discussion Group</p>	<p>25</p> <p>10-11 Mat Yoga* (SI) 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* (BX) 12:15-1:15 Zumba-T (Hicksville) 1-2 Bingo (White Plains) 1:30-2:30 Chi Gong (BX)</p>	<p>26</p> <p>OFFICE CLOSED</p>	<p>27</p> <p>OFFICE CLOSED</p>
<p>30</p> <p>10:30-11:30 Opera Appreciation 12-1 Art History 1-3 Arts & Crafts (SI)</p>			<p>Meeting Topics*</p> <p>November Diabetes</p> <p>December Winter Safety</p> <p><i>*Sponsored by HealthCare Partners, IPA</i></p>	

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

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.

* Sponsored by HealthCare Partners, IPA