Rego Park (Queens) Benefit Fund Office Has Moved

As of December 21, 2015, the Benefit Fund’s Rego Park office is located at 97-30 64th Road, Rego Park, NY 11374. The phone number—(646) 473-8565—remains the same.

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.

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!

Questions: Call (646) 473-8666
Outside NYC: (800) 892-2557

Important News

February 2016

ABOUT CHAPTER MEETINGS AND CLASSES!

1199SEIU
Retired Members
Bulletin

(646) 473-8666 • www.1199SEIUBenefits.org
Dear Sisters and Brothers,

Last year, the “Fight for $15” movement exploded way beyond fast-food workers. Healthcare workers provide a more essential service than fast-food workers, and certainly a healthier one. Yet millions of healthcare workers—including tens of thousands of our members, especially home care workers—earn poverty-level wages. This is a disgrace that we are determined to end.

1199 sisters and brothers have already set the standard, beginning in 2014, when members at Johns Hopkins Medical Center in Baltimore won a $15-an-hour minimum wage for veteran workers. And last year, in a landmark agreement, our 36,000 Massachusetts personal care attendants secured a $15-an-hour minimum wage, the first home care workers in the country to do so. New York State Governor Andrew Cuomo has now given state workers the $15 minimum wage, and has pledged to fight for it for all New York workers in the upcoming legislative session. So this is the new 1199SEIU standard, and nothing less will do.

We have our work cut out for us with the November elections coming up—not just for president but for every member of the House of Representatives, one third of the Senate and the members of most state legislatures. Best get ready to bring the Fight for $15 into the electoral arena.

And not just the Fight for $15. It is an article of faith among the Republican candidates that the Affordable Care Act (Obamacare) should be abolished, which would take away healthcare from 17 million newly insured people in the U.S. Add to this their attacks on Medicare, Medicaid and Social Security, and you can picture what kind of country they want us to live in.

The Republican campaign has been dominated by extremism, racism and total disregard for working people. None of the Republican candidates wants to raise the federal minimum wage above its current scandalously low $7.25 an hour; some want to abolish minimum wages altogether.

Their stances on immigrant workers range from deportation of 11 million folks to building walls along the Mexican and Canadian borders to using armed drones to patrol the borders to barring believers of an entire faith from our country. Each candidate is more vulgar than the next as they disparage women, people of color, people of faiths other than their own, gays and other minorities. They don’t even make the pretense of the “compassionate conservatism” that George W. Bush talked about.

We 1199 members cannot, under any circumstances, let anti-worker politicians gain control of the White House, in addition to controlling the Congress and the Supreme Court. That consolidation of power by the extreme right wing would be disastrous.

Last November, the SEIU Executive Board voted to endorse Hillary Clinton for president. We 1199ers admire and respect Senator Bernie Sanders and applaud his message of fairness and economic justice. But we must, above all, prevent a candidate for president who wants to abolish Medicare, Medicaid and Social Security. Bernie Sanders, yes; Hillary Clinton, no.

We—all of us, whatever our political affiliation, faith, gender, color, sexual orientation, or national origin—have to remain united and join with our partners in the labor movement and our communities. Solidarity is required if we are to successfully defend our families against those who would eliminate our hard-won gains and union protections, strip essential funding for our healthcare system, deny us a livable wage and benefits, destroy our public schools, militarize our local police, poison our air and our water, and force our immigrant sisters and brothers into the shadows. All that is on the table in this year’s elections. We know that we can count on you to do your part.

In solidarity,

George Gresham

President / Presidente, 1199SEIU United Healthcare Workers East

A Message from / Un Mensaje de

GEORGE GRESHAM

President / Presidente, 1199SEIU United Healthcare Workers East
## Important News

March, June, September and December—we hope you'll get involved!

The Retired Members Department holds quarterly meetings to help address service requests. Join us every third Friday in February, May, August, and November.

### Questions

Call (646) 473-8666

### Addresses

**Orlando World Center Marriott Resort & Convention Center**
8701 World Center Drive • Orlando, FL 32821-6358

### Details

All reservations for the Thursday, March 10, 2016, annual Florida Retiree Banquet at the Orlando World Center Marriott, 8701 World Center Drive, must be purchased by **Wednesday, February 24, 2016**. Any reservation mailed in after that date will be returned to the member. No exceptions!

The cost is $10 per member; $20 per guest. **NO CHECKS; MONEY ORDERS PREFERRED.** Money orders must be made payable to “1199SEIU NBF.” If you are mailing in your reservation form with your money order, you must include a self-addressed stamped envelope in order to receive your ticket(s) and bus information. Mail your money order, along with your reservation form, to:

**Marilyn Silverberg**
8775 Via Tuscany Drive • Boynton Beach, FL 33472

At the monthly chapter meetings, tickets can be purchased with a completed reservation form. Please be sure to complete the section on bus information so that we know how many seats are needed. There is limited space on the bus, so your seat(s) must be reserved. If you are driving to the banquet, a parking fee of $10 per car will be charged.

The Orlando World Center Marriott has limited reservation space available for those who want to stay overnight. The cost is $159 per night. **All reservations must be made on or before Tuesday, February 16, 2016,** and must be made directly with Marriott reservations at (888) 789-3090 or (407) 239-4200. You may also reserve a room by visiting https://resweb.passkey.com/go/1199SEIUNationalBenefit2016. The hotel will not hold any reservations without a first-night room deposit or guarantee with a major credit card. The group reservation block is 1199SEIU National Benefit Fund and Human Service Employees.

For more information, contact: Marilyn Silverberg, Florida Retiree Field Coordinator
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

### Bus Schedule

#### Broward – Leon Davis Chapter
5:15 am – Board bus
Lowe’s parking lot
8050 West Oakland Park Blvd. • Sunrise, FL 33351
(park closest to North University Drive)

#### Casselberry – Doris Turner Chapter
7:45 am – Board bus
St. Augustine Church
375 North Sunset Drive • Casselberry, FL 32707
(park on the Seminola Blvd. side)

#### Fort Myers Chapter
5:15 am – Board bus
Bealls Shopping Plaza
1209 Homestead Road North • Lehigh Acres, FL 33936
(park in lower end)

#### Miami-Dade – Ossie Davis Chapter
4:30 am – Board bus
18441 NW 2nd Avenue
Lincoln Building • Miami Gardens, FL 33169
(park in rear lot of building)

#### North Port Chapter
5:15 am – Board bus
Morgan Family Community Center
6207 West Price Blvd. • North Port, FL 34291
(located across from Northport High School)

#### Orlando Chapter
8:00 am – Board bus
UAW Local #788
1825 West Oak Ridge Road • Orlando, FL 32809
(park in rear lot of building on grassy area)

#### Palm Bay/Melbourne Chapter
6:45 am – Board bus
Palm Bay Community Center – Parks & Recreation
1502 Port Malabar Blvd., NE • Palm Bay, FL 32905
(park along brown wood fence in front grassy area)

#### Port St. Lucie Chapter
6:30 am – Board bus
Walmart Supercenter
10855 South US Highway 1 • Port St. Lucie, FL 34952
(enter at traffic light—south entrance—and park to the left)

#### South Palm Beach Chapter
5:15 am – Board bus
Temple Anshei Shalom
7099 West Atlantic Avenue • Delray Beach, FL 33446
(park in far rear parking area)

#### Tampa Chapter – Tampa (first stop)
7:00 am – Board bus
SunTrust Bank (Union meeting site)
500 North West Shore Blvd. • Tampa, FL 33609
Park on 3rd level only and come down to street level for bus pick-up. (bus will park on main lot – street level)

#### Tampa Chapter – Brandon (second stop)
7:45 am – Board bus
Westfield Brandon Mall
459 Brandon Town Center Drive • Brandon, FL 33511
(park at the southwest side of the mall between Sears and Macy’s)

#### West Palm Beach Chapter
5:15 am – Board bus
St. Christopher’s Episcopal Church
1063 North Haverhill Road • West Palm Beach, FL 33417
(park in rear parking lot away from church on Haverhill Road side)

QUESTIONS: CALL (646) 473-8666 • OUTSIDE NYC (800) 892-2557

February 2016
FEBRUARY CHAPTER MEETINGS

**Florida Chapters**

**Broward – Leon Davis Chapter**  
Tuesday, February 9 – 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, February 18 – 11:00 am to 1:00 pm  
Casselberry Public Library  
215 North Oxford Road • Casselberry, FL 32707

**Fort Myers Chapter**  
Monday, February 22 – 11:00 am to 1:00 pm  
The Riverside Community Center  
3061 East Riverside Drive • Fort Myers, FL 33916

**Miami-Dade – Ossie Davis Chapter**  
Thursday, February 4 – 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**  
Tuesday, February 23 – 11:00 am to 1:00 pm  
Morgan Family Community Center  
6207 West Price Blvd. • North Port, FL 34291

**Orlando Chapter**  
Wednesday, February 17 – 11:00 am to 1:00 pm  
UAW Local #788  
1825 West Oak Ridge Road • Orlando, FL 32809

**Palm Bay/Melbourne Chapter**  
NEW LOCATION  
Tuesday, February 16 – 1:30 pm to 3:30 pm  
Palm Bay Community Center – Room C  
1502 Port Malabar Blvd., NE • Palm Bay, FL 32905

**Port St. Lucie Chapter**  
Wednesday, February 24 – 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, February 11 – 10:00 am to noon  
Temple Anshei Shalom  
7099 West Atlantic Avenue • Delray Beach, FL 33446

**Tampa Chapter**  
Wednesday, February 24 – 11:00 am to 1:00 pm  
1199SEIU UHWE Office  
500 North West Shore Blvd. • Tampa, FL 33609

**West Palm Beach Chapter**  
Wednesday, February 3 – 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

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**New York City Chapters**

**Bronx – Joseph James Chapter**  
Friday, February 12 • 11:00 am to 1:00 pm  
1199SEIU Healthcare & Education Center  
2501 Grand Concourse, Room 301 • Bronx, NY 10468

**Brooklyn – Marshall Dubin Chapter**  
Wednesday, February 24 • 11:00 am to 1:00 pm  
Brooklyn College – Student Center, 2nd Floor  
East 27th Street & Campus Road • Brooklyn, NY 11210

**Brooklyn – Mattie Small Chapter**  
Friday, February 19 • 11:30 am to 1:30 pm  
1199SEIU Brooklyn Office  
25 Elm Place (off Fulton Street) • Brooklyn, NY 11201

**East Harlem – Leon Davis Chapter**  
Friday, February 26 • 10:30 am to noon  
Jefferson Senior Center  
25 Elm Place (off Fulton Street) • Brooklyn, NY 11201

**New Hyde Park – Eleanor Tilson Chapter**  
Tuesday, February 16 • 2:00 pm to 3:00 pm  
Northwell Health (formerly NS-LIJ) Cohen Children’s Medical Center Teaching Center – Conference Room  
269-01 76th Avenue • New Hyde Park, NY 11040

**North Bronx – Bernard Minter Chapter**  
Tuesday, February 9 • noon to 2:00 pm  
Holy Rosary Church  
1510 Adee Avenue (enter at parking lot) • Bronx, NY 10469

**Queens – Edward Garrins Chapter**  
Tuesday, February 23 • 11:30 am to 1:00 pm  
Majority Baptist Church  
115-21 Farmers Blvd. • St. Albans, NY 11412

**Staten Island Chapter**  
Monday, February 8 • 11:00 am to 1:00 pm  
1199SEIU Training and Employment Funds Office  
790 Port Richmond Avenue (off Forest Avenue) • Staten Island, NY 10302

**Suffolk County Chapter**  
NO MEETINGS UNTIL APRIL

**Westchester – Hudson Valley Region Chapter**  
Stay healthy! Come to our yoga class and chapter meeting on Wednesday, February 3.  
Yoga: 11:30 am • Chapter Meeting: 12:30 pm  
1199SEIU United Healthcare Workers East  
99 Church Street • White Plains, NY 10601

**North & South Carolinas Chapter**

**Black History Celebration**  
Friday, February 19 • 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.

QUESTIONS: CALL (646) 473-8666 • OUTSIDE NYC (800) 892-2557.

February 2016
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***
Tuesday, February 16, 11:00 am to 2:00 pm *(one class per month)*
Northwell Health (formerly NS-LIJ) Cohen Children’s Medical Center
Teaching Center—Conference Room • 269-01 76th Avenue
New Hyde Park, NY 11040

**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***
**NO CLASSES UNTIL APRIL**
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 **NO CLASSES UNTIL APRIL**
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. **This class will not meet in February or March.**

First Baptist Church of Riverhead
1018 Northville Turnpike • Riverhead, NY 11901

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.

**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.

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).

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 mental health issues. Tuesdays from 10:30 am to noon.

**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

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

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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</thead>
<tbody>
<tr>
<td>10-11</td>
<td>Chi Gong (BKLYN)</td>
<td>10:11 Tai Chi</td>
<td>10-11 Yoga* (SI)</td>
<td>10-11 Advanced Chair Yoga* (BKLYN)</td>
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<tr>
<td>10:30-11:30 Opera Appreciation</td>
<td>10-11 Yoga* (Hicksville)</td>
<td>11-12 Yoga*</td>
<td>10-11 Chair Yoga* (SI)</td>
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<tr>
<td>12-1</td>
<td>Art History</td>
<td>12-1 Lunch Club</td>
<td>10-11 Chair Yoga* (SI)</td>
<td>10-12 Quilting</td>
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<td>1-3</td>
<td>Arts &amp; Crafts (SI)</td>
<td>1-3 General Membership Meeting</td>
<td>10-12 Quilting</td>
<td>11:15-12:15 Zumba Gold (BKLYN)</td>
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<tr>
<td>1:30-3:30 Executive Committee Meeting</td>
<td>3-5 Arts &amp; Crafts</td>
<td>12-15-15 Beginners’ Chair Yoga* (BKLYN)</td>
<td>12-15-15 Beginners’ Chair Yoga* (BKLYN)</td>
<td>2-3 Yoga*</td>
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<tr>
<td>2</td>
<td>Yoga*</td>
<td>10-11 Yoga* (Hicksville)</td>
<td>1-2 Dance</td>
<td>3:30-4:30 Zumba Gold</td>
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<tr>
<td>9:30-12</td>
<td>Photography</td>
<td>10-11 Yoga* (Hicksville)</td>
<td>10-12 Quilting</td>
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<tr>
<td>10-11</td>
<td>Intermediate Mat Yoga* (QNS)</td>
<td>10-11 Yoga* (Hicksville)</td>
<td>10-12 Quilting</td>
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<tr>
<td>10:30-12</td>
<td>Drama</td>
<td>10-12 Knitting &amp; Crocheting (Beg)</td>
<td>10-12 Quilting</td>
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<tr>
<td>11-1</td>
<td>Beginners’ Knitting &amp; Crocheting (QNS)</td>
<td>10-12 Dance (Hicksville)</td>
<td>11:15-12:15 Beginners’ Chair Yoga* (QNS)</td>
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<td>11:15-12:15</td>
<td>Beginners’ Chair Yoga* (QNS)</td>
<td>11-12 Yoga* (Hicksville)</td>
<td>11:15-12:15 Beginners’ Chair Yoga* (QNS)</td>
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<tr>
<td>12:30-1:30</td>
<td>Shakespeare</td>
<td>11-12 Yoga* (White Plains)</td>
<td>12-15-15 Beginners’ Chair Yoga* (BKLYN)</td>
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<tr>
<td>12:30-3</td>
<td>Art</td>
<td>12-1 Yoga* (BK)</td>
<td>1-2 Dance</td>
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<tr>
<td>1:30-3</td>
<td>Discussion Group</td>
<td>12:30-4:30 Knitting &amp; Crocheting (Int/Adv)</td>
<td>12-15-15 Beginners’ Chair Yoga* (BKLYN)</td>
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<td>3</td>
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<td>3:30-2:30 Chi Gong (BX)</td>
<td>1-2 Dance</td>
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<td>9</td>
<td>Photography</td>
<td>2:30-3:30 Bingo (White Plains)</td>
<td>130-2:30 Zumba Gold (BKLYN)</td>
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<td>2-3 Yoga*</td>
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<td>Art</td>
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<td>1:2</td>
<td>Yoga* (New Hyde Park)</td>
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<td>1:30-2:30</td>
<td>Zumba Gold (QNS)</td>
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<tr>
<td>1:30-3</td>
<td>Discussion Group</td>
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</tbody>
</table>

### OFFICE CLOSED

| 8  | Chi Gong (BKLYN) | 10-11 Tai Chi | 10-11 Yoga* (SI) | 10-11 Advanced Chair Yoga* (BKLYN) |
| 10:30-11:30 | Opera Appreciation | 10-11 Yoga* | 10-11 Yoga* (SI) | 10-11 Yoga* (SI) |
| 12-1  | Art History | 12-1 Lunch Club | 10-11 Chair Yoga* (SI) | 10-12 Quilting |
| 1-3  | Arts & Crafts (SI) | 1-3 General Membership Meeting | 10-12 Quilting | 11:15-12:15 Zumba Gold (BKLYN) |

### FEBRUARY CHAPTER MEETINGS

- **Miami Gardens, FL 33169**
  - **Monday, February 8**
  - **11:00 am to 1:00 pm**
  - **Staten Island Chapter**

- **215 North Oxford Road • Casselberry, FL 32707**
  - **Tuesday, February 9**
  - **1:00 pm to 3:00 pm**
  - **Casselberry – Doris Turner Chapter**

- **790 Port Richmond Avenue (off Forest Avenue) • Staten Island, NY 10302**
  - **Monday, February 8**
  - **11:00 am to 1:00 pm**
  - **Staten Island Chapter**

- **1502 Port Malabar Blvd., NE • Palm Bay, FL 32905**
  - **Wednesday, February 24**
  - **11:00 am to 1:00 pm**
  - **Palm Bay Community Center – Room C**

- **100 Duffy Avenue • Hicksville, NY 11801**
  - **Tuesday, February 16**
  - **2:00 pm to 3:00 pm**
  - **1199SEIU Hicksville Office**

- **1199SEIU UHWE Office**
  - **Tampa Chapter**

- **7099 West Atlantic Avenue • Delray Beach, FL 33446**
  - **Wednesday, February 24**
  - **11:00 am to 1:00 pm**
  - **West Palm Beach Chapter**

- **2195 SE Airoso Blvd. • Port St. Lucie, FL 34984**
  - **Wednesday, February 24**
  - **11:00 am to 1:00 pm**
  - **Tampa Chapter**

- **1199SEIU Benefit and Pension Funds**

- **1199SEIU Training and Employment Funds Office**

### ZUMBA THERAPY Classes

- **Bronx – Joseph James Chapter**
  - **12:15-1:15, 10:00 am to 11:00 am**
  - **Chair Yoga class: Fridays, 10:00 am to 11:00 am**
  - **Beginners’ Chair Yoga class: Tuesdays, 11:15 am to 12:15 pm**
  - **Intermediate Mat Yoga class: Tuesdays, 10:00 am to 11:00 am**

### Shakespere Class

- **Brooklyn – Marshall Dubin Chapter**
  - **Tuesdays from 10:30 am to noon**

### Yoga, Meditation, and Relaxation Classes

- **First Baptist Church of Riverhead**
  - **Join Us for Yoga & Meditation**
  - **Beginners’ Yoga/Meditation class**
  - **Intermediate Mat Yoga class**
  - **Chair Yoga class: Fridays, 10:00 am to 11:00 am**
  - **Beginners’ Chair Yoga class: Tuesdays, 11:15 am to 12:15 pm**

### New Class offerings

- **Chair Yoga class: Fridays, 10:00 am to 11:00 am**

### Meetings are Open to Public

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

### Questions

- **Call (646) 473-8666 • Outside NYC (800) 892-2557**

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**Meeting Topics**

- **February Balance Disorders**
- **March Kidney Disease**

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

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**February 2016**