Seniors Out Speaking
Volunteers Honored
On June 2, the Retired Members Department recognized 83 1199SEIU retirees for their participation in the "Seniors Out Speaking" (SOS) program at a ceremony held at the Benefit Funds’ Manhattan Headquarters. Kate Fallon, the Funds’ Benefits Chief of Staff, thanked the retirees for helping educate their fellow seniors about their Medicare rights. Honoree Silvia Alonso, an SOS volunteer for four years, said she participates for the "satisfaction of giving a helping hand."

Please join us in thanking everyone who has helped make the SOS program a success.

Sign Up for "Seniors Out Speaking" in September
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 and related health insurance coverage. For more information about our 1199SEIU SOS volunteer program, please call (646) 473-6916. SOS will meet in Manhattan, Staten Island and Hicksville.

Manhattan Headquarters
Thursday, September 1 • 9:30 am to noon
330 West 42nd Street, 9th Floor • New York, NY 10036

Staten Island
Tuesday, September 13 • 9:30 am to noon
790 Port Richmond Avenue (off Forest Avenue)
Staten Island, NY 10302

Hicksville
Tuesday, September 20 • 9:30 am to noon
100 Duffy Avenue, 3rd Floor • Hicksville, NY 11801

July/August 2016
Questions: Call (646) 473-8666 • Outside NYC (800) 892-2557
www.1199SEIUBenefits.org
Classes are open to all retirees and are free of charge. No registration is required.

### Yoga Classes

Yoga classes are held four times each month, except where noted.

- **Staten Island**: 
  - Wednesdays, 10:00 am to 11:00 am: Mat Yoga class
  - Fridays, 1:00 pm to 2:00 pm: Chair Yoga class
- **Brooklyn**: 
  - Tuesdays, 11:15 am to 12:15 pm: Beginners’ Chair Yoga class
  - Fridays, 10:00 am to 11:00 am: Yoga* class
- **Hicksville**: 
  - Wednesdays, 10:00 am to 11:00 am: Yoga* class
  - Thursdays, 11:00 am to noon: Chair Yoga class
  - Fridays, 2:00 pm to 3:00 pm: Yoga* class
- **White Plains**: 
  - Wednesdays, 10:00 am to 11:00 am: Yoga* class
  - Thursdays, 11:00 am to noon: Chair Yoga class
  - Fridays, 1:00 pm to 2:00 pm: Yoga* class
- **Riverhead**: 
  - Wednesdays, 11:30 am to 12:30 pm: Meditation class
  - Thursdays, 11:00 am to noon: Tai Chi class
  - Fridays, 12:00 pm to 1:00 pm: Yoga* class
- **Suffolk County**: 
  - Wednesdays, 10:00 am to 11:00 am: Yoga* class
  - Thursdays, 11:00 am to noon: Chair Yoga class
  - Fridays, 12:00 pm to 1:00 pm: Yoga* class
- **Bronx**: 
  - No classes in July and August
- **Manhattan**: 
  - No classes in July and August

Act Now! Come to the Drama Class

> **NO CLASSES IN AUGUST**

The Drama class reads plays and screenplays aloud (no experience or memorization required) and discusses how their themes relate to daily life. Class is held Tuesdays from 10:30 am to 12:30 pm.

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<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<td><strong>OFFICE CLOSED</strong></td>
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<td><strong>Meeting Topics</strong></td>
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<td>All classes are held at our Manhattan Headquarters unless otherwise indicated.</td>
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**July/August**  
**No Chapter Meetings**  
**September**  
**Living with Lung Disease**  
**October**  
**“The Eyes Have It” – Eye Diseases**

*Sponsored by HealthCare Partners, IPA

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

**July/August 2016**  
**JULY CALENDAR**
Yoga Classes

Classes are held four times each month, except where noted. Please check the calendar for exact dates.

**Bronx**  NO CLASSES IN JULY AND AUGUST

**Brooklyn**  NO CLASSES IN AUGUST

**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 (between Fulton & Livingston Streets), Rooms 4 & 5
Brooklyn, NY 11201

**Hicksville**  NO CLASSES IN AUGUST

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

**Manhattan Headquarters**

NO CLASSES IN AUGUST

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 CLASSES IN JULY AND AUGUST

**Queens**  NO CLASSES IN AUGUST

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**  NO CLASSES IN AUGUST

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 IN AUGUST

Beginners’ Yoga/Meditation class: Thursdays
(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**  NO CLASSES IN AUGUST

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

**NEW!** Falun Dafa and Zumba Classes in Staten Island

Engage your mind, body and spirit with a new Falun Dafa class in Staten Island. An ancient form of chi gong, Falun Dafa consists of a combination of five slow-moving exercises, including meditation techniques to help boost your mental and physical well-being. The class meets on Mondays from 2:00 pm to 3:00 pm, on July 11, 18 and 25, and August 1, 8, 15 and 22.

We’re also offering a new Zumba class in Staten Island. The class meets on Tuesdays from 1:30 pm to 2:30 pm, on July 5, 12, 19 and 26, and August 2, 9, 16 and 23.

Both classes meet at 790 Port Richmond Avenue (off Forest Avenue), Staten Island, NY 10302.

**NEW! Nutrition for Seniors Workshops Coming in August!**

Join us in August for Nutrition for Seniors workshops sponsored by EmblemHealth. You’ll learn ways to eat well and maintain a healthy weight as you age. The workshops will be held in Manhattan, Brooklyn, Staten Island and Hicksville (see dates below), from 10:00 am to 11:00 am. For more information, call Maria Molina at (646) 473-8761.

**Manhattan Headquarters**  Wednesday, August 3
330 West 42nd Street, 9th Floor • New York, NY 10036

**Brooklyn**  Tuesday, August 9
25 Elm Place (between Fulton & Livingston Streets) • Brooklyn, NY 11201

**Staten Island**  Wednesday, August 10
790 Port Richmond Avenue (off Forest Avenue) • Staten Island, NY 10302

**Hicksville**  Wednesday, August 24
100 Duffy Avenue, 3rd Floor • Hicksville, NY 11801

**NEW! Wednesday Chi Gong Classes in Brooklyn**

Due to popular demand, we have added a Chi Gong class in Brooklyn on Wednesdays from 1:00 pm to 2:00 pm. Chi Gong is also offered 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.

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. Please check the calendar for exact dates.

**Dance Classes**  NO CLASSES IN AUGUST

If you’re interested in learning the latest dance steps, come join our dance classes in Manhattan, Brooklyn and Hicksville. You’ll get moving with the Electric Slide, the Wobble, the Cupid Shuffle and more! Classes are held four times a month. Please check the calendar for exact dates.

**Manhattan Headquarters**

**Friday, 1:00 pm to 2:00 pm**
330 West 42nd Street • New York, NY 10036

**Brooklyn**

**NEW! Mondays, 11:00 am to noon**

**NEW! Wednesdays, 2:00 pm to 3:00 pm**
25 Elm Place (between Fulton & Livingston Streets) • Brooklyn, NY 11201

**Hicksville**

**Wednesdays, 11:00 am to noon**

100 Duffy Avenue, 3rd Floor • Hicksville, NY 10036

To learn about trip and vacation offers, call (800) 552-6262, ext. 112 & (800) 431-1130, ext. 5537.
Please note that the travel companies—not the Funds or the Union—are solely responsible for the trips provided.

July/August 2016

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**Out-of-State Retirees**

There are no chapter meetings in July and August for the Florida chapters. Meetings will resume in September. If you have any questions before the September meetings, please 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

There are no chapter meetings in July and August for the North & South Carolinas chapter. Meetings will resume in September. If you have any questions before the September meeting, please call Nonnie B. Perry at (803) 481-0475.

**Join Us in July for Our Annual Retiree Art Show**

Your fellow retirees will proudly display their artwork at the 1199SEIU Art Gallery in the Union building at 310 West 43rd Street. The show runs from July 7 to July 28, from 10:00 am to 4:00 pm.

**Calling All Retired Nurses**

The Retired Members Division holds quarterly meetings to help nurses 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!

**The Price of Continuing Education Classes Has Changed**

Courses through the 1199SEIU/League Training and Upgrading Fund’s Institute for Continuing Education (ICE) now cost $20 per credit/hour.

Keep up with the latest research, clinical trends and emerging healthcare issues through ICE’s 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. 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.

**Shakespeare Class**

NO CLASS THIS MONTH (Classes resume in September.)