

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

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Important News

July/August 2016

ABOUT CHAPTER MEETINGS AND CLASSES!

Questions: Call (646) 473-8666

Outside NYC: (800) 892-2557

www.1199SEIUBenefits.org



1199SEIU
Retired Members
Bulletin

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Meeting Topics*</p> <p><u>July/August</u> No Chapter Meetings</p> <p><u>September</u> Living with Lung Disease</p> <p><u>October</u> "The Eyes Have It" –Eye Diseases</p> <p><i>*Sponsored by HealthCare Partners, IPA</i></p>		<p>All classes are held at our Manhattan Headquarters unless otherwise indicated.</p>		<p>1</p> <p>10-11 Advanced Chair Yoga* (BKLYN)</p> <p>10-11 Chair Yoga* (SI)</p> <p>10-12 Quilting</p> <p>11:15-12:15 Zumba Gold (BKLYN)</p> <p>12:15-1:15 Beginners' Chair Yoga* (BKLYN)</p> <p>1-2 Dance</p> <p>1:30-2:30 Zumba Gold (BKLYN)</p> <p>2-3 Yoga*</p>
<p>4</p> <p>OFFICE CLOSED</p>	<p>5</p> <p>9:30-12 Photography</p> <p>10-11 Intermediate Mat Yoga* (QNS)</p> <p>10:30-12:30 Drama</p> <p>11-1 Beginners' Knitting & Crocheting (QNS)</p> <p>11:15-12:15 Beginners' Chair Yoga* (QNS)</p> <p>12:30-3 Art</p> <p>1:15-2:15 Zumba Gold (QNS)</p> <p>1:30-2:30 Zumba (SI)</p> <p>1:30-3 Discussion Group</p>	<p>6</p> <p>10-11 Mat Yoga* (SI)</p> <p>10-11 Yoga* (Hicksville)</p> <p>10-12 Choral Group</p> <p>10-12 Knitting & Crocheting (Beg)</p> <p>11-12 Dance (Hicksville)</p> <p>11:30-12:30 Yoga* (White Plains)</p> <p>12:15-1:15 Zumba-T (Hicksville)</p> <p>12:30-4:30 Knitting & Crocheting (Int/Adv)</p> <p>1-2 Chi Gong (BKLYN)</p> <p>2-3 Dance (BKLYN)</p> <p>2:30-3:30 Bingo (White Plains)</p>	<p>7</p> <p>10-11 Tai Chi</p> <p>11-12 Yoga*</p> <p>11-1 Beginners' Yoga*/Meditation (Suffolk County)</p> <p>12-1 Lunch Club</p> <p>1-3 General Membership Meeting</p> <p>3-5 Arts & Crafts</p> <p>3-5 Sewing</p>	<p>8</p> <p>10-11 Advanced Chair Yoga* (BKLYN)</p> <p>10-11 Chair Yoga* (SI)</p> <p>10-12 Quilting</p> <p>11:15-12:15 Zumba Gold (BKLYN)</p> <p>12:15-1:15 Beginners' Chair Yoga* (BKLYN)</p> <p>1-2 Dance</p> <p>1:30-2:30 Zumba Gold (BKLYN)</p> <p>2-3 Yoga*</p> <p>3:30-4:30 Zumba Gold</p>
<p>11</p> <p>10-11 Chi Gong (BKLYN)</p> <p>10:30-11:30 Opera Appreciation</p> <p>11-12 Dance (BKLYN)</p> <p>12-1 Mindfulness Meditation (BKLYN)</p> <p>12-1 Art History</p> <p>1-3 Arts & Crafts (SI)</p> <p>1:30-3:30 Executive Committee Meeting</p> <p>2-3 Falun Dafa (SI)</p>	<p>12</p> <p>9:30-12 Photography</p> <p>10-11 Intermediate Mat Yoga* (QNS)</p> <p>10:30-12:30 Drama</p> <p>11-1 Beginners' Knitting & Crocheting (QNS)</p> <p>11:15-12:15 Beginners' Chair Yoga* (QNS)</p> <p>12:30-3 Art</p> <p>1:15-2:15 Zumba Gold (QNS)</p> <p>1:30-2:30 Zumba (SI)</p> <p>1:30-3 Discussion Group</p>	<p>13</p> <p>10-11 Mat Yoga* (SI)</p> <p>10-11 Yoga* (Hicksville)</p> <p>10-12 Choral Group</p> <p>10-12 Knitting & Crocheting (Beg)</p> <p>11-12 Dance (Hicksville)</p> <p>11:30-12:30 Yoga* (White Plains)</p> <p>12:15-1:15 Zumba-T (Hicksville)</p> <p>12:30-4:30 Knitting & Crocheting (Int/Adv)</p> <p>1-2 Chi Gong (BKLYN)</p> <p>1-2 Bingo (White Plains)</p> <p>2-3 Dance (BKLYN)</p>	<p>14</p> <p>10-11 Tai Chi</p> <p>11-12 Yoga*</p> <p>12-1 Lunch Club</p> <p>3-5 Arts & Crafts</p> <p>3-5 Sewing</p>	<p>15</p> <p>10-11 Advanced Chair Yoga* (BKLYN)</p> <p>10-11 Chair Yoga* (SI)</p> <p>10-12 Quilting</p> <p>11:15-12:15 Zumba Gold (BKLYN)</p> <p>12:15-1:15 Beginners' Chair Yoga* (BKLYN)</p> <p>1-2 Dance</p> <p>1:30-2:30 Zumba Gold (BKLYN)</p> <p>2-3 Yoga*</p> <p>3:30-4:30 Zumba Gold</p>
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There are no New York City chapter meetings in July and August. There will be no classes in August, except for the following: Nutrition for Seniors, and in Staten Island, Zumba and Falun Dafa. All other classes and chapter meetings will resume in September.

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.

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 CLASS Unwind with Mindfulness Meditation in Brooklyn NO CLASSES IN AUGUST

Boost your mental and physical well-being with our new Mindfulness-Based Stress Reduction class in Brooklyn. You'll learn a combination of meditation and yoga to help ease stress and increase your energy. The class meets on Mondays from noon to 1:00 pm. **Please check the calendar for exact dates.**

NEW! Wednesday Chi Gong Classes in Brooklyn NO CLASSES IN AUGUST

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

Fridays, 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.



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.*)

“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