Important News

June 2016

ABOUT CHAPTER MEETINGS AND CLASSES!

Questions: Call (646) 473-8666 Outside NYC: (800) 892-2557
www.1199SEIUbenefits.org

1199SEIU Retired Members Bulletin

Florida Chapters

Broward – Leon Davis Chapter
Tuesday, June 14 – 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, June 23 – 1:00 pm to 3:00 pm
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215 North Oxford Road • Casselberry, FL 32707

Fort Myers Chapter
Monday, June 27 – 1:00 pm to 3:00 pm
The Riverside Community Center
3061 East Riverside Drive • Fort Myers, FL 33916

Miami-Dade – Ossie Davis Chapter
NEW LOCATION
Thursday, June 2 – 10:30 am to 12:30 pm
Norland United Methodist Church
885 NW 195th Street • Miami Gardens, FL 33169

North Port Chapter
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Temple Anshei Shalom
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500 North Westshore Blvd. • Tampa, FL 33609

West Palm Beach Chapter
Wednesday, June 1 – 11:00 am to 1:00 pm
St. Christopher’s Episcopal Church – Parish Hall
1083 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 33432

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.

JUNE CHAPTER MEETINGS

New York City Chapters

Bronx – Joseph James Chapter
Friday, June 10 • 11:00 am to 1:00 pm
1199SEIU Healthcare & Education Center
2501 Grand Concourse, Room 301 • Bronx, NY 10468

Brooklyn – Marshall Dubin Chapter
Wednesday, June 23 • 1:30 pm to 3:00 pm
Brooklyn College – Student Center, 2nd Floor
East 27th Street & Campus Road • Brooklyn, NY 11210

Brooklyn – Mattle Small Chapter
Friday, June 17 • 1:30 pm to 3:00 pm
1199SEIU Brooklyn Office
25 Elm Place (between Fulton & Livingston Streets) • Brooklyn, NY 11210

East Harlem – Leon Davis Chapter
Friday, June 24 • 10:30 am to noon
Jefferson Senior Center
2205 First Avenue • New York, NY 10029

Hicksville – Milton Konowe Chapter
Wednesday, June 15 • 1:00 pm to 3:00 pm
1199SEIU Hicksville Office
100 Duffy Avenue • Hicksville, NY 11801

New Hyde Park – Eleanor Tilson Chapter
Tuesday, June 21 • 2:00 pm to 3:00 pm
Northwell Health (formerly NYUL) Cohen Children’s Medical Center
Teaching Center – Conference Room
269-01 76th Avenue • New Hyde Park, NY 11040

North Bronx – Bernard Minter Chapter
Tuesday, June 14 • 1:00 pm to 3:00 pm
Holy Rosary Church
1510 Adee Avenue (enter at parking lot) • Bronx, NY 10469

Queens – Edward Garrins Chapter
Tuesday, June 28 • 11:30 am to 1:00 pm
Majority Baptist Church
115-21 Farmers Blvd. • St. Albans, NY 11412

Staten Island Chapter
Monday, June 13 • 11:00 am to 1:00 pm
1199SEIU Training and Employment Funds Office
790 Port Richmond Avenue (off Forest Avenue) • Staten Island, NY 10302

Westchester – Hudson Valley Region Chapter
Stay healthy! Come to our yoga class and chapter meeting on Wednesday, June 1. Vision screening will be held at the chapter meeting.
Yoga: 11:30 am • Chapter Meeting: 12:30 pm
1199SEIU United Healthcare Workers East
99 Church Street • White Plains, NY 10601

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99 Church Street • White Plains, NY 10601

North & South Carolina Chapters

Family Day in the Park
Thursday, June 9 • 9:30 am to noon
Birnie Horse Center • 210 South Pond Road • Sumter, SC 29150
For information, call Nonnie B. Perry at (803) 481-0475.

JUNE 2016
**Vision Screening Is Back!**

**Manhattan Headquarters**  
Friday, June 17, 10:00 am to noon  
1199SEIU RMD, 330 West 42nd Street, 9th Floor

**White Plains**  
Wednesday, June 1, 12:30 pm to 2:30 pm  
99 Church Street, White Plains, NY 10601

First come, first served. Please note: General Vision Services Vision Screening is only a pre-test. No prescriptions will be written.

### NYC June Calendar

**Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday**
---|---|---|---|---

**6**
- 10-11 Chi Gong (BKLYN)
- 10:30-11:30 Opera Appreciation
- 11-12 Dance (BKLYN)
- 12-1 Mindfulness Meditation (BKLYN)
- 12-1 Art History
- 1-3 Sewing (SI)
- 1:30-3:30 Executive Committee Meeting

**7**
- 9:30-12 Photography
- 10-11 Intermediate Mat Yoga* (QNS)
- 10:30-12:30 Drama
- 12:30:3 Beginners' Knitting & Crocheting (QNS)
- 12:30:3 Beginners' Chair Yoga* (QNS)
- 1:15-2:15 Yoga* (New Hyde Park)
- 1:15-2:15 Zumba Gold (QNS)
- 1:30-3 Discussion Group

**8**
- 10-11 Mat Yoga* (QNS)
- 10-11 Yoga* (Hicksville)
- 10-12 Choral Group
- 10-12 Knitting & Crocheting (Beg)
- 11-12 Dance (Hicksville)
- 11-12 Yoga* (White Plains)
- 12-1 Yoga* (BKLYN)
- 12:15-1:15 Zumba-T (Hicksville)
- 12:30-2:30 Vision Screening (White Plains)
- 12:30-4:30 Knitting & Crocheting (Int/Adv)
- 1-2 Chi Gong (BKLYN)
- 1:30-2:30 Chi Gong (BKLYN)
- 2-3 Dance (BKLYN)
- 2-3 Bingo (White Plains)
- 3-4 Latin Dance (BKLYN)

**9**
- 10-11 Tai Chi
- 11-12 Yoga*
- 12-1 Lunch Club
- 1-3 General Membership Meeting
- 3-5 Arts & Crafts
- 3-5 Sewing

**10**
- 10-11 Advanced Chair Yoga* (BKLYN)
- 11-12 Chair Yoga* (SI)
- 11-12 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

**11**
- 10-11 Tai Chi
- 11-12 Yoga*
- 12-1 Lunch Club
- 1-3 General Membership Meeting
- 3-5 Arts & Crafts
- 3-5 Sewing

**12**
- 10-11 Advanced Chair Yoga* (BKLYN)
- 11-12 Chair Yoga* (SI)
- 11-12 Quilting
- 11-12 Vision Screening
- 12-1 Nurses' Meeting
- 1-2 Dance
- 1:30-2:30 Zumba Gold (BKLYN)
- 2-3 Yoga*
- 3:30-4:30 Zumba Gold

**13**
- 10-11 Chi Gong (BKLYN)
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- 1:2 Yoga* (New Hyde Park)
- 1:15-2:15 Yoga* (New Hyde Park)
- 1-3 Arts & Crafts (SI)

**15**
- 10-11 Mat Yoga* (SI)
- 10-11 Yoga* (Hicksville)
- 10-12 Choral Group
- 10-12 Knitting & Crocheting (Beg)
- 11-12 Dance (Hicksville)
- 11-12 Yoga* (White Plains)
- 12-1 Yoga* (BKLYN)
- 12:15-1:15 Zumba-T (Hicksville)
- 12:30-3:30 Knitting & Crocheting (Int/Adv)
- 1-2 Chi Gong (BKLYN)
- 1-2 Bing (White Plains)
- 2-3 Dance (BKLYN)
- 2-3 Yoga (BKLYN)
- 3-4 Latin Dance (BKLYN)

**16**
- 10-11 Tai Chi
- 11-12 Yoga*
- 12-1 Lunch Club
- 1-3 General Membership Meeting
- 3-5 Arts & Crafts
- 3-5 Sewing

**17**
- 10-11 Advanced Chair Yoga* (BKLYN)
- 11-12 Chair Yoga* (SI)
- 11-12 Quilting
- 11-12 Vision Screening
- 12-1 Nurses' Meeting
- 1-2 Dance
- 1:30-2:30 Zumba Gold (BKLYN)
- 2-3 Yoga*
- 3:30-4:30 Zumba Gold

**18**
- 10-11 Chi Gong (BKLYN)
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- 11-12 Dance (BKLYN)
- 12-1 Mindfulness Meditation (BKLYN)
- 12-1 Art History
- 1-3 Arts & Crafts (SI)

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- 10-11 Intermediate Mat Yoga* (QNS)
- 10:30-12:30 Drama
- 11-1 Drama
- 11:15-12:15 Beginners' Knitting & Crocheting (QNS)
- 12:30:3 Beginners' Chair Yoga* (QNS)
- 1:2 Yoga* (New Hyde Park)
- 1:15-2:15 Yoga* (New Hyde Park)
- 1-3 Arts & Crafts (SI)

**22**
- 10-11 Mat Yoga* (SI)
- 10-11 Yoga* (Hicksville)
- 10-12 Choral Group
- 10-12 Knitting & Crocheting (Beg)
- 11-12 Dance (Hicksville)
- 11-12 Yoga* (White Plains)
- 12-1 Yoga* (BKLYN)
- 12:15-1:15 Zumba-T (Hicksville)
- 12:30-2:30 Knitting & Crocheting (Int/Adv)
- 1-2 Chi Gong (BKLYN)
- 1-2 Bing (White Plains)
- 2-3 Dance (BKLYN)
- 2-3 Yoga (BKLYN)
- 3-4 Latin Dance (BKLYN)

**23**
- 10-11 Tai Chi
- 11-12 Yoga*
- 12-1 Lunch Club
- 3-5 Arts & Crafts
- 3-5 Sewing

**24**
- 10-11 Advanced Chair Yoga* (BKLYN)
- 11-12 Chair Yoga* (SI)
- 11-12 Quilting
- 11-12 Vision Screening
- 12-1 Beginners' Chair Yoga* (BKLYN)
- 1-2 Dance
- 1:30-2:30 Zumba Gold (BKLYN)
- 2-3 Yoga*
- 3:30-4:30 Zumba Gold

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All classes are open to all retirees and are free of charge. No registration is required.

**QUESTIONS:** CALL (646) 473-8666 • OUTSIDE NYC (800) 892-2557
Unwind with Mindfulness Meditation in Brooklyn  NEW CLASS
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
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.

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.

“Seniors Out Speaking” Comes to Florida
Starting this month, Florida Retirees Coordinator Marilyn Silverberg will introduce our “Seniors Out Speaking” (SOS) program at chapter meetings in Broward, Casselberry, Miami-Dade, Orlando, Palm Bay/Melbourne, Port St. Lucie, South Palm Beach and West Palm Beach.

SOS will also meet in Hicksville, Manhattan and Staten Island.

Hicksville  Tuesday, June 21 • 9:30 am to noon
100 Duffy Avenue, 3rd Floor • Hicksville, NY 11801

Manhattan Headquarters  Thursday, June 2 • 9:30 am to noon
330 West 42nd Street, 9th Floor • New York, NY 10036

Staten Island  Tuesday, June 14 • 9:30 am to noon
790 Port Richmond Avenue (off Forest Avenue) • Staten Island, NY 10302

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.

Shakespeare Class
NO CLASS THIS MONTH (Classes resume in September.)

June 2016

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

Hicksville

Wednesday, 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, June 14, 1:00 pm 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
Devoire 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**

**Beginners’ Yoga/Meditation class** *(three classes per month)*
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

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. Class is held Tuesdays from 10:30 am to 12:30 pm.

**Meeting Topics**

**June**  End-of-Life Decisions

**September**  Living with Lung Disease

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*Sponsored by HealthCare Partners, IPA
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Get to know your benefits, email 1199SEIU at Benefits@1199Funds.org. For more info, call 1-800-892-2557.

Birnie Hope Center • 210 South Purdy Street • Sumter, SC 29150
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