

1199SEIU Benefit and Pension Funds
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Important News

December 2016

ABOUT CHAPTER MEETINGS AND CLASSES!

Questions: Call (646) 473-8666
Outside NYC: (800) 575-7771
www.1199SEIUBenefits.org



1199SEIU
Retired Members
Bulletin

Save the Date!

1199SEIU Florida Retiree Banquet

The annual Florida Retiree Banquet will be held on **Friday, March 3, 2017**, at the Orlando World Center Marriott
8701 World Center Drive
Orlando, FL 32821

Tickets will be sold at Florida chapter meetings in January and February. Tickets must be purchased with a money order and made out to the 1199SEIU NBF; they cost \$10 per member and \$20 per guest. No cash purchases will be accepted.

Retired Nurses Meeting

Friday, December 16

10:00 am to noon
330 West 42nd St., 9th Floor

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.

Sign Up for "Seniors Out Speaking"

NO MEETINGS IN DECEMBER

Become a volunteer in the Medicare Rights Center's "Seniors Out Speaking" (SOS) program and help educate other seniors about how to get the most from their Medicare Parts A, B, C and D benefits and related health insurance coverage. For more information about our 1199SEIU SOS volunteer program, please call (646) 473-6916. SOS will resume its meetings in January 2017. Manhattan: Thursday, January 5, 9:30 to noon; Staten Island: Tuesday, January 10, 9:30 to noon; and Hicksville: Tuesday, January 17, 9:30 am to noon.

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) 431-1130, ext. 5537. Please note that the travel company—not the Funds or the Union—is solely responsible for the trips provided.

There are no classes or chapter meetings in NYC, Long Island, Westchester or the Carolinas in December. Watch for the return of your calendar and chapter meeting schedule in January.*

In the meantime, take a moment to look at all of the classes and activities your Retired Members Division offers and think about trying something new next year!

Art: Brush up on your drawing, painting or sculpting skills—or explore one of these art forms for the first time.

Art History: Discover the genius of the great masters, and learn the history behind their most famous works.

Arts & Crafts: Unleash your creativity with fun, do-it-yourself projects while socializing with your fellow retirees.

Bingo: Engage in a bit of friendly competition with fellow retirees—and even make new friends!

Chi Gong: Relieve stress with this combination of slow body movements, deep breathing and meditation, performed while seated or standing.

Choral Group: Lend your voice to this talented group of singers who perform at local nursing homes and special events throughout the city.

Dance: Get moving with the latest dance steps in a fun, no-pressure environment.

Drama: Act now! Read plays aloud and discuss how their themes relate to daily life—no experience or memorization required.

Falun Dafa: Engage both your body and mind with this combination of five slow-moving exercises and meditation.

Knitting & Crocheting: Enjoy this relaxing and creative craft while making timeless pieces for yourself, family and friends.

Latin Dance: Take a spin on the dance floor, and cha-cha, salsa and merengue your way to fitness and health.

Mindfulness Meditation: Learn how to focus and calm your mind to better manage anxiety, chronic pain or just the pressures of daily life.

Opera Appreciation: Whether you're an opera fan or can only hum along to the "famous ones," you'll gain a greater appreciation of this classic art form.

Photography: Tap into your visual creativity and get great tips on taking amazing photos.

Quilting: If you're just starting out or you've been quilting for years, you will get inspiration—and handy tips—to create colorful and intricate designs.

Sewing: Learn the basics of handling a needle and thread or pick up new techniques from our skilled instructors.

Shakespeare: Appreciating Shakespeare just got easier! This class brings to life timeless works like Romeo and Juliet and Hamlet.

Tai Chi: This graceful form of exercise features a series of gentle, flowing moves that are said to help reduce tension and promote serenity.

Yoga: Beginners and experts alike can practice these classic poses and breathing techniques to improve strength, flexibility and balance.

Zumba: You'll have such a great time with this energetic, dance-based exercise routine, you'll forget it's a real calorie-burning workout!



****Suffolk County chapter meetings and classes will resume in April. Watch your bulletin for more details.***

PLEASE NOTE: THERE ARE NO NEW YORK CITY, LONG ISLAND, WESTCHESTER OR NORTH AND SOUTH CAROLINA CHAPTER MEETINGS IN DECEMBER.

Florida Chapters

Broward – Leon Davis Chapter

NO MEETINGS IN DECEMBER

Tamarac Community Center – Coconut Palm Room
8601 West Commercial Blvd.
Tamarac, FL 33351

Casselberry – Doris Turner Chapter

NO MEETINGS IN DECEMBER

Casselberry Public Library
215 North Oxford Road
Casselberry, FL 32707

Fort Myers Chapter

NO MEETINGS IN DECEMBER

The Riverside Community Center
3061 East Riverside Drive
Fort Myers, FL 33916

Miami-Dade – Ossie Davis Chapter

Thursday, December 1 – 10:30 am to 12:30 pm

Norland United Methodist Church
885 NW 195th Street
Miami Gardens, FL 33169

North Port Chapter

NO MEETINGS IN DECEMBER

Morgan Family Community Center
6207 West Price Blvd.
North Port, FL 34291

Orlando Chapter

Wednesday, December 21 – 11:00 am to 1:00 pm

UAW Local #788
1825 West Oak Ridge Road
Orlando, FL 32809

Palm Bay/Melbourne Chapter

Tuesday, December 20 – 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, December 14 – 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, December 8 – 10:00 am to noon

Temple Anshei Shalom
7099 West Atlantic Avenue
Delray Beach, FL 33446

Tampa Chapter

NO MEETINGS IN DECEMBER

1199SEIU UHWE Office
500 North West Shore Blvd.
Tampa, FL 33609

West Palm Beach Chapter

Wednesday, December 7 – 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

North & South Carolinas Chapter

Christmas Celebration – Let's Make It a Gala Event!

Friday, December 9, 2016 • 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.
Please bring an unwrapped gift for a child ages 6 to 15.