

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

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New York, NY  
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## SOLD OUT!

**1199SEIU Annual Anne Shore Holiday Banquet**

**Friday, December 2, 2016, noon to 3:00 pm**  
**Hilton New York—Sixth Avenue at 54th Street**

Coat check required (\$4.50 fee)

Tickets are not available for purchase at the door. This event is for adults only—no children, please.

## 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.

## Sign Up for “Seniors Out Speaking”

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 benefits and related health insurance coverage. For more information about our 1199SEIU SOS volunteer program, please call (646) 473-6916. SOS will meet in Staten Island, Manhattan and Hicksville.

### **Manhattan Headquarters**

**Thursday, November 3 • 9:30 am to noon**

330 West 42nd Street, 9th Floor • New York, NY 10036

**Staten Island Tuesday, November 8 • 9:30 am to noon**

790 Port Richmond Avenue (off Forest Avenue) • Staten Island, NY 10302

**Hicksville Tuesday, November 15 • 9:30 am to noon**

100 Duffy Avenue, 3rd Floor • Hicksville, NY 11801

## **Beginners’ Knitting & Crocheting in Queens** **NEW LOCATION**

The Beginners’ Knitting & Crocheting class that is offered in Queens on **Tuesdays from 11:00 am to 1:00 pm** four times each month is now held in a new location: **Devore Dance Center, 205-05 Hollis Avenue, Main Floor, Jamaica, NY 11412. Please check the calendar for exact dates.**

## **Mat Yoga in Staten Island** **NEW MEETING DAY AND TIME**

The Mat Yoga class in Staten Island will no longer be held on Wednesdays from 2:30 pm to 3:30 pm. The class now meets four times each month on **Mondays from 3:00 pm to 4:00 pm. Please check the calendar for exact dates.**

# Important News

November 2016

ABOUT CHAPTER MEETINGS AND CLASSES!

Questions: Call (646) 473-8666

Outside NYC: (800) 575-7771

[www.1199SEIUBenefits.org](http://www.1199SEIUBenefits.org)



**1199SEIU**  
Retired Members  
Bulletin

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>All classes are held at our Manhattan Headquarters unless otherwise indicated.</b></p>	<p><b>1</b></p> <p>9:30-12:30 Photography 10-11 Intermediate Mat Yoga* (QNS)</p> <p>10:30-12:30 Drama 11-1 Beginners' Knitting &amp; Crocheting (QNS)</p> <p>11:15-12:15 Beginners' Chair Yoga* (QNS)</p> <p>12:30-1:30 Shakespeare 12:30-3 Art 1:15-2:15 Zumba Gold (QNS) 1:30-2:30 Zumba (SI) 1:30-3 Discussion Group</p>	<p><b>2</b></p> <p>10-11 Yoga* (Hicksville) 10-12 Choral Group 10-12 Knitting &amp; Crocheting (Beg)</p> <p>11-12 Dance (Hicksville) 11:30-12:30 Yoga* (White Plains) 12-1 Yoga* (BX)</p> <p>12:15-1:15 Zumba-T (Hicksville) 12:30-4:30 Knitting &amp; Crocheting (Int/Adv)</p> <p>1-2 Bingo (White Plains) 1-2 Chi Gong (BKLYN) 1:30-2:30 Chi Gong (BX) 2-3 Dance (BKLYN) 3-4 Latin Dance (BX)</p>	<p><b>3</b></p> <p>10-11 Tai Chi 11-12 Yoga* 11-12 Beginners' Yoga* (Suffolk County)</p> <p>Meditation (Suffolk County)</p> <p>12-1 Lunch Club 12-1 Health Topic 3-5 Arts &amp; Crafts 3-5 Sewing</p>	<p><b>4</b></p> <p>10-11 Advanced Chair Yoga* (BKLYN) 10-11 Chair Yoga* (SI)</p> <p>10-12 Quilting 11:15-12:15 Zumba Gold (BKLYN) 12:15-1:15 Beginners' Chair Yoga* (BKLYN)</p> <p>1-2 Dance 1:30-2:30 Zumba Gold (BKLYN) 2-3 Yoga* 3:30-4:30 Zumba Gold</p>
	<p><b>7</b></p> <p>10-11 Chi Gong (BKLYN) 10:30-11:30 Opera Appreciation 11-12 Dance (BKLYN) 12-1 Mindfulness Meditation (BKLYN)</p> <p>12-1 Art History 1-3 Arts &amp; Crafts (SI) 1:30-3:30 Executive Committee Meeting</p> <p>2-3 Falun Dafa (SI) 3-4 Mat Yoga* (SI)</p>	<p><b>8</b></p> <p>9:30-12:30 Photography 10-11 Intermediate Mat Yoga* (QNS)</p> <p>10:30-12:30 Drama 11-1 Beginners' Knitting &amp; Crocheting (QNS)</p> <p>11:15-12:15 Beginners' Chair Yoga* (QNS)</p> <p>12:30-1:30 Shakespeare 12:30-3 Art 1:15-2:15 Zumba Gold (QNS) 1:30-2:30 Zumba (SI) 1:30-3 Discussion Group</p>	<p><b>9</b></p> <p>10-11 Yoga* (Hicksville) 10-12 Choral Group 10-12 Knitting &amp; Crocheting (Beg)</p> <p>11-12 Dance (Hicksville) 11:30-12:30 Yoga* (White Plains) 12-1 Yoga* (BX)</p> <p>12:15-1:15 Zumba-T (Hicksville) 12:30-4:30 Knitting &amp; Crocheting (Int/Adv)</p> <p>1-2 Bingo (White Plains) 1-2 Chi Gong (BKLYN) 1:30-2:30 Chi Gong (BX) 2-3 Dance (BKLYN) 3-4 Latin Dance (BX)</p>	<p><b>10</b></p> <p>10-11 Tai Chi 11-12 Yoga* 12-1 Lunch Club 1-3 General Membership Meeting</p> <p>3-5 Arts &amp; Crafts 3-5 Sewing</p>
<p><b>14</b></p> <p>10-11 Chi Gong (BKLYN) 10:30-11:30 Opera Appreciation 11-12 Dance (BKLYN) 12-1 Mindfulness Meditation (BKLYN)</p> <p>12-1 Art History 1-3 Arts &amp; Crafts (SI) 2-3 Falun Dafa (SI) 3-4 Mat Yoga* (SI)</p>	<p><b>15</b></p> <p>9:30-12:30 Photography 10-11 Intermediate Mat Yoga* (QNS)</p> <p>10:30-12:30 Drama 11-1 Beginners' Knitting &amp; Crocheting (QNS)</p> <p>11:15-12:15 Beginners' Chair Yoga* (QNS)</p> <p>12:30-1:30 Shakespeare 12:30-3 Art 1-2 Yoga* (New Hyde Park) 1:15-2:15 Zumba Gold (QNS) 1:30-2:30 Zumba (SI) 1:30-3 Discussion Group</p>	<p><b>16</b></p> <p>10-11 Yoga* (Hicksville) 10-12 Knitting &amp; Crocheting (Beg)</p> <p>11:30-12:30 Yoga* (White Plains) 12-1 Yoga* (BX)</p> <p>12:30-4:30 Knitting &amp; Crocheting (Int/Adv)</p> <p>1-2 Bingo (White Plains) 1-2 Chi Gong (BKLYN) 1:30-2:30 Chi Gong (BX) 2-3 Dance (BKLYN) 3-4 Latin Dance (BX)</p>	<p><b>17</b></p> <p>10-11 Tai Chi 11-12 Yoga* 11-12 Beginners' Yoga* (Suffolk County)</p> <p>Meditation (Suffolk County)</p> <p>12-1 Lunch Club 12-1 Birthday Party 3-5 Arts &amp; Crafts 3-5 Sewing</p>	<p><b>18</b></p> <p>10-11 Advanced Chair Yoga* (BKLYN) 10-11 Chair Yoga* (SI)</p> <p>10-12 Quilting 11:15-12:15 Zumba Gold (BKLYN) 12:15-1:15 Beginners' Chair Yoga* (BKLYN)</p> <p>1-2 Dance 1:30-2:30 Zumba Gold (BKLYN) 2-3 Yoga* 3:30-4:30 Zumba Gold</p>
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<p><b>28</b></p> <p>10-11 Chi Gong (BKLYN) 10:30-11:30 Opera Appreciation 11-12 Dance (BKLYN) 12-1 Mindfulness Meditation (BKLYN)</p> <p>12-1 Art History 1-3 Arts &amp; Crafts (SI) 2-3 Falun Dafa (SI) 3-4 Mat Yoga* (SI)</p>	<p><b>29</b></p> <p>9:30-12:30 Photography 10:30-12:30 Drama 12:30-1:30 Shakespeare 12:30-3 Art 1:30-3 Discussion Group</p>	<p><b>30</b></p> <p>10-12 Choral Group 10-12 Knitting &amp; Crocheting (Beg)</p> <p>12:30-4:30 Knitting &amp; Crocheting (Int/Adv)</p> <p>1-2 Bingo (White Plains)</p>	<p><b>Meeting Topics*</b></p> <p><b>November</b> Crime and Abuse of Older Adults</p> <p><b>December</b> There is no meeting in December.</p> <p><small>* Sponsored by HealthCare Partners, IPA</small></p>	

\* Sponsored by HealthCare Partners, IPA

## 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. The class is currently viewing *The Old Settler*, starring Phylicia Rashad, and *Daughters of the Dust*, starring Cora Lee Day. In November, the class is reading *Florence*, by Alice Childress. The play was written in 1949, and highlights the effects of racism during that period. Class is held on Tuesdays from 10:30 am to 12:30 pm.

## 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](http://www.1199SEIUBenefits.org/Institute).

### **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**. We're also offering a new Zumba class in Staten Island. The class meets on **Tuesdays from 1:30 pm to 2:30 pm**. Both classes meet at 790 Port Richmond Avenue (off Forest Avenue), Staten Island, NY 10302.

### **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

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

## Shakespeare Class

**Tuesdays, 12:30 pm to 1:30 pm**

1199SEIU RMD, 330 West 42nd Street, 9th Floor

The class is currently reading *Henry IV, Part 1*.

## 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 (between Fulton & Livingston Streets), 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, November 15, 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**

Devore Dance Center • 205-05 Hollis Avenue, Main Floor • Jamaica, NY 11412

### **Staten Island**

**Mat Yoga class: NEW MEETING DAY AND TIME!**

**Mondays, 3:00 pm to 4:00 pm**

**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 each per month—please check the calendar)*

*Yoga class: Thursdays, 11:00 am to noon;*

*Meditation class: Thursdays, noon to 1:00 pm*

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

## **NEW! Unwind with Mindfulness Meditation in Brooklyn**

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.**



**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.

## Florida Chapters

### Broward – Leon Davis Chapter

**Tuesday, November 8 – 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, November 17 – 11:00 am to 1:00 pm**

Casselberry Public Library  
215 North Oxford Road • Casselberry, FL 32707

### Fort Myers Chapter

**NO MEETINGS UNTIL JANUARY**

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

### Miami-Dade – Ossie Davis Chapter **NEW LOCATION**

**Thursday, November 3 – 10:30 am to 12:30 pm**

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

### North Port Chapter

**NO MEETINGS UNTIL JANUARY**

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

### Orlando Chapter

**Wednesday, November 16 – 11:00 am to 1:00 pm**

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

### Palm Bay/Melbourne Chapter

**Tuesday, November 15 – 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 **NEW MEETING DAY**

**Wednesday, November 9 – 11:00 am to 1:00 pm**

(Please note that the change of meeting date is due to the Thanksgiving holiday)

Port St. Lucie Community Center  
2195 SE Airoso Blvd. • Port St. Lucie, FL 34984

### South Palm Beach Chapter

**Thursday, November 10 – 10:00 am to noon**

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

### Tampa Chapter

**NO MEETINGS UNTIL JANUARY**

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

### West Palm Beach Chapter

**Wednesday, November 2 – 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

## New York City Chapters

### Bronx – Joseph James Chapter

**Friday, November 11 • 11:00 am to 1:00 pm**

1199SEIU Healthcare & Education Center  
2501 Grand Concourse, Room 301 • Bronx, NY 10468

### Brooklyn – Marshall Dubin Chapter

**Wednesday, November 30 • 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, November 18 • 11:30 am to 1:30 pm**

1199SEIU Brooklyn Office  
25 Elm Place (between Fulton & Livingston Streets) • Brooklyn, NY 11201

### East Harlem – Leon Davis Chapter

**Friday, November 18 • 10:30 am to noon**

Jefferson Senior Center  
2205 First Avenue • New York, NY 10029

### Hicksville – Milton Konowe Chapter

**Wednesday, November 16 • 11:00 am to 1:00 pm**

1199SEIU Hicksville Office  
100 Duffy Avenue • Hicksville, NY 11801

### New Hyde Park – Eleanor Tilson Chapter

**Tuesday, November 15 • 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, November 1 • 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, November 22 • 11:30 am to 1:00 pm**

Majority Baptist Church  
115-21 Farmers Blvd. • St. Albans, NY 11412

### Staten Island Chapter

**Monday, November 14 • 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

**Thursday, November 10 • 11:00 am to 1:00 pm**

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

### Westchester – Hudson Valley Region Chapter

**Stay healthy!** Come to our yoga class and chapter meeting on

**Wednesday, November 2.** 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

**Friday, November 18 – Thanksgiving Feast • 9:30 am to noon**

**December 9 – Christmas Celebration (Let's make it a gala event!)**

Birnie Hope Center • 210 South Purdy Street • Sumter, SC 29150  
For information, call Nonnie B. Perry at (803) 481-0475.