Save the Date!
1199SEIU Annual Anne Shore Holiday Banquet
Friday, December 2, 2016, noon to 3:00 pm
Hilton New York—Sixth Avenue at 54th Street
$10 member, $20 guest (one guest per retiree) • Coat check required (additional fee) • Tickets on sale (money orders only) at local chapter meetings and the 1199SEIU Retired Members Department, 330 West 42nd Street, 9th Floor • Money orders should be made payable to the 1199SEIU National Benefit Fund.

Save the Date!
Third Biannual Quilting Exhibit
Join us for an exhibit of handmade and machine-made quilts showcasing our retirees’ skill and artistry. Opening ceremony is Monday, October 10, at 10:00 am. Other dates are Tuesday, October 11, Thursday, October 13 and Friday, October 14, from 10:00 am to 4:30 pm. The exhibit will be held in the Penthouse (33rd floor) at Fund Headquarters, 330 West 42nd Street in Manhattan.

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.

Staten Island   Tuesday, October 11 • 9:30 am to noon
790 Port Richmond Avenue (off Forest Avenue) • Staten Island, NY 10302

Manhattan Headquarters
Thursday, October 13 • 9:30 am to noon
330 West 42nd Street, 9th Floor • New York, NY 10036

Hicksville   Tuesday, October 18 • 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.

Important News
ABOUT CHAPTER MEETINGS AND CLASSES!

October 2016

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

1199SEIU Retired Members Bulletin
Classes are open to all retirees and are free of charge. No registration is required.

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**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 Phyllica Rashad, and *Daughters of the Dust*, starring Cora Lee Day. In October, the class will begin 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.

**Shakespeare Class**

Tuesdays, 12:30 pm to 1:30 pm

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

The class will be 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**

**NEW!** 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**

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

**Manhattan Headquarters**

**NEW!** 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**

**NEW!** Tuesday, October 18, 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
Devere Dance Center • 205-05 Hollis Avenue, Main Floor • Jamaica, NY 11412

**Staten Island**

**NEW MEETING DAY AND TIME!**
**NEW!** Thursdays, 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 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**

**NEW!** 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.

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.

**Mat Yoga in Staten Island**

The Mat Yoga class in Staten Island will no longer be held on Wednesdays from 2:30 pm to 3:30 pm. As of October, the class will meet four times each month on Mondays from 3:00 pm to 4:00 pm. 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.

**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.

**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**

**NEW!** 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**

**NEW!** Wednesdays, 11:00 am to noon
100 Duffy Avenue, 3rd Floor • Hicksville, NY 10036

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
NO MEETING IN OCTOBER
Tamarac Community Center – Coconut Palm Room
8601 West Commercial Blvd. • Tamarac, FL 33351

Casselberry – Doris Turner Chapter
Thursday, October 20 – 11:00 am to 1:00 pm
Casselberry Public Library
215 North Oxford Road • Casselberry, FL 32707

Fort Myers Chapter
Monday, October 24 – 11:00 am to 1:00 pm
The Riverside Community Center
3061 East Riverside Drive • Fort Myers, FL 33916

Miami-Dade – Ossie Davis Chapter  NEW LOCATION
Thursday, October 6 – 10:30 am to 12:30 pm
Norland United Methodist Church
885 NW 195th Street
Miami Gardens, FL 33169

North Port Chapter
Tuesday, October 25 – 11:00 am to 1:00 pm
Morgan Family Community Center
6207 West Price Blvd. • North Port, FL 34291

Orlando Chapter
Wednesday, October 19 – 11:00 am to 1:00 pm
UAW Local #788
1825 West Oak Ridge Road • Orlando, FL 32809

Palm Bay/Melbourne Chapter
Tuesday, October 18 – 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
Monday, October 17 – 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, October 13 – 10:00 am to noon
Temple Anshei Shalom
7099 West Atlantic Avenue • Delray Beach, FL 33446

Tampa Chapter
Wednesday, October 26 – 11:00 am to 1:00 pm
1199SEIU UHWE Office
500 North West Shore Blvd. • Tampa, FL 33609

West Palm Beach Chapter
Wednesday, October 5 – 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, October 14 • 11:00 am to 1:00 pm
1199SEIU Healthcare & Education Center
2501 Grand Concourse, Room 301 • Bronx, NY 10468

Brooklyn – Marshall Dubin Chapter
Wednesday, October 26 • 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, October 21 • 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, October 28 • 10:30 am to noon
Jefferson Senior Center
2205 First Avenue • New York, NY 10029

Hicksville – Milton Konowe Chapter
Wednesday, October 19 • 11:00 am to 1:00 pm
1199SEIU Hicksville Office
100 Duffy Avenue • Hicksville, NY 11801

New Hyde Park – Eleanor Tilson Chapter
Tuesday, October 18 • 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, October 11 • 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, October 25 • 11:30 am to 1:00 pm
Majority Baptist Church
115-21 Farmers Blvd. • St. Albans, NY 11412

Staten Island Chapter
Monday, October 10 • 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, October 13 • 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, October 5. 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

Black History Celebration
Friday, October 21 • 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.

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

October 2016