

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

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## 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 their Medicare benefits. For more information about our SOS volunteer program, please call (646) 473-6916. SOS meets in Manhattan, Staten Island and Hicksville on the following dates and times in March:

### **Manhattan Headquarters**

**Thursday, March 2 • 9:30 am to noon**

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

**Staten Island Tuesday, March 14 • 9:30 am to noon**

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

**Hicksville Tuesday, March 21 • 9:30 am to noon**

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

## 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).

## Calling All Retired Nurses: Our Next Nurses Meeting is March 17

The nurses meeting on Friday, March 17 is from 10:00 am to noon at 330 42nd Street, 9th Floor.

The Retired Members Department holds quarterly meetings to help licensed practical 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!

# Important News

March 2017

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>Meeting Topics*</b></p> <p><b>March: Healthy Eating and Nutrition</b></p> <p><b>April: Oral Hygiene and Health</b></p> <p><i>* Sponsored by HealthCare Partners, IPA</i></p>		<p><b>1</b></p> <p>9-10 Beginners' Yoga* (Hicksville) 10-11 Advanced Yoga* (Hicksville) 10-12 Choral Group 10-12 Knitting &amp; Crocheting (Beg) 11-12 Dance (Hicksville) 11:30-12:30 Yoga* (White Plains) 12-1 Yoga* (BX) 12:15-1:15 Zumba-T (Hicksville) 12:30-4:30 Knitting &amp; Crocheting (Int/Adv) 1-2 Chi Gong (BKLYN) 1:30-2:30 Chi Gong (BX) 2-3 Dance (BKLYN) 2:30-3:30 Bingo (White Plains) 3-4 Latin Dance (BX)</p>	<p><b>2</b></p> <p>10-11 Tai Chi 11-12 Yoga* 12-1 Lunch Club 3-5 Arts &amp; Crafts 3-5 Sewing</p>	<p><b>3</b></p> <p>10-11 Advanced Chair Yoga* (BKLYN) 10-11 Chair Yoga* (SI) 10-12 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</p>
<p><b>All classes are held at our Manhattan Headquarters unless otherwise indicated.</b></p>				
<p><b>6</b></p> <p>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 Arts &amp; Crafts (SI) 1:30-3:30 Executive Committee Meeting 2-3 Falun Dafa (SI) 3-4 Mat Yoga* (SI)</p>	<p><b>7</b></p> <p>9:30-12 Photography 10-11 Intermediate Mat Yoga* (QNS) 10:30-12:30 Drama 11-1 Beginners' Knitting &amp; Crocheting (QNS) 11:15-12:15 Beginners' Chair Yoga* (QNS) 12:30-1:30 Shakespeare 1:15-2:15 Zumba Gold (QNS) 1:30-2:30 Zumba (SI) 1:30-3 Discussion Group</p>	<p><b>8</b></p> <p>9-10 Beginners' Yoga* (Hicksville) 10-11 Advanced Yoga* (Hicksville) 10-12 Choral Group 10-12 Knitting &amp; Crocheting (Beg) 11-12 Dance (Hicksville) 11:30-12:30 Yoga* (White Plains) 12-1 Yoga* (BX) 12:15-1:15 Zumba-T (Hicksville) 12:30-4:30 Knitting &amp; Crocheting (Int/Adv) 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>9</b></p> <p>10-11 Tai Chi 11-12 Yoga* 12-1 Lunch Club 1-3 General Membership Meeting 3-5 Arts &amp; Crafts 3-5 Sewing</p>	<p><b>10</b></p> <p>10-11 Advanced Chair Yoga* (BKLYN) 10-11 Chair Yoga* (SI) 10-12 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</p>
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\* Sponsored by HealthCare Partners, IPA

## 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.**

## Falun Dafa and Zumba Classes in Staten Island

**Mondays from 2:00 pm to 3:00 pm (Falun Dafa)**

**Tuesdays, 1:30 pm to 2:30 pm (Zumba)**

Both classes meet at 790 Port Richmond Avenue (off Forest Avenue), Staten Island, NY, 10302.

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.

## 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

**Mondays, 11:00 am to noon • 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

## Unwind with Mindfulness Meditation in Brooklyn

Boost your mental and physical well-being with our 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.**

## Beginners' Knitting & Crocheting in Queens

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 held at Devore Dance Center, 205-05 Hollis Avenue, Main Floor, Jamaica, NY, 11412. **Please check the calendar for exact dates.**

## 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*.

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.

## 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

**Advanced Chair Yoga class: Fridays, 10:00 am to 11:00 am**

**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 CLASS**

**Beginners' Yoga Class: Wednesdays, 9:00 am to 10:00 am**

**NEW CLASS**

**Advanced Yoga Class: 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, March 21, 1:00 pm to 2:00 pm**

\* (one class per month)

Northwell Health 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: 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\* **CLASSES WILL RESUME IN APRIL**

**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

## Act Now! Come to the Drama Class

The Drama Class reads plays aloud (no experience or memorization required) and discusses how the themes relate to daily life and current events. The class is currently reading August Wilson's *Fences* and viewing the film. The class also practices writing and theater games to further explore drama and forge connections. Class is held on Tuesdays from 10:30 am to 12:30 pm.





## **1199SEIU Annual Florida Retiree Banquet** **Friday, March 3, 2017 • 9:00 am to 3:00 pm**

We hope to see all of our Florida retirees at the Annual Florida Retiree Banquet at the **Orlando World Center Marriott Resort • 8701 World Center Drive • Orlando, FL 32821-6358**

**Reservations are required.** Be sure to bring your banquet tickets with you. If you are driving to the Orlando World Center Marriott, parking is \$10 per car.

**Bus Transportation:** Reserved bus seats will be available only in chapter areas. Please refer to the following bus schedule to confirm the location for parking your car.

### **BUS SCHEDULE**

**Broward – Leon Davis Chapter** 5:15 am – Board bus  
Lowe's parking lot • 8050 West Oakland Park Blvd.  
Sunrise, FL 33351 (Park closest to West Oakland Park Blvd.)

**Casselberry – Doris Turner Chapter** 8:00 am – Board bus  
St. Augustine Church • 375 North Sunset Drive  
Casselberry, FL 32707 (Park on the Seminola Blvd. side)

**Fort Myers Chapter** 5:15 am – Board bus  
Bealls Shopping Plaza • 1209 Homestead Road North  
Lehigh Acres, FL 33936 (Park in lower end)

**Miami-Dade – Ossie Davis Chapter** 4:30 am – Board bus  
Norland United Methodist Church • 885 NW 195th Street  
Miami Gardens, FL 33169 (Park along rear fence, away from building)

**North Port Chapter** 5:15 am – Board bus  
Morgan Family Community Center • 6207 West Price Blvd.  
North Port, FL 34286 (Located across from North Port High School)

**Orlando Chapter** 8:00 am – Board bus  
UAW Local #788 • 1825 West Oak Ridge Road  
Orlando, FL 32809 (Park in rear lot of building, on grassy area)

**Palm Bay/Melbourne Chapter** 6:45 am – Board bus  
Palm Bay Community Center – Parks & Recreation • 1502 Port Malabar Blvd., NE  
Palm Bay, FL 32905 (Park along wood fence, in front grassy area)

**Port St. Lucie Chapter** 6:30 am – Board bus  
Walmart Supercenter • 10855 South US Highway 1  
Port St. Lucie, FL 34952 (Enter at traffic light—south entrance—and park to the left)

**South Palm Beach Chapter** 5:15 am – Board bus  
Temple Anshei Shalom • 7099 West Atlantic Avenue  
Delray Beach, FL 33446 (Park in far rear parking area)

**Tampa Chapter – Tampa (first stop)** 7:00 am – Board bus  
Sun Trust Building (Union meeting site) • 500 North West Shore Blvd.  
Tampa, FL 33609 (Park on 3rd level **only** and go to main lot, street level, for bus pick-up)

**Tampa Chapter – Brandon (second stop)** 7:45 am – Board bus  
Westfield Mall • 459 Brandon Town Center  
Brandon, FL 33511 (Park on southwest side of mall, between Sears and Macy's)

**West Palm Beach Chapter** 5:15 am – Board bus  
St. Christopher's Episcopal Church • 1063 North Haverhill Road  
West Palm Beach, FL 33417 (Park in rear parking lot, away from church on Haverhill Road side)

## **Florida Chapters**

There are no Florida Chapter Meetings in March.

## **New York Chapters**

**Bronx – Joseph James Chapter**  
Friday, March 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, March 29 • 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, March 17 • 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, March 31 • 10:30 am to noon  
Jefferson Senior Center  
2205 First Avenue • New York, NY 10029

**Hicksville – Milton Konowe Chapter**  
Wednesday, March 15 • 11:00 am to 1:00 pm  
1199SEIU Hicksville Office  
100 Duffy Avenue • Hicksville, NY 11801

**New Hyde Park – Eleanor Tilson Chapter**  
Tuesday, March 21 • 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, March 14 • 1:00 pm to 3:00 pm  
Holy Rosary Church  
1510 Adele Avenue (enter at parking lot) • Bronx, NY 10469

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

**Staten Island Chapter**  
Monday, March 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

**Suffolk County Chapter** Chapter meetings will resume in April  
Second Thursday of the month, 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, March 1 • 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**

**Women's History Celebration**  
Friday, March 17 • 9:30 am to noon  
Bernie Hope Center • 210 South Purdy Street • Sumter, SC 29150  
For information, call Nonnie B. Perry at (803) 481-0475.