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**
710 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.

**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 32821-6538

**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
Lowes’ 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 • 475 North Sunset Drive
Casselberry, FL 32707 (Park on the Seminola Blvd. side)

**Fort Myers Chapter**
5:15 am – Board bus
Bealls Shopping Plaza • 12099 Homestead Road North
Lehigh Acres, FL 33936 (Park in lower end)

**Miami-Dade – Ossie Davis Chapter**
4:30 am – Board bus
Northwood United Methodist Church • 985 NW 19th 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 34296 (Located across from North Port High School)

**Orlando Chapter**
8:00 am – Board bus
UAW Local 6788 • 1725 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 Sholom • 7099 West Atlantic Avenue
Delray Beach, FL 33484 (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
West Mallfield • 855 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 31 • 10:30 am to noon**
Jefferson Senior Center
2205 First Avenue • New York, NY 10029

**Bushwick – 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 Adee Avenue (enter at parking lot) • Bronx, NY 10469

**Queens – Edward Garris 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**

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

March 2017
Yoga Classes

Classes are held four times each month, except where noted.* Please check the calendar for exact dates.

**NEW CLASSES**

**Begins March**

**NEW YORK**

Brooklyn: 10:00 am to 11:00 am

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

Hicksville: 10:00 am to 11:00 am

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

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 each month — please check the calendar.

**NEW YORK**

Brooklyn: 10:00 am to 11:00 am

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

**Suffolk County**

**CLASSES WILL RESUME IN APRIL**

**NEW YORK**

Begins Yoga/Meditation class (Offered each 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 Tunipike Riverhead, NY 11901

White Plains: 11:30 am to 1:30 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.

March 2017 QUESTIONS: CALL (646) 473-8666 • OUTSIDE NYC (800) 575-7771

New York MARCH CALENDAR

**Meeting Topics**

**March: Healthy Eating and Nutrition**

April: **Oral Hygiene and Health**

* Sponsored by Healthcare Partners, IPA

**Classes are open to all retirees and are free of charge. No registration is required.**

**NEW YORK March 2017**

**QUESTIONS: CALL (646) 473-8666 • OUTSIDE NYC (800) 575-7771**
Yoga Classes

Classes are held four times each month, except where noted.* Please check the calendar for exact dates.

Brons

Wednesdays, noon to 1:00 pm
1199SEIU Healthcare & Education Center
2nd Floor, 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 Eml Place (between Fulton & Livingston Streets), Rooms 4 & 5 ▪ Brooklyn, NY 11201

A New York lounge

Beginners’ Knitting & Crocheting class: Fridays, 10:15 am to 12:15 pm
21W, 21 West 21st Street ▪ New York, NY 10011

PLAYING SPACES

Box G, 1000 Main Street ▪ Staten Island, NY 10301

Advanced Yoga class: Fridays, 9:30 am to 10:30 am
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NEW YORK MARCH CALENDAR

Meeting Topics*
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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)

 Classes are held four times each month. Please check the calendar for exact dates.

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 a total of four times each month from 1:00 pm to 1:30 pm. Please check the calendar for exact dates.

Beginners’ Knitting & Crocheting in Queens

The Beginners’ Knitting & Crocheting class that is offered in Queens on Mondays from 1:00 pm to 2:30 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.

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. Classes are held on Tuesdays from 10:30 am to 12:30 pm.

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March 2017

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.

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  - 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**
  - 8:00 am – Board bus
  - UAW Local 6782 • 1825 West Oak Ridge Road
  - Orlando, FL 32809 (Park in rear lot of building, on grassy area)

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  - West Palm Beach, FL 33417 (Park in rear parking lot, away from church on Haverhill Road side)

**BUS CANCELLATION**

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**QUESTIONs:** CALL (646) 473-6916 • OUTSIDE NYC (610) 575-7771

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**Florida Chapters**

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  - Friday, March 10 • 11:00 am to 1:00 pm
  - 1199SEIU Healthcare & Education Center • 2901 Grand Concourse, Room 301 • Bronx, NY 10468

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  - Wednesday, March 29 • 11:00 am to 1:00 pm
  - Brooklyn College – Student Center, 2nd Floor
  - East 27th Street & Campus Road • Brooklyn, NY 11210

- **East Harlem – Leon Davis Chapter**
  - Friday, March 17 • 10:30 am to noon
  - Jefferson Senior Center • 2205 First Avenue • New York, NY 10029

- **New Hyde Park – Eleanor Tilson Chapter**
  - Tuesday, March 21 • 2:00 pm to 3:00 pm
  - Northwell Health (formerly N+LJ) Cohen Children’s Medical Center • Teaching Center – Conference Room
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  - Tuesday, March 14 • 1:00 pm to 3:00 pm
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- **Orlando – Edward Harrins Chapter**
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  - First Baptist Church of Riverhead • 1018 Northville Tumpke • Riverhead, NY 11901

- **Queens – Edward Garrins Chapter**
  - Tuesday, March 28 • 11:30 am to 1:00 pm
  - Major 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

- **Westchester – Hudson Valley Region Chapter**
  - Second Thursday of the month, 11:00 am to 1:00 pm
  - First Baptist Church of Riverhead • 1018 Northville Tumpke • Riverhead, NY 11901

- **Women’s History Celebration**
  - Women’s History 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

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**North & South Carolinas Chapter**

Women’s History Celebration
- Friday, March 17 • 9:30 am to noon

**Important News**

***About Chapter Meetings and Classes!***

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

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**1199SEIU Retired Members Bulletin**

March 2017

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