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 benefits. For more information about our 1199SEIU SOS volunteer program, please call (646) 473-6916. SOS meets in Manhattan, Staten Island and Hicksville on the following dates and times in April 2017:

**Manhattan Headquarters**  Thursday, April 6 • 9:30 am to noon
330 West 42nd Street, 9th Floor • New York, NY 10036

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

**Hicksville**  Tuesday, April 18 • 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.

**Explore Age-Friendly Websites**

Age-Friendly NYC is dedicated to making New York a great place for seniors. For more information, visit its network of websites located at www.AgeFriendlyNYC.org:

- [www.AgeFriendlyCollege.org](http://www.AgeFriendlyCollege.org): To learn about programs for the liberal and creative arts, computers and technology, business, job skills, personal growth and more.

- [www.NYC-ARTS.org/seniors](http://www.NYC-ARTS.org/seniors): For cultural events in your borough, download guide books that provide information on ticket and member discounts, accessibility, locations and hours for local museums, dance and theater venues, libraries, zoos and more.

- [www.NY.gov/aging](http://www.NY.gov/aging): For upcoming cultural events, senior services and programs, community partners and senior centers near your home.

- [www.TDF.org](http://www.TDF.org): The Theatre Development Fund (TDF) works to make theater affordable and accessible to all.
### New York APRIL CALENDAR

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<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
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<tr>
<td>10:30-11:30 Opera Appreciation</td>
<td>10:30-12:30 Yoga* (QNS)</td>
<td>Beginners’ Yoga* (Hicksville)</td>
<td>Tai Chi</td>
<td>Advanced Chair Yoga* (BKLYN)</td>
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<tr>
<td>Dance (BKLYN)</td>
<td>Intermediate Mat Yoga* (QNS)</td>
<td>Beginners’ Yoga* (Hicksville)</td>
<td>Yoga* (Hicksville)</td>
<td>Yoga* (BKLYN)</td>
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<td>Mindfulness Meditation (BKLYN)</td>
<td>Drama</td>
<td>Knitting &amp; Crocheting (QNS)</td>
<td>Beginners’ Yoga* (Hicksville)</td>
<td>Yoga* (BKLYN)</td>
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<td>Meditation (BKLYN)</td>
<td>Beginners’ Chair Yoga* (QNS)</td>
<td>Knitting &amp; Crocheting (Beg)</td>
<td>Yoga* (Hicksville)</td>
<td>Yoga* (BKLYN)</td>
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<tr>
<td>Arts &amp; Crafts (SI)</td>
<td>Beginners’ Chair Yoga* (QNS)</td>
<td>Yoga* (White Plains)</td>
<td>Yoga* (Beg)</td>
<td>Yoga* (BKLYN)</td>
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<td>Falun Dafa (SI)</td>
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<td>Yoga* (BKLYN)</td>
<td>Yoga* (Beg)</td>
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<td>Mat Yoga* (SI)</td>
<td>1:30-2:30</td>
<td>Yoga (White Plains)</td>
<td>Yoga (BKLYN)</td>
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### 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,* in anticipation of 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.

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**Meeting Topics**

- **April 27:** Oral Hygiene and Health
- **May 25:** Healthcare-Associated Infections

* Sponsored by HealthCare Partners, IPA
Yoga Classes

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

**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

**Manhattan Headquarters**

**Thursdays, 11:00 am to noon**
330 West 42nd Street, 9th Floor • New York, NY 10036

**New Hyde Park**

**Tuesday, April 18, 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

**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

**Brooklyn**

**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.

**Dance Classes**

If you’re interested in learning the latest dance steps, come join our dance classes in Manhattan, Brooklyn, Hicksville and New Hyde Park. You’ll get moving with the Electric Slide, the Wobble, the Cupid Shuffle and more! Classes are held four times each month, except where noted.* 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

**New Hyde Park**

**Tuesday, April 18, 2:00 pm to 3:00 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

**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 Hicksville on Wednesdays from 1:00 pm to 2:00 pm. Chi Gong is also offered in Brooklyn 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. Please check the calendar for additional Zumba classes at our other locations.

**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.
Florida Chapters

Broward – Leon Davis Chapter
Tuesday, April 11 • 1:00 pm to 3:00 pm
Tamarac Community Center – Coconut Palm Room
8601 West Commercial Blvd. • Tamarac, FL 33351

Casselberry – Doris Turner Chapter   NEW TIME THIS MONTH!
Thursday, April 20 • 10:45 am to 12:45 pm
Casselberry Public Library
215 North Oxford Road • Casselberry, FL 32707

Fort Myers Chapter
Monday, April 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
Thursday, April 6 • 10:30 am to 12:30 pm
Norland United Methodist Church
885 NW 195th Street
Miami Gardens, FL 33169

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

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

Palm Bay/Melbourne Chapter
Tuesday, April 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   MEETING CHANGE THIS MONTH!
Monday, April 24 • 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
NO MEETING IN APRIL
Temple Anshei Shalom
7099 West Atlantic Avenue • Delray Beach, FL 33446

Tampa Chapter   TIME, LOCATION CHANGES THIS MONTH
Wednesday, April 26 • 10:00 am to 1:00 pm
DoubleTree Suites by Hilton Tampa Bay
3050 North Rocky Point Drive West • Tampa, FL 33607

West Palm Beach Chapter
Wednesday, April 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 Chapters

Bronx – Joseph James Chapter
Friday, April 7 • 11:00 am to 1:00 pm
1199SEIU Healthcare & Education Center
2501 Grand Concourse, Room 301 • Bronx, NY 10468

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

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

New Hyde Park – Eleanor Tilson Chapter   NEW ROOM, NEW TIME
Tuesday, April 18 • 3:00 pm to 4:30 pm
Northwell Health (formerly NS-LIJ) Cohen Children’s Medical Center
Cafeteria – Lower Level
269-01 76th Avenue • New Hyde Park, NY 11040

North Bronx – Bernard Minter Chapter
Tuesday, April 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, April 25 • 11:30 am to 1:00 pm
Majority Baptist Church
115-21 Farmers Blvd. • St. Albans, NY 11412

Staten Island Chapter
Monday, April 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 April 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, April 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
Friday, April 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) 575-7771

April 2017