

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

Address Service Requested

© 1199SEIU 120

Non-Profit Org.  
U.S. Postage  
**PAID**  
New York, NY  
Permit No. 3700

## 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).

## 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](http://www.AgeFriendlyNYC.org):

- **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:** 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.NYC.gov/aging:** For upcoming cultural events, senior services and programs, community partners and senior centers near your home.
- **www.TDF.org:** The Theatre Development Fund (TDF) works to make theater affordable and accessible to all.

## 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

# Important News

April 2017 ABOUT CHAPTER MEETINGS AND CLASSES!



**1199SEIU**  
Retired Members  
Bulletin

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>3</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>4</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 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>5</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>6</b></p> <p>10-11 Tai Chi 11-12 Yoga* 11-12 Beginners' Yoga* (Suffolk County) 12-1 Meditation (Suffolk County) 12-1 Lunch Club 1-3 General Membership Meeting 3-5 Arts &amp; Crafts 3-5 Sewing</p>	<p><b>7</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>10</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) 2-3 Falun Dafa (SI) 3-4 Mat Yoga* (SI)</p>	<p><b>11</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 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>12</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>13</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>14</b></p> <p><b>OFFICE CLOSED</b></p>
<p><b>17</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) 2-3 Falun Dafa (SI) 3-4 Mat Yoga* (SI)</p>	<p><b>18</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 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 2-3 Dance (New Hyde Park)</p>	<p><b>19</b></p> <p>9-10 Beginners' Yoga* (Hicksville) 10-11 Advanced Yoga* (Hicksville) 10-12 Knitting &amp; Crocheting (Beg) 11:30-12:30 Yoga* (White Plains) 12-1 Yoga* (BX) 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>20</b></p> <p>10-11 Tai Chi 11-12 Yoga* 11-12 Beginners' Yoga* (Suffolk County) 12-1 Meditation (Suffolk County) 12-1 Lunch Club 1-3 Birthday Party 3-5 Arts &amp; Crafts 3-5 Sewing</p>	<p><b>21</b></p> <p>10-11 Advanced Chair Yoga* (BKLYN) 10-11 Chair Yoga* (SI) 10-12 Quilting 1-2 Dance 1:30-2:30 Zumba Gold (BKLYN) 2-3 Yoga* 3:30-4:30 Zumba Gold</p>
<p><b>24</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) 2-3 Falun Dafa (SI) 3-4 Mat Yoga* (SI)</p>	<p><b>25</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 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>26</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>27</b></p> <p>10-11 Tai Chi 11-12 Yoga* 11-12 Beginners' Yoga* (Suffolk County) 12-1 Meditation (Suffolk County) 12-1 Lunch Club 1-2 Health Topic Meeting: Oral Hygiene and Health 3-5 Arts &amp; Crafts 3-5 Sewing</p>	<p><b>28</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>

\* Sponsored by HealthCare Partners, IPA

All classes are held at our Manhattan Headquarters unless otherwise indicated.

## 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.

## 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.

## **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**

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

**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, 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

## **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\***

**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

# 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.**

# 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\* NEW CLASS!**

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