Don’t Forget to Vote!

Elections for the 1199SEIU Retired Members Division will be held this month during chapter meetings and at our General Membership Meeting at our Manhattan Headquarters on Thursday, April 7.

Important News

April 2016

ABOUT CHAPTER MEETINGS AND CLASSES!

Calling All Retired LPNs

The Retired Members Division holds quarterly meetings to help LPNs 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!

“Seniors Out Speaking” Is Coming to Hicksville and Staten Island

Starting this month, our “Seniors Out Speaking” (SOS) program will meet in two new locations:

Hicksville  Tuesday, April 19 • 9:45 am to noon
1199SEIU Hicksville Office
100 Duffy Avenue, 3rd Floor • Hicksville, NY 11801

Staten Island  Tuesday, April 12 • 9:45 am to noon
1199SEIU Training and Employment Funds Office
790 Port Richmond Avenue (off Forest Avenue)
Staten Island, NY 10302

Join other 1199SEIU retirees to become a volunteer in the Medicare Rights Center’s “Seniors Out Speaking” (SOS) program. SOS program volunteers work within their communities to 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.

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

**April**  
Hearing Loss

**May**  
Osteoporosis

*Sponsored by HealthCare Partners, IPA

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**CALENDAR**

**April Hearing Loss**

**May Osteoporosis**

**Questions: Call (646) 473-8666 • Outside NYC (800) 892-2557**

**NYC April CALENDAR**

Classes are open to all retirees and are free of charge. No registration is required.
Line Dancing  NEW CLASS  
Comes to Brooklyn
If you’re interested in learning the latest dance steps, come join our new Line Dancing class. You’ll get moving with the Electric Slide, the Wobble, the Cupid Shuffle and more! Classes are held four times a month in Brooklyn on Mondays from 11:00 am to noon. Please check the calendar for exact dates.

Chi Gong Classes
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 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. Please check the calendar for exact dates.

Continuing Education Classes Available
Retirees can keep up with the latest research, clinical trends and emerging healthcare issues with the 1199SEIU/League Training and Upgrading Fund’s Institute for Continuing Education (ICE). ICE offers 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 and cost $15 per credit/hour. 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, a joint initiative of the NYC Mayor’s Office, the NYC Council and the New York Academy of Medicine, is dedicated to making New York a great place for seniors. Here are just a few of the initiatives you can read about through their network of websites at www.AgeFriendlyNYC.org:
• To learn about programs for the liberal and creative arts, computers and technology, business, job skills, personal growth and more, go to www.AgeFriendlyCollege.org.
• To learn about cultural events happening in your borough, download NYC-ARTS’ cultural guide books for seniors. The books provide information on ticket and member discounts, accessibility and locations and hours for local museums, dance and theater venues, libraries, zoos and more. Go to www.NYC-ARTS.org/seniors.

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. Class is held Tuesdays from 10:30 am to 12:30 pm.

Shakespeare Class  Tuesdays, 12:30 pm to 1:30 pm
The class is currently reading Richard II.
1199SEIU RMD, 330 West 42nd Street, 9th Floor

To learn about trip and vacation offers, call (800) 552-6262, ext. 112 & (800) 431-1130, ext. 5537.

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
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 (off Fulton Street), Rooms 4 & 5 • Brooklyn, NY 11201

Hicksville
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 19, 1:00 pm to 2:00 pm *(one class per month)
Northwell Health (formerly NS-LI) 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: Wednesdays, 10:00 am to 11:00 am
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
Wednesdays, 11:30 am to 12:30 pm
1199SEIU Benefit and Pension Funds
White Plains Office • 99 Church Street • White Plains, NY 10601

Join Us for Yoga & Meditation in Suffolk County
Calling all Suffolk retirees! Join our Beginners’ Yoga/Meditation class in Suffolk County. This class combines beginners’ yoga instruction with guided meditation. The gentle practice of yoga is said to help improve your flexibility, strengthen your bones and reduce your stress, while the meditation can leave you feeling relaxed and refreshed. Classes meet three times per month from 11:00 am to 1:00 pm. Please check the calendar for exact dates.

First Baptist Church of Riverhead
1018 Northville Turnpike • Riverhead, NY 11901

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

April 2016
Florida Chapters

Broward – Leon Davis Chapter  
Tuesday, April 12 • 1:00 pm to 3:00 pm  
Tamarac Community Center – Coconut Palm Room  
8601 West Commercial Blvd. • Tamarac, FL 33351

Casselberry – Doris Turner Chapter  
Thursday, April 21 • 11:00 am to 1:00 pm  
Casselberry Public Library  
215 North Oxford Road • Casselberry, FL 32707

Fort Myers Chapter  
Monday, April 25 • 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 7 • 10:30 am to 12:30 pm  
18441 NW 2nd Avenue  
Lincoln Building – North Wing, Suite 502 (Penthouse)  
Miami Gardens, FL 33169

North Port Chapter  
Tuesday, April 26 • 11:00 am to 1:00 pm  
Morgan Family Community Center  
6207 West Price Blvd. • North Port, FL 34291

Orlando Chapter  
Wednesday, April 20 • 11:00 am to 1:00 pm  
UAW Local #788  
1825 West Oak Ridge Road • Orlando, FL 32809

Palm Bay/Melbourne Chapter  
Tuesday, April 19 • 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  
Wednesday, April 27 • 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

Tampa Chapter  
Wednesday, April 27 • 11:00 am to 1:00 pm  
1199SEIU UHWE Office  
500 North West Shore Blvd. • Tampa, FL 33609

West Palm Beach Chapter  
Wednesday, April 6 • 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

Westchester – Hudson Valley Region Chapter  
Stay healthy! Come to our yoga class and chapter meeting on  
Wednesday, April 6. Yoga: 11:30 am • Chapter Meeting: 12:30 pm  
1199SEIU United Healthcare Workers East  
99 Church Street • White Plains, NY 10601

New York City Chapters

Bronx – Joseph James Chapter  
Friday, April 8 • 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 27 • 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 15 • 11:30 am to 1:30 pm  
1199SEIU Brooklyn Office  
25 Elm Place (off Fulton Street) • Brooklyn, NY 11201

East Harlem – Leon Davis Chapter  
Friday, April 29 • 10:30 am to noon  
Jefferson Senior Center  
2205 First Avenue • New York, NY 10029

Hicksville – Milton Konowe Chapter  
Wednesday, April 20 • 11:00 am to 1:00 pm  
1199SEIU Hicksville Office  
100 Duffy Avenue • Hicksville, NY 11801

New Hyde Park – Eleanor Tilson Chapter  
Tuesday, April 19 • 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, April 12 • 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 26 • 11:30 am to 1:00 pm  
Majority Baptist Church  
115-21 Farmers Blvd. • St. Albans, NY 11412

Staten Island Chapter  
Monday, April 11 • 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 21 • 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 6. 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 15 • 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.