Note about Your February RMD Bulletin

Due to a clerical error, you may have received your February RMD bulletin with an incorrect name. We want to assure you that your personal information is safe and we apologize for any confusion this may have caused.

Rego Park (Queens) Benefit Fund Office Has Moved

As of December 21, 2015, the Benefit Fund’s Rego Park office is located at 97-30 64th Road, Rego Park, NY 11374. The phone number—(646) 473-8565—remains the same.

Get to Know Your Candidates

Elections for the 1199SEIU Retired Members Division will be held in April during chapter meetings and at our General Membership Meeting at our Manhattan Headquarters on Thursday, April 7. The candidates will be visiting New York City chapter meetings in March, so be sure to attend your local meeting this month and ask the candidates any questions you might have.

Vision Screening Is Back!

Friday, March 18, 10:00 am to noon  First come, first served
1199SEIU RMD, 330 West 42nd Street, 9th Floor

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

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

Bronx
Wednesday, 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
Wednesday, 10:00 am to 11:00 am
100 Duffy Avenue, 3rd Floor • Hicksville, NY 11801

Manhattan Headquarters
Thursday, 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 15, 1:00 pm to 2:00 pm *(one class per month)
Northwell Health (formerly NS-LIJ) 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
Devoe 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*  NO CLASSES UNTIL APRIL
Beginners’ Yoga/Meditation class
*(three classes per month from 1:10 pm to 1:00 pm—please see the calendar)
First Baptist Church of Riverhead • 1018 Northville Turnpike
Riverhead, NY 11901

White Plains
Wednesday, 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  NO CLASSES UNTIL APRIL
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. This class will not meet in March.
First Baptist Church of Riverhead
1018 Northville Turnpike • Riverhead, NY 11901

Calling All Retired LPNs: Our Next LPN Meeting Is March 18
The LPN meeting on Friday, March 18, is from 10:00 am to noon at our Manhattan Headquarters, 330 West 42nd Street, 9th Floor.
The Retired Members Department 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!

New Classes in the Bronx, Brooklyn and Hicksville!
Come join our new Latin Dance class in the Bronx, Chair Yoga and Zumba Gold classes in Brooklyn and a new Zumba-T (Zumba toning) class in Hicksville. Please check the calendar for updated class times.

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. 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. 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

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

March 2016
### Classes are open to all retirees and are free of charge. No registration is required.

#### NYC MARCH CALENDAR

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<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
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### To learn about trip and vacation offers, call (800) 552-6262, ext. 112 & (800) 431-1130, ext. 5537.
Annual Florida Retiree Banquet
Thursday, March 10, 2016 • 9:00 am to 3:00 pm

Orlando World Center Marriott Resort & Convention Center
8701 World Center Drive • Orlando, FL 32821-6358
Telephone: (888) 789-3090 or (407) 239-4200

We look forward to seeing all of our Florida retirees at the banquet on March 10! Reservations are required. Be sure to bring your banquet tickets with you.

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 North University Drive)

Casselberry – Doris Turner Chapter  7:45 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
18441 NW 2nd Avenue • Lincoln Building • Miami Gardens, FL 33169
(park in rear lot of building)

North Port Chapter  5:15 am – Board bus
Morgan Family Community Center • 6207 West Price Blvd.
North Port, FL 34291 (located across from Northport 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 brown 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
SunTrust Bank (Union meeting site)
500 North West Shore Blvd. • Tampa, FL 33609
Park on 3rd level only and come down to street level for bus pick-up.
(bus will park on main lot – street level)

Tampa Chapter – Brandon (second stop)  7:45 am – Board bus
Westfield Brandon Mall
459 Brandon Town Center Drive • Brandon, FL 33511
(park at the southwest side of the 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)

MARCH CHAPTER MEETINGS

There are no Florida Chapter Meetings in March.

New York City Chapters

 Bronx – Joseph James Chapter
Friday, March 11 • 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 30 • 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 18 • 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, March 18 • 10:30 am to noon
Jefferson Senior Center
2205 First Avenue • New York, NY 10029

Hicksville – Milton Konowe Chapter
Wednesday, March 16 • 11:00 am to 1:00 pm
1199SEIU Hicksville Office
100 Duffy Avenue • Hicksville, NY 11801

New Hyde Park – Eleanor Tilson Chapter
Tuesday, March 15 • 2:00 pm to 3:30 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 8 • noon to 2:00 pm
Holy Rosary Church
1510 Adee Avenue (enter at parking lot) • Bronx, NY 10469

Queens – Edward Garrins Chapter
Tuesday, March 22 • 11:30 am to 1:00 pm
Majority Baptist Church
115-21 Farmers Blvd. • St. Albans, NY 11412

Staten Island Chapter
Monday, March 14 • 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  NO MEETINGS UNTIL APRIL
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 2. 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, March 18 • 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.

March 2016