New: Health Topics at Florida Chapter Meetings

Florida chapter meetings will now include talks on various health topics, led by Humana representatives. At June’s talk, “Technology 101,” you’ll learn how technology is impacting healthcare, as well as how our website and other online resources can help you keep up with the latest health and Benefit Funds news. Future topics will include how you can prevent or manage certain health conditions, eat a nutritious diet, stay active and more.

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 1199SEIU SOS volunteer program, call (646) 473-6916. SOS meets in Manhattan, Staten Island and Hicksville on the following dates and times in June 2017:

**Manhattan Headquarters** Thursday, June 1 • 9:30 am to noon
330 West 42nd Street, 9th Floor • New York, NY 10036

**Staten Island** Tuesday, June 13 • 9:30 am to noon
790 Port Richmond Avenue (off Forest Avenue) • Staten Island, NY 10302

**Hicksville** Tuesday, June 20 • 9:30 am to noon
100 Duffy Avenue, 3rd Floor • Hicksville, NY 11801

NEW! SOS will now also meet at monthly Florida Chapter Meetings.

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](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.NYC.gov/aging](http://www.NYC.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.

Important News

ABOUT CHAPTER MEETINGS AND CLASSES!

June 2017

1199SEIU Retired Members Bulletin

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

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<th>Location</th>
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* (three classes per month—please check the calendar)

**NEW CLASS!**

**NEW CLASS!**

**Please note that the travel company—not the Funds or the Union—is solely responsible for the trips provided.**

**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**
Brunch, 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**
Yoga/Meditation class: Tuesdays, 9:00 am to 10:00 am* NEW CLASS!
*(three classes per month—please check the calendar)
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, June 20, 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**
Yoga/Meditation class: Mondays, 10:00 am to 11:00 am NEW CLASS!
Hatha Yoga class: Mondays, 11:15 am to 12:15 pm NEW CLASS!
Hatha Yoga is the root of the physical yoga practice. Groups and individuals use this ancient, classic yoga style to get fit and encourage a healthy mind-body connection.
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 per month, from 11:00 am to 1:00 pm—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

Calling All Retired Nurses: Our Next Nurses’ Meeting Is June 16 NEW LOCATION
The nurses’ meeting on Friday, June 16, is from 10:00 am to noon at 330 West 42nd Street, Member Programs Conference Room, 3rd Floor.
The Retired Members Division holds quarterly meetings to help nurses 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!

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 now in New Hyde Park and Queens. You’ll get moving with the Electric Slide, the Wobble, the Cupid Shuffle, Line Dancing and more! Classes are held four times a month, except where noted. Please check the calendar for exact dates.

**Manhattan Headquarters**
Fridays, 2:00 pm to 3:00 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, June 20, 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

**Queens**
*NEW CLASS!
Montos, 12:30 pm to 1:30 pm
Devore Dance Center • 205-05 Hollis Avenue, Main Floor • Jamaica, NY 11412

**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.

**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

**Florida Chapter Meeting Topic** NEW!
June: Technology 101
*Sponsored by Humana Inc.

**Broward – Leon Davis Chapter**
Tuesday, June 13 – 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, June 22 – 10:00 am to noon
Casselberry Public Library
215 North Oxford Road • Casselberry, FL 32707

**Fort Myers Chapter**
Monday, June 26 – 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, June 1 – 10:30 am to 12:30 pm
Norland United Methodist Church
885 NW 195th Street
Miami Gardens, FL 33169

**North Port Chapter**
Tuesday, June 27 – 11:00 am to 1:00 pm
Morgan Family Community Center
6207 West Price Blvd. • North Port, FL 34291

**Orlando Chapter**
Wednesday, June 21 – 11:00 am to 1:00 pm
UAW Local #788
1825 West Oak Ridge Road • Orlando, FL 32809

**Palm Bay/Melbourne Chapter** NO MEETING IN JUNE
Tuesdays, 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, June 28 – 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**
Thursday, June 8 – 10:00 am to noon
Temple Anshei Shalom
7099 West Atlantic Avenue • Delray Beach, FL 33446

**Tampa Chapter**
Wednesday, June 28 – 10:00 am to 1:00 pm
Sailport Waterfront Suites
2506 North Rocky Point Drive • Tampa, FL 33607

**West Palm Beach Chapter**
Wednesday, June 7 – 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, June 9 • 11:00 am to 1:00 pm
1199SEIU Healthcare & Education Center
2501 Grand Concourse, Room 301 • Bronx, NY 10468

**Brooklyn – Marshall Dubin Chapter**
Wednesday, June 28 • 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, June 16 • 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, June 30 • 10:30 am to noon
Jefferson Senior Center
2205 First Avenue • New York, NY 10029

**Hicksville – Milton Konowe Chapter**
Wednesday, June 21 • 11:00 am to 1:00 pm
1199SEIU Hicksville Office
100 Duffy Avenue • Hicksville, NY 11801

**New Hyde Park – Eleanor Tilson Chapter**
Tuesday, June 20 • 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, June 13 • 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, June 27 • 11:30 am to 1:00 pm
Majority Baptist Church
115-21 Farmers Blvd. • St. Albans, NY 11412

**Staten Island Chapter**
Monday, June 12 • 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, June 8 • 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, June 7: 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**

**Family Day in the Park** Saturday, June 10 • 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.