Important News
ABOUT CHAPTER MEETINGS AND CLASSES!

July/August 2017

1199SEIU
Retired Members Bulletin

Questions: Call (646) 473-8666
Outside NYC: (800) 575-7771
www.1199SEIUBenefits.org
### New York JULY CALENDAR

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### Agenda Items

**Meeting Topics**

**July/August:** No Chapter Meetings

**September:** “Get Ready” – Emergency Preparedness

**October:** Skin Conditions and Aging

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* Sponsored by HealthCare Partners, IPA

**Questions:** Call (646) 473-8666 • Outside NYC (800) 575-7771

**July/August 2017**

Classes are open to all retirees and are free of charge. No registration is required.
Yoga Classes

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

**Bronx** NO CLASSES IN JULY AND AUGUST

**Brooklyn** NO CLASSES IN AUGUST

**Hicksville** NO CLASSES IN AUGUST

**Manhattan Headquarters** NO CLASSES IN AUGUST

**New Hyde Park** NO CLASSES IN JULY AND AUGUST

**Queens** NO CLASSES IN AUGUST

**Staten Island** NO CLASSES IN JULY AND AUGUST

**Suffolk County** NO CLASSES IN AUGUST

**White Plains** NO CLASSES IN AUGUST

Yoga/Meditation class: Fridays, 10:00 am to 11:00 am* NEW CLASS!

* (three classes per month—please check the calendar)

Beginners’ Yoga Class: Fridays, 10:00 am to 11:00 am

Advanced Yoga Class: Thursdays, 11:15 am to 12:15 pm

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

Tuesdays, 1:00 pm to 2:00 pm * (one class per month)

Northwell Health Cohen Children’s Medical Center

Teaching Center—Cafeteria—Lower Level

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

Unwind with Mindfulness Meditation in Brooklyn NO CLASSES IN AUGUST

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** NO CLASSES IN AUGUST

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, 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**

Tuesdays, 2:00 pm to 3:00 pm * (one class per month)

Northwell Health Cohen Children’s Medical Center Teaching Center—Cafeteria—Lower Level • 269-01 76th Avenue New Hyde Park, NY 11040

**Queens**

**NEW CLASS!**

**Mondays, 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 NO CLASSES IN AUGUST**

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 NO CLASSES IN JULY AND AUGUST**

**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.

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.

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.
Sign Up for “Seniors Out Speaking” in September

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 will meet in Manhattan, Staten Island and Hicksville on the following dates and times in September 2017:

**Manhattan Headquarters:**
**Thursday, September 7 • 9:30 am to noon**
330 West 42nd Street, 9th Floor • New York, NY 10036

**Staten Island:**
**Tuesday, September 12 • 9:30 am to noon**
790 Port Richmond Avenue (off Forest Avenue) • Staten Island, NY 10302

**Hicksville:**
**Tuesday, September 19 • 9:30 am to noon**
100 Duffy Avenue, 3rd Floor • Hicksville, NY 11801

Calling All Retired Nurses

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!

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](http://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](http://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](http://www.NYC-ARTS.org/seniors).

- Get information on upcoming cultural events, senior services and programs, community partners and senior centers near your home at the Department for the Aging website, [www.NYC.gov/aging](http://www.NYC.gov/aging).

- Join the Theatre Development Fund (TDF), a nonprofit organization that works to make theater affordable and accessible to all. For full details, visit [www.TDF.org](http://www.TDF.org).

**Act Now! Come to the Drama Class**  
**NO CLASSES IN AUGUST**

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 also practices writing and theater games to further explore drama and forge connections. Class is held on Tuesdays from 10:30 am to noon.

**Out-of-State Retirees**

There are no chapter meetings in July and August for the Florida chapters. Meetings will resume in September. If you have any questions before the September meetings, please 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.

Members who live on the west coast of Florida should contact Lourdes Rodriguez-Dox at (646) 473-8760 or (917) 843-1909.

There are no chapter meetings in July and August for the North & South Carolinas chapter. Meetings will resume in September. If you have any questions before the September meeting, please call Nonnie B. Perry at (803) 481-0475.

**New York Retirees**

There are no New York chapter meetings in July and August. Chapter meetings will resume in September.

**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).

**Wednesday Knitting & Crocheting Classes Are Back in Brooklyn**

**NO CLASSES IN AUGUST**

If you want to learn how to knit and crochet or pick up where you left off on a project you’ve been working on, then join us on Wednesdays in Brooklyn. The Beginners’ Knitting & Crocheting class is offered from 9:00 am to 11:00 am. An Advanced Knitting & Crocheting class is also offered from 11:00 am to 1:00 pm. Classes are held at 25 Elm Place, Brooklyn, NY 11201. Please check the calendar for exact dates.

**Shakespeare Class**

**NO CLASS IN JULY AND AUGUST** *(Classes resume in September.)*