Important News
April 2018

ABOUT CHAPTER MEETINGS AND CLASSES!

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.

**Manhattan Headquarters**  Thursday, April 5 • 9:30 am to noon
330 West 42nd Street, 33rd Floor (Penthouse) • New York, NY 10036

**Staten Island**  April 10 • 3:00 pm to 4:30 pm
790 Port Richmond Avenue (off Forest Avenue) • Staten Island, NY 10302

**Hicksville**  April 17 • 9:30 am to noon
100 Duffy Avenue, 3rd Floor • Hicksville, NY 11801

Important News

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

1199SEIU
Retired Members
Bulletin
Classes are open to all retirees and are free of charge. No registration is required.

New York APRIL CALENDAR

**Mon., Tues., Wed., Thurs., Fri.**

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

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**Meeting Topics**

**April:** Balance Disorders

**May:** Hepatitis A, B and C

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* Sponsored by HealthCare Partners, IPA

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**Questions:** CALL (646) 473-8666 • OUTSIDE NYC (800) 575-7771 April 2018
Yoga Classes

Classes are held four times each month, except where noted.*
Variations of yoga practice offered are: Yoga; Mat Yoga; Intermediate Mat Yoga; Beginners’ Yoga; Beginners’ Chair Yoga; Chair Yoga; Advanced Chair Yoga; Hatha Yoga; Advanced Yoga; Beginners’ Yoga/Meditation; and Yoga/Meditation. Please check the calendar to match practice with day/time and location. Locations are:

**Bronx**
1199SEIU Healthcare & Education Center
2501 Grand Concourse, Room 301 • Bronx, NY 10468

**Brooklyn**
25 Elm Place (between Fulton & Livingston Streets), Rooms 4 & 5
Brooklyn, NY 11201

**Hicksville**
100 Duffy Avenue, 3rd Floor • Hicksville, NY 11801

**Manhattan Headquarters**
330 West 42nd Street, 9th Floor • New York, NY 10036

**New Hyde Park***
*(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**
Devores Dance Center • 205-05 Hollis Avenue, Main Floor
Jamaica, NY 11412

**Staten Island**
790 Port Richmond Avenue (off Forest Avenue)
Staten Island, NY 10302

**Suffolk County***
*(three classes per month)*
First Baptist Church of Riverhead • 1018 Northville Turnpike
Riverhead, NY 11901

**White Plains**
1199SEIU Benefit and Pension Funds
White Plains Office • 99 Church Street • White Plains, NY 10601

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.

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.

Arts & Crafts Classes

Now in Brooklyn! NEW CLASS

Explore your creative side with a new Arts & Crafts class in our Brooklyn chapter. Except on holidays, the class meets four Mondays each month, from 1:00 pm to 3:00 pm.

Dance Classes

If you’re interested in learning the latest dance steps, come join our dance classes. 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***
*(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**
Mondays, 12:30 pm to 1:30 pm
Devore Dance Center • 205-05 Hollis Avenue, Main Floor
Jamaica, NY 11412

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.
- 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.
- 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.

**Shakespeare Class**
Tuesdays, 12:30 pm to 1:30 pm

1199SEIU RMD, 330 West 42nd Street, 9th Floor
The class is now reading Henry IV, Part 2, a play about the burden of power, old age and atonement for the past.
### Florida Chapters

**Broward – Leon Davis Chapter**  
**Tuesday, April 10 • 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**  
**Thursday, April 19 • 11:00 am to 1:00 pm**  
Casselberry Public Library  
215 North Oxford Road • Casselberry, FL 32707

**Fort Myers Chapter**  
**Monday, April 23 • 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 5 • 10:30 am to 12:30 pm**  
Norland United Methodist Church  
885 NW 195th Street • Miami Gardens, FL 33169

**North Port Chapter**  
**Tuesday, April 24 • 11:00 am to 1:00 pm**  
Morgan Family Community Center  
6207 West Price Blvd. • North Port, FL 34291

**Orlando Chapter**  
**Wednesday, April 18 • 11:00 am to 1:00 pm**  
UAW Local #788  
1825 West Oak Ridge Road • Orlando, FL 32809

**Palm Bay/Melbourne Chapter**  
**Tuesday, April 17 • 1:30 pm to 3:00 pm**  
Palm Bay Community Center – Room C  
1502 Port Malabar Blvd., NE • Palm Bay, FL 32905

**Port St. Lucie Chapter**  
**NEW DAY**  
**Monday, April 9 • 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, April 12 • 10:00 am to noon**  
Temple Anshei Shalom  
7099 West Atlantic Avenue • Delray Beach, FL 33446

**Tampa Chapter**  
**NEW LOCATION**  
**Wednesday, April 25 • 11:00 am to 1:00 pm**  
Springhill Suites by Marriott  
4835 West Cypress Street • Tampa, FL 33607

**West Palm Beach Chapter**  
**Wednesday, April 4 • 11:00 am to 1:00 pm**  
St. Christopher’s Episcopal Church – Parish Hall  
1063 North Haverhill Road • West Palm Beach, FL 33417

For further 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 Tuscanity Drive • Boynton Beach, FL 33472

### New York Chapters

**Bronx – Joseph James Chapter**  
**Friday, April 13 • 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 25 • 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 20 • 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 27 • 10:30 am to noon**  
Jefferson Senior Center  
2205 First Avenue • New York, NY 10029

**Hicksville – Milton Konowe Chapter**  
**Wednesday, April 18 • 11:00 am to 1:00 pm**  
1199SEIU Hicksville Office  
100 Duffy Avenue • Hicksville, NY 11801

**New Hyde Park – Eleanor Tilson Chapter**  
**Tuesday, April 17 • 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 10 • noon to 2:00 pm**  
Holy Rosary Church  
1510 Adee Avenue (enter at parking lot) • Bronx, NY 10469

**Queens – Edward Garrins Chapter**  
**Tuesday, April 24 • 11:30 am to 1:00 pm**  
Majority Baptist Church  
115-21 Farmers Blvd. • St. Albans, NY 11412

**Staten Island Chapter**  
**Tuesday, April 10 • 1:30 pm to 3:00 pm**  
1199SEIU Training and Employment Funds Office  
790 Port Richmond Avenue (off Forest Avenue) • Staten Island, NY 10302

**Suffolk County Chapter**  
**Thursday, April 12 • 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 4 • 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 20 • 9:30 am to noon**  
Birnie Hope Center • 210 South Purdy Street • Sumter, SC 29150  
For more information, call (843) 861-1265.