

1199SEIU Benefit and Pension Funds  
330 West 42nd Street  
New York, NY 10036-6977

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**SOLD OUT!\***

## **1199SEIU Annual Anne Shore Holiday Banquet**

**Friday, December 1, 2017, noon to 3:00 pm**

- Hilton New York—Sixth Avenue at 54th Street
- Coat check required (additional fee)
- Tickets are not available for purchase at the door. This event is for adults only—no children, please.

*\*Except for a limited number of tickets available only to Staten Island retirees. Please see below.*

### **The Staten Island 1199SEIU Office Is Closed for Retiree Events**

The 1199SEIU Training and Employment Funds Office at 790 Port Richmond Avenue, Staten Island is undergoing renovation; therefore, no Staten Island classes, chapter meetings or “Seniors Out Speaking” (SOS) programs will be held, until further notice.

Despite the suspension of classes, chapter meetings and SOS programs at the Staten Island Office, **it will be open for the sale of tickets to the Annual Anne Shore Holiday Banquet from 1:00 pm to 4:00 pm from 1:00 pm to 4:00 pm on Tuesday, November 14.**

## **A Message of Empathy and Hope Following Natural Disasters**

The 1199SEIU Retired Members Division would like to extend our deepest sympathies and wishes for a full recovery to all of our retirees, members, their families and friends who have been affected by the recent natural disasters. Our thoughts are with you as you and your loved ones recover from these traumatic events and gather the strength and perseverance to rebuild.

# **Important News**

November 2017

**ABOUT CHAPTER MEETINGS AND CLASSES!**

**Questions: Call (646) 473-8666**

**Outside NYC: (800) 575-7771**

**[www.1199SEIUBenefits.org](http://www.1199SEIUBenefits.org)**



**1199SEIU**  
Retired Members  
Bulletin

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Meeting Topics*</b></p> <p><b>November: Adult Immunizations and Medication Safety</b></p> <p><b>December: No meeting topic in December</b></p> <p><i>* Sponsored by HealthCare Partners, IPA</i></p>		<p><b>1</b></p> <p>9-10 Yoga* (Beg) (Hicksville)                      9-11 Knitting &amp; Crocheting (Beg) (BKLYN)                      10-11 Yoga* (Adv) (Hicksville)                      10-12 Choral Group                      10-12 Knitting &amp; Crocheting (Beg)                      11-12 Dance (Hicksville)                      11-1 Knitting &amp; Crocheting (Int/Adv) (BKLYN)                      11:30-12:30 Yoga* (White Plains)                      12-1 Yoga* (BX)                      12:15-1:15 Zumba-T (Hicksville)                      12:30-4:30 Knitting &amp; Crocheting (Int/Adv)                      1-2 Chi Gong (BKLYN)                      1:30-2:30 Chi Gong (BX)                      2-3 Dance (BKLYN)                      2:30-3:30 Bingo (White Plains)                      3-4 Latin Dance (BX)</p>	<p><b>2</b></p> <p>10-11 Tai Chi                      11-12 Yoga*                      11-12 Yoga* (Beg) (Suffolk County)                      12-1 Meditation (Suffolk County)                      12-1 Lunch Club                      3-5 Arts &amp; Crafts                      3-5 Sewing</p>	<p><b>3</b></p> <p>10-11 Chair Yoga* (Adv) (BKLYN)                      10-12 Quilting                      11:15-12:15 Zumba Gold (BKLYN)                      12:15-1:15 Chair Yoga* (Beg) (BKLYN)                      1-2 Dance                      1:30-2:30 Zumba Gold (BKLYN)                      2-3 Yoga*                      3:30-4:30 Zumba Gold</p>
<p><b>6</b></p> <p>10-11 Chi Gong (BKLYN)                      10-11 Yoga*/Meditation (QNS)                      10:30-11:30 Opera Appreciation                      11-12 Dance (BKLYN)                      11:15-12:15 Hatha Yoga* (QNS)                      12-1 Mindfulness Meditation (BKLYN)                      12-1 Art History                      12:30-1:30 Dance (QNS)                      1:30-3:30 Executive Committee Meeting</p>	<p><b>7</b></p> <p>9-10 Yoga*/Meditation (Hicksville)                      9:30-12 Photography                      10-11 Mat Yoga* (Int) (QNS)                      10:30-12 Drama                      11-1 Knitting &amp; Crocheting (Beg) (QNS)                      11:15-12:15 Chair Yoga* (Beg) (QNS)                      12:30-1:30 Shakespeare                      12:30-3 Art                      1:15-2:15 Zumba Gold (QNS)                      1:30-3 Discussion Group</p>	<p><b>8</b></p> <p>9-10 Yoga* (Beg) (Hicksville)                      9-11 Knitting &amp; Crocheting (Beg) (BKLYN)                      10-11 Yoga* (Adv) (Hicksville)                      10-12 Choral Group                      10-12 Knitting &amp; Crocheting (Beg)                      11-12 Dance (Hicksville)                      11-1 Knitting &amp; Crocheting (Int/Adv) (BKLYN)                      11:30-12:30 Yoga* (White Plains)                      12-1 Yoga* (BX)                      12:15-1:15 Zumba-T (Hicksville)                      12:30-4:30 Knitting &amp; Crocheting (Int/Adv)                      1-2 Chi Gong (BKLYN)                      1-2 Bingo (White Plains)                      1:30-2:30 Chi Gong (BX)                      2-3 Dance (BKLYN)                      3-4 Latin Dance (BX)</p>	<p><b>9</b></p> <p>10-11 Tai Chi                      11-12 Yoga*                      12-1 Lunch Club                      1-3 General Membership Meeting                      3-5 Arts &amp; Crafts                      3-5 Sewing</p>	<p><b>10</b></p> <p>10-11 Chair Yoga* (Adv) (BKLYN)                      10-12 Quilting                      11:15-12:15 Zumba Gold (BKLYN)                      12:15-1:15 Chair Yoga* (Beg) (BKLYN)                      1-2 Dance                      1:30-2:30 Zumba Gold (BKLYN)                      2-3 Yoga*                      3:30-4:30 Zumba Gold</p>
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<p><b>20</b></p> <p>10-11 Chi Gong (BKLYN)                      10-11 Yoga*/Meditation (QNS)                      10:30-11:30 Opera Appreciation                      11-12 Dance (BKLYN)                      11:15-12:15 Hatha Yoga* (QNS)                      12-1 Mindfulness Meditation (BKLYN)                      12-1 Art History                      12:30-1:30 Dance (QNS)</p>	<p><b>21</b></p> <p>9-10 Yoga*/Meditation (Hicksville)                      9:30-12 Photography                      10-11 Mat Yoga* (Int) (QNS)                      10:30-12 Drama                      11-1 Knitting &amp; Crocheting (Beg) (QNS)                      11:15-12:15 Chair Yoga* (Beg) (QNS)                      12:30-1:30 Shakespeare                      12:30-3 Art                      1-2 Yoga* (New Hyde Park)                      1:15-2:15 Zumba Gold (QNS)                      1:30-3 Discussion Group                      2-3 Dance (New Hyde Park)</p>	<p><b>22</b></p> <p>9-10 Yoga* (Beg) (Hicksville)                      9-11 Knitting &amp; Crocheting (Beg) (BKLYN)                      10-11 Yoga* (Adv) (Hicksville)                      10-12 Choral Group                      11-12 Dance (Hicksville)                      11-1 Knitting &amp; Crocheting (Int/Adv) (BKLYN)                      11:30-12:30 Yoga* (White Plains)                      12-1 Yoga* (BX)                      12:15-1:15 Zumba-T (Hicksville)                      1-2 Chi Gong (BKLYN)                      1-2 Bingo (White Plains)                      1:30-2:30 Chi Gong (BX)                      2-3 Dance (BKLYN)</p>	<p><b>23</b> OFFICE CLOSED</p> <p><b>24</b> OFFICE CLOSED</p>	
<p><b>27</b></p> <p>10-11 Chi Gong (BKLYN)                      10-11 Yoga*/Meditation (QNS)                      10:30-11:30 Opera Appreciation                      11-12 Dance (BKLYN)                      11:15-12:15 Hatha Yoga* (QNS)                      12-1 Mindfulness Meditation (BKLYN)                      12-1 Art History                      12:30-1:30 Dance (QNS)</p>	<p><b>28</b></p> <p>9:30-12 Photography                      10-11 Mat Yoga* (Int) (QNS)                      10:30-12 Drama                      11-1 Knitting &amp; Crocheting (Beg) (QNS)                      11:15-12:15 Chair Yoga* (Beg) (QNS)                      12:30-1:30 Shakespeare                      12:30-3 Art                      1:15-2:15 Zumba Gold (QNS)                      1:30-3 Discussion Group</p>	<p><b>29</b></p> <p>10-12 Knitting &amp; Crocheting (Beg)                      11-12 Dance (Hicksville)                      12:30-4:30 Knitting &amp; Crocheting (Int/Adv)</p>	<p><b>30</b></p> <p>10-11 Tai Chi                      11-12 Yoga*                      11-12 Yoga* (Beg) (Suffolk County)                      12-1 Meditation (Suffolk County)                      12-1 Lunch Club                      1-2 Birthday Party                      1-2 Health Topic: Adult Immunizations and Medication Safety                      3-5 Arts &amp; Crafts                      3-5 Sewing</p> <p style="text-align: center;"><b>All classes are held at our Manhattan Headquarters unless otherwise indicated.</b></p>	

# 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**

Devore Dance Center • 205-05 Hollis Avenue, Main Floor  
Jamaica, NY 11412

## **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.

# 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\*** Tuesday, November 21, 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** Mondays, 12:30 pm to 1:30 pm

Devore Dance Center • 205-05 Hollis Avenue, Main Floor • Jamaica, NY 11412

# 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, November 2

## **9:30 am to noon**

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

## **Hicksville** Tuesday, November 21 • 9:30 am to noon

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

# 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).

## **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, November 7 – 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, November 16 – 10:30 am to 12:30 pm  
Casselberry Public Library  
215 North Oxford Road • Casselberry, FL 32707

### **Fort Myers Chapter**

**NO MEETINGS UNTIL JANUARY**

The Riverside Community Center  
3061 East Riverside Drive • Fort Myers, FL 33916

### **Miami-Dade – Ossie Davis Chapter**

Thursday, November 2 – 10:30 am to 12:30 pm  
Norland United Methodist Church  
885 NW 195th Street • Miami Gardens, FL 33169

### **North Port Chapter**

**NO MEETINGS UNTIL JANUARY**

Morgan Family Community Center  
6207 West Price Blvd. • North Port, FL 34291

### **Orlando Chapter**

Wednesday, November 15 – 11:00 am to 1:00 pm  
UAW Local #788  
1825 West Oak Ridge Road • Orlando, FL 32809

### **Palm Bay/Melbourne Chapter**

Tuesday, November 14 – 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, November 8 – 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, November 9 – 10:00 am to noon  
Temple Anshei Shalom  
7099 West Atlantic Avenue • Delray Beach, FL 33446

### **Tampa Chapter** **NEW LOCATION**

**NO MEETINGS UNTIL JANUARY**

Springhill Suites by Marriott  
4835 West Cypress Street • Tampa, FL 33607

### **West Palm Beach Chapter**

Wednesday, November 1 – 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, November 10 • 11:00 am to 1:00 pm  
1199SEIU Healthcare & Education Center  
2501 Grand Concourse, Room 301 • Bronx, NY 10468

### **Brooklyn – Marshall Dubin Chapter**

Wednesday, November 22 • 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, November 17 • 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, November 24 • 10:30 am to noon  
Jefferson Senior Center  
2205 First Avenue • New York, NY 10029

### **Hicksville – Milton Konowe Chapter**

Wednesday, November 15 • 11:00 am to 1:00 pm  
1199SEIU Hicksville Office  
100 Duffy Avenue • Hicksville, NY 11801

### **New Hyde Park – Eleanor Tilson Chapter**

Tuesday, November 21 • 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, November 7 • 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, November 28 • 11:30 am to 1:00 pm  
Majority Baptist Church  
115-21 Farmers Blvd. • St. Albans, NY 11412

### **Staten Island Chapter**

**NO CLASSES OR MEETINGS UNTIL FURTHER NOTICE**

1199SEIU Training and Employment Funds Office  
790 Port Richmond Avenue (off Forest Avenue) • Staten Island, NY 10302

### **Suffolk County Chapter**

Thursday, November 9 • 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, November 1.**  
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

### **Thanksgiving Celebration**

Friday, November 17 • 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.