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.

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.

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 32491

Orlando Chapter
Wednesday, November 15 – 11:00 am to 1:00 pm
UAW Local 9788
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 9 – 11:00 am to 1:00 pm
Port St. Lucie Community Center
2195 S.E. 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 1:30 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 Ades Avenue (center 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 (aff 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 Tappan • 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 Pardon Street • Sumter, SC 29150
For information, call Bonnie B. Perry at (803) 481-0475.

QUESTIONS: CALL (646) 473-8666 • OUTSIDE NYC (800) 575-7771

November 2017
Yoga Classes

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

- Bronx 1199SEIU Healthcare & Education Center
  2501 Grand Concourse, Room 301
  10468

- Brooklyn
  25 Elm Place (between Fulton & Livingston Streets)
  Rooms 4 & 5
  Brooklyn, NY 11210

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

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

New Hyde Park* Two class per month

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

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

Suffolk County*
Three classes per month
First Baptist Church of Riverhead • 1018 Northville Tumpkin 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.

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
340 West 42nd Street, New York, NY 10036

Brooklyn
Mondays, 11:00 am to 12:00 noon
25 Elm Place (between Fulton & Livingston Streets) • Brooklyn, NY 11201

Hicksville
Wednesdays, 11:00 am to 12:00 noon
100 Duffy Avenue, 3rd Floor • Hicksville, NY 11803

New Hyde Park* Tuesday, November 21, 2:00 pm to 3:00 pm
*Some classes per month

Northwell Health Cohen’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
Devere 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

Queens
Tuesday, November 21 • 9:30 am to noon
100 Duffy Avenue, 3rd Floor • Hicksville, NY 11803

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 NYCARTS’ 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 partner 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, 2nd Floor
The class is now reading Henry IV, Part 2, a play about the burden of power, old age and atonement for the past.

November 2017 QUESTIONS: CALL (646) 473-8666 • OUTSIDE NYC (800) 575-7771

Meeting Topics*
November: Adult Immunizations and Medication Safety

December: No meeting topic in December

New York NOVEMBER CALENDAR

* Sponsored by HealthCare Partners, IPA

Marcia Gold (BKNY)
11-12 Tai Chi* (BKNY)
11-12 Quilting* (BKNY)
2-3 Dance (BKNY)
3-4 Zumba Gold (BKNY)

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**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; Advanced Chair Yoga; Hatha Yoga; Advanced Yoga; Beginners’ Yoga/ Meditation; and Yoga/Meditation. Please check the calendar to match practice with daytime and location. Locations are:

- **Brock**
  - 1199SEIU Healthcare & Education Center
  - 2501 Grand Concourse, Room 301

- **Brooklyn**
  - 100 Duffy Avenue, 3rd Floor
  - 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**
  - 330 West 42nd Street, 9th Floor
  - New York, NY 10036

- **Queens**
  - 100 Duffy Avenue, 3rd Floor
  - Jamaica, NY 11412

- **Suffolk County**
  - 100 Duffy Avenue, 3rd Floor
  - Hicksville, NY 11801

**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. 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**
  - 370 West 42nd Street, Suite 2200, New York City, NY 10036

- **Brooklyn**
  - **Mondays, 11:00 am to 1:00 pm**
    - 25 Elm Place (between Fulton & Livingston Streets) • Brooklyn, NY 11201

**New Hyde Park**

- **Tuesday, November 21, 2:00 pm to 3:00 pm**
  - 100 Duffy Avenue, 3rd Floor

**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 1:00 pm**
  - Northwell Health Cohen’s Medical Center Teaching Center—Cafeteria—Lower Level • 269-01 76th Avenue

**Queens**

- **Tuesday, November 21 • 9:30 am to noon**
  - 100 Duffy Avenue, 3rd Floor • Brooklyn, NY 11201

**Suffolk County**

- **Three classes per month**
  - First Baptist Church of Riverhead • 1018 Northville Turnpike 
  - Riverhead, NY 11901

**White Plains**

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

**November 2017**

**QUESTIONS: CALL (646) 473-8666 • OUTSIDE NYC (800) 575-7771**

**New York NOVEMBER CALENDAR**

**Meeting Topics**

**November:**

- **Adult Immunizations and Medication Safety**

**December:**

- **No meeting topic in December**

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

**To learn about trip and vacation offers, call (800) 431-1130, ext. 5537.**

**New York NOVEMBER CALENDAR**

**Meeting Topics**

- **November:**
  - Adult Immunizations and Medication Safety

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  - No meeting topic in December

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**Classes are held at the Manhattan Headquarters unless otherwise indicated.**
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.

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