

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

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Save the Date!

1199SEIU Annual Anne Shore Holiday Banquet

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

- Hilton New York—Sixth Avenue at 54th Street
- \$10 member, \$20 guest (one guest per retiree)
- Coat check required (additional fee)
- Tickets on sale (money orders only) at local chapter meetings and the 1199SEIU Retired Members Department, 330 West 42nd Street, 9th Floor.

Important News

October 2017

ABOUT CHAPTER MEETINGS AND CLASSES!

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



1199SEIU
Retired Members
Bulletin



A Message from the Executive Director

Un Mensaje de la Directora Ejecutiva

Dear Retired Members,

At your Benefit and Pension Funds, we are proud to provide you with the kind of security in retirement that fewer and fewer workers can count on. As 1199SEIU retirees, you are front-line witnesses to the value that job-based health coverage and defined-benefit pensions provide and, not surprisingly, you have worked long and hard to protect them. Thankfully, with your help, we have been able to preserve these benefits with low to no out-of-pocket costs.

In addition to health and pension benefits, we offer a host of ways to take full advantage of your golden years through our Retired Members Department. Choose from classes like drama, fitness, Tai Chi and all sorts of other activities, and attend your regular chapter meetings. Whatever your interests may be, or perhaps you want to try something brand new, we are sure you will find an activity that helps you stay involved and connect with your fellow retirees.

Most important, remember that your Benefit and Pension Funds are always here to help you. If you have any questions about your health or pension benefits, please do not hesitate to call our Retiree Services representatives at (646) 473-8666 or (800) 575-7771.

We look forward to seeing you at one of our chapter meetings or classes soon!

Sincerely,

Estimados Miembros Jubilados,

En los Fondos de Beneficios y Pensiones, nos sentimos orgullosos de brindarles el tipo de seguridad durante la jubilación con la que cada vez menos y menos trabajadores pueden contar. Como jubilados de 1199SEIU, son testigos de primera línea del valor que la cobertura de salud basada en el trabajo y las pensiones definidas por beneficios brinda y, como era de esperar, han trabajado duro y por mucho tiempo por protegerlas. Afortunadamente, con su ayuda, hemos podido preservar estos beneficios sin costos que paga de su bolsillo o con costos bajos.

Además de los beneficios de salud y pensión, ofrecemos diversas maneras de aprovechar al máximo sus años dorados a través de nuestro Departamento de Miembros Jubilados. Elijan clases como teatro, gimnasia, Tai Chi y otros tipos de actividades, y asistan a las reuniones regulares de sus agrupaciones. Cualesquiera que sean sus intereses, o si quieren probar algo completamente nuevo, estamos convencidos de que encontrarán una actividad que les ayude a mantenerse involucrados y conectarse con sus compañeros jubilados.

Más importante aún, recuerden que sus Fondos de Pensión y Beneficios siempre están a su disposición para ayudarlos. Si tienen alguna pregunta sobre sus beneficios de salud o de pensión, no duden en llamar a nuestros representantes de Servicios a Jubilados al (646) 473-8666 o al (800) 575-7771.

¡Esperamos verlos pronto en una de las reuniones de agrupación o en las clases!

Atentamente,



President's Message

Mensaje de la Presidenta

Dear Sisters and Brothers,

These turbulent times and the struggles that our sisters and brothers in Texas, Florida, Puerto Rico and the Caribbean are enduring remind us of how fortunate we are to enjoy the camaraderie and shared strength of more than 100,000 retired 1199ers. Our hearts and thoughts go out to the hurricane victims, and to all who are helping in the recovery efforts.

In our own lives, forging bonds of solidarity is important all year round. If you have taken a short summer break from your chapter meetings, I encourage you to return as we enter fall. Chapter meetings may be one of the best ways to stay up to date on your benefits and to learn about new events and opportunities. It is also a wonderful way to stay connected to your community and fellow retirees.

I'd also strongly suggest that you take advantage of the wide range of classes offered by the Retired Members Department (RMD) at Fund Headquarters and various chapters. The RMD offers dozens of classes and activities that are designed to help you get moving, keep learning and, of course, enjoy yourself. You can choose from photography, arts and crafts, sewing, yoga, drama, dance or even Tai Chi, to name just a few. Taking part in these classes not only helps you stay active but also gives you the chance to catch up with old friends, or even make some new ones.

Unfortunately, you can't stay active if you're suffering from a health condition, so it's important to see your healthcare provider regularly and stay current with your preventive screenings. Remember, going to your doctor or other healthcare provider for an annual check-up makes it far more likely that a warning sign will be caught early, before the onset of something more serious.

Lastly, I'd like to thank all of you who have kept up with your Union dues and encourage those who have missed a few payments to make sure you restart your contributions. We worked hard to build our Union and bargained collectively for our benefits—let's continue to show the same commitment to our cause in retirement that we did when we were active members.

In solidarity,
Mary Stovall-Merrill

Estimados Hermanos y Hermanas:

Estos momentos turbulentos y las luchas que nuestros hermanos y hermanas en Texas, Florida, Puerto Rico y el Caribe están soportando nos recuerdan lo afortunados que somos al disfrutar de la camaradería y la fortaleza compartida de más de 100,000 jubilados de 1199. Nuestros sentimientos y pensamientos están con las víctimas del huracán y con todos los que están ayudando en los esfuerzos de recuperación.

En nuestras propias vidas, forjar lazos de solidaridad es importante durante todo el año. Si se han tomado un breve descanso de las reuniones de su agrupación, los invito a que regresen a medida que comienza el otoño. Las reuniones de la agrupación pueden ser una de las mejores maneras de mantenerse actualizados sobre sus beneficios y para obtener información sobre nuevos eventos y oportunidades. También es una excelente manera de estar conectados con su comunidad y compañeros jubilados.

También les recomiendo que aprovechen la amplia gama de clases ofrecidas por el Departamento de Miembros Jubilados (Retired Members Department o RMD, por sus siglas en inglés) en la Sede Central del Fondo y en varias agrupaciones. El RMD ofrece docenas de clases y actividades diseñadas para ayudarlos a moverse, seguir aprendiendo y, por supuesto, disfrutar. Pueden elegir entre fotografía, artes y manualidades, costura, yoga, teatro, baile o incluso Tai Chi, entre otras. Participar en estas clases no solo los ayuda a mantenerse activos, sino que les brinda la oportunidad de ponerse al día con viejos amigos o incluso hacer algunos nuevos.

Lamentablemente, no se pueden mantener activos si sufren de una afección médica, por lo que es importante que consulten con su proveedor de atención médica con regularidad y que se mantengan al día con sus exámenes médicos preventivos. Recuerden que acudir a su médico u otro proveedor de atención médica para realizarse un control anual hace mucho más probable que una señal de advertencia se detecte de forma temprana, antes de la aparición de algo más grave.

Por último, me gustaría agradecer a todos los que se han mantenido al día con sus cuotas Sindicales y alentar a aquellos que no han contribuido con algunos pagos a asegurarse de reiniciar sus contribuciones. Trabajamos duro para conformar nuestro Sindicato y llegar a acuerdos colectivos por nuestros beneficios —continuemos demostrando el mismo compromiso con nuestra causa mientras estamos jubilados que el que demostrábamos cuando éramos miembros activos.

En solidaridad,
Mary Stovall-Merrill



A Message from / Un Mensaje de GEORGE GRESHAM

PRESIDENT / PRESIDENTE, 1199SEIU UNITED HEALTHCARE WORKERS EAST

Dear Sisters and Brothers,

What if your family members, your friends and your neighbors never saw a medical bill in their life—not for a doctor’s visit, a lab test, a hospital stay, rehab, prescription drugs or vision care?

In reality, in dozens of countries, there are no medical bills. If you break your leg in Italy or develop tonsillitis in Singapore, you are taken to the hospital, receive the required care to make you well, and sent on your way. You don’t even have to travel so far. Cuba is 90 miles from Florida, and Canada is on our northern border. Both have universal healthcare, national health insurance, single-payer programs, whatever you want to call it.

But here in the wealthiest and the most technologically developed country in the world, Americans pay more for healthcare and outcomes are worse than in almost all other advanced countries. For example, in 2012, the average cost of coronary bypass surgery was more than \$73,000 in the United States but less than \$23,000 in France (not that French patients had any out-of-pocket expenses). This is because governments are able to negotiate much more favorable terms with providers, and because there is no insurance company adding additional costs. As for outcomes, the United States ranks a shameful 31st in the world in life expectancy.

For years, Representative John Conyers of Michigan has been a leading proponent of Medicare for All. His bill, HR676, has 112 co-sponsors in the current House of Representatives. Senator Bernie Sanders is introducing a companion bill in the Senate that already has the support of Senators Kirsten Gillibrand of New York and Elizabeth Warren of Massachusetts.

Given the current stranglehold Republicans have on the federal government, it may be unrealistic to win universal healthcare this year. But a new Congress will be elected next year, and again in 2020, so it’s not too early to start advocating for it. Medicare for All bills have been introduced in 11 state legislatures. California, our largest state by far, seems likely to pass it soon. The New York State Assembly has passed the single-payer New York Healthcare Act three times, including this year, but the Republican-dominated state Senate has stalled it, with only one more vote needed for passage.

After seven years of a never-ending campaign to defeat the Affordable Care Act (or Obamacare), and now with control of the White House and both houses of Congress, the Republicans have been unable to do so. Because whatever its flaws, the Affordable Care Act gave healthcare coverage to more than 20 million people who previously went without. They don’t want to give it up, nor should they.

Obamacare is a huge achievement but it does have shortcomings: some 20 million more still have no coverage; and being based on for-profit insurance markets guarantees that the costs are beyond what they could be. We should view the Affordable Care Act as an important first step toward universal healthcare.

As a candidate, Donald Trump promised to give healthcare “to everybody” and make it “cheaper than ever.” But each of the several versions of Trumpcare meant loss of coverage for more than 20 million people, and the transfer of nearly a trillion dollars in Medicaid money to the already super-wealthy. None was an actual **healthcare** bill.

“Healthcare for everybody”? “Cheaper than ever”? We agree. Why not Medicare for All?

In solidarity,

George Gresham

Queridos Hermanos y Hermanas,

¿Qué sucedería si sus familiares, sus amigos y sus vecinos nunca vieran una factura médica en sus vidas —ni por una consulta al médico, un análisis de laboratorio, una hospitalización, rehabilitación, medicamentos recetados o atención de la vista?

En realidad, en docenas de países, las facturas médicas no existen. Si se quiebra una pierna en Italia o padece amigdalitis en Singapur, lo llevan al hospital, recibe la atención necesaria para que se sienta bien y lo dejan que siga su camino. Ni siquiera tiene que irse tan lejos. Cuba está a 90 millas de Florida y Canadá es nuestro límite en el norte. Ambos países tienen atención médica universal, seguro de salud nacional, programas de pagador único, como usted quiera llamarlos.

Pero aquí, en el país más rico y de mayor desarrollo tecnológico del mundo, los estadounidenses pagan más por la atención médica y los resultados son peores que en la mayoría de los demás países avanzados. Por ejemplo, en el año 2012, el costo promedio de una cirugía de bypass coronario fue de más de \$73,000 en los Estados Unidos pero menos de \$23,000 en Francia (sin que los pacientes franceses tuvieran que pagar gastos de su bolsillo). Esto se debe a que los gobiernos pueden negociar condiciones mucho más favorables con los proveedores, y porque no hay ninguna compañía de seguro que agregue costos adicionales. En cuanto a los resultados, los Estados Unidos se encuentra en el vergonzoso puesto 31 en el mundo en cuanto a expectativa de vida.

Durante años, el representante John Conyers de Michigan ha sido uno de los principales defensores de Medicare para Todos (Medicare for All). Su proyecto de ley, HR676, tiene 112 copatrocinadores en la actual Cámara de Representantes. El senador Bernie Sanders presentará un proyecto de ley sobre el mismo asunto ante el Senado, que ya cuenta con el apoyo de los senadores Kirsten Gillibrand de Nueva York, y Elizabeth Warren de Massachusetts.

Debido al actual dominio que tienen los republicanos sobre el gobierno federal, podría ser irreal obtener atención médica universal este año. Pero, el año próximo, se elegirá un nuevo Congreso, y una vez más en 2020, por lo que no es demasiado pronto para empezar a abogar por ella. Los proyectos de ley de Medicare para Todos han sido presentados en 11 legislaturas estatales. California, nuestro estado más grande por mucho, pareciera estar por aprobarlo pronto. La Asamblea del Estado de Nueva York ha aprobado la Ley de atención médica de pagador único en Nueva York tres veces, incluso este año, pero el Senado estatal, dominado por los republicanos, lo ha detenido, y solo necesita un voto más para su aprobación.

Luego de siete años de una campaña interminable por derrocar la Ley de Cuidado de Bajo Costo (u Obamacare) y ahora con el control de la Casa Blanca y de ambas cámaras del Congreso, los republicanos no han podido lograrlo. Porque cualesquiera sean sus fallas, la Ley de Cuidado de Bajo Costo brindó cobertura de salud a más de 20 millones de personas que antes no la tenían. No quieren renunciar a ella ni deberían tener que hacerlo.

Obamacare es un gran logro pero tiene deficiencias: sigue habiendo alrededor de 20 millones de personas sin cobertura y, al basarse en mercados de seguros con fines de lucro, garantiza que los costos sean superiores a los que deberían ser. Deberíamos ver la Ley de Cuidado de Bajo Costo como un primer paso importante hacia la atención médica universal.

Cuando era candidato, Donald Trump prometió otorgar atención médica “para todos” y hacerla “más económica que nunca”. Pero cada una de las varias versiones de Trumpcare significó la pérdida de cobertura para más de 20 millones de personas, y la transferencia de cerca de un billón de dólares en dinero de Medicaid para los que ya son extremadamente ricos. Ninguna fue un verdadero proyecto de **atención médica**.

“¿Atención médica para todos?”. “¿Más económica que nunca?”. Estamos de acuerdo. ¿Por qué no Medicare para Todos?

En solidaridad,

George Gresham

Yoga Classes

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



Bronx

Wednesdays, 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*

**(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, October 17, 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

Hatha Yoga class: Mondays, 11:15 am to 12:15 pm

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

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

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

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, October 17, 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

Meeting Topics*

October:

Skin Conditions and Aging

November:

**Adult Immunizations and
Medication Safety**

**Sponsored by HealthCare Partners, IPA*



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>10-11 Chi Gong (BKLYN) 10:30-11:30 Opera Appreciation 11-12 Dance (BKLYN) 12-1 Mindfulness Meditation (BKLYN) 12-1 Art History 1:30-3:30 Executive Committee Meeting</p>	<p>3</p> <p>9-10 Yoga*/Meditation (Hicksville) 9:30-12 Photography 10-11 Intermediate Mat Yoga* (QNS) 10:30-12 Drama 11-1 Beginners' Knitting & Crocheting (QNS) 11:15-12:15 Beginners' Chair Yoga* (QNS) 12:30-1:30 Shakespeare 12:30-3 Art 1:15-2:15 Zumba Gold (QNS) 1:30-3 Discussion Group</p>	<p>4</p> <p>9-10 Beginners' Yoga* (Hicksville) 9-11 Knitting & Crocheting (Beg) (BKLYN) 10-11 Advanced Yoga* (Hicksville) 10-12 Choral Group 10-12 Knitting & Crocheting (Beg) 11-12 Dance (Hicksville) 11-1 Knitting & 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 & 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>5</p> <p>10-11 Tai Chi Yoga* 11-12 Beginners' Yoga* (Suffolk County) 12-1 Meditation (Suffolk County) 12-1 Lunch Club 1-3 General Membership Meeting 3-5 Arts & Crafts 3-5 Sewing</p>	<p>6</p> <p>10-11 Advanced Chair Yoga* (BKLYN) 10-12 Quilting 11:15-12:15 Zumba Gold (BKLYN) 12:15-1:15 Beginners' Chair Yoga* (BKLYN) 1-2 Dance 1:30-2:30 Zumba Gold (BKLYN) 2-3 Yoga* 3:30-4:30 Zumba Gold</p>
<p>9</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>10</p> <p>9-10 Yoga*/Meditation (Hicksville) 9:30-12 Photography 10-11 Intermediate Mat Yoga* (QNS) 10:30-12 Drama 11-1 Beginners' Knitting & Crocheting (QNS) 11:15-12:15 Beginners' Chair Yoga* (QNS) 12:30-1:30 Shakespeare 12:30-3 Art 1:15-2:15 Zumba Gold (QNS) 1:30-3 Discussion Group</p>	<p>11</p> <p>9-10 Beginners' Yoga* (Hicksville) 9-11 Knitting & Crocheting (Beg) (BKLYN) 10-11 Advanced Yoga* (Hicksville) 10-12 Choral Group 10-12 Knitting & Crocheting (Beg) 11-12 Dance (Hicksville) 11-1 Knitting & 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 & Crocheting (Int/Adv) 1-2 Bingo (White Plains) 1-2 Chi Gong (BKLYN) 1:30-2:30 Chi Gong (BX) 2-3 Dance (BKLYN) 3-4 Latin Dance (BX)</p>	<p>12</p> <p>10-11 Tai Chi Yoga* 12-1 Lunch Club 3-5 Arts & Crafts 3-5 Sewing</p>	<p>13</p> <p>10-11 Advanced Chair Yoga* (BKLYN) 10-12 Quilting 11:15-12:15 Zumba Gold (BKLYN) 12:15-1:15 Beginners' Chair Yoga* (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>23</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>24</p> <p>9-10 Yoga*/Meditation (Hicksville) 9:30-12 Photography 10-11 Intermediate Mat Yoga* (QNS) 10:30-12 Drama 11-1 Beginners' Knitting & Crocheting (QNS) 11:15-12:15 Beginners' Chair Yoga* (QNS) 12:30-1:30 Shakespeare 12:30-3 Art 1:15-2:15 Zumba Gold (QNS) 1:30-3 Discussion Group</p>	<p>25</p> <p>9-10 Beginners' Yoga* (Hicksville) 9-11 Knitting & Crocheting (Beg) (BKLYN) 10-11 Advanced Yoga* (Hicksville) 10-12 Choral Group 10-12 Knitting & Crocheting (Beg) 11-12 Dance (Hicksville) 11-1 Knitting & 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 & Crocheting (Int/Adv) 1-2 Bingo (White Plains) 1-2 Chi Gong (BKLYN) 1:30-2:30 Chi Gong (BX) 2-3 Dance (BKLYN) 3-4 Latin Dance (BX)</p>	<p>26</p> <p>10-11 Tai Chi Yoga* 11-12 Beginners' Yoga* (Suffolk County) 12-1 Meditation (Suffolk County) 12-1 Lunch Club 1-2 Health Topic: Skin Conditions and Aging 3-5 Arts & Crafts 3-5 Sewing</p>	<p>27</p> <p>10-11 Advanced Chair Yoga* (BKLYN) 10-12 Quilting 11:15-12:15 Zumba Gold (BKLYN) 12:15-1:15 Beginners' Chair Yoga* (BKLYN) 1-2 Dance 1:30-2:30 Zumba Gold (BKLYN) 2-3 Yoga* 3:30-4:30 Zumba Gold</p>
<p>30</p> <p>10-11 Yoga*/Meditation (QNS) 10:30-11:30 Opera Appreciation 11:15-12:15 Hatha Yoga* (QNS) 12-1 Art History 12:30-1:30 Dance (QNS)</p>	<p>31</p> <p>9:30-12 Photography 10:30-12:30 Drama 12:30-1:30 Shakespeare 12:30-3 Art 1:30-3 Discussion Group</p>			<p>All classes are held at our Manhattan Headquarters unless otherwise indicated.</p>

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** on the following dates only:

- **Tuesday, October 17**
- **Tuesday, November 14**

Sign Up for “Seniors Out Speaking” in October

Become a volunteer in the Medicare Rights Center’s “Seniors Out Speaking” (SOS) program and help educate other seniors about their Medicare benefits. This month’s topic is Fall Open Enrollment. For more information about our 1199SEIU SOS volunteer program, call (646) 473-6916.

Manhattan Headquarters

Thursday, October 5 • 9:30 am to noon

330 West 42nd Street, 33rd Floor (Penthouse)
New York, NY 10036

Hicksville

Tuesday, October 17 • 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:

- 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 currently reading *Henry IV, Part 2*, a play about the burden of power, old age and atonement for the past.



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

Broward – Leon Davis Chapter

Tuesday, October 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, October 19 – 10:00 am to noon
Casselberry Public Library
215 North Oxford Road • Casselberry, FL 32707

Fort Myers Chapter

Monday, October 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, October 5 – 10:30 am to 12:30 pm
Norland United Methodist Church
885 NW 195th Street
Miami Gardens, FL 33169

North Port Chapter

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

Orlando/Casselberry Joint Picnic

Wednesday, October 18 – 10:00 am to 3:00 pm
Barnett Park
4801 West Colonial Drive • Orlando, FL 32808

Palm Bay/Melbourne Chapter

Tuesday, October 17 – 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, October 25 – 11:00 am to 1:00 pm
Port St. Lucie Community Center
2195 SE Airosa Blvd. • Port St. Lucie, FL 34984

South Palm Beach Chapter

Thursday, October 12 – 10:00 am to noon
Temple Anshei Shalom
7099 West Atlantic Avenue • Delray Beach, FL 33446

Tampa Chapter **NEW LOCATION!**

Wednesday, October 25 – 11:00 am to 1:00 pm
Sailport Waterfront Suites
2506 North Rocky Point Drive • Tampa, FL 33607

West Palm Beach Chapter

Wednesday, October 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 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, October 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, October 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, October 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, October 27 • 10:30 am to noon
Jefferson Senior Center
2205 First Avenue • New York, NY 10029

Hicksville – Milton Konowe Chapter

Wednesday, October 18 • 11:00 am to 1:00 pm
1199SEIU Hicksville Office
100 Duffy Avenue • Hicksville, NY 11801

New Hyde Park – Eleanor Tilson Chapter

Tuesday, October 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, October 10 • 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, October 24 • 11:30 am to 1:00 pm
Majority Baptist Church
115-21 Farmers Blvd. • St. Albans, NY 11412

Suffolk County Chapter

Thursday, October 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, October 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, October 20 • 9:30 am to noon
Bernie Hope Center • 210 South Purdy Street • Sumter, SC 29150
For information, call Nonnie B. Perry at (803) 481-0475.