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.

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, September 19
- Tuesday, October 17
- Tuesday, November 14

1199SEIU Florida Retiree West Coast Picnic Is in Fort Myers!

The Fourth Annual Joint West Coast Chapters Picnic will be hosted by the Fort Myers Retirees Chapter on Monday, September 18, from 10:00 am to 3:00 pm at the Riverside Community Center, 3061 East Riverside Drive, Fort Myers, FL 33916. Guest speakers will include 1199SEIU United Healthcare Workers East President George Gresham, Secretary-Treasurer Maria Castañeda and Florida Region Executive Vice President Monica Russo. North Port, Tampa and Fort Myers members, we are looking forward to seeing you there! For more information, call Lourdes Rodriguez-Dox at (347) 387-7548.
Yoga Classes

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

**Bronx**

**Wednesday**, 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

**New Hyde Park**

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
Intermediate Mat Yoga class: Wednesdays, 10:00 am to 11:00 am
100 Duffy Avenue, 3rd Floor • New Hyde Park, NY 11801

**Manhattan Headquarters**

Thursday, 11:00 am to noon
Fridays, 2:00 pm to 3:00 pm
330 West 42nd Street, 9th Floor • New York, NY 10036

**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
Devere 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

Calling All Retired Nurses: Our Next Nurses’ Meeting Is September 15

The nurses’ meeting on Friday, September 15, is from 10:00 am to noon at 330 West 42nd Street, Member Programs Conference Room, 3rd Floor.

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!

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. SOS meets in Manhattan 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

**Hicksville** Tuesday, September 19 • 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.

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.

**Shakespeare Class** Tuesday, 12:30 pm to 1:30 pm
1199SEIU RMD, 330 West 42nd Street, 9th Floor

The class is now reading *Henry IV, Part 2*. The play is about the burden of power, old age and atonement for the past, as King Henry IV dies and his son, Prince Hal, accepts the crown and with it, the grave responsibilities it entails—which also affect his relationship with the crafty, comical Falstaff.

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.

September 2017 QUESTIONS: CALL (646) 473-8666 • OUTSIDE NYC (800) 575-7771
### Meeting Topics*

**September:** Emergency Preparedness  
**October:** Skin Conditions and Aging

* Sponsored by HealthCare Partners, IPA

### New York September Calendar

#### MONDAY

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Florida Chapters

**Florida Chapter Meeting Topic** NEW!  
September: Protect Yourself from Scams  
*Sponsored by Humana Inc.*

**Broward – Leon Davis Chapter**  
Tuesday, September 12 – 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, September 21 – 10:00 am to noon  
Casselberry Public Library  
215 North Oxford Road • Casselberry, FL 32707

**Miami-Dade – Ossie Davis Chapter**  
Thursday, September 7 – 10:30 am to 12:30 pm  
Norland United Methodist Church  
885 NW 195th Street  
Miami Gardens, FL 33169

**Orlando Chapter**  
Wednesday, September 20 – 11:00 am to 1:00 pm  
UAW Local #788  
1825 West Oak Ridge Road • Orlando, FL 32809

**Palm Bay/Melbourne Chapter**  
Tuesday, September 19 – 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, September 27 – 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, September 14 – 10:00 am to noon  
Temple Anshei Shalom  
7099 West Atlantic Avenue • Delray Beach, FL 33446

**West Palm Beach Chapter**  
Wednesday, September 6 – 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

**North & South Carolinas Chapter**

**Welcome Back!** Friday, September 22 • 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.

New York Chapters

**Bronx – Joseph James Chapter**  
Friday, September 8 • 11:00 am to 1:00 pm  
1199SEIU Healthcare & Education Center  
2501 Grand Concourse, Room 301 • Bronx, NY 10468

**Brooklyn – Marshall Dubin Chapter**  
Wednesday, September 27 • 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, September 15 • 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, September 29 • 10:30 am to noon  
Jefferson Senior Center  
2205 First Avenue • New York, NY 10029

**Hicksville – Milton Konowe Chapter**  
Wednesday, September 20 • 11:00 am to 1:00 pm  
1199SEIU Hicksville Office  
100 Duffy Avenue • Hicksville, NY 11801

**New Hyde Park – Eleanor Tilson Chapter**  
Tuesday, September 19 • 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, September 19 • 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, September 26 • 11:30 am to 1:00 pm  
Majority Baptist Church  
115-21 Farmers Blvd. • St. Albans, NY 11412

**Suffolk County Chapter**  
Thursday, September 14 • 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, September 13.**  
Yoga: 11:30 am • Chapter Meeting: 12:30 pm  
1199SEIU United Healthcare Workers East  
99 Church Street • White Plains, NY 10601

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