Important News
ABOUT CHAPTER MEETINGS AND CLASSES!

July/August 2018

Questions: Call (646) 473-8666
Outside NYC: (800) 575-7771
www.1199SEIUBenefits.org
### July/August Calendar

#### New York

<table>
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<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td>10-11 Chi Gong (Bklyn)</td>
<td>10-11 Yoga* Meditation (Qns)</td>
<td>10-11 Tai Chi</td>
<td>10-11 Chair Yoga* (Bklyn)</td>
<td>10-11 Yoga*</td>
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<tr>
<td>10-11 Yoga* Meditation (Qns)</td>
<td>10-11 Opera Appreciation</td>
<td>10-11 Yoga* (Adv) (Bklyn)</td>
<td>10-12 Quilting</td>
<td>10-12 Yoga* (Adv) (Bklyn)</td>
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<tr>
<td>10:30-11:30 Opera Appreciation</td>
<td>11-12 Dance (Bklyn)</td>
<td>10-12 Yoga* (Adv) (Qns)</td>
<td>11:15-12:15 Zumba Gold (Bklyn)</td>
<td>11-12 Yoga* (Adv) (Bklyn)</td>
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<tr>
<td>11-12 Dance (Bklyn)</td>
<td>11-12 Hatha Yoga* (Qns)</td>
<td>10-12 Meditation (Bklyn)</td>
<td>12:15-1:15 Zumba Gold (Bklyn)</td>
<td>12-1 Yoga* (Bklyn)</td>
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<tr>
<td>11:30-12:30 Yoga Appreciation</td>
<td>12-1 Meditation (Bklyn)</td>
<td>10-12 Meditation (Bklyn)</td>
<td>12:15-1:15 Zumba Gold (Bklyn)</td>
<td>12-1 Dance</td>
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<td>12-1 Mindfulness Meditation (Bklyn)</td>
<td>12-1 Chair Yoga* (Bklyn)</td>
<td>10-12 Meditation (Bklyn)</td>
<td>12:15-1:15 Zumba Gold (Bklyn)</td>
<td>12-1 Yoga* (Adv) (Bklyn)</td>
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<tr>
<td>12-1 Art History</td>
<td>12-1 Yoga* (Beg) (Qns)</td>
<td>10-12 Lunch Club</td>
<td>12:15-1:15 Zumba Gold (Bklyn)</td>
<td>12-1 Yoga* (Adv) (Bklyn)</td>
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<td>12:30-1:30 Dance (Qns)</td>
<td>12:30-1:30 Chair Yoga* (Bklyn)</td>
<td>1-3 General Membership Meeting</td>
<td>1:30-2:30 Zumba Gold (Bklyn)</td>
<td>1-3 Chair Yoga* (Bklyn)</td>
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<td>2-3 Yoga*</td>
<td>1:30-2:30 Yoga* (Adv) (Bklyn)</td>
<td>3-5 Arts &amp; Crafts</td>
<td>3:30-4:30 Yoga*</td>
<td>2:3 Yoga*</td>
</tr>
<tr>
<td>3-5 Sewing</td>
<td>3:30-4:30 Yoga*</td>
<td>2:3 Yoga*</td>
<td>3:30-4:30 Yoga*</td>
<td>2:3 Yoga*</td>
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</tbody>
</table>

#### Health Meeting Topics*

**July/August:** No meetings

**September:** Exposure to Smoke and Lung Disease

**October:** Alzheimer’s Disease

* Sponsored by HealthCare Partners, IPA

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

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

**Bronx**  NO CLASSES IN JULY AND AUGUST

- **Wednesdays, noon to 1:00 pm**
  1199SEIU Healthcare & Education Center
  2501 Grand Concourse, Room 301 • Bronx, NY 10468

**Brooklyn**  NO CLASSES IN AUGUST

- **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

**Manhattan Headquarters**  NO CLASSES IN AUGUST

- **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

**New Hyde Park**  NO CLASSES IN JULY AND AUGUST

- **Tuesdays, 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**  NO CLASSES IN AUGUST

- **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

**Staten Island**  NO CLASSES IN AUGUST

- **Mat Yoga class:** Tuesdays, 2:30 pm to 3:30 pm
  Chair Yoga class: Thursdays, 2:30 pm to 3:30 pm
  790 Port Richmond Avenue (off Forest Avenue) • Staten Island, NY 10302

**Suffolk County**  NO CLASSES IN AUGUST

- **Beginners’ Yoga/Meditation class** *(three classes per month—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**  NO CLASSES IN AUGUST

- **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

NO CLASSES IN AUGUST

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  NO CLASSES IN AUGUST

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

**Hicksville**

- **Wednesdays, 11:00 am to noon**
  100 Duffy Avenue, 3rd Floor • Hicksville, NY 10036

**Queens**

- **Mondays, 12:30 pm to 1:30 pm**
  Devore Dance Center
  205-05 Hollis Avenue, Main Floor
  Jamaica, NY 11412

Tai Chi Comes to White Plains!

NO CLASSES IN AUGUST

Learn this low-impact Chinese martial art designed to help you lower stress and increase wellness through a series of gentle physical exercises. The class meets at our White Plains chapter four Wednesdays per month, from 10:15 am to 11:15 am.

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.
RMD Bids Farewell to Marilyn Silverberg, Longtime Florida Coordinator

After more than 12 years with the Funds as the Florida Coordinator for our Retired Members Division, Marilyn Silverberg will be retiring on August 31. We’d like to take this opportunity to thank Marilyn for her service and dedication—and to wish her all the best in retirement.

You’re Invited to the 1199SEIU Retiree Art Gallery Opening!

Join us for the 1199SEIU Retiree Art Exhibit opening Friday, July 6, at 10:00 am. Artwork will be on display in the lobby at 310 West 43rd Street weekdays from 10:00 am to 4:00 pm until July 27.

Calling All Retired Nurses!

The Retired Members Department holds quarterly meetings to help retired nurses stay connected with each other and informed about the latest educational and social issues affecting them. Join us in March, June, September and December—we hope you’ll get involved!

Arts & Crafts Classes
Now in Brooklyn!  NO CLASSES IN AUGUST

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.

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.

Sign Up for “Seniors Out Speaking” in September

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, September 6 • 9:30 am to noon
330 West 42nd Street, 33rd Floor (Penthouse) • New York, NY 10036

Staten Island:  Tuesday, September 11 • 3:00 pm to 4:30 pm
790 Port Richmond Avenue (off Forest Avenue) • Staten Island, NY 10302

Hicksville:  Tuesday, September 18 • 9:30 am to noon
100 Duffy Avenue, 3rd Floor • Hicksville, NY 11801

Shakespeare Class
NO CLASSES IN JULY AND AUGUST

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.

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