

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

Address Service Requested



Non-Profit Org.
U.S. Postage
PAID
New York, NY
Permit No. 3700

Retirees' Quilting Prowess Will Be on Full Display Starting October 1

Don't miss our 1199SEIU Retired Members' bi-annual quilt exhibit from October 1 through October 5 in the Penthouse at 330 West 42nd Street. The colorful and decorative display of handmade quilts, which were created by retirees in our popular quilting class at Fund Headquarters, will be showcased from 10:00 am to 4:00 pm. You'll even have the chance to speak with the skilled stitch-masters themselves!

Get Your Tickets Now for November's Annual Holiday Banquet

This year's 1199SEIU Retired Members Division Anne Shore Holiday Banquet will be held on Monday, November 26, 2018, from noon to 3:00 pm. Tickets for the banquet are \$10 for retirees and \$20 for guests, **money orders only**, maximum \$30 (limit one guest per retiree). The tickets will be sold on weekdays starting Tuesday, September 4, in the Retired Members Department, 330 West 42nd Street, 9th Floor, from 10:00 am to noon and 1:00 pm to 4:00 pm, and at local chapter meetings. **We do not accept payments by mail.** For more information, call (646) 473-8761.

Calling All Retired Nurses

The Retired Members Department holds quarterly meetings to help licensed practical nurses stay connected with each other and informed about the latest educational and social issues affecting them. This month's meeting will take place on **Friday, September 21, from 1:00 pm to 3:00 pm**, at 310 West 43rd Street, 7th Floor. Please join us 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.

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

Important News

September 2018

ABOUT CHAPTER MEETINGS AND CLASSES!

Questions: Call (646) 473-8666

Outside NYC: (800) 575-7771

www.1199SEIUBenefits.org



1199SEIU
Retired Members
Bulletin

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>OFFICE CLOSED</p>	<p>4</p> <p>9-10 Yoga*/Meditation (Hicksville) 9:30-12 Photography 10-11 Mat Yoga* (Int) (QNS) 10:30-12 Drama 11-1 Knitting & 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) 1:30-2:30 Falun Dafa (SI) 1:30-3 Discussion Group 2:30-3:30 Mat Yoga* (SI)</p>	<p>5</p> <p>9-10 Yoga* (Beg) (Hicksville) 9-11 Knitting & Crocheting (Beg) (BKLYN) 10-11 Yoga* (Adv) (Hicksville) 10-12 Choral Group 10-12 Knitting & Crocheting (Beg) 10:15-11:15 Tai Chi (White Plains) 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>6</p> <p>10-11 Tai Chi 11-12 Yoga* 11-12 Yoga* (Beg)(Suffolk) 12-1 Meditation (Suffolk) 12-1 Lunch Club 1:30-2:30 Zumba (SI) 2:30-3:30 Chair Yoga* (SI) 3-5 Arts & Crafts 3-5 Sewing</p>	<p>7</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>10</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) 1-3 Arts & Crafts (BKLYN) 1:30-3:30 Executive Committee Meeting</p>	<p>11</p> <p>9-10 Yoga*/Meditation (Hicksville) 9:30-12 Photography 10-11 Mat Yoga* (Int) (QNS) 10:30-12 Drama 11-1 Knitting & 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>12</p> <p>9-10 Yoga* (Beg) (Hicksville) 9-11 Knitting & Crocheting (Beg) (BKLYN) 10-11 Yoga* (Adv) (Hicksville) 10-12 Choral Group 10-12 Knitting & Crocheting (Beg) 10:15-11:15 Tai Chi (White Plains) 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>13</p> <p>10-11 Tai Chi 11-12 Yoga* 12-1 Lunch Club 1-3 General Membership Meeting 1:30-2:30 Zumba (SI) 2:30-3:30 Chair Yoga* (SI) 3-5 Arts & Crafts 3-5 Sewing</p>	<p>14</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>17</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) 1-3 Arts & Crafts (BKLYN)</p>	<p>18</p> <p>9:30-12 Photography 10-11 Mat Yoga* (Int) (QNS) 10:30-12 Drama 11-1 Knitting & 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) 1:30-2:30 Falun Dafa (SI) 1:30-3 Discussion Group 2:30-3:30 Mat Yoga* (SI)</p>	<p>19</p> <p>9-10 Yoga* (Beg) (Hicksville) 10-11 Yoga* (Adv) (Hicksville)</p>	<p>20</p> <p>10-11 Tai Chi 11-12 Yoga* 11-12 Yoga* (Beg)(Suffolk) 12-1 Meditation (Suffolk) 12-1 Lunch Club 1-3 Birthday Party 1:30-2:30 Zumba (SI) 2:30-3:30 Chair Yoga* (SI) 3-5 Arts & Crafts 3-5 Sewing</p>	<p>21</p> <p>10-11 Chair Yoga* (Adv) (BKLYN) 10-12 Quilting 1-2 Dance 1-3 Nurses Meeting 1:30-2:30 Zumba Gold (BKLYN) 2-3 Yoga* 3:30-4:30 Zumba Gold</p>
<p>24</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) 1-3 Arts & Crafts (BKLYN)</p>	<p>25</p> <p>9-10 Yoga*/Meditation (Hicksville) 9:30-12 Photography 10-11 Mat Yoga* (Int) (QNS) 10:30-12 Drama 11-1 Knitting & 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) 1:30-2:30 Falun Dafa (SI) 1:30-3 Discussion Group 2:30-3:30 Mat Yoga* (SI)</p>	<p>26</p> <p>9-10 Yoga* (Beg) (Hicksville) 9-11 Knitting & Crocheting (Beg) (BKLYN) 10-11 Yoga* (Adv) (Hicksville) 10-12 Choral Group 10-12 Knitting & Crocheting (BEG) 10:15-11:15 Tai Chi (White Plains) 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>27</p> <p>10-11 Tai Chi 11-12 Yoga* 11-12 Yoga* (Beg)(Suffolk) 12-1 Meditation (Suffolk) 12-1 Lunch Club 1-2 Health Topic 1:30-2:30 Zumba (SI) 2:30-3:30 Chair Yoga* (SI) 3-5 Arts & Crafts 3-5 Sewing</p>	<p>28</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>

All classes are held at our Manhattan Headquarters unless otherwise indicated.

* Sponsored by HealthCare Partners, IPA

Health Meeting Topics*

September: Exposure to Smoke and Lung Disease

October: Alzheimer's Disease

* Sponsored by HealthCare Partners, IPA

Shakespeare Class **Tuesdays, 12:30 pm to 1:30 pm**

1199SEIU RMD, 330 West 42nd Street, 9th Floor

On September 11, the class will begin reading *A Midsummer's Night Dream*, a phantasmagorical comedy of love and loss, framed by the mischievous antics of imps, spirits, gods and goddesses.

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

Staten Island

790 Port Richmond Avenue (off Forest Avenue)
Staten Island, NY 10302

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.**

Tai Chi Is Now in White Plains

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.

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

Queens Mondays, 12:30 pm to 1:30 pm

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

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.

Arts & Crafts Class Now in Brooklyn!

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.

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, September 11 • 1:00 pm to 3:00 pm
Tamarac Community Center – Coconut Palm Room
8601 West Commercial Blvd. • Tamarac, FL 33351

Casselberry – Doris Turner Chapter

Thursday, September 27 • 11:00 am to 1:00 pm
Casselberry Public Library
215 North Oxford Road • Casselberry, FL 32707

Fort Myers Chapter – Annual West Coast Picnic

Monday, September 24 • 10:00 am to 3:00 pm
The Riverside Community Center
3061 East Riverside Drive • Fort Myers, FL 33916

Miami-Dade – Ossie Davis Chapter

Thursday, September 6 • 10:30 am to 12:30 pm
Norland United Methodist Church
885 NW 195th Street • Miami Gardens, FL 33169

North Port Chapter

Tuesday, September 25 • 11:00 am to 1:00 pm
Morgan Family Community Center
6207 West Price Blvd. • North Port, FL 34291

Orlando Chapter

Wednesday, September 26 • 11:00 am to 1:00 pm
UAW Local #788
1825 West Oak Ridge Road • Orlando, FL 32809

Palm Bay/Melbourne Chapter

Tuesday, September 25 • 1:30 am to 3:30 pm
Palm Bay Community Center – Room C
1502 Port Malabar Blvd., NE • Palm Bay, FL 32905

Port St. Lucie Chapter DAY CHANGE

Monday, September 10 • 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, September 13 • 10:00 am to noon
Temple Anshei Shalom
7099 West Atlantic Avenue • Delray Beach, FL 33446

Tampa Chapter

Wednesday, September 26 • 11:00 am to 1:00 pm
Springhill Suites by Marriott
4835 West Cypress Street • Tampa, FL 33607

West Palm Beach Chapter

Wednesday, September 5 • 11:00 am to 1:00 pm
St. Christopher's Episcopal Church – Parish Hall
1063 North Haverhill Road • West Palm Beach, FL 33417

For further information, contact Lisa Tilson:
Elizabeth.Tilson@1199Funds.org; Toll-free: (877) 369-8340

New York Chapters

Bronx – Joseph James Chapter

Friday, September 14 • 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 26 • 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 21 • 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 28 • 10:30 am to noon
Jefferson Senior Center
2205 First Avenue • New York, NY 10029

Hicksville – Milton Konowe Chapter

Wednesday, September 26 • 11:00 am to 1:00 pm
1199SEIU Hicksville Office
100 Duffy Avenue • Hicksville, NY 11801

New Hyde Park – Eleanor Tilson Chapter

Tuesday, September 18 • 2:00 pm to 3:30 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 NEW TIME

Tuesday, September 11 • 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 25 • 11:30 am to 1:00 pm
Majority Baptist Church
115-21 Farmers Blvd. • St. Albans, NY 11412

Staten Island Chapter

Tuesday, September 11 • 1:30 pm to 3:00 pm
1199SEIU Training and Employment Funds Office
790 Port Richmond Avenue (*off Forest Avenue*) • Staten Island, NY 10302

Suffolk County Chapter

Thursday, September 13 • 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 12
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, September 21 • 9:30 am to noon
Birnie Hope Center • 210 South Purdy Street • Sumter, SC 29150
For more information, call (843) 861-1265.