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.

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

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!

Important News

ABOUT CHAPTER MEETINGS AND CLASSES!

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

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1199SEIU Retired Members Bulletin

September 2018
Classes are open to all retirees and are free of charge. No registration is required.

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
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<td>Yoga/Meditation (Hicksville)</td>
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<td>Mat Yoga* (Int) (QNS)</td>
<td>10:10-11</td>
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<td>10:30-12</td>
<td>Drama</td>
<td>10:10-11</td>
<td>Choral Group</td>
<td>Yoga* (Adv) (Hicksville)</td>
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<td>Chair Yoga* (Beg) (QNS)</td>
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<td>Tai Chi (White Plains)</td>
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<td>12:30-1:30</td>
<td>Shakespeare</td>
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<td>Dance (Hicksville)</td>
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<td>12:30-1:30</td>
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**Health Meeting Topics**

**September:** Exposure to Smoke and Lung Disease  
**October:** Alzheimer’s Disease

* Sponsored by HealthCare Partners, IPA

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**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.

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**September 2018**
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.

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.

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.
# 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 Airoso 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

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**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.