Save the Date!
1199SEIU Florida Retiree Banquet

The annual Florida Retiree Banquet will be held on Tuesday, April 16, 2019, at the Orlando World Center Marriott, 8701 World Center Drive, Orlando, FL 32821

Tickets will only be sold at Florida chapter meetings during the months of January, February and March, and must be purchased with a money order. Please leave the “PAY TO” area of your money order blank until after your membership has been verified. The cost per ticket is $10 per member and $20 per guest.

Important: All ticket purchases are subject to verification of membership. No cash or checks will be accepted. No ticket purchases or reservations by mail or at the door. Each retiree may bring ONE guest.

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, November 1
9:30 am to noon
330 West 42nd Street, 33rd Floor (Penthouse) • New York, NY 10036

Staten Island Tuesday, November 13 • 3:00 pm to 4:30 pm
790 Port Richmond Avenue (off Forest Avenue) • Staten Island, NY 10302

Hicksville Tuesday, November 20 • 9:30 am to noon
100 Duffy Avenue, 3rd Floor • Hicksville, NY 11801

This Month’s Annual Holiday Banquet Is Sold Out!

As we told you last month, this year’s 1199SEIU Retired Members Division Anne Shore Holiday Banquet is sold out, but if you’re among the lucky retirees who scored a ticket, get ready for a great time! The banquet will be held on Monday, November 26, from noon to 3:00 pm, at the New York Hilton Midtown, 1335 Sixth Avenue (at 54th Street), New York, NY 10019. If you have any questions, please call (646) 473-8761. See you there!
### Health Meeting Topics*

**November:** Fall Prevention  
**December:** No Chapter Meetings

* Sponsored by HealthCare Partners, IPA

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#### Calendar for exact dates.

Meditation and yoga to help ease stress and increase your energy.

Unwind with Mindfulness

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**Brooklyn, NY 11201**
- White Plains
- First Baptist Church of Riverhead • 1018 Northville Turnpike
- *(three classes per month)*
- Staten Island, NY 10302
- Jamaica, NY 11412
- New Hyde Park, NY 11040
- Cafeteria – Lower Level • 269-01 76th Avenue
- Northwell Health Cohen Children's Medical Center Teaching Center—100 Duffy Avenue, 3rd Floor • Hicksville, NY 11801
- Hicksville
- 25 Elm Place (between Fulton & Livingston Streets), Rooms 4 & 5
- Brooklyn
- 2501 Grand Concourse, Room 301 • Bronx, NY 10468
- Explore your creative side with a new Arts & Crafts class in our
- **Dance Classes**

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**Meditation; and Yoga/Meditation. Please check the calendar to match**

Advanced Chair Yoga; Hatha Yoga; Advanced Yoga; Beginners' Yoga/

**Variations of yoga practice offered are:**

Yoga; Mat Yoga; Intermediate

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**Please note that the travel company—not the Funds or the Union**

The class is reading A Midsummer’s Night Dream, a fantastical comedy

at the Department for the Aging website,

programs, community partners and senior centers near your home

libraries, zoos and more. Go to

**To learn about cultural events happening in your borough,**

**To learn about programs for the liberal and creative arts,**

**initiatives you can read about through their network of websites at**

**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

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

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**New York NOVEMBER CALENDAR**

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**Holiday Banquet:**

No Classes

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* Sponsored by HealthCare Partners, IPA

Questions: Call (646) 473-8666 • OUTSIDE NYC (800) 575-7771

November 2018
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

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.

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.

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 11036

**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.

ShakespeareClass Tuesdays, from 12:30 pm to 1:30 pm
1199SEIU RMD, 330 West 42nd Street, 9th Floor

The class is reading A Midsummer’s Night Dream, a fantastical comedy of love and loss, framed by the mischievous antics of imps, spirits, gods and goddesses.

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

Florida Chapters

Please note meeting day changes due to Thanksgiving

Broward – Leon Davis Chapter
Tuesday, November 6 • 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, November 15 • 11:00 am to 1:00 pm
Casselberry Public Library
215 North Oxford Road • Casselberry, FL 32707

Fort Myers Chapter
NO CHAPTER MEETING IN NOVEMBER

Miami-Dade – Ossie Davis Chapter
Thursday, November 1 • 10:30 am to 12:30 pm
Norland United Methodist Church
885 NW 195th Street • Miami Gardens, FL 33169

North Port Chapter
NO CHAPTER MEETING IN NOVEMBER
Morgan Family Community Center
6207 West Price Blvd. • North Port, FL 34291

Orlando Chapter
Wednesday, November 14 • 11:00 am to 1:00 pm
UAW Local #788
1825 West Oak Ridge Road • Orlando, FL 32809

Palm Bay/Melbourne Chapter
Tuesday, November 13 • 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 NEW DAY
Monday, November 12 • 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, November 8 • 10:00 am to noon
Temple Anshei Shalom
7099 West Atlantic Avenue • Delray Beach, FL 33446

Tampa Chapter
NO CHAPTER MEETING IN NOVEMBER
Springhill Suites by Marriott
4835 West Cypress Street • Tampa, FL 33607

West Palm Beach Chapter
Wednesday, November 7 • 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, please contact Elizabeth (Lisa) Tilson:
Elizabeth.Tilson@1199Funds.org; Toll-free: (877) 369-8340
Palm Beach County: (561) 367-3739; Fax: (561) 617-7099
PO Box 6688, Delray Beach, FL 33482

New York Chapters

Bronx – Joseph James Chapter
Friday, November 9 • 11:00 am to 1:00 pm
1199SEIU Healthcare & Education Center
2501 Grand Concourse, Room 301 • Bronx, NY 10468

Brooklyn – Marshall Dubin Chapter
Wednesday, November 28 • 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, November 16 • 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, November 30 • 10:30 am to noon
Jefferson Senior Center
2205 First Avenue • New York, NY 10029

Hicksville – Milton Konowe Chapter
Wednesday, November 21 • 11:00 am to 1:00 pm
1199SEIU Hicksville Office
100 Duffy Avenue • Hicksville, NY 11801

New Hyde Park – Eleanor Tilson Chapter
Tuesday, November 20 • 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
Tuesday, November 13 • 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, November 27 • 11:30 am to 1:00 pm
Majority Baptist Church
115-21 Farmers Blvd. • St. Albans, NY 11412

Staten Island Chapter
Tuesday, November 13 • 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, November 8 • 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, November 7 • 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, November 16 • 9:30 am to noon
Birnie Hope Center • 210 South Purdy Street • Sumter, SC 29150
For more information, call (843) 861-1265.