Important News

ABOUT CHAPTER MEETINGS AND CLASSES!

March 2019

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

Join Fellow Retirees on
Our Facebook Page

Our 1199SEIU Benefit Funds’ Facebook page is
helping thousands of members stay up to date on the
latest benefit news, health fairs, workshops, wellness news
and more. If you’re not yet one of them, just visit
www.Facebook.com/1199SEIUBenefitFunds
and click on “Like.” We think you’ll be glad you did.
A Warm Welcome to Melanie Swann-Joseph

With the retirement of Lourdes Rodriguez-Dox in December, the Retired Members Division welcomes Melanie Swann-Joseph, who has stepped into the role of managing your retiree programs. Melanie, who previously worked as an 1199SEIU organizer and as Senior Manager in the Benefit Funds’ Outreach Department, is excited about her new venture. “It has always been a dream of mine to work with the Retired Members Division,” Melanie said. “I am looking forward to working with and getting to know all of our wonderful retirees.” Please join us in welcoming Melanie in her new position.
Calling All Retired Nurses!

The nurses’ meeting will be on Friday, March 15, from 10:00 am to noon, at 330 West 42nd Street, 13th Floor.

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!

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, March 7
9:30 am to noon
330 West 42nd Street, 33rd Floor (Penthouse)
New York, NY 10036

**Staten Island**
Tuesday, March 12
3:00 pm to 4:30 pm
790 Port Richmond Avenue (off Forest Avenue)
Staten Island, NY 10302

**Hicksville**
Tuesday, March 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](http://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](http://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, zoosandmore. Go to [www.NYC-ARTS.org/seniors](http://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](http://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](http://www.TDF.org).

Shakespeare Class

**Tuesdays, 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 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.*
Please check the calendar for exact dates.

**Bronx**

**Wednesdays, 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

**Hicksville**

**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

**Manhattan Headquarters**

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

**New Hyde Park**

**Tuesday, March 19, 1:00 pm to 2:00 pm**
*(one class per month)*
Northwell Health Cohen Children’s Medical Center Teaching Center—Boardroom • 269-01 76th Avenue • New Hyde Park, NY 11040

**Queens**

**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**

**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**

**Beginners’ Yoga/Meditation class**
*(three classes each 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**

**Wednesdays, 11:30 am to 12:30 pm**
1199SEIU Benefit and Pension Funds
White Plains Office • 99 Church Street • White Plains, NY 10601

**“Party Dance Moves”**
**Now in Staten Island!**

Get ready for the dance floor with this low-impact but high-energy dance class at our Staten Island chapter. The class meets four Thursdays per month, from 1:30 pm to 2:30 pm

**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.

**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

**Staten Island**

**Thursdays, 1:30 pm to 2:30 pm**
790 Port Richmond Avenue (off Forest Avenue) • Staten Island, NY 10302

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**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.
### New York MARCH CALENDAR

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

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

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**Meeting Topic**

**March: Brain Health and Fitness**

*Presented by the National Benefit Fund Wellness Department Health Educators*
Save the Date!

1199SEIU Florida Retiree Banquet

1199SEIU Annual Florida Retiree Banquet • Friday, April 16, 2019

We hope to see all of our Florida retirees at the Annual Florida Retiree Banquet at the Orlando World Center Marriott, 8701 World Center Drive, Orlando, FL 32821.

Program: Registration begins at 9:00 am. Enjoy a continental breakfast until the town hall meeting at 10:30 am. A banquet luncheon will be served at 11:45 am, followed by entertainment and dancing until 3:00 pm.

Reservations Are Required: Reservation forms will be available onsite at the March chapter meetings, where tickets will also be sold. Tickets must be purchased with a money order, and all 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. The cost per ticket is $10 per member and $20 per guest. Please leave the “PAY TO” area of your money order blank until after your membership has been verified. Money orders should then be made payable to “1199SEIU NBF.” (For retirees’ convenience, the Florida-based check cashing company Amscot does not charge for money orders.) There are NO April Florida chapter meetings.

Banquet Reservation Deadline Is Friday, March 22, 2019. Members who do not buy their tickets at a chapter meeting, who cannot attend a meeting or who live outside meeting areas may request a reservation form from Lisa Tilson (see below). This form must be submitted no later than March 22. To receive your ticket(s) and bus information, mail your money order and reservation form, along with a self-addressed, stamped envelope, to: Lisa Tilson, PO Box 6688, Delray Beach, FL 33482.

DO NOT SEND YOUR MONEY ORDER WITHOUT A RESERVATION FORM. Hotel Reservation Deadline Is Wednesday, March 13, 2019. To reserve a room at the Orlando World Center Marriott, 8701 World Center Drive, call (407) 239-4200 or (888) 789-3090, or visit https://book.passkey.com/go/benefit2019. The room reservation block is “1199SEIU National Benefit and Pension Funds Banquet” at a special rate of $171 per night.

Car Transportation: If you are driving to the Orlando World Center Marriott, parking is $11 plus tax per car. Be sure to ask for your discount parking coupon at the banquet.

Bus Transportation: Reserved bus seats will be available only in chapter areas. Please refer to the following bus schedule to confirm the location for parking your car. This information will also be given out at the March chapter meetings.

BUS SCHEDULE

Broward – Leon Davis Chapter 5:15 am – Board bus
Lowe’s parking lot • 8050 West Oakland Park Blvd.
Sunrise, FL 33351 (Park closest to Oakland Park Blvd.)

Casselberry – Doris Turner Chapter 8:00 am – Board bus
St. Augustine Church • 375 North Sunset Drive
Casselberry, FL 32707 (Park on the Seminola Blvd. side)

Fort Myers Chapter 5:15 am – Board bus
Bealls Shopping Plaza • 1209 Homestead Road North
Lehigh Acres, FL 33936 (Park in lower end)

Miami-Dade – Ossie Davis Chapter 4:30 am – Board bus
Norland United Methodist Church • 885 NW 195th Street
Miami Gardens, FL 33169 (Park along rear fence, away from building)

North Port Chapter 6:00 am – Board bus
Morgan Family Community Center • 6207 West Price Blvd.
North Port, FL 34286 (Located across from North Port High School)

Orlando Chapter 8:00 am – Board bus
UAW Local #788 • 1825 West Oak Ridge Road
Orlando, FL 32809 (Park in rear lot of building, on grassy area)

Palm Bay/Melbourne Chapter 6:45 am – Board bus
Palm Bay Community Center–Parks & Recreation
1502 Port Malabar Blvd., NE • Palm Bay, FL 32905
(Park along wood fence, in front grassy area)

Port St. Lucie Chapter 6:30 am – Board bus
Walmart Supercenter • 10855 South US Highway 1
Port St. Lucie, FL 34952 (Enter at traffic light—south entrance—and park to the left)

South Palm Beach Chapter 5:15 am – Board bus
Temple Anshei Shalom • 7099 West Atlantic Avenue
Delray Beach, FL 33446 (Park in far rear parking area)

Tampa Chapter – Tampa (first stop) 7:00 am – Board bus
Sun Trust Building (Union meeting site) • 500 North West Shore Blvd.
Tampa, FL 33609 (Park on 3rd level only and go to main lot, street level, for bus pick-up)

Tampa Chapter – Brandon (second stop) 7:45 am – Board bus
Westfield Mall • 459 Brandon Town Center • Brandon, FL 33511
(Park on southwest side of mall, between Sears and Macy’s)

West Palm Beach Chapter 5:15 am – Board bus
St. Christopher’s Episcopal Church • 1063 North Haverhill Road
West Palm Beach, FL 33417 (Park in rear parking lot, away from church on Haverhill Road side)

If you need a reservation form, or have any further questions about the 1199SEIU Florida Retiree Banquet, contact Lisa Tilson at (877) 369-8340 (toll free), (561) 617-7099 (fax) or Elizabeth.Tilson@1199Funds.org.
Florida Chapters

**Broward – Leon Davis Chapter**
Tuesday, March 5 • 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, March 21 • 12:45 pm to 2:45 pm
Casselberry Public Library
215 North Oxford Road • Casselberry, FL 32707

**Fort Myers Chapter**
Monday, March 25 • 11:00 am to 1:00 pm
The Riverside Community Center
3061 East Riverside Drive • Fort Myers, FL 33916

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

**North Port Chapter**
Tuesday, March 26 • 11:00 am to 1:00 pm
Morgan Family Community Center
6207 West Price Blvd. • North Port, FL 34291

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

**Palm Bay/Melbourne Chapter**
Tuesday, March 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** [NEW DAY!]
**Monday, March 4** • 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, March 14 • 10:00 am to noon
Temple Anshei Shalom
7099 West Atlantic Avenue • Delray Beach, FL 33446

**Tampa Chapter**
Wednesday, March 27 • 11:00 am to 1:00 pm
Springhill Suites by Marriott
4835 West Cypress Street • Tampa, FL 33607

**West Palm Beach Chapter**
**Wednesday, March 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 more information, 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, March 8 • 11:00 am to 1:00 pm
1199SEIU Healthcare & Education Center
2501 Grand Concourse, Room 301 • Bronx, NY 10468

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

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

**New Hyde Park – Eleanor Tilson Chapter**
Tuesday, March 19 • 2:00 pm to 3:30 pm
Northwell Health (formerly NS-LIJ)
Cohen Children’s Medical Center – Boardroom
269-01 76th Avenue • New Hyde Park, NY 11040

**North Bronx – Bernard Minter Chapter**
Tuesday, March 12 • Noon to 2:00 pm
Holy Rosary Church
1510 Adee Avenue (enter at parking lot) • Bronx, NY 10469

**Queens – Edward Garrins Chapter**
Tuesday, March 26 • 11:30 am to 1:00 pm
Majority Baptist Church
115-21 Farmers Blvd. • St. Albans, NY 11412

**Staten Island Chapter**
Tuesday, March 12 • 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**
**Meetings and classes will resume in April**
First Baptist Church of Riverhead
1018 Northville Turnpike • Riverhead, NY 11901

**Westchester – Hudson Valley Region Chapter**
Wednesday, March 6 • 12:30 pm to 2:30 pm
1199SEIU United Healthcare Workers East
99 Church Street • White Plains, NY 10601

**North & South Carolinas Chapter**
**Friday, March 15** • 9:30 am to noon
Birnie Hope Center • 210 South Purdy Street • Sumter, SC 29150
For more information, call (843) 861-1265.

QUESTIONS: CALL (646) 473-8666 • OUTSIDE NYC (800) 575-7771
Join Fellow Retirees on Our Facebook Page

Our 1199SEIU Benefit Funds’ Facebook page is helping thousands of members stay up to date on the latest benefit news, health fairs, workshops, wellness news and more. If you’re not yet one of them, just visit www.Facebook.com/1199SEIUBenefitFunds and click on “Like.” We think you’ll be glad you did.