Important News

September 2019

ABOUT CHAPTER MEETINGS AND CLASSES!

Get Your Tickets Now for December’s Annual Holiday Banquet

This year’s 1199SEIU Retired Members Division Anne Shore Holiday Banquet will be held on Monday, December 2, 2019, from noon to 3:00 pm at the Hilton New York, Sixth Avenue at 54th Street in Manhattan. **This is a members-only event, and tickets cost $10, money orders only.** Tickets will be sold on weekdays starting Tuesday, September 3, 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.

Drama Class

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

**Calling all theater lovers!** The Drama Class meets on Tuesdays from 10:30 am to noon to read plays, watch films and have lively discussions on relevant themes. No memorization required! Upcoming plays include *The Wife, A Doll’s Life* and *The White Card.*

Calling All Retired Nurses!

The nurses’ meeting will be on Friday, September 20, 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!
### September Calendar

#### Monday

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:10</td>
<td>Yoga/Meditation (Hicksville)</td>
</tr>
<tr>
<td>9:30</td>
<td>Photography</td>
</tr>
<tr>
<td>10:11</td>
<td>Mat Yoga (int) (QNS)</td>
</tr>
<tr>
<td>10:11</td>
<td>Drama</td>
</tr>
<tr>
<td>10:12</td>
<td>Knitting &amp; Crocheting (Beg) (QNS)</td>
</tr>
<tr>
<td>11:00</td>
<td>Chair Yoga (Beg) (QNS)</td>
</tr>
<tr>
<td>11:15</td>
<td>Art</td>
</tr>
<tr>
<td>12:00</td>
<td>Zumba Gold (QNS)</td>
</tr>
<tr>
<td>12:30</td>
<td>Zumba (SI)</td>
</tr>
<tr>
<td>1:30</td>
<td>Discussion Group</td>
</tr>
<tr>
<td>2:30</td>
<td>Mat Yoga (SI)</td>
</tr>
</tbody>
</table>

#### Tuesday

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:10</td>
<td>Yoga (Beg) (Hicksville)</td>
</tr>
<tr>
<td>9:30</td>
<td>Yoga (Adv) (Hicksville)</td>
</tr>
<tr>
<td>10:11</td>
<td>Knitting &amp; Crocheting (Beg) (BKNY)</td>
</tr>
<tr>
<td>10:12</td>
<td>Yoga (Adv) (Hicksville)</td>
</tr>
<tr>
<td>11:00</td>
<td>Choral Group</td>
</tr>
<tr>
<td>11:15</td>
<td>Tai Chi (White Plains)</td>
</tr>
<tr>
<td>12:00</td>
<td>Dance (Hicksville)</td>
</tr>
<tr>
<td>12:30</td>
<td>Knitting &amp; Crocheting (Int/Adv)(BKNY)</td>
</tr>
<tr>
<td>12:30</td>
<td>Yoga (White Plains)</td>
</tr>
<tr>
<td>12:30</td>
<td>Yoga (BX)</td>
</tr>
<tr>
<td>12:30</td>
<td>Zumba-T (Hicksville)</td>
</tr>
<tr>
<td>12:30</td>
<td>Knitting &amp; Crocheting (Int/Adv)</td>
</tr>
<tr>
<td>12:30</td>
<td>Chong Gong (BKNY)</td>
</tr>
<tr>
<td>1:30</td>
<td>Art</td>
</tr>
<tr>
<td>1:30</td>
<td>Dance (BKNY)</td>
</tr>
<tr>
<td>1:30</td>
<td>Bingo (White Plains)</td>
</tr>
<tr>
<td>2:30</td>
<td>Latin Dance (BX)</td>
</tr>
</tbody>
</table>

#### Wednesday

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:11</td>
<td>Tai Chi</td>
</tr>
<tr>
<td>11:12</td>
<td>Yoga (Beg) (BKNY)</td>
</tr>
<tr>
<td>12:12</td>
<td>Yoga (Adv) (BKNY)</td>
</tr>
<tr>
<td>13:00</td>
<td>Meditation (BKNY)</td>
</tr>
<tr>
<td>13:00</td>
<td>Lunch Club</td>
</tr>
<tr>
<td>13:00</td>
<td>Party Dance Moves (SI)</td>
</tr>
<tr>
<td>2:30</td>
<td>Chair Yoga (SI)</td>
</tr>
<tr>
<td>3:30</td>
<td>Arts &amp; Crafts</td>
</tr>
</tbody>
</table>

#### Thursday

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:11</td>
<td>Yoga (Beg) (BKNY)</td>
</tr>
<tr>
<td>11:12</td>
<td>Yoga (Adv) (BKNY)</td>
</tr>
<tr>
<td>12:12</td>
<td>Meditation (BKNY)</td>
</tr>
<tr>
<td>13:00</td>
<td>Lunch Club</td>
</tr>
<tr>
<td>13:00</td>
<td>Party Dance Moves (SI)</td>
</tr>
<tr>
<td>2:30</td>
<td>Chair Yoga (SI)</td>
</tr>
<tr>
<td>3:30</td>
<td>Arts &amp; Crafts</td>
</tr>
</tbody>
</table>

#### Friday

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:11</td>
<td>Yoga (Beg) (BKNY)</td>
</tr>
<tr>
<td>11:12</td>
<td>Yoga (Adv) (BKNY)</td>
</tr>
<tr>
<td>12:12</td>
<td>Meditation (BKNY)</td>
</tr>
<tr>
<td>13:00</td>
<td>Lunch Club</td>
</tr>
<tr>
<td>13:00</td>
<td>Party Dance Moves (SI)</td>
</tr>
<tr>
<td>2:30</td>
<td>Chair Yoga (SI)</td>
</tr>
<tr>
<td>3:30</td>
<td>Yoga</td>
</tr>
</tbody>
</table>

### Classes are Open to All Retirees and Are Free of Charge. No Registration Is Required.

### Health Meeting Topics

September:

*New York Chapters: Flu Shot
**Florida Chapters: Staying Social
*Presented by an Aetna Health Educator
**Presented by Humana

### Questions

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

September 2019
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
Rm. 1 • 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 each 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

“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 11801

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

Shakespeare Class Suspended

The Shakespeare Class will not meet in September. Please stay tuned for scheduling updates.

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 https://NYAM.org/age-friendly-nyc:

- 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”

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 5 • 9:30 am to noon
330 West 42nd Street, 33rd Floor (Penthouse) • New York, NY 10036

**Staten Island:** Tuesday, September 10 • 3:00 pm to 4:30 pm
790 Port Richmond Avenue (off Forest Avenue) • Staten Island, NY 10302

**Hicksville:** Tuesday, September 17 • 9:30 am to noon
100 Duffy Avenue, 3rd Floor • Hicksville, NY 11801

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 3 – 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, September 19 – 1:00 pm to 3:00 pm
Casselberry Public Library
215 North Oxford Road • Casselberry, FL 32707

Fort Myers Chapter  Regular Chapter Meeting canceled.
Please attend the North Port Annual West Coast Picnic:
Tuesday, September 24 – 11:00 am to 1:00 pm
Dallas White Park • 5900 Greenwood Avenue • North Port, FL 34287

Miami-Dade – Ossie Davis Chapter
Thursday, September 5 – 10:30 am to 12:30 pm
Norland United Methodist Church
885 NW 195th Street • Miami Gardens, FL 33169

North Port Chapter  ANNUAL WEST COAST PICNIC
Tuesday, September 24 – 11:00 am to 1:00 pm
Dallas White Park • 5900 Greenwood Avenue • North Port, FL 34287

Orlando – George Gresham Chapter
Wednesday, September 18 – 11:00 am to 1:00 pm
UAW Local #788
1825 West Oak Ridge Road • Orlando, FL 32809

Palm Bay/Melbourne Chapter
Tuesday, September 17 – 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
Monday, September 9 – 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 12 – 10:00 am to noon
Temple Anshei Shalom
7099 West Atlantic Avenue • Delray Beach, FL 33446

Tampa Chapter  Regular Chapter Meeting canceled.
Please attend the North Port Annual West Coast Picnic:
Tuesday, September 24 – 11:00 am to 1:00 pm
Dallas White Park • 5900 Greenwood Avenue • North Port, FL 34287

West Palm Beach Chapter
Wednesday, September 4 – 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

North & South Carolinas Chapter
Friday, September 20 – 9:30 am to noon
Birnie Hope Center • 210 South Purdy Street • Sumter, SC 29150
For more information, call (843) 861-1265.

New York Chapters

Bronx – Joseph James Chapter
Friday, September 13 – 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 25 – 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 20 – 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 27 – 10:30 am to noon
Ward Senior House & Central Pruyn House
320 East 115th Street • New York, NY 10029

Hicksville – Milton Konowe Chapter
Wednesday, September 18 – 11:00 am to 1:00 pm
1199SEIU Hicksville Office
100 Duffy Avenue • Hicksville, NY 11801

New Hyde Park – Eleanor Tilson Chapter
Tuesday, September 17 – 2:00 pm to 3:30 pm
Northwell Health Cohen Children’s Medical Center
Teaching Center – Rm. 1
269-01 76th Avenue • New Hyde Park, NY 11040

North Bronx – Bernard Minter Chapter
Tuesday, September 10 – Noon to 2:00 pm
Holy Rosary Church
1510 Adee Avenue (enter at parking lot) • Bronx, NY 10469

Queens – Edward Garrins Chapter
Tuesday, September 24 – 11:30 am to 1:00 pm
Majority Baptist Church
115-21 Farmers Blvd. • St. Albans, NY 11412

Staten Island Chapter
Tuesday, September 10 – 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 12 – 11:00 am to 1:00 pm
First Baptist Church of Riverhead
1018 Northville Turnpike • Riverhead, NY 11901

Westchester – Hudson Valley Region Chapter
Wednesday, September 11 – 12:30 pm to 2:30 pm
1199SEIU Benefit and Pension Funds
99 Church Street • White Plains, NY 10601

Georgia Chapter
There is no September meeting for the Georgia Chapter.
Please check the schedule for upcoming meetings.
For more information, call toll-free: (855) 616-1199.