Save the Date!
1199SEIU Florida Retiree Banquet
The annual Florida Retiree Banquet will be held on Friday, March 6, 2020, at the Walt Disney World Swan and Dolphin Resort, 1500 Epcot Resorts Blvd. – Pacific Rooms A&B, Lake Buena Vista, FL 32830. Tickets are on sale now at Florida chapter meetings 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. For more information, contact Elizabeth (Lisa) Tilson at (877) 369-8340 or (561) 367-3739.

Florida Chapters
- Broward – Leon Davis Chapter
  Tuesday, December 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
  NO CHAPTER MEETING IN DECEMBER
  Casselberry Public Library
  215 North Oxford Road • Casselberry, FL 32707
- Fort Myers Chapter
  NEW DATE DUE TO HOLIDAYS
  Monday, December 9 – 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, December 5 – 10:30 am to 12:30 pm
  Norland United Methodist Church
  885 NW 195th Street • Miami Gardens, FL 33169
- North Port Chapter
  NEW DATE DUE TO HOLIDAYS
  Tuesday, December 10 – 11:00 am to 1:00 pm
  Morgan Family Community Center
  6207 West Price Blvd. • North Port, FL 34291
- Orlando – George Gresham Chapter
  Wednesday, December 18 – 11:00 am to 1:00 pm
  UAW Local #788
  1825 West Oak Ridge Road • Orlando, FL 32809
- Palm Bay/Melbourne Chapter
  Tuesday, December 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, December 2 – 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, December 12 – 10:00 am to noon
  Temple Anshei Shalom
  7099 West Atlantic Avenue • Delray Beach, FL 33446
- Tampa Chapter
  NEW DATE DUE TO HOLIDAYS
  Wednesday, December 11 – 11:00 am to 1:00 pm
  Hillsborough Classroom Teachers Association
  3102 North Habana Avenue • Tampa, FL 33607
- West Palm Beach Chapter
  Wednesday, December 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, December 20 – 9:30 am to noon
Birnie Hope Center • 210 South Purdy Street • Sumter, SC 29150
For more information, call (843) 861-1265.

Georgia Chapter
NO CHAPTER MEETING IN DECEMBER
Please check the schedule for upcoming meetings. For more information, call toll-free: (855) 616-1199.
There are no classes or chapter meetings in NYC, Long Island or Georgia in December. Watch for the return of your calendar and chapter meeting schedule in January. In the meantime, take a moment to look at all of the classes and activities your Retired Members Division offers and think about trying something new next year!

### Art
Brush up on your drawing, painting or sculpting skills—or explore one of these art forms for the first time.

### Art History
Discover the genius of the great masters, and learn the history behind their most famous works.

### Arts & Crafts
Unleash your creativity with fun, do-it-yourself projects while socializing with your fellow retirees.

### Bingo
Engage in a bit of friendly competition with fellow retirees—and even make new friends!

### Chair Yoga
This low-impact class features modifications and chair-assisted moves to make classic yoga poses accessible to all needs and fitness levels.

### Chi Gong
Relieve stress with this combination of slow body movements, deep breathing and meditation, performed while seated or standing.

### Choral Group
Lend your voice to this talented group of singers who perform at local nursing homes and special events throughout the city.

### Drama
Act now! Read plays aloud and discuss how their themes relate to daily life—no experience or memorization required.

### Hatha Yoga
This ancient, classic yoga style has been used to improve fitness and support a healthy mind-body connection.

### Knitting & Crocheting
Enjoy this relaxing and creative craft while making timeless pieces for yourself, family and friends.

### Latin Dance
Take a spin on the dance floor, and cha-cha, salsa and merengue your way to fitness and health.

### Mindfulness Meditation
Learn how to focus and calm your mind to better manage anxiety, chronic pain or just the pressures of daily life.

### Opera Appreciation
Whether you’re an opera fan or can only hum along to the “famous ones,” you’ll gain a greater appreciation of this classic art form.

### Party Dance Moves
Get ready for the dance floor at this low-impact but high-energy class.

### Photography
Tap into your visual creativity and get great tips on taking amazing photos.

### Quilting
If you’re just starting out or you’ve been quilting for years, you will get inspiration—and handy tips—to create colorful and intricate designs.

### Sewing
Learn the basics of handling a needle and thread or pick up new techniques from our skilled instructors.

### Tai Chi
This graceful form of exercise features a series of gentle, flowing moves that are said to help reduce tension and promote serenity.

### Yoga
Beginners and experts alike can practice these classic poses and breathing techniques to improve strength, flexibility and balance.

### Zumba
You’ll have such a great time with this energetic, dance-based exercise routine, you’ll forget it’s a real calorie-burning workout!
NBF Retirees: Now, One Nationwide Health Plan for All NBF retirees!

Beginning January 1, 2020, we are partnering with Aetna to provide all eligible NBF retirees with a new nationwide 1199SEIU Medicare Advantage Plan. You should have received a welcome kit, with information on what the new plan offers, including:

- A large, nationwide network of primary care doctors and specialists
- Medical, hospital and prescription benefits
- No co-pay for primary care office visits
- Dental, vision and hearing benefits

The 1199SEIU Aetna Medicare Advantage Plan will replace your current 1199SEIU Humana or other Medicare Advantage Plan. If you’re already enrolled in an 1199SEIU Medicare Advantage plan, we’ll enroll you in the new plan automatically. If you’re not enrolled in a plan, you must enroll in the Aetna plan by November 20. And in January, you can start enjoying your new, improved coverage.

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”

NO MEETINGS IN DECEMBER

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.

Calling All Retired Nurses!

The nurses’ meeting will be on:

Friday, December 20
10:00 am to noon
330 West 42nd Street, 9th 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!
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