

1199SEIU Benefit and Pension Funds
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1199SEIU RETIRED MEMBERS

BULLETIN

December 2019

Information about Chapter Meetings, Classes & More!



1199SEIU Funds
Benefit and Pension

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!

<p>Art</p> <p>Brush up on your drawing, painting or sculpting skills—or explore one of these art forms for the first time.</p>	<p>Art History</p> <p>Discover the genius of the great masters, and learn the history behind their most famous works.</p>	<p>Arts & Crafts</p> <p>Unleash your creativity with fun, do-it-yourself projects while socializing with your fellow retirees.</p>	<p>Bingo</p> <p>Engage in a bit of friendly competition with fellow retirees—and even make new friends!</p>
<p>Chair Yoga</p> <p>This low-impact class features modifications and chair-assisted moves to make classic yoga poses accessible to all needs and fitness levels.</p>	<p>Chi Gong</p> <p>Relieve stress with this combination of slow body movements, deep breathing and meditation, performed while seated or standing.</p>	<p>Choral Group</p> <p>Lend your voice to this talented group of singers who perform at local nursing homes and special events throughout the city.</p>	<p>Drama</p> <p>Act now! Read plays aloud and discuss how their themes relate to daily life—no experience or memorization required.</p>
<p>Hatha Yoga</p> <p>This ancient, classic yoga style has been used to improve fitness and support a healthy mind-body connection.</p>	<p>Knitting & Crocheting</p> <p>Enjoy this relaxing and creative craft while making timeless pieces for yourself, family and friends.</p>	<p>Latin Dance</p> <p>Take a spin on the dance floor, and cha-cha, salsa and merengue your way to fitness and health.</p>	<p>Mindfulness Meditation</p> <p>Learn how to focus and calm your mind to better manage anxiety, chronic pain or just the pressures of daily life.</p>
<p>Opera Appreciation</p> <p>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.</p>	<p>Party Dance Moves</p> <p>Get ready for the dance floor at this low-impact but high-energy class.</p>	<p>Photography</p> <p>Tap into your visual creativity and get great tips on taking amazing photos.</p>	<p>Quilting</p> <p>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.</p>
<p>Sewing</p> <p>Learn the basics of handling a needle and thread or pick up new techniques from our skilled instructors.</p>	<p>Tai Chi</p> <p>This graceful form of exercise features a series of gentle, flowing moves that are said to help reduce tension and promote serenity.</p>	<p>Yoga</p> <p>Beginners and experts alike can practice these classic poses and breathing techniques to improve strength, flexibility and balance.</p>	<p>Zumba</p> <p>You'll have such a great time with this energetic, dance-based exercise routine, you'll forget it's a real calorie-burning workout!</p>

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!



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.

Southern Chapters **DECEMBER MEETINGS**

PLEASE NOTE: THERE ARE NO NEW YORK CITY, LONG ISLAND OR GEORGIA CHAPTER MEETINGS IN DECEMBER.

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
Bernie 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.