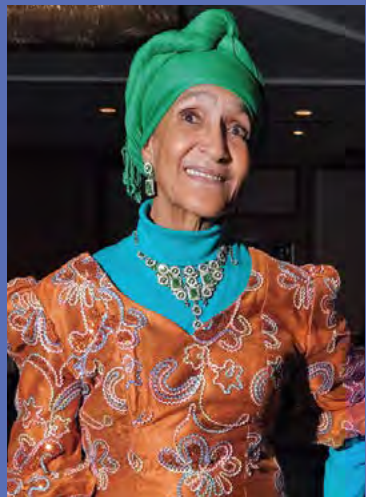


BULLETIN

Information about Chapter Meetings, Classes & More!



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

Important Benefit Notices Inside this Issue

1199SEIU Funds Benefit and Pension



NEW CHAPTER in Manhattan!

Start spreading the news: We're excited to announce our new Midtown Manhattan Chapter, which will meet on the last Thursday of every month at Retired Members Division Headquarters from 1:00 pm to 2:30 pm.

Check the schedule for specific dates.

**330 West 42nd Street, 9th Floor
New York, NY 10036**

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, January 2 • 9:30 am to noon
330 West 42nd Street, 33rd Floor (Penthouse)
New York, NY 10036

Staten Island:

Tuesday, January 14 • 3:00 pm to 4:30 pm
790 Port Richmond Avenue (off Forest Avenue)
Staten Island, NY 10302

Hicksville:

Tuesday, January 21 • 9:30 am to noon
100 Duffy Avenue, 3rd Floor
Hicksville, NY 11801

SUMMARY ANNUAL REPORT • 1199SEIU National Benefit Fund for Home Care Employees

This is a summary of the annual report for the 1199SEIU National Benefit Fund for Home Care Employees (the "Fund"), EIN: 13-4129368, for the period January 1, 2018, to December 31, 2018. This is a welfare benefit plan offering life insurance, health, dental, vision and prescription drug benefits. The annual report has been filed with the Employee Benefits Security Administration, as required under the Employee Retirement Income Security Act of 1974 (ERISA).

Plan expenses were \$222,877,547. These expenses included \$12,941,064 in administrative expenses, \$208,050,816 in benefits paid to participants and beneficiaries, \$1,598,056 in other expenses and \$287,611 in investment expenses.

Your Rights to Additional Information

You have the right to receive a copy of the full annual report, or any part thereof, on request. The items listed below are included in that report:

- Insurance information, including sales commissions paid by insurance carriers;
- An accountant's report;
- Financial information and information on payments to service providers;
- Assets held for investment;
- Information regarding any common or collective trusts, pooled separate accounts, master trusts or 103-12 investment entities in which the plan participates; and
- Actuarial information regarding the funding of the plan.

You also have the right to receive from the Fund, on request and at no charge, a statement of the assets and liabilities of the plan and accompanying notes, or a statement of income and expenses of the plan and accompanying notes, or both. If you request a copy of the full annual report from the Fund, these two statements and accompanying notes will be included as part of that report.

To obtain a copy of the full annual report, or any part thereof, write to the Board of Trustees of the 1199SEIU National Benefit Fund for Home Care Employees, PO Box 842, New York, NY 10108-0842, or call Member Services, (646) 473-9200.

You also have the legally protected right to examine the annual report at the main office of the plan at 1199SEIU National Benefit Fund for Home Care Employees, 330 West 42nd Street, 28th Floor, New York, NY 10036 and at the U.S. Department of Labor in Washington, DC, or to obtain a copy from the U.S. Department of Labor upon payment of copying costs. Requests to the Department should be addressed to: Public Disclosure Room, Room N-1515, Employee Benefits Security Administration, U.S. Department of Labor, 200 Constitution Avenue, NW, Washington, DC 20210.

Except with respect to the benefits specified under "Insurance Information" below, the plan is self-insured and has committed to pay covered claims out of plan assets.

Insurance Information

The plan has a contract with Amalgamated Life Insurance Company to pay certain life insurance claims incurred under the terms of the plan. The total premiums paid for the plan year ending December 31, 2018, were \$929,401.

Because it is a so-called "experience-rated" contract, the premium costs are affected by, among other things, the number and size of claims. Of the total insurance premiums paid for the plan year ending December 31, 2018, the premiums paid under such "experience-rated" contracts were \$636,179, and the total of all benefit claims paid under the experience-rated contract during the plan year was \$351,290.

Basic Financial Statement

The value of plan assets, after subtracting liabilities of the plan, was \$228,211,656 as of December 31, 2018, compared to \$245,681,646 as of January 1, 2018. During the plan year, the plan experienced a decrease in its net assets of \$17,469,990. This change includes unrealized appreciation and depreciation in the value of the plan assets; that is the difference between the value of the plan's assets at the end of the year and the value of the assets at the beginning of the year, or the cost of assets acquired during the year. During the plan year, the plan had total income of \$205,407,557, including employer contributions of \$204,905,137, net depreciation in fair value of investments of \$7,803,562, COBRA payments of \$71,628, member premiums of \$7,883,960 and other earnings of \$350,394.

Discrimination Is Against the Law

The 1199SEIU Benefit Funds comply with applicable federal civil rights laws and do not discriminate against or exclude people on the basis of race, color, national origin, age, disability or sex. The Funds provide free aids and services to people with disabilities to communicate effectively with us, such as qualified sign language interpreters and written information in other formats (large print, audio, accessible electronic formats). The Funds provide free language services to people whose primary language is not English, such as qualified interpreters and information written in other languages. If you need these services, contact the Compliance Coordinator. If you believe the Funds have failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability or sex, you can file a grievance with: Compliance Coordinator, 330 West 42nd Street, New York, NY 10036; (646) 473-6600 (phone); (646) 473-8959 (fax); PrivacyOfficer@1199Funds.org (email). You can file a grievance in person or by mail, fax or email. If you need help filing a grievance, the Compliance Coordinator can help you.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at: U.S. Department of Health and Human Services • 200 Independence Avenue, SW • Room 509F, HHH Building • Washington, DC 20201 • (800) 368-1019; (800) 537-7697 (TDD).

Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>.

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.



Language Assistance Services

Language Assistance Services

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (646) 473-9200.

注意: 如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電 (646) 473-9200。

ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните (646) 473-9200.

ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele (646) 473-9200.

주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다.(646) 473-9200.

ATTENZIONE: In caso la lingua parlata sia l'italiano, sono disponibili servizi di assistenza linguistica gratuiti. Chiamare il numero (646) 473-9200.

פאר אייך שפראך הילף סערוויסעס פריי פון אפצאל. רופט אויפמערקזאם: אויב איר רעדט אידיש, זענען פארהאן (646) 473-9200.

আছে। উপলব্ধ পরিষেবা সহায়তা ভাষা নিঃখরচায় তাহলে, পাবেন বলাতে কথা, বাংলা আপনি যদি করুনঃ লক্ষ্য ১ করুন ফোন (646) 473-9200.

UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer (646) 473-9200.

اذكر اللغة، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم ملحوظة: (646) 473-9200.

ATTENTION: Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez (646) 473-9200.

శ్రద్ధ పట్టండి: ఒకవేళ మీరు తెలుగు భాష మాట్లాడుతున్నట్లయితే, మీ కొరకు తెలుగు భాషా సహాయక సేవలు ఉచితంగా లభిస్తాయి. (646) 473-9200.

PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa (646) 473-9200.

ΠΡΟΣΟΧΗ: Αν μιλάτε ελληνικά, στη διάθεσή σας βρίσκονται υπηρεσίες γλωσσικής υποστήριξης, οι οποίες παρέχονται δωρεάν. Καλέστε (646) 473-9200.

KUJDES: Nëse flitni shqip, për ju ka në dispozicion shërbime të asistencës gjuhësore, pa pagesë. Telefononi në (646) 473-9200.

HIPAA NOTICE

If you would like a copy of the Fund’s Notice of HIPAA Privacy Practices, please visit www.1199SEIUBenefits.org, or request one in writing by writing to the 1199SEIU Benefit Fund Privacy Officer at 330 West 42nd Street, 9th Floor, New York, NY 10036.

SUMMARY ANNUAL REPORT • 1199SEIU National Benefit Fund for Health and Human Service Employees

This is a summary of the annual report for the 1199SEIU National Benefit Fund for Health and Human Service Employees (the “Fund”), EIN: 13-1628401, for the period January 1, 2018, to December 31, 2018. This is a welfare benefit plan offering life insurance, health, dental, vision and prescription drug benefits. The annual report has been filed with the Employee Benefits Security Administration, as required under the Employee Retirement Income Security Act of 1974 (ERISA).

Except with respect to the benefits specified under “Insurance Information” below, the plan is self-insured and has committed to pay covered claims out of plan assets.

Insurance Information

The plan has a contract with Amalgamated Life Insurance Company and Guardian Life Insurance Company of America to pay certain life insurance and accidental death and dismemberment claims incurred under the terms of the plan. The total premiums paid for the plan year ending December 31, 2018, were \$9,569,430.

Because it is a so-called “experience-rated” contract, the premium costs are affected by, among other things, the number and size of claims. Of the total insurance premiums paid for the plan year ending December 31, 2018, the premiums paid under such “experience-rated” contracts were \$8,810,095, and the total of all benefit claims paid under the experience-rated contract during the plan year was \$7,314,807.

Basic Financial Statement

The value of plan assets, after subtracting liabilities of the plan, was \$327,985,489 as of December 31, 2018, compared to \$557,468,789 as of January 1, 2018. During the plan year, the plan experienced a decrease in its net assets of \$229,483,300. This change includes unrealized appreciation and depreciation in the value of the plan assets; that is, the difference between the value of the plan’s assets at the end of the year and the value of the assets at the beginning of the year, or the cost of assets acquired during the year. During the plan year, the plan had total income of \$1,544,125,138, including employer contributions of \$1,544,793,070, net depreciation in fair value of investments of \$17,130,011, COBRA payments of \$2,781,400 and other earnings of \$13,680,679.

Plan expenses were \$1,773,608,438. These expenses included \$105,617,073 in administrative expenses, \$1,656,609,403 in benefits paid to participants and beneficiaries, \$1,005,394 in investment and advisor fees, \$136,600 in interest expenses and \$10,239,968 in other expenses.

Your Rights to Additional Information

You have the right to receive a copy of the full annual report, or any part thereof, on request. The items listed below are included in that report:

- Insurance information, including sales commissions paid by insurance carriers;
- An accountant’s report;
- Financial information and information on payments to service providers;
- Assets held for investment;
- Information regarding any common or collective trusts, pooled separate accounts, master trusts or 103-12 investment entities in which the plan participates; and
- Actuarial information regarding the funding of the plan.

You also have the right to receive from the Fund, on request and at no charge, a statement of the assets and liabilities of the plan and accompanying notes, or a statement of income and expenses of the plan and accompanying notes, or both. If you request a copy of the full annual report from the Fund, these two statements and accompanying notes will be included as part of that report.

To obtain a copy of the full annual report, or any part thereof, write to the Board of Trustees of the 1199SEIU National Benefit Fund for Health and Human Service Employees, PO Box 842, New York, NY 10108-0842, or call Member Services, (646) 473-9200.

You also have the legally protected right to examine the annual report at the main office of the plan at 1199SEIU National Benefit Fund for Health and Human Service Employees, 330 West 42nd Street, 28th Floor, New York, NY 10036 and at the U.S. Department of Labor in Washington, DC, or to obtain a copy from the U.S. Department of Labor upon payment of copying costs. Requests to the Department should be addressed to: Public Disclosure Room, Room N-1515, Employee Benefits Security Administration, U.S. Department of Labor, 200 Constitution Avenue, NW, Washington, DC 20210.

Plan expenses were \$210,326,633. These expenses included \$13,736,657 in administrative expenses and \$2,631,191 in other expenses, \$193,717,175 in benefits paid to participants and beneficiaries, and \$241,610 in investment and advisor fees.

Your Rights to Additional Information

You have the right to receive a copy of the full annual report, or any part thereof, on request. The items listed below are included in that report:

- Insurance information, including sales commissions paid by insurance carriers;
- An accountant’s report;
- Financial information and information on payments to service providers;
- Assets held for investment;
- Information regarding any common or collective trusts, pooled separate accounts, master trusts or 103-12 investment entities in which the plan participates; and
- Actuarial information regarding the funding of the plan.

You also have the right to receive from the Fund, on request and at no charge, a statement of the assets and liabilities of the plan and accompanying notes, or a statement of income and expenses of the plan and accompanying notes, or both. If you request a copy of the full annual report from the Fund, these two statements and accompanying notes will be included as part of that report.

To obtain a copy of the full annual report, or any part thereof, write to the Board of Trustees of the 1199SEIU Greater New York Benefit Fund, PO Box 842, New York, NY 10108-0842, or call Member Services, (646) 473-9200.

You also have the legally protected right to examine the annual report at the main office of the plan at 1199SEIU Greater New York Benefit Fund, 330 West 42nd Street, 28th Floor, New York, NY 10036 and at the U.S. Department of Labor in Washington, DC, or to obtain a copy from the U.S. Department of Labor upon payment of copying costs. Requests to the Department should be addressed to: Public Disclosure Room, Room N-1515, Employee Benefits Security Administration, U.S. Department of Labor, 200 Constitution Avenue, NW, Washington, DC 20210.

SUMMARY ANNUAL REPORT • 1199SEIU Greater New York Benefit Fund

This is a summary of the annual report for the 1199SEIU Greater New York Benefit Fund (the “Fund”), EIN: 13-6125570, for the period January 1, 2018, to December 31, 2018. This is a welfare benefit plan offering life insurance, health, dental, vision and prescription drug benefits. The annual report has been filed with the Employee Benefits Security Administration, as required under the Employee Retirement Income Security Act of 1974 (ERISA).

Except with respect to the benefits specified under “Insurance Information” below, the plan is self-insured and has committed to pay covered claims out of plan assets.

Insurance Information

The plan has a contract with Amalgamated Life Insurance Company to pay certain life insurance claims incurred under the terms of the plan. The total premiums paid for the plan year ending December 31, 2018, were \$1,431,040.

Because it is a so-called “experience-rated” contract, the premium costs are affected by, among other things, the number and size of claims. Of the total insurance premiums paid for the plan year ending December 31, 2018, the premiums paid under such “experience-rated” contracts were \$843,592, and the total of all benefit claims paid under the experience-rated contract during the plan year was \$515,396.

Basic Financial Statement

The value of plan assets, after subtracting liabilities of the plan, was \$110,519,779 as of December 31, 2018, compared to \$119,441,956 as of January 1, 2018. During the plan year, the plan experienced a decrease in its net assets of \$8,922,177. This change includes unrealized appreciation and depreciation in the value of plan assets; that is, the difference between the value of the plan’s assets at the end of the year and the value of the assets at the beginning of the year, or the cost of assets acquired during the year. During the plan year, the plan had total income of \$201,404,456, including employer contributions of \$199,695,035, net depreciation in fair value of investments of \$3,344,857, COBRA contributions of \$295,528, member spousal contributions of \$3,548,283 and other earnings of \$1,210,467.



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. **Out-of-state banquet attendees are responsible for their own transportation and lodging for the event.** For more information, contact Elizabeth (Lisa) Tilson at (877) 369-8340 or (561) 367-3739.

Southern Chapters JANUARY MEETINGS

Florida Chapters

Broward – Leon Davis Chapter

Tuesday, January 7 – 1:00 pm to 3:00 pm

Tamarac Community Center – Coconut Palm Room
8601 West Commercial Blvd. • Tamarac, FL 33351

Broward – Ossie Davis Chapter NEW LOCATION!

Thursday, January 2 – 10:30 am to 12:30 pm

1199SEIU UHWE Florida Region Office
2881 Corporate Way • Miramar, FL 33025

Casselberry – Doris Turner Chapter NEW TIME!

Thursday, January 16 – 11:00 am to 1:00 pm

Casselberry Public Library
215 North Oxford Road • Casselberry, FL 32707

Fort Myers Chapter

Monday, January 27 – 11:00 am to 1:00 pm

The Riverside Community Center
3061 East Riverside Drive • Fort Myers, FL 33916

North Port Chapter

Tuesday, January 28 – 11:00 am to 1:00 pm

Morgan Family Community Center
6207 West Price Blvd. • North Port, FL 34291

Orlando – George Gresham Chapter

Wednesday, January 15 – 11:00 am to 1:00 pm

UAW Local #788
1825 West Oak Ridge Road • Orlando, FL 32809

Palm Bay/Melbourne Chapter

Tuesday, January 14 – 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, January 6 – 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, January 9 – 10:00 am to noon

Temple Anshei Shalom
7099 West Atlantic Avenue • Delray Beach, FL 33446

Tampa Chapter

Wednesday, January 29 – 11:00 am to 1:00 pm

Hillsborough Classroom Teachers Association
3102 North Habana Avenue • Tampa, FL 33607

West Palm Beach Chapter

Wednesday, January 8 – 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, January 17 – 9:30 am to noon

Birnie Hope Center • 210 South Purdy Street • Sumter, SC 29150
For more information, call (843) 861-1265.

Georgia Chapter

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

New York Chapter Meetings

Midtown Manhattan Chapter Thursday, January 30 • 1:00 pm to 2:30 pm

1199SEIU Retired Members Division
330 West 42nd Street, 9th Floor • New York, NY 10036

Bronx – Joseph James Chapter Friday, January 10 • 11:00 am to 1:00 pm

1199SEIU Healthcare & Education Center
2501 Grand Concourse, Room 301 • Bronx, NY 10468

Brooklyn – Marshall Dubin Chapter

Wednesday, January 29 • 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, January 17 • 11:30 am to 1:30 pm

1199SEIU Brooklyn Office
25 Elm Place (between Fulton & Livingston Streets)
Brooklyn, NY 11201

Harlem – Leon Davis Chapter

Friday, January 31 • 11:00 am to 1:00 pm

Lt. Joseph P. Kennedy, Jr. Memorial Center
34 West 134th Street • New York, NY 10037

Hicksville – Milton Konowe Chapter Wednesday, January 15 • 11:00 am to 1:00 pm

1199SEIU Hicksville Office
100 Duffy Avenue • Hicksville, NY 11801

New Hyde Park – Eleanor Tilson Chapter Tuesday, January 21 • 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, January 14 • Noon to 2:00 pm

Holy Rosary Church
1510 Adee Avenue (enter at parking lot) • Bronx, NY 10469

Queens – Edward Garrins Chapter Tuesday, January 28 • 11:30 am to 1:00 pm

Majority Baptist Church
115-21 Farmers Blvd. • St. Albans, NY 11412

Staten Island Chapter Tuesday, January 14 • 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, January 9 • 11:00 am to 1:00 pm

First Baptist Church of Riverhead
1018 Northville Turnpike • Riverhead, NY 11901

Westchester – Hudson Valley Region Chapter

Wednesday, January 8 • 12:30 pm to 2:30 pm

1199SEIU Benefit and Pension Funds
99 Church Street • White Plains, NY 10601



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

New York JANUARY CALENDAR

MONDAY	<p>MON 6</p> <p>10-11 Chi Gong (BKLYN) 10-11 Yoga/Meditation (QNS) 10:30-11:30 Opera Appreciation 11-12 Party Dance Moves (BKLYN) 11:15-12:15 Hatha Yoga (QNS) 12-1 Art History 12-1 Mindfulness Meditation (BKLYN) 12:30-1:30 Party Dance Moves (QNS) 1-3 Arts & Crafts (BKLYN) 1:30-3:30 Executive Committee Meeting</p>	<p>MON 13</p> <p>10-11 Chi Gong (BKLYN) 10-11 Yoga/Meditation (QNS) 10:30-11:30 Opera Appreciation 11-12 Party Dance Moves (BKLYN) 11:15-12:15 Hatha Yoga (QNS) 12-1 Art History 12-1 Mindfulness Meditation (BKLYN) 12:30-1:30 Party Dance Moves (QNS) 1-3 Arts & Crafts (BKLYN)</p>	<p>MON 20</p> <p>OFFICE CLOSED</p>	<p>MON 27</p> <p>10-11 Chi Gong (BKLYN) 10-11 Yoga/Meditation (QNS) 10:30-11:30 Opera Appreciation 11-12 Party Dance Moves (BKLYN) 11:15-12:15 Hatha Yoga (QNS) 12-1 Art History 12-1 Mindfulness Meditation (BKLYN) 12:30-1:30 Party Dance Moves (QNS) 1-3 Arts & Crafts (BKLYN)</p>
	<p>TUES 7</p> <p>9-10 Yoga/Meditation (Hicksville) 9:30-12 Photography 10-11 Mat Yoga (Int) (QNS) 10:30-12 Drama 11-1 Knitting & Crocheting (Beg) (QNS) 11:15-12:15 Chair Yoga (Beg) (QNS) 12:30-3 Art 1:15-2:15 Zumba Gold (QNS) 1:30-2:30 Zumba (SI) 1:30-3 Discussion Group 2:30-3:30 Mat Yoga (SI)</p>	<p>TUES 14</p> <p>9-10 Yoga/Meditation (Hicksville) 9:30-12 Photography 10-11 Mat Yoga (Int) (QNS) 10:30-12 Drama 11-1 Knitting & Crocheting (Beg) (QNS) 11:15-12:15 Chair Yoga (Beg) (QNS) 12:30-3 Art 1:15-2:15 Zumba Gold (QNS) 1:30-3 Discussion Group</p>	<p>TUES 21</p> <p>9:30-12 Photography 10-11 Mat Yoga (Int) (QNS) 10:30-12 Drama 11-1 Knitting & Crocheting (Beg) (QNS) 11:15-12:15 Chair Yoga (Beg) (QNS) 12:30-3 Art 1-2 Yoga (New Hyde Park) 1:15-2:15 Zumba Gold (QNS) 1:30-2:30 Zumba (SI) 1:30-3 Discussion Group 2:30-3:30 Mat Yoga (SI)</p>	<p>TUES 28</p> <p>9-10 Yoga/Meditation (Hicksville) 9:30-12 Photography 10-11 Mat Yoga (Int) (QNS) 10:30-12 Drama 11-1 Knitting & Crocheting (Beg) (QNS) 11:15-12:15 Chair Yoga (Beg) (QNS) 12:30-3 Art 1:15-2:15 Zumba Gold (QNS) 1:30-2:30 Zumba (SI) 1:30-3 Discussion Group 2:30-3:30 Mat Yoga (SI)</p>
	<p>WED 1</p> <p>OFFICE CLOSED</p>	<p>WED 8</p> <p>9-10 Yoga (Beg) (Hicksville) 9-11 Knitting & Crocheting (Beg) (BKLYN) 10-11 Yoga (Adv) (Hicksville) 10-12 Knitting & Crocheting (Beg) 10-12 Choral Group 10:15-11:15 Tai Chi (White Plains) 11-12 Party Dance Moves (Hicksville) 11-1 Knitting & Crocheting (Int/Adv) (BKLYN) 11:30-12:30 Yoga (White Plains) 12-1 Yoga (BX) 12:15-1:15 Zumba-T (Hicksville) 12:30-4:30 Knitting & Crocheting (Int/Adv) 1-2 Chi Gong (BKLYN) 1:30-2:30 Chi Gong (BX) 2-3 Party Dance Moves (BKLYN) 2:30-3:30 Bingo (White Plains) 3-4 Latin Dance (BX)</p>	<p>WED 15</p> <p>9-10 Yoga (Beg) (Hicksville) 9-11 Knitting & Crocheting (Beg) (BKLYN) 10-11 Yoga (Adv) (Hicksville) 10-12 Knitting & Crocheting (Beg) 10:15-11:15 Tai Chi (White Plains) 11-1 Knitting & Crocheting (Int/Adv) (BKLYN) 11:30-12:30 Yoga (White Plains) 12-1 Yoga (BX) 12:30-4:30 Knitting & Crocheting (Int/Adv) 1-2 Bingo (White Plains) 1-2 Chi Gong (BKLYN) 1:30-2:30 Chi Gong (BX) 2-3 Party Dance Moves (BKLYN) 3-4 Latin Dance (BX)</p>	<p>WED 22</p> <p>9-10 Yoga (Beg) (Hicksville) 9-11 Knitting & Crocheting (Beg) (BKLYN) 10-11 Yoga (Adv) (Hicksville) 10-12 Knitting & Crocheting (Beg) 10-12 Choral Group 10:15-11:15 Tai Chi (White Plains) 11-12 Party Dance Moves (Hicksville) 11-1 Knitting & Crocheting (Int/Adv) (BKLYN) 11:30-12:30 Yoga (White Plains) 12-1 Yoga (BX) 12:15-1:15 Zumba-T (Hicksville) 12:30-4:30 Knitting & Crocheting (Int/Adv) 1-2 Bingo (White Plains) 1-2 Chi Gong (BKLYN) 1:30-2:30 Chi Gong (BX) 2-3 Party Dance Moves (BKLYN) 3-4 Latin Dance (BX)</p>
	<p>THUR 2</p> <p>10-11 Tai Chi 11-12 Yoga 11-12 Yoga (Beg) (Suffolk Co) 12-1 Meditation (Suffolk Co) 12:30-1:30 Lunch Club 1:30-2:30 Party Dance Moves (SI) 2:30-3:30 Chair Yoga (SI) 3-5 Arts & Crafts</p>	<p>THUR 9</p> <p>10-11 Tai Chi 11-12 Yoga 12:30-1:30 Lunch Club 1-3 General Membership Meeting 1:30-2:30 Party Dance Moves (SI) 2:30-3:30 Chair Yoga (SI) 3-5 Arts & Crafts 3-5 Sewing</p>	<p>THUR 16</p> <p>10-11 Tai Chi 11-12 Yoga 11-12 Yoga (Beg) (Suffolk Co) 12-1 Meditation (Suffolk Co) 12:30-1:30 Lunch Club 1-3 Birthday Party 1:30-2:30 Party Dance Moves (SI) 2:30-3:30 Chair Yoga (SI) 3-5 Arts & Crafts 3-5 Sewing</p>	<p>THUR 23</p> <p>10-11 Tai Chi 11-12 Yoga 11-12 Yoga (Beg) (Suffolk Co) 12-1 Meditation (Suffolk Co) 12:30-1:30 Lunch Club 1:30-2:30 Party Dance Moves (SI) 2:30-3:30 Chair Yoga (SI) 3-5 Arts & Crafts 3-5 Sewing</p>
	<p>FRI 3</p> <p>10-11 Chair Yoga (Adv) (BKLYN) 10-12 Quilting 11:15-12:15 Zumba Gold (BKLYN) 12:15-1:15 Chair Yoga (Beg) (BKLYN) 1-2 Party Dance Moves 1:30-2:30 Zumba Gold (BKLYN) 2-3 Yoga 3:30-4:30 Zumba Gold</p>	<p>FRI 10</p> <p>10-11 Chair Yoga (Adv) (BKLYN) 10-12 Quilting 11:15-12:15 Zumba Gold (BKLYN) 12:15-1:15 Chair Yoga (Beg) (BKLYN) 1-2 Party Dance Moves 1:30-2:30 Zumba Gold (BKLYN) 2-3 Yoga 3:30-4:30 Zumba Gold</p>	<p>FRI 17</p> <p>10-11 Chair Yoga (Adv) (BKLYN) 10-12 Quilting 1-2 Party Dance Moves 1:30-2:30 Zumba Gold (BKLYN) 2-3 Yoga 3:30-4:30 Zumba Gold</p>	<p>FRI 24</p> <p>10-11 Chair Yoga (Adv) (BKLYN) 10-12 Quilting 11:15-12:15 Zumba Gold (BKLYN) 12:15-1:15 Chair Yoga (Beg) (BKLYN) 1-2 Party Dance Moves 1:30-2:30 Zumba Gold (BKLYN) 2-3 Yoga 3:30-4:30 Zumba Gold</p>
<p>FRI 31</p> <p>10-12 Quilting 1-2 Party Dance Moves</p>				