



Join Local 1180 Retiree Division staff and benefits representatives for a **week of virtual programs designed especially for retirees living outside the tri-state area**. Attend informative benefits sessions, take part in virtual fitness classes, and stay connected with Local 1180 from wherever you call home.

From Reno to Boca and beyond, choose the sessions that interest you and stay informed, active, and connected.

Join us for the kick-off **WELCOME SESSION** and overview of the supplemental benefits available to Local 1180 retirees, plus helpful information on staying connected from wherever you live.

**MON
SEPT
14**

10:30 A.M.

WELCOME & SUPPLEMENTAL BENEFITS OVERVIEW

► bit.ly/1180welcome26

Questions? Call the Retiree Division • 212.226.5800



SEPTEMBER 14-18

MONDAY, SEPT. 14

- Welcome & Supplemental Benefits Overview for Out-of-Area Retirees
- Medicare Overview
- EmblemHealth Senior Care

TUESDAY, SEPT. 15

- Yoga Stretch Class
- Dance Fitness Class

WEDNESDAY, SEPT. 16

- Introduction to Online Computer Class

THURSDAY, SEPT. 17

- Local 1180 Retired Members Chapter Welcome Meeting

FRIDAY, SEPT. 18

- Legal Benefits Overview
- Dental Plan Overview



For more information on classes with times and links, see back page.

Learn, Move, Connect—ALL Week!

join us for daily virtual sessions featuring introductory classes and special meetings.

MON
SEPT
14

10:30 A.M.

WELCOME & SUPPLEMENTAL BENEFITS OVERVIEW

Join us for a welcome session and overview of the supplemental benefits available to Local 1180 retirees, plus helpful information on staying connected from wherever you live.

► bit.ly/1180welcome26

1:30 P.M.

MEDICARE FOR LOCAL 1180 RETIREES

Join Medicare expert Dr. Gil for an overview of Medicare and how it works with Local 1180 supplemental benefits and NYC health coverage. Learn what you need to know to better understand your coverage.

► bit.ly/1180medicare0926

3 P.M.

EMBLEMHEALTH SENIOR CARE for retirees outside the NYC area

► bit.ly/1180emblem0926

TUES
SEPT
15

11 A.M.

YOGA STRETCH CLASS

Join our virtual yoga class for a relaxing way to stretch, strengthen, and get fit with fellow retirees. No experience necessary!

► bit.ly/1180yogadance

12:30 P.M.

DANCE FITNESS CLASS

Try our virtual dance fitness class for a fun way to get moving, get fit, and connect with fellow retirees, all from the comfort of your own home. No experience necessary!

► bit.ly/1180yogadance

WED
SEPT
16

10:30 A.M.

INTRODUCTION TO ONLINE COMPUTER CLASS

Join this introductory class to learn how our online computer classes work, what you'll learn, and how to participate. No experience is necessary—just a willingness to stay current with technology.

► bit.ly/1180wedtech

THURS
SEPT
17

12:30 P.M.

CWA LOCAL 1180 RETIRED MEMBERS CHAPTER WELCOME MEETING

All Local 1180 retirees are invited to the first Retired Members Chapter meeting of the 2026–27 year. Run by retirees for retirees, the Chapter is part of CWA National and provides a great way to connect, stay involved, and learn about issues that matter to retired members..

► bit.ly/1180septrmc

FRI
SEPT
18

1:30 P.M.

LEGAL DOCUMENTS EVERY RETIREE SHOULD HAVE & LEGAL Q&A

Protect your future by learning about the key legal documents every retiree should have. Designed with out-of-area retirees in mind, this session covers common legal concerns and includes an interactive Q&A to address your questions.

► bit.ly/1180legal0918

3:30 P.M.

DENTAL BENEFITS OVERVIEW

Learn more about the UnitedHealthcare-administered dental plan available for CWA Local 1180 Florida resident retirees. Explore Solstice S700B services followed by a Q&A segment.

► bit.ly/1180dental0926