



**START THE YEAR WITH  
A HEALTHY HABIT**

**FREE  
SESSION**

# Relaxation *Pods*

Experience a one-of-a-kind relaxation and rejuvenation experience with guided relaxation, breathing and aromatherapy as part of our unique ambiance.

**Dates:**

**Friday, May 17th**

**Friday, June 14th**

**Friday, July 12th**

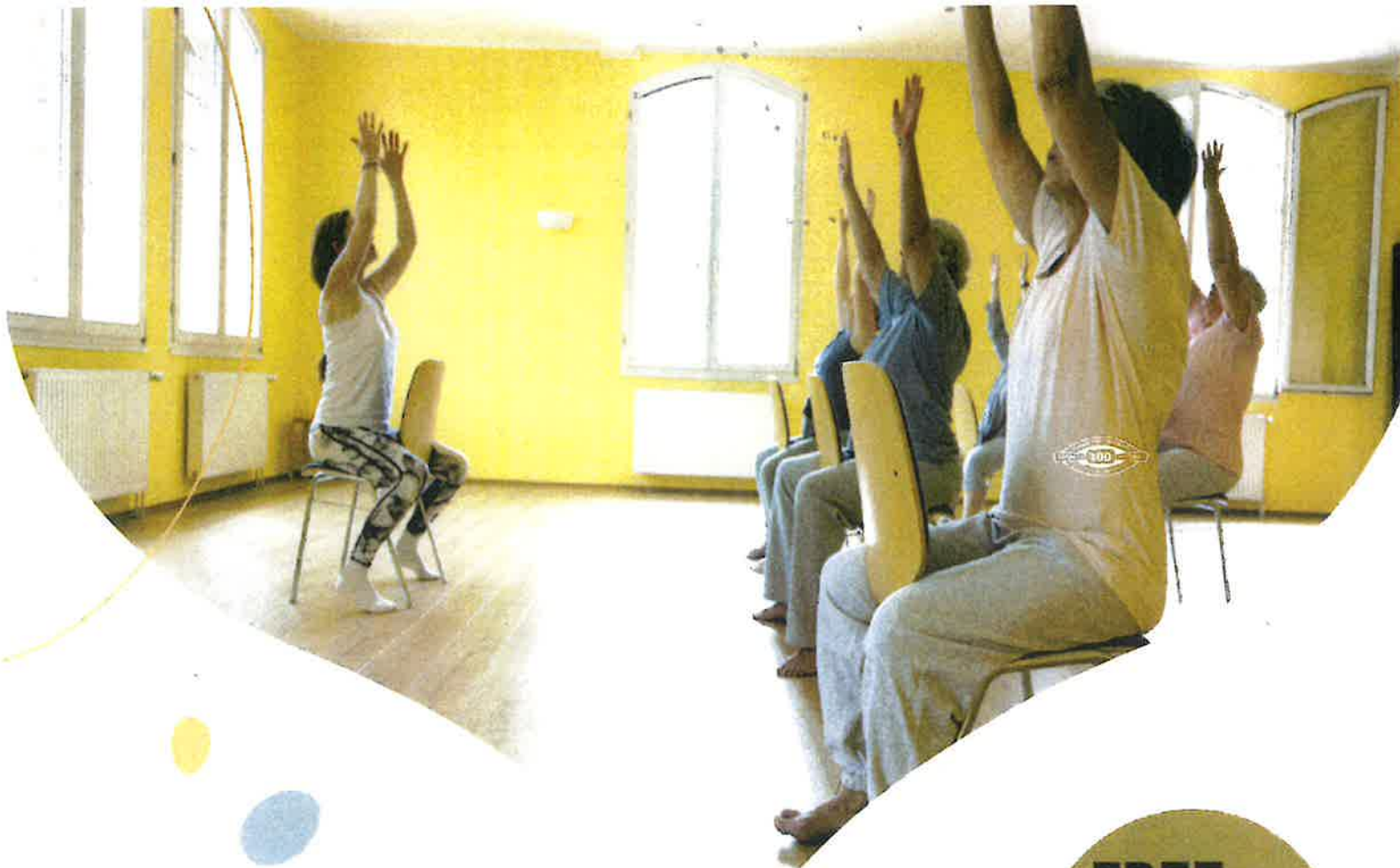
**Times: 2PM - 4PM**

**(sessions are scheduled  
every 30 minutes)**



**Location: TWU Local 100 Union Hall  
195 Montague St.  
Brooklyn NY 11201 3FL**





**FREE  
SESSION**

# Yogatation Class

Rejuvenate yourself with this awesome stretch class that you can do anywhere. Learn some techniques that you can apply anytime you want a healthy break during your busy day.

No equipment necessary!

**Dates:**  
 Friday, April 26th  
 Friday, May 3rd  
 Friday, May 10th  
 Friday, May 24th  
 Friday, May 31st,  
 Friday, June 7th

**Dates:**  
 Friday, June 21st  
 Friday, June 28th  
 Friday, July 5th  
 Friday, July 19th  
 Friday, July 26th

**Times: 2:00pm - 4:00pm**  
 1st Session: 2:00pm  
 2nd Session: 3:00pm



**Location:**  
 TWU Local 100 Union Hall  
 195 Montague St. Brooklyn  
 NY 11201 3FL





# HEALTHY NUTRITION

## OVERVIEW

- +Reduce weight
- +Reduce cholesterol
- +Boost energy
- +Strengthen immune
- +Improve skin
- +Think clearer

Healthy Recipes will be demonstrated each week and free samples will be available!

Are you ready for a journey of total body and mind transformation? Join us every Monday for a groundbreaking group session: "12 Steps to Total Body and Mind Transformation."

**STARTS MONDAY, MAY 6TH**  
**ENDS MONDAY JULY 29TH**  
**TIME: 12:00 PM - 1:00PM**



**Location: TWU Union Hall 3rd FL**  
**195 Montague Street**  
**Brooklyn, Ny 11201**  
**(212)-873-6000**





**Join the Retirees Association  
For a Delightful Day Cruise  
And Shopping Spree  
On the 'Spirit of New York'**

**Hold  
the  
Date**

**Sept. 12, 2024**

**Leaves from Chelsea Piers  
W. 23rd St. & Hudson River**

**Boarding Time: 11:30am**

**Trip Includes**

- ✓ Bus pickup (location TBD) 9:15am
- ✓ Leisurely Cruise in NY Harbor
- ✓ 2-Hour Luncheon buffet
- ✓ Shop at Jersey Gardens Outlets
- ✓ Back to NYC by 7:30pm

Check the Retirees website as we get  
closer to date: [www.twulocal100retirees.org](http://www.twulocal100retirees.org)

**RAIN OR SHINE • NO REFUNDS**

**COST: \$150 per person**

Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_

Zip \_\_\_\_\_

Cell Phone \_\_\_\_\_

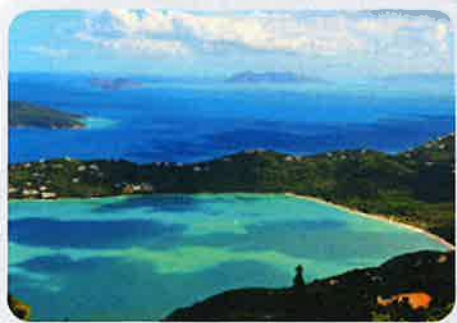
Number of People \_\_\_\_\_ Amount Enclosed \_\_\_\_\_

Send Deposit of \$50 per person due July 1, 2024  
Final Payment Due August 1st to:  
TWU Local 100 Retirees Association  
195 Montague St. (3rd Floor) Brooklyn, NY 11201  
Call 212-873-6000 x2077 for more info



# JOIN TWU LOCAL 100 RETIREES TO THE EASTERN CARIBBEAN

9 Nights From Only \$1,044.73<sup>pp</sup>



## JUNE 9, 2025

Date	Port	Arrive	Depart
Jun 9	Manhattan (NYC), New York - board <i>Carnival Venezia</i> ®		4pm
10	Fun Day at Sea	~	~
11	Fun Day at Sea	~	~
12	Fun Day at Sea	~	~
13	St. Thomas, USVI	9am	6pm
14	San Juan, Puerto Rico	7am	3pm
15	Grand Turk	9 <sup>30</sup> am	5pm
16	Fun Day at Sea	~	~
18	Fun Day at Sea	~	~
18	Manhattan (NYC), New York	8am	

Reserve your cabin with only \$275 per person.  
(Deposit due at time of booking.)



**Note: You must book with All Aboard Travel  
to dine with the group.**

Featuring: \$25 per stateroom  
shipboard credit!

### For Information Contact:

**Shalena Lindsey**  
212.873.6000 xt 2077  
email: slindsey@twulocal100.org

### For Reservations Call: Donna Bates

Direct Dial: 646.738.8470  
e-mail: dbates@allaboardtravel.com

### Departure Date 06/09/25

<b>Balcony</b>	
Category 8E (balcony)	\$1,554.73 <sup>pp</sup>
Category 8D (balcony)	\$1,534.73 <sup>pp</sup>
Category 8B (balcony)	\$1,504.73 <sup>pp</sup>
Category 8A (balcony)	\$1,494.73 <sup>pp</sup>
Category 7C (cove balcony)	\$1,404.73 <sup>pp</sup>

<b>OceanView</b>	
Category 6L	\$1,284.73 <sup>pp</sup>

<b>Inside</b>	
Category 4E	\$1,094.73 <sup>pp</sup>
Category 4D	\$1,084.73 <sup>pp</sup>
Category 4B	\$1,054.73 <sup>pp</sup>
Category 4A	\$1,044.73 <sup>pp</sup>

All Package taxes & fees **Included**  
(These include applicable non-air related government, transfer & departure taxes & any fees)

Trip Protection Coverage available *ask for details*

PrePaid Gratuities (except suites) \$144pp  
(subject to change)

CHEERS! Beverage Program available *ask for price*

Document Concierge Service add-on \$20pp

**allaboardtravel**  
A TRAVEL LEADERS VACATION CENTER

**646.738.8470**  
**AllAboardTravel.com**



Prices are per person USD. All prices include applicable non air related, cruise, government, hotel & departure taxes and fees and are plus any applicable cruise line fuel surcharges. (All cruise lines reserve the right to reinstate a per person fuel surcharge at any time). Prices are subject to change without notice and are based upon availability. Penalties apply per Cancellation Policy listed on back of flyer. Cruise itineraries are subject to change without notice. We reserve the right to correct any errors. For complete terms & conditions, please refer to your invoice. FLST#41102