



### FROM THE LIFESTYLE DIRECTOR:

Many people think that April is a grim month. The weather is often very bleak, and nobody enjoys paying Uncle Sam every April 15th. But did you also know that April is National Humor Month? It was founded in 1976 by best-selling humorist Larry Wilde. National Humor Month is designed to heighten the public's awareness on how the joy and therapeutic value of laughter can improve health, boost morale, increase communication skills and enrich the quality of your life. Scientific research now indicates that the curative power of laughter and its ability to relieve debilitating stress and burnout may indeed be one of the great medical discoveries of our times. Laughter has been proven to be an effective tool for promoting the healing process; some people say "laughter is internal jogging"

SEASONS SPOTLIGHT **SEASONS SPOTLIGHT** SEASONS SPOTLIGHT

### Pictures from our St. Patrick's Day Party.



## THE SEASONS at East Meadow

1475 Front Street | East Meadow, New York

[seasonsateastmeadow.com](http://seasonsateastmeadow.com)

**516.307.3627**

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### Move-Up/Repeat Home Buyer TAX CREDIT

The Worker, Homeownership, and Business Assistance Act of 2009 has established a tax credit of up to \$6,500 for qualified move-up/repeat home buyers (existing homeowners) purchasing a principal residence after 11.6.09 and on or before 4.30.10 (or purchased by 6.30.10 with a binding sales contract signed).

*Come view*  
**our Redesigned Loft area  
in the upstairs homes....**  
perfect for a home office,  
den or 3rd bedroom!

# ANNOUNCEMENTS

The Seasons will be hosting a financial advisor from Chase Investment Services, Corp to speak with the homeowners about how to **“Make the Most Out Of Your Money”** Saturday April 3 at 12 noon in the card room. We will also have a Chase banking representative to show you how to save money on your banking needs. This event is open to all friends and family as well.

The Seasons will be hosting its **FIRST comedy show in April**. If you are interested in participating please see Stu Barnett or Stan Oransky. Check your “Seasons Greetings” for more information.

The Seasons will be hosting **Stress Awareness Massages** on Sunday April 18 at 11am in the aerobics studio. Make an appointment on the 2nd floor for either a 10 minute massage or mini facial (please no makeup ladies).

## **Continuing activities around the Club include:**

Sunday Bagel Breakfast at 10:30am • Water Aerobics Mondays at 11am • Tuesday workouts with the Lifestyle Director at 5:30pm • Wii Wednesdays from 2-4pm • Game Night Thursdays at 7pm • Friday night feature films at 7pm • Saturday night Wine and Cheese at 7:30 • April Saturday 3pm Matinee movies will be held on April 10 and April 24

There is one April **Focus Group Meetings** at 2pm in the Card Room on April 10. All Homeowners that lead clubs, groups, card games, and are on event and party committees are strongly encouraged to attend.

There is a **NEW HOMEOWNER Orientation** on Tuesday, April 13 at 6pm in the Card room. All Homeowners that closed in March or April, or who have not yet attended an orientation are invited to participate.

The Seasons is proud to announce our newest club, **The Craft Club!** It will be meeting Mondays at 4pm starting March 15. Please see Geri Newmark for more information.

The **April Pizza Party** will be held on Friday, April 23 at 6:30pm in the Card Room. We are excited to have both Piero and Gloria Del Corso hosting this great event.

On Saturday April 17 The Seasons is hosting their **SECOND Grandkids Day!** The afternoon will begin at 1pm with Pizza and drinks. Following pizza we will have entertainment for the kids from 1:30pm-2:30pm. Following the entertainment we will be showing a movie in the theatre. If your grandchild is not interested in the movie, they are always welcome to enjoy the wii video game system or the indoor pool. This is a great way for grandparents to spend a fun-filled afternoon with their grandkids, and is sure to tucker you both out by the end of the day!

There is a **Homeowner Activity Meeting** on Monday, April 19 at 7pm in the Cinema. All Homeowners and those in contract are invited to attend.

The Seasons is glad to announce the **last Sunday of every month, the bagel breakfast will become a bagel brunch**. It will begin at 12 noon and we will be celebrating the birthdays of all our homeowners who celebrated a birthday in that month. Come celebrate with your neighbors. See Gloria Edelman for more information.

The Club at The Seasons will be **OPEN Easter Day** from 9:30am-5pm.

The Seasons wishes you and yours a  
*Happy Easter!*



## DO YOU GET ENOUGH SLEEP?

According to the National Sleep Foundation most

people do not. Even though they recommend 7 to 9 hours a night, the average American logs only 6 hours and 40 minutes per night. Before you try an over the counter sleep medication, why not try these natural remedies? They are safer and have far fewer side effects.

### **Magnesium and calcium:**

Magnesium and calcium are both sleep boosters, and when taken together, they become even more effective. Plus, by taking magnesium, you cancel out any potential heart problems that might arise from taking calcium alone.

**Wild lettuce:** If you've suffered anxiety, headaches, or muscle or joint pain, you might already be familiar with wild lettuce. It's also effective at calming restlessness and reducing anxiety—and may even quell restless legs syndrome.

**Aromatherapy:** Lavender is the trick here, as studies have proven that it aids in sleep. It's also a cheap, nontoxic way to slip into a peaceful slumber. Find a spray with real lavender and spritz it on your pillow before bedtime. Or buy a lavender-filled pillow.

**Yoga or meditation:** Choose gentle yoga or stretching, not vigorous power or ashtanga yoga, which could energize you instead. Try easy yoga stretches in bed

followed by simple meditation. Close your eyes and, for 5 to 10 minutes, pay attention to nothing but your breathing.

**L-theanine:** This amino acid comes from green tea and not only helps maintain a calm alertness during the day but also a deeper sleep at night.

**Valerian:** Valerian is one of the most common sleep remedies for insomnia. Numerous studies have found that valerian improves deep sleep, speed of falling asleep, and overall quality of sleep. However, it's most effective when used over a longer period of time. ■

## SEASONS SPOTLIGHT SEASONS SPOTLIGHT SEASONS SPOTLIGHT SEASONS SPOTLIGHT

## SEASONS SPOTLIGHT



**“I’ve found very caring and very loving people here.”** – Joyce Simon

*Joyce Simon*

“I moved to the Seasons at East Meadow because I wanted to leave my very large house with its high maintenance costs and big rooms. I lived in the area and I wanted to stay here because it's very convenient to anywhere I want to go. I have found the people here to be very caring, very loving and very much like my second family

in only a couple of months. It's very interesting to me that I found that with complete strangers, but that's the way it is. My new friends pulled me out of my house when I first moved in, got me totally involved in activities at our Clubhouse and I've been a leader ever since that time. I'm very comfortable here. The Seasons is very well taken care of and I enjoy every evening I spend with my friends, including tonight, game night.”

## WHO WANTS TO...

Who wants to save money on their car insurance? The Seasons is looking to host an AARP Defensive Driving Class. This would be open to AARP members and non members. You can expect to learn current rules of the road, defensive driving techniques, and how to operate your vehicle more safely in today's increasingly challenging driving environment. You'll learn adjustments to accommodate common age-related changes in vision, hearing, and reaction time. After completing the course, you will have a greater appreciation of driving challenges and of how you can avoid potential collisions and injuries to yourself and others. Not to mention the discount you will receive off your liability insurance! If you are interested in signing up, please see Brandon at The Club or call him at 307-3627 X 101



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## April EVENTS

**Matinee Movie** 4/10 and 4/24 at 3pm Cinema

**Focus Group Meeting** 4/10 2pm Card Room

**New Homeowner Orientation** 4/13 6pm Card Room

**Grandkid Day** 4/17 at 1pm

**Homeowner Activity Meeting** 4/19 7pm Cinema

**Pizza Party** 4/23 6:30pm Card Room

**VISIT OUR BLOG**  
[blog.seasonsateastmeadow.com](http://blog.seasonsateastmeadow.com)

 Find us on  
**Facebook**

## WELCOME to our newest homeowners

**Lyna Zaretsky** Albertson

**Diane Sorvillo** Franklin Square

**Candy Tonkawich** Long Beach

**Joanne & Pasquale Mongiello** Franklin Square

**Catherine & John Rynn** Peekskill