

# News

## FROM THE SEASONS AT EAST MEADOW



1475 Front Street | East Meadow, New York

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

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### FROM THE LIFESTYLE DIRECTOR



July came and went with beautiful weather. We enjoyed a wonderful 4th of July BBQ, a successful Texas Hold'em tournament, a fantastic Talent Show and we got a chance to meet so many of the wonderful new homeowners at the meet and greet. August is sure to please with events like the Long Island Mandolin and Guitar Orchestra playing for us, as well as Broadway Comes to the Seasons with DJ Mike Harley, a Flag Raising Ceremony and a Labor Day Celebration. So make sure to reserve your seats for all the exciting events and to wear your dancing shoes.

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## Just for fun... facts for August

- Gem for August is **Peridot or Onyx**
- **Gladiolus or Poppy** is the official flower of August
- **August 5 is International Beer Day** so pour yourself a cold one and celebrate!



## ◀ Bocci Ball Game

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## ◀ Talent Show



## 4<sup>TH</sup> OF JULY



SPOTLIGHT SEASONS SPOTLIGHT SEASONS SPOTLIGHT SEASONS SPOTLIGHT



## ANNOUNCEMENTS

**NEEDLECRAFT CLUB** meets on Mondays at 7:30pm.

**JEWISH CULTURAL CLUB** will be meeting every other Thursday (8/4, 18) at 3:00pm in the library. All are welcome!

**MAH JONGG** game meets on Mondays at 1pm in the Card Room, if interested please contact Arlene Epstein or just come on by.

**RUMMIKUB** game meets on Wednesdays at 1pm in the Card Room, for more information please contact Evelyn Ben-Ami.

**BAGEL BREAKFAST** will be on Sunday, August 7, 14, 21 from 10:30am - 12:30pm in the Card Room. Please contact Gloria Edelman for more information.

**POTTED GARDENING CLUB** will be meeting on August 11 at 7pm in the Cinema and will be viewing a DVD called "Container Gardening".

**PIZZA PARTY** is Friday, August 19 at 6:30pm in the Card Room, please contact Piero Del'Corso if interested in attending.

**BOOK CLUB** will be meeting on Saturday, August 27 at 11am in the Library.

**BIRTHDAY BRUNCH** will be Sunday, August 28 from 12pm-3pm in the Card Room. Please contact Gloria Edelman for more information.

**WINE & CHEESE** is held every Saturday night at 8pm, all are welcome!

**MOVIE NIGHT** is Friday night at 7pm except for the night of the Pizza party, when the movie will begin at 7:30pm.

## AUGUST IS CATARACT AWARENESS MONTH



### Protect your eyes from ultraviolet light

- Wear 100% UV protected sunglasses and wide brim hats  
You don't need to buy expensive sunglasses to get good protection
- Avoid the sun from 10:00 AM – 4:00 PM
- Do not use tanning beds

### Quit smoking

- Smoking causes free radicals to form and decreases the level of antioxidants in the blood. These free radicals through a cascading series of chemical reactions bring disease and aging to our bodies.

### Eat antioxidant rich foods and foods high in lutein

- Prunes
- Plums
- Raisins
- All berries
- Apples
- Red grapes



## STAYING FIT AT THE SEASONS

**\$8 per class - All classes run between 45min-1hr**

### SUNDAY

**9:30am Aerobics**  
Aerobics Studio

### TUESDAY

**10:30am Zumba Gold**  
Aerobics Studio

### WEDNESDAY

**11:00am Yoga**  
Aerobics Studio

### SATURDAYS

**9:30am Zumba**  
Aerobics Studio



# HEALTHY LIFESTYLE

### CLUB HOURS

<b>Sunday</b>	<b>8:30am-7:30pm</b>
<b>Monday</b>	<b>8:00am-9:00pm</b>
<b>Tuesday</b>	<b>7:30am-9:00pm</b>
<b>Wednesday</b>	<b>7:30am-9:00pm</b>
<b>Thursday</b>	<b>7:30am-9:00pm</b>
<b>Friday</b>	<b>7:30am-10:00pm</b>
<b>Saturday</b>	<b>8:30am-10:30pm</b>

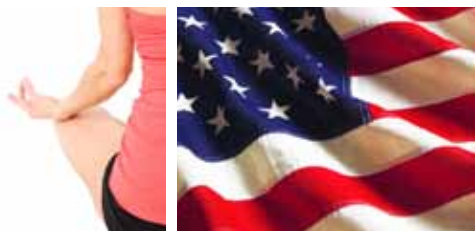
**Please note:** The pool will now be open at 9:30am on Tuesdays and Saturdays to allow for the required cleaning.

*Lifestyle Directors Days: Tuesday - Saturday, OFF Sunday & Monday*



# Words OF WISDOM

"When gardeners garden, it is not just plants that grow,  
but the gardeners themselves." - Ken Druse



## August EVENTS

**ZUMBA GOLD** • Tuesdays in August at 10:30am in the Aerobics Studio. Contact the club for more information.

**YOGA** • Wednesdays, August 3 - September 7 at 11am in the Aerobics Studio. Contact the club for more info.

**LONG ISLAND MANDOLIN AND GUITAR ORCHESTRA** will perform at the Saturday night Wine and Cheese on August 6 at 7pm

**BROADWAY COMES TO THE SEASONS** • with DJ Mike Harley, Saturday, August 27 at 7:30pm

**FLAG RAISING CEREMONY and 9/11 MEMORIAL** • Tuesday, August 30 at 11am

**VISIT OUR BLOG**

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



[www.facebook.com/  
TheSeasonsAtEastMeadow](http://www.facebook.com/TheSeasonsAtEastMeadow)

## WELCOME to our newest homeowners

**Irwin & Natalie Morgenthal**  
Port Jefferson Station, NY

**Robert Salsberg & Jodi Colorio**  
Bellport, NY

**Barry & Joan Stambleck**  
Westbury, NY

**Lynn Schneider**  
Wantagh, NY

**Donald Rittenhouse**  
Baldwin, NY

**Roberta Kalachman**  
Long Beach, NY

**Marilyn Goldsmith**  
East Meadow, NY

**Rosa Posner**  
Atlantic Beach, NY

**Thelma Marchese**  
New Hyde Park, NY

**Jerry Altman**  
Roslyn, NY

**Rosaleen Sinaberg**  
Massapequa, NY

**Thomas & Patricia Crotty**  
Merrick, NY

**Annmarie Moscato**  
Franklin Square, NY

**Robert & Frances Winkler**  
Bethpage, NY



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