

News

FROM THE SEASONS AT EAST MEADOW



THE SEASONS at East Meadow

1475 Front Street | East Meadow, New York

seasonsateastmeadow.com

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FROM THE LIFESTYLE DIRECTOR



December is the month of traditional holiday fun, sights and smells.

It is a month of festivals and colorful lights. Christmas cookies and potato latkes are the order of the day. The holiday season brings excitement and anticipation of good things to come. It is a month of giving and thinking of friends and family past and present. The holiday season is a time to reflect on the past twelve months and to plan for the New Year. Happy Holiday's and a healthy and prosperous New Year to one and all!

Just for fun

- Birthstone for December is turquoise. It is the symbol of friendship.
- The flowers most associated with the month of December are holly, narcissus and the poinsettia.
- The poinsettia originally grew in Mexico where it is also known as the "Flower of the Holy Night". Joel Poinsett first brought it to the United States in 1829.
- Walt Disney was born on December 5, 1901.
- On December 24, 1818, "Silent Night, Holy Night" was first performed in Oberndorf, Austria. The words were written two years earlier by Joseph Franz Mohr, a young priest, who brought them to Herr Gruber on Christmas Eve to compose the music.



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From the Welcome

Center We wish you and your families a happy and healthy holiday and New Year. For those procrastinators out there, make your New Year's resolution to become a Seasons homeowner. We have released our last homes for sale..... don't miss out on the last opportunity to own a BRAND new home at The Seasons!! We are open daily from 10am - 4pm.

The Benefits of Eating Apples



- Apples contain vitamin C which boosts your immune system, are rich in flavonoids which contain antioxidants and prevent cardiovascular disease.
- Apples target multiple cancers such as cancers of the colon, prostate and breast.
- Apples are low in calories; contain about 80 % water and almost no fat.
- Apples contain phenols which reduce bad cholesterol and increase good cholesterol.
- Apples are great for detoxifying the body. They also contain potassium, which is needed for muscle function.
- The pectin in apples lowers the body's need for insulin and may assist in the management of diabetes.



Did you know? Most people gain about 5 to 7 pounds between Thanksgiving and New Year's? You can avoid this weight gain and still have a good time by planning ahead. The following tips might prove beneficial:

- While at parties limit yourself to 4 samples of hors d'oeuvres or desserts.
- + Lay off the eggnog as an 8 ounce glass contains approximately 19 grams of fat and about 350 cal.
- Bring a low fat alternative such as a fruit or vegetable platter.
- + Be wary of most finger foods. The best to eat with your hands are shrimp, vegetables and fruit.
- Go for the lower fat meringue cookies or gingersnaps instead of chocolate or sugar cookies.
- + If you slip up a bit immediately resume your usual food and fitness regimen no matter how many days you have been away from your plan.

NEW GROUP!!! A FILM CLUB DISCUSSION GROUP

will meet every other Thursday at 3:30 pm in the library. They will be meeting on December 1, 15 and 29. All are welcome to attend.

NEEDLECRAFT CLUB meets on Mondays at 7:30pm. Please join us as we make blankets and outfits for the pre-mature infants at a local hospital. Every premature infant is sent home with a blanket and a hat. Please come and help us for this worthy endeavor. All levels of crafters are welcome.

JEWISH CULTURAL CLUB

Wednesday's at 3:00pm in the library. Everyone is welcome!

MAH JONGG game meets on Mondays at 1pm in the Card Room, Anyone interested please contact Arlene Epstein or just drop in.

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

GAME NIGHT meets every Thursday at 7pm in the Card Room.

BAGEL BREAKFAST will be on Sunday, Dec 4, 11, and 18 from 10:30am - 12:30pm in the Card Room. Please contact Gloria Edelman for more information.

PIZZA PARTY is Friday, December 16 at 6:30pm in the Card Room, please contact Piero Del'Corso if interested in attending. The Friday night movie will begin at 7:30pm in the Cinema.

BIRTHDAY BRUNCH will be Sunday, December 18 from 12pm-3pm in the Card Room. Please contact Gloria Edelman for more information.

WINE & CHEESE is held every Saturday night at 8pm, and continues to be a great way to socialize and meet new neighbors. Everyone is welcome to stop by!

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



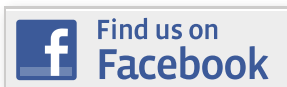
DECEMBER | EVENTS

• **The Seasons Plant Club** meets on Thurs., December 8 at 7pm. The topic of discussion for this month's meeting will be 'Seasonal Holiday Plants' • **A Holiday Party** is scheduled for Saturday, December 10 from 7 to 10pm. Live music, seasonal cookies, pastries and latkes. Reservations must be made by December 3 • **The Birthday Brunch** will be on Sunday, December 18, from 12 to 3pm • **A program featuring Christmas & Chanukah Music** will be held on Thursday, December 22 at 6:30pm • **A New Year's Eve Party** will be held on December 31 from 8 to 12:30pm. Music will be by Michael Harley

Kudos go out to the hardworking Halloween Party committee chaired by Judy Rosenblatt and Donna Barshak who organized an outstanding evening of food, fun and prizes. With music provided by DJ Mike Harley, the club was decorated to the nines to resemble a haunted house and costumes, while optional, were the order of the day. Congratulations go out to Judy Cowie as Charlie Chaplin and Helaine Blye as Big Baby who landed the coveted first prize awards for 'best dressed'. A splendid time was had by one and all!

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



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WELCOME to our newest homeowners

Michael and Carol Hertz
Merrick, NY

Nanette Kerner and Scott Goodman
Wantagh, NY

Kay Ellenberg
Manhasset, NY

Rhoda Schoenbaum
Whitestone, NY

Mario and Maria Cauzzo
Lynbrook, NY

Ehsan and Shakiba Rahimi

Oyster Bay, NY

Larry and Katherine Walker

Malvern, NY

Lucy Burnsztyrn
Brooklyn, NY

Enrica Nastasi
Mineola, NY

Howard Herman
North Bellmore, NY

Kathy Schneider
Floral Park, NY

Kevin and John Westley
Bayside, NY

Robert and Lucy Lenuzza
Valley Stream, NY

Gerald Seltzer and Lynn Myron
West Hempstead, NY