



1475 Front Street | East Meadow, New York

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FROM THE LIFESTYLE DIRECTOR

February is the month of Valentine's and chocolate hearts. It is the shortest month of the year and is the only month that can pass without a single full moon. February, the month where all eyes are on a little creature called the Groundhog. Since 1886, many people have gathered in Punxsutawney, Pennsylvania and elsewhere to see a groundhog climb out of his hole and predict the season's forecast. If the groundhog sees its shadow, winter will be prolonged for 6 more weeks. If the groundhog does not see his shadow, winter will end soon. Let's hope for an early spring!



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Just for fun

Birthstone for the month of February is the Amethyst... it is symbolic of spirituality, wisdom, sobriety and security | **The flower most associated with February is the Primrose** | 2012 is a leap year in which February has 29 days... Leap years occur when the year number is divisible by 4 | **February is National Black History Month** | **February is American Health Month** | George Washington born in 1732 | Abraham Lincoln born in 1809 | **The Boys Scouts of America incorporated in 1910**



From the Welcome Center As the new year gets off to a good start, make yours even better by becoming a Seasons homeowner. We have released our final 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.



STAYING FIT AT THE SEASONS

SUNDAY	9:30am	Aerobics	Aerobics Studio
MONDAY	10:30am	Water Aerobics	Indoor Pool
TUESDAY	9:30am	Fit2B Tai Chi	Aerobics Studio
	10:30am	Zumba Gold	Aerobics Studio
WEDNESDAY	11am	Yoga	Aerobics Studio
SATURDAY	9:30am	Zumba	Aerobics Studio

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

CLUB HOURS

Sunday	8:30am-7:30pm
Monday	8:00am-9:00pm
Tuesday	7:30am-9:00pm
Wednesday	7:30am-10:00pm
Thursday	7:30am-9:00pm
Friday	7:30am-10:00pm
Saturday	8:30am-11:00pm

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

EVENTS

BINGO is played every Tuesday evening at 6:45 pm in the card room.

JEWISH CULTURAL CLUB Wednesday February 1 and 15 at 3:00pm in the library.

MAH JONGG game held every Monday at 1pm in the Card Room. Anyone interested contact Arlene Epstein or just drop in. Beginners welcome!!

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

HISTORY LECTURES with Shelly Balsam are held every Monday evening at 7:00 pm in the cinema. All are welcome to attend.

BAGEL BREAKFAST will be on Sunday, February 5, 12, 19 from 10:30am - 12:30pm in the Card Room. Please contact Gloria Edelman for more information.

PIZZA PARTY is Friday, February 17 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, February 26 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. are now being shown every second and last Wednesday at 2:30 pm during the month.

SOCIAL

ACTIVE



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



SEASONS SPOTLIGHT SEASONS SPOTLIGHT SEASONS SPOTLIGHT SEASONS SPOTLIGHT SEASONS

HEALTH *News*

“Another plus of living at The Seasons is the size of our home and the ample storage.”

My husband Kenny and I moved from our home in Roslyn to our new home at The Seasons at East Meadow a little over eight months ago. We were way over our heads with the taxes there and are glad to be relieved of that burden.

We’ve been very happy here and have made many friends at the functions and parties we’ve attended.

Our two kids are both married and we have grandchildren between the ages of 2 and 11. They ask me again and again to stay over and I let them even though they live close by. It is important to us that we livewithin a short distance of our kids. They are all very comfortable here. They love the indoor pool and visiting us in a fresh, new place.

Another plus of living at The Seasons is the size of our home and the ample storage. I was Kosher at one point in my life and all three sets of my dinnerware are stored easily in my kitchen. I saw one of the testimonials in the sales office before we decided to buy our condo here and the woman in the video said everything fit in perfectly and that they had plenty of room. I didn’t really believe her at first, so I wanted to say, in front of the camera, that it’s true! And we are so pleased.

I think my condo is the prettiest place I’ve lived in yet even though I’ve had three homes in my adult life. Some of our long-time friends are a little annoyed at us because we’ve become so involved in the activities here. My husband walks in the door and he relaxes from the moment he comes home. Kenny and I both looked at other condominiums and choosing this community was a great decision for us. We love living at The Seasons at East Meadow.

- CHERYL AND KEN FUCHSMAN

Did you know? Did you know?

Facts about Breakfast

The best breakfasts are the easiest to prepare. Oatmeal and other whole-grain hot cereals are the most filling and satisfying to eat. Think fiber which keeps your blood sugar level. When looking at breakfast cereals, choose those that have at least 4 to 5 grams of fiber per serving. The more fiber the better. Look for cereals that do not list sugar as the first ingredient. Once you become a consistent breakfast eater, try to group your foods; think protein/dairy, complex carbs and fruit. Try to break your bad breakfast habits. Watch your toppings. Did you know you can save 19 grams of fat by substituting an ounce of fat-free cream cheese for full fat cream cheese. Make sure that your muffins are low-fat. Use jellies in moderation and pick your yogurts wisely, choose either non-fat or 99% fat free.

SEASONS SPOTLIGHT SEASONS SPOTLIGHT SEASONS SPOTLIGHT SEASONS SPOTLIGHT SEASONS

A Scrabble Tournament took place on January 13. **Thanks to Monica Homer** for facilitating this activity. Afternoon movies are now being screened the second and last Wednesdays of the month. The Fred Reiter Trio, featuring the vocal stylings of Joy Reiter was an outstanding event. **Our thanks to Hal and Joy Reiter, as well as their son, Fred,** for making this evening possible. **A big thank you to Gloria Edelman** who continues to organize our monthly Birthday Brunches which was held the last Sunday of the month.

FEBRUARY | ANNOUNCEMENTS

• **Sunday, February 5... Legendary New York DJ Pete Fornatale** will present a lecture in the cinema on the Woodstock experience... please contact Helaine Blye to make your reservation and for additional information • **Homeowners Meeting Wednesday, February 8 at 7:30 pm** - the meeting will take place in the Cinema • **A new group - The Irish Club,** will meet on Thursday, February 9 at 7:00pm... it will meet the second Thursday of each month - please contact Joanie and Kevin Westley for additional information • **The Seasons Plant Club** will resume regular monthly meetings... date to follow. Please feel free to contact Evelyn Ben-Ami for more information.

WELCOME to our newest homeowners

Gerry Brandel
Nanuet, NY

Gerard & Diane Fiore
Whitestone, NY

Bill Kelly, Manorville, NY

Peter & Susan Holm
Seaford, NY

Paul Gentil, Seaford, NY

Jerry & Judie Cohen
Jericho, NY

Lorraine Schloss, NY, NY

Sheila Beckmann
Seaford, NY

John & Doris Quinn
East Meadow, NY

Janet Boyd, Mineola, NY

Flora Berger, Bellmore, NY

Howard & Marlene Cohn
Merrick, NY

Ed & Madeline Natoli
East Meadow, NY

Helen Goodman
North Merrick, NY

Mary Barry, Bethpage, NY

Ira & Gloria Glick
Massapequa Park, NY

**Bruce & Linda
Goldman Sharek**
Long Beach, NY

**Donald and Gloria
Schwartz,** Merrick, NY

**Howard & Cathy
Osterman**
East Meadow, NY

Claudia Sljukic
Bayside, NY

Burton & Alice Leicht
Plainview, NY

Kathryn Bernat
Auburndale, NY

**Walter & Marsha
Schneider,** Bronx, NY

Caroline Jacobelli
Bellmore, NY

**Anthony & MaryAnn
Natale,** Malverne, NY

"Afternoon in February"

The day is ending,
The night is descending;
The month is frozen,
The river dead.
Through clouds like ashes
The red sun flashes
On village windows
That glimmer red.

HENRY WADSWORTH LONGFELLOW



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