

# 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

January is the month of new beginnings. It signifies fresh starts and resolutions to start the year off right. Make resolutions to eat healthier and get more fresh air and exercise. The old adage of everything in moderation still rings true. Your health, safety and well-being are the most important possessions that you have. Take care of your health and know that you can always negotiate your happiness.



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### The Seasons New Homeowner Event



See back for more photos...

### Just for fun

- Birthstone January is the garnet. It is the symbol of friendship.
- The flower of January is the carnation.
- January is Eye Care Month
- January is National Blood Donor Month. Donate blood and you might just save a life!



### 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 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



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

SUNDAY	9:30am	Aerobics	Aerobics Studio
MONDAY	10:30am	Water Aerobics	Indoor Pool
*** <b>NEW CLASS</b> ***			
TUESDAY	9:30am	Fit2B Tai Chi	Aerobics Studio
	10:30am	Zumba Gold	Aerobics Studio
	7pm	Yoga with Linda	Aerobics Studio
WEDNESDAY	11am	Yoga	Aerobics Studio
SATURDAY	9:30am	Zumba	Aerobics Studio

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

## 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-10:00pm</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-11:00pm</b>

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

# ACTIVE



## EVENTS

# SOCIAL

## SONS SPOTLIGHT

**NEEDLECRAFT CLUB** meets on Mondays at 7:30pm. 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. Come and help us with this worthy endeavor. All levels of crafters are welcome.

**JEWISH CULTURAL CLUB**  
Wednesday January 4 and 18  
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** 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** is every Thursday in the Card Room. Come join the fun at 7pm.

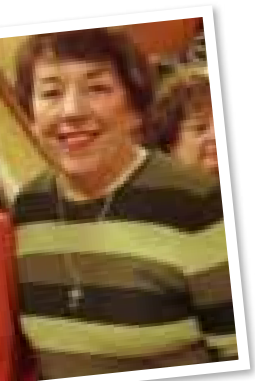
**BAGEL BREAKFAST** will be on Sunday, January 8, 15, and 22 from 10:30am - 12:30pm in the Card Room. Please contact Gloria Edelman for more information.

**PIZZA PARTY** is Friday, January 20 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, January 29 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.



"January is here, with eyes that keenly glow, A frost-mailed warrior,  
striding a shadowy steed of snow." Edgar Fawcett

## JANUARY | ANNOUNCEMENTS

- **The Fred Reiter Trio**, with Fred Reiter on saxophone and featuring vocalist Joy Reiter, will take place on Saturday, January 21 in the Club
- **The Seasons Plant Club** will be on hiatus for the month of January. Please feel free to submit ideas for upcoming meetings to Evelyn Ben-Ami
- **The Birthday Brunch** will be on Sunday, January 29, from 12 to 3pm



More photos from The Seasons New Homeowners Event!

## WELCOME to our newest homeowners

**Ken and Carol Hymes**  
Hicksville, NY

**Linda Bruccia**  
Merrick, NY

**Louise Pezzello**  
Franklin Square, NY

**Jerry and Marlene Proct**  
North Bellmore, NY

**Mary Lawrence**  
Bethpage, NY

**Mel and Phyllis Kitzes**  
Hollis Hills, NY

**Chic and Tammi Lam**  
Syosset, NY

**Ralph and Maureen  
Guadagno**  
Westbury, NY

**Catherine Louie**  
Mendham, NJ

**Phillip Pollack**  
Wantagh, NY

**Joe and Cathy  
Santulli**  
Bethpage, NY

**Jerry and Loretta  
Post**  
Wantagh, NY

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

### Seasons' Lament

In Seasons, East Meadow - it's become my fate,  
Early each morning - by a quarter to eight.  
When all should be tranquil - behold instead  
Comes the pounding tremors  
I have learned to dread.

It even sounds like the tropical quakes  
And now when I walk - I walk with the shakes.  
My household chores - I try not to shirk  
Lucky are those who go daily to work.

It's really thrilling - new neighbors will be here  
There goes the drilling - it sounds oh so near.  
I admit I can't wait for the clock to strike four  
When I can clearly hear myself think once more.

The pounding and drilling that seems so wrong  
Will bring their reward before very long.  
And soon we'll realize the noise had its reasons  
As we make new friends - here at the Seasons.

~ Phyllis Kitzes ~



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