



FROM THE LIFESTYLE DIRECTOR: **LAZY DAYS OF SUMMER???**

Whoever said summer was a time for lazy days clearly didn't live at the Seasons. With every passing day there are new neighbors moving into our community. And new neighbors, mean new Meet-n-Greet parties, where everyone comes out in full force to welcome one another into our community. Our Memorial Day BBQ and Pool party was full of laughter and fun, as we welcomed 130 homeowners and their families to the first party at our outdoor pool. Good food and good friends kept the celebration going at our June Meet-n-Greet Brunch with Cabaret entertainment. Check out the Spotlight section for photos of the Memorial Day BBQ event. Thanks to all who attended the Homeowner's Activities meeting, especially those who joined the Founder's club.



THE SEASONS
at East Meadow

1475 Front Street | East Meadow, New York

seasonsateastmeadow.com

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**SEASONS
SPOTLIGHT!**

Fun from the Seasons Memorial Day BBQ! (more photos inside)

The Seasons at East Meadow
INTRODUCES

Silver Fox Fitness Program

with fitness consultant
Neal Aronin.



From nutrition to martial arts and everything in between, Neal offers a

variety of programs to help you ease into fitness, and stay fit. Exercise and proper diet play an essential role in overall health and well being, especially in preventing arthritis, osteoporosis, high blood pressure and diabetes. The Silver Fox Fitness program has something for everyone, no matter what your fitness level or physical limitations may be! Neal is known by many as the Live, Love and Laugh guy. It's written on his license plate, t-shirts, email address, and business cards. And when you meet him, you'll see right away why he defines his life by those three factors. Neal's motto is simple, **"Great health...Great Family...That's it!"**

Positive energy and the desire to help others achieve and maintain a healthy lifestyle is what makes Neal the perfect fit for the Seasons Silver Fox Fitness Program.

The program will be comprised of several key components: Beginning with a **complimentary educational fitness seminar**, Neal will explain the importance of why proper nutrition, low impact cardio and weight training are essential to living a healthy life. Have a favorite restaurant that you love to dine out at? Bring a copy of the menu, and Neal can show you how to order so that you don't fall off track from your nutrition goals. Neal's patented Exercise While You Wait Program is full of tips and tricks to help you



achieve your fitness goals while waiting in line at the Post Office, and even while sitting in traffic! Once you've committed to taking the first step towards physical fitness, the next step is joining one of our **group classes**. Our General Fitness class is a 45 minute session that combines a short warm up with low impact movement, cardio, and weight training, and is great for building bone health and preventing Arthritis. Our Martial Arts classes include all levels from beginners to Black Belts, and involve stretching and movements that build flexibility and overall strength. We also offer Self Defense classes for women and seniors. For those of you who have individual fitness needs but do not want to work out in a group setting, Neal offers 30 and 60 minute **private, or semi-private training sessions** in the Fitness Studio to give you the one on one attention you desire. You can arrange private, semi private or group lessons by calling Beth Silverman at 516-307-3627 ext 101. The Fitness program is open to all homeowners and those who are in contract. Stay tuned for more information about the complimentary seminar and group class schedules in our August Newsletter.

The first 25 members who sign up for the program will receive a free Seasons Silver Fox T-shirt.

SEASONS SPOTLIGHT



...meet your neighbors and their families from the Seasons Memorial Day BBQ!

SEASONS SPOTLIGHT



... more fun from the Seasons Memorial Day BBQ!

ANNOUNCEMENTS

All Founder's Club members must be present on Wednesday, July 8th for a group photo. Please meet in the first floor lounge promptly at 5pm. July 14th the **Seasons Cinema** presents Major League Baseball's National League vs. American League All-Star showdown at 8pm. If you have not yet picked up your **Club Card and Club Rules**, please stop by the Lifestyle Director's office. All homeowners living at the Seasons must have their **vehicle registration form** filled out completely, with their new phone number and photocopy of their license and registration on file at the gatehouse. The next **Homeowner's Activities meeting** is scheduled for July 22nd at 6:30 pm in the Library.

HAPPY BIRTHDAY Josephine Reinike!!!

HAPPY ANNIVERSARY to Gloria & Piero DelCorso, and Steve & Eleanor Kaye who celebrated their 40th in June!!!



...still more fun from the Seasons Memorial Day BBQ!

THE FANS & FRIENDS CLUB

HOMEOWNER REFERRAL PROGRAM

The club gives you, a Seasons homeowner, an opportunity to earn rewards for referring someone you know to become your neighbor in Nassau County's hottest resort-lifestyle community. Receive \$1000 for each friend you refer who becomes a homeowner at The Seasons. You can refer as many friends as you wish, but act right away while there are still homes to go around! Plus, your referral who becomes a homeowner will receive \$1000 too.*

If you would like to recommend The Seasons at East Meadow to someone you know, contact the Welcome Center at 516.307.3627. Or, have your friend or family member contact us directly and ask them to mention your name.

*Your referral must be someone who has not previously inquired at The Seasons at East Meadow. Referral must be in contract to purchase a home at The Seasons by August 31, 2009 to qualify for rewards.

Words OF WISDOM

Embrace change and recognize that life is in constant motion.
When boundaries are seen as opportunities the world becomes
a limitless place.

WHO WANTS TO...

Beginner and intermediate Bridge groups forming now! Learn a new game!! We offer beginner Bridge lessons with an incredible instructor; eight two hour lessons per session. Cost is \$10 per lesson, or \$70 in advance. The intermediate group will take place in the game setting with our instructor present to teach as you play. It is great for those who need a refresher course on this incredible game. Please call Beth at 516.307.3627 if you wish to sign up for the mid-August session.

July EVENTS

Meet-n-Greet Caribbean BBQ Saturday July 18th • 5-7pm
with Reggae entertainment

Discovery Documentary Series Tuesdays • 2pm in Club Cinema

Friday Night Feature Films 7:00pm • Call ext. 502 for a movie listing

Walking Club Tuesdays • 10am

Big Screen Baseball

Mon 7/6 NY Yankees • 1:05pm

Sat 7/11 NY Yankees • 4:10pm

Sun 7/12 NY Mets • 1:10pm

Tues 7/14 NL vs. AL All Stars • 8pm

Sat 7/18 NY Yankees • 1:05pm

Sun 7/26 NY Mets • 2:05pm

Sunday Bagels & Coffee at the Club • Delivered fresh every Sunday
at 10:30am



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seasonsateastmeadow.com