



1475 Front Street | East Meadow, New York

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

516.307.3627

### FROM THE LIFESTYLE DIRECTOR



June was a lot of the fun here at The Seasons. High Stakes Bingo drew a large crowd and so did the Newlywed Game. We got to enjoy the outdoor pool and took advantage of the Yoga and Tai Chi classes offered. Our new Homeowners were introduced to the community and the Potted Gardening Club showed us how to create beautiful flower arrangements. Some homeowners took advantage of the local Golf Courses, and the free International Concert Series that took place at Eisenhower Park. For July we have a packed calendar filled with a Texas Hold'em Tournament, a July 4th BBQ's and Talent Show. So, put on your sunblock, bathing suit and head over to the Club, to spend your days relaxing by the pool and enjoying the great life here at the Seasons.

### IN THIS ISSUE

From the Lifestyle Director | 1

Staying Fit Schedule | 2

Announcements | 2

Health News | 3

Seasons Spotlight! | 3

July Events | 4

## Just for fun ... facts for July

- Gem for July is Ruby
- The water lily is the flower for the month of July
- July is the official month of Blueberries, Hot Dogs and Ice Cream so ENJOY!



# ANNOUNCEMENTS

## STAYING FIT AT THE SEASONS

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

SUNDAY

**10:00am Aerobics**  
Aerobics Studio

TUESDAY

**11:00am Yoga**  
Aerobics Studio

THURSDAY

**10:30am**  
**Fit 2B Tai Chi**  
Aerobics Studio

SATURDAYS

**10:00am 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.

**Outdoor pool is open from 10am-7pm daily**

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

**JEWISH CULTURAL CLUB** will meet every other Thursday (7/7, 21) at 3pm 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.

**JULY 4th BBQ** Monday, July 4 from 4-8pm

**BAGEL BREAKFAST** on Sunday, July 3, 10, 17, 24 from 10:30am - 12:30pm in the Card Room. Please contact Gloria Edelman for more information.

**TALENT SHOW** is Wednesday, July 13 from 7 - 9pm if interested in entering please contact Nicole at the Club.

**PIZZA PARTY** is Friday, July 15 at 6:30 in the Card Room please contact Peiro Del'Corso if interested in attending.

**TEXAS HOLD'EM**

on Saturday, July 16 11am - 5pm in the Card Room. Contact Nicole at the Club to reserve a seat.



**BOOK CLUB** will meet on Saturday July 23 at 11am in the Library.



**BIRTHDAY BRUNCH** July 31 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.



Summer is here and that means hot weather. Keeping cool in the summer months seems almost impossible.



Here are some tips on how to stay cool.

- Eat small meals and eat more often. The larger the meal, the more metabolic heat your body creates breaking down the food. Avoid foods that are high in protein, which increase metabolic heat.
- Run your wrists under a cold tap for five seconds each every couple of hours. Because a main vein passes through this area, it helps cool the blood.
- Eat spicy food. Although this may be the last thing you fancy in hot weather, curries and chilies can stimulate heat receptors in the mouth; enhance circulation and cause sweating, which cools the body down.
- Take a tepid bath or shower just below body temperature, especially before bedtime. Although a cold shower might sound more tempting, your body generates heat afterwards to compensate for the heat loss.

SEASONS SPOTLIGHT SEASONS SPOTLIGHT SEASONS SPOTLIGHT

## B-I-N-G-O



### The Seasons Life!



The Champagne Brunch Open House turned out over 170 people interested in the last phase of The Seasons. Everyone enjoyed the sumptuous brunch....

SPOTLIGHT SEASONS SPOTLIGHT SEASONS SPOTLIGHT SEASONS SPOTLIGHT

SPOTLIGHT SEASONS SPOTLIGHT SEASONS SPOTLIGHT

# Words OF WISDOM

"A perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing, and the lawn mower is broken." - James Dent

## July EVENTS

**JULY 4TH BBQ** Monday, July 4th from 4pm-8pm

**TALENT SHOW** Wednesday, July 13th from 5pm-9pm

**PIZZA PARTY** Friday, July 15th at 6:30pm in the Card Room

**TEAXS HOLD'EM** Saturday, July 16th from 11am-5pm

**VISIT OUR BLOG**

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



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

## WELCOME to our newest homeowners

**Marvin & Florence Lampert**  
Woodbury, NY

**Anne Whalen**  
Brooklyn, NY

**Anthony & Elaine Vessio**  
Garden City, NY

**Dorothy Ruggiero**  
Lynbrook, NY

**Michael and Paula Kucinski**  
Merrick, NY

**Anthony Livio and Erna**  
Franklin Square, NY



1475 Front Street | East Meadow, NY 11554

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