



1475 Front Street | East Meadow, New York

seasonsateastmeadow.com

516.307.3627



FROM THE LIFESTYLE DIRECTOR: **SUMMER FUN HAS BEGUN!!!**

May at the Seasons was filled with excitement, but June promises to bring even more fun, as we welcome dozens of new neighbors into our incredible community. Our May 2nd Meet-n-Greet was an overwhelming success! I'm so happy that more than 100 people came out to meet one another while enjoying cocktails, great food and entertainment, and I can't wait to see everyone at our June Meet-n-Greet Brunch. By now, many of you have received your Club Cards, and it's wonderful to see so many faces in and around the club. **THE POOLS ARE NOW OPEN!!!**

SEASONS SPOTLIGHT!

This Month, the Seasons would like to Spotlight all of our homeowners that attended our May Meet-n-Greet. To nominate someone for the Seasons Spotlight! Please call Beth Silverman, or stop by her office on the second floor of the Club.

IN THIS ISSUE

Summer Fun has Begun!! | 1

Seasons Spotlight! | 1

Health News | 2-3

Announcements | 3

June Events | 4

Who Wants To... | 4

Homeowners Gloria Edelman, and Merle Lurie and guest



Ellen Antonucci engages homeowners James and Barbara Cioffi

Developer Steven Krieger speaks with prospective home buyers Dennis and Cathy Weiss.



Developer Jan Burman answers questions from Steve Silverman

HEALTH *News*

June 7th is **National Cancer Survivors Day**. This is a very important day for me, as I approach five years of surviving breast cancer. I wish continued good health to all of our Seasons Cancer Survivors, and to those in your life who have been touched by this life changing disease.



Father's Day is June 21st. This is a day for celebration, but it is also a good time to remind the men in your life to schedule their annual physical, have their blood pressure and cholesterol checked, and make sure they are on schedule with their prostate exams.

Summertime is filled with barbecues and ice cream, and it isn't always easy to eat healthy. Here are some healthy grill tips: **Prioritize your favorite foods.** Craving a juicy burger? Stick with a green salad or grilled veggies as a side dish. Don't like buns? Have grilled chicken over a salad and dig into that creamy potato salad you truly love. Keep starchy side dishes to a minimum. **Think about portion control.** Aim for 1 cup (the size of a tennis ball) for potato and pasta salads. **When you're through eating, go play!** Take a long walk, or go for a swim- both are great ways to burn off those delicious BBQ delights!

Happy Father's Day

TO ALL OF OUR SEASONS DADS!!!

ANNOUNCEMENTS

The Seasons first BINGO games will be held on Wednesday, June 3rd and Wednesday, June 17th from 6-8pm in the Card Room. Please call Beth at extension 101 to reserve your seat. We will not have a **Friday night movie** shown on June 12th as we will be showing the **Mets and Yankee game** in the Cinema at 7:00pm. Dial extension 502 for a listing of weekly programs and show times. If your grand children are coming for a visit, and you would like to have children's movies available in the Cinema please call the office at least two weeks ahead of the scheduled visit so we can order kids movies on time. **The second Homeowners Activity Meeting** will take place on Thursday, June 25th at 5:30pm in the Library. All homeowners and those in contract are strongly encouraged to attend. We invite you to attend our **June Meet-n-Greet** on Sunday the 14th from 11am-1pm. A beautiful brunch buffet is planned, followed by the **Mets and Yankee game** in the Cinema at 1:05pm.



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 Sales 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.

WHO WANTS TO...

Who wants to get outside for some exercise, good conversation, and a little sun? The Seasons Walking Club is open to all homeowners and those who are in contract, every Tuesday beginning June 9th at 10 am. Put on your walking shoes, and let's head out for a stroll around the Seasons community. We will meet in the first floor lounge of the club at 10am, walk for approx. 45 minutes. I will be joining the Walking Club on as many Tuesdays as my schedule permits. I am eager to talk about planning charity walks, and other fun walking events within the community while getting some exercise and fresh air. Since we have so many indoor lap swimmers in the community, who wants to form a Swimmers Club? Please call the Lifestyle Director's office if you are interested.



1475 Front Street | East Meadow, NY 11554

seasonsateastmeadow.com

June EVENTS

Meet-n-Greet Brunch and Cabaret Sunday June 14th • 11am-1pm
Brunch buffet with live entertainment

Discovery Documentary Series Tuesdays • 2pm in Club Cinema

BINGO June 3rd and 17th • 6-8pm in Card Room

Walking Club Tuesdays beginning 6/9 • 10am meet in First Floor Lounge

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



Big Screen Baseball

Sat. June 6th • Yankees 1:05pm (YESHD)

Sun. June 7th • Mets 1:35 pm (SNYHD)

Fri. June 12th • Yankees vs Mets 7:05pm (YESHD)

Sat. June 13th • Yankees vs Mets 4:10pm (FOXHD)

Sun. June 14th • Yankees vs Mets 1:05pm (YESHD)