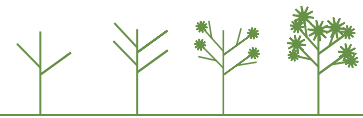




FROM THE LIFESTYLE DIRECTOR:

Helen Keller said, "Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence." March is National Optimism month, and a perfect opportunity to take a moment to think about how we can be more optimistic in our daily living. Lucky for us, there are several factors working on our side. On March 14th we spring ahead and change the clocks to reflect the longer days. Spring is fast approaching, and the harshest of winter storms are all but a distant memory. With so many new homeowners moving into our community each month, it is obvious why residents of The Seasons have so much to be optimistic about. Welcoming new faces into our tight-knit neighborhood fills us with joy and excitement, and the prospect of participating in new activities and forming new friendships lends a feeling of calm even in uncertain times. Whatever the weather outside may be, there is plenty of sunshine and warmth within The Seasons gates.



THE SEASONS
at East Meadow

1475 Front Street | East Meadow, New York

seasonsateastmeadow.com

516.307.3627

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Move-Up/Repeat Home Buyer TAX CREDIT

The Worker, Homeownership, and Business Assistance Act of 2009 has established a tax credit of up to \$6,500 for qualified move-up/repeat home buyers (existing homeowners) purchasing a principal residence after 11.6.09 and on or before 4.30.10 (or purchased by 6.30.10 with a binding sales contract signed).

SEASONS SPOTLIGHT **SEASONS SPOTLIGHT** SEASONS SPOTLIGHT



Much more inside...

Come view
**our Redesigned Loft area
in the upstairs homes....**
perfect for a home office,
den or 3rd bedroom!

ANNOUNCEMENTS

Continuing activities around the Club include:

Sunday Bagel Breakfast at 10:30am, Water Aerobics Mondays at 11am, Tuesday workouts with the Lifestyle Director at 5:30pm, Wii Wednesdays from 2-4pm, Game Night Thursdays at 7pm, Friday night feature films at 7pm, and Saturday night Wine and Cheese at 7:30pm. Matinee movie will be held on March 6th at 3pm.

There are two **March Focus Group Meetings** at 2pm in the Card Room on March 13th, and 27th. All Homeowners that lead clubs, groups, card games, and are on event and party committees are strongly encouraged to attend.

It's time to **SPRING AHEAD!!!** Remember to change your clocks on Sunday, March 14th for Daylight Savings Time.

There is a **NEW HOMEOWNER Orientation** on Tuesday, March 16th at 6pm in the Card room. All Homeowners that closed in February or March, or who have not yet attended an orientation are invited to participate.

Happy St. Patrick's Day! Stay tuned to your weekly Seasons Greetings Memo for details about a St. Patty's Day get together in the Club.

The **March Pizza Party** will be held on Friday, March 19th at 6:30pm in the Card Room. We are excited to have both Piero and Gloria Del Corso hosting this delicious event.

On Saturday March 20th The Seasons is hosting their first **Grandkids Day!** The afternoon will begin at 1pm with a pizza lunch, DJ Michael Harley coming in from 1:30-2:30pm to play games and entertain. Following the DJ will be a movie in the cinema, but if a movie is not what your grandchild wants, no problems. The indoor pool will be open, as well as the wii video game system. Please make sure you sign up on the 2nd floor of the Club. This is a great way for grandparents to spend a fun-filled afternoon with their grandkids, and is sure to tucker you both out by the end of the day!

There is a **Homeowner Activity Meeting** on Monday, March 22nd at 7pm in the Cinema. All Homeowners are invited to attend.

The Seasons wishes you and yours a **Happy Passover!**

SEASONS SPOTLIGHT SEASONS SPOTLIGHT SEASONS SPOTLIGHT



SEASONS SPOTLIGHT

On Monday January 18th, the women of The Seasons held a pajama party as their inaugural Women's Club event. A special thank you to Joyce Simon for not only hosting this event but for preparing all of the incredible food. Everybody enjoyed having their backs and necks worked on by the masseuse. Stay tuned for details for the Women's Club psychic event. Enjoy more photos of the evening's festivities on blog. seasonsateastmeadow.com.



IRISH SODA BREAD FROM EATINGWELL.COM

One small loaf, 8 slices

Active Time: 15 minutes Total Time: 50 minutes

INGREDIENTS

- 3/4 cup whole-wheat flour
- 3/4 cup all-purpose flour
- 2 tablespoons sugar
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 cup currants
- 2 teaspoons caraway seeds
- 3/4 cup buttermilk, plus additional for brushing

PREPARATION

1. Preheat oven to 400°F. Coat a pie pan with cooking spray.
2. Whisk whole-wheat flour, all-purpose flour, sugar, baking soda and salt in a large bowl. Stir in currants and caraway seeds. Make a well in the center of the dry ingredients. Gradually pour in the buttermilk, stirring with a fork until just combined. (Do not overmix.)
3. Turn the dough out onto a lightly floured surface and knead several times. Form into a ball, flatten slightly and place in the prepared pie pan. Brush the top with buttermilk and dust with flour. With a sharp knife, cut a 1/2-inch-deep X into the top of the loaf.
4. Bake the loaf until it is brown on top and sounds hollow when tapped on the bottom, 30 to 40 minutes. Let cool slightly before slicing.

NUTRITION Per slice: 131 calories; 1 g fat (0 g sat, 0 g mono); 1 mg cholesterol; 31 g carbohydrates; 5 g protein; 2 g fiber; 327 mg sodium; 104 mg potassium.
1 1/2 Carbohydrate Serving



Experts agree that having an optimistic disposition leads to better overall physical health, greater success at work, and more satisfying relationships. Optimistic people have better mental health, less depression and anxiety, and live longer than pessimists. Optimism is beneficial in several ways. Optimism naturally promotes a more positive mood, which helps to ward off depression and anxiety. Optimism also encourages greater persistence in the face of obstacles, which in turn is likely to result in greater success. Finally, there is evidence that optimists actually look after their health better than pessimists. They are more likely to seek out information about potential health risks and change their behavior to avoid those risks. :)

SEASONS SPOTLIGHT SEASONS SPOTLIGHT SEASONS SPOTLIGHT SEASONS SPOTLIGHT



WHO WANTS TO...

Who wants to take a field trip? Please join The Seasons on Sat, April 24 as we embark on a day full of history, food, and spirits. The coach bus will depart The Seasons at approx. 8am, & arrive at West Point Military Academy at 10am for a 2 hour guided tour. Following the tour we will head to the Thayer Hotel to enjoy and hot/cold buffet lunch. After that we will go to the Brotherhood Winery (the oldest winery in the US) for a tour & tasting. The cost is \$78 per person, which includes gratuity, travel, and all food and drinks. Checks can be made out to The Seasons at East Meadow, and are due to Brandon by Fri, March 19th. This trip is open to friends and family, but seating is limited, so be certain to sign up on the 2nd floor of the Club if you are interested (or call Brandon at 516-307-3627 ext. 101. We return to The Seasons at 6pm.



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March EVENTS



Matinee Movie 3/6 at 3pm • Cinema

Tai Chi Class 3/11 at 7:30pm

Focus Group Meetings 3/13 & 3/27 at 2pm • Card Room

New Homeowner Orientation 3/16 at 6pm • Card Room

Pizza Party 3/19 at 6:30pm • Card Room

Grandkid Day 3/20 at 1pm

Homeowner Activity Meeting 3/22 at 7pm • Cinema

Inaugural Book Club Meeting 3/27 at 11am

Intro to Bridge Every Thursday in March at 2pm • Card Room

VISIT OUR BLOG
blog.seasonsateastmeadow.com

 Find us on
Facebook



WELCOME to our newest homeowners

Lyna Zaretsky Albertson

Diane Sorvillo Franklin Square

Candy Tonkawich Long Beach

Joanne & Pasquale Mongiello Franklin Square

Catherine & John Rynn Peekskill

