



1475 Front Street | East Meadow, New York

seasonsateastmeadow.com

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FROM THE LIFESTYLE DIRECTOR



February was a month filled with warmth and love at The Seasons, even if the weather outside did not reflect it. We had a wonderful time at the International Pot Luck Dinner, and the first High Stakes Bingo was a hit. We discovered that we really do have many "Beautiful Babies" here at the Seasons. The Engel Burman Valentine's Day Party was beautiful and the Chinese New Year Dinner was spectacular. Many of us put on our dancing shoes for Ballroom Dancing and some of us rolled up our sleeves for ceramics. Whatever your interests are, you are sure to find something at The Seasons that will tickle your fancy. We have plenty more exciting events in store for March. Even though it may not feel like it, spring/summer is just around the corner and that means bathing suit season. Get into shape by participating in our Biggest Loser Competition, and by joining in on our Personal Training Sessions or any of our exercise classes. Get ready for a high stakes Texas Hold'em Tournament and for another round of High Stakes Bingo. Let's get out our masks and beads to celebrate Mardi Gras and don't forget that touch of green for our St. Patrick's Day celebration. Hope to see you ALL at the club!

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Just for fun

Wednesday, March 16 - "Everything You Do Is Right" Day

Tuesday, March 22 - "National Goof-off" Day



ANNOUNCEMENTS

CERAMICS will be on Wednesday March 2, 9 and 16 in the Card Room from 6:30pm-8pm. Come and learn how to create masterpieces by hand. For more information contact Nicole at The Club.

BIGGEST LOSER COMPETITION kicks off on Wednesday, March 2 at 7:30pm. All interested in participating please stop by The Club and get weighed in.

TAI CHI is back. March 3, 10, 17, 24, 31 and April 7 at 11:15am in the Aerobics Studio.

PERSONAL TRAINING on Thursday, March 3, 10 and 17 at 12:15pm in the Gym. It will be a circuit training approach, up to 8 people. Further dates to be announced.

TEXAS HOLD'EM TOURNAMENT Saturday, March 5 from 11am-5pm in the Card Room.

BALLROOM DANCING continues on Thursdays, March 3, 10, 24, 31, April 7, 14, 21, and 28 at 7:30pm in the Aerobics Studio. For more information please contact Nicole at The Club.

HIGH STAKES BINGO will be on Saturday, March 12 at 7pm in the Card Room.

ST. PATRICKS DAY PARTY will be on Saturday, March 19 at 7pm in the Card Room.

BOOK CLUB meets on Saturday March 26 at 11am in the Card Room.

CURRENT ISSUES IN THE NEWS will be meeting on Wednesday, March 2, March 16 and March 30 at 5:30pm in the Card Room.

BAGEL BREAKFAST every Sunday from 10:30am-12:30pm (except last Sunday of the month which is the Birthday Bagel Brunch) in the Card Room. Please speak with Gloria Edelman for more information.

BIRTHDAY BRUNCH will be on Sunday March 27 from 12pm-3pm in the Card Room. Please speak with 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 it begins at 7:30pm.

"GROUP FOR JEWISH LEARNING" will be meeting on Sundays at 4pm in the Library. This group is open to ALL and is lead by one of our Homeowners.

"GROUP FOR HISTORY AFICIONADOS" will be meeting on Mondays at 7pm in the Cinema. Lead by one of our Homeowners. For more information please contact Nicole in The Club.

STAYING FIT AT THE SEASONS

\$8 per class -

All classes run between 45min-1hr

SUNDAYS

10:00am Aerobics

Aerobics Studio

MONDAYS

11:00am Water Aerobics

Indoor Pool

7:00pm 20 Minute

Relaxation Class

Aerobics Studio - No Cost

TUESDAYS

7:30pm Yoga

Aerobics Studio

WEDNESDAYS

11:30pm Silver

Sneakers

Aerobics Studio - No Cost

THURSDAYS

11:15am Tai Chi

Aerobics Studio

12:15am Personal

Training

Gym

7:30pm Ballroom

Dancing

Aerobics Studio

SATURDAYS

10:00am Zumba

Aerobics Studio



CLUB HOURS

Sunday 8:30am-7:30pm

Monday 8:00am-9:00pm

Tuesday 7:30am-9:00pm

Wednesday 7:30am-9:00pm

Thursday 7:30am-9:00pm

Friday 7:30am-10:00pm

Saturday 8:30am-10:30pm

Please note:

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

March EVENTS

WHO WANTS TO...

Start an Indoor Tennis Club
Start a Golf Team/League
Become a Seasons Volunteer
Start a sketch/drawing club
Learn Ballroom Dancing

**Please see Nicole
if interested in any of
the above.**

Ceramics Wednesday at 6:30pm in the Card Room (March 2, 9 and 16)

Biggest Loser Competition starts on Wednesday March 2 at 7:30pm

Texas Hold'em Tournament Saturday, March 5 from 11am-5pm

Wine and Cheese with Champagne on Saturday, March 5 at 7pm in The Club

High Stakes Bingo Saturday, March 12 at 7pm

St. Patrick's Day Party Saturday, March 19 at 6:45pm

NEW Homeowners Orientation/Meet and Greet
Wednesday, March 23 at 7pm

Pizza Party Friday, March 25 at 6:30pm The Club - contact Piero Del'Corso.

VISIT OUR BLOG

blog.seasonsateastmeadow.com



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

WELCOME to our newest homeowners

Robin Misi
Valley Stream, NY

Eric & Sherry Kalt
Dobbs Ferry, NY

Richard & Lois Greenman
Rockville Centre, NY

Barry & Joan Chapler
East Northport, NY

Ken & Cheryl Fuchsman
Roslyn Heights, NY

Barbara Milrod
Melville, NY

Dorothy Feulner
East Meadow, NY

Angie Proto
Rego Park, NY



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