



1475 Front Street | East Meadow, New York

seasonsateastmeadow.com

516.307.3627

FROM THE LIFESTYLE DIRECTOR



April certainly did bring some showers, but with showers comes flowers. Our potted gardening club was busy at work adding color to their yards. But yards were not the only thing getting make-overs. Nordstrom's came back and did mini make-overs for our homeowners, and everyone looked beautiful. The Doo-wop party was a huge success and the Texas Hold'em Tournament made winners out of all players. May is going to be a wonderful month filled with fun. We are starting a Surf and Turf: Tai Chi/Water Aerobics class, just in time for bathing suit seasons and a new Jewish Cultural Club is open to ALL homeowners. We have a special Karaoke Wine and Cheese planned as well as a Memorial Weekend BBQ.

IN THIS ISSUE

- From the Lifestyle Director | 1
- Seasons Spotlight! | 2
- Announcements | 3
- Staying Fit Schedule | 3
- Health News | 3
- May Events | 4
- Who Wants To... | 4



So you
think
you can

Decorate

Enter to Win!

See inside for
complete details about
our new facebook
contest...





So you think you can

Decorate

Here's how to enter...

Write nicole@seasonsateastmeadow.com and make a date, before May 4, to have her photograph your home for judging. She will shoot your dining room/living room, master bedroom and loft or basement.

PRIZES

FIRST PLACE | \$100

SECOND PLACE | \$50

THIRD PLACE | \$25



All Target Gift Certificates



Lots of fun during our Nordstrom's Evening of Spring Makeovers!



The Doo-wop party was a hit!

Follow it on facebook

Entry deadline: 5/4. Finalists will be chosen from all entries* and announced on The Seasons facebook page: 5/18. Vote for your favorite finalist on facebook† from 5/18-25. Winners announced on 6/1/2011.

* The advertising agency, Berwald Creative, will judge impartially. † Or send an email to Nicole@seasonsateastmeadow.com to place your vote. Voting is public and open to all including non-Seasons homeowners.



ANNOUNCEMENTS

GROUP FOR HISTORY BUFFS Mondays at 7pm in the Cinema.

JEWISH CULTURAL CLUB Wednesdays at 2:30pm in the library. All are welcome!

MAH JONGG game meets on Mondays at 1pm in the Card Room, if interested please contact Arlene Epstein.

RUMMIKUB game meets on Wednesdays at 1pm in the Card Room, for more information please contact Evelyn Ben-Ami.

BAGEL BREAKFAST will be on Sunday, May 1, and 22 from 10:30am-12:30pm in the Card Room. Please contact Gloria Edelman for more information.

KARAOKE WINE AND CHEESE Saturday, May 14 at 8pm in the main Living Room. Come one come all, whether you can sing or not. Its sure to be a great time.

BIRTHDAY BRUNCH for April and May will be Sunday, May 15 from 12pm-3pm in the Card Room. Please contact Gloria Edelman for more information.

PIZZA PARTY is Friday, May 20 at 6:30pm in the Card Room, please contact Piero Del'Corso if interested in attending.

AARP DEFENSIVE DRIVING COURSE Saturday, May 21 from 9:30am-4:30pm in the Card Room. Please contact Nicole at the club for more info.

CURRENT ISSUES IN THE NEWS Wednesday, May 11 and 25 at 5:30pm in the Wet Bar seating area.

MEMORIAL DAY WEEKEND BBQ Saturday, May 28, from 1pm-5pm. There will be a DJ and food. Pool will be open!

WINE & CHEESE 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.

STAYING FIT AT THE SEASONS

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

SUNDAYS

10:00am Aerobics
Aerobics Studio

THURSDAYS

11:15am Tai Chi
Aerobics Studio

12pm Water Aerobics
Indoor Pool

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.

HEALTHY LIFESTYLE

HEALTH

News

May is National Stroke Awareness Month, here are some tips that could help prevent a stroke, or catch it early.

- Control your blood pressure-by an inexpensive machine at the local drug store, and document what your results are. Review them with your doctor
- Manage your stress - A great way to do this is through yoga, meditation or even going for a walk
- Talk to your doctor - Keep him/her in the loop with your medications or any changes in how you feel
- Keep "Bad" Cholesterol levels low
- **Know the early warning signs** Numbness/weakness in arms, face or legs, especially on one side
Sudden confusion, trouble speaking, slurred speech or Loss of balance/dizziness

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.

VISIT OUR BLOG

blog.seasonsateastmeadow.com



Find us on
Facebook

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



1475 Front Street | East Meadow, NY 11554

seasonsateastmeadow.com

May EVENTS

KARAOKE WINE AND CHEESE • Saturday, May 14 at 8pm

PIZZA PARTY • Friday, May 20 at 6:30pm in the Card Room

AARP DEFENSIVE DRIVING COURSE • Saturday, May 21
9:30am-4:30pm in the Card Room

MEMORIAL DAY WEEKEND BBQ • Saturday, May 28 1pm-5pm
There will be a DJ and food. Pool will be open!

WELCOME to our newest homeowners

**Jidong Sun &
Longwei Guan**
Flushing, NY

Delfina Martin-Armas
Elmhurst, NY

Eileen Fallace
East Meadow, NY

Harriet Siegel
Glen Oakes, NY

Sue Fiorello
Levittown, NY

Allan & Ronni Schreck
Port Jefferson, NY

Susan Kimmel
Long Beach, NY

Jody Schaller
North Bellmore, NY

Rosa Yordan
Bellrose, NY

Jeff & Carrie Langer
Valley Stream, NY

Joseph Pata
Bellmore, NY

Jerome & Dolly Bercun
Delray Beach, FL
& Merrick, NY

Lou Barrella
North Massapequa, NY

Linda Koppelman
Oceanside, NY

Edward Hsiung
Huntington, NY