



FROM THE LIFESTYLE DIRECTOR:

November is the month we celebrate Thanksgiving, and this year there are so many new and wonderful things that I am thankful for. I thought I would share some of them with you.

First and foremost, I am thankful for the opportunity to work at The Seasons. I have met so many interesting people here, and I am humbled by this new family that has welcomed me with open arms. Thank you to the homeowners for opening your front doors as well as your hearts; for welcoming prospective buyers into the intimate and beautiful place you now call home at a moment's notice.

I am especially grateful for your patience and support as we navigate through the early days at The Seasons. To the Founders Club members, we've come a long way from that first group of six people in the Cinema. Sometimes it seems like it was just yesterday we were opening the outdoor pool for the very first time, and other times it feels like I have known all of you my entire life. Even though we are welcoming so many new faces into our neighborhood, those first few weeks with you will never be far from my heart.

Lastly, I am thankful for health. Some of us haven't had the best of luck when it comes to our health lately, but I am always reminded of the caring and supportive system we have in place—from phone calls and cards, to stopping by each other's homes to check in on one another... and somehow, it always gives me faith that things will be okay.

This holiday season take the time to reflect on what you are thankful for. Gratitude is not only the greatest of virtues, but the parent of all others.



THE SEASONS
at East Meadow

1475 Front Street | East Meadow, New York

seasonsateastmeadow.com

516.307.3627

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see more photos inside!!!

HEALTH *News*

The holidays are here, along with delicious food, beverages and desserts (I think I gained a pound just thinking about it). So what do you do to avoid the belly bulge and stay on track with your personal fitness goals? Here are three tips from fitness experts:

Sleep: You may be thinking, sleep-really? Who has time to sleep when they are busy preparing meals, visiting friends and family, decorating the house, and dealing with the stress that comes along with making the holidays a fun-filled, joyous event? But a restful night of sleep, for at least eight hours may be exactly what you need to stay in that joyful holiday spirit. Sleeping at least eight hours makes us less irritable, and gives us more energy to get through the busy holiday season.

Exercise: You all know how I feel about this one. Since beginning my commitment to fitness back in August I have lost 30 pounds without going on a diet. I simply made the decision to live the best life possible, and in order to do that I knew I had to exercise. I invite you to join me every Tuesday at 5:30pm in the Fitness Studio for a work out. I will gladly teach any beginner how to use all of the machines. Exercising is so much easier when you have someone else there to motivate you, so if you cannot make it on Tuesday, call me if you want to set up another time. Please don't make excuses to skip a work out because of the busy holidays; the only way to stay on track with your fitness goals is to keep up with your fitness routine!



Indulge moderately: Let's be real. No one can avoid every little fattening thing that the holidays offer. Half the fun is eating meals with loved ones, but moderation is key because everything adds up. A traditional holiday meal consisting of Turkey, stuffing, gravy, sweet potatoes, cranberry sauce, a slice of pumpkin, pecan or apple pie, a glass of wine, or some eggnog adds up to almost 4,000 calories!!! My mouth is watering at the moment, but thinking about 4,000 calories sure changes my enthusiastic appetite for a holiday meal. Here's how to cut back on the calories, and eat this meal for under 1,200 calories.

Make sure your turkey is roasted and trimmed, and stay away from the dark meat. Three ounces of Turkey is the proper serving size. Instead of homemade stuffing at 400 calories for one cup, try a half cup of boxed stuffing prepared with no calorie butter spray at 110 calories. A cup of candied sweet potatoes will set you back 400 calories, versus ½ a baked sweet potato with a pat of butter, a dash of cinnamon at 100 calories. Do you really need to eat those fluffy rolls with butter at 150 calories each? Think about certain foods that you can skip altogether to avoid the calorie overload. What is a holiday without a piece of pie? Take away

the whipped topping, and ice cream, and avoid pies that have candied nuts (a slice of Pecan pie with nuts on top has a whopping 650 calories). Think before you drink! One cup of eggnog can have up to 400 calories, and two glasses of wine packs about 300 calories. If you'd rather indulge on dinner, stick with a cup of green tea and fruit salad for dessert.

For more great tips on trimming your holiday calories check out Dietbites.com.

Seasons SPOTLIGHT

Enjoy these photos from our Wines Around the World Wine Tasting





ANNOUNCEMENTS

There are still a few seats left on the bus for our **Holiday Trip to Hunterdon Hills Playhouse** in West Hampton, NJ. Call the Lifestyle Director today to reserve your seat.

There is a **Homeowner's Activity Meeting** Tuesday, November 24th at 7pm in the cinema.

Please be advised that The Club will be closed for Thanksgiving on Thursday, November 26, 2009.

Join us in the Library on Sunday, November 22, 2009 at 12 noon to listen to **author Marjorie Wolfe discuss "Tales from the Stoop."** The stoop is that massive structure of stone and mortar, often adorned with a latticework of steel and wrought iron that provided the tenement houses with steps leading to the front door of each house. Join Marjorie Gottlieb Wolfe as she reminisces about those days when you used to congregate on the stoop to "kibbitz" with your "mishpachah," siblings, friends and neighbors. The stoop was where you would catch up regarding current events, gossip and happenings. It was a place to share stories, too. Marjorie will be signing her two books: "Yiddish For Dog & Cat Lovers" and "Are Yentas, Kibitzers, & Tumblers Weapons of Mass INSTRUCTION?" Tickets for this event are \$7 and can be purchased at the door. This event is open to homeowners, future homeowners, friends and family.

Please join us in the Cinema for a **COMPLIMENTARY seminar** presented by AMAC Senior Services of New York, **"Medicare changes for 2010 and what are the healthcare options for you?"** We will have two seminars, the first Wednesday, November 4th beginning at 1pm, and the second Tuesday, November 10th at 6:30pm. Light refreshments will be served.

HAPPY THANKSGIVING FROM OUR FAMILY TO YOURS!

WHO WANTS TO...

Who wants to go to Atlantic City? I am working on a December trip to the Showboat Casino, and would love your feedback. Would you prefer to take this trip during the week or on the weekend? The bus would depart The Seasons at 8am and return at 8pm. The cost would be less than \$40, and the casino will offer slot play cards to each person that attends. As always, this trip is open to all homeowners, future homeowners and their guests on a first come first served basis. Drop your thoughts in the suggestion box on the second floor of the Club or call my office at 516.307.3627 x101.

November EVENTS

Friday Night Feature Films 7pm Cinema

Medicare Seminar 11/4 at 1pm and 11/10 at 6:30pm Cinema

Holiday Trip to Hunterdon Hills Playhouse 11/14 depart 9am

Homeowners Activity Meeting 11/24 at 7pm Cinema

Tales from the Stoop: A discussion with author Marjorie Wolfe
11/22 12pm tickets \$7

Big Screen FOOTBALL

11/1 NY JETS 1pm

11/1 NY Giants 4pm

11/8 NY Giants 4pm

11/8 NY Jets BYE week

11/22 NY Giants 1pm

11/22 NY Jets 4pm

11/29 NY Jets 1pm



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