



1475 Front Street | East Meadow, New York

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### FROM THE LIFESTYLE DIRECTOR



November is the month of vibrant colors and the crisp, brisk days of fall. The falling leaves and the shorter days are a constant reminder of the passage of time. Thanksgiving is almost upon us and will serve to kick off year's end and the quickly approaching holiday season. We should all take a moment to realize those things, large and small, for which we are to be thankful. Winter, and all that it brings, will soon be here. November is National Diabetes Month, National Epilepsy Awareness Month as well as National Child Safety and Protection Month. In the month of November another Texas Hold'Em Poker tournament will be held on Saturday, November 5, from 11am until 5pm. If the past tournament is any indication this will be a highly successful and well attended event. Seating is limited so sign up early to reserve your spot at the table! Daylight Savings Time ends on Sunday, November 6 please remember to move your clocks BACK one hour. Tuesday, November 8 is Election Day, so get out and vote. Sunday morning Bagel Breakfasts continue to be popular please contact Gloria Edelman at 280-2222 for more information. The Seasons Garden Club will have its monthly meeting on Thursday, November 10 at 7 pm in the Library. Veteran's Day is Friday, November 11. The monthly Pizza Party will be on Friday the 18 followed by that evening's movie presentation. Another evening of Super Bingo will be played on November 19. Please utilize the sign-up sheet in the lobby if you wish to attend. The Jewish Culture Club is scheduled to meet on Wednesday, November 23. Thanksgiving Day is Thursday, the 24th of November. Enjoy!

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**From the Welcome Center** The sales staff would like to thank our terrific construction team for delivering the homes in such a timely manner. We are excited to see that they are preparing to pour the last foundation, Building 7. We would also like to wish everyone a Happy Turkey Day!





# HEALTHY LIFESTYLE



## 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 be open at 9:30am on Tuesdays and Saturdays to allow for the required cleaning.

*Lifestyle Directors Days: Tuesday - Saturday, OFF Sunday & Monday*

## STAYING FIT AT THE SEASONS

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

### SUNDAY

**9:30am | Aerobics |** Aerobics Studio

### TUESDAY

**9:30am | Fit2B Tai Chi |** Aerobics Studio  
**10:30am | Zumba Gold |** Aerobics Studio  
**7pm | Yoga with Linda |** Aerobics Studio

### WEDNESDAY

**11am | Yoga |** Aerobics Studio

### SATURDAYS

**9:30am | Zumba |** Aerobics Studio

## HEALTH

# News

**Did you know** that 25.8 million or 8.3% of Americans have diabetes. It is the 7th leading cause of death in the U.S. and that the total cost of treatment is \$174 billion annually.

### THREE TIPS FOR DIABETES PREVENTION:

- Get more physical activity. Exercise helps you to lose weight and lower your blood sugar.
- Get plenty of fiber. It will improve your blood sugar control, lowers your risk of heart disease and promotes weight loss by helping you to feel full.
- Choose whole grains.

## Cooked vs Raw

- Cooked tomatoes have a higher dose of cancer-fighting lycopene.
- Zucchini or other types of squash deliver more beta-carotene (a building block for Vitamin A) when cooked.
- Eat green peppers raw. You'll get more Vitamin B.
- Eating raw garlic will provide more health protecting antimicrobial power.
- Raw spinach has more Vitamin C and folate. When cooked, spinach is richer in calcium and zinc.

## NOVEMBER | EVENTS

**Texas Hold'Em Poker** tournament is to take place Saturday, November 5 from 11 am to 5 pm.

**The Seasons Plant Club** meets on November 10. The focus of this month's meeting will be 'Holiday Floral Arrangements'.

**Super Bingo** will be played on Saturday, November 19.

**The Birthday Brunch** will be on Sunday, November 27.



### VISIT OUR BLOG

[blog.seasonsateastmeadow.com](http://blog.seasonsateastmeadow.com)



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

### WELCOME to our newest homeowners

**Ken and Carol Hymes**  
Hicksville, NY

**Linda Bruccia**  
Merrick, NY

**Louise Pezzello**  
Franklin Square, NY

**Jerry and Marlene Proct**  
N. Bellmore, NY

**Mary Lawrence**  
Bethpage, NY

**Mel and Phyliss Kitzes**  
Hollis Hills, NY

**Chic and Tammi Lam**  
Syosset, NY

**Ralph and Maureen  
Guadagno**  
Westbury, NY

**Catherine Louie**  
Mendham, NJ

**Phillip Pollack**  
Wantagh, NY

**Joe and Cathy  
Santulli**  
Bethpage, NY

**Jerry and Loretta  
Post**  
Wantagh, NY



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