



FROM THE LIFESTYLE DIRECTOR: **BITTERSWEET OCTOBER!**



October is the mellow, messy, leaf-kicking, perfect pause between the opposing miseries of summer and winter. I was born October 11th, on a rain-chilled day as the colorful leaves littered the ground around Long Island Jewish Center. Over the last few years I have come to know October as Breast Cancer awareness month. And without fully realizing it, I let pink overtake the natural wonders of reds and yellows and browns that come along with this glorious autumn month. Working at the Seasons I am constantly reminded of the ebb and flow of life, and the bitter sweetness of shedding the old and growing into the new.



**How innocent were these trees, that in
Mist-green May, blown by a prospering breeze,
Stood garlanded and gay;
Who now in sundown glow
Of serious color clad confront me with their show
As though resigned and sad,
Trees, who unwhispering stand umber, bronze, gold;
Pavilioning the land for one grown tired and old;
Elm, chestnut, aspen and pine, I am merged in you,
Who tell once more in tones of time,
Your foliated farewell.**

- Siegfried Sassoon, October Trees



THE SEASONS
at East Meadow

1475 Front Street | East Meadow, New York

seasonsateastmeadow.com

516.307.3627

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Seasons Spotlight: Enjoy these photos from our End of Summer Hawaiian Luau...



see more photos inside!!!

HEALTH *News*

Flu season is approaching! Please join The Seasons, as we partner with Maxim Health to bring our homeowners a **Flu and Pneumonia Clinic** on Wednesday, October 7, 2009 from 10am-2pm in the Club. Stop in the Library with your health insurance or Medicare card, and you will receive both shots. If you do not have insurance the cost is \$30 for the Flu shot and \$45 for the Pneumonia shot. Please call the Lifestyle Director if you have any questions.

Commitment to Fitness: Since beginning my commitment to embrace physical fitness in August I have lost more than seventeen pounds. My energy level has

increased, as well as my overall feeling of well being and happiness! I am glad to see so many homeowners using the gym regularly. I invite all of you to join me in the fitness studio every Tuesday in October for a 5:30pm workout. This is a great time to learn how to use the machines if you're a beginner. Our Fitness Club is 25 members strong. Come meet your neighbors while walking on the treadmill, taking a mixed martial arts class, or for a group training session with The Seasons Silver Fox. Water aerobics classes are almost full. If you are still interested in signing up please call Beth at 516-307-3627.

SEASONS SPOTLIGHT! Photos from our End of Summer Hawaiian Luau!



ANNOUNCEMENTS

Please join us Saturday October 3rd, as The Seasons Cinema presents songstress Sybil Evans as she performs a **Salute to Hollywood Musicals**. Tickets are \$20 at the door. Please sign up near the Lifestyle Director's office if you are interested.

Also, performing on Saturday October 17, at 7:30 pm in the cinema is the Music Makers. We hope you'll join us as they entertain us with their show, **Music Through the Decades**. Tickets are \$20 at the door.

There is a **Homeowners Activity Meeting** on Wed. October 14th at 6 pm in the Cinema. All homeowners and future homeowners are encouraged to attend.

We hope you will join us for our **Holiday Day Trip** to Hunterdon Hills Playhouse. Located in West Hampton, NJ, Hunterdon Hills Playhouse is a stunning venue with a menu that is divine. The 2009 Christmas Spectacular is their most popular show, and we were the last group to book seating for the winter season! A coach bus will depart The Seasons at 9am. The lunch menu includes Yankee Pot Roast, Shrimp and Scallops, Roast Turkey with Stuffing, Chicken Cordon Bleu, and Veal Francaise, Roast leg of Lamb, Prime Rib, and vegetarian entrees. After the performance, stretch your legs to the Lakeview Atrium room and feast on a dessert buffet featuring over 50 varieties of cakes and pastries. We will return to The Seasons at 5pm. The cost of the trip is \$81.50 per person (which includes the bus, tax and gratuities, show and lunch). Checks should be made out to The Hunterdon Hills Playhouse, by October 14th. There is seating for 50 people, and this trip is on a first come first served basis. If you plan on inviting friends and family, please be sure to sign up all names in your party on the sign-up sheets outside the Lifestyle Director's office. If you have any questions call Beth at 516-307-3627.

HAPPY BIRTHDAY to our **October Libra's: Gloria Edelman, Beth Silverman, Heather Fuller, Al Girardi and Helene Goldberg.**

HAPPY ANNIVERSARY to **Hal and Joy Reiter**



WHO WANTS TO...

Who wants to host a happy hour in the Club? If you're looking to bring your neighbors together for a potluck happy hour, please call Beth for suggestions on how to make a small, intimate gathering an over the top success. Are you still looking to join a Bridge, Mah Jong or Poker game? There are teams who are still in need of additional players. Please call Beth or stop by the Club for more information.



1475 Front Street | East Meadow, NY 11554

seasonsateastmeadow.com

October EVENTS



A Salute to Hollywood with Songstress Sybil Evans

10/3 • 7:30pm in the Cinema

Flu Clinic 10/7 • 10am-2pm in the Library

Homeowners Activities Meeting 10/14 • 6pm in the Cinema

Music Through the Decades with The Music Makers

10/17 • 7:30pm in the Cinema

Big Screen FOOTBALL

10/4 NY Giants 1pm

10/4 NY Jets 4pm

10/11 NY Giants 1pm

10/18 NY Giants 1pm

10/18 NY Jets 4pm

10/25 NY Jets 4pm

