



### FROM THE LIFESTYLE DIRECTOR: **A FRIENDLY WELCOME!**

The Seasons is busier than ever! With new homeowners moving in each week, I wanted to take the time to showcase The Seasons Welcoming Committee, a division of our Founder's Club. These volunteers are here to help new owners transition through the first few days of moving into their new home in our incredible community. Our Welcoming Committee is available to lend a smile, an ear, directions, a ride to the store, or just to let you know who delivers the best pizza in town. They will knock on your door to remind you about the 7pm Movie, or schmooze over bagels and coffee Sunday mornings in the Club with you. I am so proud to be part of a community where our neighbors aren't just friendly; they go above and beyond the call of duty to make sure everyone feels happy and safe as they embark on the newest season of their lives.



**WELCOMING COMMITTEE MEMBERS from left to right**  
**Front row:** Al Girardi, Anita Girardi, Roseann Hollis, Josephine Reinike  
**Second row:** Piero DelCorso, Karin Kalin, Pat Grzymalski, Fran Corrigan, Joan King, Ed King  
**Third row:** Karl Wegener, Connie Cicio, Fanny Tombros  
**Last Row:** Gloria DelCorso, Harold Sweet, Sandra Frank  
**Not Pictured:** Gloria Edelman, Edes Greenberg, Rosary Solenski



1475 Front Street | East Meadow, New York

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**Seasons Spotlight:** Photos from our July Caribbean Poolside BBQ



**See more photos inside!!!**

# HEALTH *News*

**September 22nd is National "Take a loved one for a checkup" day.** Regular checkups are essential for long term health and well being, so if you've been putting off scheduling a visit to the doctor, now is a great time to make an appointment.

**Thanks to all who came out for our complimentary fitness seminar with The Seasons Silver Fox.** If you couldn't make it to the seminar, it's not too late to sign up for group cardio classes or a private training session in our fitness room. Signup sheets are located on the table directly across from the Aerobic Studio on the second floor of the club. Contact the Lifestyle Director at extension 101 for more information.

**Have you set personal fitness goals for yourself?** Are you feeling a bit overwhelmed? Don't fret! The longest journey begins with one small step. Changing your relationship with food and exercising every day can be overwhelming, even for the most disciplined person. My advice is to start slow, and focus on changing one thing each week. Whatever your fitness goals are, I want to partner with you to help you achieve them. If you are looking for a workout buddy, look no further than my office. I have really enjoyed spending time in the fitness studio with so many of you, and it is my pleasure to show any of our new homeowners how to use all of the machines. Please don't hesitate to call my office and we can set up a time to work out in the gym together!

## SEASONS SPOTLIGHT!



**Please enjoy these photos from our July Caribbean Poolside BBQ.**

# ANNOUNCEMENTS

There is so much happening in September at The Seasons. Stay informed by reading your newsletter, checking the bulletin board in the main entrance of the Club, and by signing up for trips and activities on the second floor of the Club near the Lifestyle Director's office. **Have a suggestion for a trip, a performance, or a movie?** Drop it in the suggestion box, located across from the Aerobic Studio on the second floor of the club. There will be **Homeowner's Activities Meeting** Wednesday, September 9th at 6pm in the Cinema. Come out and meet your neighbors! **We hope you will join us for our first day trip to NYC on Sept. 14th.** A Grey Line Coach bus will pick us up at The Seasons at 10am, and we will depart for NYC. We will spend two hours at Madame Tussaud's, followed by lunch at Lindy's. From there we will pick up our tour guide and take a

two hour guided bus tour of the greatest locations in the big apple. We will return to The Seasons at 6pm. This trip is open to family and friends, and costs \$100.00. Call Beth at 516-307-3627 ext 101 to reserve your seat today! **On September 26th, The Seasons Cinema presents "From Fledermaus to Fiddler"** a night with songstress Arlene Kane beginning at 7:00pm. Tickets are \$20, and friends and family are welcome to attend. Reserve your seat by calling 516-307-3627 ext 101. **NFL Season is here!** If you're a fan of the NFL, please join me in the Cinema on Sunday September 13th for the Jets and Giants Season Openers!!! The Jets game begins at 1pm, and the Giants play at 4pm. (I'm secretly screaming J-E-T-S, JETS! JETS! JETS!) And if you're a Giants fan...well, I guess we can still be friends.



## WHO WANTS TO...

It's not too late to sign up for the **Seasons day trip to NYC!** There are a few seats left on the coach bus! Please call Beth Silverman at 516 307 3627 for details. Who wants to go to Radio City Music Hall, followed by dinner, and seeing the tree in Rockefeller center? The Seasons will be opening reservations for our December trip soon. Please sign up on the second floor of the Club, or call Beth for more information.

# September EVENTS

**Homeowner's Activities Meeting** • Wednesday 9/9 at 6pm in the Cinema

**Seasons Day Trip to NYC** • Monday 9/14 depart 10am

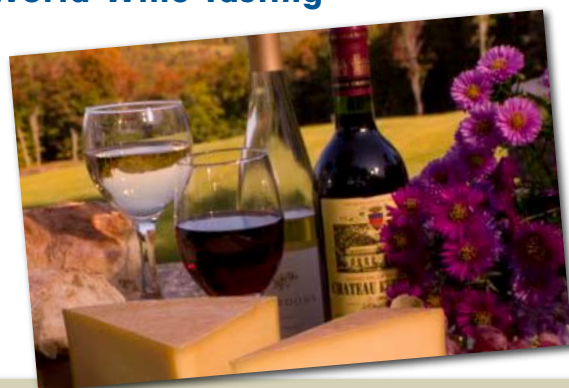
**Meet-n-Greet Around the World Wine Tasting**

Tuesday 9/29 6:30-8:30pm

**From Fledermaus to Fiddler**

with singer Arlene Kane  
9/26 7:30pm tickets \$20

**Sunday Bagels and coffee  
at the Club** • served fresh every  
Sunday 10:30am



### Big Screen BASEBALL

Thurs 9/3 NY METS 3:10pm SNYHD

Sat 9/5 NY YANKEES 1:05pm YESHD

Sun 9/6 NY METS 1:10pm SNYHD

Mon 9/7 NY YANKEES 1:05pm YESHD

Sat 9/12 NY YANKEES 1:05pm YESHD

Sat 9/19 NY METS 1:10pm WPIX

### Big Screen FOOTBALL

NY Jets Season Opener!

Sun 9/13 1pm CBSHD

NY Giants Season Opener!

Sun 9/13 4:15pm FOX

Sun 9/20 NY Jets 1pm CBSHD

Sun 9/27 NY Jets 1pm CBSHD



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