



1475 Front Street | East Meadow, New York

seasonsateastmeadow.com

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FROM THE LIFESTYLE DIRECTOR



Hi, my name is Lillie Cavallari and I am delighted to be your new Lifestyle Director. I come to The Seasons at East Meadows with an extensive background in the field of recreation services. My office is always open and I look forward to meeting and working with you to enhance your leisure time experiences. My workdays are Tuesday's through Saturday's. Many of you have seen me around the grounds and I have been quite overwhelmed by your warm and gracious welcome. I already feel a part of The Seasons family. Please feel free to stop in at the Club and say hello. I am open to your suggestions. We are also welcoming Scott McCool, the new maintenance director, who brings a vast array of knowledge in facility management and operations. Scott works Sunday's through Thursday's and is a highly visible presence on the grounds. I'm sure you will be delighted with his professionalism.

September is the transition month between the summer and the fall. With the new month and the advent of autumn we note the bittersweet passage of time since the tragic events of September 11, 2001. Our hearts and prayers go out to all who lost loved ones on that terrible day. September is National Preparedness Month, Healthy Aging Month, Cholesterol Education Month, and Eye Health and Safety Month. Please take the time to take care of yourself and your loved ones so that you can enjoy all the wonderful things that life has to offer. Upcoming events will include a Labor Day Party scheduled for September 3. The last of this series of Yoga classes will take place on September 7. Tai Chi classes to be held Tuesday mornings, an Italian Fest with music by Carmelo Faglio is scheduled for the evening of Sept. 17 and an evening 'Super Bingo' program will be held on the 24. The Cinema is available for movie screenings as desired. A new showcase has been added and it is located in the lobby of the Clubhouse. Please check it for upcoming programs and those persons to contact for additional information.

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Spotlight on the Welcoming Committee:

We are fortunate to have many wonderful home owners who go out of their way to volunteer their time to welcome all newcomers our community. The Welcoming Committee holds informal receptions often to familiarize newcomers with the 'inside workings' of moving into their brand new home. Welcoming bags are distributed with important information and gift certificates to help them get settled in their new surroundings. Please contact Ellie Kantor at (516) 292.0060 when you join us so your spot at the reception can be reserved.

Just for fun

- Birthstone for September is the sapphire
- Flowers for the month include forget-me-not, morning glory and aster
- September is National Honey Month
- September 11 is Patriot Day as well as National Grandparents Day



SEASONS SPOTLIGHT SEASONS SPOTLIGHT SEASONS SPOTLIGHT



The Long Island Mandolin and Guitar Orchestra performed on Saturday, August 6 much to the enjoyment of those in attendance!

SEASONS SPOTLIGHT SEASONS SPOTLIGHT SEASONS SPOTLIGHT SEASONS

ANNOUNCEMENTS



NEEDLECRAFT CLUB meets on Mondays at 7:30pm.

JEWISH CULTURAL CLUB will be meeting every other Thursday (9/1, 15) at 3:00pm in the library. All are welcome!

MAH JONGG game meets on Mondays at 1pm in the Card Room, Anyone interested please contact Arlene Epstein or just come on by.



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

BAGEL BREAKFAST will be on Sunday, September 4, 11, 18 from 10:30am - 12:30pm in the Card Room. Please contact Gloria Edelman for more information.

THE SEASONS PLANT CLUB will be meeting on September 8 at 7pm.

PIZZA PARTY is Friday, Sept 23 at 6:30pm in the Card Room, please contact Piero Del'Corso if interested in attending.

BOOK CLUB will be meeting on Saturday, September 24 at 11am in the Library.

BIRTHDAY BRUNCH will be Sunday, September 25 from 12pm-3pm in the Card Room. Please contact Gloria Edelman for more information.

WINE & CHEESE is held 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.

SEPTEMBER is National Preparedness Month

Good Health Habits Made Better

- Have a cup of coffee before taking a short 20 minute nap to fight fatigue. You will wake up more refreshed.
- Walk backwards to boost brain power.
- Eat an energizing low-glycemic carbohydrate before your workout.
- Wait an hour after eating to brush your teeth. It is more effective in removing plaque.
- Brew your tea for 5 minutes to fight disease.
- Have medical screenings performed in the morning hours. Medical staff are not as fatigued.

Smart Snacks

- CRAVING SALT?** Snack on a soft pretzel with mustard it's only 290 calories.
- WANT SOMETHING SWEET?** Snack on 10 SweetTarts for about 50 calories.
- ARE YOU THIRSTY?** Sip on unsweetened iced tea for just 4 calories.
- NEED A "REAL" SNACK MEAL?** Snack on a hotdog. With relish and mustard it's 320 calories.



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

WEDNESDAY

11:00am Yoga
Aerobics Studio

SATURDAYS

9:30am Zumba
Aerobics Studio



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



Words OF WISDOM

"A good deed is never lost: he who sows courtesy reaps friendship; and he who plants kindness gathers love".

- Basil



September EVENTS

Yoga Wednesday, September 7 at 11am in the Aerobics Studio and an Evening series of 6 classes with Linda will commence on September 20.

The Seasons Plant Club meets on September 8. Please join us as we plan for next season.

Grandparents Day Celebration is scheduled from 2 - 4 pm on Saturday, September 10. We will have music provided by Blue Heron Entertainment as well as a Clown and Face Painter for the kids!

Patriot Day is September 11. Please bring a candle and join us outside the Club as we lower the flag to half-mast.

Italian Festival Saturday night September 17 with music by Carmelo Faglio. Italian pastries, cheese, fruit and soft drinks will be provided. Please feel free to bring your own wine.

Super Bingo will be played on Saturday, September 24 at 7:00pm.

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blog.seasonsateastmeadow.com



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WELCOME to our newest homeowners

Richard and Mary Kobel
Bayside, NY

Deborah Broner
Brooklyn, NY

Florence Adler
Plainview, NY

Joseph & Arlene Adamo
Massapequa, NY

Joel & Cynthia Katz
Garden City, NY

Bob & Arlene Guardino
Wantagh, NY

Janet DeStefano
Valley Stream, NY

Jack & Joanne Dugan
Garden City, NY

**Fedele & Josephine
Bianchi**
Middle Village, NY

Nancy Davis
Rockville Centre, NY

Gerald & Margie Vance
Coconut Creek, Florida

Paul Tsou
Baldwin, NY

John & Susan Maniscalco
Fresh Meadow, NY

Steve & Cathy Berk
Massapequa, NY

Doreen Murray
Bellmore, NY

Sal & Dolly Vella
Westbury, NY

Deena Garod
Seaford, NY

Doris Maher
East Meadow, NY

Patricia Maher
East Meadow, NY