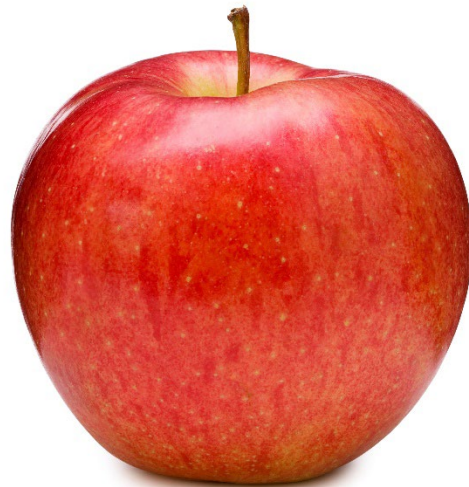


**EGPS
WELCOMES
AGPA
TO
NYC**



2023 AGPA Connect Visitors Guide

Welcome to New York City!

On behalf of the members of the **Eastern Group Psychotherapy Society (EGPS)**, we would like to welcome you back to New York City for AGPA Connect 2023 (68th Annual Institute and 81st Annual Conference) of the **American Group Psychotherapy Association**.

New York City has something for everyone from **restaurants, museums, theater, shopping, parks, and historical sites**. We hope you take some time during your stay to visit "the city that never sleeps." Our Hospitality Guide offers you a quick and handy resource with some of EGPS members' favorite spots. Asterisks indicate favorite restaurant spots recommended by our members.

As an island with excellent public transportation, **Manhattan** offers you easy access to countless activities. We are located centrally in Midtown at the Sheraton Towers, **near 5th Avenue's upscale shopping and the Theatre District, Carnegie Hall, Museum of Modern Art and Rockefeller Center**. If you head downtown, you can visit **SoHo's** wonderful art galleries and restaurants. **Greenwich Village** has delightful coffee shops, restaurants, bookstores, movie theaters and nightclubs. You may enjoy wandering through **Tribeca**, with its artists' lofts, cobblestone streets, and neighborhood cafés. **Little Italy** and **Chinatown** offer shops and markets and restaurants that are definitely worth exploring.

You will find all kinds of information on neighborhoods, sightseeing, entertainment and museums in **The AGPA 2023 Connect Visitor's Guide and other information at the EGPS Hospitality Booth**. We are here to provide help and advice from our friendly EGPS members and Hosting Task Force at the booth. We look forward to greeting you and sharing information. Stop by the booth and say hello.

Our **Hosting Task Force** is chaired by **Fanita Henderson and Teresa Solomita** and assisted by **Jan Vadell**, our EGPS Administrator and Hosting Task Force Consultant. Without her guidance, our mission would have been impossible. **The Hosting Task force includes Jacqueline Ambrosini, Hilary Levine** (EGPS President), **Kathleen Isaac, Jason Marx, Kathleen Ault, Virginia Seewaldt, Nkomo Morris, Elizabeth Schneider, Katherine Mitchell, and Sara Jenkins**.

The Hosting Task Force has come together to help make your AGPA Connect a memorable experience. At our Hospitality Booth you will find many diverse suggestions and resources to make your visit to Manhattan one that hopefully, you will want to repeat many times in the future. We hope your experience with us in New York will be memorable, and that you will find many group opportunities to rekindle longstanding relationships and make new and lasting connections while here in New York.

Welcome to New York!

Hilary

Hilary Levine, PhD
President, EGPS

Fanita & Teresa

Fanita Henderson, LMHC, NCC, CCMHC
Teresa Solomita, LCSW-R, NCPsyA
Co-Chairs, Hosting Task Force

Dining Guide

Here's a sampling of restaurants put together from recommendations of EGPS members, friends, and families. We've attempted to include a variety of prices and cuisines as well as different neighborhoods.

* Items marked with * recommended by EGPS members.

In the New York Sheraton Hotel

Club Lounge)

Reserved for Platinum Members (Or Upgrade by Paying \$75 a Night).

Continental Breakfast, 6:30AM – 10:00AM, M-F; 7:00 AM – 10:30 AM, Sat & Sun.

Hors D'Oeuvres, 5:30 PM – 7:30 PM.

Does Not Serve Dinner.

Cash Bar, until 11:00 AM.

Hudson Market (located in the lobby) –

Breakfast, 7:00 AM – 10:00 AM, Everyday

Starbucks Café

In the main lobby featuring Starbucks drip coffee and a broad menu of Starbucks specialty beverages. Starbucks offers daily grab and go (hot items included).

Mon-Wed, Sun: 6:00 AM-4:30 PM; Thu-Sat: 6:00 AM-3:00 PM

Library Bar/LINK (located in the lobby) – [click here](#)

Dinner/Drinks, 5:00 PM – 12:00 AM; 4:00 PM-12:00 AM

Room Service – All Meals/Snacks; 6:00 AM - 12:30 PM; 4:00 PM-11:00 PM

Affordable Breakfast, Lunch, and Dessert Places Near Hotel

Urban Space - Indoor food mall with 52 vendors. Just around the corner from the Hotel. Located on 52nd Street and 61/2 Avenue. (Yes there is such a place!) This should prove very interesting and the perfect place to have a quick lunch between workshops. [URBANSPEACE](#)

Chop't. - W 51st Street (6th & 7th Avenues). For the budget (and health) conscious, you can't beat it. Great chopped salads with delicious dressings. Tel- 646-374-0360 [choptsalad.com](#)

Le Pain Quotidien- Simple affordable and healthy food choices. Communal Table. W 55th street and 8th Avenue 646-779-8387 [lepainquotidien.com](#)

Margon- 136 W. 46st St. Authentic Cuban Lunch and breakfast, tasty and cheap. 212-354-5013 [margon.has.restaurant](#)

Pick A Bagel - 891 8th Ave. [pickabagelnyc.com](#)

Shake Shack - 691 8th Ave. Great burger and shakes. 646-435-0135. [shakeshack.com](#)

Souvlaki GR - Great Little popular and affordable Greek place close by hotel. 162 West 56th Street. 212-974-7482
souvlakigr.com

Starbucks - In Hotel lobby, also at many other locations 156 West 52nd Street (btwn 6th & 7th Avenues), 52nd and 8th Avenue, 52nd and 7th Avenue, 54th & Broadway

Schnackary's - 362 West 45th St (SE corner of Ninth Ave) great cookies, desserts, and coffee. To go. Worth the wait.
schnackarys.com

Restaurants - Easy Access from Hotel

*** Aperitivo**- 14 E 60th St. Good Italian food and bar. Fun and friendly. aperitivo.com

Ariana Afghan Kebob - 787 Ninth Ave 212-262-2323. Small, affordable, casual family run restaurant. Kadoo Bolanee (fried pumpkin turnover), lamb tikka kebab, and Aushak (stuffed noodles). Try Firnee for dessert. Yum. ariananewyorkcity.com

Jasmine's Caribbean Cuisine - 371 W 46th St. Authentic Caribbean Cuisine. jasminecaribbeancuisine.com

Donburiya - 253 W. 55St. Good affordable Japanese tapas. donburiyany.com

Fogo De Chao Brazilian Steakhouse – 40 West 53rd Street (5th & 6th Avenues). 212-969-9980. Expensive but unlimited meat! fogodechao.com

Five Napkin Burger - 630 Ninth Ave 212-757-2277. Not just **GREAT BURGERS**. snapkinburger.com

***La Grande Boucherie**-145 West 53rd St, French classics and timeless bistro favorites, dazzling 40' glass ceilings, informal, casual dining. Open for breakfast, lunch and dinner. 212-510-7714. boucharie.nyc

***Marea** - Michelin rated, classic Italian Seafood restaurant. Must have reservations and willingness to pay dearly for this dining luxury. Comes highly recommended by several of our members. 240 Central Park South. 212-582-5100 marearestaurant.com

Molyvos - 402 W 43RD ST 212-582-7500. Fine Greek Dining. molyvos.com

Red Eye Grill - 890 7th Avenue (56th street) 212-541-9000. The 2016 Zagat's guide states "...classy mid-towner puts forth a dependable American menu...tons of seafood...vibrant experience."redeyegrill.com

Rue 57 - 60 West 57th (btwn 5th & 6th Avenues). 212-307-5656. French American Brasserie with Sushi Bar! Open for breakfast. Not inexpensive but not as expensive as some places. rue57.com

Patsy's - 236 W. 56th St. Italian Food. 212-247-3491 patsys.com

The Modern - 9 West 53rd Street (btwn 5th & 6th Avenues). This Trendy Restaurant is located in the MOMA Museum 212-333-1220. Expensive! Lunch 12-2; Dinner 5-10:30 themodernnyc.com

Topaz Thai Authentic - 127 West 56th St. 212-247-2277. Lunch Special serving from 11:30 AM until 4 PM.
topezthaiauthentic.com

Trattoria Dell'Arte - 900 7th Avenue (corner of 57th Street) Directly across the street from Carnegie Hall. 212-245-9800. Italian-Artsy-Pricy. Price Fixed lunch-3 courses for \$36. Brunch specials. Very popular with locals and tourists. trattoriadellarte.com

Fabulous Lunch Splurges

***Estiario Milos** - 125 West 55th Street. 212-245-7400. Excellent, and pricey Greek specialties. Much emphasis on fish and seafood. estiatoriomilos.com

***Jean George** - 1 Central Park West (btwn 60th & 61 Streets). 212-299-3900. jean-geores.com

Oceana - 120 West 49th Street. 212-759-5941. Oceana

***Marea** - 240 Central Park South. 212-582-5100. excellent and very expensive. marearestaurant.com

Hell's Kitchen: Easy Walk From The Hotel

Alfie's Kitchen & Craft Beer - 800 Ninth Ave (53rd Street) <https://www.alfiesnyc.com>

***Angelo's Coal Oven Pizzeria** - 117 W 57th St (Broadway) <http://www.angelospizzany.com>
Anejo Tequileria - 668 Tenth Avenue (47th Street) 212-920-4770. Good Mexican food with Great Drinks. <http://anejonyc.com>

Ardesia Wine Bar - 510 West 52nd Street (10th - 11th Ave) <https://www.ardesia-ny.com>

Gallagher's Steakhouse - 228 West 52nd Street (7th - 8th Ave) <https://www.gallaghersnysteakhouse.com>

Gossip Irish Bar & Restaurant - 733 Ninth Ave (49th - 50th) <http://www.gossipbarnyc.com>

***Indian Accent** - 123 West 56th Street. Voted the best Indian restaurant in NYC. It is a dining experience like no other. Highly recommended Splurge. It is like no other Indian you have ever eaten in. Must have reservations. 212-842-8070 <https://indianaccent.com/newyork>

Kausa Peruvian Cuisine & Pisco Bar - 745 Ninth Ave (50th - 51st) <https://www.kausarestaurant.com>

K Rico Steakhouse - 772 Ninth Ave (51st - 52nd) K.Rico Steakhouse

Lilly's Craft & Kitchen - 675 Ninth Ave (46th - 47th) <https://lillicraftandkitchennyc.com>

Marseille - 630 Ninth Ave (44th-45th) 212-333-2323. Upscale French/Mediterranean, atmospheric, very good food, great bar. (reservations strongly recommended) <https://marseillenyc.com>

Meme Mediterranean- 607 Tenth Ave (44th Street) <http://mememediterranean.com>

Mercato Trattoria - 352 West 39th Street 212-643-2000. <https://www.mercatonyc.com>

Nizza -630 Ninth Ave (44th-45th) 212-956-1800. Very good, reasonably priced Italian with French accents. <https://nizzanyc.com>

Norma Hell's Kitchen - 801 Ninth Ave (53rd Street) <https://normarestaurant.com>

Tabata Ramen - 540 Ninth Avenue 212-290-7691 Excellent noodle shop. <https://www.tabatanewyork.com>

Tacuba Cantina Mexican - 802 Ninth Ave (53rd - 54th) <http://tacubanyc.com>

Tulcingo del Valle - 665 10th Avenue (46th- 47th) 212-262-5510. Mexican Cuisine Tulcingo Restaurant

***Victor's Cafe / Cuban Cuisine** - 236 West 52nd Street (7th - 8th Ave) Victor's Cafe

Westville Hell's Kitchen - 809 Ninth Ave (53rd & 54th) <https://westvillenyc.com/locations/westville-hells-kitchen>

Sinigual - A fun and festive authentic Mexican restaurant. Fairly affordable. Amazing and unusual drinks. 640 Third Avenue 212-286-0250 [Sinigual](#)

Theater District:

Becco - 355 West 46th Street (btwn 8th & 9th Avenues). 212-397-7597. Northern Italian, pre-fixed pasta dinner, reasonable prices. Mid-priced. [becco-nyc.com](#)

Bond 45 - 221 West 46th St (btwn 7th and 8th Aves). (212) 869-4545. Wide-ranging Italian menu including steak, seafood & an antipasti bar served in a sprawling space. Very affordable with great yet inexpensive wines as well. [bond45ny.com](#)

Carmine's - 200 West 44th Street (btwn 7th & 8th Avenue). 212-221-3800. Italian, family style, with huge portions so orders can be split, long lines possible, reservations only for groups of 6 or more (also at 2450 Broadway btwn 90th & 91st Streets. [carminesnyc.com](#)

Da Tommaso - 903 Eighth Avenue (btwn 53rd & 54th Streets). 212-265-1890. This is an informal dining experience with great Italian food a short walk from the Hotel. [datommaso8th.com](#)

Estiatorio Milos - 125 West 55th Street. 212-245-7400. To control sky high pricing consider making a meal of the fabulous appetizers. [estiatoriomilos.com](#)

Marseille - 630 Ninth Avenue (44th & 45th Streets). 212 333-2323. French Mediterranean bistro in an absolutely gorgeous setting. [marseillenyc.com](#)

***Marea** - 240 Central Park South. 212-582-5100. Wonderful Italian Seafood. NY # 1 Italian. Sky high prices. [marearestaurant.com](#)

***Victor's Café and Cuba Lounge** - 236 West 52nd Street (btwn Broadway & 8th Avenue). 212-586-7714. Cuban. Good food, good sangria, good pre-theater service. Mid-priced. [victorscafe.com](#)

Virgil's Real Barbecue - 152 West 44th Street (btwn Broadway & 6th Avenue). 212-921-9494. "Best BBQ in NY", good portions, reasonable prices, long lines. Moderate. [virgilsbbq.com](#)

Greenwich Village

Arturo's Coal Oven Pizza - 106 W Houston St. Great Pizza and Italian Food. Live Jazz every night.

Blue Ribbon Brasserie - 97 Sullivan Street - Late Night Dining - Reservations a good idea - A splurge [Blue Ribbon Brasserie](#)

Blue Hill - 75 Washington Place. A splurge. [Blue Hill at Stone Barns](#)

Claudette - 24 Fifth Avenue - French Restaurant - Near Washington Square Park - [Claudette](#)

Cuba - 222 Thompson Street - Cuban Cuisine [Cuba NYC](#)

Il Cantinori - 32 East 10th Street - Great Italian Food - Expensive - [ilcantinori.com](#)

Japonica - 90 University Place - Great Japanese Food - Pricey - [Japonica](#)

Knickerbocker Bar and Grill - 33 University Place - Live Jazz Friday and Saturday Evenings- Late Dining [Knickerbocker Bar & Grill](#)

Little Owl - 90 Bedford Street - Mediterranean Cuisine - Late Dining - [The Little Owl](#)

Loring Place - 21 West 8th Street - [Loring Place](#)

Margaux - 5 West 8th Street (located in The Marlton Hotel) - Fire Place - <https://marltonhotel.com>

Minetta Tavern - 113 MacDougal Street - Expensive - *"Parisian steakhouse meets classic New York City tavern."* [Minetta Tavern](#)

North Square - 103 Waverly Place - Across the Street from Washington Square Park - [North Square](#)

Olive Tree Cafe - 117 MacDougal Street - Live Music Monday Evenings - Late Dining [Comedy Cellar](#)

Osteria 57 - 57 West 10th Street - Italian Cuisine - [Osteria 57](#)

Raoul's - 180 Prince Street - French Cuisine - Reservation a must - [Raoul's](#)

Rosemary's - 18 Greenwich Avenue - Italian Cuisine - [Rosemary's](#)

West Side (below 42nd St):

***Estiatorio Milos** - Amazing Mediterranean Seafood Restaurant at Hudson Yards. It overlooks the Vessel, the Hudson River and New Jersey Skyline. It is a super splurge, more affordable at lunch or brunch. 20 Hudson Yards, fifth floor. 646-907-1970 estiatoriomilos.com

Keens Steakhouse - 72 West 36th Street (5th & 6th Avenues). 212-947-3636. Steakhouse and pub, fireplace, speakeasy atmosphere, good meats. Expensive. keens.com

Le Zie 2000 - 172 7th Avenue (20th & 21st Streets), Chelsea. 212-206-8686. Italian home-style food, very good service, homemade pasta. lezie.com

Tea & Sympathy - 108 Greenwich Avenue (Village) (12th & 13th Streets). 212-807-8329. great Tea Shoppe, tiny eating area, good English favorites, a fun destination. teaandsympathy.com

Favorite Vegetarian/Vegan Restaurants

***Blossom** - Refined Vegan dining. Upper West Side 507 Columbus Avenue (Between 84th and 85th streets) 212-875-2600. [Blossom](#)

***Délice & Sarrasin** Outstanding Vegan French. Savory and sweet crepes. West Village 20 Christopher St. (b/w Gay St. & Waverly Pl [Délice & Sarrasin](#)

***Dirt Candy** - Award winning Vegetarian. Must have reservations. Prix Fixe dinner. Has been recognized by the Michelin Guide. On the Lower East Side. 86 Allen Street 212-228-7732. [Dirt Candy](#)

***Hangawi** - This is a highly recommended Korean Vegan restaurant that is known for its creativity and culinary awards. (Midtown East) 12 E 32nd St, New York, NY 10016. (212) 213-0077. [Hangawi](#)

Le Botaniste- "The only organic, plant based and carbon neutral restaurant in NYC"(from their website). Four locations: Upper East Side: 833 Lexington Ave. (and 63rd street), 917-262-0766; Midtown East: 666 Third Avenue (43rd St.) 917-261-6728; SOHO: 127 Grand Street 646-870-7770, and Upper West Side: 156 Columbus Ave. 646-998-4605 [Le Botaniste](#)

P.S. Kitchen - Place for vegan plates & bar snacks with style, donating all of its profits to charity. (Theater District) 246 W 48th St. 212-651-7247 [P.S. Kitchen](#)

***Peacefood Downtown** 41 East 11th St (at University Place) [Peacefood Downtown](#)

***Peacefood-Uptown** 460 Amsterdam Ave (at 82nd St -Upper West Side) [Peacefood Uptown](#)

Spicy Moon Delicious Vegan Szechuan with two locations. East Village: 328 East 6th St. 646-429-8471. West Village: 68 West 3rd St. 646-590-1390 [Spicy Moon](#)

***Urban Vegan** - "Vegan Comfort Food" Creative drinks come both with or without alcohol. West Village 41 Carmine St. 646-438-9939 [Urban Vegan](#)

***Vatan** - Indian Vegan/vegetarian Restaurant. 409 Third Avenue in New York City between 28th and 29th Street (Look for the Elephant!) 212-689-5666. Unique and charming ambience. Very helpful waitstaff. [Vatan](#)

Upper West Side

Take in a new neighborhood, an easy subway or moderate walk. Take the #1 subway from 50th street and Broadway for 5-10 minute ride to the Upper West Side (UWS). On the UWS you will find great shopping, fine dining and easy access to Riverside Park, Central Park, Carriage Rides, Strawberry Fields, Imagine, The Legendary Dakota, Museum of Natural History, New York Historical Society, Lincoln Center, Time Warner Shopping Mall, the Turnstile Underground Shops at 59th Street and Columbus Circle. AMC Lincoln Square 13 theaters. All within walking distance from the #1 Subway.

***5 Napkin Burger** - Casual, fun burger joint. Great place to bring kids. [5 Napkin Burger](#)

72 Street Thai Great food and comfortable atmosphere. Strongly suggest reservations. 128 West 72 Street. 212-496-6153. [THAI72](#)

***Ashoka** - Indian food with both Northern and Southern influences. 489 Columbus Ave. (bw 83rd & 84th) 212-875-1400 [Ashoka Indian Restaurant](#)

***Atlantic Grill** 50 West 65th St (at Lincoln Center Plaza) "the freshest seafood from the Atlantic Ocean and Mediterranean Sea, the finest cuts of meat and local produce with Chef Antonio's signature Mediterranean Flare" [Atlantic Grill](#)

Bella Luna - Reasonably priced quality Italian dishes and a personable staff. A true neighborhood restaurant! 574 Columbus Ave (at 88th St.) 212-877-2267 [Bella Luna](#)

***Bodrum** - Quality Turkish / Mediterranean with delicious brick oven pizzas 584 Amsterdam (bw 88th & 89th) 212-799-2806 [Bodrum](#)

***Bustan** - Israeli/ Northern African/"pan-Mediterranean" Excellent innovative dishes. 487 Amsterdam Ave (bw 83th & 84th Sts.) 212-595-5050 [Bustan](#)

***Cibo e Vino** Northern Italian menu is frequently updated with new and exciting dishes. 2418 Broadway (at 89th St.) 212-362-0096 [Cibo e Vino](#)

***Crave Fishbar** - NYC's first 100% sustainable seafood restaurant. 428 Amsterdam Ave (bw 80th & 81st Sts.) 646-494-2750 [Crave Fishbar](#)

***Dagon** -Excellent "Israeli cuisine with Levantine influences" a little pricier, but the food is creative and outstanding. Reservations needed. 2454 Broadway at West 91 St. (212) 873-2466 [Dagon](#)

***Elea** - Excellent Greek - Great Luncheon Special. Reservations are essential on weekends. 217 West 85th Street. 212-369-9800. [Eléa](#)

***Gazala's** - Druze Israeli - Spacious indoor dining area [Gazala's](#)

Han Dynasty - Very good and popular Chinese Restaurant. Reservations are a must on the weekend. 215 West 85th Street. 212-858-9060. [Han Dynasty](#)

***Jin Fong** - Chinese dim sum. Originated in Chinatown in 1978 and then added a restaurant on the UWS 380 Amsterdam (at 78th St.) [Jin Fong](#)

***La Sirène** - Authentic French Bistro. Reservations strongly suggested. 416 Amsterdam Ave. (at 80th St) 917-261-5279 [La Sirène](#)

Leyla - Superb Mediterranean Restaurant. 108 West 74 Street. 347-334-7939. [Leyla](#)

Lilly's Wine Bar - Good food and wine. Affordable neighborhood place. 50 West 72 street. 212-799-4140. [Lilly's Cocktail & Wine](#)

***Lincoln Ristorante** - Exceptional cuisine in a beautiful and relaxing setting. A Splurge for a very special occasion. At Lincoln Center. 142 West 65th Street. 212-359-6500. [Lincoln Ristorante](#)

***Manny's Bistro** - Great French food and wine at reasonable prices. Good service, friendly wait staff and French ambiance. Feels like you're in Paris! 225 Columbus Ave (b/w 70 and 71 Sts) (646) 882-0110 [Mannys Bistro](#)

Momoya - Traditional and Inventive Japanese fare 421 Amsterdam Ave (bw 80th and 81st) [Momoya](#)

***Nice Matin** - Elegant French Provençal-inspired bistro (pricier than average) Wine Spectator Grand Award-winning wine list. Reservations strongly recommended. 201 West 79th St. (Entrance on Amsterdam) 212-873-6423 [Nice Matin](#)

***Pekerna** - "New American" restaurant, mixology cocktail bar and event venue that hosts "pop-up shows" (tickets required for shows). Elevated pub grub. 594 Amsterdam (89th St) (646) 974-9070 [Pekerna](#)

***Plum** Cosy and casual Vietnamese. Excellent pho, bahn mi, curry dishes and more. Kimchi Fries are out of this world! 210 West 94th St. (bw Broadway & Columbus) 646-884-4289 [Plum](#)

***Rosa Mexicano** Very good Mexican Fare. Noisy, festive environment. Just across from Lincoln Center. Must have reservation. 61 Columbus Avenue (Near 62nd Street) 212-977-7700 [Rosa Mexicano](#)

***Shalel Lounge** - Like eating in an exotic cave. Great Middle Eastern food, and sangria to share. 22 West 70th Street. 212-777-9988. [Shalel Kitchen](#)

***Tessa** - "Modern American... with an emphasis on Italian and French fare" 349 Amsterdam (bw 76th and 77th) 212-390-1974 [Tessa](#)

The Smith - Trendy, noisy, young and lots of fun. Just across from Lincoln Center. 1900 Broadway (at 63rd Street) 212-496-5700. [The Smith Restaurant](#)

Nearby Happy Hour

Blue Seafood Bar and Eatery - Specializes in fish dishes and Mediterranean Fare. 856 9th Ave at 56th Street. Happy Hour daily 212-757-7511 [Blue Seafood Bar](#)

Bocca di Bacco - 828 9th Avenue 212-265-8828 [Hours + Location](#) | [Bocca di Bacco](#) | [Authentic Italian with a Modern Twist in NYC - Theater District, Hell's Kitchen and Chelsea](#)

Copper Johns - 160 WEST 54th Street [Copper Johns](#)

Empire Steakhouse - 237 West 54th Street Happy Hour daily 4-7 PM. 212-586-9700. [Empire Steak House](#)

Faces and Names - 159 West 54th Street [Faces & Names](#)

Flute Champagne Bar - 204 West 54th Street [Flute Bar](#)

Iguana New York - 240 West 54th Street [Iguana NYC](#)

Quality Bistro - 120 West 55th Street [Quality Bistro](#)

Redeye Grill - 890 7th Avenue (between 56th & 57th Street) [Redeye Grill](#)

Rosie O'Grady's - 800 7th Avenue (52nd Street) - Steak & Seafood Restaurant [Rosie O'Grady's](#)

RPM Underground - 246 West 54th Street- Karaoke Bar - [RPM UNDERGROUND](#)

The Three Monkeys - 236 West 54th Street [The Three Monkeys - NYC](#)

ViceVersa - Local Italian favorite with a Happy hour. Homemade pasta specials. Hell's Kitchen. 325 West 51st Street. 212-399-9291 [ViceVersa](#)

Vida Verde - 248 West 55th Street - Mexican Cuisine [Vida Verde](#)

HELPFUL LINKS FOR NYC VISITORS

<https://www.visitacity.com/en/new-york-city/activities/all-activities>

[Curb New York City](#)

<http://www.nonsensenyc.com/links/>

[Our official apps: MYmta, TrainTime](#)

[Eater NY](#)

[Where is my Train - Apps on Google Play](#)

[The Skint](#)

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[Wheelchair Travel New-york-city/attractions/](#)

Museums:

Many museums are closed on Mondays. Please check before you head over.

American Museum of Natural History - 200 Central Park West (79th St & CPW). 212-769-5200. Open Daily from 10am-5:30pm. Be sure to see the Dinosaur Exhibit, the Rose Center for Earth & Space (truly spectacular), and the Gems. [American Museum of Natural History](#)

Fotografiska - 281 Park Avenue South (at 22nd Street). Newest Photo museum with the goal to inspire a more conscious world through photography. Open 363 days a year. [The Museum of Photography - Fotografiska New York](#)

The Frick Collection - Temporary location: 945 Madison Avenue at 75th St. 212-288-0700. Tuesday-Sunday. Mansion with paintings, sculpture, decorative arts that are incredibly beautiful. [The Frick Collection](#)

Guggenheim Museum - Fifth Avenue & 89th Street. 212-423-3500. Frank Lloyd Wright landmark. Closed Thursday. [Guggenheim Museum](#)

Metropolitan Museum of Art - 5th Avenue (82nd Street). 212 879-5500. Note the recommended admission is \$20, but give as you wish. Especially if you just want to briefly check it out. Closed on Wednesdays. [The Metropolitan Museum of Art](#)

The Museum of Modern Art - 9 West 53rd Street (btwn 5th & 6th Avenues). 212-708-9400. Recently renovated. [MoMA](#)

Museum of Jewish Heritage - 36 Battery Place. Monday – Friday 9am – 5pm (closed Saturday). 646-437-4202. [The Museum of Jewish Heritage](#)

Schomburg Center for Research in Black Culture - a world-leading cultural institution devoted to the research, preservation, and exhibition of materials focused on African American, African Diaspora, and African experiences. 515 Malcom X Boulevard at 135th Street, 917-275-6975, Monday- Saturday 10-6, Friday, 12-6. [Schomburg Center for Research in Black Culture | The New York Public Library](#)

Museum of Sex - Intimate museum chronicling the evolution of human sexuality. An ever changing exhibit. 233 Fifth Avenue at 27th street. 212-689-6337. [Museum of Sex](#)

National Museum of the American Indian - One Bowling Green (Old Custom House) (btwn State & Whitehall Streets). 212-574-3700. Open daily 10am-5pm. [National Museum of the American Indian](#)

Neue Gallery - 1048 5th Avenue (86th Street). 212-628-6200. Early 20th Century German and Austrian art owned by the Lauder Family. Closed Tuesday & Wednesday. [Neue Galerie](#)

New Museum of Contemporary Art - 583 Broadway (Prince-Houston). 212-219-1222. Closed Monday. Open Thursdays until 9pm. [New Museum](#)

New York Historical Society - 2 West 77th Street (Central Park West) 212-873-3400. Closed Monday. Open until 8pm on Saturdays. [Visit | New-York Historical Society](#)

The Rubin Museum - Dedicated to the Art of the Himalayas. 150 West 17th Street (btwn 6th and 7th Avenues) 212-620-5000. Closed Tuesday. Wednesday thru Monday opens at 11:00 AM. Late night Friday closes at 10:00 PM [Rubin Museum of Art](#)

The Tenement Museum - 103 Orchard Street. Daily 10 am-5 pm. 212-982-8420. [Tenement Museum](#)

Whitney Museum of American Art - 99 Gansevoort Street. 212-570-3600. New amazing location at the beginning of Highline Park south of 14 Street near 10th Avenue. One of the world's pre-eminent collections of 20th century American art. [Whitney Museum of American Art](#)

Theater (off the beaten path or other than Broadway):

These are shows or special venues that are member favorites.

Brooklyn Academy of Music – 651 Fulton Street, Brooklyn. AGUA “The most luminous, sexy, entertaining piece Bausch made- the Guardian” Mar 3-19. Dance performance. [BAM | The Sign in Sidney Brustein's Window](#)

Classic Stage Company – 136 E 13th Street. black odyssey <https://www.classicstage.org/current-season/black-odyssey>

*Longacre Theater – 220 W 48th Street (yes on Broadway, but came highly recommended by a member). Leopoldstadt <https://leopoldstadtplay.com/>

Park Avenue Armory - 643 Park Avenue, New York, NY 10065 - LOVE
[LOVE : Program & Events](#)

The Public Theater – 425 Lafayette Street. The Harder They Come
<https://publictheater.org/productions/season/2223/the-harder-they-come/>

The Public Theater – 425 Lafayette Street. Dark Disabled Stories
<https://publictheater.org/productions/season/2223/dark-disabled-stories/>

Rattlestick Theater - 224 Waverly Place (Manhattan) "Amani" (playing through March 5th - Post Show Conversations on March 3rd and 4th) 212-627-2556 ["Amani" at The Rattlestick Theater](#)

The Shed 545 W 30th Street. Misty <https://theshed.org/program/264-misty-by-arinze-kene>

Signature Theater: Pacific Overtures <https://www.sigtheatre.org/events/202223/pacific-overtures/>

Signature Theater: Selling Kabul <https://www.sigtheatre.org/events/202223/selling-kabul/>

St. Ann's Warehouse: The Jungle <https://stannswarehouse.org/show/the-jungle-2023/>

Recreation:

Ice Skating.

1. **Ice-skating at Rockefeller Center** -- At 5th Avenue between 49th & 50th Streets 212-332-7654. see [The Rink at Rockefeller Center | NYC's Iconic Rink](#) Admissions, skate and locker rentals are cash only.
2. **Ice-skating at Bryant Park** - The only free ice skating rink in the city. Between 40th and 42nd Streets and 5th and 6th Avenues. [Bryant Park](#)

Favorite Walks:

1. **Riverside Park** - From hotel walk west to the river and North to 60th street. [Riverside Park Conservancy](#)
2. **Central Park** walk to 59th St and enter the park. There are miles of paths in Central Park. Take the 7th Avenue subway #1 to 72nd Street then change to express #2 or 3 to 110th Street Central Park West/110th Street and walk around the Harlem Meer (Lake). See www.centralparknyc.org for downloadable maps for walking, biking and running in the Park.
3. **High Line Park**-newest NYC Park - built on old historic rail tracks high above NYC streets in Chelsea. This is a unique one of a kind walking space that looks out to the Hudson River from Hudson Yards/34th Street to its most southern entrance at Gansevoort & Washington Streets at 14th Street. WONDERFUL EXPERIENCE-GREAT WALK. [High Line - NYC](#) Closest subway stops are 14th Street on A,C,E or #7 at Hudson Yards. Seasonal hours of 7am to 7pm. Elevator Status: [Elevator Status | The High Line](#)

4. **Walking across the Brooklyn Bridge** - Beautiful views of the Manhattan and Brooklyn skylines. take the A or C train to the High Street-Brooklyn Bridge subway stop and follow the signs. Incredible views from Cadman Plaza West and Cranberry and Henry Streets. Cross to the park, and take the footpath that is on the far left. The pedestrian stairway will be under the bridge. From Manhattan, you enter the bridge near City Hall, right along Centre Street. Nearby trains include the 4, 5, 6, J, Z and R lines. See [Walking Across the Brooklyn Bridge](#)

5. **Brooklyn Bridge Park** - An 85-acre world-class waterfront park with rolling hills, riverfront promenades, lush gardens, and spectacular city views. Take the A or C train to High Street, head north on Cadman Plaza West towards Middagh Street, continue on to Old Fulton Street, turn left to remain on Old Fulton St and Continue on to Furman Street. Destination on the right. [Brooklyn Bridge Park](#)

Other Only in New York Activities:

1. **Hudson Yards** Newest development in New York City. Many shops, restaurants, and an architectural wonder, The Vessel. Admission is free, but you must have reservations. [Vessel | Hudson Yards](#)

2. **Chelsea Piers** - Hudson River, 12th Avenue between 17th -23rd Streets. 212-336-6666 or see [Chelsea Piers](#) . Every sport imaginable! Including golf driving range, tennis, bowling, in-line skating, ice-skating, roller skating, rock-climbing, restaurants, and more.

3. **Biking in the Park** - There are 2 bike rental stations nearby: CPW Central Park South/59th Street and 58th Street and 68th St and 6th Avenue. Call 212-541-8759 or 917-283-2453 or see www.rentalbikenyc.com for more information and Broadway and 57 St. Citibike offers day passes with bike stations at 7th , 6th & 5th /Grand Army Plaza and Central Park South/59th Street. See www.citibikenyc.com number to call which I suppose gives recorded directions. You use a credit card. (855)2453311. Ride in a counter-clockwise direction.

4. **Central Park Zoo** – Enter at 64th Street & 5th Avenue. Call 212-439-6500 or see www.centralparkzoo.com for downloadable map, tickets, animal feeding times and special seasonal events.

5. **Central Park Fitness** – year-around events for group yoga and running. Reservations required. See [Central Park Yoga Classes](#)

6. **9/11 Museum and Memorial** Take a 90 minute, very informative tour, followed by a visit to the museum and One World Observatory. Must plan ahead and make reservations. [9/11 Ground Zero All Access Tour](#)

7. **Little Island** – Peir 55, Hudson River Park West at 13th Street. Little Island is a new public park, located in Hudson River Park, where all New Yorkers and visitors can experience nature and art in a unique urban oasis on the Hudson River. [Little Island](#)

Special Events

American Museum of Natural History: Meet T. rex: the Ultimate Predator. The Serengeti: Experience one of nature's most spectacular events-the annual migration in the Serengeti-on a 40' high and 60' wide screen. [American Museum of Natural History](#)

Metropolitan Museum of Art New exhibit opening January 26: Beyond the Light: Identity and Place in Nineteenth-Century Danish Art. [Beyond the Light: Identity and Place in Nineteenth-Century Danish Art - The Metropolitan Museum of Art](#)

Museum of Modern Art has been redesigned and expanded to make it more readily accessible and enjoyable. It is a very short walk from the hotel. Do not miss this opportunity to see this legendary museum. Guillermo del Toro: Crafting Pinocchio, Mark Rothko [MoMA](#)

New York Botanical Garden's Orchid show runs starting February 18 through April 23, 2019. If you are into flowers this is a sensory delight. [Orchid Collection » New York Botanical Garden](#)

Music:

March 8, 2023-Amateur Night @ The Apollo Theater in Harlem [Apollo Theater](#)

Chamber Magic

*Steve Cohen's Chamber magic. Four shows weekly. "A riveting evening of mind blowing interactive magic. Two shows daily on March 3,4, 10 and 11. Small audiences. Conveniently located at 50th and Madison. [Chamber Magic](#)

Opera

The Metropolitan Opera, Lincoln Center, NYC

March 4, 7, & 11, 2023 La Traviata

March 4 &8, 2023 Norma

[Metropolitan Opera](#)

Sporting Events

Basketball

March 7, 2023, 7:30 pm -New York Knicks. Vs Charlotte Hornets (Basketball), Madison Square Garden, NYC, <https://www.ticketnetwork.com/tickets/5274875/new-york-knicks-vs-charlotte-hornets-tickets-tue-mar-7-2023-madison-square-garden>

Hockey

March 7, 2023, 7:30 pm - New York Islanders vs. Buffalo Sabres, UBS Arena, Belmont Park, Long Island, NY, [New York Islanders vs. Buffalo Sabres Tickets Mar 07, 2023 Belmont Park - Long Island, NY | Ticketmaster](#)

SOME ACCESSIBLE VENUES IN NYC

American Museum of Natural History - 79th Street & Central West. 212-769-5200. Be sure to see the Dinosaur Exhibit, the Rose Center for Earth & Space (truly spectacular), and the Gems. [American Museum of Natural History](#)

The Frick Collection - 5th Avenue & 70th Street. 212-288-0700. Tuesday-Sunday. Mansion with paintings, sculpture, decorative arts that are incredibly beautiful. [The Frick Collection](#)

Guggenheim Museum - Fifth Avenue & 89th Street. 212-423-3500. Frank Lloyd Wright landmark. Closed Thursdays [Guggenheim Museum](#)

Metropolitan Museum of Art - 5th Avenue (82nd Street). 212 879-5500. Note the recommended admission is \$20, but give as you wish. Especially if you just want to briefly check it out. [The Metropolitan Museum of Art](#)

The Museum of Modern Art - 9 West 53rd Street (btwn 5th & 6th Avenues). 212-708-9400. [MoMA](#)

Museum of Jewish Heritage - 36 Battery Place. Monday – Friday 9am – 5pm (closed Saturday). 646-437-4202. [The Museum of Jewish Heritage](#)

CENTRAL PARK

[Central Park Access map](#)

ACCESSIBLE TRANSPORTATION

Subways near hotel & recreation listings with wheelchair accessible elevators:

Near hotel

49th & 7th Avenue: for northbound-only lines of N-R-W

47-50th Street/Rockefeller Center@ 6th Avenue: via NW corner of 6th & 49th Street for lines E-B-D-F-M

For travel to & from 72nd & Bway for Central or Riverside Parks - 59th Columbus Circle: via NW corner of Columbus Circle & Central Park West or SW corner of 8th Avenue & Columbus Circle for lines A-B-C-D-1

72nd Street & Bway: via north side for lines 1-2-3

ACCESSIBILITY RESOURCES

NYC Accessible NYC Restaurant Guides:

Quiet NYC Restaurants: [Quiet List - New York, New York | SoundPrint](#)

Wheelchair Friendly Restaurants Locator:

[NYC Wheelchair Friendly Restaurant Locator](#)

Mayor's Office for People with Disabilities Recreation and Culture Guide: [Recreation & Culture - MOPD](#)

APP: Online Accessible NYC Restaurant Menus (for low vision/blind/curious diners): [Menus4ALL](#)

APP: iAccess Life (crowd-sourced reviews of wheelchair accessible of restaurants) [iAccess Life](#)

Accessible NYC Travel Guides:

Basic Accessibility Information: [Accessibility Information | NYCgo](#)

Guides & Tips for Traveling With a Disability in New York City:

- [Visiting NYC with Special Needs](#)

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New York City Wheelchair Accessible Travel Guide: [New York City Wheelchair Accessible Travel Guide - WheelchairTravel.org](#)

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Wheelchair accessible taxis: [Accessible Dispatch - TLC](#)

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Wheelchair Accessible Transportation in NYC | MTA & Taxis [Wheelchair Accessible Transportation in NYC | MTA & Taxis](#)

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COVID-19 RAPID TEST INFORMATION

The site, NYC COVID-19 Test Site Finder, <https://maps.nyc.gov/covid-testing/#/.locations>, makes it easy to find testing sites. Just put in the zip code, and it gives you the testing sites in the area where you can pick up free tests. Below are a few close to the Hotel zip code 10019:

NY Public Library, Columbus

Rapid Test Pickup Site 0.2 mi

742 Tenth Avenue, Manhattan, NY, 10019

Test Type: (2+ years old)

Walk-Ins Welcome

NO COST, regardless of insurance or immigration status

Day/Hours

Monday	12:00pm - 04:00pm
Tuesday	12:00pm - 04:00pm
Wednesday	12:00pm - 04:00pm
Thursday	12:00pm - 04:00pm
Friday	12:00pm - 04:00pm
Saturday	Closed
Sunday	Closed

NY Public Library, 53rd Street

Rapid Test Pickup Site 0.7 mi

18 West 53rd Street, Manhattan, NY, 10019

Days/Hours

Monday	12:00pm - 04:00pm
Tuesday	12:00pm - 04:00pm
Wednesday	12:00pm - 04:00pm
Thursday	12:00pm - 04:00pm
Friday	12:00pm - 04:00pm
Saturday	Closed
Sunday	Closed

Walk-Ins Welcome

NO COST, regardless of insurance or immigration status

Cultural Site, American Museum of Natural History

Rapid Test Pickup Site 1.3 mi

200 Central Park West, Manhattan, NY, 10024

Days/Hours Open

Monday	Closed
Tuesday	Closed
Wednesday	10:00am - 05:00pm
Thursday	10:00am - 05:00pm
Friday	10:00am - 05:00pm
Saturday	10:00am - 05:00pm
Sunday	10:00am - 05:00pm

Walk-Ins Welcome

NO COST, regardless of insurance or immigration status

NYC Parks, Constance Baker Motley Rec Center

 Rapid Test Pickup Site 1.4 mi

348 East 54th Street, Manhattan, NY, 10022

Days/Hours Open

Monday	10:00am - 8:00pm
Tuesday	10:00am - 8:00pm
Wednesday	10:00am - 5:00pm
Thursday	10:00am - 8:00pm
Friday	10:00am - 8:00pm
Saturday	9:00 am - 3:00 pm
Sunday	Closed

Walk-Ins Welcome

NO COST, regardless of insurance or immigration status

Any CVS should have tests (probably for a fee).

241 West 57th St New York, NY 10019, 212- 247-5848, <https://www.cvs.com/content/coronavirus>

Open 24 hours (Pharmacy is closed 1:30- 2:00 PM for lunch)