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Downtown 1



The High Line

OCTOBER

Covid living

One of our members mentioned she's been living in South Hampton since July. She said there are still a lot of people around, even though it's off season. She said she has a nice view of a lake and the woods.

Another member said she eats out frequently with one friend at a time. She recommended having dinner at 5:00pm when there are much less people around. The younger people don't come out to eat until later in the evening. She's also been taking day trips by the river with one friend at a time. The ferry will take you to Dumbo (Brooklyn), Brooklyn Heights and Red Hook. It's lovely up on the deck, such a beautiful ride on the river. She mentioned a planned trip to the Guggenheim and also to the Whitney Museum. You have to book the time you want to visit in advance. It's nice to have a bite with someone afterwards. It feels better to be able to go out and do things.

She mentioned she also takes the ferry on off-times like 11:00-11:30am. You can socially distance and there's so much to do and see. She remarked also on a trip she took to Cold Harbor on a beautiful fall day.

Another commented that she appreciated the plastic partitions between diners at restaurants when eating outdoors.

What are the positives of this pandemic?

One member mentioned she can now tolerate her curly hair. Another is reading more books. Another has become friendlier with her neighbors who she wouldn't have met before.

It was felt that the pandemic exposed the issues about mail-in ballots and the slowing or lack of postal service in some areas. Some are saving money by not going out and buying clothes, and they have been able to make more donations to charities.

One member mentioned she donated some art to a new medical center in her town, and they then asked for her price list so they could purchase more of her art. She's been very happy with the care she's received there.

Another member mentioned she's relieved that she's doesn't have to have a job anymore and how grateful she is to be at this point in her life.

It was great to hear other experiences and how we've adapted to the pandemic. We can support each other.

NOVEMBER

More Covid living

Many members are starting to go out to eat again. There was a recommendation to go to L'Artusi at 228 West 10th Street in the West Village. This member said she goes there for take-out, and the food is delicious. They don't take reservations. She said they have outdoor dining. Find out more at <https://www.lartusi.com/>.

This member mentioned she's also living out of the city for the past few months and is in no rush to return.

It was mentioned that the McBurney Y on 14th Street between 6th-7th Avenues is now open Monday through Thursday and again on the weekend. There are also yoga classes available at East West Institute on 13th Street between 7-8th Avenues. There are also classes available through Senior Planet including chair yoga. You can subscribe to their weekly newsletter for the latest info at <https://seniorplanet.org/get-involved/newsletters/> and fill out their form with your email address. I was surprised to learn they have six locations across the country.

Health and well-being

There was a debate about physicians charging for you for services in the hospital if they tend to you vs. hospital doctors.

One of our members shared a recent trip to the emergency room due to an EKG reading she had at her doctor's office. She didn't have any symptoms of a heart attack. She said it was a fascinating experience at the hospital and at the end of all the tests, everything was completely clear. She thought the next logical step would be a stress test. It was suggested she write about her experience for The Caring Times Newsletter – do's and don'ts of the emergency room experience.

When it's your heart, you really don't have another option but to have yourself checked out. It's a terrible thing to put someone through, particularly if you want to avoid a crisis. Just because there are no symptoms, it doesn't mean something isn't going on – particularly in women because we experience those symptoms differently than men.

One of our members mentioned she's having physical therapy in midtown and how the parking has become even more challenging because the outdoor dining has taken away so many parking spots in front of restaurants.

There was a discussion about organic groceries in the neighborhood. There's a great one on Third Avenue and 16th Street, on the southwest corner and Natural Frontier, also on Third Avenue between 24th-25th Street. There's Lifethyme Market on 6th Avenue off 8th Street in the Village and another health food store on Broadway between 13th-14th Streets.

It was noted that keeping one's balance when walking in general is trickier wearing a mask. Many of us recommended checking back at a presentation the Caring Collaborative had last year from Carol Clements because many of us bought her book "Better Balance for Life." Yes, mine is on the nightstand waiting to be read!

One member remembered something Ms. Clements said during her presentation, that the shoulders belong to your back. Hold in your stomach and your butt. When you must lift something, lift from the abdomen core muscles. And think of your head as a helium balloon.

Have you read any good books lately?

Some of our members don't have as much patience in reading books as they used to. Others are reading a lot and made some recommendations including "Caste" (a history of the caste system) which is on the best seller list. "The History of Racism" which they said was fascinating. It gives the reader insight into what slavery has done to the black population.

Downtown East



Gramercy Park

NOVEMBER

Inoculations

We started with a discussion to make sure everyone got their flu shot. Then a member asked about the Shingrix shot. It was mentioned that it wasn't covered under Medicare if you get the shots in your doctor's office – two shots are needed between two-six months apart. One of the members clarified that Medicare D (the part covering prescription drugs) does, indeed, cover the shot; that's why pharmacies cover it.

Thanksgiving Day

Many of us aren't sure what we're doing on Thanksgiving Day, if anything at all. Some of us may prepare a special meal for another and some may prepare a special meal for ourselves. One member mentioned how much she enjoyed feeding the homeless on that day, but obviously that's no longer an option.

There was a mention of watching the history of television on YouTube – as a distraction that day. It's a series of interviews that you can watch at any time. Someone mentioned that although YouTube is free, with ads, she decided to go with the premium version instead. She mentioned that she listens to programs before bed and how much better it is without the ads, so much so that sometimes she falls asleep listening. She commented how much better the experience is without all those interruptions.

Lockdown

Those of us who are loners talked about how it normally feels okay to be a homebody, but during the pandemic it feels more like being imprisoned. In the beginning it seemed to relieve the outside pressures, but when the freedom to make choices is taken away, the feeling completely changed.

Some of us are eating out, meeting with friends and others aren't. It was suggested how refreshing it is to go outside, even if it's a walk around the block.

One member mentioned she went to the Museum of Modern Art and how much she enjoyed it. Another member plays the piano about an hour a day. She also takes lessons at the Third Street Music School. She said it gives her focus. Another member shared that she learned the violin at that school when her daughter was younger. It was the Suzuki method – which means the parent must learn the instrument also.

Another member mentioned that she was doing a lot of decluttering. She said there's so much space in her studio apartment now that it feels like a one-bedroom!

Some of us have managed to keep our weight in check during these months – not easy without the gym. Another has lost ten pounds. The general guideline was simple—eliminate fattening foods and add exercise to the regimen. Of course, eliminating cake and cookies at home also helped.

Some other things suggested to relieve some of this stress is get a good night's sleep, doing exercises – even if it's stretching, and doing things to stimulate the mind.

Lincoln Square



Lincoln Center

**AUGUST through
OCTOBER**

Medical tests & procedures

What do we really need at our age?

Something I learned about myself during the shutdown

Something I've done that makes me feel good

How is a life made?

What factors do you feel entered into the making of your life—for example, decisions you have made or not made to create your life to date, luck, imagination, hard work, etc. What decisions and lessons are yet to be made or learned as you continue to age?

Midtown East -Day



Citicorp

OCTOBER/NOVEMBER

A member was concerned about what to do when we are unable to care for ourselves. We invited two experts to talk about their fields. The first was Nancy Avitabile, owner of Urban elder care (urbaneldercare.nyc), a care management business. Her website has a lot of information. A member was comforted to know that the field exists in case she ever had serious health or mental problems. However, even though care management is very thorough, it is also very expensive.

So, we wondered what other options there are. Aging Life Care Association is a good resource for finding professional help; a living will is important for expressing your wishes to guide your health care proxy and physicians; it is not necessary for your health care proxy and power of attorney to be local.

The next expert was Mitch Lapidus, a trusts and estates lawyer.

We discussed the following topics:

Disposition of your assets when you die: You can have either a will or a revocable trust to specify where you want your assets to go. Which is preferable depends on your situation. If you don't have documents, New York State rules decide who gets what.

What happens if you're incapacitated:

You need a health care proxy for medical decisions and a financial power of attorney for financial management (which can be "durable," meaning it's effective immediately, or "springing," meaning it becomes effective when a physician says something to trigger it has happened). It's very important to choose people you can trust to act in your best interests. If you don't have anyone appointed to these positions, and you become incapacitated, the court will appoint a guardian, who will be someone who doesn't know you, and it can be expensive.

He provided a lot of details about how these things work. A key takeaway: get your documents in order!

MurrayHill/KipsBay



Kips Bay towers

SEPTEMBER

Three or four people we would like to have dinner with

Tom Hanks (2 mentions), Kate Middleton, Tom Friedman, Oprah Winfrey, Fred Astaire, Golda Meir, Queen Elizabeth, and Abir Mukherjee (British mystery writer, first book is A Rising Man). We also talked about using Kindles and iPads for video streaming and other entertainment. One member recommended comedian Randy Rainbow's videos on YouTube.

Charities we're supporting through contributions, memberships, and/or volunteering

Many cultural, artistic, social service, and medical research organizations were mentioned. During the pandemic, some of us have been making additional contributions to organizations which have had steep revenue losses due to forced closures. We agreed that a problem with charitable contributions is receiving excessive solicitations of funds through the mail and via e-mail.

Several of us have been working as volunteers, although some programs have been temporarily suspended. Two members currently teach ESL online through Literacy Partners and the English in Action program of The English-Speaking Union. Other organizations where members volunteer are the Morgan Library, Dorot, and the Central Park Conservancy.

In addition, we briefly discussed the increased homeless population in our neighborhood and our frustration that the problem is unlikely to be resolved in the foreseeable future.

OCTOBER

Friendships and how experiences during Covid has changed them

We agreed that friendships have remained at least as important and, for some of us, have become even more important during the past months. Although we're not getting together in person with friends, we're connecting more frequently though Zoom or phone. Some friends have become closer during this period, while a few friends have not maintained contact. Meeting new people has been difficult with so many TTN and other activities shut down during the epidemic.

Queens



The Unisphere

SEPTEMBER

Four questions:

1. Who is the person who had the most influence in your life?
2. Who inspired you?
3. What have you learned from these people?
4. Who are the people you admire most?

Most of us felt that our parents (one or both) had the greatest influence, and for some, it was a spouse. A few spoke about a boss who encouraged them in their career moves thereby helping them to get ahead when women weren't given the same opportunities as men.

Ruth Bader Ginsburg,

a person many of us had mentioned just two weeks before as one of the people we admired most. We all worried that in the current climate many of the incredible strides women made because of her would be ripped apart and destroyed.

Bizarre and Interesting Facts of Past Elections

Some were things many of us knew and others were a complete surprise.

1. The youngest when elected President was JFK, but the youngest when taking the oath of office was Teddy Roosevelt when he was sworn in after McKinley died.
2. Ronald Reagan was not the only entertainer who ran for President. Gracie Allen ran in 1940 and actually garnered write in votes.
3. The two requirements to be president are being at least 35 years old and being born in the US. However, while the first 7 Presidents were born here, they were born under Colonial rule so technically, were not US citizens at birth.
4. Eugene Debs, a socialist, ran for President 5 times, the last time he ran from his prison cell.
5. Virginia Woodhull ran for President in 1872, under the Equal Rights Party, before women had the right to vote.

OCTOBER

Comedians

1. Comedy is entertainment designed to make an audience laugh.

2. We'll probably never know what makes something funny.
3. Is comedy learned or is it innate? Opinion seems to be that one can learn a very rudimentary timing or pattern of comedy, but it hardly compares to an artist that truly has the DNA of a comedian.
4. Comedy has been known to resolve conflicts, save relationships, diffuse tension, increase levels of health and happiness and let us laugh at ourselves.
5. While there were many favorites, the top two were Robin Williams and George Carlin,

Celebrating the Holidays during the Covid Crisis

This topic really hit home for most of us as our usual big holiday celebrations with family and close friends were going to be drastically different from past ones. With regard to Halloween, most of us agreed that we wouldn't be participating in giving out treats or attending parties. It was suggested that a drive around the neighborhood viewing the decorated homes could be fun. The thought of Thanksgiving without the usual gathering seemed to make most of us sad.

Our presenter advised that while there are no easy answers, the CDC guidelines stated:

1. Try to have outdoor gatherings which will be difficult in our area as the temperature lowers.
2. Know how many people will be there, what their behaviors were prior to the get-together and the duration of the get-together.
3. Bring your own supplies.
4. If getting together isn't possible, try to have a virtual celebration with everyone dining together while in their own homes.

Riverdale



OCTOBER

Raoul Wallenberg Forest

What have we learned about ourselves during these past few months?

We can keep busy and be fulfilled by cooking, sewing, and taking classes. Some of us don't feel it as much because they are living out of the city. One member mentioned that she's lived in a house for close to twenty years, so she's not in a big rush to come back to her apartment in the city. One member mentioned the birth of her new twin granddaughters during this time.

Another member mentioned how much she loves living in her apartment and has good friends across the hall. She said it's a friendly building. When you live in a place a long time, you even have a chance to get to know the doormen and it feels like family. You don't feel alone.

Life seems simpler. She listened to other people's ideas and then decided to get out of her own way and gave herself the gift of enjoying time. She has more time to read and no one to stop her. She moved around a lot growing up and didn't have a chance to get to know the other kids

until the eighth grade. She thought she didn't know much about the world because of all the moving around.

Another member shared that her memory is sharper as her mind has become uncluttered. She's missing being with people. Zooming just isn't the same. This member finds it very restorative to take the train into the city to go walking in Central Park. It was pointed out that there's a "sound walk" available. After [downloading the free app](#) and putting on headphones, participants can explore Central Park's 840 acres, triggering musical cells, recorded by Philharmonic musicians, that were carefully crafted to harmonize with the park's landscape and attractions. Another member enjoys going to the Bronx Botanical Gardens because it provides so much serenity. She finds it good to be someplace else beautiful and how meaningful it is.

Another is grateful to have a car as this mode of transportation is preferable to taking the subway. She also goes into the city to visit museums. She also meets friends in the park as well as meeting them to dine outside.

Another member felt she was becoming more resilient as she was starting to be busy again. The pandemic brought back the grief of losing her partner recently. Being positive and curious has helped. She also appreciates the gift of time and has felt a shift after these many months.

On the subject of time, another member felt it was just drifting by. Life seems restricted. People can't come over to visit. She's out of the country and can't get back to the city right now. That's been very hard. She worries about the political situation. She related a shift a few weeks ago after feeling such a loss of control, like being a child again, when you have no power, you're unhappy. Once she realized that, she cheered up. The next time she read some distressing news, she told her husband that if she wasn't feeling so much better, she'd feel a lot worse!

One of the members of the group just retired two years ago after a very fulfilling career in education. Having her grandson living in the same building she does has helped a great deal. She also related that she went to a lot of different schools – 13 by the time she got to high school. She was a refugee coming to this country with one suitcase. You don't know the culture or language. You must survive. Her parents kept moving – to find a better job, a better neighborhood – all over the same town, but different areas. There was no stability. There was a lot of love.

Now that she's retired, she can wake up whenever she wants. She tries to live in the moment and has hope for the best.

Some of us have become aware that the time is getting away from us and we don't have anything to show for it. We think about what we could or should be doing to fill the void vs. what we want to do.

One member has discovered an old talent. She started cooking again vs. ordering in. Healthy, fun cooking. Checking websites online for great recipes. Looking for info on healthy cooking. Cookbooks just didn't do it. She mentioned wanting to start exercising at home having bought weights and an exercise mat. Another decided to learn Spanish and said it doesn't come easily.

One of our members is writing a memoir for her kids. She's taking a creative writing class.

Someone else commented that her mother left a letter for her and her sisters for her to find after her mother's death and how meaningful it was to have one last conversation with her mother that she didn't expect. It provided some much-needed closure.

Upper East Side 7



The Frick

AUGUST through OCTOBER

The pandemic

New challenges, welcome surprises, how our lives have changed for better and worse. One among us told of a shocking incident when her reasonable effort to exercise good Covid caution in a grocery store drew an angry insult from another customer.

Good things: There are many pocket parks to distance in, virtual theater, music, and even virtual walking tours. We made a list. All in all, we are not getting out much, but we are making the best of it! Some of us are thinking we will be hunkered down for a while so we need to make an effort to take advantage of virtual events; for others, the challenge is finding a way to manage all the many virtual offerings.

Questions have been arising that would have surprised us not long ago: Are we safer in taxis or buses? Will Halloween be a super spreader event this year? Is it safe to go to a museum? Is it safe to have a housekeeper come in (one answer: leave the house when she comes)?

A favorite talking point: the latest, greatest face coverings: Etsy has a good one and there's an N95 respirator kit that comes with filters.

Upper West Side 1



Fairway Market

OCTOBER

Living possibilities:

The Atria on 86th Street is \$10,000 a month. Between West End and Riverside.

Kendall - Senior citizens housing being built near universities. One in New Paltz.

Kansas City. Their arts complex and their museum are amazing. War between Kansas and Missouri (Civil war). Dodge City. Truman museum in the Missouri part.

Article in NYT about restaurants

In general, New Yorkers are getting slack. Probably because our numbers are down. However, cases are increasing in the orthodox communities, also among young people who give parties. The question is, when will that contagion spread and lead to further lockdown.

A point of interest and destination close by:

Cafe du Soleil at Broadway and 104th Street has installed "space bubbles" for outdoor dining. These are 18 geodesic domes. One of our members will celebrate her birthday there.

NOVEMBER

How are we coping? Thoughts for the future

NYT article that had coping mechanisms.

<https://www.nytimes.com/2020/11/02/well/mind/election-anxiety-stress-relief-calm.html>

Diaphragmatic breathing - came up many times.

One member belongs to four choruses. They do warm ups that involve breathing from the diaphragm.

Others have learned DB from their Gyrotonics instructor.

The Apple watch signals a member to breath occasionally throughout the day.

One of us is studying Brahms Requiem in depth with the Cecilia Chorus. She will have a three-day retreat with her Zendo, which involves the relationship of Zen to philosophers, and there is also meditation. This all amounts to satisfaction in consideration of coping and feeling better.

Another has forsaken all her TV watching, finding every news program to be saying the same thing. She wants to "give up the negativity." She has used the time to exercise and read. Everyone agreed, generally, that election anticipation has been reduced to a one-note.

Some of our members listen to a variety of podcasts: The Daily, The Axe Files, Fresh Air, Book Reviews, All of It, among others.

Sleep problems abound —

A few of us are experiencing insomnia - a reaction to the election and all that our present political climate suggests about the world.

Morning exercise helps one of us sleep at night. She has a routine and feels it is most important. "It affects the rest of my day." She does a lot of reading — lately, *A Woman of No Importance* by Sonia Purnell — about a spy in World War II.

She recommended *Life in the Doghouse* on Netflix.

Others have recommended *The Octopus Teacher* on Netflix.

One member reported a belly laugh: a snake crossed her path in the park. Her attempt to google "snake" yielded a number of politicians. Giuliani, etc.

She has gone to the museums and finds that even better than diaphragmatic breathing. She also does a five-mile walk every day — exploring the park.

One of our members has begun writing her memoir — a long-lived aspiration — and she has also gotten a job supervising student teachers at Siena College, just outside Albany; she's also taking watercolor classes by Zoom.

Virtual tours (of museums) are wonderful, if second-best is needed. And certainly makes for good feeling.

Question of what people will be doing for Thanksgiving. It's going to be different.

We are all reminded of Leslie Sansone for exercise. (The grapevine is the favorite).

Other suggested watching possibilities:

The Queen's Gambit

Emily in Paris

Schitt's Creek

Borgen - Netflix

Roadkill - PBS Masterpiece

Undoing – HBO

The Lonely Passion of Judith Hearn - Maggie Smith - Bob Hoskins - 1987- - Amazon Prime

The Garden of the Fizzi-Continis (50 years old) - hard to find.

Our present political situation

One of us compared the US today with post-war (WWII) Germany, that we are in a state of fascism. Question of being compared to the "good German." Why didn't they do something? And what can we do? What responsibilities do we have? We are implicated, and as someone else said, we are impotent.

On a positive note the response to George Floyd's murder was heartening — it offered hope. But 47% of US citizens voted for Trump. The high-level SS were mostly educated professionals

It was suggested to read Dark Money by Jane Mayer. Billionaires worked to put Trump in place. Note his tax cuts.

Someone commented: He's destroyed the CDC, the FDA, the EPA.

She'd like to see Marie Yovanovitch reinstated, and Anita Hill become Attorney General.

Upper West Side 3



West End Avenue

AUGUST – 1st meeting

COVID-Safe

- We are slowly inviting back housekeepers
- Street people on the UWS are a continuing concern
- Looking for interactive Zoom programs, so not a passive viewer (JCC, 92Y, meditation sessions, Met Museum possible venues)
- First time dining outdoors with three others (celebrating friend's retirement) - bistro on 33rd Street between Lex & Third, tables spaced but small, little pedestrian traffic, hard to put masks back on between bites of food (masks stayed off); would not repeat at this venue;
- Metro North train to Grand Central empty at 11am, GCT deserted and the desolate feeling unsettling
- Staying at Hancock, MA timeshare (museums are open)
- Getaway to Ocean Grove, NJ on track (leaving September 12); Carmel Car Service cost-effective and safer than train; staying at guest house with four apartments; will set up Instacart and continue Zoom meetings and exercise classes; lots of pre-planning, but chance to leave NYC behind and sit on beach without a mask; learned it's okay to spend money in order to feel comfortable
- Used commercial service to put up shelves - important to comparison shop

Tips

- Many more cyclists out there, so be careful
- Surgery for carpal tunnel syndrome problematic
- Personal recommendations for "handyman" services welcome
- Tasty fresh fish at Chinatown markets (in future)
- Frozen grapes
- Wild Alaskan Company (<https://wildalaskancompany.com/>) ships delicious fresh-caught frozen fish

- Best bets: “Beat the Devil” (1950’s movie); The Immortal Life of Henrietta Lacks (non-fiction); “Robot & Frank” (movie)
- Try to comparison shop groceries

AUGUST– 2nd meeting

Thoughts, suggestions, adventures...

- Nice new walking route in Riverside Park
- Farmer’s Market, Friday’s, 8AM - 2PM, 97th Street and Amsterdam
- Liberated! A great car ride with friends to NJ in an open convertible, no masks the entire day, ate out, walked like crazy, happily exhausted, felt normal at last
- Ready to spread wings and find new places to walk, things to do
- Nice Circle Line cruise; computer problems won’t go away, so must learn to use smart phone in smarter way
- Drawing in park twice a week, walking, but hard to get motivated (members suggest: think about how hard it is for others and take advantage of your good fortune, force yourself to do something and then reward yourself afterward [long, sweaty, masked walk and then a nice shower]; on the other hand, we don’t always have to be productive)
- Paintings accepted for auction to raise money for Best Friends Animal Sanctuary (paintings of animals completed during COVID times), artists and paintings vetted, so nice recognition, friend helped transport paintings by car to Harlem/125th Street, streets extremely crowded; good news, housekeeper came to clean, bad news she forgot to take allergy medication so “drippy” and not wearing a mask, ran down to drugstore to get her an antihistamine, sprayed apartment with Lysol after she left, exhausting
- Feeling like a teenager these COVID days, deciding on the right thing to do and not succumbing to peer pressure, relying on intuition a lot, standing up for own inner guidance; returning to pre-COVID feelings of optimism and anticipation - a breakthrough
- Participated in post office demonstration; sending postcards to residents in southern states to “Reclaim our Vote;” hoping to audit Columbia course and be with college age people; dined out for second time (Amsterdam Ave. becoming very crowded); grandson having a “drive-by Bar Mitzvah in West Hempstead - a whole day affair!
- Visited Ocean Grove and not crowded (has car so easy getaway); Central Park Rambles a nice place to walk; taking non-rush hour subway, buses too crowded; considering carpal tunnel surgery
- Fresh air on regular basis helps lift spirits, Buddhism speaks to her and suggests others find something that speaks to them; Zooming with UWS3 and being together in same neighborhood with fellow UWS3-ers helps; making calls to voters and feeling good about this
- To eat out or not to eat out, we have our own comfort levels

Discussion about living alone with no nearby relatives to help out if needed

- Who will take care of our affairs if we are incapacitated?
- Is there a way for us to advocate for each other?
- What are best practices (e.g. a revocable trust)?
- A member offered to draft a “mission statement” to send to another member to submit to TTN (possibly resulting in a TTN sub-committee to address issues)
- The member belongs to a TTN “living solo” group trying to pull together some relevant information
- Senior Bridge (seniorbridge.com), a rather expensive home health care organization, is one of several similar organizations

Tips

- Get a flu shot by mid - late September; several variations are available so be sure to get the right one: <https://www.cdc.gov/flu/prevent/index.html>
- 15-minute CO ID-19 test for \$5 pending
- Be a savvy consumer and investigate before hiring, e.g., building management recommended someone who had *just* returned from Europe to do apartment repair
- Indivisible, MoveOn, and Reclaim our Vote are organizations getting out the vote and seeking volunteers

SEPTEMBER – 1st meeting

Worries, finding ways to manage:

- Emailing UWS3 buddy each day and if not hear back by set time will call to check-up
- UWS3 dinner in park a nice idea, but logistically complicated
- Visited Met (long line even with appointments) and MOMA and felt like tourist: fun exhibit on Met history, found Dorothea Lange’s words as eloquent as her photos; finished postcard mailing for “Reclaim our Vote;” best of all, celebrated grandson’s Zoom Bar Mitzvah - he was word perfect - 70 people Zoomed to celebrate with family
- Leaving for Sarasota, FL timeshare on December 15
- Dining out in winter problematic, if no safe way to heat outdoor space
- Changing someone else’s attitude toward COVID safety seems impossible; friend visiting from another country declined to quarantine and saw another mutual friend, all-in-all an inconsiderate situation; underscores importance of dining and otherwise being with friends who have similar approaches to COVID safety
- Windows cleaned! (\$11 per panel)
- If thinking of moving, now may be the time given lower rents; some landlords leaving apartments vacant, no incentives to make repairs
- Worried NYC will go into slump, subways will decline...
- Watched US Open; enjoying outdoor dining, but finding places noisy

- A difficult week reflecting on personal loss

Tips:

- Hand sanitizer contains alcohol so keep away from flames and don't leave in car in sun
- Some Australian women just opened a West Side restaurant, it would be nice to support their positive attitude towards NY
- <https://TheaterMania.com>, <https://broadway.com>, <https://www.questcontinuingednyc.org/>

SEPTEMBER – 2nd meeting

Some bright spots these past two weeks

- Joined fellow Slo-Walkers at Soldiers' and Sailors' Monument for walk in Riverside Park. Exercise class working out at foot of monument surprise street theater. Walked to Pier 1 Cafe (open) just below 72nd St. - tables with umbrellas set up alongside the Hudson - a really nice morning walk
- Two weeks of weeding with Central Park Conservancy - surprisingly enjoyable - very satisfying to see growing pile of weeds as proof of progress
- Visit to community garden in the west 80's near Amsterdam Ave with granddaughters - resisted picking a giant zucchini just waiting to be picked (not such a bright spot - people smoking on the street and exhaling)
- Delightful trip to Central Park Zoo with grandson - a sweet, gentle person who loved the fake stuffed snake he was given, especially when wrapped around his neck - ran into fellow UWS3er on street three times in one week - very nice!
- Car trip with friend to Rhinebeck on scenic Taconic Parkway - lots of people eating outdoors - visited Bard College (art museum opening soon), then on to revitalized Woodstock and art galleries. Planning trip to Katonah Museum of Art
- Service work with B'nai Jeshurun
- Dinner with daughter and family in White Plains - altogether 10 people dining safely - listened to shofar sounded at Soldiers' and Sailors' Monument to commemorate Rosh Hashanah
- Thinking about the past - fond memories of growing up in New Mexico and spending time in San Miguel Allende, Mexico as adult (a special place with lots of single women so easy to make friends) most of all, a good day was any day spent with husband when he was alive
- Election phone-banking - good feeling being thanked by two people, but mostly no answer or wrong number.
- Baked feel-good, traditional "Teddies apple cake" (NY Times recipe) - visited upstate home and nice to have it all to self - shopped farmer's market (not such a bright spot - granddaughters attending in-school classes so uncertain when safely able to see them)
- Manhattan real estate, especially on UWS, endlessly interesting to discuss
- Large Zoom meetings challenging

Tips:

- Quest Lifelong Learning (<https://www.questcontinuingednyc.org/> , courses under auspices of CUNY)
- Columbia greenmarket, Broadway btw. 114th & 116th Streets, Thursdays, 8am - 4pm
- HULU series “Manhattan” about Manhattan Project

OCTOBER – 1st Meeting

A very brief summary of how we are coping:

We’ve been going to museums - Whitney, MOMA (nice to sit in garden), MMA (150th anniversary exhibits), Katonah Art Museum (Bisa Butler unusual fabric portraits)

We’ve been dining at outdoor restaurants (e.g., Trattoria Il Gusto on Columbus Ave.). One of us has dined indoors and felt comfortable (the restaurant had open windows)

Some of us use public transportation and try to be strategic about this, others avoid public transportation; we’ve also rented cars

Not want to use a gym even though open

Feeling a little blue with the days getting shorter

Setting up apartment and bought shelves at Wayfair - relieved to discover that store has service to put them up

Our state of mind about state of country and upcoming election:

We discussed the logistics of voting (drop-off, mail-in, in person) and how best to be sure our ballots are counted (concerned about this)

We are volunteering (phone-banking, postcard writing)

We are constantly thinking (and anxious) about the state of country

Tips:

NYTimes podcast “The Daily”

Stephen Sondheim 90th Birthday tribute on YouTube

OCTOBER – 2nd Meeting

Trying not to stress-out over elections

- Carrying on as usual; feels good to grocery and housewares shop; switching closets from summer to winter - depressing to see all the clothes not worn; video calls restorative - spoke to niece in Montreal for over an hour

- Not much new going on; aware COVID spiking and possible to be reinfected; not comfortable with indoor dining; playing bridge online with friends - helps hugely (any game is good)
- Keeping medical appointments (inoculations, new contact lenses, to follow healthier diet); seeking dermatologist recommendation; visited MOMA, New York Historical Society, dined indoors at Claudette (see below), riding subway not the greatest; jazz guitar lessons
- Quest Lifelong Learning courses/programs (lower cost since virtual) still a good experience; will see Jacob Lawrence exhibit at MMA; enjoyed filmed performance of "What the Constitution Means to Me"
- Seeking recommendation for geriatrician; hoping to visit Lyndhurst in Tarrytown; wondering if friend visiting from out of town might "sit in" on UWS3 zoom meeting; passing by closed restaurants, thinking about those out of work and going hungry depressing
- A synagogue group leader thinks we are experiencing a form of PTSD; charitable engagement a form of therapy: UWS3 members hand out information sheets to neighborhood homeless about access to food and clothing, give large tips to servers, participate in giving circle in Baltimore where used to live
- *Zooming* today from Hudson Valley country home - weather gorgeous, reminded animals have right of way (a thunder storm between two mountain ranges does sound like bowling balls, shades of Rip Van Winkle, per another member); reading The Splendid and the Vile and keeping in mind how people endured WWII - we can get through COVID
- A member's email was hacked and solicitations for money a scam
- Zoomed parts of TTN 20th anniversary celebration (a 20-year member herself, so knew Charlotte Frank), founders never would have thought an organization started in an apartment would become today's TTN; feeling revitalized and doing a lot of outdoor dining
- Looking forward to seeing Meso-American murals at Whitney; feeling as though fighting depression (lack of affect, enthusiasm); walking every day; discouraged about political situation; will go to Sarasota for winter since no reason to stay in NYC

Tips:

Restaurants

- Claudette, 24 5th Ave, tables 20' apart (French)
- Bodrum, 584 Amsterdam Ave, good outdoor dining, never really crowded (Mediterranean)
- Bluestone, UWS/UES locations, also Church of Heavenly Rest (2 East 90th)
- Daily Provisions, 375 Amsterdam Ave (American)

What to watch

- Netflix "The Spy," "Emily in Paris"
- "Trial of the Chicago Seven"

- Reelgood (<https://reelgood.com/>)- streaming service search engine tells you where movies and TV shows are streaming

Upper West Side 4



SEPTEMBER

Soldiers and Sailors Monument

Single amusing anecdote

One woman told how she was sitting on a park bench and a man wearing a NYPD hat and jacket started talking to her. He is not retired from the force, but goes every day to say hello to his local precinct and goes out to buy them coffee. Just a happy neighborhood guy.

Another woman told of going into Pioneer Grocery to buy whipped cream in a can that her husband wanted. Not the whipped stuff in a tub. Being new to the store she enlisted the aid of another shopper who told her, just buy the stuff in a tub, put it in a bowl and your husband will not know the difference. (Such a NY know it all) The member said, trust me he will know the difference. The shopper said, what does he like to do? Shake the can and put it in his mouth? Long story short, our member found the right stuff in the dairy section and no, her husband does not put the can in his mouth.

One member was walking down Riverside Park and a soccer ball landed right in front of her. She heard the two teams yelling, she threw the ball back over the fence and they all clapped and hollered their thank-you's. You just have to smile.

Two members enjoy walking in the woods, one on a trail in the Palisades in NJ and one in the Berkshires.

Another member volunteers at a church doing their computer work.

One member told how she was going through her father's memorabilia and found out information about her grandfather whom she knew very little about. Turns out her grandfather was a clothing designer called B. Reviting, and her husband found a woman's jacket by her grandfather on Etsy. She bought it and showed it to us. Too bad no one is a size 6.

October

Something that made you happy recently

One person spoke about how she was walking down Broadway and a woman "of our age" was riding an orange tricycle made for an adult. It made her so happy to see the happy color and the

basket in front of the tricycle. That started another member talking about how she never learned to ride a bike. Her father tried to teach her, but she kept looking down. He told her to look up, so she looked up at the sky and promptly ran into a tree. She was thinking of asking her boyfriend to help her when she was 17, but you never want to look uncool in front of a boyfriend, so here, she is, a TTNer who never learned to ride a bike. Plans were made to buy and co-own one adult tricycle.

Another person said how happy she was that a fellow member wrote a letter to our representative talking about the homeless being housed in hotels in our area. She felt supported.

Others talked about their joy at finding out that a jazz restaurant was playing the music loudly enough that they were able to hear it in their apartment.

UWS4 always finds a silver lining in the midst!

Upper West Side 5



Symphony Space

OCTOBER

What brings a smile to our faces and peace to our souls?

One member mentioned that the Jewish Museum is open. The timing of the visits is stepped so you don't get a crowd. Someone else mentioned seeing a Monarch butterfly. This was on a walk recently, and she stopped to see a crowd of people and wondered why they were there.

The Katonah Museum is also worth visiting. Another member mentioned her block association hired a singer who does all kinds of music and has everyone singing the songs outside with them. Being with people in music and art is the best. A member recently saw Phantom of the Opera and said the music was spectacular. She also saw a one-woman play about Eleanor Roosevelt.

One of our members mentioned an organization she's recently become involved with called One Block (<http://oneblockuws.org/> or oneblockuws@gmail.com). It's about cleaning up your block. They provide shirts and materials. There are also meetings together.

Another member was excited to get to go to the Museum of Modern Art. You sign up in advance for the entry time. Visitors are allowed to visit at 25% capacity. She had a chance to set her own agenda – she sat in the courtyard, it was uplifting to take in the art and audio. It added some richness.

Some of us miss the chit chat with people that we used to see regularly in our lives. It seems a layer of connection has been lost. Some of us are suffering more than others. The normal

anxieties have intensified. Some have started therapy. If you need to talk to someone, you shouldn't be afraid to seek it out. You can see someone via Zoom.

There was a certain normalcy about riding the subway. The Y has opened. Swimming has really helped. It's cathartic. They have a good protocol in place.

Some of us that have pets have a definite reason to go out. You see the same people all the time at the same time of day. Having a pet gives you companionship, someone to take care of. Walking in the park you get to know each other better. She alternates between Central Park and Riverside Park. Most people are social distancing with masks.

Some members have started going to restaurants for outdoor dining. Restaurants mentioned include:

Bodega at 88th Street/Columbus Ave. – the tables are spread out.

Fred's – always has outdoor seating.

French Roast – has plexiglass dividers between tables.

Mermaid Inn – on Amsterdam.

Telio's – on Broadway/ 92-93rd Streets – Greek – the food is very good.

City Diner – 90th/Broadway.

It was felt that restaurants are spending money to try to save themselves. That's the sad part. There is a fear of eating in.

One member shared that she was on an Amtrak train for two hours and 45 minutes and felt comfortable. She had a similar experience on the LIRR. She said she was very careful. Metro North is also very good. Buses are too crowded. People don't wear their masks properly.

A discussion followed about the lack of supermarkets in this neighborhood; that there are poor choices and too expensive. It was felt that the East side has a whole different feeling than the West side. It's like it's a different city as far as cleanliness and stocking the shelves. At the Whole Foods at Columbus Circle, the food is fresher, and it's cleaner than the one up here. It's better to buy produce from the guys in the street – except that it's not organic. There's also still the issue of ground water. It's really a mixed bag.

Upper West Side Afternoon



AUGUST to OCTOBER Museum of Natural History

Members were getting out of their apartments more frequently for local shopping and visits to healthcare providers around Manhattan. Everyone tried to get to Riverside or Central Park on weekdays for walks or picnics. Only a few felt comfortable venturing out of the city for short trips by car.

The group's members mainly use NYU, Mount Sinai and Weill-Cornell locations for healthcare and readily shared the names of specialists they recommended, always noting if their offices were adhering to infection-prevention procedures.

- **Seasonal Flu Vaccination:** MD offices and Duane Reade are the best resources on the Upper West Side for annual flu shots. CVS was chronically out of high dose flu vaccine in October. Flu *HAS* begun to appear in New York, and can be tracked here: <https://nyshc.health.ny.gov/web/nyapd/new-york-state-flu-tracker>
- **Covid Testing:** The Upper West Side locations of GoHealth on 69th Street & Amsterdam and 100th Street & Broadway have been less busy recently than the CityMD urgent care centers, but all are more crowded now, mainly with people seeking Covid tests.
- **New Covid Testing Data Available by NYC Zip Code:**
New York City launched a new, easy to use, site to check on the most recent Covid testing data for each zip code. Whenever there is a big variance in test positivity by neighborhood, the data can help you to decide whether to visit a particular area of the city. <https://www1.nyc.gov/site/doh/covid/covid-19-data-totals.page#zip> (Note, hover your cursor over an area on the map, and a data box will appear.)
- **Sit Up Straight!** Tips for women spending many hours on ZOOM now from TTN Chicago presenter - ergonomist and physical therapist Jessica Corman
<https://www.balanceportland.com/>
 1. Sit up straight with both feet on the floor, and hips and knees at the same height. Your brain will get maximum oxygen and the postural muscles will be relaxed.
 2. Keep your eyes at the top of the computer screen, so your head will be straight.
 3. You should be close to the keyboard when typing, with elbows in line with the trunk.
 4. Get up at least every 45-60 minutes and walk around for several minutes.
 5. Zoom while standing up, rather than sitting, whenever possible.

- **UWS Organizations Accepting Clothing Donations**
 1. **Housing Works** 306 Columbus Avenue/74 Street 212 579-7566
 2. **Housing Works** 2569 Broadway/96 Street 212 222-3550
 3. **Salvation Army** 268 West 96 Street 646 454-1189
 4. **Goodwill** 157 West 72 Street 212 799-6374

- **2020 Election Strategies:** Members worried for weeks about the best and safest methods for voting, as well as the outcome of the election. So, it was disheartening to learn that absentee ballot counting in New York City currently begins later than all other major urban counties in the US. It needs to be fixed! Learn about the current antiquated procedures here: <https://www.thecity.nyc/2020/11/10/21559717/nyc-board-of-elections-absentee-ballot-count-begins>

West Side CC Member Mingles



OCTOBER

Sip with your Zip for 10019/10023

What I love about living in my zip code

- Being near Lincoln Center and walking in Central Park
- Always wanted to live in this neighborhood because of the culture and the film festival. Also, the food shopping is great and mentioned the new Morton Williams store. Recently found a love of Riverside Park.
- Jupiter Symphony – Chamber Music live every Monday with performances at 2:00pm and 7:30pm. They play at the Good Shepherd Church at 66th Street opposite the Gourmet Garage. More info at <https://www.jupitersymphony.com/> or you can call for tickets at 212-799-1259.
- Julliard is also a great source of inexpensive concerts. More info at <https://www.juilliard.edu/>. Each graduating student is required to put on a performance for other students and teachers.
- There are also free concerts at Lincoln Center available at <http://www.lincolncenter.org/free>
- The Folk-Art Museum – it's such a gem. It has the best gift shop and also has free music and jazz concerts. More info at <https://folkartmuseum.org/>.
- Another participant mentioned she lived in Lincoln Towers and commented about the beautiful grounds of the complex.

What I love outside my zip code

- Streicker Center at Temple Emanu-el - <https://www.emanuelnyc.org/streickercenter/>. There's Bryant Park with benches scattered all over the grounds and Sotheby's (<https://www.sothebys.com/en/about/locations/new-york>) which is like a museum, only you can touch things. Near there is the East River Esplanade which runs from 60th to 120th Streets.
- Hallett Nature Sanctuary in Central Park at <https://www.centralparknyc.org/locations/hallett-nature-sanctuary>. It's near the pond, further east near the Nature Meadow on the South side of the park which also has an entrance on the east side near 60th -62nd Street.
- The High Line isn't crowded at all. You have to start at the south end because you can only walk in one direction. Free-timed entry passes are available at <https://www.thehighline.org/visit/>.
- There's the New York Scholar's Chinese Garden which is accessible from the Staten Island Ferry and then a bus that stops right in front. More info at <https://snug-harbor.org/botanical-garden/new-york-chinese-scholars-garden/>. It's one of two authentic classical outdoor Chinese gardens in the United States.
- In Long Island City you can find the Noguchi Museum. More info at <https://www.noguchi.org/>.
- There's also ferry rides which you can get at 34th Street and take to Wall Street, Queens and Long Island City. You can take it just for the ride. More info at <https://www.ferry.nyc/routes-and-schedules/>.
- Another participant recently visited The Shed in Hudson Yards. More info at <https://www.hudsonyardsnewyork.com/discover/shed>.
- 92nd Street Y has lots of virtual programming at <https://www.92y.org/>.
- Many travel companies also have virtual tours.
- Also check out the Spy Museum – great for adults and kids at <https://spyscape.com/>.

OCTOBER

Sip with your Zip for 10024

Many of you remarked that you grew up here, almost your whole life and it feels comfortable. It's a real neighborhood with lots of stores like Citarella and Zabar's. One member mentioned having cocktails in the hallway calling it "drinks in the doorway" as a regular Saturday night occurrence.

Several mentioned that they like this neighborhood because it's so close to Lincoln Center, Central and Riverside Parks – all in walking distance. There are so many places to walk to; every other block has a store. Walking on the Promenade – it's gorgeous this time of year.

Another mentioned a nonprofit group called "One Block" (<http://oneblockuws.org/>) which focuses on helping residents clean up their block. You have the option to get involved and help clean up your Upper West Side neighborhood or you can donate through their website.

These restaurant favorites also came up in the discussion. It was recommended to call the restaurants directly vs. using a delivery service so they get more of your dollars. You could also go to the restaurant to pick up your food.

Alachi Masala Indian Restaurant at 488 Amsterdam Ave. between 83rd-84th Streets. Phone 212-874-0737. Note – it's a small place.

ASSET Restaurant, a sister restaurant to TESSA, a modern Mediterranean eatery. Online at <https://www.assetrestaurant.com/> or phone 212-517-1987. It's located at 329 Columbus Ave. between 75th-76th Streets.

Bodrum Turkish Restaurant at <https://bodrumnyc.com/>, located at 584 Amsterdam Ave. between 88th-89th Streets. Phone 212-799-2806.

Elea, a Greek restaurant, located at 217 West 85th Street. Phone 212-369-9800 or online at <https://eleanyc.com/>. It was mentioned that the tables inside the restaurant are very close together.

Good Enough to Eat is located at 520 Columbus Ave. at 85th Street. Phone 212-496-0163; daily specials on ext. 2. Online at <http://www.goodenoughtoeat.com/>

Harvest Kitchen, online at <http://harvestkitchennyc.com/>, is located at 269 Columbus Ave. Phone 646-870-0818. They have a huge outdoor eating area. They have fried rice with kimchi which is very good as well as buckwheat and soba noodles.

The Mermaid Inn at 570 Amsterdam Ave. between 87th-88th Streets. Phone 212-799-7400. Online at <https://www.themermaidnyc.com/>. They have taken over the whole block.

Noche Mexicana 2 serving the best Mexican food in the New York area. Order Online for Mexican food Pickup/Takeout or Delivery at <https://www.noche-mexicana.com/>. The restaurant is located at 842 Amsterdam Ave. at 103rd Street. Phone 212-662-6900.

Piccolo Cafe at 313 Amsterdam Ave. between 74th-75th Streets has the best lasagna according to one of our members. Check out the menu on their website at <https://piccolocafe.us/>.

TESSA Restaurant is located at 349 Amsterdam Ave. between 76th-77th Streets. For online ordering go to <https://www.tessarestaurant.com/>. Phone reservations at 212-390-1974. TESSA is a modern Mediterranean tavern blending southern French and Italian cuisines.

It was mentioned that the sidewalk on Amsterdam Ave. tended to be very crowded vs. other streets with restaurants on the Upper West Side.

Filtering the air in your apartment also came up in the conversation. A couple of members mentioned the Blue Air filtration system.

NOVEMBER

Sip with your Zip for 10025

The discussion started with members sharing where they lived in relation to one another. Everyone lives within blocks of each other and didn't realize there were other CC members living so close by. It was agreed to share some contact details to stay in touch.

Members are grateful to have Riverside Park as it's so lovely to walk in. It's been really helpful during this pandemic to have a place to go, like walking along the Promenade.

It was noted that there's an upper park lined with elm trees (created by Frederick Law Olmstead) and goes from 96th Street all the way up to Grant's Tomb, up a hill. The lower park (created by Robert Moses) was built on railroad tracks. Most of the bikes and speed walkers are by the river. There are some concerns, however, about the bicyclists being on the path with the pedestrians. There's a small sign that indicates to share the space. It was felt there should be a better allocation of the park based on the users.

There were comments about walking in Morningside Heights and seeing all the empty storefronts and wondering if there could be creative solutions. We have to support the restaurants we love now. Some miss the restaurants from where they used to live before moving to this part of upper Manhattan, though in the course of time, some decent restaurants have popped up. Some commented that they haven't eaten out or even brought food in.

Favorite restaurants.

Atlas Kitchen, a contemporary Chinese restaurant located next to Columbia University at 258 West 109th Street (just east of Broadway) <https://www.atlaskitchennyc.com/>, (646) 928-0522

Calle Ocho, 2756 Broadway/between 105th and 106th Streets),
<https://www.calleochonyc.com/>

Community Food and Juice, 2893 Broadway (between 112th & 113th Streets),
<http://www.communityrestaurant.com/> – never had a bad meal there. They are allowing a small percentage to eat inside.

Ozen Asian Fusion Cuisine Restaurant, 780 Amsterdam/between 97th and 98th Streets,
<http://www.ozencuisine.com/>

Trattoria iL Gusto Wine Bar, 625 Columbus Avenue/90th Street, (212) 579-7970,
<https://www.ilgustowinebar.com/>

There was also some discussion of the benefits of being in a Caring Collaborative Neighborhood Group. In the time before the pandemic, groups met for two hours at a group members home. They would provide snacks and beverages and/or members could bring snacks as well. The topics of discussion focus on health and wellbeing, particularly important for women living in New York City getting older.

We continue to meet, though our living room is now Zoom. Meeting this way offers a deeper way of connection vs. one-time events. One of the members attending who's a leader of a Neighborhood Group mentioned that her group is having a Thanksgiving Zoom event as well as a once a month Zoom cocktail hour. As Zoom has become our new normal, maybe other neighborhood groups would adopt these kinds of activities as well.

Sip with your Zip for Midtown West and below

One member loves all the trees on her block. She has lots of room to walk around her apartment without having to go out for a walk.

Another lives close enough to the river that it's become a nice place to walk during the pandemic.

Another talked about being close to the Hudson walkway that she can go all the way down to the southern part of Manhattan. Before the pandemic started, she used to enjoy lots of great restaurants in her neighborhood.

Someone mentioned the Greenwich Village Preservation Society (<https://www.villagepreservation.org/>), which preserves the architectural heritage and cultural history of Greenwich Village, the East Village and NoHo. She mentioned that they have online programs about the history of buildings in the neighborhood.

We talked about "the city." That was the term used when some of us were growing up in Queens and Brooklyn. Manhattan was referred to as "the city." Most of us didn't grow up here and moved here from someplace. We all love it because we can walk to a lot of places, like the galleries near the High Line.

If you go further uptown or east, it can get too commercial. Speaking of the High Line, we hear it's empty during the week because there aren't any tourists around. They do keep track of how many people are using it at any one time. Make sure you make a reservation before you go. One of the participants has fond memories of going there over the Thanksgiving weekend. She said, "make sure you bundle up, wear a hat, scarf and gloves." It can get cold over there this time of the year.

Another shared that if you see an empty tree pit on your block you can call to have a tree planted. Trees are only planted during two planting seasons: Spring (March 1 to May 31) and Fall (October 1 to December 31). Here's the website to get you started: <https://www.nycgovparks.org/trees/street-tree-planting/request>.