

THE CARING COLLABORATIVE UPPER WEST SIDE TWO GUIDE TO PEACEFUL PLACES IN AND AROUND NEW YORK

BROOKLYN

- Brighton Beach, Russian-speaking community in Brooklyn, easily reached by subway in less than an hour. Wonderful beachfront, boardwalk (keep walking and you'll be in Coney Island ere too long), fun supermarkets. For more information: http://en.wikipedia.org/wiki/Brighton_Beach
- Coney Island, the classic amusement park <http://www.coneyisland.com/> and don't miss The NY Aquarium. <http://www.nyaquarium.com/>
- Brooklyn Botanic Garden. <http://www.bbg.org/> Exquisite landscaping and botanical rooms. Take the 2 or 3 train to Eastern Parkway; the Garden is right there, and—Bonus-- next door is the marvelous Brooklyn Museum. Be mesmerized by the dancing fountains out front. <http://www.brooklynmuseum.org/>
- Prospect Park. Glorious and diverse landscaping. Always something new and fun going on and so easy to get to by subway. <http://www.prospectpark.org/>
- Red Hook (see "Boatrides")
- Greenwood Cemetery. Once upon a time, people had Sunday picnics here. Verry restful place, wander at your leisure or take a trolley tour. Watch out for the wild parrots! <http://www.green-wood.com/>

QUEENS

- Noguchi Museum. And Japanese sculpture garden, a little oasis in Queens. <http://www.noguchi.org/>
- Jamaica Bay Wildlife Center. A bird sanctuary and wildlife refuge right in NYC. <http://www.nyharborparks.org/visit/jaba.html>

STATEN ISLAND

- Snug Harbor. Charming, historical, beautiful, you can spend the day there. <http://www.snug-harbor.org/>

BRONX

- New York Botanical Garden <http://www.nybg.org/exhibitions/2012/monet/index.php>. Fabulous landscaping, arboretum, special exhibits , and a walk along a little river nestled in the oldest forest in NYC. Bonus: The Bronx Zoo is practically next door. <http://www.bronxzoo.com/>. Observing the beautiful animals reminds us of Nature's incredible artistry.
- Wave Hill. <http://wavehill.org/home/> Where do we begin to describe this wonderland of nature walks and hidden nooks and crannies of great peace? Birds, chipmunks and frogs will provide company if you want it.

- City Island. <http://www.cityisland.com/> You'll really feel like you've gotten away from it all in this amazing corner of the city, especially if you like seafood.

MANHATTAN

- Asia Society. <http://asiasociety.org/> Lovely little museum that never seems loud or crowded. Ommm, ommmm.
- Bard Graduate Center. <http://www.bgc.bard.edu/> Always interesting, seldom crowded exhibits.
- Boat Basin, West 79th Street. Wander the long riverside path, look at the houseboats, talk to the ducks. Stunning at twilight, too. And if you get hungry, check out the neat café: <http://www.boatbasincafe.com/>
- Central Park
 - Conservatory Garden. Italian, French and English style gardens, a wisteria-covered pergola, Secret Garden pool and a fountain with nymphs. No wonder so many weddings are photographed there. Stroll the gardens then go through more gates at the north end and walk all around the Harlem Meer. In sunshine or during a snowstorm, just magical. <http://www.centralparknyc.org/visit/things-to-see/north-end/conservatory-garden.html>
 - Walk the perimeter of the Jacqueline Onassis Reservoir, great views and rustic bridges abound.
 - Explore the North Woods, see chipmunks frolic, riotous flower meadows, deep woods, ravines, cascades....hard to remember you're in the middle of the City! Enter around West 100th St & Central Park West.
- Community Garden between Columbus & Amsterdam/89th & 90th Streets. An urban oasis lovingly created by our neighbors.
- East River Esplanade. Get on it around 80th Street and East End Avenue and stroll north, enjoying passing boats, Carl Schurz Park, Gracie Mansion and much more. Bonus: Grab lunch and find marvelous retail delicacies at the Vinegar Factory <http://www.elizabar.com/Elis-Manhattan-Vinegar-Factory-C31.aspx>
- F.I.T. Museum. Free exhibits of historic as well as crazy-modern fashion trends. Seldom crowded or noisy, just dark and dreamy. <http://fitnyc.edu/3662.asp>
- Frick Collection. A small jewel box with exquisite art and lovely little cloister for rest and meditation. <http://www.frick.org/>
- Grants Tomb. <http://www.grantstomb.org/> It's pretty impressive and nearby is a very touching, private grave http://en.wikipedia.org/wiki/Amiable_Child_Monument.
- The High Line. What amazing things you can do with an unused railroad suspended over the West Side! Every visit there is a new discovery and delight. <http://www.thehighline.org/>. Bonus: If you're still up for adventure after this, try lunch and shopping at Chelsea Market, a huge, cavernous arcade that was formerly the Nabisco Bakery. <http://chelseamarket.com/>

- Hispanic Society Museum & Library. Fabulous, free collection in a magnificent old building tucked away on Audubon Terrace. You'll enter and see a stunning "Goya in the foya"! <http://www.hispanicsociety.org/>
Bonus: Two huge cemeteries are across the street, wander and read the headstones, peek into the mausoleums, say hi to Mr. Audubon himself. It's really quiet there.
- Hudson River. The whole Hudson riverfront is pretty fantastic, with an assortment of gardens, play areas, marinas, rest and reflect spots, cafes and so much more. You pretty much can't go wrong! You can start down by The Battery or pick it up at the World Trade Center, Chelsea, or Pier 1, or further north. Just too much there to list! And don't miss the beauties of Riverside Park, where nature and community live happily together. Perfect for meditative retreats. <http://www.riversideparkfund.org/calendar>
- Lincoln Center. There are a couple new lawns to loll about on, and you can grab a drink at the new Elinor Bunin Monroe Cinema after the film, or just hang out under the trees by the reflecting pool or by Damrosch Bandshell. <http://lc.lincolncenter.org/>
- Metropolitan Museum of Art The Japanese rooms in the Asia wing on 2nd floor are particularly restful, especially on Friday and Saturday nights when the museum stays open later. <http://www.metmuseum.org/> And don't forget The Cloisters is also part of the Met. Stunning Hudson River views from upper Manhattan, a real French cloister, magnificent art and tapestries and NY Revolutionary War history, too. <http://www.metmuseum.org/visit/visit-the-cloisters>
- Mount Vernon Hotel & Museum (formerly the Abigail Adams Smith House) <http://www.mvhm.org/>. It's a real house and lawn, stuck among the skyscrapers, historic and interesting. Catch an aerial glimpse of it on the left side of the tram as you go to Roosevelt Island.

LIBRARIES

- Morgan Museum and Library. Check out JP's library, an amazing room. <http://www.themorgan.org/home.asp>
- NY Society Library. <http://nysoclib.org/> A private gem.

BOAT RIDES

- Staten Island Ferry. <http://www.siferry.com/> It's free, it's fun, can we ever get enough of the Statue of Liberty? Go at sunset, during the full moon, anytime.
- Governor's Island. <http://www.govisland.com/html/visit/calendar.shtml>. Great war history with old forts, officers' housing, and much more. A free, short boat ride gets you there.

- Red Hook Brooklyn. Take a ferry ride and explore IKEA and Fairway, have a relaxing waterside lunch. <http://onlytheblogknowsbrooklyn.com/>

CINEMAS

- Lincoln Plaza Cinema, 62nd Street and Broadway. In the back, an outdoors area with seating and waterfall. Nice place to meet before the film or discuss it afterwards. (See also: Lincoln Center)
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TRAM RIDES*

- Roosevelt Island. The island is a very interesting place with dramatic history and a thriving community. Check out the little lighthouse and story of a tragic boat ride at the north end, walk all around and enjoy incredible Manhattan vistas. <http://www.rioc.com/transportation.htm>
*Take the subway to Roosevelt Island if the idea of standing in a small rocking car suspended is not your cuppa tea!

HOUSES OF WORSHIP

- Cathedral of St. John the Divine. Meditate in the sanctuary or in the lovely gardens. And watch out for those peacocks! <http://www.stjohndivine.org/>
- Congregation Emanu-El. Incredible interior architecture and mosaics, open for meditation most days. Great Judaica museum, never crowded or noisy. <http://www.emanuelnyc.org/>

OUTSIDE NYC

- Hoboken, NJ. So easy to get to by PATH train. <http://www.hobokennj.org/>
- Metro North Daytrips. Buy a train ticket, get off in a new town and have a good time. Cold Spring, Beacon, Tarrytown, and much more. Pick a town, Google it for ideas where to eat, shop and explore. Here are the train schedules: <http://www.mta.info/mnr/html/planning/schedules/>
- Sandy Hook, NJ. To the beach! <http://www.sandy-hook.com/>
- Mohonk Mountain House.
http://www.mohonk.com/?src=ppc_google_brand2&gclid=CJJS0L7ch7ACFUSK4AodbG0cng
- Storm King Art Center. <http://www.stormking.org/>