EGPS WELCOMES AGPA TO NYC

2020 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 to New York City for AGPA Connect 2020. (64th Annual Institute and 77th Annual Conference) of the American Group Psychotherapy Association.

New York City has something for everyone from restaurants, museums, theatre, 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.

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, landmark buildings, sightseeing, entertainment and museums at 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 chaired by Kathie Ault, Leah Slivko 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 Alice Shepard, Anthony Patterson, Brooke Greene, Carolyn Ehrlich, Erica Gardner-Schuster, Geraldine Howard, Dominick Grundy, Jason Marx, Katherine Mitchell, Kathleen Isaac, Libby O’Connor, Mary McRae, Ronnie Greenberg and Stephen Schneider.

The Hosting Task Force has come together to help make your conference a memorable experience. At our Hospitality Table 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!

Erica

Erica Gardner- Shuster PhD
President, EGPS

Katie

Kathie Ault, PMH-NP, BC, CGP
Leah Slivko, LCSW-R, PsychA, CGP
Co-Chairs
Hosting Task Force

Leah
**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.

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**In the New York Sheraton Hotel**

*Club Lounge (located in the lobby) –*
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, 6:30 AM – 11:00 AM, M-F; 6:30 AM – 11:30 PM, Sat & Sun.
Lunch, 12:00 – 2:30 PM, M-F; 12:00 – 1:30 PM, Sat & Sun.
Does Not Serve Dinner.

*Library Bar/LINK (located in the lobby) –*
Serves Starbucks, 6:00 AM – 3:00 PM.
Dinner/Drinks, 3:00 PM – 1:00 AM; Kitchen Is Open until Midnight; Last Drink Is Served at 12:45 AM.

*Room Service –* All Meals/Snacks; 6:30 AM until Midnight.

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**Affordable Breakfast, Lunch, and Dessert Places Near Hotel**

**GRAND OPENING of the Newest 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.

*Casa Barilla -* informal, step above fast food. Great lunch choice 1290 6th Avenue. Entrance on 52 street. 646-559-2206

*C chop’t.-* 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

*Le Pain Quotidien-* Simple affordable and healthy food choices. Communal Table. 55th street and 8th Avenue 646-779-8387

*Maison Kayser -* 787 7th Ave. @ 51st (between 6th Ave. and 7th Ave.212-548-4300

*Maison Kayser - 2161 Broadway -* (73rd and Broadway) 212-873-5900

*Pret A Manger-* 135 west 50 street- easy access and some healthy choices, including vegetarian options. M-F 6am-9 PM
Roast Kitchen - Build your own Bowl. Green base, mix-ins, sauté sauce, grain, top with protein. Reviews are varied. Healthy and affordable. 740 7th Avenue (Corner of 49th) 212-399-9100.

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

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.

Wrapside - 673 9th Avenue (46th-47th) 212-203-6161. Falafel, shawarma, salads, Middle Eastern specialties

Restaurants - Easy Access from Hotel


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

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

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.


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

Molyvos - 871 7th Ave (55th & 56th) 212-582-7500. Fine Greek Dining.

Topaz Noodle Bar - 129 West 56th St. 212-247-2277. Lunch Special serving from 11:30 AM until 4 PM.


Fabulous Lunch Splurges

Estorio Milos - 125 West 55th Street. 212-245-7400.

Jean George Nougatine - 1 Central Park West (btwn 60th & 61 Streets). 212-299-3900.

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

Marea - 240 Central Park South. 212-582-5100. Wonderful Italian Seafood. NY # 1 Italian.
Hell’s Kitchen: Easy Walk From The Hotel

**Anjou Toquileria** - 668 10th Avenue (47th Street) 212-920-4770. Good Mexican food with Great Drinks.

**Esca** - 402 West 43rd Street (near 9th Ave.) 212-564-7272 The Voice says “Fish doesn’t get any better than this.”

**Gazala Place** - 709 Ninth Avenue 212-245-0709. Middle Eastern fare.

**Hell’s Kitchen** - 754 Ninth Avenue (51st) Great, fun, noisy, active Mexican fare. Amazing Margaritas!

**Mercato** - 352 West 39th Street 212-643-2000. Tuscan Osteria

**Marseille** - 630 Ninth Avenue (44th-45th) 212-333-2323. Upscale French/Mediterranean, atmospheric, very good food, great bar. (reservations strongly recommended)

**Nizza** - 630 Ninth Avenue (44th-45th) 212-956-1800. Very good, reasonably priced Italian with French accents.

**Tabata Ramen** - 540 Ninth Avenue 212-290-7691 Excellent noodle shop.

**Tulcingo del Valle** - 665 10th Avenue (46th and 47th) 212-262-5510. Authentic Southern Menu.

**Theater District:**


**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.

**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 90& 91 Streets.

**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.

**Estiatorio Milos** - 125 West 55th Street. 212-245-7400. To control sky high pricing consider making a meal of the fabulous appetizers.

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

**Marea** - 240 Central Park South. 212-582-5100. Wonderful Italian Seafood. NY # 1 Italian. Sky high prices.

**Pam Real Thai** - 404 West 49th Street (btwn 9th & 10th Avenues). 212-333-7500. Hell’s Kitchen has sprouted a ton of Thai restaurants. This one stands apart. Even if you thought you “knew” Thai food, give this one a try.


West Side (below 42nd St):


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

Otto - One 5th Avenue @ West 8th Street. 212-995-9559. Unusual upscale pizzeria & enoteca owned by Mario Batali. Great service, lovely setting, wonderful for groups: choose selections of pizza, antipasti, calzone and gelato and pass the platters around the table!


Favorite Vegetarian Restaurants

Blossom - Refined Vegan dining. 507 Columbus Avenue (Between 84th and 85th streets) 212-875-2600.

Candle Café - 1307 third avenue (SE corner of 75 ST) 1307 Third Avenue 212-472-0970.


Hangari - This is a highly recommended Korean Vegan restaurant that is known for it’s creativity and culinary awards. 12 E 32nd St, New York, NY 10016. Call (212) 213-0077 / (212)213-6068.

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.

Shalel Lounge - 22 West 70th Street. Like eating in an exotic cave. Great Middle Eastern food, and sangria to share. 212-777-9988.

Favorite Ethnic Restaurants

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

Indian Accent - Voted the best Indian restaurant in NYC. It is a dining experience like no other. Like everything else in NYC, you pay for what you get. 123 West 56th Street. Must have reservations. 212-842-8070. Highly recommended Splurge. It is like no other Indian you have ever eaten in.

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
Rosa Mexicana - Some people love it. Very good Mexican Fare. Noisy, festive environment. Just across from Lincoln Center. Must have reservation. 61 Columbus Avenue (Near 62nd Street) 212-977-7700

Sinqual - A fun and festive authentic Mexican restaurant. Fairly affordable. Amazing and unusual drinks. 640 Third Avenue 212-286-0250

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.

72 Street Thai - 128 West 72 Street. Great food, and comfortable atmosphere. 212-496-6153. Strongly suggest reservation.

Elea - Good Greek - 217 West 85th Street. 212-369-9800. Great Luncheon Special. Reservations are essential on weekends.

Han Dynasty - Very good and popular Chinese Restaurant. 215 West 85th Street. 212-858-9060. Reservations a must on weekend.


Lilly's Wine Bar - Good food and wine. Affordable neighborhood place. 50 West 72 street. 212-799-4140.

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.

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

Nearby Happy Hour

Bocca di Bacco - 828 9th Avenue 212-265-8828

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

ViceVersa - Local Italian favorite with a Happy hour. Homemade pasta specials. Hell’s Kitchen. 325 West 51st Street. 212-399-9291.

Empire Steakhouse - 237 West 54th Street. Happy Hour daily 4-7 PM. 212-586-9700.
HELPFUL LINKS FOR NYC VISITORS

https://www.centralparknyc.org/
https://www.thehighline.org/events/high-line-winter-tour-from-freight-to-flowers/
https://www.citypass.com/new-york
https://www.hudsonyardsnewyork.com/about
https://www.urbanspacenyc.com/w52nd

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

**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.

**Fotografikfa** - 281 Park Avenue South (at 22nd Street). Newest Photo museum with goal to inspire a more conscious world through photography. Open 363 days a year.

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


**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.


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


**Neue Gallery** - 1048 5th Avenue (86th Street). 212-628-6200. Early 20th Century German and Austrian art owned by the Lauder Family. Closed Tuesday-Thursday.


**New York Historical Society** - 2 West 77th Street (Central Park West) 212-873-3400. Closed Monday.

**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


Recreation:

Ice Skating.
1. **Wollman Ice-skating Rink in Central Park** - Enter park at 59th Street/Central Park South and 6th Avenue and follow footpath, staying right, between East 62nd and 63rd Streets. Call 212-439-6900. Call for scheduler see www.wollman skatingrink.com for schedule. Admissions, skate and locker rentals are cash only.

2. **Ice-skating at Rockefeller Center** — At 5th Avenue between 49th & 50th Streets 212-332-7654. see www.therinkatrockcenter.com for schedule. Admissions, skate and locker rentals are cash only.

3. **Ice-skating at Bryant Park** - The only free ice skating rink in the city. Between 40th and 42nd Streets and 5th and 6th Avenues.

Favorite Walks:
1. **Riverside Park** - From hotel walk west to the river and North to 60th street.

2. **Central Park** walk to 59St and enter the park. There are miles of paths in Central Park. Take the 7th Avenue subway #1 to 72 Street then change to express #2 or 3 to 110 Street Central Park West/110 Street and walk around the Harlem Meer (Lake). See www.centralparknyc.org for downloadable maps for walking, biking and running in the Park.

3. **Highline 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. Closest subways stops are 14th Street on A,C,E or #7 at Hudson Yards. Seasonal hours of 7am to 7pm.

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 https://www.tripsavvy.com/how-to-walk-the-brooklyn-bridge-442746

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. https://www.hudsonyardsnewyork.com/discover/vessel

2. **Carriage Ride** - when else will you do it? 59th Street & 5th Avenue across from the Plaza Hotel. You can walk through the Park or view some of the most elegant hotels located along Central Park South. See www.centralparknyc.org for more information and reservations.

4. **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](http://www.rentalbikenyc.com) for more information and Broadway and 67 St. Citibike offers day passes with bike stations at 7th, 6th &amp; 5th /Grand Army Plaza and Central Park South/59th street. See [www.citibikenyc.com](http://www.citibikenyc.com) number to call which I suppose gives recorded directions. You use a credit card. (855)2453311. You ride in counter-clockwise direction. Out-of-towners get confused by that. Just follow the horses!

5. **Central Park Zoo** – Enter at 64th Street &amp; 5th Avenue. Call 212-439-6500 or see [www.centralparkzoo.com](http://www.centralparkzoo.com) for downloadable map, tickets, animal feeding times and special seasonal events.


7. **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. [https://911groundzero.com/one-world-observatory-tickets-all-access-tour/](https://911groundzero.com/one-world-observatory-tickets-all-access-tour/)

## Special Events

**American Museum of Natural History**: Meet T. rex: the Ultimate Predator. Experience the amazing virtual reality dinosaur. Mingle with 500 free flying butterflies.

**Metropolitan Museum of Art** New exhibit opening February 2020. **Epic Abstraction** *Epic Abstraction: Pollock to Herrera* begins in the 1940s and extends into the twenty-first century to explore large-scale abstract painting, sculpture, and assemblage through more than fifty works from The Met collection, a selection of loans, and promised gifts and new acquisitions.

**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.

**Brooklyn Chocolate, Wine & Whiskey Festival**, Sat, Mar 7, 12:00 – 8:30 PM

**Brooklyn EXPO Center**, 72 Noble St, Brooklyn, NY

**The Armory Show** – The Essential New York Art Fair! runs from March 5 – 8, 2020. This year’s Armory Show takes place at Piers 90 & 94, 711 Twelfth Ave (W 55th St & the West Side Highway).

**Mardi Gras is on Tuesday, March 5, 2019**. Mardi Gras (French for “Fat Tuesday”) is a Carnival celebration that takes place the day before Ash Wednesday. Various jazz clubs in NYC,

**New York Botanical Garden’s Orchid** show runs starting February 23 through April 28, 2019.

**Dance festival**, March 1, 2020, (begins Feb. 27)

Order reserved seats for ballroom, Latin, rhythm at New York Dance Festival in ballrooms at the Roosevelt Hotel. Please check dates online at [www.nydancefestival.com](http://www.nydancefestival.com)

**Women’s film festival**, March 1, 2020, (begins Feb. 27)

**Athena Film Festival** “showcases films about strong and courageous women leaders in real life and the fictional world” at Barnard College.
Sporting and Other Events

Sports
March 2, 2020-New York Knicks vs Houston Rockets
March 4, 2020-New York Knicks vs Utah Jazz
March 5, 2020-New York Rangers vs Washington Capitals

Art:
March 5, 2020: American Perspectives @ The American Folk Museum, 2 Lincoln Square, NYC
March 2-6, 2020: From A (Agam to Zaritsky) Z, Yeshiva University Museum, 15 West 16th St., NYC
March 2020: The Museum of Modern Art, 11 West 53rd Street, NYC
March 3, 2020: The Amazing Scavenger Hunt @ The Metropolitan Museum of Art, MET, 1000 5th Ave, NYC - wonderful tour and group rates

Music:
March 5, 2020-Amateur Night @ The Apollo Theater in Harlem-fantastic!!!!!
March 1-2, 2020-Widespread Panic Rock Band @ the Beacon Theater
March 5, 2020-Celine Dion in Concert @ the Barclay Center, Brooklyn, NY
March 5, 2020-Debussy, Ravel, and Scraibin, York Philharmonic Orchestra, Lincoln Center, NYC
March 7, 2020-Latin Music Cruise, Hornblower Cruises, Pier 15, NYC

Opera
The Metropolitan Opera, Lincoln Center, NYC
March 2, 2020-Gala Premiere-Wagner’s Der Fliegenre
March 3, 2020-Handel
March 4, 2020-Mozart
March 5, 2020-Verdi-La Traviata