BEST OUTDOOR DINING / FOLIAGE DAY TRIPS

FESTIVALS / CONCERTS / DANCE MUSEUMS / GALLERIES COMEDIANS / MOVIES & MORE



CONTENTS

SEPTEMBER 2025



FEATURES

46 / Fall Arts Guide

We curated the very best cultural events here, there, and everywhere in and around the county—think concerts, comedy shows, art exhibits, family-friendly festivals, and more.

56 / Menopause Is Having A Moment

Why everyone is talking about "the change" and what symptoms to look out for, plus the best new evidence-based treatments.

64 / The Future Is Now

A glimpse into the world of quantum computing at the IBM Thomas J. Watson Research Center in Yorktown Heights.

DEPARTMENTS

13 / Upfront

A Q&A with a Westchester momfluencer; where to catch fabulous foliage in the Hudson Valley; what local bookstore owners are reading this fall; a luxe new dog retreat in Brewster; why the Chappaqua Children's Book Festival is a must-visit event for families; celebrating Eye Gallery of Scarsdale's nearly 50 years in business, and more.

25 / Living Well

The best sneakers for all types of workouts; pre-loved clothing and accessories at Harrison's Saved by Zero; and a new yoga studio in Cross River with classes for every skill level.

31 / Family

Unique after-school activities; an Ardsley mom's line of coloring books for young nature enthusiasts; what to know about New York's new school cell phone policy.

37 / Home

A sophisticated and inviting outdoor space for entertaining year-round, and a guide to native trees and shrubs that thrive in every season.

71 / Food

Five Westchester restaurants with youwon't-ever-want-to-leave outdoor dining spaces; the best meal delivery services; a preview of Mona in New Rochelle, a newly-opened spot that serves up Southern Indian cuisine with a modern twist; and Grey's Donuts brings the dirty soda trend to Westchester.

IN EVERY ISSUE

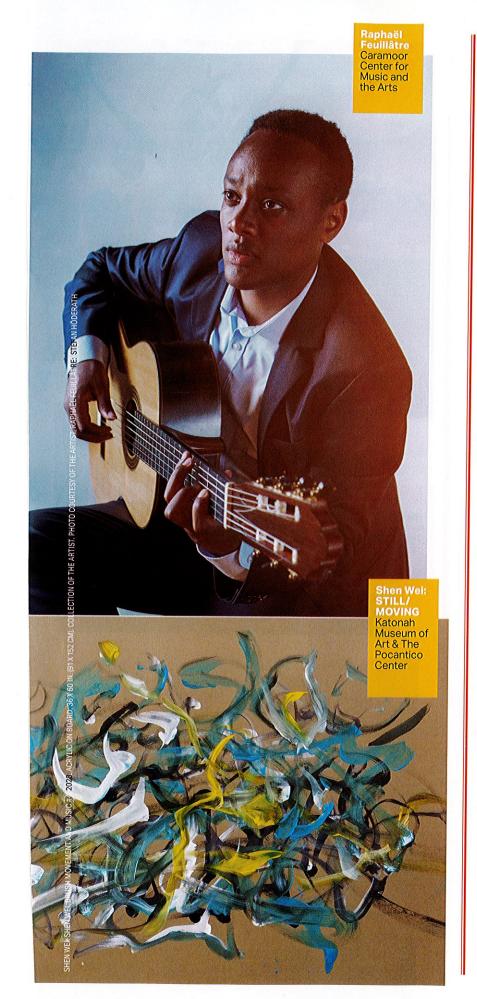
10 / Editor's Letter

10 / Online This Month

146 / Dining Out

160 / The Crossword

CLOCKWISE FROM UPPPER LEFTI: SHEN WEI. BRUSH MOVEMENT AND MUSIC #4, 2023. ACRYLIC ON BOARD, 36 x 60 IN. (91 X 152 CM). COLLECTION OF THE ARTIST; OLENA/ADOBE STOCK; NICK JOHNSON



Who better than Carole Alexisfounder, director, and choreographer of Ballet Des Amériques in White Plains—to provide a pro take on this fall's don't-miss dance performances?

The French government knighted choreographer and teacher Carole Alexis in 2022 for her contributions to the field of dance, dubbing her Chevalier de l'Ordre des Arts et des Lettres. This year, she received ArtsWestchester's Advancing Equity Award, netting her company a cool \$25k. In October, Ballet Des Amériques will be performing at the New Rochelle Dance Festival, and then in November, at New York City's Teatro LATEA. Meanwhile, the dance dovenne is excited about this season's amazing local offerings.

Sculpture Dances: Kykuit

Sep 11, 12, 13 **David Rockefeller Creative Arts Center** Nature and masterful movement combine in hour-long al fresco performances on the renowned Kykuit property. "I think it is so important to give people the experience of art, the outdoors, and sculpture, and to bring it all together in a beautiful place," says Alexis. The show was developed by the interdisciplinary performance company Site-Specific Dances.

The Great Gatsby Ballet Sep 18

The Palace Theatre "It's always interesting to see how an art form such as writing is translated into dance," Alexis points out. Journey back to the Roaring Twenties and F. Scott Fitzgerald's iconic novel, brought to life with a cast of 40 from the acclaimed World Ballet Company.

Swan Lake

Oct 11 The Palace Theatre According to Alexis, this performance

of Tchaikovsky's 1875 masterpiece by International Ballet Stars-which includes members from all over, including Italy, France, Ukraine, Japan, Moldova, and Kyrgyzstan-is a wonderful choice for families with younger kids. "It's such a classic," she explains. "Shows like this help children develop their love for art and culture."

Ailey II Oct 12

Emelin Theatre "Alvin Ailey is like jazz, the company represents American culture and history," notes Alexis. "It almost always sells out." See the troupe's new work, Luminous, in an intimate, comfortable venue that offers excellent views of the stage.

Ballet Hispánico

Nov 16 Ridgefield Playhouse "Like Alvin Ailey, Ballet Hispánico is iconic," says Alexis. "The last time I saw them, I was amazed by their strong, well-rehearsed dancers and tight choreography. I will always go see Ballet Hispánico whenever they perform in the area."

Fill your calendar through the end of the year with best-in-class suggestions from Kathleen Reckling, CEO of ArtsWestchester.

"This fall offers an exciting lineup of exhibitions featuring artists who push our understanding of what we think we know," says Kathleen Reckling, leader of the largest private nonprofit arts council in the state. These artists work across disciplines and media, cross borders, challenge concepts of utility, and ask viewers to think about our relationship to spaces and places." Hear about them in her own words.

Katherina Jesek

Sep 2-Dec 8 The Center for the Digital **Arts Gallery at SUNY** Westchester Peekskill "The Center for the Digital Arts Gallery at SUNY Westchester Peekskill teamed up with the Kinosaito Art Center to exhibit video, photography, and animated GIFs by Katherina Jesek, an acclaimed multimedia artist. Her work explores the intersection of analog and digital media, reimagining antiquated technologies such as cathode ray oscilloscopes through a contemporary lens. It also engages with our imagination around the possibilities of technology, especially in the age of Al."

DRAW: Heat

Sep 19-Jan 11 **Hudson River Museum** "Approaching the subject of climate change from a different angle, this show invites 40 artists from across the country to meditate on the existential threat we face as a result of the social, political, and power inequities produced by ineffective environmental policies. After exploring these contemporary works on paper, there's an opportunity to visit pieces from the museum's permanent collection, recontextualized in new installations."

Meltdown: A Changing Climate

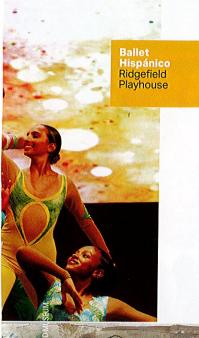
Oct 5-Jan 11 **ArtsWestchester Gallery** "ArtsWestchester has supported new works by artists who will address ways in which ice and water are integral to the Hudson Valley, and how climate change is shaping the future of the regional landscape. Among the dynamic works in the exhibition is a monumental ice installation by Jaanika Peerna that will change overtime as it melts, pushing pigment to shape a beautiful abstract painting."

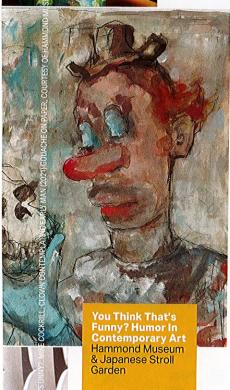
Shen Wei: STILL/MOVING

Katonah Museum of Art & **The Pocantico Center** (dual locations)

"The Katonah Museum of Art and The Pocantico Center are among Westchester's cultural jewel boxes, and this joint presentation between the two offers a unique opportunity to experience both sites through the work of one artist. Both locations will feature different aspects of Shen Wei's visual art practice and offer performances by the Shen Wei Dance Arts company. The KMA will emphasize the interdisciplinary nature of his work while the Pocantico Center's focus will be on Shen Wei's more recent landscape paintings."







Johnny

The Capitol Theatre

Classic movie buffs, seize your moment to see a quintessential film (or several) in a theater among fellow fans. It's much more fun than watching on your own at home!

Anatomy of a Murder Sept 10

Jacob Burns Film Center Old-school 35mm film screenings attract cinephiles like metal attracts magnets. This showing is Otto Preminger's twist-y 1959 legal drama about a Michigan lawyer played by Jimmy Stewart who attempts to exonerate an innocent veteran on trial.

Grey Gardens

Oct 1

Avon Theatre

Few documentaries have had the enduring success or cultural impact of this bizarre peek into the lives of Edie Bouvier Beale and her mother, Edith, both related to Jackie Kennedy Onassis, Delve into their complex lives over the course of this documentary, celebrating its 50th anniversary.

Judgement at Nuremberg

Oct 8

Jacob Burns Film Center Stanley Kramer's 1961 drama follows the post WWII trials of four German judges who face a military tribunal for Nazi atrocities as

crimes against humanity. Starring William Shatner and Judy Garland, the resulting film is a compelling commentary on dual themes of guilt and accountability.

John Cleese

Oct 18 Paramount Hudson

Valley Theater

All hail one of Britain's comedy icons, John Cleese, when he marks the 50th anniversary of cult classic Monty Python and the Holy Grail. An audience Q&A follows, so curious fans should come prepared to ask the actor any burning, behind-thescenes questions.

The Rocky Horror Picture Show

Oct 25

Tarrytown Music Hall Interactive showings of this 1975 cult classic starring Tim Curry and Susan Sarandon are the midnight-movie gold standard. Tarrytown Music Hall staff put together an audience participation kit, included in the price of each ticket. Warm up with some fun pre-show games and a costume contest.

NEW & NOTEWORTHY

The Librarians

Sept 16

Bedford Playhouse

In keeping with book banning making headlines again, this timely documentary from Oscar-nominated filmmaker Kim A. Snyder (and executive producer Sarah Jessica Parker) follows a group of brave librarians fighting for intellectual freedom. An official selection at both the 2025 Sundance Film Festival and SXSW, the film offers a close look at Americans standing up to censorship.

Stop by a museum or gallery to catch these shows while you can— they will make you laugh and think.

You Think That's Funny? **Humor in Contemporary Art**

Ongoing through Nov 16 Hammond Museum & Japanese Stroll Garden

Fine art and comedy collide in the Hammond Museum's main gallery. featuring work by a selection of contemporary artists including lauded painter Mike Cockrill. Two deceptively simple questions are at the heart of this show: What makes us laugh and why?

Complements: Charles Addams & Suzanne Heilmann

Sep 15-Nov 15

Rye Arts Center

Just in time for Halloween. cartoons by Charles Addams, the creator of the sensationally spooky Addams Family, will be displayed alongside sculptures by artist Suzanne Heilmann, three of which were created specifically for the exhibition. The shared artistic through line is Addams' off-kilter and whimsical take on the world.

Uman: After All the Things

Oct 19-May 10

The Aldrich Museum of **Contemporary Art**

Glasswork, painting, drawing, sculpture—the multimedia artist Uman is adept at all these and more. This will be apparent when she presents her first institutional solo exhibition at The Aldrich. encompassing bold new works on paper and a site-specific mural.

Ants: Tiny Creatures, Big Lives Nov 20-May 17

Bruce Museum

This fascinating show uses scaled-up models like a massive ant tunnel and a five-foot sculpture of a creepy crawly to make people feel like they've shrunk to the size of a bug. Add in macrophotography (extreme close-ups) and this exhibit is as fun as it is informative.