

SEPTEMBER 2017

FIELD REPORT

guiding your stay

1

HOTEL
central park

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walls with benefits

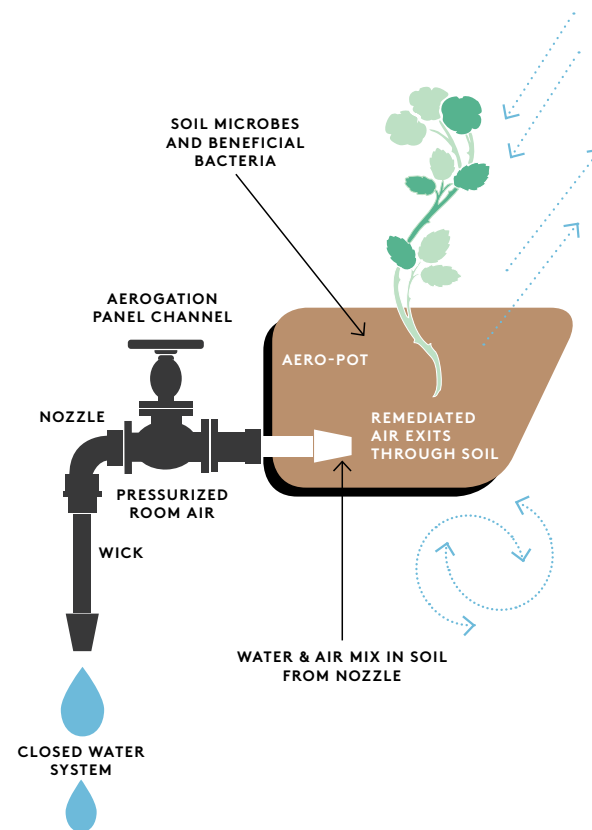


NATURAL GREENERY SYMBOLIZES FRESH, new beginnings. At 1 Hotels, we bring nature inside in ways that are relaxing, renewing, and reinvigorating.

Living walls are not solely a visual design element for us, but also serve a larger purpose, acting as air filtration systems for our spaces.

HOW IT FUNCTIONS

the inner workings of the green wall ...



01

The green wall is supported by an innovative closed water system and irrigation channel to keep it healthy and lively.

02

The wall takes in air and purifies using its natural system of growth.

03

The clean air is released back into the room after the impurities and toxins have been removed.

GOOD TO



healthy talks

Lunch tips for a Family On-the-Go from Chef Ginger Pierce ...

As a working mother of two, I am always looking for new healthy and exciting meals to feed my children. Being a chef doesn't necessarily make it easier, as no two kids are alike, and can have ever-changing tastes.

Getting kids on a healthy eating regime is hard for any parent. It can be really tempting to reach out for convenience foods,

especially for school lunches as the pressure of 'back to school' mounts.

Add in the tastes of a picky eater and the challenges of working full time and you could find yourself facing daily anxiety. Here is my advice for working parents, trying to get their kids wholesome foods on the go:

GET EXCITED

More often than not, food positivity comes from parent's own attitudes about food. It's not always going to work, but I have found if you show your children you are excited about the things that you prepare they will share in that excitement on some level.

MEAL PREP

If you want to get really organized, write a weekly menu. This will help the ease of shopping as well as prep. My suggestion is to have categories like fruits, vegetables, salty/fun snacks and proteins. It's a good way to ensure you're preparing a balanced meal.



SIMPLICITY IS KEY

Every kid is different, but it's always good to give yourself a few easy wins. For my kids, carrot sticks, popcorn, grapes, apple sauce, dried fruits and almonds are winners across the board.

EXPLORING NEW TASTES

One of my boys will eat any kind of fruit, the other is partial only to specific kinds. I am a strong believer that you should never give up on your kids having a change of heart about a certain kind of food... but don't make yourself crazy. You can pad the meal with healthy things you know they will eat, while still trying to sneak in some adventure for them.

FIND YOUR GROOVE, NOT A RUT

Over time it will become clear which things work for you and which don't, but don't be scared to throw a wild card in every once in a while. Sushi rolls can be a great activity that you could share with your child and can be made ahead of time. One of the best things about it is that the fillings and flavors can be changed based on individual tastes.

LEFTOVERS RULE!

Some leftovers make excellent lunches, and with a few tweaks, can feel like a whole new meal. Cooked proteins can usually be re-purposed into sandwiches or wraps and pitas are a great vehicle for reinventing last night's food.





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HOTEL & HOMES

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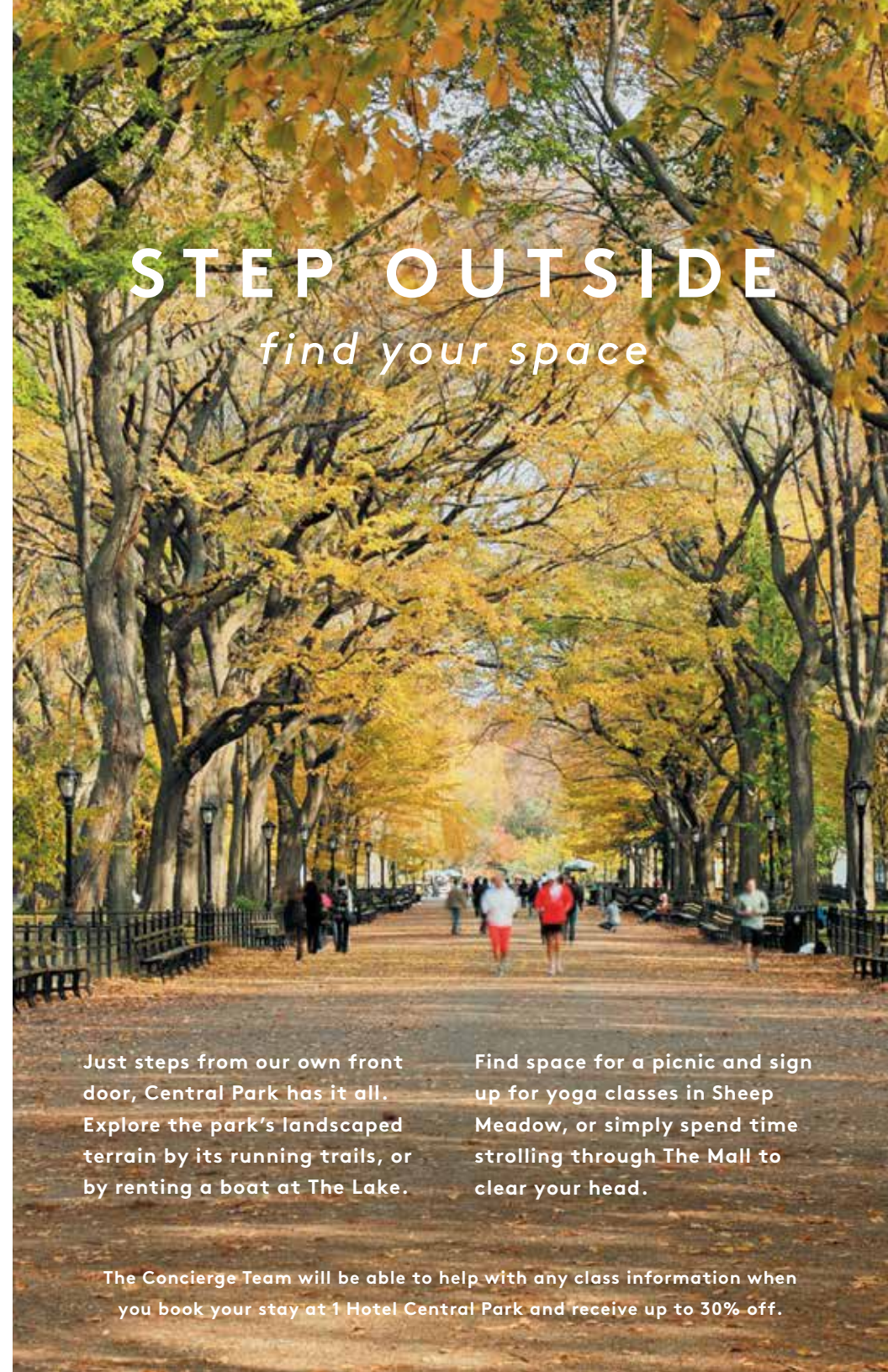


Toll Brothers
CITY LIVING



Schedule Your Personal Tour of our Model Residences Today
Sales Gallery: 90 Furman Street, Brooklyn, NY 11201

The complete terms are in an offering plan available from the sponsor. File No. CD15-0113.



STEP OUTSIDE
find your space

Just steps from our own front door, Central Park has it all. Explore the park's landscaped terrain by its running trails, or by renting a boat at The Lake.

Find space for a picnic and sign up for yoga classes in Sheep Meadow, or simply spend time strolling through The Mall to clear your head.

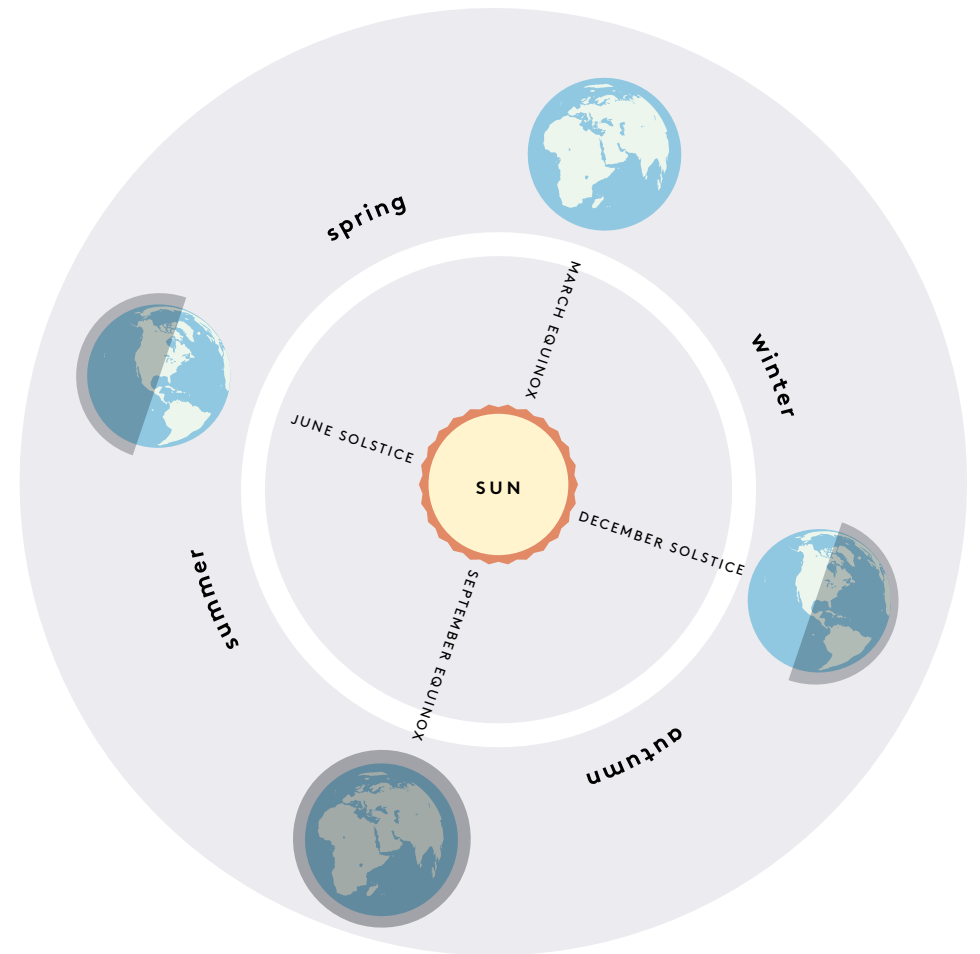
The Concierge Team will be able to help with any class information when you book your stay at 1 Hotel Central Park and receive up to 30% off.

EQUINOX

THIS YEAR'S FALL EQUINOX,
SEPTEMBER 22ND
MARKS THE FIRST DAY OF
autumn

This year, 1 Hotels wants to help you celebrate the Earth's natural resources and beauty by giving back to The Nature Conservancy.

Our Fall Equinox package includes up to 30% off your stay, a donation to The Nature Conservancy on your behalf, and flexible cancellation — because like the seasons, we know plans can change.



Here are some facts to help...

OPPOSITE DAY

While we're celebrating the Fall Equinox in the Northern Hemisphere, the Southern Hemisphere is enjoying the beginning of spring with their own seasonal change Equinox.

EQUAL TIME

The word "equinox" is derived from the old Latin term for "equal night."

TIME FOR BALANCE

On each equinox, the Earth's axis is not tilted, which means the length of day and night are almost equal.

REFLECT & DISCOVER

The Fall and Spring Equinoxes are the only two days of the year when the sun shines directly on the equator.

september 2017

mind & movement



FIELD HOUSE

Recharge 24/7 with stationary bicycles, resistance treadmills, kettle-bells and yoga mats.

CITI-BIKE

Venture out and explore the neighborhood on two wheels. Ask the 1 Team for the nearest docking station.

YOGA SESSIONS

Select weekends
2nd Floor, Great Lawn
Join us as we celebrate National Yoga Month with complimentary classes featuring different styles of yoga. *Refer to your 1 Guide for additional programming.*

scenes & sounds

FULL MOON CELEBRATION

September 6, 8pm - 11pm,

Lobby

Honor life's natural rhythms and celebrate the Full Moon with complimentary palm readings in the lobby by Maha Rose.

NEW YORK FASHION WEEK

September 7 - 14

Dress the part and feel the energy as the who's who in fashion rub shoulders in the city to witness the forthcoming clothing lines and newest trends.

DARK SKY

September 20, 8pm - 10pm

On the night of the New Moon every month, we turn the lights down low for a candlelit evening in the lobby to raise awareness for global brightening.

Refer to your 1 Guide for additional programming.

local discoveries



YOGA IN CENTRAL PARK

Saturdays - Sundays, 12pm - 1:15pm

Meeting point at Le Pain Quotidien inside Central Park

Join the Yoga trail in Central Park on the grass for this relaxing Vinyasa class. Great for those who want a restorative practice.

Visit fareharbor.com/theyogatrail

NYC BROADWAY WEEK

September 4 - 17

Take advantage of 2 for 1 ticket to 25 of Broadway's top shows.

For tickets visit www.nycgo.com.



TSQ MARKET

Daily, 11am - 9pm

Broadway from 42nd to 47th Streets

A year-round culinary showcase of New York City's most distinctive and unexpected food and retail offerings.

taste

JAMS

Open daily for breakfast, lunch & dinner, plus brunch on weekends

Come taste the California-inspired seasonal menu from celebrated Chef Jonathan Waxman.

Refer to your 1 Guide for hours.



LOCAL FARMER'S MARKETS

Union Square, 79th Street, Tribeca

Gather everything you need for a farm-fresh meal at these markets spread through the city.

LOBBY FARMSTAND

Daily, 7am - 6pm

Daily market stand with fresh fruits, nuts, granola and more. Open to guests and neighbors.



WEEKEND BRUNCH

Saturdays & Sundays, 7am - 2:45pm

Join us at Jams for our Weekend Brunch, with optional outdoor seating, to enjoy seasonal offerings.

services



1 GUIDE

The way to order in-room dining, make service requests and connect with the 1 Team. A 1 stop shop.

CONCIERGE

Our experts in eats, events and excursions. Let them be your guides while you call 1 home.



TESLA SERVICE

Our Tesla cars are complimentary for guests for drop-offs within a 15 block radius of the hotel. *(Based on availability.)*

day — trip



BIRD-WATCHING

AS PART OF OUR COMMITMENT TO THE PRESERVATION OF LOCAL GREEN SPACES 1 HOTELS IS DONATING TO THE NATURE CONSERVANCY, ONE OF THE OLDEST AND MOST TRUSTED NON-PROFITS IN THE WORLD. WE RECOMMEND YOU PACK A LUNCH, EXPLORE THE TRAILS AND ENJOY ALL OF THE COLORS OF THE WIND IN ONE OF THEIR BEAUTIFUL NATURE PRESERVES.



FALL TREES



SALTWATER MARSH

ST. JOHN'S POND PRESERVE

Home to a clutch of Long Island's oldest forests, this preserve is located next to the Cold Springs Fish Hatchery, providing several distinct habitats for a plethora of wildlife, including river otters, who are gradually making a comeback in New York.

OTTER CREEK PRESERVE

This saltwater tidal marsh in Westchester doubles as a freshwater tributary to Long Island Sound. It stabilizes the shoreline, protects against erosion, and filter out harmful pollutants while providing an indispensable habitat for a diverse array of birds.

Visit www.nature.org/about-us/visit-preserve-map for additional information.

#EXPLORE1HOTELS

#NATIONALYOGAMONTH



Nature is beautiful, and we want to keep it that way. This newspaper was printed with vegetable-based, biodegradable inks on paper made from locally-sourced trees, in a plant powered by renewable wind energy. It was also made 100% carbon neutral by planting trees in Honduras to offset the emissions caused by printing and transport. Please do your part, recycle this paper when you're through.