



WESTCHESTER
WOMEN
MAGAZINE

THE 2025 EVENTS & CATERING GUIDE

GREAT
GET-AWAYS

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WESTCHESTER WOMEN MAGAZINE

FALL 2025

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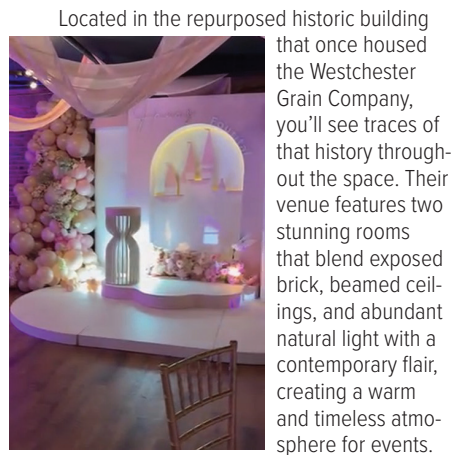
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2025

Events & Catering Guide

B Social Events

B Social Events, is your premier destination for creative and intimate gatherings in the vibrant Waterfront area of Port Chester.



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Whether you're hosting a chic celebration, an important corporate event, or a memorable social gathering, B Social Events offers the perfect setting to bring your vision to life. They look forward to hosting your celebration!

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Neha Palace

Neha Palace, nestled at 27 Meyer Avenue in Yonkers behind Cross County Mall, is a top-rated Halal Indian restaurant and banquet hall that delivers both exceptional cuisine and event experiences, nehapalace.com. The menu features beloved staples like Chicken Tikka, Tandoori vegetables, Fish Biryani, Chicken Tikka Masala, and Indo-Chinese favorites like Chili Chicken—with weekend lunch buffets and a popular Saturday–Sunday all-you-can-eat brunch. Locals hail it as, “the very best Indian restaurant in southern Westchester,” praising the fresh flavors and crowd-pleasing portions. Beyond dining, the elegant venue offers a flexible banquet hall that accommodates up to 200 guests, ideal for weddings, birthdays, corporate events, and more—often described as warm, family-like, and beautifully managed by a standout hostess named Diya Ramchandani. Whether for an intimate meal or a grand celebration, Neha Palace consistently delivers flavorful cuisine, gracious service, and memorable hospitality.



Walter's Hot Dogs

Walter's Hot Dogs is a beloved roadside stand in Mamaroneck, New York that has welcomed generations of loyal customers since 1919. Known for its iconic copper-roofed pagoda and signature split and grilled hot dogs, this Westchester institution has been family-owned and operated for four generations.

Through the years, this nostalgic community staple continues to evolve. For the past decade Walter's has brought the charm of their stand to the road with their award-winning fleet of five food trucks serving the NY tri-state area. They also opened a second location in White Plains, New York. Customers can even bring home a taste of Walter's hot dogs, mustard, and pigs-in-a-blanket from local supermarkets throughout Westchester including DeCicco & Sons, Wegmans, and Stew Leonard's. They also ship nationwide on Goldbelly.

As Walter's celebrates 106 years, they continue to blend history, flavor and tradition in every bite!



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FALL ROAD TRIPS

BY
Lauren
Hurwitz

Pendry Natirar

Thinking of getting away this fall but want to think outside the box? Here are three places within driving distance of Westchester that you NEED to try.

Family Getaway

This past spring, Great Wolf Lodge opened their 23rd family entertainment center in North America, a short drive from Westchester. Located in Mashantucket, CT, the Great Geyser Water Park covers more than 92,000 square feet with a temperature of 84 degrees year-round and has something for kids and adults of every age.

As part of Great Wolf's "next generation" resort experience, this site, "features a new water-coaster slide element, a regional family raft adventure called Pequot Plunge, a new multi-level ropes course with an exhilarating zipline experience, and a new virtual reality attraction where families work together to unlock magical powers from the resort's popular interactive MagiQuest game."

Even the smallest visitors can enjoy the safely enclosed baby/toddler area which is located right near the



MagiQuest



Pequot Plunge

indoor and outdoor pools, hot tub and lazy river to make walking around super easy for the whole family.

The Legend of Luna show takes place every evening just before bedtime when families can gather in the Grand Lobby for a multi-sensory, immersive storytelling experience. The Lobby magically transforms, using projection technology and special effects to tell an enchanting fable about a young wolf who longs to find her place in the world.

Other complimentary family events and activities include Yoga Tails, a program that combines tales of the Northwoods creatures with yoga poses, themed arts and craft projects, and Great Wolf Lodge's signature nightly dance parties.

The Great Wolf Lodge has special offerings lined up specifically for the holiday season too, with "Howl-O-Ween" in October and "Snowland" kicking off after Thanksgiving. Starting October 1, visitors can enjoy "Howl-O-Ween," including trick-or-treating and a costume dance party every night through Halloween. There will be a host of special live shows with hundreds of trees lit up throughout the property and a daily visit from Santa starting on Thanksgiving through the first week of January.

With 13 slides powered by 150,000 gallons of water, 100 arcade systems, and six lanes of bowling, tsit-down't be a shortage of fun at this resort where the grounds are impeccable, the staff operates the highest level of hospitality to ensure you have a happy stay, and the food is not to be missed – especially the burgers by the pool area and the salads at Fireside, the sit down restaurant. Don't miss the premium ice cream and confectionary treats at Wood's End Creamery on your way out...or your way in.

<https://www.greatwolf.com/connecticut>

Girlfriend's Getaway

For the epitome of luxury, take a 90-minute drive to...New Jersey. Originally built in 1912, Pendry Natirar opened to the public last fall as a fully renovated, Tudor-style mansion set on 500 rolling acres of beautifully conserved land in Somerset County. The historic retreat offers an escape from the chaos of daily life with countryside suites, a world-class spa, fitness center, indoor and outdoor pools, tennis courts and other wellness offerings.

Whether you're looking for a guided nature hike, want to indulge in a group cooking class at their signature fine dining restaurant – Ninety Acres – or just want to sit back and relax with an afternoon tea, this is the perfect place to escape busy life and feel like you're away in the English countryside. With the perfect balance

of “we” time and “me” time, Pendry Natirar is a must visit for every tired gal looking for luxury with their best friends.

<https://www.pendry.com/natirar/>

Fall events: <https://www.pendry.com/natirar/experiences/seasonal-happenings/>

Couples Retreat

Downtown Rhinebeck is the ideal place to visit if you want to park once and roam around on foot or bicycle (which are complimentary if you stay at Mirbeau) for a day or two. The crown jewel of this Hudson Valley community is Mirbeau Inn & Spa, a boutique spa-hotel that will remind you of the chic atmosphere of old-world Paris. It's the perfect getaway for couples looking for great food and even better spa services.

With 49-guest rooms each with a custom Mirbeau Estate Mattress, luxe Frette linens, signature robes, a fireplace, and oversized bathroom featuring walk-in showers and soaking tubs...you're sure to enjoy a quiet and serene sleeping experience. Overnight and day guests can relax in the luxurious amenities that include a 12,000 square foot spa, saunas, steam rooms, and a resting area with loungers that are the most comfortable I've ever personally sat in (and fell asleep in while waiting for my massage).

There is also an outdoor bar, hot spa pool, and unique fitness classes included with your stay, and a boutique full of thoughtful and delightful spa-perfect gifts. The on-site restaurant, Willow, surpasses NYC's ultimate dining experiences and offers a large menu of in-season, sustainable, and locally sourced options. The halibut is a fan favorite, and the desserts are 150% “worth it.” Even brunch is an unforgettable farm-to-table experience you'll remember for many meals to come.

This Fall, Mirbeau is offering a September Midweek overnight



offer of a complimentary \$150 Spa Treatment credit when you stay two-nights (Sun-Thurs), as well as their Perfect Date Night Package (available Mon-Wed) which includes two day spa passes allowing access to all spa & wellness amenities plus a 3-course dinner for two at Willow for only \$200 plus beverages, tax, & gratuity.

While in Rhinebeck, be sure to pop down the street to grab an unforgettable lunch at Aba's Falafel, sweet treats at Bread Alone Bakery and Café as well as Samuel's Sweet Shop. If you're visiting on a Sunday, you won't want to miss the local farmer's market where you'll find some of the most beautiful wood-carved cutting boards you've ever seen.

<https://www.rhinebeck.mirbeau.com/>



Ninety Acres at Pendry Natirar

From Clutter to Color: Two Local Experts Share How to Get Your Home Holiday-Ready This Fall

By Lauren Hurwitz

The season of hosting is right around the corner, and there's still time to get your home in tip-top shape. Whether you're prepping for overnight guests, festive dinners, or simply want to feel more at ease in your space, local experts say fall is the ideal time for a home refresh. From deep cleaning and decluttering to breathing new life into your walls with a fresh coat of paint, here's how to make your home feel beautiful, cozy, and guest-ready.

STEP ONE

Clean and Declutter with Natalie Villanueva of Haven & Co. Home Services

Based in New Rochelle, Natalie Villanueva is the owner of Haven & Co., offering luxury home organizing, Airbnb turnover, and move-in/move-out services. With a background in television production and an eye for detail, Villanueva brings both efficiency and aesthetics to every project. "The fall is the perfect time to do a head-to-toe clean," she says. "You're not battling summer heat, and you're gearing up for a season of entertaining."

Villanueva recommends tackling one room or task at a time to avoid feeling overwhelmed. For example: "Dedicate a Saturday to deep-cleaning appliances and the kitchen, then hit the living room the next weekend." She also advises prioritizing commonly neglected areas like baseboards, door frames, air vents, windows, and even rotating your mattresses.

One of her favorite fall projects? Clearing out garages and basements while it's still cool enough for heavy lifting. "I love sorting through summer treasures and helping clients make decisions about what to keep, toss, or donate."

Her must-have tools? The Pink Stuff for deep cleaning behind appliances, Method's Lemongrass Citron spray for eco-friendly freshness, her Bissell cordless vacuum, and the

EasyWring Mop, which she swears makes mopping feel, "like cleaning with a pillow."



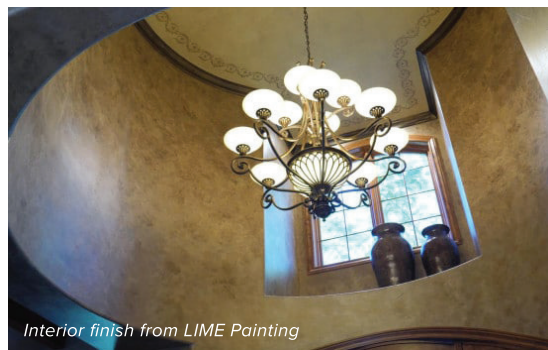
Natalie Villanueva

STEP TWO

Refresh and Reinvigorate with Meredith Royall of LIME Painting of Westchester

Once your home is clean and decluttered, it's the perfect time to look around and ask: Could this space use a little extra love?

Enter Meredith Royall, owner of LIME Painting of Westchester, a luxury surface restoration company that works on everything from drywall and cabinetry to stucco and brick. "Fall is the best time for interior painting," Royall explains. "As the days get darker, people want lighter, more uplifting spaces."



Interior finish from LIME Painting

One popular trend this season? Limewash — a mineral-based paint that creates a handmade, wellness-inspired look. "It blends warm and cool neutrals like terracotta and gives a beautiful, artisanal texture," says Royall. It's especially popular on brick, but before starting, she urges homeowners to have their masonry evaluated to ensure the surface is stable.

Not ready for a full transformation? Try a limewash accent wall in a bedroom to dip your toe in. Royall recommends Sherwin Williams' Sun-bleached, a soft, balanced neutral that pairs well with a variety of styles.

Another emerging trend is color drenching, where the walls, trim, and even ceiling are painted in the same bold hue. "It creates a dramatic, contemporary feel," she says.

For those not looking to repaint an entire room, cabinet refinishing is another great fall project. "You can brighten up your kitchen just by changing the cabinet color — no full renovation needed," Royall says. "It adds value without the stress or cost of a gut job."

Because LIME Painting offers white-glove service — including free color consultations and project management from start to finish — homeowners can enjoy a high-end refresh without lifting a finger, even during the busiest time of year.

Cleaning and painting may seem like small changes, but together, they can transform your home just in time for the holidays. Whether you're entertaining guests or simply craving a cozier space for the cooler months ahead, fall is the perfect season to reset and refresh.



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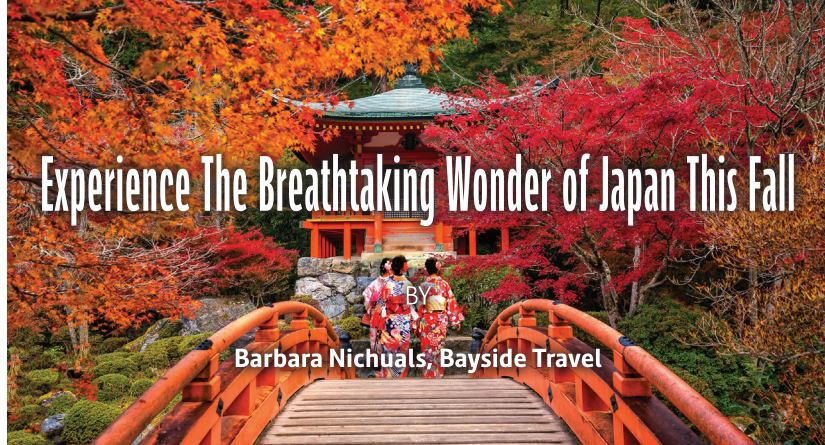


Japan in autumn is a sight to behold, a spectacle of crimson and gold as the leaves transform the landscape, creating a mesmerizing blend of natural beauty and cultural richness. The mild weather and fewer crowds compared to the cherry blossom season make autumn a fantastic time for exploring this captivating country.

"Momijigari," or "red leaf hunting," is a cherished Japanese tradition of seeking out and admiring the autumn leaves. From late September in the north, the colors gradually spread southward, painting the mountains and valleys in vibrant hues of red, orange, and yellow. In central Honshu, including Tokyo and Kyoto, the fall foliage typically peaks from mid-November to mid-December.

The following spots in Japan are incredible for autumn leaf viewing and an entire trip can be built around these locations. Kyoto is famous for its temples and gardens adorned with vibrant foliage. Arashiyama's bamboo grove provides a unique backdrop to the colorful maple trees, Kiyomizu-dera Temple offers panoramic views, and Daigo-ji Temple boasts stunning gardens. In Tokyo the bustling capital, you'll find pockets of natural beauty. Meiji Jingu Gaien Ginkgo Avenue transforms into a golden tunnel of leaves, and the tranquil Koishikawa Korakuen Garden showcase breathtaking autumn colors.

Travel two hours further West to the Mount Fuji Area and you will encounter Lake Kawaguchiko's "Momiji Corridor" and the iconic Chureito Pagoda which offer breathtaking views of Mount Fuji framed by vibrant autumn leaves. If you are heading to Japan early in the season, go to Northern Japan which experiences autumn earlier than



Experience The Breathtaking Wonder of Japan This Fall

BY
Barbara Nichuals, Bayside Travel

other regions. Daisetsuzan National Park on the island of Hokkaido and Shirakami Sanchi National Park offer rugged landscapes ablaze with color perfect in late September and early October.

Beyond the foliage, autumn in Japan is a season of cultural experiences. Fall festivals, like Kyoto's Jidai Matsuri and the Takayama Autumn Festival, offer a glimpse into local traditions.

Consider participating in a tea ceremony amidst a beautiful Japanese garden or attending a Tsukimi (moon viewing) festival. Exploring the countryside and smaller towns like Shirakawa-go can provide unique perspectives on Japanese life and traditions.

When planning your fall adventure to Japan remember Japan's autumn weather is generally mild, but layering is key. September and October can range from 66 – 84 Fahrenheit and November is chillier, ranging from 55-68 Fahrenheit. Pack light sweaters, jackets, long-sleeved shirts, and comfortable walking shoes. An umbrella or raincoat is advisable for occasional showers, with a greater chance of rain occurring in September rather than October and November.



An adventure to Japan in the fall promises an unforgettable experience, blending breathtaking natural beauty with rich cultural immersion. Start planning your trip and prepare to be enchanted by Japan's vibrant autumn! To begin your adventure, call Bayside Travel at 914-833-8880 and visit www.luxurytravelservice.com



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Back to School = Back to You

Why Fall Is the Perfect Time to Focus on Your Own Glow-Up

by

Stephen T. Greenberg, MD, FACS

As the school buses start rolling and the routines fall back into place, many parents find themselves with something they haven't had in months: time. Whether you've been busy chasing toddlers or preparing teens for college, summer often means putting everyone else first. But now, it's your turn.

Back to school doesn't just mean backpacks and pencils—it means getting back to **YOU**.

At Greenberg Cosmetic Surgery and MedSpa, we like to call this season the "Fall Refresh." With the kids settled into school and the holidays still a few months away, fall is the ideal time to finally book the treatments or procedures you've been thinking about all summer.

WHY FALL IS THE BEST TIME FOR A REFRESH:

1. **You've Got the Time Again** -- Whether it's a quick in-office injectable, a non-invasive skin rejuvenation treatment, or a surgical consultation, your schedule may finally have some breathing room—and we're here to help you make the most of it.

2. **Heal and Glow Before the Holidays** -- Planning ahead means you'll be fully healed and glowing in time for holiday parties, family photos, and winter vacations. It's the season of transformation—and we're experts at helping you look and feel your best.

3. **Fall Weather = Perfect Recovery Conditions** -- Cooler temps mean comfier recovery, less sun exposure, and the chance to layer up with cozy clothes as you heal. Whether you're considering a facelift, breast rejuvenation, body contouring or a laser treatment, fall is one of the best times of year to recover discreetly.

4. **Because You Deserve It** -- You've spent months putting others first. Let this season be your reminder that self-care is not selfish, it's essential. Confidence isn't a luxury; it's your foundation.

Popular "Back to You" Treatments This Season:

- Facial Rejuvenation (Facelifts, mini facelifts, fillers, lasers, and skin tightening with Renuvion JPlasma)
- Body Contouring (Liposuction, tummy tucks, non-surgical body shaping like Emsculpt Neo)
- Breast Enhancements including Augmentation, Lift and Reductions
- Glow-Boosting Med Spa Treatments (Hydrafacials, chemical peels, microneedling)

Let this fall be the season you say yes—to your confidence, your glow, and your goals.

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Choosing the Right OB-GYN for Pregnancy

Choosing an OB-GYN for your pregnancy journey is an important step for new parents. "The birth process is a very personal and private matter, so patients need someone who is knowledgeable and will build trust with the family," says Dr. Nabil Khoury, an OB-GYN with White Plains Hospital Physician Associates who has been practicing in the region for more than 27 years. He offers this advice:

Ask around. Talk to a trusted healthcare provider whom you respect to see if they have any recommendations. Family and/or friends who have had a positive experience with their OB-GYN can be another avenue to finding the right provider. OB-GYN physicians who deliver at White Plains Hospital can also be found online at wphospital.org.

Look for a provider who is reassuring. "With any pregnancy, it's normal to feel fear of the unknown. An important part of your OB-GYN's role is to reassure patients, educate them and carry them through the whole process," Dr. Khoury says.

Seek a collaborative experience. Dr. Khoury feels the team approach at White Plains Hospital, which offers Maternal-Fetal Medicine (MFM) physicians who work in conjunction with your own OB-GYN, is a real benefit for patients. By collaborating, the team can conduct genetic testing in the preconception period and throughout the pregnancy. They also have the ability to treat high-risk patients or complicated pregnancies, working towards a healthy outcome for both mom and baby.

Dr. Khoury and his team are also able to access other services from the Hospital if needed. For example, if a woman is



anemic during pregnancy and needs an iron infusion, Dr. Khoury's office will call the hematology department at the Hospital and



make sure that she will be seen in a timely fashion. "If a problem arises, we take care of it and put the mother in touch with the specialist she needs to see. If a patient calls us with a need for an appointment or a question, we are accessible and can facilitate that appointment as soon as possible," he explains.

To learn more about the maternal healthcare services available at White Plains Hospital, visit wphospital.org/maternity.

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Neha Palace

Where Love Meets Flavor

BY LILIAN PEÑA



When **Diya Ramchandani** opened Neha Palace, named after her eldest daughter, Neha, meaning love, she wasn't just starting a business. She was building a space that blends tradition, resilience, and community. Almost fifteen years later, Neha Palace stands as one of Westchester's most beloved Indian restaurants, known for its rich flavors, welcoming atmosphere, and an owner whose story inspires as much as the food delights.

Breaking Barriers in the Restaurant World

When Neha Palace first opened its doors, many people couldn't believe Diya was the owner. "They'd ask to speak to my boss," she recalls with a smile. In an industry once dominated by men, she faced her share of doubt. But she never let it shake her confidence. Over the years, her professionalism, warmth, and dedication have turned skeptics into loyal customers and friends.

Today, Diya is recognized not only as a talented restaurateur but as a trailblazing woman who has helped change perceptions in the restaurant industry.

Family at the Heart of Every Dish

Diya's cooking roots run deep. Growing up, she learned from her mother that Indian food is not complicated, it's about using fresh ingredients, real spices, and never overdoing it. "No additives, no shortcuts," she says.

Her inspiration also comes from her mother-in-law, who played a pivotal role in raising Diya's two daughters, Neha and Dipika, especially during the early years of the restaurant. After a long night at work, Diya often came home to a hot, homemade meal, proof that the best food truly is cooked by mothers.

For the first five years, the family worked without taking a salary, driven



A Menu That Wins Hearts

Neha Palace's menu is a balance of tradition and playful innovation. The Masala Fries, crispy, golden, and dusted with a special spice blend, are a must-try starter. Signature dishes like Chicken Tikka Masala and Lamb Biryani keep regulars coming back for more, while the Goan Curry, made with light coconut milk, is Diya's personal favorite.

Seafood lovers rave about the Mixed Grill, which features salmon, shrimp, chicken, and more, each piece marinated with spices imported directly from India and cooked to perfection. Warm, fluffy naan rounds out every meal, and seasonal specials keep the menu exciting for returning guests.

The Space: Cozy Meets Grand

Step into Neha Palace and you'll immediately feel the balance between comfort and elegance. The dining room is airy and family-friendly, perfect for casual meals, while still intimate enough for date nights.

But the real showstopper is the banquet hall, an impressive space that can host up to 200 guests. Weddings, sweet sixteens, birthdays, and corporate events are all celebrated here, with Diya and her team working closely with each host to make every detail special. Guests have even been entertained by belly dancers performing with swords, a testament to the restaurant's flair for the unexpected.

Community as the Secret Ingredient

For Diya, Neha Palace is about more than food, it's about connection. "Community means so much," she says. "You can't do it alone. The community surrounds you with support and encouragement." She's an active supporter of local foundations, giving back to the very people who have championed her restaurant since day one.

Advice for the Next Generation

When asked what she would tell young women starting out in business, Diya's words are as vibrant as her cooking:

"Don't give up. I see women as a lotus, and that's how I feel and that's how I am. You grow in the mud, but when you bloom, you become beautiful. You'll be different from everyone else, yet you're going to be amazing."

Looking Ahead

Neha Palace is celebrating its 15th anniversary with exciting plans. Diya is refreshing the menu with fun, adventurous dishes while keeping her signature philosophy intact: flavorful, fresh, and never overdone.

Why You'll Love It

Whether you're stopping by for a weeknight dinner, picking up a takeout order, or hosting the event of a lifetime, Neha Palace delivers more than just food. It delivers love on a plate, seasoned with tradition, community spirit, and the joy of sharing a meal.

Follow Neha Palace on Instagram and Facebook to see the latest dishes, event setups, and behind-the-scenes moments that make it a Westchester gem.



purely by passion and a belief in their dream. Her husband, daughters, and the whole family have been so supportive. That perseverance is woven into every part of Neha Palace's story.

Neha Palace

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Unique Hair Concepts

Westchester's Destination for Non-Surgical Hair Restoration

Located in Ardsley, NY, Unique Hair Concepts (UHC) is a trusted hair restoration studio specializing in non-surgical solutions for hair loss. The center offers private, one-on-one consultations and personalized treatments for men, women, and children experiencing thinning hair, medical hair loss, or scalp concerns.

At the core of UHC's offerings is the CRLAB CNC 3D hair and scalp prosthetic, a revolutionary, non-invasive solution custom-designed for each client.

CNC Hair Prosthetic: A Second Scalp

The CNC system, developed in Bologna, Italy by Cesare Ragazzi Laboratories (CRLAB), is one of the most advanced hair replacement technologies in the world. It begins with a 3D scan and scalp measurement that captures each client's precise contours, hair pattern, and color. The information is sent to CRLAB's Italian lab, where a breathable, medical-grade base is produced. Unprocessed/virgin human hair is then inserted strand by strand for the most natural appearance possible.

What sets UHC apart is its unmatched experience with the CNC system. The center is an exclusive provider in Westchester, Rockland, Fairfield and Bergen Counties and a CRLAB Platinum Partner. Unique Hair Concepts has the most CNC experience of any provider in the United States. Clients from across the country choose UHC for its expertise in both the application and long-term maintenance of this high-performance prosthetic.

Leading the center is Flora Fuentes, a highly respected hair loss specialist with over 30 years of experience. Her expertise, attention to detail, and compassionate approach have helped thousands of individuals regain confidence and peace of mind.

Beyond CNC: Custom Solutions for Every Need

In addition to CNC, Unique Hair Concepts offers a wide range of non-surgical hair replacement options, including:

- Hair toppers for localized thinning—lightweight and ideal for daily or extended wear.
- UHC Signature Hair Systems, designed for more advanced loss with a natural, durable finish.
- Custom wigs and cranial prosthetics, ideal for clients undergoing chemotherapy or with total hair loss.

Each system is fully customized to match the individual's hair type, lifestyle, and preferences.

Hair Loss Prevention & Scalp Health

UHC also specializes in hair loss prevention and trichology-based scalp therapy. Every client undergoes a hair and scalp analysis using the CRLAB Tricostest®, which helps identify scalp imbalances or early signs of hair thinning. Based on the results, the team designs a personalized plan that may include:

- Hair Loss Prevention therapy
- Detoxifying scalp treatments
- Dermatologist-tested CRLAB scalp products

These treatments support healthy hair growth, reduce shedding, and help maintain the longevity of both natural and restored hair.

Private, Personalized Care

All services take place in a discreet, state-of-the-art center, where clients receive individual attention in private rooms. Whether you're experiencing early-stage thinning or advanced hair loss, UHC offers thoughtful solutions that prioritize realism, comfort, and long-term results.

For anyone seeking natural-looking, non-surgical hair restoration, scalp therapy and hair loss prevention, Unique Hair Concepts provides experience, innovation, and care. To learn more about the services offered at Unique Hair Concepts call 914-412-7700 to schedule a complimentary, private in-person consultation. www.uniquehairconcepts.com

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