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Sweater weather season is in full-swing, but don't let that stop you from enjoying the beginning of autumn. Some highlights include fundraising events in support of Breast Cancer Awareness Month, a pierogi eating contest, a World Mental Health Day expo and National Noodle Day. Enjoy!

# NYC Lifestyle

## *Hello October!*

### **Light for Life at Elmhurst Hospital**

Elmhurst Hospital has partnered with Women in Lighting + Design NYC and Paddle for the Cure NYC to complete an interactive light sculpture and art exhibit honoring breast cancer survivors and frontline workers. Entitled *LIGHT FOR LIFE*, the sculpture is a 90-foot ribbon that will be programmed with marquee messaging throughout the year. The hospital will host a [public ribbon cutting event](#) on October 4 at 6 p.m.

### **National Golf Lovers Day | October 4**

It's time to dust off the clubs and start making plans for National Golf Lovers Day. *Gotham Magazine* recently published a list of [the best golf courses in the New York City area](#), most of which are accessible via the Long Island Railroad or Metro North. Not sure what to pack? [Click here](#) for a list of 23 golf bag essentials.

### **2021 Making Strides 5k Series**

For National Breast Cancer Awareness month, the American Cancer Society will host its 2021 Making Strides 5k series beginning October 10. The non-competitive 5k events unite hundreds of families in the metropolitan area with a shared determination to save lives from breast cancer and raise money for research and early detection. [Click here for a full schedule.](#)

### **National German-American Day | October 6**

National German American Day celebrates the founding of Germantown, Pennsylvania (Philadelphia) in 1683. Instead of cheesesteaks, try kartoffelpuffer at [Heidelberg](#) on the Upper East Side, brats and bier at [Radagast Hall](#) in Williamsburg or a bowl of käsespätzle at [Zum Stammtisch](#) in Queens.



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### **National Noodle Day | October 6**

It's that lovely time of year when a bowl to steamy, hot ramen is an appropriate end to a long day at work. For National Noodle Day, which returns this Wednesday, rally the crew and check out some of [the best ramen spots](#) New York City has to offer. We also recommend a Tide to Go stick. Just in case.

### **National Pierogi Day | October 8**

Greenpoint, Brooklyn is one of the best destinations for Polish cuisine in New York City and a fitting destination to celebrate National Pierogi Day. Pierozek is hosting a [pierogi eating contest](#) on October 8 at 6 p.m. where the winner will take home \$500 cash. To enter the contest, [RSVP here](#).

### **World Mental Health Day | October 10**

iHeart Radio invites you to join the [2021 Mental Wealth Expo](#) at the Marriott Marquee in Times Square on World Mental Health Day. The theme of this year's expo focuses on mental health among communities of color. The event begins at 11 a.m. and features a full day of presentations from physicians, therapists and wellness educators.

### **Happy Birthday Cardi B | October 11**

America's most off-the-cuff hip-hop princess turns 29 on Monday, October 11. If you need a good belly laugh, check out the [second season of Cardi Tries](#), a new, limited-series brought to you by Facebook, where Cardi tries all sorts of activities like rhythmic gymnastics, stunt car racing, ballet and more.