



# NYC Lifestyle

## *Fall Festivities*

Looking to plan the quintessential fall day? Look no further than this week's edition of NYC Lifestyle. Perhaps your perfect day starts off with a homemade pumpkin spice latte, followed by apple picking with the crew, then heading home for homemade apple cinnamon muffins with mulled cider? Whatever your preference, we encourage you to make the most of your weekend.

### Fireside Dining

Be sure to browse *Eater New York's* curated [list of fireside foodie destinations](#) this season. From vegan empanadas at [Izzy Rose](#) in Clinton Hill, to tapas at [Alta](#) in lower Manhattan, these venues are perfect for a crisp fall day – just as cozy as your couch, with the fireplaces ablaze and a palette of warm décor.

### Retreats & Spas

Has the cold got you shook? Spend a day at [a local spa and sauna](#), or make it a weekend getaway. [Cooperhood Retreat & Spa](#) caught our attention, as it's located on a private island in the Catskills and offers mind, body, and spiritual treatments. The spa can only be booked for groups, sleeping up to 34 people, making for a great family or friends reunion.

### DIY Autumn Spice Candle

If you want your apartment to exude autumn vibes, check out [this DIY, non-toxic candle](#). For the project, gather soy candle flakes, a candle wick, a chopstick, essential oils, a nonstick pot, and your desired candle container. For a pop of color, add crayon shavings to the pot.

### Apple Picking

Check out *TimeOut's* list of the [29 best farms and orchards for apple picking](#) near New York City for an adventurous day. Destinations include the 175-acre [Barton Orchards](#), which also features a zip line course, rock walls, haunted houses, and mazes. For a more laid-back trip, head over to [Hillview Farms](#) in Gillette, NJ.



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### Apple Cinnamon Muffins

These [apple cinnamon muffins](#) bake all of the cozy fall feelings into one bite. Following the recipe, combine dry and wet ingredients separately before mixing and folding in the shredded apples. The only baking equipment needed is a muffin tin. At the end, don't forget everyone's favorite part – the streusel topping.

### Pumpkin Spice Oatmeal

We also recommend this recipe for [pumpkin spice oatmeal](#), which is essentially a bowl of pumpkin pie. With the addition of dried oats, it's a nutritious *and* delicious breakfast. Perfect for any kitchen-size or skill-level, this recipe calls for oats, milk, pumpkin puree, vanilla, pumpkin pie spice, and maple syrup – all of your fall favorites!

### Mulled Spiced Apple Cider

A chilly fall evening calls for a warm drink with friends. Consider [mulled spiced apple cider](#), a warmed cider that's infused with cinnamon, cardamom, cloves, ginger, and fresh cranberries. Not only will the homemade drink wow your guests, but the simmering pot will fill your apartment with the perfect fall aroma.

### At Home PSL

Having a pumpkin spice latte to reach for every morning sounds too good to be true, but it's not! With [Urban Farmie's recipe](#) for homemade pumpkin spice sauce, you can have your autumn fix as much as you like. To get started, pick your choice of milk, pumpkin puree, maple syrup, vanilla extract, pumpkin pie spice, and cinnamon sticks. You'll also need a [milk frother](#) to achieve the signature foam on top.