



The Bronx Beat: Riverdale Avenue rocks giving the high five to little shops around the corner

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Fieldston Road - The Hip, Hop, Hooray Activity Center at the Crossroads of NoMa.

Without debate, traveling up from the Kingsbridge valley on Riverdale Ave.'s roller coaster ride, passing the dividing fieldstone wall to the exclusive neighborhoods of Riverdale you'll be greeted by a breath of fresh air, an open space, before reaching the crossroads of Riverdale Avenue market set-point starting at Palombo's Italian Bakery and Caf   which features panoramic views from their duplex lounge.

No esoteric hoopla in NoMa (Not Manhattan it's North of Manhattan) so here it goes...

The central Riverdale Ave. business area is the heart and main street of the can-do American spirit, it's the mom and pop owned and operated family business at its best! No, it's not a Norman Rockwell picture but - nowhere else will you find a more diverse offering of retail shopping than on this uphill curving tree lined street set with planters, choice of outside dining and easy seating park benches. No nation-wide franchise here, just the real thing.

Must read! For a long time there was an un-seen, forgotten flip-side, just a shadow of Riverdale Ave., a secret hide-a-way that has unfolded new this spring. Yes, Fieldston Rd. the once quiet, little "back" street, it being only a short one block has become the new hot happening place to be.

Coming of age with the mind- body connection you'll find that Fieldston Rd. has blossomed into being the health, fitness, beauty and children friendly activity center of the NoMa. Go to Riverdale Karate Kenshikai for martial arts instruction starting at age 4 up to 16... Get your spa treatments at Nails on Riverdale offering not only the basic mani-pedi but has now involved into a full service luxury body spa. Need of a kids play-time space? Go to Kidaroo - a space for children ages 0-10 for creative play, enrichment classes, after school programs, birthday parties and starting this July half day summer camp, fun! And the newest wellness center is - Riverdale Midtown Physical Therapy, a feel-good studio which features two private therapy rooms. Per the therapist partners, Julie Sherry P.T., CYI and Rachel Williams M.S.P.T., they have been practicing outpatient physical therapy for over 10 years in Manhattan. After seeing the need for quality, individualized care in their home town, they decided to relocate their Midtown Physical Therapy to Riverdale and provide Riveralians with Manhattan standards of care in their own community. Conditions treated are all disorders of the musculoskeletal system and they accept all insurances and are an in-network Medicare provider. Hooray! And for roof top al fresco Kosher dining from breakfast to dinner and dessert overlooking the quiet bus free Fieldston Road is now being offered by both The Corner Caf   Restaurant and Bakery and Pizza Plus whose entrance is on Riverdale Avenue.

Check-it-out and give the high five to crossroads of NoMa - It's awesome!

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