



NYCPM
New York College of Podiatric Medicine

NHEMA Keeps Renovated 125th Street Plaza Hopping



Tables with farm-fresh produce attracted an eager crowd last Wednesday at the revitalized 125th Street Plaza.

The New Harlem East Merchants Association (NHEMA), which represents businesses on 125th Street from Lexington to Fifth Avenues, has renovated the plaza beneath the Metro-North tracks at 125th Street and Park Avenue, and has launched a roster of activities they've named Uptown Grand Central, which is designed to bring welcome energy and liveliness to the newly renamed 125th Street Plaza. At lunchtime, 11am to 2pm, Monday-Friday, the plaza features café tables and chairs as well as music and décor to provide a pleasant midday ambience for all diners. On Mondays from 4:30 to 5:30pm a Zumba class shakes up rush hour, while on Wednesdays from 4 to 7:30pm, the farm-fresh market (part of the GrowNYC Greenmarket program) offers bags of local, seasonal produce as well as pasture-raised eggs at very reasonable prices – cooking demos and recipes too! NYCPM is proud to be on the Board of NHEMA. NYCPM's Desander Más, VP of Operations and Development, is proud to be on the Board of NHEMA and part of the two-year effort it took for Uptown Grand Central to become a reality.