



THE SELBY

SPRING AT THE SELBY 2026

An essential guide to discovering
Long Island through the lens of The Selby

www.selbyli.com



YOUR EFFORTLESS, INSPIRING, *and* UNFORGETTABLE SPRING STAY

This curated Spring Guide was designed with you in mind, offering a detailed look at everything The Selby has to offer – from property highlights and thoughtful amenities to a calendar of exclusive on-site events and experiences. Inside you'll also find our personal recommendations for the best dining, shopping, and cultural attractions in the area, along with helpful tips to make the most of your time in and around Long Island. Think of it as your personal concierge in print – a go-to guide to elevate your extended stay with style, ease, and just the right touch of luxury. We're so glad you're here. Let Spring begin.

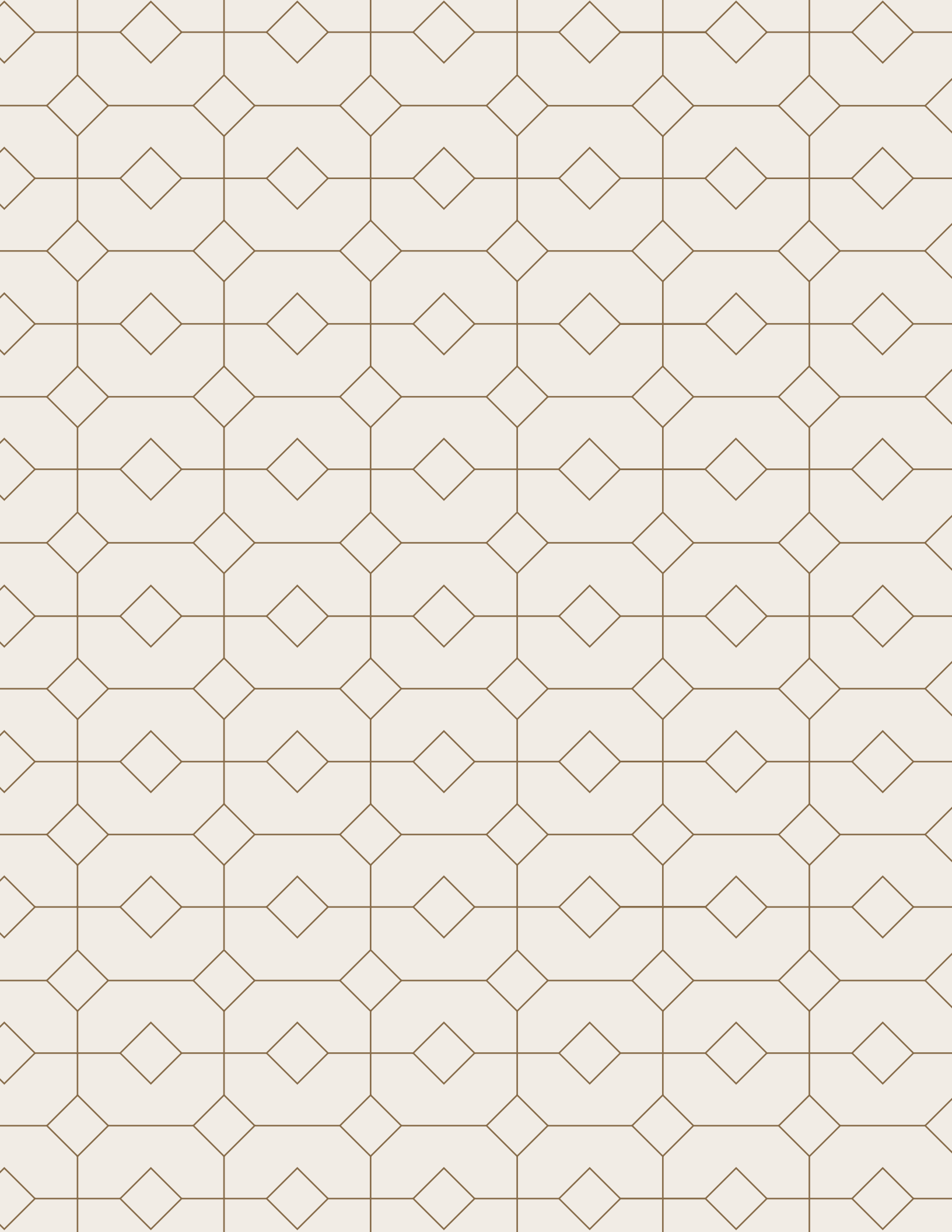


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AIRPORTS

GETTING TO & FROM THE SELBY

JOHN F. KENNEDY INTERNATIONAL AIRPORT (JFK)
21 MILES AWAY
JFK Airport, Queens, NY 11430

LAGUARDIA AIRPORT (LGA)
22 MILES AWAY
94-00 Grand Central Parkway, East Elmhurst, NY 11371

MACARTHUR AIRPORT (ISP)
31 MILES AWAY
100 Arrival Avenue, Ronkonkoma, NY 11779

REPUBLIC AIRPORT (PRIVATE) (FRG)
14 MILES AWAY
7150 Republic Airport, Farmingdale, NY 11735



PARKING

AT THE SELBY

To ensure a smooth and comfortable experience for everyone, we'd like to share information related to parking at The Selby during your stay.

All extended stay guests have access to assigned parking spaces in our covered garage, conveniently located near the property's service elevators. To help our team we ask that you display both your Extended Stay parking tag and your standard parking pass on your rearview mirror throughout your stay.

Please note that the exterior parking in front of the building is reserved for restaurant patrons, leasing office visitors, and guests, so we kindly ask that Extended Stay guests use their designated garage spaces only.

Service elevators from the garage to the main building are around the corner from the assigned Executive Suite parking area, offering easy direct access to your accommodation.

Lastly, we kindly ask that all parking passes be returned at checkout. A \$50 replacement fee will apply for any passes not returned at the end of your stay. Thank you again for choosing The Selby. We're delighted to have you here!



HOUSEKEEPING

10AM-3PM

As part of our extended stay service, housekeeping is offered every third day, alternating between a light and deep cleaning. Our housekeeping team is available daily from 10AM-3PM. If you need additional linen or terry, please dial "0" from your room phone to reach the concierge desk and request delivery. After 4:30PM, we will deliver the requested items at our earliest convenience, or you're welcome to stop by the desk to pick them up.

Should you need additional supplies outside of your scheduled service days—such as shower and bath products or coffee supplies—these are available for purchase at the front desk.



BREAKFAST

SERVED DAILY FROM 8:00AM TO 10:00 AM
IN THE KITCHEN

Indulge in our complimentary cold continental breakfast, served daily from 8:00AM to 10:00 AM in the kitchen between Memorial Day and Labor Day. Curated with care for our valued guests, the spread features an elegant selection of bagels, pastries, artisanal bread with spreads, creamy yogurts, cereals, and seasonal fruit. The bagels and pastries are provided by local Long Island bakeries. Offerings may vary slightly depending on availability. This exclusive experience is reserved for our registered guests as part of your elevated stay.

Please alert the breakfast attendant of any allergies.



SPRING FESTIVALS

RIGHT IN OUR BACKYARD (WESTBURY & UNIONDALE)

HICKS NURSERIES FLOWER & GARDEN SHOW

The Vibe: Shake off the winter blues with stunning indoor display gardens and the first scents of spring.

Why Go: It's a Westbury tradition—perfect for grabbing a coffee and wandering through the blooms just minutes from home.

THE CHOCOLATE EXPO (MARCH 22)

The Vibe: A literal “kid in a storefront” experience with endless tastings of chocolates, cheeses, and baked goods.

Why Go: Located at the Nassau Coliseum, it's a quick hop south for a sweet Sunday afternoon.

SPRING “DOG DAYS” AT OLD WESTBURY GARDENS (APRIL 18–19)

The Vibe: Explore the world-famous formal gardens with your four-legged best friend by your side.

Why Go: Since it's right next door, it's the best way to get some fresh air and meet fellow neighborhood pet owners.

WORTH THE SHORT DRIVE

SEAFORD SPRING FLING (MAY 2)

The Vibe: A classic Long Island street fair featuring local vendors, live music, and plenty of food trucks.

Why Go: Take a quick 15-minute cruise down the parkway to support local small businesses and enjoy the May sunshine.

LOCAL & PROPERTY EVENTS

MARCH - MAY

3/17 - ST. PATRICK'S DAY DESSERT DISPLAY

3/18 - ZUMBA KICK-OFF PARTY (PRE-REGISTRATION REQUIRED)

4/17 - WINE TASTING EXPERIENCE (PRE-REGISTRATION REQUIRED)

4/23 - SPRING FLORAL ARRANGEMENT CLASS

4/28 - RENT CAFE INFO SESSION (RESIDENT ONLY SESSION)

5/5 - CINCO DE MAYO MARGARITAS & TACOS

5/15 - KARAOKE NIGHT

5/23 - 80'S PARTY

FITNESS CALENDAR

MARCH 1ST - MAY 15TH, 2026

WEEKLY GROUP FITNESS CLASSES

Zumba (Camila): Wednesday at 7:00 p.m.

A high-energy, Latin-inspired dance fitness party using interval-style rhythms for calorie burning.
Designed for all fitness levels.

Classical Mat Pilates (Liz): Thursday at 7:00 p.m.

Focuses on deep core abdominal muscles while toning arms and legs.
Aims to leave participants feeling lengthened, rejuvenated, and balanced.

Full Body Boot Camp (Mirv): Saturday at 9:00 a.m.

A mix of high and low-intensity exercises including free weights, plyometrics, cardio, and balance work.

Mindfulness + Meditation (Mirv): Saturday at 10:00 a.m.

A guided reset designed to reduce stress, increase focus, and help you feel centered.

Low Impact Circuit Training (Jeff): Sunday at 9:00 a.m.

A full-body interval workout that burns calories without high-impact movements.

Yoga (Kasha): Sunday at 10:00 a.m.

A Vinyasa flow incorporating movement and breath to improve flexibility, strength, and endurance.

PERSONAL TRAINING & CONTACT INFORMATION

Private and group personal training sessions are also available. To schedule an appointment, contact **Tommy Bastardi**:

Phone: (914) 406-3476

Email: Tom.Bastardi@Outlook.com

Location: 990 Corporate Drive, Westbury, NY 11590



Fitness Center



Yoga Room

GOLFING ON LONG ISLAND

BETHPAGE BLACK — ABOUT 30 MIN

Legendary public championship course; hosted multiple U.S. Opens, PGA Championship, and Ryder Cup; extremely challenging

FERRY POINT (BALLY'S GOLF LINKS) — ABOUT 40-45 MIN

Jack Nicklaus-designed links-style course with dramatic Manhattan skyline views; premium public conditions

BETHPAGE RED — ABOUT 30 MIN

Championship-level Bethpage course that's more playable than Black; excellent value for the quality

HARBOR LINKS — ABOUT 20 MIN

Top Nassau County municipal course built on a reclaimed sand quarry; rolling terrain and strong practice facilities

BETHPAGE BLUE / GREEN — ABOUT 30 MIN

Classic A.W. Tillinghast parkland layouts; more forgiving and easier tee times than Black or Red

TIMBER POINT — ABOUT 45 MIN

Historic Harry Colt design with three 9-hole courses and scenic Great South Bay waterfront holes

GOLFING ON LONG ISLAND



***Local tip:**

Most of the really beautiful courses near Westbury are private (Meadow Brook, Old Westbury, Glen Oaks). So locals usually drive 20–40 minutes to Bethpage or Ferry Point for top-tier public golf.

SIGHTSEEING

GOLD COAST MANSIONS

Don't miss the historic Gold Coast mansions, once home to America's wealthiest families during the Gilded Age. These grand estates offer a glimpse into opulent architecture, lush gardens, and the inspiration behind *The Great Gatsby*.

SANDS POINT PRESERVE (13.5 MI)

127 Middle Neck Rd, Sands Point, NY 11050 | (516) 571-7901

COE HALL AT PLANTING FIELDS ARBORETUM (12.6 MI)

1395 Planting Fields Rd, Oyster Bay, NY 11771 | (516) 922-9210

OLD WESTBURY GARDENS (2.9 MI)

71 Old Westbury Rd, Old Westbury, NY 11568 | (516) 333-0048

OHEKA CASTLE (11.8 MI)

135 W. Gate Dr, West Hills, NY 11743 | (631) 659-1400

VANDERBILT MUSEUM & PLANETARIUM (22.3 MI)

180 Little Neck Rd, Centerport, NY 11721 | (631) 854-5579



Oheka Castle



Pindar Vineyards

BREWERIES

BARRIER BREWING CO

Popular Oceanside brewery with a rotating tap list and often food trucks/events.

SOUTH SHORE CRAFT BREWERY

Well-rated craft brewery also in Oceanside.

LOST FARMER BREWING

Westbury brewery with classic and seasonal brews.

BARNSHED BREWING

Hicksville brewery with a laid-back vibe.

LUNCHBOX BREWING COMPANY

Bellmore brewery & beer bar with creative selections.

MOTION CRAFT BREWED

Massapequa Park spot with both craft beers and ciders (great if you like both on tap).

THE JACKET BAR & MICRO BREWERY

Micro brewery + bar in Mineola (more pub focus but local brews).

CAMPGROUND CRAFT BEER & COFFEE (SEA CLIFF)

Not a full brewery but a great local tap spot for craft beer.

LITHOLOGY BREWING CO.

Farmingdale favorite with a solid tap lineup.

OYSTER BAY BREWING COMPANY

Classic brewery in Oyster Bay known for approachable styles.

FARMER'S MARKETS

Long Island boasts a vibrant array of farmers markets, offering fresh, locally sourced produce and artisanal goods. Below are some of the top farmers markets in Nassau County.

CCE NASSAU FARMERS MARKET AT EISENHOWER PARK

Dates: Saturdays, 9:00 a.m. – 1:00 p.m. (through Spring 2026)

Local produce, cooking demos, and community vendors.

Location: Eisenhower Park, SAC Building, Parking Field 8

HUNTINGTON SPRING FARMERS MARKET (INDOOR)

Location: Spirit of Huntington, 2 Melville Rd, Huntington Station.

Schedule: Sundays, January 4 – April 26, 2026, 9:00 a.m. – 1:00 p.m..

Features: Local food, handmade goods, and small businesses.

ROCKVILLE CENTRE FARMERS MARKET

Location: Long Island Growers Market

(check specific Spring location, often indoors).

Features: Fresh vegetables, fruit, seafood, and baked goods.



SHOPPING

[ROOSEVELT FIELD MALL \(GARDEN CITY\)](#)

One of the largest shopping malls in the U.S, featuring luxury brands, department stores, and a wide variety of restaurants.

Key Stores: Nordstrom, Bloomingdale's, Macy's, Gucci, Apple Store.

[WALT WHITMAN SHOPS \(MELVILLE\)](#)

Upscale, open-air style shopping center with high-end retailers and elegant design.

Key Stores: Saks Fifth Avenue, Bloomingdale's, Louis Vuitton, Anthropologie

[THE AMERICANA MANHASSET \(MANHASSET\)](#)

Luxury outdoors shopping center often called the "Rodeo Drive of Long Island".

Key Stores: Chanel, Hermes, Cartier, Prada, Tesla

[TANGER OUTLETS DEER PARK & RIVERHEAD \(DEER PARK & RIVERHEAD\)](#)

Outdoor outlet mall offering discounts on designer and brand-name items.

Key Stores: Nike, Coach, Michael Kors, Calvin Klein, Adidas.



RESTAURANTS

THE SHED (AMERICAN & BRUNCH) ON-SITE

685 Merrick Ave, Westbury, NY 11590
(516) 794-0572 | www.intheshed.com
Thursday-Sunday Pool Side Service Available



FARM ITALY (OPENING JULY 2025)

725 Merrick Ave, Westbury NY 11590
www.thefarmitaly.com

TESORO RISTORANTE (ITALIAN)

697 Old Country Rd, Westbury, NY 11590
(516) 334-0022 | www.tesororestaurant.com

PLORI RESTAURANT (GREEK & BRUNCH)

307 Old Country Rd, Carle Place, NY 11514
(516) 279-4762 | www.ploriny.com

TOSKANA PIZZA (PIZZA/ITALIAN)

163 Post Ave, Westbury, NY 11590
(516) 414-7585 | www.toskanapizza.com

RESTAURANTS

TULUM TACOS & TEQUILLA (MEXICAN)

230 Jericho Tpke, Mineola, NY 11501
(516)246-9499 | www.Tulumta.com

CITY CELLAR (AMERICAN MODERN)

1080 Corporate Dr, Westbury, NY 11590
(516)693-5400 | www.citycellarny.com

PUNTA CANA DOMINICAN GRILL (DOMINICAN BOWLS & EMPANADAS)

162 Post Ave, Westbury, NY 11590
(516)280-4099 | www.puntacanadominicangrill.net

KABUL KABAB HOUSE (MEDITERRANEAN)

247 Post Ave, Westbury, NY 11590
(516)280-4753 | www.kabulkababhouse.com

THE CHEESECAKE FACTORY (AMERICAN)

1504 Old Country Rd, Westbury, NY 11590
(516)222-5500 | thecheesecakefactory.com

FANDOQ (PERSIAN)

1610 Old Country Rd, Westbury, NY 11590
(516)279-4551
<https://order.toasttab.com/online/fandoq-1610-old-country-road>

KPOT KOREAN BBQ & HOT POT (KOREAN)

1500 Old Country Rd #102B-2, Westbury, NY 11590
(631)228-3668 | thekpot.com

NASSAU COUNTY'S MUSEUM ROW

Museum Row in Garden City, Nassau County, features four unique museums: Cradle of Aviation, Nassau County Firefighter Museum, Long Island Children's Museum, and the upcoming Long Island Museum for Science and Technology. Spend a day exploring all or visit one at a time.

[CRADLE OF AVIATION](#)

Discover aviation history with a focus on Long Island, view model planes, artifacts, and sit in a fighter plane. Enjoy the Blue Angels Ride Theater, dome theater films, or sky theater planetarium..

[THE NASSAU COUNTY FIREFIGHTER MUSEUM AND EDUCATION CENTER](#)

Explore the heritage of Nassau County's volunteer fire service, see restored firefighting artifacts, and learn about fire safety advancements.

[LONG ISLAND CHILDREN'S MUSEUM](#)

Fun for all ages with hands-on science exhibits in galleries like Brick & Stick and Tool Box. Offers family programs, school field trips, and a "Museum on the Go."

[LONG ISLAND MUSEUM FOR SCIENCE AND TECHNOLOGY](#)

Under construction, this museum will offer interactive science and technology exhibits and connect to the Cradle of Aviation.

STATE PARKS & BEACHES

Take time to explore Long Island's stunning state parks and beaches, where natural beauty meets outdoor adventure. From hiking scenic trails to relaxing on pristine shorelines, these spots offer the perfect escape from the everyday.

State Parks

CAUMSETT STATE HISTORIC PARK PRESERVE
(LLOYD HARBOR)

CONNETQUOT RIVER STATE PARK PRESERVE
(OAKDALE)

CALEB SMITH STATE PARK PRESERVE
(SMITHTOWN)

NISSEQUOGUE RIVER STATE PARK PRESERVE
(KINGS PARK)

Beaches

JONES BEACH STATE PARK (WANTAGH)

LONG BEACH (LONG BEACH)

ROBERT MOSES (FIRE ISLAND)

COOPERS BEACH (SOUTHAMPTON)

FIRE ISLAND NATIONAL SEASHORE
(FIRE ISLAND, FERRY RIDE REQUIRED)





Jones Beach Theater



Old Westbury Gardens

NASSAU COUNTY VENUES

EISENHOWER PARK

This summer, discover the vibrant offerings of Eisenhower Park – a premier destination for seasonal enjoyment. From free outdoor concerts and nationally recognized barbecue festivals to lively farmers markets, mini golf, and so much more, there’s something for everyone to enjoy. Explore the full schedule of events at the official site: [Free Concerts & Movies | Nassau County, NY - Official Website](#)

OLD WESTBURY GARDENS

Offering a variety of cultural events, educational programs, and seasonal activities makes Old Westbury Gardens a cherished destination for history enthusiasts, garden lovers, and families alike. Full calendar of events at the official site: [Events Calendar – Old Westbury Gardens](#)

THE FLAGSTAR AT WESTBURY MUSIC FAIR

(FORMERLY NYCB THEATRE AT WESTBURY)

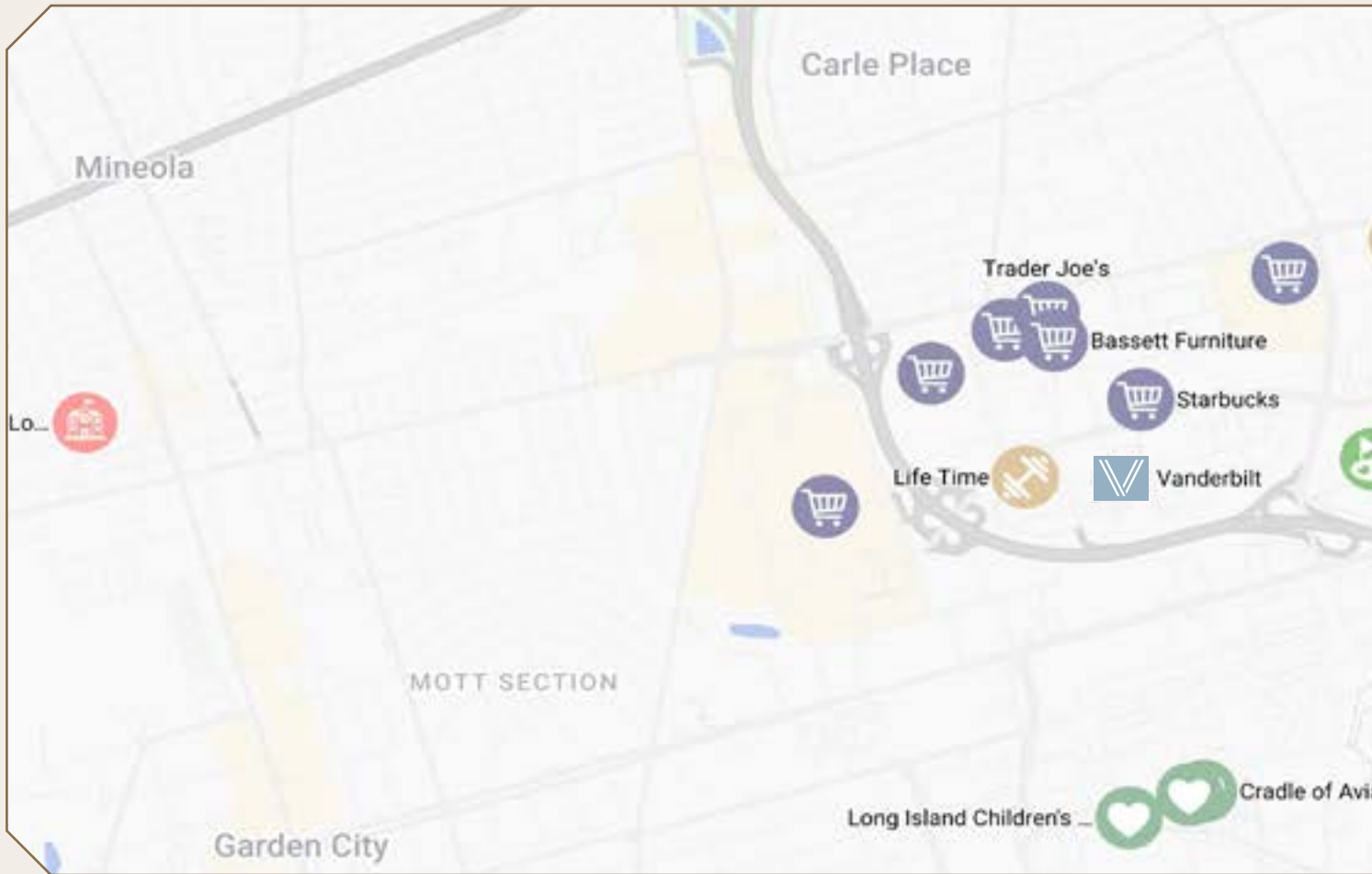
A premier destination for concerts, comedy shows, and theatrical performances, maintain its legacy as one of Long Island’s most cherished cultural landmarks.

[Flagstar at Westbury Music Fair | Westbury, NY | Westbury Music Fair](#)

THE NORTHWELL HEALTH AT JONES BEACH THEATER

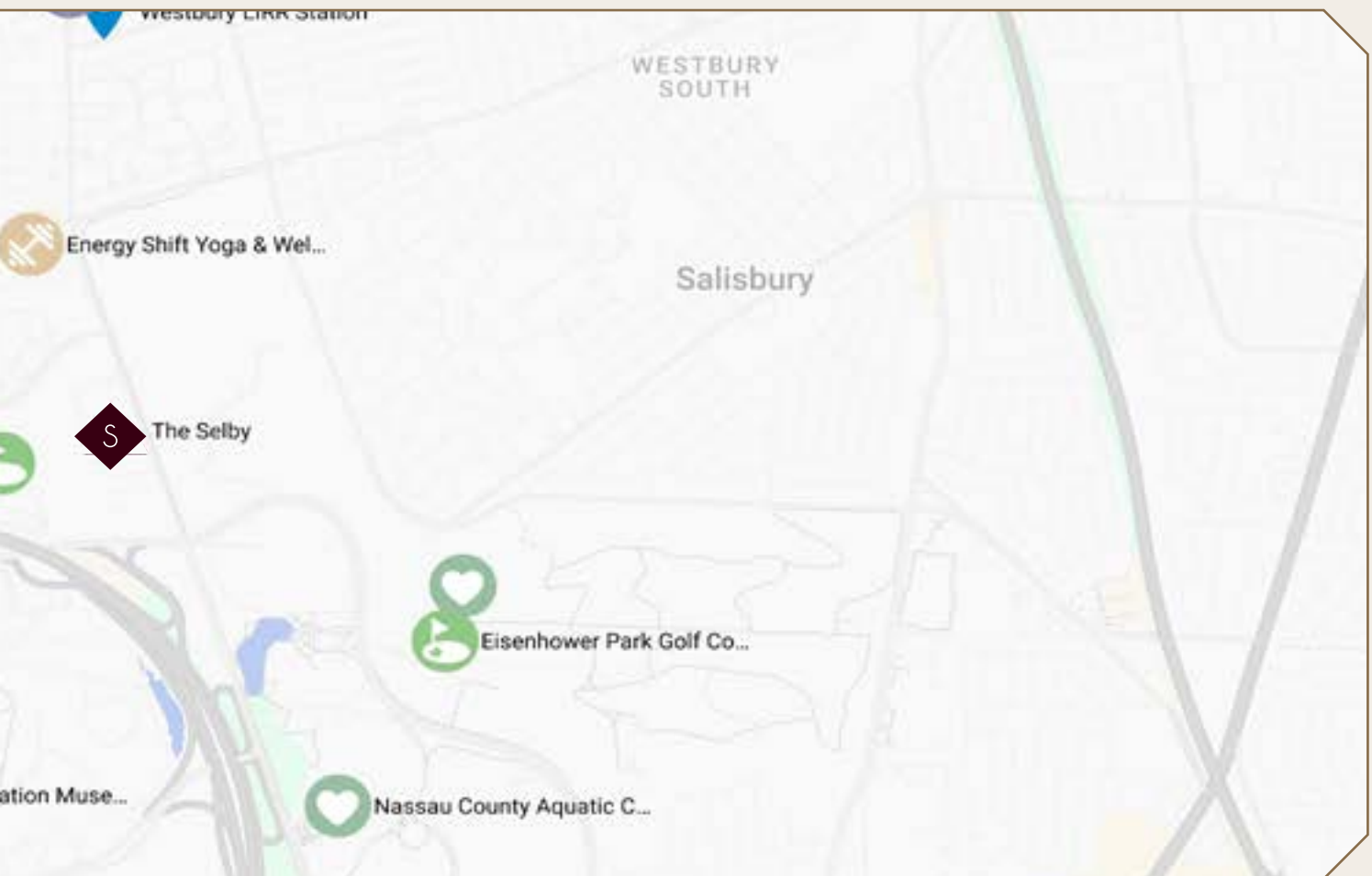
Situated within Jones Beach State Park, the theater offers audiences an unparalleled experience with performances set against the backdrop of the Atlantic Ocean. Its unique location and design have made it a favorite destination for both artists and fans, hosting a diverse array of concerts and events throughout the summer season. For more information on upcoming events and tickets, visit the official website:

[JonesBeach.com - Theater Concerts 2025 | State Park | Tickets](#)



LIFE *in the* HEART *of* LONG ISLAND

A CENTRAL LOCATION



The Selby places residents steps from the tree-lined trails and rolling green fairways of the 930-acre Eisenhower Park in the coveted village of Westbury. Just outside The Selby, a world of recreation awaits, including three golf courses, tennis courts, skating rinks and the largest aquatics center in the Northeast. Within minutes of home are Long Island's most acclaimed boutiques, world-class dining, sports venues, arts and entertainment centers, and picturesque beaches. From its central, commuter-friendly location, The Selby offers convenient nearby access to Long Island's freeways and the Westbury LIRR station, offering 40-minute service to New York City's Penn Station.



THESELBYLI.COM

Leasing Gallery Open Daily 10am — 5pm
695 Merrick Avenue, Westbury, New York 11590
516-908-8498



*Prices and availability are subject to change without notice.



