

Welcome to the Bedford Street Piazza



StrEATeries in Stamford Downtown's third course was executed in the creation of the Bedford Piazza. The parking area between Bedford Street and the Bedford Garage was transformed into a massive outdoor dining patio unparalleled in the region. Open through fall, the Piazza offers outdoor dining for: Bedford Thai, Bradford Bar & Grill, Mecha Noodle Bar, Lorca, Bedford Hall, Tigin Irish Pub and Capriccio Cafe. [Learn more!](#)

Local Artists Enliven Bedford Street

This June, three newly installed art exhibitions are adding life to several of Bedford Street's storefronts



94 Bedford: Lina Morielli (left) & Ellen Gordon (right)

94 Bedford Street featuring Lina Morielli and Ellen Gordon

Artists Lina Morielli's *Cellular Manifestation* series and Ellen Gordon's *Crazy Town* series brings vibrant color to Bedford Street, both appropriate for these crazy COVID-19 times. Visit linamorielli.com and ellensgordon.com for details.

96 Bedford Street featuring Alicia Cobb

Bridgeport artist Alicia Cobb brings passion with her yoga body art series *I Am My Ancestor's Wildest Dreams*. Cobbs shares, "The series is in honor of my black ancestors who came before me. They fought for freedom and paved the way for my existence. The images depict strength, royalty, wisdom, light and resilience. I believe that is what they were made of and I am an extension of my ancestors. The human body is such a beautiful canvas to work with because each one is unique in its own way. Our bodies are the way we show up in this world, our bodies are a work of art." Find out more artsimplified.com.



Alicia Cobb's artwork at 96 Bedford

172 Bedford Street featuring *Faces of the Pandemic Front Lines*

The Connecticut Society of Portrait Artists (CSOPA), a Greenwich-based arts non-profit, responded to the impact of social isolation on artists by having members create a portrait of someone they know who is working on the front lines during COVID-19. The result is a telling mix of health care professionals and providers who will receive their portraits as "Thank You" gifts. Professional members of CSOPA working in and around the state honored their heroes during the month of June with a virtual and a storefront exhibition titled *Faces of Pandemic Front Lines* (FPFL). More can be found at csopa.org/heroes.html.



Faces of Pandemic Front Lines (FPFL) at 172 Bedford

ART

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DOWNTOWN
SUMMER 2020**



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The CBD Curators: Hold the Keys to Your Wellness



In early March, The CBD Curators opened their doors at 180 Bedford Street, after a year of product research and vetting, to bring the best of the best CBD-based products to Stamford. Realizing the need for such a store after witnessing the life-changing benefits of CBD, co-founders Rob MacArthur and Eric Meyer are now crafting solutions best suited for clients' individual needs. Cannabidiol (CBD) is a non-psychoactive chemical compound derived from the hemp plant.

Unlike marijuana, which has approximately 20% THC, hemp only has .3% THC or less. The store has a wide selection of safe and effective merchandise such as teas, beauty, and pet products as well as edibles, tinctures, and salves.

According to a recent Gallup poll, almost 1 in 5 Americans over 50 now uses some kind of CBD product with 62% of CBD users reportedly using it to treat a medical condition. The top three medical conditions were pain, anxiety and depression. Forbes' research has seniors experiencing pain to represent a fast-growing demographic of CBD users as they can truly benefit from the chemical compound. Seniors are not the only ones who could be comforted by CBD, as millennials are stopping in The CBD Curators for products to help sleep and ease anxiety.

To experience their alternative medical solutions, call (475) 619-9474 or visit the store on Tuesday-Thursday and Sunday from noon-7pm, and Friday and Saturday, they are open until 10pm. Walk-ins or appointments are welcome. Their products can also be found at thecbdcurators.com and on [Instagram](#).



Row House is Back in Swing!

Row House Stamford has re-opened in Stamford Downtown! They are operating with reduced class sizes and are implementing various safety precautions to maintain a healthy workout environment. Join them for a 45-minute full-body indoor rowing workout. Build aerobic endurance and muscular strength all in one workout.

With a challenging combination of classes that incorporate resistance training, rowing and stretching, you will get the most out of a Row House workout. Everyone can be, and is part of, the Row House experience. Your first class is free! Call today at (203) 969-5000 or email stamford@therowhouse.com to book your first class!

Honey Joe's Family Coffeehouse Opens



Honey Joe's Family Coffeehouse opened in early July at 5 Broad Street in Stamford Downtown. It is created by a husband-wife team who have lived in Stamford for 7 years and have found it a wonderful town to raise their family! Susan Krissel and Steven Jones decided to create a place that the entire community could enjoy.

To achieve this vision, they created a modern airy coffee bar with plenty of space and seating. It is perfect for relaxing, studying, working, or catching up with friends. A large adjacent play area, complete with two custom Cedarworks play structures and reading nooks, invites caregivers with young children while still offering delicious high-quality beverages and a relaxing atmosphere. A private meeting room, The Den @ Honey Joe's, creates a community event center where classes, workshops, meetings, parties and events can bring people together. Honey Joe's is proud to serve La Colombe coffee complete with their signature Draft Latte on tap, completing the vision for a high-quality coffee shop.

In light of current regulations, The Den @ Honey Joe's can be rented out as your home office away from home, complete with coffee! The play area, while initially intended for drop in play, for the time being will be rented out to one group at a time with disinfecting in between. The coffee seating area will be open according to current guidelines.

Come visit them and enjoy a delicious cup of coffee! For more information, visit honeyjoescoffee.com or contact them at info@honeyjoescoffee.com.

Stamford Downtown

FARMERS MARKET

JUNE 13TH - OCTOBER 31ST

WEDNESDAYS
WEST PARK PLACE
9AM-2PM

SATURDAYS
SPRING STREET
9AM-2PM



STAMFORD-DOWNTOWN.COM/EVENTS | WE PROUDLY ACCEPT SNAP + WIC

Fitness Classes in Latham Park Returns

July–August 2020

Latham Park in Stamford Downtown

Free exercise classes including Yoga, Boot Camp, Zumba, Pure Barre and more in Latham Park this summer! No prior registration is needed. All classes are on a first come, first served basis and subject to weather conditions. social distancing will be observed according to state regulations where needed. Schedule is subject to change.



Visit stamford-downtown.com for partner information and detailed schedule.

MONDAY, AUGUST 17 -
MONDAY, SEPTEMBER 7



**2020
SUMMER
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