

**OUTLET:** Forever Young  
**DATE:** September 2019  
**REACH:** 70,000



Canada's FIFTY PLUS NEWSMAGAZINE

# Forever Young

SEPTEMBER 2019 [foreveryoungnews.com](http://foreveryoungnews.com)

**FREE!**  
GTA Edition

Hollywood's most-nominated actor, Meryl Streep as herself

## Meryl STREEP

**fy inside:**  
Your ticket to Shaw  
Welcome to Miami  
Group of Seven Heaven  
Shopping the Goods



**Medipac Early Bird Travel Insurance®**  
for Canadians who know they  
are heading south this winter

Underwritten by OM Republic Insurance Company of Canada



**MEDIPAC**  
Travel Insurance  
1-888-MEDIPAC  
[www.medipac.com](http://www.medipac.com)

**fy** Travel | Miami



Photos clockwise from top: Lifeguard shack at Miami Beach boardwalk; Wynwood Walls Antonia; Little Havana cigar-maker Roberto; Cuba Ocho bar

# The many sides of Miami

By Diana Ballon, photos by Rick Eckley

I had never thought of Miami as low key. Sure, nightclubs, flashy cars, some serious glitz and an internationally renowned art scene. But relaxing?

As I was to discover, the answer was yes. Miami beachfront can be remarkably quiet, even at spring break, if you know the time of day, and the section of beach, for your urban retreat. I credit my positive experience largely to the Palm Hotel & Spa, where we stayed in mid Miami Beach, with its very own tropical garden and pool, free yoga classes, a relaxing stretch of beach, and direct access to the Miami Boardwalk. But Miami has many sides.

## BEACH

Miami's beaches lie on a narrow peninsula

east of the city and joined by four bridges. The slender stretch of beach extends from Sunny Isles Beach in the north to Key Biscayne at its southern point.

Sunny Isles Beach has been dubbed Florida's Riviera. Its two-mile stretch of beach is lined with towering luxurious condominium resorts, many of them all inclusive, so perfect for families. [[www.sunnyislesbeachmiami.com/](http://www.sunnyislesbeachmiami.com/)]

Surfside is a quaint family-oriented town with a small beachtown feel. Its two-block commercial strip has many acclaimed kosher restaurants that cater to of the many orthodox Jews who live here, along with mom-and-pop shops and luxury boutiques. Its mile-long uncrowded beach boasts luxury hotels and popular surfside events include its block party third Thursday of

the month. [[www.visitsurfsidefl.com](http://www.visitsurfsidefl.com)]  
Miami Beach has the largest concentration of art deco buildings in the world. The mid-section of Miami Beach boasts many impressive upscale hotels, like the Fontainebleau, Eden Roch Miami Beach Resort and the Cadillac Hotel & Beach Club, smaller ones like The Palms where we stayed, and the newer Faena Hotel and EDITION. Many of these mid-beach hotels tend to have a resort-like feel with pools, spas, high-end restaurants and direct access to the boardwalk.

South Beach (SoBe), in the southern part of Miami Beach, is known for its fine art deco architecture, beautiful people, celebrities, and colourful lifeguard shacks along the beach.

Key Biscayne is a natural paradise sandwiched between two major parks—Crandon Park Beach in the north and Bill Baggs Cape Florida State to the south, with hiking, cycling, fishing, kayaking and the historic Cape Florida Lighthouse.

## CUISINE

The culinary landscape of Miami is rich with great seafood, authentic Cuban eateries and amazing international chefs offering innovative dishes. Here are some highlights.

Malibu Farm Miami Beach at the Eden Roc Hotel on Miami Beach uses locally-sourced organic ingredients to produce some truly innovative cocktails, fresh juices, delicious wood-fired pizzas (one with a cauliflower crust) and a chicken ricotta burger I loved. The restaurant overlooks the ocean, so come during the day to enjoy the panoramic view. Better yet, come for its popular Sunday brunch.

At the LT Steak & Seafood [[www.thebetsyhotel.com/lt-restaurant](http://www.thebetsyhotel.com/lt-restaurant)] at the Betsy Hotel, award-winning chef Laurent Tourondel showcases memorable dishes like the short rib bao bun and tuna tartare to start, signature coconut-macadamia shrimp sushi rolls, free-range chicken, rib eye and warmed churros for dessert. Don't miss live jazz in their lounge salon after your meal.

## ART DECO

Although the art deco buildings on Miami Beach were almost destroyed by develop-

ers in the 1970s, they were saved by activists who later founded the Miami Design Preservation League. The league offers a range of art deco tours (about \$25 to \$30), including a self-guided architectural audio tour in Miami Beach and a 1.5 to 2-hour Art Deco walking tour and private art deco tours.

## STREET ART

The Wynwood Arts District, just north of downtown, was once a gritty warehouse area with failed businesses and crime. Then in 2009, in an effort to transform the neighbourhood, "Wynwood Walls," an outdoor museum of street art, was born. The exterior walls of six warehouses became the blank canvas for both neighbourhood and international artists. While you are in Wynwood, stay for a drink and a meal. Wynwood has five breweries, more than 70 galleries, live music, rooftop yoga, hipster cafés and more.

## CUBAN CULTURE

The Little Havana Food Tour, offered by Miami Culinary Tours, has been rated the fifth best food tour in the world. Over the course of 2.5 hours, we have a shot of colada, the strong Cuban coffee sold from walk-up windows, or ventanitas, of cafés. We visit Ball & Chain, a circa 1935 nightclub and we sample traditional Cuban sandwiches, mojitos, fresh sugar cane juice and Abuela Maria ice cream made with old school Galletas Maria cookies.

## LODGING

Choose from boutique hotels to luxurious beachfront resorts to Airbnbs to lifestyle hotels.

The Palms Hotel & Spa where we stayed, at 251 rooms, is perfect for families and couples. About a third of the rooms at The Palms have ocean views, as ours did, with sweeping floor-to-ceiling windows. Their Essensia Restaurant has an excellent buffet breakfast and the adjacent lounge offers happy hour drinks during the week. Their sister property, Circa 39, is a 97-room boutique hotel a block from Miami Beach in "Wundermile" with daily happy hour at their WunderBar and a relaxed friendly vibe.

For more about Miami, see [miamiandbeaches.com](http://miamiandbeaches.com).

Go to [foreveryoungnews.com](http://foreveryoungnews.com) for the full article and more images.