



monthly U.P.D.A.T.E.



useful tip • playing • dining • activity • travel • everyday ritual

HELLO EVERYONE!! Welcome to the first ever edition of **The 412 Franimal Monthly U.P.D.A.T.E.** I am so excited to introduce my monthly newsletter where you can read all about what I've been up to over the last month. This will be a place to find out about my most recent articles, get some insider tips beyond what is seen on social media & soak up some Frappuccino content 🍷 If you want to learn more about one of the places pictured in the newsletter, they are all clickable as well as the social icons!



f r a p s n a p s

WHAT IS THE MONTHLY U.P.D.A.T.E.?

- U- Useful Tip: Life hacks I've learned that have already come in handy
- P- Playing: Shows or music that have been stuck on play
- D- Dining: Restaurants, coffee shops, etc. I visited & loved
- A- Activity: Something fun I did that maybe social media didn't see
- T- Travel: Recap of where I have been/what I've been planning
- E- Everyday Ritual: Something I've been adding to my daily routine

USEFUL TIP RESERVATIONS, RESERVATIONS, RESERVATIONS. I often get asked "where would you recommend I go for dinner?" & while there are tons of fabulous restaurants in Pittsburgh, some of the top spots are limited in space & require advanced reservations. In order to always have something to look forward to, I like to schedule out reservations ahead of time ~1x a month. If there is a spot I've had my eye on, I'll make a reservation & as the date approaches I'll find someone to accompany me. It's great for if you have a last minute occasion to celebrate, a friend in town, or just want a yummy stress-free night out! Some spots to book far out that I love are [Pusadee's Garden](#), [Gi Jin](#) & [DiAnoia's Eatery](#).





PLAYING I simply cannot stop talking about One Day, the new limited series on Netflix. 14 episodes at about a half an hour each & I finished it in one day (no pun intended). A combo of love & heartbreak all too relatable, this limited series will draw you in & make you attached. Limited series shows are my absolute favorite because they are more detailed than a movie, but not as long winded as a tv show.

DINING One of my favorite food experiences in the Burgh this month was rather unassuming, yet perfect all the same. While spending a morning in the Strip District, I stopped for an iced vanilla oatmilk latte at La Prima (one of my faves) & my friend asked if I had ever eaten anything from Colangelo's.



Since I hadn't, we stopped for their signature meles & enjoyed those with our lattes. I chose blueberry since I'm a sucker for blueberry anything & YUM. I can't wait to go back to try their sandwiches, pizza & pastas.



TRAVEL This month was FILLED with travel! I realized as I was arriving at the airport that I had not been on a plane since September & for me that is crazy LOL. I saved up airline points for a special trip & went to LAS VEGAS for Super Bowl LVIII weekend!! I got to go to my first ever Super Bowl & had an incredible weekend filled with yummy food & wild entertainment! Check out my [full blog on this trip here](#). I also had what I assumed would be a relaxing besties weekend in NYC, that turned into a 4am night at TAO Nightclub LOL. We had dinner in the city Friday & Saturday at TAO & Catch NYC. Catch...BEST SUSHI EVER. We also coffee & baged in Hoboken both days. Scallion cream cheese stays elite.

ACTIVITY My bestie has officially moved back to the Burgh from Nantucket!! To celebrate her return we had the most fun night at the Drake & J. Cole concert followed by strawberry espresso martinis at Penn Society. The one mixologist, Kelli, is an ICON. Penn Society is one of the only spots in Pittsburgh that serves after 2am so it's always a blast if you're in for a late night. Penn Society is located downtown underneath Scarpino!

EVERYDAY RITUAL

One thing I have been trying to do before bed is let my brain rest. This means that I might scroll on my phone or watch tv but when I realize I'm moving more towards doom scrolling rather than productive engagement & just passively watching tv, I unplug & ask my Google to play rainstorms, summer night sounds, a crackling fire, etc. This helps me relax while still somewhat filling the silence.

