

# East Lyme



# Events

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Volume 2 • Quarter 3 • 2014



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## First Selectman's Corner



What happened to summer?

Doesn't it seem like we wait and wait through our long winter for a summer that's far too short? Well, I have good news ... our East Lyme summers are now stretched into the "shoulder season" of our gorgeous New England autumn!

There will be ample time to walk and enjoy our boardwalk, get sandy on our great beaches, enjoy fun on the water with terrific fall fishing or just some leisurely boating recreation. The best walks are complimented when you visit our great shops both downtown in Niantic or north toward the village of Flanders.

All of our great restaurants are still open, some seasonally through Columbus Day while others are open all year long. Tastes include Mexican, Farm to Table, traditional breakfast or bagels/ donuts, Chinese and Japanese, steaks, sports bars and seafood. Its all right here and waiting for you! Our Parks and Recreation Department and the Niantic Main Street group will be busy with many fall programs, like our downtown stroll, and then we'll top it all off with the King of Events, the Niantic Light Parade.

So while you wring out the last of the summer heat we're planning for a great fall and winter in Connecticut's First Fan Favorite Town. Stop by, stay a day or a few, and you'll certainly want to come back for more!

*Paul M. Formica, First Selectman*

## Boardwalk Benches Available

The East Lyme Public Trust Foundation Inc., in cooperation with the East Lyme Parks and Recreation Department, has announced the solicitation of 50 additional park benches.

These benches will be added to the western half of Niantic Bay Overlook (the Boardwalk) once reconstruction has been completed. Plans for the new Boardwalk have been approved by the Zoning Commission with construction currently slated for March through December. There is a limit of fifty benches available at this time. They will be assigned to the first fifty completed and approved

applications. These commemorative benches have proven to be a popular addition to the East Lyme landscape and are a wonderful way to support the Town Park and to honor someone special.

The bench is available for a tax-deductible contribution of \$800.00. Each bench will include an engraved plaque with the donor's message. Order forms are available on the East Lyme Public Trust Foundation web site, [www.publictrustfoundation.org](http://www.publictrustfoundation.org), or by contacting Carol Marelli, 860-739-2688 or [camarelli@sbcglobal.net](mailto:camarelli@sbcglobal.net).



*Lifeguards at Hole-in-the-Wall Beach*



*Sandcastle Competition July 19*



*Hole-in-the-Wall - Fall Colors*

# Viking Adventure Corn Maze & Pick Your Own Apples

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## Welcome Our New Pediatrician



East Lyme Pediatric Clinic is pleased to announce a new addition to our practice. Please join us in welcoming Dr. Eugene Fantl to our Family. Dr. Fantl is board certified in Pediatric Medicine. He comes to us with thirty-five years of pediatric experience in many different teaching settings. Dr. Fantl looks forward to providing the best quality care and support for you and your family. East Lyme

Pediatric Clinic has serviced South Eastern Connecticut for the past fifteen years. We are accepting new patients. Please call 860-739-7444 to schedule an appointment.

Sajda Malik, MD      Jessie Brutus, MD  
Eugene Fantl, MD      Wendy Moss, LPN

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## Director's Note

As fall approaches I would like to personally thank my entire staff for another outstanding summer season. The department faced many challenges over the summer including the fully staffing on a daily basis of the Niantic Bay Beach and Boardwalk at Cini Park, the significant increase in our attendance at our three beaches, the maintenance and upkeep of our athletic fields and parks grounds, the supervision of over 250 Playground/Hangout participants, the field prep for local and state all-star games, the planning of Celebrate East Lyme, the organization of the Mike G Living Waters Golf Tournament and the implementation of over 25 summer programs. I can tell you that I am extremely proud of the dedication and the professionalism of my entire staff. At times it is a grind but in the end it is all worthwhile seeing our community take

advantage of our programs and parks.

I hope you will take a few minutes to review our fall magazine and take advantage of our offerings. A special thank you also goes out to the many advertisers who make East Lyme Events Magazine possible. As always I welcome your feedback and please feel free to contact me at the Parks and Recreation/Youth Services Office. Remember to feel great "RECREATE"



Sincerely, David Putnam  
Director Parks and Recreation/Youth Services



## Miss Paula Retires from the Parks & Recreation Preschool Program

Pictured is Paula Jessuck, preschool program instructor for 25 years for the East Lyme Parks and Recreation Dept. From teaching us our colors, to creating long lasting friendships, Miss Paula, with her captivating and vivacious personality, always kept her students entertained while ending the day with a cheerful smile. It's with great honor we celebrate the career of Miss Paula!

## Parks & Beach Information

### MCCOOK POINT PARK, HOLE N' WALL & CINI PARK

Open daily from 8:00 a.m. to sunset

Pets are permitted on beaches from the Tuesday after Labor Day until the Friday before Memorial Day ONLY; must be under owner's control at all times, and it is the owner's responsibility to clean-up all pet waste. Dogs are not permitted on the Niantic Bay Boardwalk at any time during the year. State Statue 22-364 states that dogs must be under the direct control of their owners at all times when using town parks. It is the dog owner's responsibility to clean up all dog waste.

Restrooms will remain open until mid-November as weather permits.

Contact the Parks and Recreation office for Pavilion reservations/availability.

Tobacco Free Parks.

### NO PETS MAY 24 - SEPT 1, 2014 AT ANY BEACH FACILITY:

SEE REGULATION: State Regulation (Public Swimming Area Regulations) Section 19a-36-B61 (10) states domestic animals shall be prohibited in the water and the land

immediately adjacent to the water of a public swimming area when the public swimming area is open for use.

### BOARDWALK CONSTRUCTION UPDATE

Construction on the western half of the Niantic Bay Boardwalk has begun and will continue through the fall and winter months. As part of the construction, a portion of the upper parking lot at McCook will be closed and access to the Hole in the Wall Beach at times will be restricted. Please look for construction updates and further information on the town's web site [www.eltown-hall.com](http://www.eltown-hall.com) or on the East Lyme Parks and Recreation Facebook page.

### PAVILION RENTAL

The pavilion is available for full day or half day rental (9:00 am to 1:00 pm or 1:30 pm until dusk) during the summer season (Memorial Day weekend through Labor Day) for East Lyme/Niantic residents/taxpayers.

Rentals are also available before Memorial Day and after Labor Day; Non-Residents are able to rent during that period. Please contact the Parks & Recreation office for information and availability.

## *Parks & Recreation Department*



### ***Parks & Recreation Department Staff***

#### **CONTACT INFORMATION & WEBSITES**

**Executive Director:** David M. Putnam  
**Program Coordinator:** Carolann Rossiter  
**Administrative Assistant:** Deborah Levandoski  
**Administrative Secretary:** Robin Grandieri  
**Special Events Coordinator:** Michael R. McDowell  
**Park Foreman:** Edward Ball  
**Maintenance Support:** Michael Rak, Jason Alves,  
Jake Pickerell

#### **PARKS & RECREATION COMMISSION MEMBERS**

J. Robert Pfanner, Chairman  
William Willets, Jr., Charles Fenick, Jackie Curry,  
Patrick Larkin, Roger Nadeau, Milan Keser  
*The Parks and Recreation Commission meets in the Parks  
and Recreation conference room on the first Thursday of  
each month at 7:00 p.m. The public is welcome to attend  
the meetings.*

East Lyme Police Department 860-739-5900  
East Lyme Public Library 860-739-6926  
[www.ely.lioninc.org](http://www.ely.lioninc.org)  
East Lyme Public Works 860-739-8444  
East Lyme Senior Center 860-739-5859  
East Lyme Town Hall 860-739-6931  
[www.eltownhall.com](http://www.eltownhall.com)  
East Lyme Youth Services 860-739-6788  
Rocky Neck State Park 860-739-5471  
DEP Old Lyme 860-434-8638  
Children's Museum of SE Connecticut 860-691-1255  
East Lyme Aquatic & Fitness Center (Pool) 860-691-4681  
[www.nutmegaquatics.com](http://www.nutmegaquatics.com)  
East Lyme Business Organization  
Contact Lynnea Mahlke 860-691-1611

41 Society Road, Niantic, CT  
860-739-5828 fax 860-691-2409  
[www.eltownhall.com](http://www.eltownhall.com)

#### **ATHLETIC ORGANIZATIONS**

##### **EAST LYME BABE RUTH LEAGUE**

Jay Reid, President / 860-326-1579

[www.eastlymebaberuth.com](http://www.eastlymebaberuth.com)

##### **EAST LYME LACROSSE**

Judd Andres / 860-739-2260 / Cell 860-912-3106

[www.ella.uslaxteams.com](http://www.ella.uslaxteams.com)

##### **EAST LYME LITTLE LEAGUE**

Dave Perry / 860-739-6379

[www.ETEAMZ.com/EastLymeLittleLeague](http://www.ETEAMZ.com/EastLymeLittleLeague)

##### **EAST LYME SOCCER CLUB**

Chuck Massung [www.eastlymesoccer.org](http://www.eastlymesoccer.org)

##### **EAST LYME YOUTH FOOTBALL**

Chip Mundell / 860-271-6191

##### **EAST LYME YOUTH CHEERLEADING**

Tammy Bogue / 860-303-1741

##### **EAST LYME JUDO CLUB**

Nancy Kelly / 860-691-3314

##### **EAST LYME YOUTH BASKETBALL**

Mike Catanzaro / 860-941-7272 / [mcat1926@gmail.com](mailto:mcat1926@gmail.com)

[www.eastlymeyouthbasketball.org](http://www.eastlymeyouthbasketball.org)

#### **CLUBS**

##### **NEW COMERS CLUB**

Janet Banks / 860-739-2891 / [janbanks@hotmail.co.uk](mailto:janbanks@hotmail.co.uk)

##### **MOMS CLUB OF EAST LYME**

[www.eastlymemomsclub.org](http://www.eastlymemomsclub.org)

##### **WOMENS CLUB OF SE CONNECTICUT / 860-691-1948**

##### **EAST LYME GARDEN CLUB**

Colleen Gebhard / 860-691-0088 / [elgclub@gmail.com](mailto:elgclub@gmail.com)

##### **AMERICAN LEGION AUXILIARY, UNIT 128**

Pat Keegan / 860-739-2107

##### **EAST LYME SCOUTING**

##### **GIRL SCOUTS REGIONAL OFFICE**

Wendy Gentile / 800-922-2770 x 3728

Desiree Panlilio / 860-739-0696

Kris Stelter / 860-739-0170

##### **DISTRICT SCOUTS REGIONAL OFFICE**

Mike Cooney / 800-414-2433

##### **CUB SCOUTS PACKS**

Chris Mazzulli, #24 / 860-405-5005

[www.pack24eastlyme.org](http://www.pack24eastlyme.org) / [pack24eastlyme@gmail.com](mailto:pack24eastlyme@gmail.com)

Daniel Sefton, #7 / 860-691-0355

Axel Mahlke / 860-287-1174

##### **BOY SCOUT TROOPS**

George Sisson, #7 / 860-691-2165

Robin Greer, #24 / 860-443-5492

Richard Cushing, #240 / 860-739-5239



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Tue. & Thu., 4-5pm

**Future Stars (ages 7-9)**  
Tue. & Thu., 4-5pm

**Tournament Tough (ages 13-15)**  
Mon. & Wed., 4-5:15pm

**Team Connecticut**  
Mon. & Wed., 5:15-6:30pm  
For competitive junior players

**High School**  
Boys- Fri., 3:30-5pm  
Girls- Sat., 9-10:30am



### Adult Programs

*Drop in to our fitness, pickleball and tennis programs!*

**Strength & Balance**  
M/W/F, 10am

**Drop-in Pickleball**  
Mon., 1-3pm, Beginners welcome

**Stability Ball**  
Mon., 8am

**Adv. Beginner Tennis Drills**  
Tue., 9-11am

**Yoga**  
M/W, 11am

**Intermediate Tennis Drills**  
Mon., 10:30am-12pm

**Circuit Training**  
T/Th/Sa/Su, 8am

**NTRP Tennis Drills**  
Sat., 10:30am-12pm, All levels

**Cardio & Strength**  
Fri, 8am

**Cardio Tennis**  
Wed., 6-7pm, All levels



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Tuesdays, 7:15-8:00pm  
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Fridays 5:00-5:45pm

Fridays 2:30-3:15pm

\$60 for 6 Classes, ages 5-11

\$60 for 6 Classes, age 14+



# Community Board

## PASSPORTS

East Lyme Parks & Recreation Department is now an Acceptance Facility for Passports. Please call (860) 739-5828 to make an appointment to have your passport application processed or for any questions.

## MEN'S BASKETBALL

Dates: November 5 – December 17  
 Days: Wednesday  
 Time: 7:00 pm – 9:00 pm  
 Fee: \$5.00 per person per evening  
 Where: East Lyme Middle School - Gym

## PARKS & RECREATION BUS TRIP TO NEW YORK CITY

Date: Saturday, December 13  
 Time: Bus Departs East Lyme Library Community Center @ 8:00 am  
 Bus Departs New York City @ 7:30 pm  
 Fee: Resident \$40.00  
 Non-Resident \$55.00  
 Registration: Begins November 4

## EAST LYME JUDO CLUB

Dates: Sept 9 – Oct 30 (Tues & Thurs)  
 Time: 6:15 pm – 7:30 pm Beginners/Int

Mix Class (TUESDAY)  
 6:15 pm – 7:30 pm Int/Adult  
 Class (THURSDAY)

Fee: \$30.00 Returning Students  
 \$35.00 New Students

Where: Flanders School Gym  
 Registration: Sept 4 from 6:00 pm - 7:00 pm at Flanders School Gym

For more information contact: Nancy Kelly (860) 691-3314

## THAMES RIVER FENCING CLUB

Meets at the East Lyme Library/Community Center Activity Room on Monday evenings 7:25 pm to 10:00 pm. from September 8 - November 24. The club will not meet in December. For more information contact Allan Kiem at (860) 434-5216.

## U.S. AMATEUR BALLROOM DANCE ASSOCIATION DANCES

Dates: FRIDAYS (9/12, 10/17, 11/21)  
 7:00 pm – 10:00 pm  
 SATURDAYS (10/4, 11/1, 12/6)  
 6:30 pm – 11:00 pm

*Continued top of next page*

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[www.ecsyo.com](http://www.ecsyo.com)

*Community Board ... continued from previous page*

Where: East Lyme Library & Community Center  
Activity Room

For more information contact: Russ Carr (860) 574-4303  
or [www.usadancenewlondonct.com](http://www.usadancenewlondonct.com).

**SHORELINE SWING DANCES**

Dates: 3rd Saturday of each month; 9/20, 10/18, 11/15,  
12/20 from 8:00 pm-11:00 pm in Community Center Activity  
Room. Dance lessons are offered from 7:00 - 8:00 pm. For  
more information contact Karen Griswold (860) 445-0582 or  
[shorelineswingct.com](http://shorelineswingct.com).

**DUPLICATE BRIDGE GAMES**

Duplicate Bridge games are associated with the American  
Contract Bridge League. This is ongoing and pre-registration  
is not required. No game on Sept 23 & Nov 4.

Days: Tuesdays  
Time: 10:00 am – 2:00 pm  
Fee: \$6.00 per person, per day  
Where: East Lyme Library/Community Center  
Activity Room  
Instructor: Pat Kelsey

**WIFFLE BALL TOURNAMENT**

Saturday, August 23 at 11:00 a.m. (Registration begins at  
10:00am) at Bridebrook Park. \$25.00 per person (includes

T-shirt & Lunch).

To benefit The East Lyme Police K-9 Program sponsored  
by East Police Benevolent Association. 3-5 person teams/  
Round Robin style/ Home Run Derby Style/ No Base  
Running. Contact Officers Lindsay Contillo or Dana Jezierski  
for additional info. [lcutillo@eastlymepolice.com](mailto:lcutillo@eastlymepolice.com) or [djezier-ski@eastlymepolice.com](mailto:djezier-ski@eastlymepolice.com).

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Participants learn unbiased information about carjacking  
prevention strategies; self-defense training options; and  
the use of devices such as pepper spray, mace or personal  
devices. The seminar is 4 hours long and DOES NOT involve  
the use of firearms.

Course will be held on Sunday, November 9th from 9:00 am  
– 1:00 pm at the East Lyme Police Department.

Class size is limited and restricted to ages 18 and older.

The fee is \$30.00 and registrations will be taken at Parks &  
Recreation Dept.

See listing under Adult Programs for more information.

## ***Parks & Recreation Preschool & Youth Programs***

**CREATIVE ARTS FOR KIDS - AGES 3 & 4**

Session: 250301-01

This class concentrates on the process of free expression  
through art. Children learn to manipulate various art supplies  
and to create close and open ended projects with a variety  
of conventional and unconventional materials. Socialization,  
fine motor skill development, following directions & color  
recognition are some of the important skills that are addressed  
in this class. Creative Art is child participation only class.

Dates: Sept 8 to Nov 3 (no class 10/13)  
Days: Monday  
Time: 9:15 to 10 a.m.  
Fee: Resident \$30/Non-Resident \$45.00  
Registration: Begins August 28  
Location: East Lyme Library/Community Center  
Youth Center  
Instructor: Christina Jessuck

**CREATIVE ARTS FOR KIDS - AGES 3 & 4**

Session: 250301-02

All other information, see previous session.

Dates: Nov 10 to Dec 15  
Fee: Resident \$25/Non-Resident \$40.00  
Registration: Begins on Nov 3

**I'M 2 CRAFTS**

Session #250301-03

A 30 minute arts & crafts class designed for 2 year olds. In  
a child only participation class, children learn to manipulate  
various art supplies, which enhance their fine motor skills.  
Supplies would include paints & brushes, crayons, scissors  
& many unconventional supplies like feathers for painting  
or shaving cream for drawing. Children also create artwork  
based on their self expression & imagination, which promotes  
self-esteem & language development.

Dates: Sept 12 to Oct 31  
Days: Friday  
Time: 9:15 to 9:45 a.m.  
Fee: Resident \$30/Non-Resident \$45.00  
Registration: Begins August 28  
Location: East Lyme Library/Community Center  
Youth Center  
Instructor: Christina Jessuck

**I'M 2 CRAFTS**

Session #250301-04

All other information, see previous session

Dates: Nov 7 to Dec 19 (no class 11/28)  
Fee: Resident-\$25/Non Resident \$40  
Registration: Begins on Oct 31

*Continued on page 11*

# Events

MAGAZINES



## East Lyme Events

**TM Ventures, LLC**  
**dba Essex Printing & Events Magazines**

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Photo by Ron Bence

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## East Lyme Athletic Organizations

East Lyme Youth Basketball  
 On-line registration begins on September 5th  
 at [eastlymeyouthbasketball.org](http://eastlymeyouthbasketball.org)  
 Walk-in registration dates will be at ELMS on:  
 9/10 from 6:00 - 8:00 pm  
 9/13 from 9:00 am - 12:00 pm  
 9/17 from 6:00 - 8:00 pm  
 Contact Mike Catanzaro for any questions at  
 (860) 941-7272 or [mcat1926@gmail.com](mailto:mcat1926@gmail.com)

**Want to Advertise?**  
**Call Betty Martelle**  
**at 860-333-7117**



Old Lyme Shopping Center  
 Exit 70 off I-95, Halls Road, Old Lyme  
 860-434-1455 or 860-434-3335

Serving Sunday Breakfast  
 10 am-3 pm

Lunch Specials 11-3

At the Bar \$5 Lunch \$1 Drafts

**THURSDAY NIGHT**  
**"WING NIGHT!"**

<p><b>50%</b>  <b>ANY</b>  <b>ENTREE!</b></p>	<p><b>\$10</b>  <b>OFF</b>  <b>TOTAL</b>  <b>BILL!</b></p>	<p><b>\$5</b>  <b>OFF</b>  <b>TOTAL</b>  <b>BILL!</b></p>
<p>Buy One Entree at Regular Price, Get 2nd of Equal or Lesser Value 50% Off With this coupon. One coupon per table. Excludes tax and gratuity. Not valid with other offers or on holidays. Expires 10/8/2014</p>	<p>Of \$50.00 Or More With this coupon. One coupon per table. Excludes tax and gratuity. Not valid with other offers or on holidays. Expires 10/8/2014</p>	<p>Of \$25.00 Or More With this coupon. One coupon per table. Excludes tax and gratuity. Not valid with other offers or on holidays. Expires 10/8/2014</p>

**Steaks • Seafood • Pasta • Sandwiches and More!**

*P&R Preschool & Youth Programs ... continued from page 9*

### **GOT "2" BE MOVING (NEW)**

Session #250501-03

A 30 minute movement class for 2 year olds that focus on developing large motor skills such as running, hopping and balancing on one foot to fun games with balls & parachutes. This class is child participation only.

Dates: Sept 8 to Nov 3 (No class 10/13)

Day: Monday

Time: 10:15 to 10:45 a.m.

Fee: Resident-\$30/Non Resident \$45

Registration: Begins August 28

Location: East Lyme Library/Community Center/Olive Chendali Room

Instructor: Christina Jessuck

### **GOT "2" BE MOVING**

Session #250501-04

All other information, see previous session.

Dates: Nov 10 to Dec 15

Fee: Resident \$25/Non-Resident \$40

Registration: Begins Nov 3

### **I'M 2**

Session #250201-01

I'm 2 is a child participation only class that focuses on socialization through age appropriate development play through dramatic play, music and movement.

Dates: Sept 4 to Oct 9

Day: Thursday

Time: 9:15 to 10 a.m.

Fee: Resident \$25/Non Resident \$40

Registration: Begins August 28

Location: East Lyme Library/Community Center  
Olive Chendali Room

Instructor: Christina Jessuck

### **I'M 2**

Session#250201-02

All other information, see previous session

Dates: Oct 23 to Dec 18 (no program on 11/27)

Fee: Resident \$30/Non-Resident \$45

Registration: Begins on Oct 9

### **OUTDOOR EDUCATION FOR 3 TO 5 YEAR OLDS**

Session #250601-02

Using the outdoors as their classroom, children ages 3 to 5, discover the wonders of the natural world. Observing & exploring the beach or the woods, develop skills & concepts such as language & sensory development, conservation & sustainability. This class is child participation only.

Dates: Sept 4 to Oct 9

Day: Thursday

Time: 11:00 to 11:45 a.m.

Fee: Resident-\$25/Non Resident \$40

Registration: Begins August 28

Location: McCook Point Park, Tent

Instructor: Christina Jessuck

### **YOUNG SCIENTISTS, AGES 3 TO 5**

Session #250401-01

In Young Scientists, children's natural curiosity helps them to discover the world of science through hands on experiments using basic theories of physics & chemistry. These science activities & experiments for preschoolers give young minds the skills they need to seek answers & view the world scientifically. Each week a new idea is introduced & explored. Young Scientists is a child participation only class.

Dates: Oct 23 to Dec 18 (No class 11/27)

Day: Thursday

Time: 10:15 to 11 a.m.

Fee: Resident \$30/Non Resident \$45

Registration: Begins on Oct 9

Location: East Lyme Library/Community  
Center/Youth Center

Instructor: Christina Jessuck

### **TOT GYM, AGES 3 TO 5**

Session #250501-01

Children come to Tot Gym ready to run! This class encourages children to engage in physical activities & games to build large motor skills, to cooperate with peers, to follow directions & to develop socialization skills. Examples of games & activities include circle & movement games, ball games, parachute games, silly dances, obstacle courses, yoga, relay races & so much more. Tot Gym is a child participation only class.

Dates: Oct 3 to Nov 21

Days: Friday

Time: 10:15 to 11 a.m.

Fee: Resident \$30/Non Resident \$45

Registration: Begins Sept 25

Location: East Lyme Library/Community Center  
Smith-Harris Room

Instructor: Christina Jessuck

### **MOMMY/DADDY & ME**

Session #240901-01

Infants – 2 years old

Stimulate your baby's natural response to music! Parents and babies learn rhymes, songs, lullabies, floor and lap games. Dance, shake and play together to an array of musical styles and genres. Your baby will develop important listening and motor skills. Adult participation required.

Dates: Sept 12 – Oct 31

Days: Friday

Time: 9:45 am – 10:30 am

Fee: Resident \$75.00/Non-Resident \$90.00

Registration: Begins Sept 3

Where: Niantic Center School, Room 107

Instructor: Erin Stanley

### **PRESCHOOL MUSIC, MOVEMENT AND EXPLORATION**

Session #240903

Ages 2 - 5 years old

Imagination! Creativity, fun and interactive learning are the basis of this class.

*Continued on page 12*

*P&R Preschool & Youth Programs ... continued from page 11*

Students will experience different genres of music while singing, dancing and telling stories through exploration and play. Adult participation is required for some of the class.


Dates: Sept 12 – Oct 31  
Days: Thursday  
Time: 10:45 am – 11:30 am  
Fee: Resident \$75.00/Non-Resident \$90.00  
Registration: Begins Sept 3  
Where: Niantic Center School, Room 107  
Instructor: Erin Stanley

### LITTLE BROADWAY STARS

Session# 240911-01  
Ages 5-7  
A singing, dancing, and acting class for some of our youngest performers. Learn fun songs, basic jazz, ballet and tap and act out popular children's stories. Students will showcase all they learned in our final class. Dancing shoes are encouraged.


Dates: Sept 11 – Oct 30  
Days: Thursday  
Time: 4:15 – 5:00pm  
Fee: Resident \$75.00/Non-Resident \$90.00  
Registration: Begins Sept 3  
Where: Niantic Center School, Room 107  
Instructor: Erin Stanley

**Our Tree now has a "Nest"**  
A Nurturing Community for your Young Children



CTMS is accepting applications for their new authentic, Montessori Toddler Program and Infant/Parent Classes opening this Fall.

For more information call 860.388.3536



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MONTESSORI SCHOOL

Marci Martindale / Head of School  
860.388.3536 / marci@childrenstree.com  
96 Essex Rd, Old Saybrook, CT  
www.childrenstree.org

## YOUTH PROGRAMS

### BEGINNING FOIL 1 – AGES 10 & OLDER

Session #280101-01  
This class covers basic fencing movements with the foil, including the guard positions, basic footwork, simple & compound attacks, defensive actions (parries), attacks on the blade and attacks into preparation. The student develops sensitivity to the blade, timing & distance awareness, & basic bouting skills. The class introduces the student to elementary tactics & the fencing rules.

Dates: Sept 18 to Nov 6  
Days: Thursdays  
Time: 6:30 to 8:00 p.m.  
Fee: Resident-\$75/Non Resident \$90  
(includes equipment)

Registration: Begins Sept 9  
Where: Lillie B. Haynes School, gymnasium  
Instructor: Thames River Fencing Club

### INTERMEDIATE FOIL - AGES 10 & OLDER

Session: #280201-01  
Beginning Foil One or Intermediate Foil 1 is a prerequisite. This class builds upon the skills introduced in Beginning Foil One & Intermediate Foil 1 covers more complex footwork & blade work, including variations on attacks on the blade and blades takes (prises de fer). Bouting skills, tactics and the fencing rules are also covered in greater detail.

Dates: Sept 16 to Nov 11 (no class on 11/4)  
Days: Tuesdays  
Time: 6:30 to 8:00 p.m.  
Fee: Resident-\$75/Non Resident \$90  
Registration: Begins on Sept. 9  
Where: Lillie B. Haynes School, gymnasium  
Instructor: Thames River Fencing Club

### BALLET BEGINNER/INTERMEDIATE

Session# 240908-01  
Ages 7-12  
Explore fundamentals of ballet concentrating on technique, proper body alignment, strength and ballet vocabulary. Classes start with stretching and progress from barre to center to across the floor movement and choreography. Preferable attire: black leotard, pink or nude tights, and pink ballet slippers.

Dates: Sept. 13th –Nov. 1st  
Days: Saturday  
Time: 11:00am – 12:00pm  
Fee: Resident \$90.00/Non-Resident \$105.00  
Registration: Begins on Sept 3

Where: East Lyme Community Center/Senior Center Site

### ADULT AND TEEN BALLET BEGINNER/INTERMEDIATE

Session #240908-02  
Ages 13-adult  
Have fun while learning basic ballet in a supportive environment. Explore the fundamental of ballet concentrating on technique, proper body alignment and strength. Our instructor will inspire confidence, camaraderie, and the love of

dance in all her students.  
 Dates: Sept. 13th – Nov. 1st  
 Days: Saturday  
 Time: 9:45 – 10:45 am  
 Fee: Resident \$90.00/Non-Resident \$105.00  
 Registration: Begins Sept 3  
 Where: East Lyme Community Center/Senior site

**GLEE (Show Choir)**

Session#240912-01  
 Ages 10 & up  
 Auditions will be held on Sept 3rd at the Community Ctr/  
 Senior Center site from 6:00 - 8:00pm. Be prepared to sing  
 a song and learn a short dance routine. Fee includes Music,  
 and Materials.  
 Dates: Sept 9 - Dec 16 (No class 11/4)  
 Days: Tuesday  
 Time: 6:00pm – 7:15pm  
 Fee: Resident \$185/Non-Resident \$200.00  
 (Plus minimal costume fee)  
 Registration: Begins Sept 4

Where: Niantic Center School, Room 107  
 Instructor: Erin Stanley

**LIGHTS OF BROADWAY**

Session# 240907-01  
 Ages 8-13  
 Starting with “what’s an audition”, this class will immediately  
 dive into the scenes, character and musical numbers, then fea-  
 ture dance and proper theater movement technique. On the  
 “fun” side of things, every class will include physical warm-  
 ups, drama games, singing and music. This activity is for both  
 the wallflower who needs to be coaxed and the show-off who  
 needs an outlet; a real “something for everyone” experience.  
 We also will provide more advanced technique classes for the  
 more experienced performers.  
 Dates: Sept 13- Nov 1  
 Days: Saturday  
 Time: 9:30am – 11:00am  
 Fee: Resident \$140.00/Non-Resident \$155.00  
 Registration: Begins Sept 3  
 Where: East Lyme Community Center/Senior Center Site

## ***Parks & Recreation Adult Programs***

**MORNING AEROBICS**

Session # 210101-01  
 The classes consist of 35 minutes of aerobics and 15 min-  
 utes of body toning using weights, body bars, bands, and  
 balls. Each class concludes with 5 to 8 minute cool down.  
 Participants are required to bring a non-slip exercise mat.  
 Dates: Sept 8 to Oct 31 (No class 9/22, 9/24, 9/26, 10/13)  
 Days: Monday – Wednesday - Friday  
 Time: 8:45 am – 9:45 am  
 Fee: Resident \$55.00/Non-Resident \$70.00  
 Registration: Begins Sept 3  
 Where: East Lyme Library/Community Center  
 Activity Room  
 Instructor: Sue Roos-AFFA; Donna Neaton-AFFA

Fee: Resident \$50/\$30 - 1 day  
 Non-Resident \$65/\$45 - 1 day  
 Registration: Begins Sept 3  
 Where: East Lyme Library/Community Center  
 Activity Room  
 Instructors: Donna Neaton-AFFA; Kim Stirtan-BSPE,  
 ACE & Stott Pilates

**MORNING AEROBICS**

Session # 210101-01  
 All information the same as previous session with different  
 dates:  
 Dates: Nov 3 to Dec 19 (No class 11/28)  
 Registration: Begins Oct 22

**TOTAL FITNESS**

Session # 210104-01  
 Classes include circuit training, Stott Pilates, weights, bands  
 and balls to create a variety of exercises for the entire body.  
 Every class is different; Donna Neaton and Kim Stirtan bring  
 together their experience, education and many years of group  
 training to instruct the classes. Participants are required to  
 bring a non-slip exercise mat.  
 Dates: Sept 9 to Oct 30 (No class 9/23, 9/25)  
 Days: Tuesday – Thursday  
 Time: 10:15 am – 11:15 am

**TOTAL FITNESS**

Session #210104-02  
 All information same as previous session with different dates:  
 Dates: Nov 6 to Dec 30 (No class 11/11 11/27, 12/25)  
 Registration: Begins Oct 23

**WEDNESDAY ZUMBA**

Session #210103-01  
 A Latin inspired dance aerobic class that incorporates Latin and  
 International music and dance. “It is fun; it’s easy, and exer-  
 cise in disguise!” The Monday class begins with 40 minutes  
 of ZUMBA dance aerobics, followed by a core strengthening  
 workout. (Please bring an exercise mat). The Wednesday class  
 will be 55 minutes of Zumba dance aerobics & toning. Both  
 classes end with stretching.  
 Dates: Sept 10 to Dec 10 (No class 9/24, 10/22)  
 Days: Wednesday  
 Time: 3:55 pm – 4:55 pm  
 Fee: Resident \$40.00/Non-Resident \$55.00  
 Registration: Begins August 27  
 Where: East Lyme Library/Community  
 Center-Activity Room  
 Instructor: Donna Neaton AFAA/Zumba Instructor

*Continued on page 14*

*P&R Adult Programs ... continued from page 13*

## **TUESDAY ZUMBA**

Session #210103-02

This class will be 55 minutes of Zumba dance aerobics and toning. The class will end with stretching.

Dates: Sept 16 to Dec 30 (No classes 9/23, 11/4, 11/11)

Days: Tuesday

Time: 5:30 pm – 6:25 pm

Fee: Resident \$40.00/Non-Resident \$55.00

Registration: Begins Sept 10

Where: East Lyme Library/Community Center-Activity Room

Instructor: Donna Neaton AFAA/Zumba Instructor

## **SATURDAY MORNING ZUMBA AEROBICS**

Session #210103-03

This 1 hour class begins with 50 minutes of ZUMBA dance aerobics and will be followed by a core strengthening workout. Class ends with a 5 minute stretch. Participants are required to bring a non-slip exercise mat.

Dates: Sept 20 to Dec 27 (No class 10/25)

Days: Saturdays

Time: 8:30 am – 10:00 am

Fee: Resident \$50.00/Non-Resident \$65.00

Registration: Begins Sept 10

Where: East Lyme Library/Community Center-Activity Room

Instructor: Donna Neaton AFAA/Zumba Instructor

## **COED CARDIO TOTAL BODY CONDITIONING**

Session #210202-01

This class includes cardio and strength training using hand held weights, bands, balls and tubing. It features a total body workout taking individuals from standing moves to floor workouts. The class will end with an abdominal core workout and stretching exercises. Participants are required to bring a non-slip exercise mat.

Dates: Sept 8 to Nov 5 (No class 9/22, 9/24, 10/13, 10/22, 11/3)

Days: Monday - Wednesday

Time: 5:00 to 6:00 p.m.

Fee: Resident \$40/Non-Resident \$55

Registration: Begins Sept 3

Where: East Lyme Library/Community Center Activity Room

Instructor: Donna Neaton-AFFA

## **COED TOTAL BODY CONDITIONING**

Session #210202-02

All information same as previous session with different dates

Dates: Nov 10 to Dec 22

Registration: Begins Oct 29

## **STABILITY BALL (NEW ADDITIONAL DAY & TIME)**

Session #210403-02

This class is a great way to strengthen deeper into the core muscle groups with working on balance and adding different

options to your average class. The “plus” is the use of weights, balls and bands along with your stability ball for a total body workout. Participants are required to bring a non slip mat and your own Stability ball.

Dates: Sept 8 to Dec 8 (No class 9/22, 10/13)

Days: Monday

Time: 4:00 to 4:55 p.m.

Fee: Resident \$40/Non-resident \$55

Registration: Begins August 27

Where: East Lyme Library/CC-Activity Room

Instructor: Donna Neaton, AFAA

## **STABILITY BALL**

Session #210403-01

This class is a great way to strengthen deeper into the core muscle groups with working on balance and adding different options to your average class. The “plus” is the use of weights, balls and bands along with your stability ball for a total body workout. Participants are required to bring a non slip mat and your own Stability ball.

Dates: Sept 4 to Dec 11 (No class 9/25, 10/23, 11/27)

Days: Thursday

Time: 4:45 to 5:45 p.m.

Fee: Resident \$40/Non-resident \$55

Registration: Begins August 27

Where: East Lyme Library/CC-Activity Room

Instructor: Donna Neaton, AFAA

## **PILATES MAT & REEBOK FLEXIBLE STRENGTH BEG/INTERMEDIATE**

Session # 210301-01

This training program will combine essential Pilates Mat exercises to develop strength and flexibility. The purpose will be to build Neuromuscular Fitness, the core to performing sports and everyday movements. Participants are required to bring a non-slip exercise mat.

Dates: Sept 9 – Oct 28 (No class 9/23)

Days: Tuesday

Time: 6:30 pm – 7:10 pm

Fee: Resident \$40.00/Non-Resident \$55.00

Registration: Begins Sept 3

Where: East Lyme Library/Community Center Activity Room

Instructor: Kim Stirtan-BSPE, ACE & Stott Pilates

## **PILATES MAT & REEBOK FLEXIBLE STRENGTH BEG/INTERMEDIATE**

Session # 210301-02

All information the same as previous session.

Dates: Nov 18 to Dec 9

Fees: Resident \$20.00/Non-Resident \$35.00

Registration: Begins Oct 28

## **PILATES MAT & REEBOK FLEXIBLE STRENGTH ADVANCED**

Session #210302-01

Having mastered the essential Pilates Mat exercises, more emphasis will be on neuromuscular control.

*Continued on page 16*





## BUY AHEAD PROGRAM

2014-2015 Heating Season



1000 gallons or more (price break)	Pay by Credit Card	Pay by Check
<b>\$3.67</b> Per Gallon	<b>\$3.74</b> Per Gallon	<b>\$3.69</b> Per Gallon
600min	\$2,224.00	\$2,214.00
700	\$2,618.00	\$2,583.00
800	\$2,992.00	\$2,952.00
900	\$3,366.00	\$3,321.00
1000	\$3,720.00	\$3,670.00
1200	\$4,464.00	\$4,404.00

Cap & Budget Programs Available (  call office for further information)

*Larger Discounts Available for Group Purchasers  
(10 or more close-by friends, neighbors, etc)  
and for deliveries more than 2000 gallons!*

# ATTENTION

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*P&R Adult Programs ... continued from page 14*

Participants are required to bring a non-slip exercise mat.

Dates: Sept 9 – Oct 28 (No class 9/23)  
 Days: Tuesday  
 Time: 7:15 pm – 8:15 pm  
 Fee: Resident \$50.00/Non-Resident \$65.00  
 Registration: Begins Sept 3  
 Where: East Lyme Library/Community Center  
 Activity Room  
 Instructor: Kim Stirtan-BSPE, ACE & Stott Pilates

### PILATES MAT & REEBOK FLEXIBLE STRENGTH ADVANCED

Session #210302-01  
 All information same as previous session with different dates  
 Dates: Nov 18 to Dec 9  
 Fees: Resident \$25.00/Non-Resident \$40.00  
 Registration: Begins Oct 28

### MONDAY COED YOGA

Session #210501-01  
 Class is for all levels of students. Students will learn postures, deep relaxation, and breathing techniques. Participants are required to bring a non-slip exercise mat.  
 Dates: Sept 15 to Dec 22 (no class 9/22, 10/13, 11/3)  
 Days: Monday  
 Time: 6:10 pm – 7:25 pm  
 Fee: Resident \$60.00/Non-Resident \$75.00  
 Registration: Begins Sept 10  
 Where: East Lyme Library/Community Center  
 Activity Room  
 Instructor: Rosemary Gentile – M.S.R.D.-RYT

### WEDNESDAY NIGHT COED YOGA AND MEDITATION

Session # 210502-01  
 Class is for all levels of students. Students will learn postures, deep relaxation, and breathing techniques. This class will begin at 6:30 to 7:45 pm followed by optional meditation, from 7:55 to 8:15 pm. Participants are required to bring a non-slip exercise mat.  
 Dates: Sept 17 to Dec 17 (no class 9/24, 11/26)  
 Days: Wednesday  
 Time: 6:30 pm – 8:15 pm  
 Fee: Resident \$60/Non-Resident \$75.00  
 Registration: Begins Sept 10  
 Where: East Lyme Library/Community Center  
 Activity Room  
 Instructor: Michele Flowers, RYT 500

### BALLROOM DANCE – BEGINNER LESSONS

Session #230101-01  
 The Beginner Class will include instruction in waltz, foxtrot, rumba and swing.  
 Dates: Sept 18 to Nov 13 (No class on 9/25)  
 Days: Thursday  
 Time: 6:00 to 7:00 p.m.  
 Fee: Resident \$45/Non-resident \$60 per person

Registration: Begins on Sept 4  
 Where: East Lyme Library/Community Center  
 Activity room  
 Instructor: Marjorie Winslow

### BALLROOM DANCE – INTERMEDIATE LESSONS

Session #230102-01  
 The intermediate class will include instruction in cha-cha, foxtrot, tango and swing.  
 All info same as above with exception of: Time:7:00 to 8:00 p.m.

### BODY SCULPTING

Session #210202-01  
 This is a muscle toning class using hand held weights and bands. The challenging workout is for all fitness levels. It features a full body workout taking individuals from standing moves to floor workouts. Participants are required to bring an exercise mat and weights.  
 Dates: Sept 9 to Oct 23  
 Days: Tuesday & Thursday  
 Time: 4:00 to 5:00 p.m.  
 Fee: Resident \$40/Non-Resident \$55  
 Registration: Begins on Sept 3  
 Location: Lillie B. Haynes School, gymnasium  
 Instructor: Sue Roos, AFFA

### BODY SCULPTING

Session #210202-02  
 All information same as previous session, different dates  
 Dates: Oct 28 to Dec 18 (No Class 11/4, 11/27)  
 Registration: Begins Oct 21

### PIYO

Session #210106-01  
 PiYo Strength is a fun, work at your own level class, joining Pilates and Yoga into one workout. You will burn calories, tone muscles, work on balance and get a great stretch. It is designed to build strength and flexibility. You will exercise your body, mind & spirit.  
 Dates: Sept 11 to Nov 13  
 Days: Thursday  
 Time: 5:30 to 6:30 p.m.  
 Fee: Resident \$45/Non Resident \$60  
 Registration: Begins on Sept 3  
 Location: Olive C. Room, East Lyme Public Library  
 Community Center  
 Instructor: Marsha A Pirie, Certified PiYo Instructor

### ADULT AND TEEN BALLET BEGINNER/INTERMEDIATE

Session#240908-02  
 Ages 13-adult  
 Dates: Sept. 13th –Nov. 1st  
 Days: Saturday  
 Time: 9:45 – 10:45 am  
 Fee: Resident \$90.00/Non-Resident \$105.00  
 Registration: Begins on Sept 3  
 Location: East Lyme Community Center/Senior Center site

Have fun while learning basic ballet in a supportive environment. Explore the fundamental of ballet concentrating on technique, proper body alignment and strength. Our instructor will inspire confidence, camaraderie, and the love of dance in all her students.

**ADULT COED VOLLEYBALL**

Session #210602-01  
 This volleyball program is a fun, informal, pick-up play that meets once a week. No food is allowed in the gym.  
 Dates: Sept 23 to Dec 13 (No program 11/4)  
 Days: Tuesdays  
 Time: 6:15 to 8:15 p.m.  
 Fee: Resident \$30/Non Resident \$45  
 or Drop In: \$5.00 per person  
 Where: East Lyme Middle School gymnasium  
 Registration: Begins September 16  
 Supervisor: Cathleen Aquino

**DOG OBEDIENCE – BEGINNERS**

Session # 230201-01  
 This class will teach the basic skills and work towards taking the dog off the leash. The FIRST class is held in the Olive Chendali room without your dog. Participants must provide proof of rabies and parvo at the time of registration. The dog must be 4 months and older.  
 Dates: Sept 8 to October 27 (8 classes)  
 (Class will meet on Oct 13 Columbus Day)  
 Days: Monday  
 Time: 5:15 to 6:15 p.m.  
 Fee: Resident \$50/Non Resident \$65  
 Registration: Begins on Wed August 27  
 Where: Samuel M Peretz Park @ Bridebrook  
 basketball courts  
 Instructor: Barbara Keck

**DOG OBEDIENCE – NOVICE**

Session #230202-01  
 This class refines the basic skills and work towards taking the dog off the leash. The beginner's class is a prerequisite. Participants must provide proof of rabies & parvo at the time of registration. The dog must be 4 months and older. The first class will be held in the East Lyme Library/Community Center lower parking lot.  
 Dates: Sept 8 to Oct 27  
 Days: Monday  
 Time: 6:30 to 7:30 p.m.  
 Fee: Resident \$50/Non resident \$65  
 Registration: Begins on Wed August 27  
 Where: Samuel M Peretz Park @ Bridebrook  
 basketball courts  
 Instructor: Barbara Keck

**REFUSE TO BE A VICTIM® COURSE**

Session #280802-01  
 A four hour crime prevention seminar, which provides practical information geared toward awareness and avoidance of criminal attack. It is a program of the National Rifle

Association. Certified instructors help seminar participants better understand criminal thinking and provide tips on maximizing home, automobile, telephone, technological and personal security.


Participants learn unbiased information about carjacking prevention strategies; self-defense training options; and the use of devices such as pepper spray, mace or personal devices. The seminar is 4 hours long and DOES NOT involve the use of firearms.

The two instructors have years of training experience between them. One instructor has been an East Lyme Police Officer and is in his 16th year, is an instructor in handcuffing, police baton, American Heart CPR & 1st Aid as well as an NRA Firearms instructor in several disciplines and a Refuse To Be A Victim Instructor. The other instructor is an NRA firearms instructor in several disciplines and a RTBAV instructor as well.

A portion of the proceeds will directly benefit the East Lyme Police Cadets program which is a non-profit program for youth between 13-20 years of age who want to learn about Law Enforcement as a career.


Course will be held on Sunday, November 9th from 9:00 am – 1:00 pm at the East Lyme Police Department. Class size is limited and restricted to ages 18 and older. The fee is \$30.00 and registrations will be taken at Parks & Recreation Dept.

PARKS & RECREATION REGISTRATION FORM  
 ON PAGE 33



# ZELEK

# ELECTRIC CO.



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## ***Parks and Recreation - Registration Policies***

The East Lyme Parks and Recreation Department reserves the right to reschedule, relocate, or cancel any announced program due to facility availability and public response. The Parks and Recreation Department may also establish minimum or maximum class sizes to ensure appropriate instructor-to-participant ratios.

Program Registration Hours:

Monday - Friday / 8:30a.m. – 4:00 p.m.

### **DIRECTIONS**

**95 South** - Take Exit 74; turn right onto Flanders Rd (CT-161) & continue for approx. 1 mile. Turn right at stop light onto Society Rd. (Clauson Nursery is on corner). Turn right immediately after Lillie B. Haynes School, following signs to East Lyme Library/Community Center (complex will be on left). The Parks & Recreation Office is located in Community Center complex.

**95 North** - Take Exit 73; turn left onto Society Road. Follow road until 3-way stop sign. Bear left onto Society Rd. and follow to Lillie B. Haynes School; take Left (see above). There are two ways to register for programs: In person at the Parks and Recreation Department office in the E. Lyme Library Community Center on Society Road or by mail (Mailing address: 41 Society Rd., Niantic, CT 06357). Programs limiting

the number of participants will be determined on a first-come-first-served basis. Non-residents will be charged an additional \$15 fee for programs.

### **PAYMENT**

Payment must be made in full at the time of registration, without exception. We accept cash, Visa/MasterCard/Discover, and checks made payable to "The Town of East Lyme". Returned checks will be charged a \$20 fee. There are no refunds unless extenuating circumstances occur during a program session.

### **CANCELLATIONS**

All program cancellations due to inclement weather will be announced on local radio stations and local TV channels 3, 8, & 30. If schools close due to weather or other circumstances, then programs held at affected schools will be cancelled.

The Parks & Recreation Department makes every effort to have programs and facilities that are appropriate and accessible for all ages and abilities and seeks to ensure that all programs and activities are available to East Lyme residents with physical and mental disabilities. We provide accommodations when necessary to allow your participation.

Please check with our office for programs being offered within the region.



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## Youth Services

East Lyme Youth Services, 45 Society Rd, Niantic, CT 06357  
 860-739-6788 email: mmcdowell@eltownhall.com  
*Serving the Communities of East Lyme and Salem*  
 Dave Putnam- Executive Director  
 Mike McDowell- Program Director

“Our mission is to foster the positive development of youth by providing and/or coordinating preventive, remedial, educational, social, and service opportunities for young people and support for their families.”

### YOUTH SERVICES COMMISSION

The East Lyme Youth Services Commission meets on the third Thursday of every month. The meetings are held at the Parks and Recreation Office and begin at 6:00 pm. The public is welcome to attend.

### EAST LYME YOUTH COALITION

Join our ELYC (East Lyme Youth Coalition) to address underage drinking and addiction in our town. More information to come, please contact Dave at dputnam@eltownhall.com to inquire.

### REGISTRATION INFORMATION

In order to attend our activities and programs, participants must turn in a signed registration form for each of the programs they attend. Registration forms are available at Youth

Services, the Parks and Recreation office, ELMS cafeteria, and online at [www.eltownhall.com](http://www.eltownhall.com). Registration forms and fees should be turned in to the Parks and Recreation Department offices from 8 am - 4 pm or can be mailed to us. All payments by check should be made out to Town of East Lyme/ELYS with the participant's name in the memo section.

**Registration for ALL programs, unless otherwise noted with \*, begins September 2nd.**

### CANCELLATIONS

All cancellations will be sent to program participants via email.

### FALL PROGRAMS AND ACTIVITIES

East Lyme Youth Services holds after-school activities to foster positive youth development throughout the school year.

### AFTER-SCHOOL PROGRAM

Monday through Friday 3:00 - 5:30 p.m. The program will be in the youth center, or outside, weather permitting, where youth can enjoy air hockey, ping pong, our flat screen TV for Wii games, movies, or appropriate television, in a fun, and safe environment. Our experienced and youthful staff will serve as positive role models, while maintaining a fun, and relaxed atmosphere for youth to unwind after the school day.

*Continued on page 20*



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*Youth Services ... continued from page 19*

There are only 35 slots available for 5th - 8th graders. Registration opens September 2nd at 8:30 a.m. This program will begin September 8th and run throughout the school year. Free Program.

**AFTER- SCHOOL DODGEBALL**

Wednesdays from 3:00 - 4:00 in the activity room of the community center. Participants must have a signed registration form to play, and will meet at the youth center before going to the activity room. This is a free program, and participants will be allowed to join the after school program until they are picked up.

**SITTER SURVIVAL**

Session #914020-01

Recommended for 7th graders +. Youth get an introduction to the world of babysitting, talk to guest speakers such as parents, police officers, and the Fire Marshall. Safety and responsibility are stressed as well as proper engagement and entertainment of children. Fee includes CPR Certification. Late Bus is available.

Dates: Sept 23 to Oct 28

Day: Tuesday

Time: 3:00 to 4:00 pm

(10/21 & 10/28 class goes to 5:00 pm)

Fee: \$75.00 EL/Salem Resident/\$90.00 Non-Resident

Where: Community Center/Olive C. Room

**HOME ALONE**

Session #914010-01

This course is recommended for ALL 5th and 6th graders. Participants learn how to be home without supervision responsibly, utilizing expertise from area police, fire marshals, and other guest speakers. This popular course fills up fast and is limited to the first 15 who register.

Dates: Oct 6 to Nov 3 (No class 10/13)

Day: Monday

Time: 3:00 to 4:00pm

Fee: \$45.00 EL/Salem Resident/\$60.00 Non-Resident

Where: Community Center/Olive C. Room

**WHAT'S COOKIN' FOR KIDS**

Participants will learn some cooking techniques while preparing some yummy meals. Parents please take note: Youth should be mature and responsible, as they will be handling knives, cutting boards, and the stove, as well as oven. Youth should bring Tupperware to class to bring goodies home with them. We recommend 6th - 8th graders for this class. Class will be held in the Main Kitchen in the Community Center. Please enter through the Senior Center.

Dates: Sept 17 to Oct 8 Session 1 #912220-01

Nov 12 to Dec 10 (No class 11/26)

Session 2 #912220-02

Day: Wednesday

Time: 3:00 to 5:00pm

Fee: \$50.00 EL/Salem Resident/\$65.00 Non-Resident

Where: Community Center Kitchen Senior Center

Registration: Sept 2 for Session 1 & 10/6 for Session 2

**SECOND ANNUAL TRICK OR TRUNK FESTIVITIES AT THE SMITH HARRIS HOUSE!**

The second annual community Trick or Trunk will happen on Wednesday, October 29th 6 - 8 pm. We invite you to decorate your vehicles trunk with spooky décor and pass out candy to trick or treaters in a safe, secure setting. All are welcome to trick or treat! Please contact Mike if you are willing to decorate your trunk and park it full of candy for our "trunk or treaters"

**LET'S GET SEWING**

Session #912240-01

Here's your chance to learn about sewing on a machine while creating one of a kind pillows, purses, stuffed animals and more! Experiment with patchwork designs, hand sewing and embroidery techniques. Experienced sewers may choose a project of their own. Make new friends, learn a useful skill and have a fun and creative afternoon.

Dates: Sept 24 to Oct 15

Day: Wednesday

Time: 4:00-6:00pm

Fee: \$135.00 EL/Salem Resident/\$140.00 Non-Resident

Where: Community Center/Youth Center

**SEW A COZY QUILT**

Session #912240-02

Learn patchwork and quilting techniques and sew a cozy small quilt to cuddle under during chilly winter nights. Choose

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colorful fabrics and create your own design. No sewing experience needed. For ages 8 and older.  
 Dates: Oct 22 – Nov 19 (No class Nov 5)  
 Day: Wednesday  
 Time: 4:00 - 6:00pm  
 Fee: \$135.00 EL/Salem Resident  
 \$140.00 Non-Resident  
 Where: Community Center/Youth Center

**MOUNTAIN BIKE CLUB**

Session #914010-01  
 All participants should have a working bike with front and rear brakes, helmet, and a fix-a-flat kit, and bring plenty of water. Guided rides will leave from the Peretz Park (Bridebrook) parking lot at 9:00 am and will return at 11:00 am. Riding will be done on the trails at Rocky Neck State Park.  
 Dates: Sept 20 to Oct 25  
 Day: Saturday  
 Time: 9:00 to 11:00am  
 Fee: \$50.00 EL/Salem Resident/\$65.00 Non-Resident  
 Where: Peretz Park (Bridebrook)

**THE SECOND ANNUAL JEFFREY’S RAINBOW RUN**

We are proud to be hosting the Third annual 5k in September! The date and times are TBD at the time of publication. Please check back on our website for more information.

**SKI & SNOWBOARD CLUB\* (GRADES 5-12)**

Registration will be begin on October 15th. Pricing is not available at the time of publication, please email or call to inquire. The deadline for registration will be November 21st. This program fills up quickly; so do not wait to register! Ski Club takes place on Thursday nights in Jan-February from 3-9 p.m. and travels by bus to Mt. Southington.

**STUDENT ADVISORY BOARD (SAB)**

A service club facilitated by ELYS for high school students to help plan activities for peers that are fun and drug/alcohol free. SAB hosted the 2013 trick or trunk, Pre-prom Assembly regarding teen alcohol abuse, and collected over 100 bicycles donated to Bikes For Kids. Meetings will be held in Mr. Beale’s room during lunches on Tuesdays starting September 9th.

**VOLUNTEERING** If you love kids of all ages, are a positive role model, and you are interested in becoming a Volunteer to work with Youth Services and our amazing kids, please call us to join our team of caring and dedicated staff.

We are currently working on additional programs and events. Check out our website frequently for updates [www.eltownhall.com](http://www.eltownhall.com) (and click East Lyme Youth Services to the left), “like” our page on Facebook for updates, shoot us an email to: [mmcdowell@eltownhall.com](mailto:mmcdowell@eltownhall.com), or give us a call at 860-739 -6788 for more information.


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# East Lyme Public Library

[www.ely.lioninc.org](http://www.ely.lioninc.org)

39 Society Road, Niantic, CT 06357  
(860) 739-6926

Monday - Wednesday - 9:00 a.m. - 9:00 p.m.  
Thursday - 9:00 a.m. - 6:00 p.m.  
Friday - 9:00 a.m. - 5:00 p.m.  
Saturday - 9:00 a.m. - 1:00 p.m.  
(mid-June through August)  
9:00 a.m. - 4:00 p.m.  
(September through mid-June)  
Sunday - 1:00 p.m. - 4:00 p.m.  
(October through May)

## SEPTEMBER

### **Fabritius' Goldfinch, Vermeer's Girl with the Pearl Earring, and Kalf's Still-Life: Humble Subjects and High Aestheticism in Dutch Baroque Art**

Wednesday, September 10 - 7:00 p.m.

Connecticut College Art History professor Robert Baldwin presents a talk on Dutch Baroque Art. As the only country in seventeenth-century Europe where ordinary citizens ruled themselves, the Netherlands favored an art of everyday Dutch life. Most Dutch Baroque art depicted local landscapes, cityscapes, portraits, still-life objects, and scenes of everyday Dutch life, both urban and rustic. To raise these mundane subjects to the high level of "Art," a few Dutch artists such as Rembrandt, Vermeer, Fabritius, and Kalf developed hyper-aesthetic styles featuring dramatic light, poetic color, and abstracting brushwork. By separating aesthetic effects and quality from subject matter, these artists helped launch the later, nineteenth-century artistic revolutions of Realism and Impressionism.

### **An Education in the Grotesque: The Gargoyles of Yale University**

Saturday, September 13 - 2:00 p.m.

Mathew Duman will present his research and photography of the "hidden in plain sight" sculpture decorating the buildings of Yale University.

### **The Andy Sherwood Jazz Duo**

Tuesday, September 16 - 7:00 p.m.

Enjoy an evening of toe-tapping hits including a variety of New Orleans jazz, music of the Swing Era, and jazz standards of today. Andy Sherwood is a former jazz clarinetist and retiree of the U.S. Coast Guard Band. He has performed at Preservation Hall, with the Dukes of Dixieland, and with clarinetist Pete Fountain.

## OCTOBER

### **An 18th - Century Wardrobe**

Tuesday, October 7 - 7:00 p.m.

Clothing has changed substantially in the past 250 years. Learn about the everyday clothing of the Revolutionary era and how words like "shift", "stay", and "undress"

meant something completely different. This program is presented by the Noah Webster House & West Hartford Historical Society.

### **Guitar with Peter Biedermann**

Tuesday, October 21 - 7:00 p.m.

Peter will perform original compositions on a variety of 6, 8, and 12 string guitars in unique tunings combined with subtle ambient electronics. His music is melodic and rhythmic and embraces the influences of the last 50+ years of fingerstyle acoustic guitar.

### **Reviving 5000 years of Chinese Civilization**

Wednesday, October 22 - 7:00 p.m.

The Chinese Culture Association of Connecticut will present a slide and video presentation on the essence and uniqueness of the traditional Chinese culture as well as a short Chinese dance workshop. The audience will have a hands-on experience of classical Chinese dance props such as a long ribbon and fans.

## November

### **"Me and My Shadow"**

Wednesday, November 5 - 7:00 p.m.

Join Harvey Snitkin for his twenty-first century one man band and orchestra as he uniquely blends live performance and technology. Harvey performs live on soprano, alto, tenor saxophone, clarinet, flute, oboe, English horn and vocals accompanied by his laptop computer, programmed to provide a wide variety of musical styles.

### **Poetry Reading with Sue Ellen Thompson**

Wednesday, November 12 - 7:00 p.m.

Sue Ellen Thompson's poems have been read on National Public Radio by Garrison Keillor, have been featured in U.S. Poet Laureate Ted Kooser's nationally syndicated newspaper column, and have received numerous awards, including the 1986 Samuel French Morse Prize, the 2003 Pablo Neruda Prize, and two Individual Artist's Grants from the State of Connecticut. Sue Ellen will read from her anthology of poems.

### **Thanksgiving: The Pilgrims' First Year in America**

Author talk with Glenn Cheney

Saturday, November 15 - 2:00 p.m.

Thanksgiving is not a book about a holiday. It is about something that a few dozen survivors did after a year of suffering, death, struggle, and courage. They bowed their heads to give thanks. Glenn Cheney will discuss the Pilgrims journey, how it began as a joint venture of business and religion, but soon it became a matter of survival. With 102 men, women, and children packed into a dim, wet space below the main deck, the Mayflower set out on a terrifying 66-day crossing of the Atlantic. Books will be available for purchase and signing.



**Holiday Paper Crafting**

Tuesday, November 18 - 7:00 p.m.  
 Bring in your old holiday cards and paper crafter Andrea Kaiser will teach you how to make them into festive holiday decorations. A limited amount of used holiday cards will be available.

**Book Discussions**

Adult:

*The Dirty Life* by Kristen Kimball

Tuesday, September 9 - 7:00 p.m.

*Guns of August* by Barbara Tuchman

Tuesday, October 14 - 7:00 p.m.

*Good Lord Bird* by James McBride

Tuesday, November 18 - 7:00 p.m.

Mystery:

*Reconstructing Amelia* by Kimberly McCreight

Thursday, September 25 - 11:00 a.m.

*Still Life* by Louise Penny

Thursday, October 23 - 11:00 a.m.

*No Time for Goodbye* by Linwood Barclay

Thursday, November 20 - 11:00 a.m.

**Film Discussion**

*Monuments Men*

Wednesday, September 17 - 5:30 p.m.

*Guns of August*

Wednesday, October 15 - 5:30 p.m.

*Million Dollar Arm*

Wednesday, November 19 - 5:30 p.m.

**Children's Autumn Adventure Story Hour 2014**

Registration begins September 15

(Walk-In 9:00 a.m.; Phone-In 10:00 a.m)

Story hours run from September 29 to November 21

**Mondays**

3's 10:00 – 10:30

4's 11:00 – 11:30

5's & K's 1:30 – 2:15

**Tuesdays**

2's 10:00 – 10:30

2's 11:00 – 11:30

4's 1:30 – 2:00

**Wednesdays**

2's 10:00 – 10:30

3's 11:00 – 11:30

3's 1:30 – 2:00

**Thursdays**

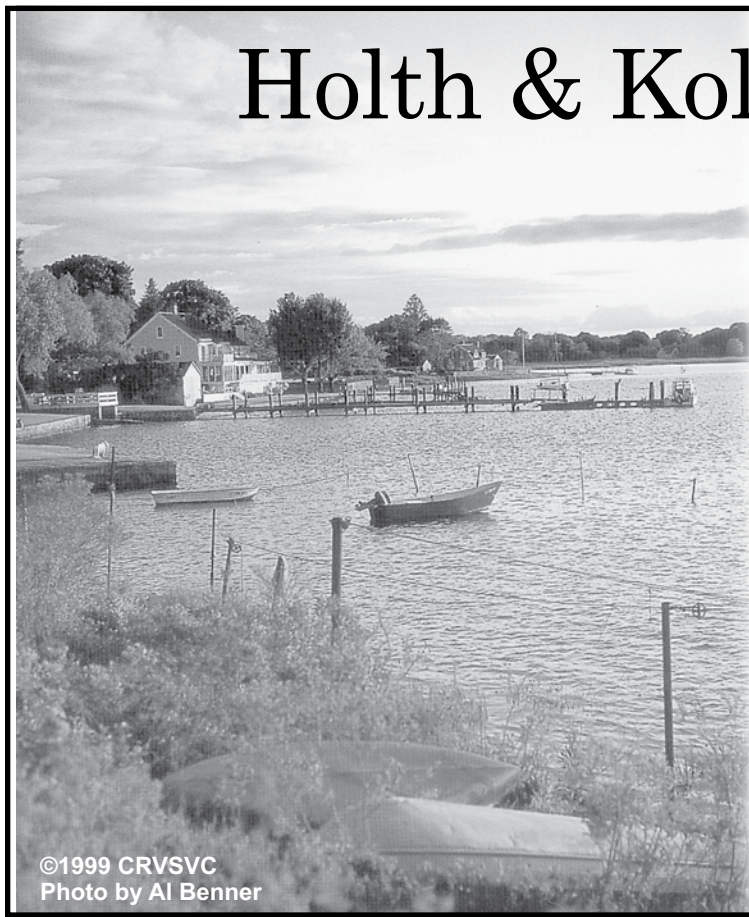
2's 10:00 – 10:30

4's 11:00 – 11:30

5's & K's 1:30 – 2:15

**Fridays**

5's & K's 10:00 – 10:45




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## *East Lyme Senior Center*

East Lyme Senior Center  
37 Society Road  
Niantic, CT 06357  
860-739-5859  
Monday - Friday  
8:30 am to 4:30 pm

Cathy Wilson - Senior Services Coordinator  
Gail Glenn - Program Assistant  
Anna Hartung - Administrative Secretary  
Roxanne Kormos - Full Time Driver  
Lee James - Part Time Driver  
Open Position - TVCCA Site Server

Check out our monthly newsletter, *The Courier*, for a full list of activities, programs and services. It is available the beginning of every month at the Senior Center, Public Library, Town Hall, at the senior housing sites, and the local grocery stores. The complete newsletter is available on-line at the Town of East Lyme website at [www.eltownhall.com](http://www.eltownhall.com). Look for the Senior Center tab on the left side of the home page. If you would like the newsletter emailed to you, contact the Senior Center office.

### COMMISSION ON AGING

The Commission on Aging Board meets the 2nd Monday of every month except for August. The meetings are held at the East Lyme Senior Center at 5:00 pm. The public is welcome to attend.

### TRANSPORTATION

**In-Town Transit Services** - Transportation to and from the Senior Center as well as to in-town destinations are available Monday through Friday. Donations are gratefully accepted in the Senior Center Office. An annual Appeal Letter is mailed to all those registered for this service. Call the Senior Center for more information.

**Medical Transit/Southern New London County** - The Senior Center is currently offering transportation for medical appointments that are located within southern New London County. Transportation is being funded by a grant through the Dept. of Transportation. Call the Senior Center for more information.

### SENIOR LUNCHES

**Senior Nutrition Program** - The Senior Center and TVCCA provide lunches with a 24 hour reservation Tuesday through Friday at 11:45am. Monthly menus are printed in *The Courier* newsletter. \$3.00 suggested donation.

**The Bistro** - Every Monday, the Senior Center will offer a bistro meal ranging from sandwiches to hot entrees. All are welcome - no age restriction! The cost ranges from \$3.00 to \$6.00 depending on the menu for the day. No reservations required but it is first come - first served program. Lunch will be served at 11:45 am.

**Meals on Wheels** - The Senior Center and TVCCA provide Meals on Wheels Monday through Friday to East Lyme adults age 60 and over who are temporarily or long term home-bound. Please contact TVCCA for eligibility at 860-885-2745.

### MATURE DRIVER SAFETY CLASSES

The Senior Center and AARP provides Mature Driver Safety classes 10-12 times a year to anyone 50 or older. This 4-hour session develops safe, defensive driving techniques and

refines existing skills. Contact your insurance company about a possible discount after completion of this course.

### TRIPS

The Senior Center offers a diverse selection of trips. There are some restrictions regarding the registration of residents versus non-residents. Detailed flyers are available once registration begins. Below are trips currently being promoted:

#### DAY TRIPS

Open to any person 55+

**Sun, September 7th** - Lighthouse Cruise of Narragansett Bay, RI with brunch included at the Quidnessett Country Club. Trip fee \$88pp. Registration has begun. Minimal walking. WAIT LIST ONLY.

**Tue, September 23rd** - New York's Horticultural (High Line) Walk and New York Botanical Garden. Lunch on your own at Chelsea Market. Trip fee \$91pp. Registration has begun. A lot of walking. Register by August 29th.

**Thu, October 9th** - Join us for a production of "South Pacific" at the Westchester Broadway Theatre in Elmsford, NY. Lunch included. Trip fee is \$104pp. Registration begins August 1st. Minimal walking. Register by September 8th.

**Thursday, October 23rd** - Join the Lymes' Senior Center for a trip to the Mohegan Sun. Departure will be from the East Lyme Senior Center but checks will be made out to the Lymes' Senior Center. No meals included in ticket price but you will receive a casino package. Trip fee is \$20pp. Registration begins August 1st. Moderate walking. Register by October 1st.

**Thu, November 6th** - Trip to the Culinary Institute of America in Hyde Park, NY. Enjoy a tour of the kitchen and maybe pick up a few tips on how to become a chef. Lunch included at the Ristorante Caterina de' Medici. Trip fee is \$94pp. Registration begins August 1st. Moderate walking. Register by October 5th.

**Thu, December 11th** - Trip to New York City for "Holiday Sparkle". Includes shopping at Bryant Park, lunch at Brazil, and a 2 hour guided tour of the holiday lights with stops along the way. Trip fee is \$90pp. Registration begins September 1st. Moderate walking. Register by November 11th.

#### OVERNIGHT TRIPS/CRUISES

Open to any person 55+

**Oct 7-9** - Moses at the Sight & Sound Millennium Theater in Lancaster, PA. Stay 2 nights at the Cork Factory Hotel. \$407 pp double occupancy. Registration has begun. Seats are still available.

**October 16 - 25** - Memorials of War: Normandy & Paris. 10 days & 13 meals & includes air fare. Prices start at \$3849pp double occupancy. WAIT LIST ONLY.

**FITNESS CLASSES**

**PING PONG:** Mon 10:00 am - No equipment needed.  
**SENIOR FITNESS:** Mon & Wed & Fri 10:15am - Mon & Wed 12:30 pm - Residents \$45.00/30 classes - Nonresidents \$50.00/30 classes. Pass required.  
**SENIOR YOGA:** Mon 2:30 pm & Tue 8:30 am & Thu 9 am - Residents \$60.00/30 classes - Nonresidents \$65.00/30 classes. Pass required.  
**TAI CHI:** Tue & Fri 9am - Residents \$48.00/24 classes - Nonresidents \$53.00/24 classes. Pass required.  
**CHAIR YOGA:** Tues & Fri 9:30 am & 10:30am - Residents \$36.00/24 classes - Nonresidents \$41.00/24 classes. Pass required.  
**WEIGHT LIFTING:** Tue & Thu 10:30 am @ ELHS Fitness Center - Residents \$24.00/24 classes - Nonresidents \$29.00/24 classes. Pass required.  
**ZUMBA GOLD:** Tue & Thu 3 pm - Session Class - Call for class fee & schedule.  
**PiYo:** Tue 4:15 pm - Session Class - Call for class fee & schedule.  
**PACE:** Thu 1 pm - Session Class - Call for class fee - People with Arthritis Can Exercise program was developed specifically for people with arthritis.  
**PICKLEBALL:** Thu 6:30 am and Thu 7:15 pm for the summer - \$2pp drop in fee. Call the Senior Center office.

**DANCE CLASSES**

**TAP CLASS:** Tue 1 pm - Residents \$24.00 for 20 classes - Nonresidents \$29.00 for 20 classes. Pass required.  
**LINE DANCING:** Wed 2 pm - Session Class - Call for class fee & schedule.

**CRAFTS**

**PAINTING W/FRIENDS:** Tue at 9:30 am. No instructions only camaraderie! No fee.  
**HAND APPLIQUE:** 2nd & 4th Thu of every month 6:00pm to 9:00 pm. No sewing machines. Intermediate to Advanced level.  
**QUILTING:** 3rd Fri and the 4th Tue of every month 5 pm and the 1st Mon of every month from 1pm. Fee is \$2.00. Bring a dish to share for dinner quilting. Intermediate to Advanced level.

**GAMES/CARDS**

**CRIBBAGE:** Mon from 9 am. No fee.  
**CANASTA:** Mon from 1 pm. Will teach. No fee.  
**SCRABBLE:** Tue 9:30 am. No fee. Will teach.  
**MAH JONGG:** Tue 12:30pm. No fee. Must know the game.  
**BRIDGE:** Rubber Bridge Shoot Out played Tue from 1:30pm. Fee \$5.00pp per day played. Must know the game and have a partner. Must register to play.  
**POKER:** Poker played every Wed from 9 am. Minimal fee to play.  
**BRIDGE:** Contract Bridge played Wed from 1 pm. Must know basics of the game. No fee. Must register to play.  
**BOCCE:** Bocce on the lawn at 9:30am. No fee. Will teach.  
**DOMINOES:** Mexican Train Dominoes played on Thu from

10 am. Will teach. No fee.  
**BRIDGE:** Duplicate Bridge played Thu from 1pm. Fee \$1.00pp per day played. Must know the game and have a partner. Must register to play.  
**BINGO:** Fri 1pm. \$1.00 for the 1st card / .25c for every additional card up to 9 cards.

**EDUCATION/ENRICHMENT**

**INTERNET INSTRUCTION:** 1st Tue of every month starts at 10:15 am. One-to-one hourly sessions. Fee is \$12.00 - \$14.00 for Non-residents.  
**VNASC NURSE MANAGED WELLNESS CLINIC:** 2nd Wed of every month 1pm for services that focus on prevention and self-care.  
**VNASC BLOOD PRESSURE CLINIC:** 4th Wed of every month 1:15 pm to 2:15 pm.  
**BENEFITS CHECKUP:** Two Weds every month starting at 9:00 am. One-to-one counseling on available government benefits.

**DANCES**

Friday, Sept 5th & Friday, Nov 7th from 7:00 pm to 10:00 pm. in the Activity Room. Live Band. Admission is \$9.00.

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## *Are You Prepared for a Major Storm?*

Richard Morris, Emergency Management Director,  
Public Safety, Fire Marshal Phone: (860) 739-2420  
Julie Wilson, Administrative Assistant, Emergency  
Management: (860) 739-4434

East Lyme Public Safety wants to know.... Are you prepared for a Major Storm?

To prepare you should take the following measures:

### **BUILD YOUR DISASTER SUPPLY KIT**

A disaster supply kit is simply a collection of basic items your household may need in the event of an emergency. Try to assemble your kit well in advance of an emergency. You may have to evacuate at a moment's notice and take essentials with you. You will probably not have time to search for the supplies you need or shop for them. You may need to survive on your own after an emergency. This means having your own food, water and other supplies in sufficient quantity to last for at least 72 hours. Local officials and relief workers will be on the scene after a disaster but they cannot reach everyone immediately. You could get help in hours or it might take days.

**A basic emergency supply kit could include the following recommended items:**

- Water, one gallon of water per person per day for at least 3 days, for drinking and sanitation
- Food, at least three-day supply of non-perishable food
- Battery powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries
- Flashlight and extra batteries
- Whistle to signal for help
- Dust mask to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities
- Manual can food opener
- Local maps
- Cell phone with chargers, inverter or solar charger

**Once you have gathered the basic supplies, you want to consider adding the following items:**

Prescription medications and glasses  
Infant formula and diapers  
Pet food and extra water for your pet  
Cash or travelers checks and change  
Important family documents such as copies of insurance policies, identification and bank account records in a waterproof container  
Emergency reference material such as a first aid kit  
Sleeping bag or warm blanket for each person. Consider extra bedding if you live in cold-weather climates  
Complete change of clothing including a long sleeve shirt, long pants and sturdy shoes.  
Household chlorine bleach and medicine dropper

When diluted, nine parts water to one part bleach, bleach can be used as a disinfectant. Or in an emergency, you can use it to treat water by using 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color-safe or bleach with added cleaners

Fire extinguisher

Matches in waterproof container

Feminine supplies and personal hygiene items

Mess kits, paper cups, plates, paper towels and plastic utensils

Paper and pencil

Books, games, puzzles or activities for children

Additionally, basic services such as electricity, gas, water, sewage treatment and telephones may be cut off for days or even a week, or longer. Your supply kit should contain items to help you during these outages.

- Know your surroundings
- Learn the elevation of your property and whether the land is flood-prone. This will help you know how your property will be affected when storm surge or tidal flooding are forecasted
- Identify levees and dams in your area and determine whether they pose a hazard to you
- Learn community hurricane evacuation routes and how to find higher ground. Determine where you would go and how you would get there if you needed to evacuate
- Make plans to secure your property
- Consider permanent storm shutters which offer the best protection for windows. A second, less expensive option is 5/8" marine plywood, cut to fit and ready to install. Tape does not prevent windows from breaking
- Install straps or additional clips to securely fasten your roof to the frame structure. This will reduce roof damage
- Be sure trees and shrubs around your home are well trimmed so they are more wind resistant
- Clear loose and clogged rain gutters and downspouts
- Reinforce your garage doors; if wind enters a garage it can cause dangerous and expensive structural damage
- Plan to bring in all outdoor furniture, decorations, garbage cans and anything else not tied down
- Determine how and where to secure your boat
- Install a generator for emergencies. Remember, never run generators inside!

### **East Lyme Public Safety is on Facebook.**

Even if you don't have a Facebook account, you can type "East Lyme Public Safety Facebook" into your search box and you can view our page. When the Emergency Operations Center has been activated, important updates on conditions during an emergency will be posted as we get them.

*Continued on bottom of next page*

## *Outdoor Stormwater / Environmental Classroom at the Hole-in-the-Wall Beach Parking Lot*



On Thursday May 29, 2014, approximately 189 third grade students from all three of East Lyme's public elementary schools took a field trip to the town's "Outdoor Stormwater Classroom" at the Hole-in-the-Wall Beach parking lot.

The East Lyme Engineering Department and Public Schools worked together to create the educational day that allowed students in third grade to rotate through five stations to learn about recycling, native plants & soils, shoreline species & habitats, sources of pollution & pollution prevention, and the latest technologies & techniques available to treat and reduce stormwater runoff. The information covered at the Outdoor Classroom complemented the students' indoor classroom science units and was presented to the students in a fun and

friendly atmosphere.

The educational day started a few years ago as a pilot project for two classes who toured the various stormwater treatment practices installed at the Hole-in-the-Wall Beach parking lot. Now the annual event has been expanded to include the stormwater treatment tours led by East Lyme Public Works and CT DEEP, a session about native plants & soils led by a Master Gardener and a Natural Resource Specialist, and Enviroscape pollution models led by CT DEEP, an East Lyme Middle School teacher and AP Environmental Science Students from East Lyme High School. Staff from DEEP's Marine Fisheries Division provided touch tanks and gave a presentation on shoreline species and the importance of protecting their habitats

and water quality, and staff from the Southeastern Connecticut Regional Resource Recovery Authority led sessions on recycling. The Niantic River Watershed Committee and Save the River-Save the Hills also contributed to the event.

The Outdoor Classroom sessions meet the CT DEEP requirements for "Public Education and Outreach" for the Town's General Permit for the Discharge of Stormwater from Small Municipal Separate Storm Sewer Systems. Town Engineer Victor Benni hopes the Outdoor Classroom will build an understanding of pollution control for East Lyme's students at an early age, which in turn will foster their desire to help preserve and protect the Town's water bodies, especially Long Island Sound.

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### *Are You Prepared ... continued from previous page*

Important updates will also be posted on [eltownhall.com](http://eltownhall.com) and local access Channel 22.

East Lyme Public Safety encourages everyone to sign up for CT Alert ENS (Emergency Notification System) at [ctalert.gov](http://ctalert.gov).

The CT Alert ENS uses the state's enhanced 911 (E9-1-1) database for location-based notifications to the public for life-threatening emergencies. The E9-1-1 database includes only traditional wire-line telephone numbers in the state (the "land line" phone you may have in your home).

CT Alert ENS Citizen Sign-up Page allows you to add other means of communications to CT Alert ENS, in addition to your

current home phone "land line" if you have one.

### **EMERGENCY SHELTERS**

Primary: East Lyme Community Center, 37 Society Rd., Niantic  
Secondary: East Lyme Middle School, 31 Society Rd., Niantic  
Additional if necessary: East Lyme High School, 30 Chesterfield Rd., East Lyme

### **ANIMAL CONTROL INFORMATION**

We encourage people who have pets to make prior arrangements with family, friends, or facilities out of the area. If residents do need to bring pets to a shelter, make certain to bring along proof of vaccinations, a per carrier or crate, and emergency supplies for the pet, including leashes and collars, pet bedding, pet toys, and food for the pet.

CT License  
EI-123441

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## *The Shoreline Soup Kitchens & Pantries*

East Lyme

Every Thursday from 5 - 6:00 pm  
St. John's Episcopal Church  
400 Main Street, Niantic

Residents in need receive  
enough food for three meals a day  
for three days for all those in  
their household.

Guests are reminded to bring bags.

Visit [www.shorelinesoupkitchens.org](http://www.shorelinesoupkitchens.org)  
for a full listing of SSKP's shoreline  
meal sites and pantries.

## Shoreline Overhead Door



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## *Historical Society*



**Lee House**

### **IT WAS A DARK AND STORMY NIGHT ... A SCARY STORY WRITING CONTEST**

*It is time for the 2nd annual Scary Story Writing Contest sponsored by the East Lyme Historical Society and East Lyme Parks and Recreation Department.*

*Get your creative juices flowing to create a story of no more than 4 pages, typed and double spaced, and set in the 1700's at an historic East Lyme property. The contest is open to 3rd through 7th graders, with prizes going to the best story in each grade.*

*Each story must start with "It was a dark and stormy night..." and/or end with "... and they were never seen again."*

*Submit stories between September 29th and October 10th in the orange boxes at the East Lyme Public Library or the Parks and Recreation office. On a separate page, but attached to the story, include the author's name, grade, school, phone number and parent's email address.*

*Winners will be notified by October 22nd. The winning stories will be read at a reception at the Smith-Harris barn on Friday, October 24th at 7:00 pm.*

*Get information about East Lyme's history at [www.eastlymehistoricalsociety.org](http://www.eastlymehistoricalsociety.org) or in local history books at the East Lyme Public Library. Please email questions to [info@eastlymehistoricalsociety.org](mailto:info@eastlymehistoricalsociety.org).*

## Feeling Stressed?

Stress is a part of everyone's life. We all feel stressed when deadlines loom, when conflicts arise, or when people's demands on us seem more than we can handle. But there is good stress too. We know now that even those happy events - the wedding, the reunion of family or friends, the long-anticipated vacation - create stress in our bodies as well. Stress becomes a problem for us when it is prolonged or when we turn to negative methods of coping.

Turning to alcohol or drugs to numb our feelings, using food for comfort, or isolating to avoid difficult interactions all lead to increased stress.

Healthier options include engaging in cooperative relationships, exercise, yoga, and relaxation strategies. Learning to relax has an immediate effect on our bodies, but also has a hold-over effect to reduce the negative impact of ongoing

stressors. Learning relaxation skills is easy, but they only work if they are practiced with some regularity.

Therapy can also help, allowing us to talk through our inner struggles in a supportive, non-judgmental environment. When positive coping strategies become habits, the results can be dramatic. Our outlook improves, relationships feel more supportive and intimate, and demands begin to feel more manageable.

If you want help finding the strategies that will work for you, a therapist can assist you in discovering the right path. Choose the positive approach and see the changes that will come your way!

*Nancy Randall, Psy.D.  
East Lyme Psychological Associates*



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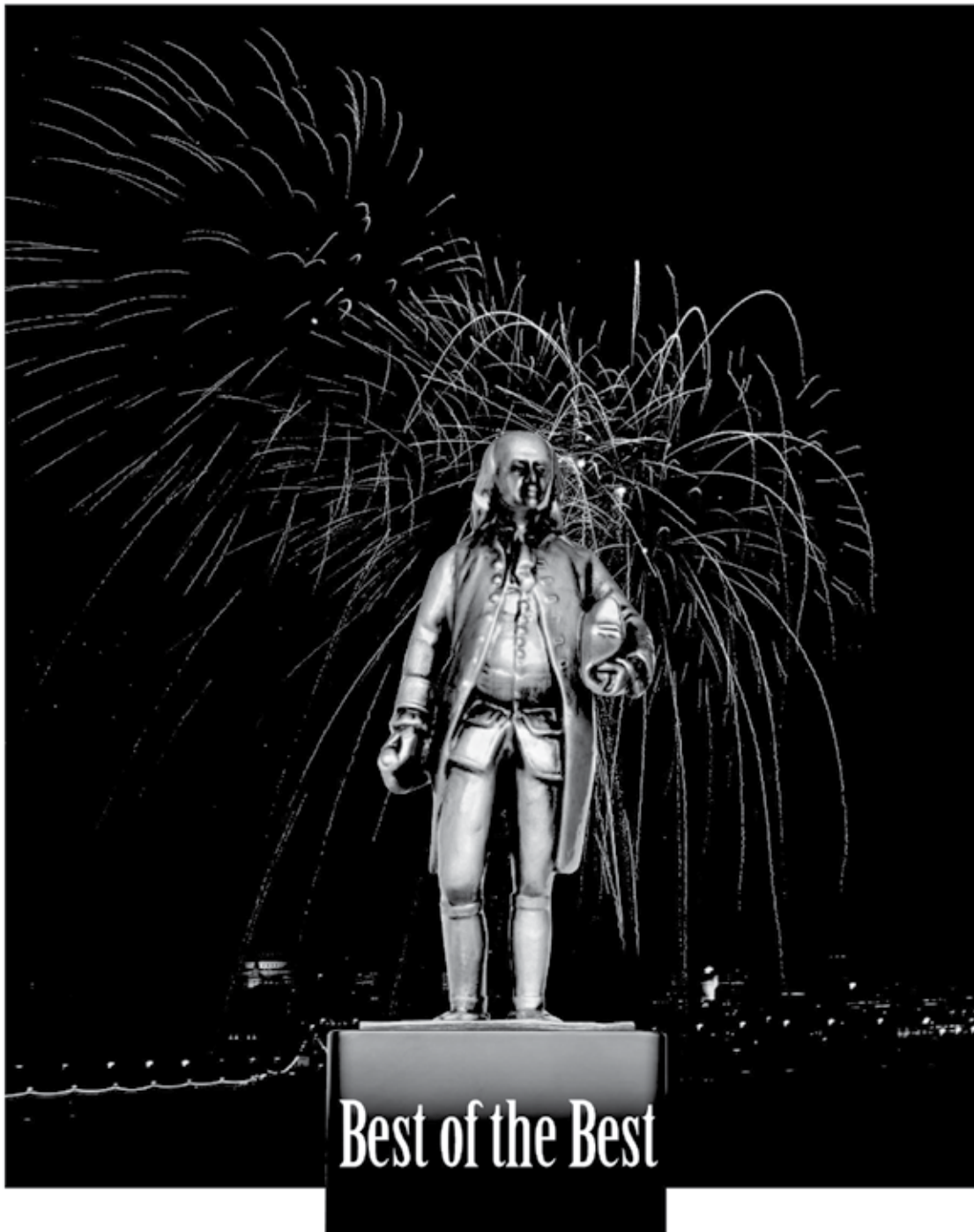
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## *Epilepsy Foundation of Connecticut*



*Shoreline Shakers at "Celebrate East Lyme Day"*

The Epilepsy Foundation of Connecticut is the leading source of information in our state for the thousands of people who have epilepsy. Founded in 1982, the Foundation works to ensure that people with epilepsy are able to participate in all life experiences through information, education, recreation, advocacy and support.

"There are approximately 60,000 people in CT who have epilepsy and an estimated 50,000,000 worldwide.

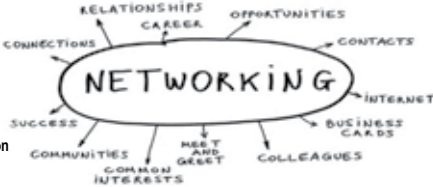
Epilepsy is the most common neurological disorder in the United States and is equal in prevalence to cerebral palsy, multiple sclerosis and Parkinson's disease combined", said Linda Wallace, Executive Director.

A seizure is an abnormal electrical discharge in the brain. Seizures can be caused by head injuries, lack of oxygen at birth, brain tumors and other health condition. People often think of seizures only as jerking and shaking uncontrollably; however, not all seizures are convulsions. There are many different symptoms of seizures, which can include eye fluttering, staring and laughing. Recurring seizures can be a sign of epilepsy.

The Epilepsy Foundation of Connecticut has many programs to offer those living with epilepsy. In particular, we offer 7 support groups throughout the state. Those interested in attending meetings are asked to please RSVP, to the Epilepsy Foundation of Connecticut by calling 800-899-3745 or emailing Allison at Allison@epilepsyct.com. For more information visit <http://www.epilepsyct.com>.

Groton meetings held 6:30 every 2nd Wednesday of the month at Fairview, 235 Lestertown Road.





### East Lyme Business Organization

ELBO, the East Lyme Business Organization, is dedicated to preserving the seaside villages of Flanders & Niantic, ensuring economic vitality and promoting a sense of community in East Lyme through education, networking and community outreach.

We meet on the 2nd Wednesday of the month at 8:00 am and get together once every two months for networking events at local businesses.

We always welcome new members. Feel free to come if you represent a local business or organization in the East Lyme / Niantic area.

If you are interested in becoming a member or would like more information, please email the leadership team at [EastLymeBusinessOrganization@gmail.com](mailto:EastLymeBusinessOrganization@gmail.com)

Check out local events and news at:  
[www.facebook.com/EastLymeBusinessOrganization](http://www.facebook.com/EastLymeBusinessOrganization)



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EAST LYME PARKS AND RECREATION DEPARTMENT  
REGISTRATION FORM

**REGISTRATION INFORMATION:**

Complete the registration form below. Include all pertinent information. Return the completed form with payment in full to the Recreation office. We accept cash, checks and Master Card/Visa only. **Checks are made payable to the Town of East Lyme.** Program cancellations will be heard on radio station WNLC, WICH, WTYD, WKCD, WAVE AND WSUB the day of the cancellation. **Participants unable to register in person please fill out this form and mail with check to: East Lyme Parks and Recreation Dept., 41 Society Road, Niantic, Ct. 06357.**

Name: \_\_\_\_\_ Spouse's Name: \_\_\_\_\_  
 Address: \_\_\_\_\_ Town: \_\_\_\_\_ Zip Code: \_\_\_\_\_  
 Home Phone #: \_\_\_\_\_ Work Phone #: \_\_\_\_\_ **E-Mail:** \_\_\_\_\_  
**Cell Phone #** \_\_\_\_\_ **Cell Phone Provider:** \_\_\_\_\_ \*(i.e. Verizon, Sprint)

**\*This info is needed so we may send emails and/or texts to notify of any cancellations, etc.**

\*\*\*\*\*

**Emergency Contact:**

Name: \_\_\_\_\_ Relationship: \_\_\_\_\_  
 Address: \_\_\_\_\_ Town: \_\_\_\_\_ Zip Code: \_\_\_\_\_  
 Home Phone #: \_\_\_\_\_ Cell Phone #: \_\_\_\_\_ Work Phone #: \_\_\_\_\_

Participants Name	DOB	Gender	MEDICAL CONCERNS	Program	Session Number	Fee

I agree to hold the East Lyme Parks and Recreation Commission and Department and any person connected therewith and the Town of East Lyme harmless from any and all claims for bodily injury and property damage arising from the use of facilities and programs during the course of an East Lyme Parks and Recreation sponsored activity.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
 I consent to the use of my or my child's photo, video, or artwork for flyers or presentations: \_\_\_\_\_  
 Medical concerns \_\_\_\_\_

## What to Look for in a Montessori Program

The name Montessori, and the philosophy, method and materials are not copyrighted. Therefore, anyone can claim they provide a Montessori education. Many early childhood providers have jumped on the "Montessori" band wagon to promote their programs as something they really are not. It is important that parents educate themselves so that they can recognize an authentic Montessori school vs. a Montessori "like" program, or even worse, a child care center that is simply using the term for advertising to unsuspecting moms and dads.

Authentic Montessori Schools should:

1. Have MACTE accredited Montessori certified teachers
2. Have multi aged classrooms (18-36mo., 3-6yrs., 6-9yrs., 9-12yrs.)
3. Be AMS or AMI Accredited, Recognized, or Affiliated
4. Have a full range of Montessori Materials
5. Provide an uninterrupted three hour work cycle
6. Have a five day per week schedule for early childhood and elementary classrooms
7. Have a philosophy and teaching methods as taught by Dr. Montessori. The foundation of this philosophy is respect for each child, respect for others, respect for parents and families, and respect for the community and environment.

The Montessori Method of teaching is a scientifically based educational pedagogy that was developed over a hundred years ago in Italy. This method of teaching has withstood the test of time with little need to change. Montessori teachers are trained to observe their students and prepare the classroom so that children are continuously learning and discovering. Although most Montessori students are academically advanced, this is not the main goal of the classroom. Instead, the objective is to "follow the child" and their interests. In doing this, children meet and exceed societal expectations, form strong and lasting friendships, develop a strong foundation for lifelong learning (often referred to as Executive Functioning), and experience true joy in their school and its community.

To find out more about Authentic Montessori and discover the love of learning visit The Children's Tree Montessori School in Old Saybrook, CT. 860-388-3536, [www.childrenstree.org](http://www.childrenstree.org). Now offering programs for parents and children from six weeks to sixth grade. The following link also provides family with tremendous resources. <http://amshq.org/Family-Resources>.

*Marci Martindale / Head of School*



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**No Bully Zone** program, an initiative of CFMC's Council of Business Partners, can make a significant difference in our schools and communities by

- ✦ Empowering students
- ✦ Reducing incidents of bullying
- ✦ Improving school climate
- ✦ Increasing school staff awareness
- ✦ Increasing communication between students, teachers and parents

implemented in partnership with  
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Join **CFMC's Council of Business Partners** and stand up to bullying.

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Did you know on any given day  
**160,000** students in the U.S. stay  
home for fear of being bullied?



For more information, contact Cynthia Clegg at the Community Foundation of Middlesex County, 860.347.0025 or [Cynthia@MiddlesexCountyCF.org](mailto:Cynthia@MiddlesexCountyCF.org).

**East Lyme Youth Services**  
**45 Society Rd., Niantic, CT 06357**  
**(860) 739-6788 Fax: (860) 691-2409**

**PROGRAM REGISTRATION FORM**

Program Registering For : \_\_\_\_\_

**PARTICIPANT INFORMATION**

Participant's Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_

Grade: \_\_\_\_\_ Gender: \_\_\_\_\_ Home Phone : \_\_\_\_\_

Parent Email Address: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Mother Name: \_\_\_\_\_ Work Phone \_\_\_\_\_ Cell \_\_\_\_\_

Father Name: \_\_\_\_\_ Work Phone \_\_\_\_\_ Cell \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Relation \_\_\_\_\_ Phone \_\_\_\_\_

List any allergies, medications, or medical conditions \_\_\_\_\_

**DEMOGRAPHICS (please check one in each category)**

**Race:**

- American Indian/Alaska Native
- Asian
- Black/African American
- Native Hawaiian/Other Pacific Islander
- Multi Racial
- White

**Family:**

- 2 Birth/Adoptive Parents
- Step & Birth Parent
- Single Parent Female
- Single Parent Male
- Grandparent
- Relative/Guardian
- DCF
- Foster Parent
- On Own
- Joint Custody
- Other

**Ethnicity:**

- Hispanic/Latino
- Not Hispanic/Latino

[Note: We provide certain demographic information from this form to the State of CT Department of Education for statistical and research purposes]

*I give my child permission to participate in the East Lyme Youth Services (ELYS) activities. I further understand that ELYS is not responsible for the time or manner in which my child arrives or leaves the Youth Center .*

*In consideration for participating in the above referenced program/activity sponsored by East Lyme Youth Services/Town of East Lyme , I hereby waive and release the Town of East Lyme, its agents, officers and employees, whether paid or voluntary, from and against any and all claims, suits, actions, damages, liabilities, costs, expenses and or judgments, including attorney's fees and court costs, which may arise from my (or my child's) participation in the above referenced program/activity or any illness or injury resulting there from, either directly or incidentally.*

*I also understand that my child is expected to follow the ELYS rules and his/her participation can be suspended or revoked at any time without refund of fees. I give permission for my child to fill out anonymous surveys related to the content and quality of ELYS programs.*

*I give permission for medical treatment for my child in the event he/she is injured and I cannot be contacted. I will assume all responsibility for costs incurred.*

Parent/Legal Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Check here if you do NOT want your child's name or photo published \_\_\_\_\_

## *Public Works Single Stream Recycling*

In single stream recycling, recyclables are separated at the processing plant and not at your home. This means that all recycling can be placed in a single container separate from the trash container and can be compacted resulting in reduced transportation costs.

No other containers are used for recycling. A gray recycling can is the only one that will be picked up. Recycling collection has been moved to a cycle of every other week. To view the single stream recycling calendar visit our web site at [www.eltownhall.com/publicworks](http://www.eltownhall.com/publicworks).

Single stream accepts all plastics with the exception of plastic bags and Styrofoam.

As with your trash can the recycling can must have a four-foot separation from other objects including your trash can.

AUGUST						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

SEPTEMBER						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

OCTOBER						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

### ACCEPTABLE ITEMS

- Newspapers and inserts
- Magazines/brochures
- Cardboard
- Paper bags
- Paperboard boxes  
(e.g., cereal, egg cartons)
- Junk mail
- Phone books/catalogues
- Hard and soft cover books
- White and colored paper
- Envelopes  
(including window)
- File folders
- School paper
- Shredded paper
- Multi 3 ply paper
- All glass food/beverage  
containers
- Tin cans

### Aluminum cans

- Aluminum foil (clean)
- Aluminum pots and pans
- Juice and milk cartons
- Plastic milk jugs
- Plastic soda bottles
- Detergent bottles
- All plastic #1 - #7
- Small metals
- Empty aerosol cans
- Plastic buckets and crates

### UNACCEPTABLE ITEMS

- Food waste in any containers
- Needles or syringes
- Hazardous or biohazard waste
- Trash or bagged material
- All other non-recyclable items

## *Public Works Leaf Collection Schedule*

Leaves will be collected during the following weeks on your regular collection day:

Week of October 13 through week of December 15.  
(No collection Thanksgiving week)

All leaves put out for collection must be in paper bags. Leaves in plastic bags are not collected. Bags can be obtained at the Public Works Department in Town Hall between 8:00 am and 4:00pm and at the Transfer Station

which is open 7:00am – 3:00pm Monday through Friday and 8:00am – 12:00pm on Saturday. The charge is \$.50 per bag. Any other paper bags are also acceptable.

Leaves can be brought to the designated area at the transfer station free of charge, however, plastic bags must be emptied. Home composting and home recycling of leaves are encouraged as environmentally desirable alternatives.

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## UPCOMING FAIRS

Chester Fair  
August 22-24  
Chester Fairgrounds

Haddam Neck Fair  
August 29th  
26 Quarry Hill Road

Mystic CT Fall Show  
August 30-September 1  
Olde Mystic Village,  
Mystic

Hebron Harvest Fair  
September 4-7th  
347 Gilead Street

Durham Agricultural Fair  
September 25-28  
Town Green



# Explore East Lyme and Niantic Village

## Map & Business Listings



Embrace all our  
shoreline has to offer!

ing, selling, staging homes to sell.

**28. Dutch Point Credit Union.** 8 West Main Street, Niantic, 860.739.2722, [www.dutchpoint.org](http://www.dutchpoint.org). Community credit union offering a comprehensive product line. Dedicated to helping you make smarter choices & enhancing your financial wellbeing.

\* **Essex Printing & Events Magazine.** (not shown on map), 18 Industrial PK Rd., Centerbrook, 860-767-9087, [www.essexprinting.com](http://www.essexprinting.com). An award winning full service commercial printer, design & marketing firm that also produces Events Magazines for 14 towns.

**17. & 37. Liberty Bank.** 314 Flanders Road, East Lyme, 860.691.4541, 12 Hope Street, Niantic, 860.739.0219, [www.libertybank.com](http://www.libertybank.com), Local Connecticut Bank Since 1825. Open an Account Today!

\* **Lyoness Independent distribution.** (not shown on map), 860-395-9942, [www.mylyconet.com/evamenon](http://www.mylyconet.com/evamenon), Shopping network. We build loyal customers for small business for 1 small initial investment. Pay only for "advertising" after sales.

**8. Performance Healthcare Products.** 5 Village Court, East Lyme, 860.460.3384, [www.performancehealthcareproducts.com](http://www.performancehealthcareproducts.com). Scrubs and sleepwear that are stylish, comfortable, moisture wicking and made 100% in the USA.

**3. Premier Business Services, P.C.,** 211 Boston Post Road, East Lyme, 860.739.8222, [www.premierpcos.com](http://www.premierpcos.com). "Your success is our business" Full service certified public accounting firm and certified Quickbooks training, support and installation experts.

**36. Pro Tek Auto.** 315 Main St, Niantic, 860.739.5729, [www.protekauto.com](http://www.protekauto.com). Woman friendly automotive repair and service.

\* **The Day Publishing.** (not shown on map), 47 Eugene O'Neill Drive, New London, 860-701-4259, [www.theday.com](http://www.theday.com). A multi-media company including The Day, Times/Shore weekly newspapers, numerous custom publications & digital opportunities.

**13. William Raveis Real Estate.** 339 Flanders Road, East Lyme, 860-933-6955, [www.raveis.com](http://www.raveis.com), William Raveis has 100 offices serving Connecticut & beyond. Let our family show your family the way home.

**39. Artisan Framing and Gallery.** 293 Main Street, Niantic, 860.739.2286, [www.artisanframingandgallery.com](http://www.artisanframingandgallery.com). Custom framing, fine art & restoration. Craftsmanship & design executed in the highest of standards.

**30. Leila & Libbie Eats & Treats.** 413 Main Street, Niantic, 860.739.3344, [www.leilaandlibbie.com](http://www.leilaandlibbie.com). Organic and holistic pet food, nutritional supplements & products.

**43. Northern Light Gems.** 36 Pennsylvania Ave, Niantic, 860-691-2020, [www.northernlightgems.com](http://www.northernlightgems.com). Custom design jeweler by the sea. A full service jewelry store.

**12. Smoochie Bird LLC.** 15 Chesterfield Road, Suite 2, 860-691-2656, [www.smoochiebird.com](http://www.smoochiebird.com). A gift shop offering quality gifts for every occasion. We know what your friends & family loves!

For more up-to-date business listings and information, please go to [www.facebook.com/EastLymeBusinessOrganization](http://www.facebook.com/EastLymeBusinessOrganization), or contact us at [eastlymebusinessorganization@gmail.com](mailto:eastlymebusinessorganization@gmail.com)



## Arts, Entertainment & Leisure

- 40. Arthur Murray.** 287 Main Street, Niantic. 860.739.3991, [www.nianticballroom.com](http://www.nianticballroom.com). Where every day is a party! Arthur Murray offers classes, social events and competitions. First lesson is complimentary. (Ballroom, Latin, Swing, Salsa)
- 31. Children's Museum of Southeastern CT.** 409 Main Street, Niantic. 860.691.1111, [www.cmsect.org](http://www.cmsect.org). Hands-on interactive exhibits, both indoors & out. Learning & imagination are sparked by creative play in a safe & accessible environment.
- \* East Lyme/Waterford Newcomers Club** (not shown on map), [www.facebook.com/groups/ELWNEW/](http://www.facebook.com/groups/ELWNEW/). Want to make new friends? Join Newcomers for monthly meetings, book club, ladies night, lunch bunch, movie nights, playgroups, etc.
- 2. Eastern Connecticut Ballet.** 435 Boston Post Rd. East Lyme, 860.739.7899, [www.easternctballet.com](http://www.easternctballet.com). Starting a 3rd Decade of Beauty & Excellence!
- 23. Lyme Shores Tennis and Conditioning Center.** 22 Colton Road, East Lyme. 860-739-6281, [www.lymeshores.com](http://www.lymeshores.com). Tennis & Fitness Club for 35 Years. Tennis, Pickleball, Fitness, & Swimming!
- 41. Niantic Cinema.** 279 Main Street, Niantic, 860.739.6920, [www.nianticcinema.com](http://www.nianticcinema.com). Family-owned, 5-screen theater, showing the best in new releases and art films at the lowest prices.
- \* Paintstix** (not shown on map), PO Box 115, East Lyme, 860-912-0829, [www.paintstix.net](http://www.paintstix.net). Painting Parties in local restaurants, your home or business, or the Paintstix studio.
- 25. String Theory School of Music.** 11 Freedom Way, Unit D3/D4, Niantic, 860.691.8022, [www.stringtheoryschoolofmusic.com](http://www.stringtheoryschoolofmusic.com). Where the music you love is the music you learn. Private instruction, rock & jazz bands, vocal groups, ensembles & Kinderhand!
- 22. Three Belles Marina.** 113 Oswegatchie Hills Road, Niantic. 860.739.6264, [www.threebellesmarina.com](http://www.threebellesmarina.com). Family owned & operated full service marina in Smith Cove. Three Belles Outfitters feature kayaks & paddleboards for sale or daily rental.

## Beauty & Wellness

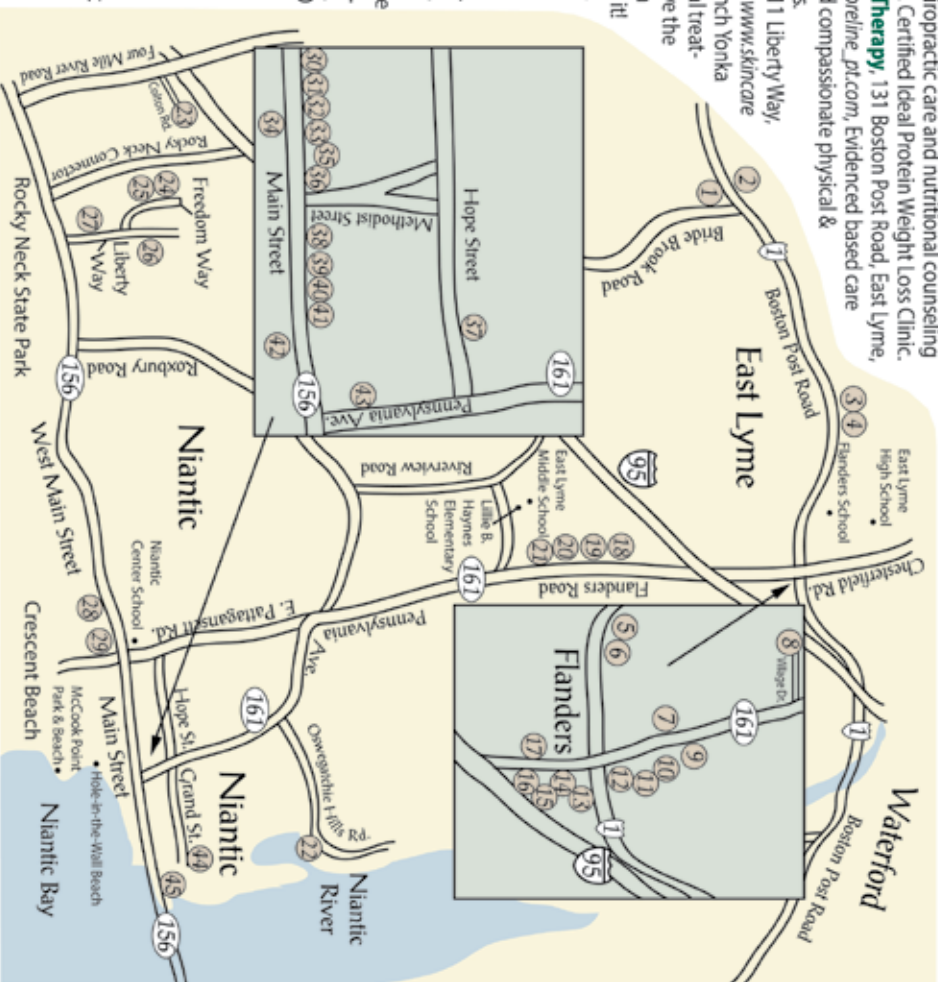
- 26. Anytime Fitness.** 17 Liberty Way, Niantic, 860.691.1611, [www.anytimefitness.com](http://www.anytimefitness.com). Convenient & non-intimidating, this fitness center fits your schedule & helps you reach your goals with 24/7 access, personal training, workshops and classes.
- 8. Arbonne International.** 5 Village Court, East Lyme, 860.460.3384, [www.teowithkarenmyarborne.com](http://www.teowithkarenmyarborne.com). Beauty & wellness from the inside. Swiss formula, botanical, anti-aging skincare, cosmetics, detox, nutritional & weight loss products.
- 11. Body Kneadz Therapeutic Massage & Wellness Center.** 15 Chesterfield Road, Suite 213, East Lyme, 860.739.8242, [www.anybodykneadz.com](http://www.anybodykneadz.com). Therapeutic massage, couples massage, facials, waxing, manicures, pedicures, yoga, clinical hypnosis & belly dance.
- 9. East Lyme Psychological Associates.** 29 Chesterfield Road, East Lyme, 860-739-6974, [www.eastlymepsych.com](http://www.eastlymepsych.com). Providing their apt, psychological evaluations, & post adoption services for all ages. Psychiatric medication management available for adults.
- \* Fit4Mom of Southeastern CT.** (not shown on map), 860-287-

5093, [www.southeasternctfit4mom.com](http://www.southeasternctfit4mom.com). Offering Stroller Strides, Fit4Baby & Body Back workout classes. Helping all Moms build the Strength for Motherhood.

- 35. Healing Connections Energy Medicine.** 321 Main St. Suite 4, Niantic, 860-739-3129, [www.healingcm.com](http://www.healingcm.com). Private & confidential energy healing sessions for physical & emotional challenges. Reiki certification classes & groups. 20 years experience.
- 6. HealthSource of East Lyme.** 126 Boston Post Road, East Lyme, 860-739-3927, [www.healthsourceeastlyme.com](http://www.healthsourceeastlyme.com). Chiropractic, clinical nutrition & progressive wellness. Personalized lifestyle medicine. Back & neck pain quickly & easily eliminated.
- 32. Niantic Acupuncture & Family Wellness.** 369 Main Street, Niantic. 860.451.5558, [www.NianticAcupuncture.com](http://www.NianticAcupuncture.com). A holistic family health practice for all ages. Treating a variety of health issues and providing preventive health care.
- 24. Pape Chiropractic & Wellness Center.** 11 Freedom Way, Unit B-01, Niantic, 860.739.3600, [www.papechiropractic.com](http://www.papechiropractic.com). The highest quality chiropractic care and nutritional counseling for patients of all ages. Certified Ideal Protein Weight Loss Clinic.
- 5. Shoreline Physical Therapy.** 131 Boston Post Road, East Lyme, 860.739.4497, [www.shoreline\\_pt.com](http://www.shoreline_pt.com). Evidence based care provided by skilled and compassionate physical & occupational therapists.
- 27. Skin Care Studio.** 11 Liberty Way, Niantic. 860-739-5252, [www.skincarestudioinfo.com](http://www.skincarestudioinfo.com). Holistic French Yonka aromatherapeutic facial treatments & home care. Live the luxury of luminous skin every day. You deserve it!
- \* Yoga-Keeps-Me-Fit** (not shown on map), 860.859.7217, [www.yoga-keepsme-fit.com](http://www.yoga-keepsme-fit.com). High-quality personal yoga instruction for individuals and small groups. Specializing in chair yoga. Enjoy yoga in the comfort of your home. Yoga parties available.
- 21. Zen and Now.** 170 Flanders Rd, Niantic, 860.739.2625, [www.zenandnowct.com](http://www.zenandnowct.com). A wellness community for every "body". Expert instructors, instructor training & certification, yoga, hot yoga, group cycling, bootcamp & more.

## Food & Accommodations

- 18. Best of Everything Country Gourmet.** 214 Flanders Road, Niantic, 860.739.7300, [www.botecountrygourmet.com](http://www.botecountrygourmet.com). Take Away Gourmet & Fine Catering. Experience the art of mozzarella & hand rolled European thin crust pizza.
- 38. Covino's Groceria Italiana.** 301 Main Street, Niantic, 860.739.1996, [www.covinogroceria.com](http://www.covinogroceria.com). Food like my mom's with a gourmet twist. Now accepting SNAP Cards.
- 14. Flanders Donut and Bake Shop.** 327 Flanders Rd, East Lyme, 860.739.6320. A family tradition since January 1972! Breakfast, coffee and drinks.
- 7. Flanders Fish Market and Restaurant.** 22 Chesterfield Road, East Lyme, 860.739.8866, [www.flandersfish.com](http://www.flandersfish.com). Consistently rated #1 in Connecticut Magazine! Fresh Fish Market, Gourmet Dining, Catering, and Cappy's Bar we have it all!



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