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events

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 Centerbrook, CT 06409

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COVER PHOTO
 By Robin Grandieri

The East Lyme Viking's mascot (constructed by the Berg Family) won 1st place at the Annual Sandcastle Competition held on "Celebrate East Lyme Day" on July 16.

www.eventsmagazines.com

1.2 MILLION READERS
21 TOWNS EVERY QUARTER

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VETERANS

In October of 2013 the state of Connecticut established a Veterans Representative volunteer position in each town to help connect local vets to resources, services, organizations, and events.

Cheryl Six is currently serving as the Veterans Representative for East Lyme and can be reached by emailing eastlymevetrep@gmail.com or by calling 860-691-4110 at the East Lyme Town Hall.

First Selectman's Corner

As we transition from one season to the next, I'd like to take this opportunity to reflect on the summer of 2016. What a terrific season it has been.

Celebrate East Lyme was the biggest and best yet. It simply amazes me how our small little town, with no special budget or full time event staff, can put on a production so great! We have department heads and staff that are second to none. On behalf of a grateful town, I wish to thank everyone involved with putting on our celebration. (These are some of the same people who produce the holiday stroll, the light parade, and the Halloween parade too). And while I'm giving out thank you's: I'd like to personally thank "Dominion" for the fireworks. Each and every year, they step-up and fully sponsor the wonderful fireworks show on Celebrate East Lyme Day. This year's display was the best yet. Thank you "Dominion" for being a great neighbor and a great friend to East Lyme.

We were once again blessed with terrific summer weather this year. Hot, Hot, Hot! Beach days and daily strolls on the boardwalk became part of the routine for the very lucky ones among us. Our crews are busy throughout these busy summer months and they deserve a large standing ovation from all of us. Again, I must say, we do so much with a very tight budget.

Summer gives way to autumn and with that, so many of us return to our routines: a more regular work schedule and back to school for the kids. The crowds of tourists and summer residents thins out a bit and we all feel like things are getting back to normal. But we know the best is still yet to come. Fall is a great season in Connecticut with mild temperatures and so many great activities to enjoy. Check out some of the great offerings in this East Lyme Events magazine produced by our Parks and Recreation department... there is something for everyone.

There will plenty of activities and festivals happening in towns across our region. Get out and enjoy them! And don't forget: our farmer's market on Thursday afternoons continues through the fall (3-6 pm on Methodist St). Kudos to our Niantic Main Street group that does so much to enhance our village. They make a big difference.

Lastly, thank you to everyone who embraced and took to heart my "Slow Down" campaign. The small signs that were displayed around town made a difference. Many of us brought down our average speed.

continued on page 4



Mark C. Nickerson

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First Selectman's Corner ... continued from page 3

We took the time to reflect on how our driving habits effect the peaceful enjoyment of our fellow citizens. While the signs will come down to make way for political signs and yard sale signs in the fall, please continue to respect our town by slowing down.

It is a pleasure and an honor to serve you as First Selectman. I love having the opportunity to work with so many people who make a difference in this town.

If you need to reach me, don't hesitate.

My email: mnickerson@eltownhall.com

Mark C. Nickerson
First Selectman
Town of East Lyme, CT
860-691-4110

East Lyme Bike & BBQ

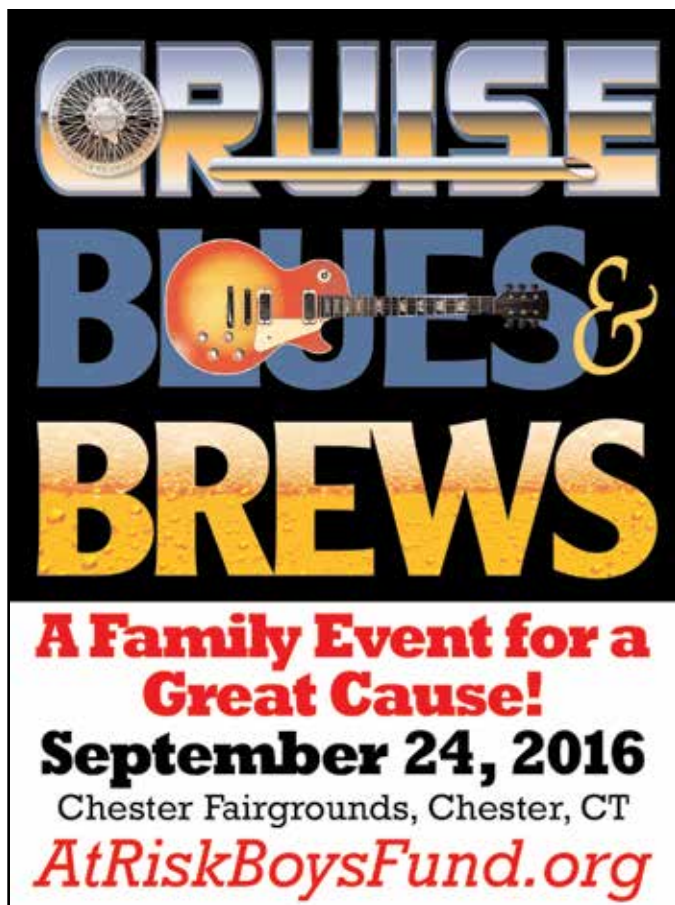
SATURDAY OCTOBER 1

The East Lyme Bike & BBQ to benefit open spaces and historic places invites avid and recreational bike riders alike for a spectacular ride along a family friendly 9-mile historical house tour, 26 mile, 62 mile, 85 mile, or 100 mile course. The family friendly course will take you to 3 historical houses around East Lyme: the Smith-Harris House, the Thomas Lee House and the Samuel Smith House. Participants are welcome to stop at each house for a rest and tour of the property.

For the other courses, there will be checkpoints along the rides for riders to use the restrooms or to refuel.

All rides disembark from the beautiful, coastal Rocky Neck State Park located in Niantic, CT just off of exit 72 on I-95. The courses will head north along the canopy covered roads of southeastern Connecticut and will exhibit some moderate to difficult hill climbs. All courses will circle back to Rocky Neck where a mouth-watering BBQ from Mago Point Smokehouse will be served to top off the day.

Contact Mike at East Lyme Parks & Recreation for details at (860) 739-6788



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Director's Note

As I write this note we are presently half way through our summer season and just coming off a successful Celebrate East Lyme Event. This summer to date has been one of the busiest on record. Attendance at all three of our beaches has increased as well as our revenues. My staff has done an outstanding job of managing our facilities.

A huge thank you again this year to "Dominion" for sponsoring the fireworks display at Celebrate East Lyme. We continually hear how spectacular they are. Mike McDowell, our Special Events

Coordinator, along with our office staff did an awesome job in overseeing and managing the event.

With fall soon approaching my programming and maintenance staff is busy planning healthy and active activities for you and your family. I hope you take the time to read through the Events Magazine and find ways for you and your family to recreate. Thank you to all the advertisers who make this magazine possible on a quarterly basis.



Sincerely,
David M. Putnam
Director / Parks and Recreation

Park & Beach Information

McCook Point Park, Hole N' Wall, & Cini Park

Open daily from 8:00 am to sunset

Pets are permitted on beaches from the Tuesday after Labor Day until the Friday before Memorial Day ONLY:** must be under owners 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.

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

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

Our Parks are Tobacco Free

DOGS AT PARKS

State Statute 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.

continued on page 6

ARTHUR MURRAY NIAN TIC
DROP IN TO DANCE
autumn dance series
.....
NEW STUDENTS WELCOME, NO PARTNER NEEDED!

September Salsa Series
Every Wednesday in September
from 6:45pm-7:30pm

October Swing Series
Every Wednesday in October
from 6:45pm-7:30pm

\$50pp for each series or \$15pp per class drop in
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Arthur Murray
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Arthur Murray Niantic
287 Main St.
Niantic, CT 06037
www.ctarthurmurray.com

Park & Beach Information ... continued from page 5

****NO PETS May 27 – Sept. 5, 2016 AT ANY BEACH FACILITY: SEE BELOW 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.

Beach/Parking Passes

To obtain a season permit, ALL applicants must present their valid car registration at time of purchase. If you are new to town, please bring your tax bill or lease to expedite the process. To avoid lines, you can mail in a copy of your registration, a copy of your latest tax bill (if vehicle is not registered to an East Lyme/Niantic address), the fee (checks payable to Town of East Lyme) and a self-addressed envelope, and we

will process your request and mail your beach pass to you.

All vehicles must have a parking permit to enter the parks through September 5 (Labor Day). Park hours are 8:00 am to dusk. Lifeguards are on duty daily from 9:00 am – 5:00 pm, through mid-August.

Pavilion/Tent Rental

The pavilion/tent 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 & Beaches Addresses

Cini Park – Route 156, Niantic – (located at end of boardwalk by Niantic Bridge)

Hole-N-Wall Beach – Baptist Lane, Niantic

McCook Point Park – 8-10 Atlantic Street, Niantic

Main beach, pavilion, picnic area, restrooms, Hole-N-Wall beach, playground, bocce court, outdoor showers

Peretz Park at Bridebrook – 221 West Main Street, Niantic

Baseball, soccer, basketball court, softball, lacrosse, utility fields

Smith-Harris Park – 31 Society Road, Niantic (Behind EL Middle School)

Little League, Pee-Wee football

Veteran's Memorial Park – 10 Memorial Park Road, Niantic

Baseball, softball

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Parks & Recreation Department



41 Society Road, Niantic, CT
860-739-5828 fax 860-691-2409
www.eltownhall.com

Contact Information & Websites

Executive Director: David M. Putnam
Program Coordinator: Carolann Rossiter
Administrative Assistant: Robin Grandieri
Administrative Secretary: Arlene Wilbur
Special Events Coordinator: Michael R. McDowell

Park Foreman: Edward Ball
Maintenance Support: Michael Rak, Jason Alves,
William Steward

Parks & Recreation Commission Members

Chairman - J. Robert Pfanner
William Willets, Jr. Emeritus Member, Charles Fenick,
Jackie Curry, Patrick Larkin, Roger Nadeau, Milan Keser,
Thomas Beebe

The Parks and Recreation Commission meets in the Parks and Recreation conference room on the second Thursday of each month at 7:00 pm. 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

East Lyme Public Works 860-739-8444

East Lyme Senior Center 860-739-5859

East Lyme Town Hall 860-739-6931

www.eltownhall.com

East Lyme Youth Services 860-739-6788

Commission Meetings are 2nd Thursday

Rocky Neck State Park 860-739-5471

DEP Old Lyme 860-434-8638

Children's Museum of SE Connecticut 860-691-1255

continued on page 8

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Parks & Recreation Department ... continued from page 7

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www.nutmegaquatics.com

East Lyme Business Organization

Contact Lynnea Mahlke 860-691-1611

Athletic Organizations

EAST LYME BABE RUTH LEAGUE

Jay Reid, President / 860-326-1579

www.eastlymebaberuth.com

EAST LYME LACROSSE

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

www.ella.uslaxteams.com

EAST LYME LITTLE LEAGUE

Rob Tukey / 860-912-2679 / rtukey71@gmail.com

www.ETEAMZ.com/EastLymeLittleLeague

EAST LYME SOCCER CLUB

Chuck Massung / 860-739-9147 / www.eastlymesoccer.org

EAST LYME YOUTH FOOTBALL

Chip Mundell / 860-271-6191

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Tammy Bogue / 860-303-1741

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Mike Catanzaro / 860-941-7272 / mcat1926@gmail.com

www.eastlymeyouthbasketball.org

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www.eastlymemomsclub.org

WOMENS CLUB OF SE CONNECTICUT / 860-691-1948

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Pat Keegan / 860-739-2107

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EAST LYME GARDEN CLUB

www.eastlymegardenclub.com or elgclub@gmail.com

GIRL SCOUTS REGIONAL OFFICE

Jenna Duff / 800-922-2770 x 3728

Monica Sistaire / 860-691-8318 / monicarae79@sbcglobal.net

DISTRICT SCOUTS REGIONAL OFFICE

Mike Cooney / 860-373-0097

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Mike McKee, #24 / 860-739-0433 / www.beascout.org

www.pack24eastlyme.org / pack24eastlyme@gmail.com

Axel Mahlke, #7 / 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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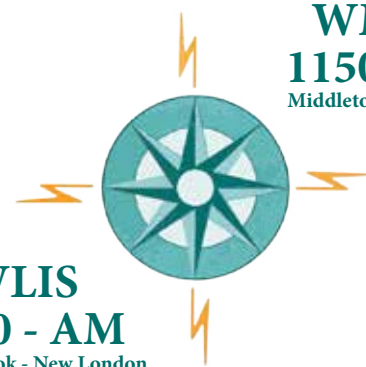
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Community Bulletin Board

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.

FRIDAY NIGHT MOVIES

September 2 through September 30
Movies will begin 15 minutes after Sunset.
Come enjoy a movie under the stars on Friday evenings beginning September 2nd!

Movies will be shown on a large inflatable screen at McCook Point park, near the large white tent. Movie attendees should bring chairs, blankets, and plenty of snacks and then sit back and enjoy! Movie lineup unknown at time of publication, be sure

to check www.eltownhall.com and the youth services facebook page for updated movie information.

U.S. AMATEUR BALLROOM DANCE ASSOCIATION DANCES

Dates: Fridays, Sept. 9, Sept. 23, Oct. 21, and Nov. 18 (7:00-10:00 pm)
Saturdays, Oct. 8, Nov. 5, and Dec. 3 (6:30-11:00 pm)
Where: East Lyme Library & Community Center Activity Room
For more information contact Raymond O'Connell at (860) 501-5260 or www.usadancenewlondonct.com

SHORELINE SWING DANCES

Dates: 3rd Saturday of each month (9/17, Oct. 22, Nov. 19, Dec. 17)
from 8:00 pm-11:00 pm

(Lessons from 7:00 pm-8:00 pm) at East Lyme Community Ctr.
For more information:
www.shorelineswingct.org

DUPLICATE BRIDGE GAMES

Duplicate Bridge games are associated with the American Contract Bridge League. This is ongoing and pre-registration is not required. Dates: Aug. 23 to Dec. 27 (no games 11/8)
Days: Tuesday
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

Athletic Organizations

EAST LYME SOCCER ASSOCIATION

Programs include Pre K (ages 3-5), K-2, 3-8 travel and recreational programs, and High School Summer Soccer (current 8th-11th graders). We also offer camps and clinics for

all ages. Please visit our web site at www.eastlymesoccer.org for information on each program. For any questions, please contact our registrar Lynda Mills at www.elsa.registrar@gmail.com.

PARKS & RECREATION PRE-SCHOOL PROGRAMS

*There will be an open house on Wednesday, September 7th from 10 am to 12 pm in the East Lyme Youth Center to meet Ms. Gina. All of Ms. Gina's classes are child participation only. The open house will introduce your child to Ms. Gina.

CREATIVE ART I FOR 2 YEAR OLDS

Session #250301-01

A 45 minute arts & crafts class designed for 2 year olds. Using different mediums, children will manipulate simple supplies to create original artwork all on their own. A first step towards self-discovery and independence, children will learn color recognition and simple art techniques to help their imagination grow.

Dates: Sept. 15 to Oct. 20
Days: Thursday
Time: 9:30 to 10:15 am
Fee: Resident \$30/non Resident \$45.00
Registration: Begins Sept. 1
Location: East Lyme Library/Community Center/
Youth Center

Session #250301-02

Dates: Nov. 10 to Dec. 22 (no class 11/24)
Registration: Begins on Oct. 20
All other information, see previous session

CREATIVE ARTS II FOR KIDS, AGES 3 & 5

Session: 250301-03

This class continues to explore their artistic expression. Using different mediums, children will manipulate simple supplies to create original artwork all on their own. A first step towards self-discovery and independence, children will learn color recognition and simple art techniques to help their imagination grow.

Dates: Sept. 15 to Oct. 20

Days: Thursday

Time: 10:30 to 11:15 am

Fee: Resident-\$30.00/Non-Resident-\$45.00

Registration: Begins Sept. 1

Location: East Lyme Library/Community Center/Youth Center

Session: 250301-04

Dates: Nov. 10 to Dec. 22 (No class 11/24)

Fee: Resident-\$30/Non-Resident-\$45.00

Registration: Begins on Oct. 20

All other information, see previous session.

SEASONS IN NATURE FOR 3 TO 5 YEAR OLDS

Session #250601-01

Held at McCook Point Park in Niantic, this outdoor classroom will explore nature, science & fun through age appropriate games, crafts, stories & other seasonal activities. From a Scavenger Hunt to Beachcombing, children will discover the wonders of nature by

continued on page 10

P&R Pre-School Programs ... continued from page 9

observation & exploration.

Dates: Sept. 15 to Oct. 20
Day: Thursday
Time: 11:45 am to 12:30 pm
Fee: Resident-\$30/Non Resident \$45
Registration Begins Sept. 1
Location: McCook Point Park, Tent (upper level)

SIMPLE STEM, AGES 3 TO 5

Session #250401-01 (formerly science class)

In this hands-on, STEM-based series, kids will love finding out how things work as they begin learning about Science, Technology, Engineering, and Math concepts with age appropriate projects & experiments each week. This class encourages experimenting, tinkering, building, observing, exploring, problem solving & creating.

Dates: Sept. 12 to Oct. 24 (no class on 10/10)
Day: Monday
Time: 9:30 to 10:15 am
Fee: Resident \$30/Non Resident \$45
Registration: Begins on Sept. 1
Location: East Lyme Library/Community Center/
Youth Center

RAINBOW SCIENCE (AGES 3 TO 5)

Session: 250401-02

Calling all scientists! Does your child ask a lot of questions & enjoy how things work? We'll encourage their curiosity with rainbow themed activities that start with a given question. As

children are guided through each experiment, they will find their way to the colorful answer. A hands-on class designed to promote healthy problem solving skills & critical thinking. Children are encouraged to dress in the color of the week! (A class schedule will be distributed

at the time of registration)

Dates: Oct. 31 to Dec. 19
Days: Mondays
Time: 9:30 am to 10:15 am
Fee: Resident-\$30/Non Resident \$45
Registration: Begins October 3

MOVIN' & GROOVIN', AGES 3 TO 5

Session #250501-01

A learning through movement class focused on developing large motor skills, socialization and team building. Interactive games each week will encourage independence and working together. An energetic class filled with running, jumping, twirling and dancing!

Dates: Sept. 12 to Oct. 24 (No class 10/10)
Days: Monday
Time: 10:45 to 11:30 am
Fee: Resident \$30/Non Resident \$45
Registration: Begins Sept. 1
Location: East Lyme Library/Community Center/
Smith-Harris Room

Session #250501-02

All other information, see previous session

Dates: Oct. 31 to Dec. 19
Registration: Begins Oct. 24

THE NOISY PAINTBOX FOR 3 TO 5 YEAR OLDS

Session: 250101-01

This is a 6-week art series designed for young artists who will explore a different music genre each week and create an abstract canvas based on the way the music makes them feel. Slow deliberate tempos or bright staccato notes will dictate color choices & brush strokes as they create art through emotion. The series will end with an art exhibition to showcase their masterpieces.

Dates: Sept. 12 to Oct. 24 (No class 10/10)
Days: Monday
Time: 11:45 am to 12:30 pm
Fee: Residents \$30/Non Residents \$45
Registration: Begins Sept. 1
Location: East Lyme Library/Community Center/
Youth Center

Session #250101-02

All other information, see previous session

Dates: Nov. 7 to December 12
Registration: Begins Oct. 24
All other information, see previous session.

RECYCLED CRAFTS FOR 3 & 4 OLDS

Session: 250301-05

Save those drink cartons, plastic bottles, and egg cartons! Your young artist will learn about how to take care of our earth with a hands-on crafting class that repurposes discarded materials into art projects.

Dates: Sept. 14 to Oct. 19



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Days: Wednesday
Time: 10:30 to 11:15 am
Fee: Residents \$30/Non Residents \$45
Registration: Begins Sept. 1
Location: East Lyme Library/Community Center/
Youth Center

Session: 250301-06

All other information, see previous session
Dates: Nov. 9 to Dec. 21 (no class 11/23)
Registration: Begins Oct. 19

KID CHEFS (AGES 3 TO 5)

Session: 250201-01
Children will learn basic kitchen tasks like mixing, measuring, pouring & decorating in interactive, hands on class. A simple age appropriate recipe will be prepared each week as a snack & the final class will be a celebration for caregivers so the mini-chefs can show off their new culinary skills. (Please notify of any allergies)

Dates: Sept. 14 to Oct. 19
Days: Wednesday
Time: 11:45 am to 12:30 pm
Fee: Resident-\$30/Non Resident \$45
Registration: Begins Sept. 1
Location: East Lyme Public Library/Community Center,
Youth Center

PLAY WITH YOUR FOOD (AGES 3 TO 5)

Session: 250201-02

We know your mom probably told you not to play with your food but we really think you should! Kids can learn so many great concepts by playing with food as well as become more familiar with new foods & even make dinner time struggles to try new things easier. A fun & interactive class where children can create works of art... then eat them. Using all 5 senses, children will learn about the food pyramid as they create fun food art.

Dates: Nov. 9 to Dec. 21 (no class 11/23)
Days: Wednesday
Time: 11:45 am to 12:30 pm
Fee: Resident-\$30/Non Resident \$45
Registration: Begins October 19
Location: East Lyme Public Library/Community Center/
Youth Center

YOGA FUN & FITNESS FOR AGES 3 TO 5

Session # 210303-02
Introducing & practicing yoga with fun music.
Dates: September 8 to Oct. 28
Days: Friday
Time: 10:45 to 11:30 am
Fee: Resident \$35/Non Resident \$50
Registration: Begins Sept. 1
Location: East Lyme Public Library/Community Center,
Activity Room
Instructor: Marsha Pirie

The following preschool programs are offered by East Lyme
continued on page 12

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P&R Pre-School Programs ... continued from page 11

Regional Theater which is sponsored by the East Lyme Parks and Recreation Department.

MOMMY/DADDY & ME

Infants - 2 years old

Session #240901-01 Thursday

Session #240901-02 Friday

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. 8 – Oct. 27 or Sept. 9 – Oct. 28

Days: Thursday or Friday

Time: 9:45 am – 10:30 am

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

Registration: Begins Aug. 25

Where: ELRT home, 32 Society Rd Niantic

Instructor: Erin Stanley

PRESCHOOL MUSIC, MOVEMENT AND EXPLORATION

Ages 2 - 5 years old

Session #240903-01 Thursday

Session #240903-02 Friday

Imagination! Creativity, fun and interactive learning are the basis of this class. 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 but parents will have a moment to step out of class too.

Date: Sept. – Oct. 27 or Sept. 9 – Oct. 28

Days: Thursday or Friday

Time: 10:45 am – 11:30 am

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

Registration: Begins Aug. 25

Where: ELRT home, 32 Society Rd Niantic

Instructor: Erin Stanley

LIGHTS OF BROADWAY

Ages 8-11

Session #240907-01

Dates: Sept. 10 – Oct. 29

Days: Saturday

Time: 9:30 – 10:30 am

Fee: Resident \$95 /Non-Resident \$110

Registration: Begins Aug. 25

Where: ELRT home, 32 Society Rd Niantic

Instructor: Erin Stanley

Learn how to sing and dance in this beginner musical theater class. This class will also include drama games, improv, and more. Children will act out their favorite musical numbers in a comfortable and loving environment. The group will showcase some of the things they have learned on the final day of class.

LITTLE BROADWAY STARS

Ages 5-7

Session#240911-01

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. 8- October 27

Days: Thursday

Time: 4:15 pm – 5:00 pm

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

Registration: Begins Aug. 25

Where: ELRT home, 32 Society Rd Niantic

Instructor: Erin Stanley

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. 22 to Nov. 10

Days: Thursdays

Time: 6:15 to 7:45 pm.

Fee: Resident-\$75/Non Resident \$90
(includes equipment)

Registration: Begins Sept. 1

Where: Lillie B. Haynes School, gymnasium

Instructor: Thames River Fencing Club

INTERMEDIATE FOIL 1 / ADVANCED FOIL AGES 10 & OLDER

Session: #280201-01

Beginning Foil One is a prerequisite for Intermediate.

Intermediate 2 is a prerequisite for Advanced. The intermediate class builds upon the skills introduced in Beginning Foil One & 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. 20 to Nov. 15 (no class on 11/8)

Days: Tuesdays

Time: 6:15 to 7:45 pm.

Fee: Resident-\$75/Non Resident \$90
(includes equipment)

Registration: Begins on Sept. 1

Where: Lillie B. Haynes School, gymnasium

Instructor: Thames River Fencing Club

FALL BASKETBALL CLINIC WITH COACH BERNARDI

(Grades 5 -8)

Session: 280804-01

This clinic is for boys in grades 5 through 8. Players will have an opportunity to work on their game before the season starts. Particular attention will be placed on fundamentals, specifically ball handling, shooting, passing and footwork.

Dates: Sept. 10 to Oct. 22 (No session Oct. 1)

Days: Saturday

Time: 1:00 to 3:00 pm.

Fee: Resident- \$60/Non Resident \$75

Registration: Begins August 29

Location: East Lyme High School

Instructor: Coach Bernardi and his staff

ADULT PROGRAMS

MORNING AEROBICS

Session # 210101-01

The classes consist of 35 minutes of aerobics and 15 minutes 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. 7 – Oct. 28 (No class 10/10)

Days: Monday –Wednesday - Friday

Time: 8:30 am – 9:30 am

Fee: Resident \$55.00/Non-Resident \$70.00

Registration: Begins Sept. 1

Where: East Lyme Library/Community Center – Activity Room

Instructor: Donna Neaton AFFA

MORNING AEROBICS

Session # 210101-02

All information same as above except for:

Dates: Oct. 31 – Dec. 31 (No class 11/11, 11/25)

Registration: Begins Oct. 21

COED CARDIO AND TOTAL BODY CONDITIONING

Session # 210202-01

This class will alternate a variety of workouts such as Tabata, circuit training, aerobics, and weighted low-impact aerobics for a total fitness workout using dumbbells, bands, and medicine balls. The class will end with additional core exercise and a stretch. Participants are required to bring a non-slip exercise mat.

Dates: Sept. 7 to Oct. 26 (No class 10/10)

Days: Monday –Wednesday

Time: 5:00 pm – 6:00 pm

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

Registration: Begins Sept. 1

Where: East Lyme Library/Community Center – Activity Room

Instructor: Donna Neaton-AFFA

continued on page 14

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

COED CARDIO AND TOTAL BODY CONDITIONING

Session # 210202-02

All information same as above except for:

Dates: Oct. 31 – Dec 19. (No class 11/7)

Registration: Begins Oct. 24

INTERVAL TRAINING (Formerly Tabata Training)

Session #210403-01

This is a 45 minute high intensity class rotating a variety of interval training methods such as TABATA, circuit and more. IT IS A PROGRAM DESIGNED FOR ALL FITNESS LEVELS. Please bring a non-slip exercise mat and plenty of water to drink!

Dates: Sept. 7 to Oct. 26 (No class 10/10)

Days: Monday and Thursday

Time: 4:10 to 4:55 pm

Fee: Resident \$45/Non-resident \$60

Registration: Begins Sept. 1

Where: East Lyme Library/CC-Activity Room

Instructor: Donna Neaton, AFFA

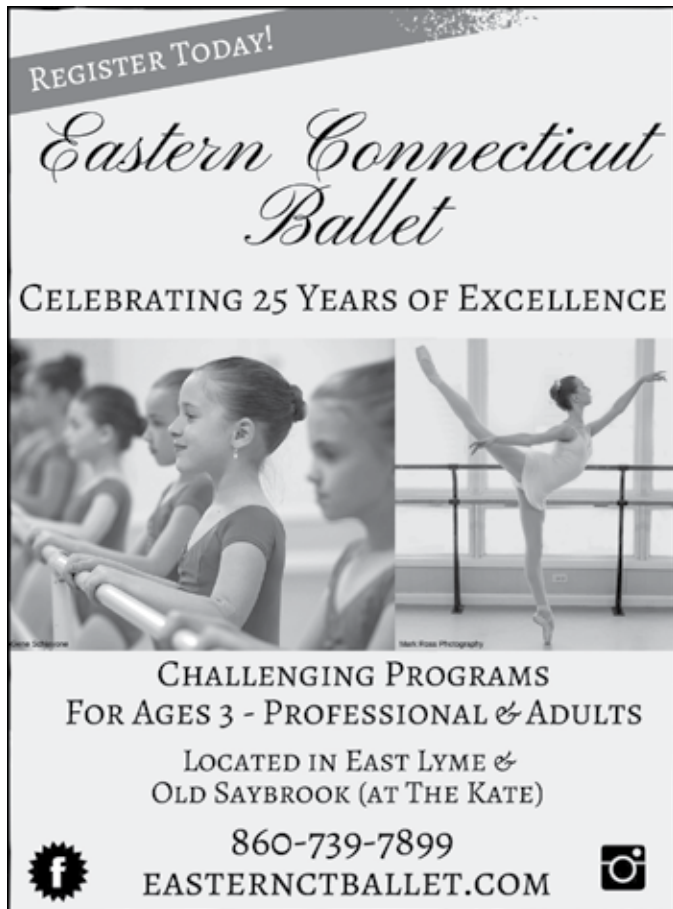
INTERVAL TRAINING (New)

Session #210403-02

Same information as above except for:

Dates: Oct. 31 to December 14


Registration: Begins on Oct. 24



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TOTAL FITNESS (20-20-20)

Session # 210104-01

Classes include 20 minutes of cardio, 20 minutes of core workout, and 20 minutes of stretching. Every class is different. Participants are required to bring a non-slip exercise mat.

Dates: Sept. 6 to Oct. 20

Days: Tuesday – Thursday

Time: 10:15 am – 11:15 am

Fee: Resident \$50/\$30 (1-day)
Non-Resident \$65/\$45(1 day)

Registration: Begins Sept. 1

Where: East Lyme Library/Community Center –
Activity Room

Instructor: Marsha Pirie, AFFA

TOTAL FITNESS (20-20-20)

Session # 210104-02

All information same as above except for:

Dates: Oct. 25 – Dec. 15 (No class 11/8, 11/24)

Registration: Begins Oct. 20

TUESDAY ZUMBA

Session #210103-02

This class consists of 55 minutes of ZUMBA fitness incorporating different dance styles from Latin music to American Pop tunes. Come join the party and bring your friends and plenty of water.

Dates: Sept. 6 to Dec. 13 (No class 11/8)

Days: Tuesdays

Time: 5:30 – 6:25 pm

Fee: Residents \$45.00 Non-Resident \$60.00

Registration: Begins Sept. 1

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 a full hour of Zumba fitness, followed by some upper body conditioning exercises, core work and a stretch. Participants are required to bring a non-slip exercise mat.

Dates: Sept. 10 to Dec. 17 (No class 10/8)

Days: Saturdays

Time: 8:30 am – 10:00 am

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

Registration: Begins Sept. 1

Where: East Lyme Library/Community Center –
Activity Room

Instructor: Donna Neaton AFAA/Zumba Instructor

CORE WORKOUT

Session # 210301-01

This class incorporates the principles of Stott Pilates, using as resistance body weight, different equipment, and stretching. Participants in this class will use the body in a full range of motion using the core muscles. Active isolated stretching will be used to effectively regain movement that has been restricted because of injury or tight muscles. Participants are required to

bring a non-slip exercise mat.

Dates: Sept. 13 to Oct. 25

Days: Tuesday

Time: 6:30 pm – 7:30 pm

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

Registration: Begins Sept. 1

Where: East Lyme Library/Community Center – Activity Room

Instructor: Kim Stirtan-BSPE, ACE & Stott Pilates

CORE WORKOUT

Session # 210301-02

All information same as above except for:

Dates: Nov. 1 – Dec. 20 (No class 11/8)

Registration: Begins Oct. 24

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. 12 to Dec. 12 (no class 10/10, 11/7)

Days: Monday

Time: 6:10 pm – 7:25 pm

Fee: Resident \$60.00/Non-Resident \$75.00

Registration: Begins Sept. 1

Where: East Lyme Library/Community Center – Activity Room

Instructor: Rosemary Gentile – RYT, M.S.R.D.

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 with the regular class from 6:30 - 7:45 pm followed by optional meditation from 7:55-8:15 pm. Participants are required to bring a non-slip exercise mat.

Dates: Sept. 14 to Dec. 17 (No class 11/23)

Days: Wednesday

Time: 6:30 pm – 8:15 pm

Fee: Resident \$60.00/Non-Resident \$75.00

Registration: Begins Sept. 1

Where: East Lyme Library/Community Center – Activity Room

Instructor: Michelle Flowers, RYT 500

EVENING PIYO CLASS

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. 1 to Nov. 17 (No class 11/26)

Days: Thursday

Time: 5:15 to 6: 15 pm

Fee: Resident \$45/Non Resident \$60

continued on page 16



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Registration: Begins Aug. 24
Location: Activity Room, East Lyme Public Library - Community Center
Instructor: Marsha A Pirie, Certified PiYo Instructor & Yoga Fit; AFFA

MORNING PIYO CLASS

Session #210106-02
Same description as evening PIYO session except for:
Dates: Sept. 2 to Nov. 18 (No class 11/11)
Days: Friday
Time: 9:40 to 10:30 am
Fee: Resident \$45/Non Resident \$60
Registration: Begins Aug. 24
Location: Activity Room, East Lyme Public Library - Community Center
Instructor: Marsha A Pirie, Certified PiYo Instructor

YOGA FITNESS

Session #210107-01
This class is Yoga for the active mind and body. Postures are linked together through breath to create an invigorating flow. The class will focus on toning & sculpting through flow and core work. Participants are required to bring a non-slip exercise mat.
Dates: Aug. 29 to Dec. 12 (No class 9/5, 10/10)
Days: Monday
Time: 9:30 to 10:30 am
Fee: Resident \$50.00/Non Resident \$65.00
Registration: Begins Aug. 22
Location: Activity Room, East Lyme Public Library - Community Center
Instructor: Marsha A Pirie, AFFA, Certified PiYo Instructor

JILLIAN MICHAELS BODYSHRED

Session #310303-01
This is a 45 minute class. Thirty minutes will involve intervals of 3 minutes of strength using hand held weights, 2 minutes of cardio, and 1 minute of abs. The other 15 minutes will include warming up, stretching, cooling down and more stretching. You will define muscle, sculpt your physique and enhance your overall health & performance. Please bring a non-slip exercise mat and water to drink!
Dates: Sept. 6 to Oct. 25
Days: Tuesday
Time: 4:30 to 5:15 pm
Fee: Resident \$40.00/Non Resident \$55.00
Registration: Begins Sept. 1
Where: East Lyme Library/Community Center - Activity room
Instructor: Marsha Pirie. AFFA, Jillian Michael's Body Shred Certified

JILLIAN MICHAELS BODYSHRED

Session # 310303-02
Same information as above except for:
Dates: Nov. 1 to Dec. 27 (No class 11/8)
Registration: Begins Oct. 24

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

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

Team Connecticut
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Girls- Sat., 9-10:30am



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Circuit Training
Sat/Sun, 8am

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

Stability Ball
Mon., 8am

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

Yoga
Mon/Wed, 11am

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

Zumba
Sat, 9:15am

Cardio Tennis
Wed., 7-8pm, All levels



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CORE AND MORE WITH STABILITY BALL WORKOUT

Session #210105-01

A 45 minute class focusing on balance and the core muscles with additional upper/lower body strength training. This workout can be done on an exercise mat as well as the stability ball. Participants are required to bring non-slip exercise mat and your own stability ball. (Ball is optional, but preferred)

Dates: Sept. 8 to Oct. 27
Days: Thursday
Time: 4:10 to 4:55 pm
Fee: \$40.00 Resident/\$55.00 Non-resident
Registration: Begins Sept. 1
Where: East Lyme Public Library/Community Center - activity room
Instructor: Donna Neaton, AFFA

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. 27 to Dec. 20 (No program 11/8)
Days: Tuesdays
Time: 6:00 to 8:00 pm
Fee: Resident \$30/Non Resident \$45 or Drop In: \$5.00 per person
Where: East Lyme Middle School gymnasium
Registration: Begins September 14
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. 12 to Oct. 31 (class will meet on Oct 10 Columbus Day)
Days: Monday
Time: 5:15 to 6:15 pm
Fee: Resident \$50/Non Resident \$65
Registration: Begins Aug. 31
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. Owner and dog will participate in the AKC Canine Good Citizen Program. In order to receive the certificate, dogs must pass the Canine Good Citizen test.

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. All information same as Beginners except for: Time: 6:30 to 7:30 pm.

NEW YORK CITY TRIP

Session #390101-01

Date: December 3
Day: Saturday
Time: Bus departs East Lyme Library - Community Center @ 8 am.
Bus departs New York City @ 7:30 pm.
Fee: Resident \$40.00 per person
Registration: Begins on November 1


BALLROOM DANCE LESSONS

Will start up again in Fall.
For more info call Parks & Rec office.


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.

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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, WCTY, 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 _____

Program Registration Hours:
Monday - Friday / 8:30 am – 4:00 pm.

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.

To download previous issues of East Lyme Events visit www.eventsmagazines.com and download the issue you desire!



East Lyme Psychological Associates

Psychological & Psychiatric Services


Serving adults, adolescents, children and families - Individual, couple, and family therapy

Psychiatric assessment and medication management

Adoption competent therapists work with adoptees and/or families

Psychological evaluation for adoption related issues, personality functioning, and treatment planning

29 Chesterfield Road, East Lyme, CT
860-739-6974



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

Check out local events and news at:
www.facebook.com/EastLymeBusinessOrganization

East Lyme 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, remediative, 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 second 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. 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 begins August 25th.

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.

FRIDAY NIGHT MOVIES

September 2nd through September 30th

Movies will begin 15 minutes after Sunset

Come enjoy a movie under the stars on Friday evenings beginning September 2nd! Movies will be shown on a large inflatable screen at McCook Point Park, near the large white tent. Movie attendees should bring chairs, blankets, and plenty of snacks and then sit back and enjoy! Movie lineup unknown at time of publication.

Be sure to check www.eltownhall.com and the youth services facebook page for updated movie information.

AFTER-SCHOOL PROGRAM

Monday through Friday 3:00 – 5:30 pm. 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. There are only 35 slots available for 5th – 8th graders. Registration opens August 25th at 8:30 am. This program will begin September 6th and run throughout the school year. Free Program.

AFTER- SCHOOL DODGEBALL

Wednesdays from 3:00-4:00 pm 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 and up. 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. 27 to Oct. 25

Day: Tuesday

Time: 6:30 to 7:30 pm (10/18 & 10/25 class will be 3:00-5:00 pm for CPR & First Aid)

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

Where: Youth Center

HOME ALONE

Session #914010-01

Dates: Sept. 14 to Oct. 5

Day: Wednesday

Time: 3:00 to 4:00 pm

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

Where: Community Center/Olive C. Room

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.

THIRD ANNUAL TRICK OR TRUNK FESTIVITIES AT THE SMITH HARRIS HOUSE!

The fourth annual community Trick or Trunk will happen on Wednesday, October 26th from 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! In addition to the trick-or-treating, the first floor of the Smith-Harris House will be lit by candlelight, as several spine-tingling local and regional folktales are shared! Please contact Mike if you are willing to decorate your trunk and park it full of candy for our "trunk or treaters."

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 trailhead across from Divine Wine Emporium on West Main St. at 9:00 am and will return at 11:00 am. Riding will be done on the trails at Rocky Neck State Park.

Dates: October 5, 22, 29 & November 5

Day: Saturday

Time: 9:00 to 11:00 am

Fee: FREE

Where: Rocky Neck State Park/West Main St. trailhead

THE FOURTH ANNUAL JEFFREY'S RAINBOW RUN

We are proud to be hosting the fourth annual 5k in memory of Jeffrey Bourgeois on September 16th! Stop by the office to pick up a registration form, or register online at Active.com! Must register by August 22nd to be guaranteed a race t-shirt!

SKI & SNOWBOARD CLUB

(grades 5-12) Registration will be begin October 3rd.

Pricing is not available at the time of publication, please email

or call to inquire. The deadline for registration will be November 18th. This program fills up quickly; so do not wait to register! Ski Club takes place on Thursday nights in Jan-February from 3-9 pm 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 has hosted trick or trunk, Pre-prom Assembly regarding distracted driving, and collected over 140 bicycles donated to Bikes For Kids over the past two years. Meetings will be held in Mr. Beale's room during lunches on Tuesdays starting September 6th.

We are currently working on additional programs and events. Check out our website frequently for updates 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, or give us a call at (860) 739 -6788 for more information.



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**Open daily 10 am - 6 pm
May - September**

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 _____

East Lyme Public Library

Starting September 1st, East Lyme Residents will have access to

Lynda.com with the library card! Lynda.com is a website with more than 3,000 courses and more than 130,000 videos from web design, education and media production to business. As of September 1, cardholders at any of the town's public library can get all of Lynda's content for free.

SEPTEMBER

GOOGLE CARDBOARD, VIRTUAL REALITY, AND WEARABLE TECH

Saturday, September 17 – 2:00 pm
Tom Bruno, Director of Knowledge Curation and Innovation at The Westport Library, will teach this Virtual Reality workshop with Google Cardboard. Everyone is talking about the future of virtual reality in education, gaming, and entertainment, but did you know with just a smartphone and a cardboard viewer you can start exploring virtual reality right now? Join us as we assemble our own Google Cardboard viewers and play with several exciting new virtual reality applications.

RIVERSIDE STRING QUARTET

Tuesday, September 20 – 7:00 pm
Mozart and Beethoven quartets will be performed by Lisa Gray and Marianne Vogel, violins; Irene Rissi, viola; and Carly Fleming, cello. Register early! This performance is sure to fill up quickly.

TRIVIA NIGHT

Tuesday, September 27 – 7:00 pm
Come by yourself or bring your friends. Test your knowledge from general categories, including pop culture, current events, history, music, and of course literature.

OCTOBER

PETER BIEDERMANN

Tuesday, October 4 – 7:00 pm
Peter Biedermann is an instrumental guitarist based in Green Valley, Arizona who has been composing and performing for over 35 years. While his music covers a number of genres in various disciplines, the sounds you will hear will be entirely original and performed on a variety of

6 and 12 string guitars in unique tunings combined with subtle ambient electronics. The architecture of the music is melodic and rhythmic; combining compositional structure and improvisation that embraces the influences of the last 50+ years of finger style acoustic guitar playing.

WITCHES IN CONNECTICUT

Tuesday, October 18 – 7:00 pm
The harrowing story of the hanging of witches in Colonial New England continues to haunt our present-day imagination. The trials and executions of witches in Connecticut predated the more famous Salem witch panic by over 40 years. The Connecticut Historical Society presents the stories of some of the women and men accused, tried, and executed as witches and learn how Connecticut successfully controlled the spread of witch accusations long before Salem erupted in panic and violence.

NEW HORIZONS BANDS OF SECT & CT SHORE

Saturday, October 22 – 2:00 pm
(in the Senior Center)
Two bands, twenty-eight musicians, all musicians are 50+!

TRIVIA NIGHT

Tuesday, October 25 – 7:00 pm
Come by yourself or bring your friends. Test your knowledge from general categories, including pop culture, current events, history, music, and of course literature!

NOVEMBER

VAN GOGH'S STARRY NIGHT

Tuesday, November 1 – 7:00 pm
Connecticut College Art History Professor Robert Baldwin will present an engaging lecture on Starry Night. Painted in June 1889, Van Gogh's oil on canvas work depicts the view from the east-facing window of his asylum room at Saint Remy de Provence just before sunrise, with the addition of an idealized village.

WORLD WAR II SONGS AND STORIES FROM THE HOME FRONT

Saturday, November 12 – 2:00 pm
Faye Ringel will sing songs popular during World War II, songs that comforted

those left behind and raised the morale of the troops, accompanying herself at the keyboard. She will provide background on the composers and tell the stories behind the songs.

TRIVIA NIGHT

Tuesday, November 29 – 7:00 pm
Come by yourself or bring your friends. Test your knowledge from general categories, including pop culture, current events, history, music, and of course literature!

BOOK DISCUSSION GROUP

A book discussion group meets the second Tuesday of each month at 7:00 pm in the East Lyme Room. Copies of the current month's book are available at the library. 9/13 - Hamilton: The Revolution by Lin-Manuel Miranda or Alexander Hamilton by Ron Chernow; 10/11 - The Firebrand and the First Lady by Patricia Bell-Scott; 11/8 - The Sympathizer by Viet Thanh Nguyen; 12/13 - Once We Were Brothers by Ronald Balson. No registration necessary.

MYSTERY BOOK DISCUSSION GROUP

This book discussion group meets on the fourth Thursday of each month at 11:00 am in the East Lyme Room. Copies of the current month's book are available at the library. 9/29 - Chatham School Affair by Thomas H. Cook; 10/27 - My Sister's Grave by Robert Dugoni; 12/1 - Cover Her Face by P.D. James; 12/29 - Kissing Christmas Goodbye: An Agatha Raisin Mystery by M.C. Beaton. No registration necessary.

AMAZING AUTUMN STORY HOURS

Registration Begins Sept 12 - Dec 16.
Please call 860-739-6926, Ext 2 for more information.

MONDAYS

LIBRARY CLOSED OCT 10 FOR COLUMBUS DAY

ALL AGES DROP-IN 10:00 - 10:45
4s and 5s 2:15 - 3:00 **

continued on page 24

Library ... continued from page 23

TUESDAYS

BABY LAP-SIT 10:00 - 10:30
2s and 3s 11:00 - 11:30 **
4s and 5s 2:15 - 3:00 **

WEDNESDAYS

2s and 3s 10:00 - 10:30 **
4s and 5s 11:00 - 11:45 **
4s and 5s 2:15 - 3:00 **
PAJAMA MOVIE NIGHT 7:00 - 8:30 **EVENING**

THURSDAYS

BABY LAP-SIT 10:00 - 10:30
2s and 3s 11:00 - 11:30 **
4s and 5s 2:15 - 3:00 **

FRIDAYS

LIBRARY CLOSED NOV 11 FOR VETERAN'S DAY
ALL AGES DROP-IN 10:00 - 10:45
TWEEN MOVIES 3:00 - 5:00

*** PLEASE NOTE ***

BABY LAP-SIT FOR BIRTH TO 23 MONTHS - CHILD
NEEDS TO BE APPROPRIATE AGE* BY SEPT 26 2016.
ALL AGES DROP-IN - REGISTRATION NOT REQUIRED
** MRS BULL'S CLASSES DO NOT MEET
THANKSGIVING WEEK **

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 – Director

Kristen Caramanica – Program
Coordinator

Anna Hartung – Senior Center Associate

Roxanne Kormos – Full Time Driver

Lee James – Part Time Driver

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. Hover over the “Community” Button and then Click on “Senior Center.” If you would like the newsletter emailed to you, contact the Senior Center office.

WEBSITES

“Like Us” on Facebook

Use our on-line registration feature located at www.register.eltownhall.com

Check out our Regional Website at www.seniorcentersct.org

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 LUNCHESES

SENIOR NUTRITION PROGRAM

The Senior Center and TVCCA provide lunches with a 24 hour reservation Tuesday through Friday at 11:45 am. 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 is \$5 per person.

No reservations required but it is a 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 homebound. 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 the trips currently being promoted:

DAY TRIPS

Open to any person 55+
Sun., August 7th - Join us for a 2 hour cruise on the New York Harbor and enjoy a Sunday Buffett Brunch with Jazz music and then a DJ for dancing. Trip fee is \$94 per person. Registration has begun. Moderate walking.

Sun., August 21st - Trip to the Stageloft Theatre in Sturbridge, MA To see "Wrong Window!" with lunch at the Salem Cross Inn before the show. Trip fee is \$73 per person. Registration has begun. Minimal walking.

Wed., September 14th - Guided tour of the Revolutionary Days points of interest in the Boston area. Lunch included. Trip fee is \$88. Registration has begun. Lots of walking.

Wed., September 21st - Trip to The Big E (celebrating its 100th Anniversary) in Springfield, MA. Trip fee is \$45 per person. Lunch not included. Registration has begun. Lots of walking.

Sat., October 1st - Boston on your own – Bus leaves East Lyme at 8:15 am and leaves Boston at 6 pm. Trip fee is \$44 per person. Registration begins August 1st. Meal not included. Lots of walking.

Thu., October 13th - Join us for the Jack-O-Lantern Spectacular at the Roger Williams Zoo in Providence, RI. Trip fee is \$46 per person. Registration begins August 1st. Meal not included. Lots of walking.

Thu., November 3rd - Join us for a trip to the Mohegan Sun. Departure will be from the East Lyme Senior Center but checks are made out to the Lymes' Senior Center. No meal included but you will receive a casino package. Trip fee is \$20 per person. Registration begins September 1st. Moderate walking.

Tue., November 15th - Newport Playhouse & Cabaret in Newport, RI to see "Last of the Red Hot Lovers." Trip fee is \$76 per person. Registration begins September 1st. Minimal amount of walking.

OVERNIGHT TRIPS/CRUISES

Open to any person 55+

October 9-11, 2016 - "Samson" at the Sight & Sound Millennium Theater in Lancaster, PA. 2 night stay at the Double Tree by Hilton hotel. Free time at Longwoods Garden and Philadelphia included. \$467 pp double. \$429 triple. \$557 pp single. Registration has begun.

December 2-4, 2016 - Niagara Falls Festival of Lights Tour in Niagara Falls, Canada. 3 days & 2 nights. \$495pp double. \$465 triple. \$625 single. Registration has begun.

February 7-17, 2017 - No Fly Caribbean Cruise leaving out on New York City. 11 days, 10 nights on the Norwegian Gem. Trips fees range from \$1259 to \$1809 (taxes included). Registration has begun.

The Senior Center has a core of set classes that are offered on a year round basis. With these classes, a pass is purchased and must be brought to every class. Attendance is tracked and when card is full, a new pass must be purchased.

FITNESS CLASSES

SENIOR FITNESS: Mon. & Wed. 10 am – Residents \$50.00/30 classes – Nonresidents \$55.00/30 classes. Pass required.

SENIOR YOGA: Mon. 2:30pm & Tue. 8:30 am & Thu. 9 am - Residents \$60.00/30 classes – Nonresidents \$65.00/30 classes. Pass required.

TAI CHI: Tue. & Fri. 9 am – Residents \$48.00/24 classes – Nonresidents \$53.00/24 classes. Pass required.

CHAIR YOGA: Tues. & Fri. 9:30 am & 10:30 am – 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.

STRENGTH TRAINING: Mon. & Wed. 11:30 am – Session Class – Call for class fee and schedule.

ZUMBA GOLD: Tue. & Thu. 3 pm – Session Class – Call for class fee & schedule.

PiYo: Thu. 11:30 am. Session Class – Call for class fee & schedule.

BOCCE: Thu. 10:00 am. No fee. Will teach.

PACE: Thu. 1 pm – Session Class – Call for class fee - People with Arthritis Can Exercise.

PICKLEBALL: Sat. 10:30 am and Tue. 7:30 pm - \$2 per person drop in fee. Call the Senior Center office.

DANCE/THEATER CLASSES

TAP CLASS: Tue. 1 pm – Residents \$24.00 for 20 classes – Nonresidents \$29.00 for 20 classes. Pass required.

DRAMA GROUP: Thu. 1 pm – Session Class – Call for class fee & schedule.

CRAFTS

PAINTING W/FRIENDS: Tue. at 9:30 am. No instructions only camaraderie! No fee.

ADULT COLORING: Thu. 12:30 pm. No fee.

QUILTING: 3rd Fri. and the 4th Tue. of every month 5 pm and the 1st Mon. of every month from 1 pm. Fee is \$2.00. Bring a dish to share for dinner quilting. Intermediate to Advanced level.

GAMES/CARDS

BUNCO: Mon 9:30 am. Will teach. \$2 fee.

HAND & FOOT: Mon. 1 pm. Will teach. No fee.

SCRABBLE: Tue. 9:30 am. No fee. Will teach.

MAH JONGG: Tue. 12:30 pm. No fee. Must know the game.

BRIDGE: Shoot Out played Tue. 1 pm. Fee \$5.00 per person per day played. Must know the game and have a partner. Must register.

PING PONG: Wed. 10 am. Will teach. No fee.

BRIDGE: Contract Bridge played Wed. 1 pm. Must know basics of the game. No fee. Must register.

BRIDGE: Duplicate Bridge played Thu. from 1 pm. Fee \$1.00 per person per day played. Must know the game and have a partner. Must register.

BINGO: Fri. 1 pm. \$1.00 for the 1st card - .25¢ for every additional card up to 9 cards.

continued on page 26

Senior Center ... continued from page 25

CANASTA: Fri. 12 pm. Will teach.
No fee.

EDUCATION/ENRICHMENT

UKULELE LESSONS: Mon. 11 am –
Session class – Call for class fee
& schedule.

GUITAR LESSONS: Thu. 12:30 pm
– Session class – Call for class fee &
schedule.

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.

DANCES: Every other month – Fri. at 7
pm. Sept. 16 & Nov. 4. Fee \$10 per person
– tickets sold at the door.
The Illusions Band plays.

iPAD INSTRUCTION: Various dates
and times. Call the Senior Center office.

HEALTH PROGRAMS/BENEFITS INFO

BENEFITS CHECKUP: Two Weds
every month starting at 9 am. One-to-
one counseling on available government
benefits. Must make an appointment.

**VNASC NURSE MANAGED WELLNESS
CLINIC:** 2nd Wed. of every month 1 pm
for services that focus on prevention and
self-care.

VNASC BLOOD PRESSURE CLINIC:
2nd Thu. of every month 12:15 pm to
12:45pm and 4th Wed. of every month
1:15pm to 2:15pm

FINANCIAL CHECKUP: 4th Wed. of
every month starting at 1 pm. One-on-one
session. Appointments required.

EVERY MONTH

Theme Meals & Musical Entertainment
Special Events

EAST LYME PLAYERS

The “East Lyme Players” is the recently
formed drama group of The East Lyme
Senior Center. A new session is beginning
in August. If the Theater has always
intrigued you but you never had the time
to explore your interest, NOW is the time.
No experience necessary. All skill levels
are welcome. No memorizing of lines -
Staged readings so scripts are handy! The
Players are looking for folks who want
to explore their creative side by either
acting or working backstage. The East
Lyme Players’ Director, Joyce Beauvais,
has tons of experience and wants to share
her knowledge and passion with you. The
program is held on Thursday afternoons
at 1 pm. A new session is starting August
4 and will run for 17 weeks. Like them on
Facebook – look up “East Lyme Players,
Joyce Beauvais, Artistic Director.” Session

fee is \$120 per person. For information,
call the Senior Center at 860-739-5859.

3RD ANNUAL SENIOR CENTER SPONSORED PIG ROAST

On Friday, September 9th, the Senior
Center will host its 3rd Annual Pig
Roast under the Pavilion at McCook’s
Park. Come join us for roast pork, baked
beans, macaroni & cheese, corn bread
and watermelon. Entertainment to follow
provided by the Motion Man. Fee is \$10
per person. Registration has begun and
you must register by September 6.

ANNUAL REGIONAL EVENT FOR THE SENIOR CENTERS OF S.E.C.T.

On Friday, September 30, the Senior
Centers in Southeastern CT will hold their
annual regional event “Diamonds and
Denim” at the Port-n-Starboard at Ocean
Beach Park in New London. The program
begins at 11:30 am and a buffet luncheon
of Prime Rib and Rosemary Chicken will
begin at 12 pm. Entertainment to follow
provided by The Patsy Cline Tribute Show.
Be sure to wear your best denim and
your most sparkling jewelry. Registration
has begun. Fee is \$25 and checks are
to be made out to “Senior Resources.”
Transportation will be provided. Must
register by September 9.

East Lyme Public Trust Foundation

NEW OFFERING by TREES FOR TOMORROW THE CLIFF WALK at McCOOK PARK

The East Lyme Public Trust Foundation, in co-operation with
the East Lyme Parks and Recreation Department, has been
offering sponsors a commemorative tree program - TREES FOR
TOMORROW - which makes available trees to be placed in
public spaces in East Lyme. Now is the time to act to be included
in the next fall planting, which will help to raise funds for the
support of the Niantic Bay Boardwalk and other projects of
the Trust.

Trees can be donated to commemorate a birth, wedding,
graduation, etc. They can also honor a loved one or a special
event. This is a chance to use the resonating power of trees
to create a lasting, living memorial that will provide scenic
beauty and will contribute to a healthy ecosystem.

At the main location of McCook Point Park, the originally allotted
8 trees have been sold out. For fall 2016, we are offering Phase II-
The Cliff Walk at McCook Park, a walk way of the same tree along
the “Cliff Walk” from the Hole-in-the-Wall to McCook Point.
The East Lyme Parks and Recreation Department has selected
Princess Dog Wood for this location.

In addition, sponsors may choose to locate a tree at Cini Park,
Bridebrook Park, The Samuel Smith House, The Smith-Harris
House, The East Lyme Library Courtyard, or East Lyme Town
Hall. A contribution of \$600 for a tree will cover the cost of the
tree, planting, an 8”x4” commemorative plaque, a base, and a
water bag to assist in the stabilization of the tree.

Planting will take place in the fall of 2016 in the various
locations chosen by the Tree Warden and the East Lyme Parks
and Recreation Department. Since the East Lyme Public Trust

Foundation is a non-profit 401c, contributions are tax deductible. Don't miss out on this opportunity to commemorate important memories- laughter, tears, joy and loss.

June Hoyer is the chairperson for the project in partnership with Dave Putnam, the Director of Parks and Recreation. Her committee includes Administration- Carol Marelli

and Bill Rinowski; Publicity-Pat and Jack Lewis, Donna Gada and Donna Jutila.

Application forms are available at: East Lyme Town Hall - Town Clerk's Office, East Lyme Parks and Rec., East Lyme Library, and the E.L. Book Barn. They also can be found on the Trust web-site: www.publictrustfoundation.org.

The Shoreline Soup Kitchens & Pantries

EAST LYME - Every Thursday from 5 - 6:00 pm at St. John's Episcopal Church / 400 Main Street, Niantic
Guests are reminded to bring bags.

Public Safety

You're going about your daily routine and then it happens. You witness an accident or a loved one is having a medical emergency and you have to call 911. Some of you may have dialed 911 in the past and for some this may be your first time. Here are some things you can expect to occur and be asked by your 911 Dispatcher.

Your call comes into our Dispatch Center and the Dispatcher's first question will be "Where is your emergency?" It's important to tell the dispatcher the address of where you're located. If you call from a fixed home or business phone, your address will be displayed to the dispatcher but you'll still be asked to confirm. If you use your cellular phone, GPS coordinates and a general location on a map is displayed to the dispatcher. If you are unsure of where you are, describe your surroundings to the dispatcher, the road you're on, landmarks you're near or the closest house number.

The dispatcher will then ask for your name and the phone number you're calling from. This information is important so if the line gets disconnected the dispatcher can call you back. The dispatcher will ask you "What is the nature of your emergency?" This is where you will tell the dispatcher why you've dialed 911. With those simple questions the 911 Dispatcher will then determine what services your emergency requires and start help your way.

Even if the dispatcher has already started services to your location, stay on the line. The dispatcher will ask you a set of secondary questions depending on the nature of your emergency and update responding units with the information you provide. If you or a loved one is having a medical emergency you can expect to be asked questions like "are you having difficulty breathing?" or if you're a fall victim "did they lose consciousness?" "is there any bleeding?" and "is the bleeding controlled at this time?" If you're calling 911 to report a fire the dispatcher will ask "What is on fire?" "Is anyone in the building?" and "Is anyone trapped?" You may be asked to safely evacuate and keep others away from the fire. If you're calling to report a motor vehicle accident you'll be asked questions such as "Is there anyone trapped in the vehicle?" or "is the vehicle on fire?"

When you call 911 for a police matter, the 911 dispatcher will ask you similar questions, "Where are you?" "What is your name?" and "What is the nature of the emergency?" Since the Town of East Lyme is a Resident Trooper town, the Connecticut State Police dispatch East Lyme Officers. Your 911 call will be transferred to the Connecticut State Police Troop E in Montville and you will speak directly with a State Police Dispatcher.

That dispatcher will ask you the same series of questions as your local dispatcher but will follow those up with secondary questions pertinent to your specific emergency.

The Dispatch Center has many tools to assist you in your emergency. Using your cellular phone to dial 911 can get tricky and you may talk to another Dispatch Center before being transferred to East Lyme depending on where in town you are and what cellular phone tower your phone pings off of. If you're down near the shoreline your signal might hit towers that will direct your call to either Old Lyme, Montauk, NY or Waterford. If you're travelling on the highway your signal might hit towers that will send your call to Old Lyme, Waterford or the Connecticut State Police. Dispatchers in those respective towns will determine where your emergency is and transfer you to the correct Dispatch Center.

Even if you don't think your call is an emergency, we advise you to dial 911 so the dispatcher can determine what services you may need. Dispatchers are on duty 24 hours a day and 365 days a year.

Jessica Dwire
911 Dispatcher, Town of East Lyme

Community Music School Opens Satellite Location in East Lyme

Music can be a fun and beneficial activity at any age. It promotes brain development in babies and toddlers, fosters mathematical skills in school age children, serves as an emotional outlet for teens, provides stress relief to overworked adults, and prevents dementia in seniors. Studies show there are benefits at every age, not to mention the pure joy of music, especially if it means connecting with others in your community.

Not sure where to start or how to get involved? East Lyme is now home to a satellite site of the Community Music School! Their main campus is located in Centerbrook, where they offer a wide variety of musical instruction for all ages and abilities. Due to an increased interest in musical studies in the East Lyme area, they now offer many of the same services, right here in our community. Private and group instruction is available for complete beginners through advanced players, and financial aid is available.

Many of our public schools in this area provide wonderful beginner musical instruction, but for those looking to take their child's abilities to the next level, there wasn't much available locally. With the Community Music School, you now have the opportunity to advance your child's skill level, either through private lessons or chamber music ensembles. Both provide excellent focus on the techniques required to excel on their instrument. Located above the Kumon Learning Center with a shared reception area, busy parents can manage all of their family's needs in one place.

For younger children, the popular Kindermusik program for babies and toddlers is offered, which is a great start to every child's musical education. Even music therapy sessions and adaptive music lessons are available for a wide range of special needs, and provided by a certified music therapist. For more information about these and many other classes, call (808) 767-0026 or go to www.community-music-school.org.

Enjoy Local Scuba Diving

Stonington Borough, which contains Stonington Point, was established in 1801, but has played a part of New England's rich history since the 1600's. You can find beautiful architecture along its main road, Water Street, or take a trip into history at the Old Lighthouse Museum or the Captain Palmer House. But for the local diving community, Stonington Point's allure lies beneath its waters.

On any given day, you might find students from Seaview Scuba Dive Center who are embarking on their first journey into the underwater world. You will also find old salts who've been diving the world's oceans for decades but choose to come

back and call Stonington Point home. Due to its use as a maritime port, divers might find, with a little patience and a good eye, artifacts from a bygone day such as clay pipes, gold watches, lanterns, Civil War era bullets, and more. For those who enjoy watching the sea critters, the area boasts a wide variety of fish and invertebrates (such as crabs and lobsters). On daytime dives, you'll run into the usual suspects: Cunner, Scup, Spider Crabs, Fluke, and Flounder. If you decide to brave the dark and go for a night dive, you'll find the area awash with too many critters to count including the prehistoric looking Horseshoe crab and the color shifting squid. Towards the end

of the summer, you might also see some juvenile tropicals that were swept north in the Gulf Stream. Local divers can be found year-round, even though winter temps can reach below 30 degrees Fahrenheit and summer temps only reach the high 70s. Stonington Point has a little something for everyone, and it's made evidently clear in the summer months when the parking lot of full of divers of all experience levels and interests. The staff and divers of Seaview Scuba Dive Center invite you to say hello and ask us about the wonderful underwater world.

Seaview Scuba Dive Center

Sales Representative

Due to expanded growth we are seeking a full time sales representative to sell advertising in our Events Town Magazines. We seek someone experienced who understands the consultative sales process. Responsibilities include maintaining ongoing relationships with existing clients including daily contact over the phone and in person, meeting and exceeding sales goals, identifying and capturing new business through cold calling. Apply if you are an overachiever.

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East Lyme Aquatics & Fitness Center

Learn To Swim!

eastlymeaquaticsandfitness@gmail.com

East Lyme Swim Lessons Program

Sessions consist of six, 30 minute classes and typically meet once a week. For faster improvement, we encourage enrolling twice a week for lessons. For your convenience we offer early and late evening classes so everyone can participate. Below you will find the times for each level and the days that they meet on. Our Preschool program consists of 2 levels. In the first level students work on becoming comfortable in the water while focusing on skills that are key to being safe in and around the water. In the second level they are introduced to kicking, full water submersion, and glides that take them away from the wall in a controlled environment.

The Youth program is broken into six levels. In level 1, they start by learning basic swimming skills, such as back floats, and then steadily progress to being able to swim 25 yards of freestyle and backstroke in level 6. Students will advance to the next level after demonstrating mastery in each level as determined by the instructor.

Preschool - Level 4: Mon, Wed, or Thurs. - 5:30-6:00 pm, or 6:00-6:30 pm & Sat. - 9:00-9:30 am or 9:30-10:00 am

Level 5 & Level 6: Tues- 5:30-6:00 pm, or 6:00-6:30 pm & Sat. - 10:00-10:30 am, 10:30-11:00 am

30 Chesterfield Rd East Lyme, CT 06333
860-691-4681

Stroke School, Advanced Stroke School, & Swim 4 Fitness

These programs are our pre-team lessons which prepare the enthusiastic swimmer for competitive swimming by teaching the proper technique for butterfly, backstroke, breaststroke, and freestyle. The class also introduces proper turns and starts as well how to read a pace clock and other skills necessary for participation in competitive swimming. Classes will meet for 45 minutes with an option to attend 1-2 times a week.

Stroke School (SS): Tuesday 5:30-6:15 pm & Saturday 10:00-10:45 am

Advanced Stroke School (ADVSS): Tuesday 6:15-7:00 pm & Saturdays 10:45-11:30 am

Swim 4 Fitness: Tuesday 5:30-6:30 pm, Saturday 9:00-10:00 am

Parent & Tot (3-36 months)

While swimming with parents, infants are introduced to the water through songs and games. Participants are introduced to the basics of our swim lesson program and some water safety. Infants are encouraged to explore the water and learn basic swimming skills while in a comfortable and safe environment. Waterproof swim diapers are required if the child is not potty trained. Session consists of six 30 minute classes. The class is \$73 if you are a member or \$86 if you are not.
Saturdays: 10:00-10:30 am & 10:30-11:00 am

Session 1	09/12/16- 10/22/16 No class on 10/10 → 10/29
Session 2	10/31/16- 12/10/16 No class 10/31, 11/8, 23, 24→12/12-12/15
Session 3	01/09/17- 02/18/17 No class 01/16 → 02/17**Friday
Session 4	02/27/17- 04/08/17
Session 5	04/17/17- 05/27/17

www.nutmegaquatics.com

	Member	Non-Member
Once/Week	\$73	\$86
Twice/Week	\$131	\$155
Three/Week	\$186	\$219

Office Hours:

Mon-Fri: 7 am-12 pm & 5 pm-9 pm

Sat: 9 am-7 pm

Sun: 12 pm-5 pm

	Member	Non-Member
Once/Week	\$86	\$106
Twice/Week	\$154	\$170
Swim 4 Fitness	\$129	\$158

www.nutmegaquatics.com

860-691-4681

30 Chesterfield Rd East Lyme, CT 06333

eastlymeaquaticsandfitness@gmail.com

East Lyme Aquatics & Fitness Center Introduction to Springboard Diving

The class runs in conjunction with our Swim Lesson sessions and is offered Saturday mornings from 10-11am and from 11am-12pm. This class teaches the fundamental skills of diving. This includes approaches, hurdles, the takeoff, front dives, and back dives. Participants will work with the instructor in a group setting and receive individual feedback. Cost of the class is \$99 (member) and \$112 (nonmember). Call 860-691-4681 if interested or stop by during our office hours!

Youth Springboard Diving Club

We are now offering a Springboard Diving Program that is for experienced middle school and high school divers looking for an option to dive out of season. This class will meet Monday, Wednesday, and Thursday from 7:30-9:00 pm and will run in 6 week sessions. Participants are instructed by a USA registered diving coach and will work on a wide range of skills. Participants must register as USA divers in order to participate in the class. The cost for each session is \$288 if you are a member and \$360 if you are a non-member.

Nutmeg Swim Team

The Nutmeg Swim Team was founded by Jack Stabach in 1993 and is a registered USA Swimming Organization. The year is broken up into a Short Course season (September-February/

March) and a Long Course season (April-July/August). Swimmers are coached by USA Registered coaches and compete at USA Swimming sanctioned events. Contact Jennifer Lyman at 860-691-4681 with questions regarding your child's ability to join the Nutmeg Swim Team.

Private & Semi-Private Lessons

Individualized instruction is available for youth and adults to help achieve your goals. From "Tot" to Triathlon, we have an instructor to move you forward. Five, thirty minute private lessons \$125 (member), \$150 (non-member). Five, thirty minute semi-private lessons \$100 (member), \$125 (non-member) per person, minimum 2 students.

Birthday Parties

Have a pool party for your child at the ELAFC Pool. Two-hour parties can be booked on Saturday 1-3, 3-5, or 5-7 pm, or Sundays 1-3 or 3-5 pm. Parties include 1 hour in our party room for food, presents, and cake, with the second hour to play in the pool. \$80 (member), \$100 (non-member). \$20 deposit required; returned upon confirmation that the party room is cleaned. 15 children included in price. You supply all items for party (food, drinks, cake, settings, decorations, etc.).

American Red Cross Courses

We offer American Red Cross Lifeguarding Classes on a regular basis as well as some CPR Courses if there is enough interest. All of the classes that are currently being offered can be found on the website under the American Red Cross registration tab. Lifeguard class is \$325 and a recertification is \$204. If you are interested in a course and you don't see it listed, give us a call.

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Smith-Harris House

AFTERNOON TEA

Smith-Harris House
Date TBD

1 pm to 3 pm, \$15 per person
Spend the afternoon with tea and light refreshments, enjoy a featured talk, and take a tour of the Smith-Harris House. Upcoming topic TBD. To make reservations, contact Donna Massung at 860-691-1872. Space is limited. For more information, contact director Joanie DiMartino at 860-739-0861 or director@smithharris.org or visit www.smithharris.org for the latest information.

BIKE & BBQ: PRESERVATION RIDE FOR EAST LYME

Smith-Harris House
Saturday, October 1st
Day-long, Free

The Smith-Harris House is a featured site on a leisurely bike ride. Stop by the House and discover local history while pedaling to preserve the amazing heritage and landscape that makes East Lyme unique! Details of activities coming soon! For more information, contact director Joanie DiMartino at 860-739-0761 or director@smithharris.org or visit our website at www.smithharris.org.

EXPLORE HISTORY!

Smith-Harris House
Monday, October 10th

11 am to 2 pm, Free

Looking for something fun to do on Columbus Day? Join the Smith-Harris House as we host family-friendly activities that explore history! Try your hand at painting a "mural," make a history-inspired craft, and test your skill at "squash bowling," "graces," "hoop roll," and other historic games played by children two centuries ago! Take a tour to discover what life in an East Lyme farmhouse was like in the 1800s! Visit our website for more information at www.smithharris.org or contact director Joanie DiMartino at 860-739-0761 or director@smithharris.org.

SPIRIT VOICES: VICTORIAN MOURNING AND SPIRITUALISM

Smith-Harris House & the Old Stone Church Burial Ground
Saturday, October 22nd

3-6 pm, Free
Old Burial Ground tour times:
3:30, 4:30, 5:30

Discover Victorian-Era rituals of death and dying at the Smith-Harris House! From 19th-century funeral traditions such as "widow's weeds" and "safety coffins," to the rise of the séance, learn how those who died were remembered and honored by loved ones. View the parlor decorated for a wake, see an actual 19th-century horse-drawn hearse, and have your tea leaves read, if you dare

to peer into the future! Then, take a 45-minute tour of the Old Burial Ground and encounter former residents of the Smith-Harris House, as they share vignettes of their former lives! For more information, contact director Joanie DiMartino at 860-739-0761 or director@smithharris.org or visit our website at www.smithharris.org.

SLIGHTLY-CREEPY FOLK TALES

Smith-Harris House
Wednesday, October 26th
6-8 pm, Free

Come for the treats, stay for the tales - as part of the Town of East Lyme's "Trick or Trunk" Halloween program! The first floor of the Smith-Harris House will be lit by candlelight, while several slightly creepy, not scary, local and regional folktales are shared! Perfect for families with young children! The "Trick or Trunk" program, which occurs annually on the grounds of the Smith-Harris House, is a safe Halloween Trick-or-Treat alternative event sponsored by the East Lyme Youth Services Department of Parks & Recreation.

For more information, contact director Joanie DiMartino at 860-739-0761 or director@smithharris.org or visit our website www.smithharris.org.

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Breathe!

In these scary, emotional times it is often hard to keep our 'heads in the game.' It currently seems that every day we are being confronted by horrendous human and natural disasters. What do we do? How do we move forward? How do we handle our collective anxiety? Though there is not one technique that helps everyone, there are some things we can do that not only help ourselves, but also others around us.

Reaching out and connecting to not only our loved ones but also to others is a great first step. Make sure you make time in your day to be with those in your life who matter; sharing a

meal, a cup of tea, or a story of your day. When out and about, feel free to smile, open a door for a stranger, or offer an encouraging word. It is amazing how much those random acts of kindness help not only the receiver but the giver as well. Play more; you know - jump in the puddles, kick off your shoes, get silly. The research is out that not only a smile but good old belly laughter is an amazing energy booster and anxiety buster. Plus, folks - Breathe, just breathe.

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East Lyme Psychological Associates



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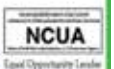


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The Samuel Smith House and Farmstead

The Samuel Smith Farmstead on 82 Plants Dam Road has been a busy place from early spring through the summer months. Land has been cleared of wire and debris, trees have been trimmed, wiring has been updated, and stonework and chimney work have been completed. The Rotary Club's Community Garden Project has been thriving and provided vegetables for the area soup kitchens.

There are still garden plots available to reserve for next year. The fee is \$30 for the season. There is an automatic sprinkling system to make tending the plot much easier.

The Archeologist's Research of a year ago is now going to be extended. The results of the earlier digging shed a great deal of light on the 1700's time. In June, the town of East Lyme received confirmation of the funding of Phase II Archeological Survey and Architectural Research project for the Samuel Smith House and Property. Funding will come from the Connecticut Trust for Historic Preservation for \$9650 with a 100% match from the State Historic Preservation Office of Federal CLG program. This will continue the investigative work begun last year by the Public

Archeological Survey Team to further detail this house and property with construction dating from 1685-1800.

On October 1, East Lyme Park and Recreation as well as the three historic houses in town will host their first East Lyme Bike and Barbeque to raise needed funds for the houses. See information on the Town of East Lyme web site. During the bike ride, the houses will be open and will serve as rest stops for the riders.

On Sunday, October 22, the public is invited to a "Soup and Cider Party" in the original 1700s barn. A variety of different soups will be available from 12 to 3 pm. People will have an opportunity to see this unique town property, go inside the house and imagine how it was on a cool October day. The gardens would have been "put to bed" for the winter, food stored for winter supplies, and the barn would house the few animals that they had. At the event there will be bee keeping, farm animals, early carpentry projects as well as activities and musical entertainment typical of the time

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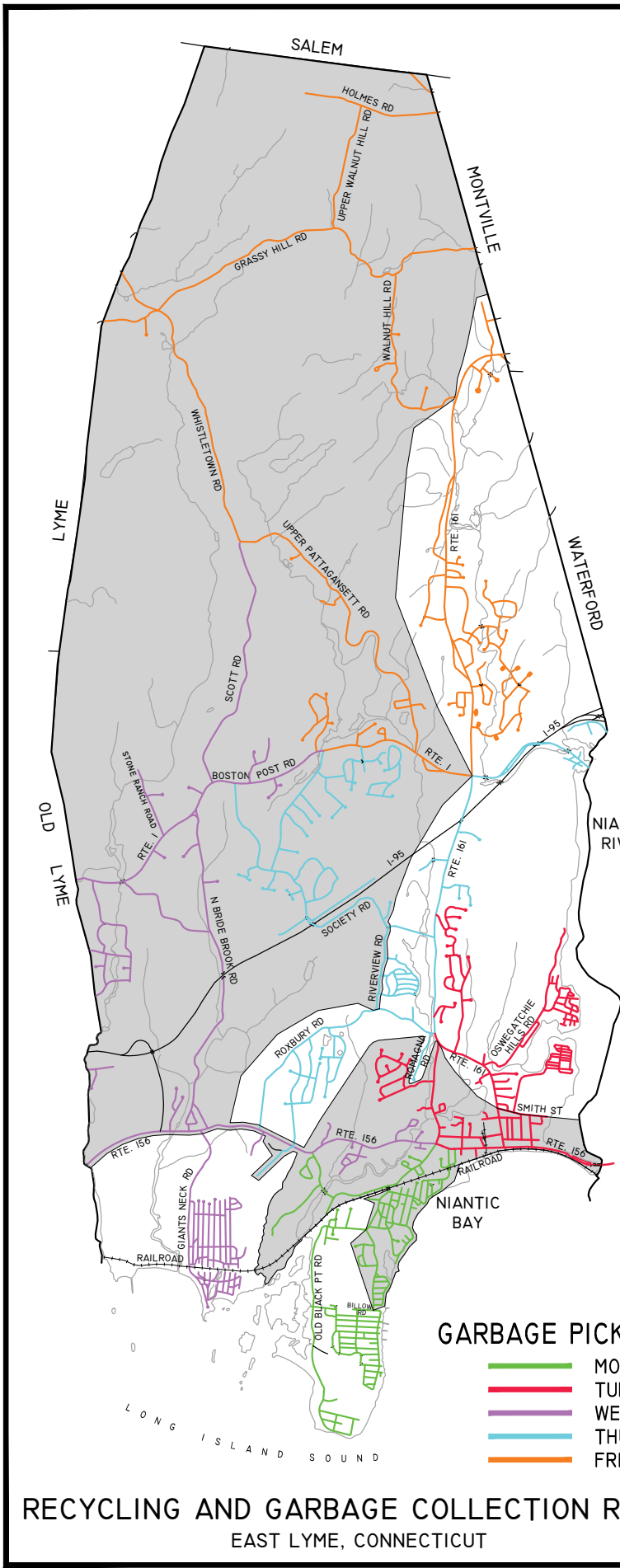
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(see next page for entire calendar year)

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					

HOLIDAY For Holiday Schedule visit Public Works Curbside Collection at www.eltownhall.com

HOW TO DETERMINE YOUR RECYCLING COLLECTION DAY

1. LOCATE YOUR STREET ON THE MAP.
2. THE COLOR OF YOUR STREET CORRESPONDS TO THE DAY OF THE WEEK FOR YOUR GARBAGE PICKUP (SEE LEGEND BELOW).
3. RECYCLING PICKUP IS EVERY OTHER WEEK.
4. IF YOUR STREET IS IN THE SHADED AREA OF THE MAP, YOUR RECYCLING DAY FALLS ON THE SHADED DAYS ON THE CALENDAR.
5. IF YOUR STREET IS IN THE UN-SHADED AREA OF THE MAP, YOUR RECYCLING DAY FALLS ON THE UN-SHADED DAYS ON THE CALENDAR.
6. EVERY YEAR A NEW CALENDAR WILL BE POSTED TO DETERMINE YOUR RECYCLING WEEK. FUTURE CALENDARS WILL BE AVAILABLE AT WWW.ELTOWNHALL.COM OR AT THE TOWN HALL.

GARBAGE PICKUP LEGEND

- MONDAY
- TUESDAY
- WEDNESDAY
- THURSDAY
- FRIDAY

RECYCLING AND GARBAGE COLLECTION ROUTE

EAST LYME, CONNECTICUT

REVISED: JANUARY, 2016
FOR QUESTIONS, CALL 860-739-6931



5K on Boardwalk - April 24



Public Works

LEAF COLLECTION SCHEDULE 2016

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

October 11 through December 16.
(No collection Thanksgiving week)

- Leaves 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 4:00 pm and at the Transfer Station which is open 7:30 am – 3:00 pm Monday through Friday and 8:00 am – 12:00 pm on Saturday.

- The charge is \$.50 per bag
- Any other paper bags are also acceptable.
- Brush can be bundled in lengths of 4 feet or less
- Grass clippings are not acceptable. Please

visit the US EPA web site for information on grasscycling.

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







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Map & Business Listings



19. Gumdrops & Lollipops, 334 Main Street, Niantic, 860.739.7800, www.gumdropsandlollipops.net. Not just a candy shoppe! Step back in time & enjoy some old-fashioned fun from the 1950's Diner, Candy & Ice Cream Shoppe. Open 7 days a week for breakfast, lunch & dinner.

7. Tri Town Foods, 15 Chesterfield Rd, East Lyme, 860.739.2434, www.tritownfoods.com. The best in local! A locally owned & managed independent supermarket focusing strongly on perishables & local niche items.

Home & Garden

* **Pampered Chef**, (not shown on map), Susan Napiamy, Inc. Consultant, 860.460.3390, www.pamperedchef.biz/suenapiamy. Quality kitchen products to make healthy & delicious meals. Hosts earn Free products! Home or catalog parties, Cooking classes, Freezer Meal Workshops, Wedding Showers & Fundraisers!

1. Scott's Yankee Farmer, 436 Boston Post Road, East Lyme, 860.739.5209, www.scottsyankeefarmer.net. A family owned & operated fruit and vegetable farm. Visit their roadside stand, pick your own fruit or participate in their CSA program.

15. Smith's Acres, LLC, 4 West Main Street, Niantic, 860.691.0528, www.smithsacres.com. A locally owned garden center & farm stand featuring CT grown plants and fresh fruits & vegetables. Open spring through Christmas.

10. Wild Birds Unlimited, 190 Flanders Road, Niantic, 860.739.7302, www.niantic.wbu.com. From birdseed to binoculars - birds love us & so will you! Great gifts for you & mother nature.

Services & Organizations

18. Charter Oak Federal Credit Union, 335 Main Street, Niantic, 860.446.8085, www.charteroak.org. Full service financial institution, offering personal & business products as well as mortgage lending & financial planning. Multiple drive-up lanes & ATMs available.

14. Dutch Point Credit Union, 8 West Main Street, Niantic, 860.739.2722, www.dutchpoint.org. Community credit union offering a comprehensive product line. Dedicated to helping you make stronger, smarter choices & enhancing your financial wellbeing.

9. East Lyme Rent-A-Space, 9 King Arthur Drive, Niantic, 860.739.3386, www.rent-a-space.com. Secure, clean and convenient Self Storage. Locally owned and operated by people who Care about You!

* **Lyness Marketer**, (not shown on map), 860.395.9942, [Vita menon5@gmail.com](mailto:menon5@gmail.com). Shopping network. We build loyal customers for small business.

* **Pathfinder**, (not shown on map), 860.448.5149, www.pathfinder.com. A Companion Guide for the Widow/er's Journey.

20. Pro Tek Auto, 315 Main St, Niantic, 860.739.5729, www.protekauto.com. Local & reputable automotive sales & service corporation providing quality auto repair & service since 1985 with honesty, hard work & dedication.

* **Save The River-Save The Hills**, (not shown on map), www.savetheriversavethehills.org. A non-profit, grassroots environmental organization dedicated to preserving the health of the Niantic River Estuary and the natural beauty of the Oswegatchie Hills.

* **Starts At The Plate**, (not shown on map), www.startsattheplate.com. Your ONLINE RESOURCE connecting you to fun, food, health and ideas.

3. The Parcel Centre, 153 Boston Post Rd, East Lyme, 860.739.2492, www.theparcelcentre.com. Providing a full menu of products and services for almost everything related to packing, shipping, mailing and business services.

Specialty Boutiques

24. Northern Light Gems, 36 Pennsylvania Ave, Niantic, 860.691.2020, www.NLgems.com. Custom design jeweler by the sea. A full service jewelry store

17. Smoochie Bird LLC, 377 Main Street, Unit 101, Niantic, 860.691.2656, www.smoochiebird.com. A gift shop offering quality gifts for every occasion. We know what your friends & family will love!

For more up-to-date business listings and information, please go to www.facebook.com/EastLymeBusinessOrganization, or contact us at eastlymebusinessorganization@gmail.com



Embrace all our shoreline has to offer!

Arts, Entertainment & Leisure

- 23. Arthur Murray**, 287 Main Street, Niantic, 860.739.3991, www.nianticballroom.com. Serving the greater New London area. Arthur Murray offers lessons, competitions & events. Free lesson for new students. (Ballroom, Latin, Swing, Salsa)
- 25. Black Hawk**, Cini Park, PO Box 46, Niantic, 860.448.3662, www.BlackHawkFishing.com. Connecticut's premier party fishingboat offering fishing trips, sunset cruises, fundraisers, fireworks cruises, seal watches and more.

16. Children's Museum of Southeastern CT, 409 Main Street, Niantic, 860.691.1111, www.cmsect.org. Hands-on interactive exhibits, both indoors & out. Learning & imagination are sparked by creative play in a safe & accessible environment.

2. Eastern Connecticut Ballet, 435 Boston Post Rd., East Lyme, 860.739.7899, www.easternctballet.com. Starting a 3rd Decade of Beauty & Excellence!

*** East Lyme Puppetry Project**, (not shown on map), facebook.com/EastLymePuppetryProject. The East Lyme Puppetry Project provides puppet shows and workshops in the East Lyme, CT region.

12. Three Belles Marina, 113 Oswegatchie Hills Road, Niantic, 860.739.6264, www.threebellesmarina.com. Family owned & operated full service marina in Smith Cove. Three Belles Outfitters features kayaks & paddleboards for sale or daily rental.

Beauty & Wellness

13. Anytime Fitness, 17 Liberty Way, Niantic, 860.691.1611, www.anytimefitness.com. Convenient & non-intimidating, this fitness center fits your schedule & will help you "Get to a Healthier Place" with 24/7 access, personal training, a certified dietitian & classes!

6. East Lyme Psychological Associates, 29 Chesterfield Road, East Lyme, 860.739.6974, www.eastlymepsych.com. Providing therapy, psychological evaluations, & post adoption services for all ages. Psychiatric medication management available for adults.

21. Niantic Acupuncture & Family Wellness, 17 Hope Street, Niantic, 860.451.5558, www.NianticAcupuncture.com. New Location! A holistic family health practice for all ages. Treating a variety of health issues and providing preventive health care.

8. Pape Chiropractic & Wellness Center, 305 Flanders Road, Suite 6, East Lyme, 860.739.3600, www.papechiropractic.com. New Location! Providing highest quality chiropractic care, massage therapy and nutritional counseling for patients from birth through adulthood. Ideal Protein Weight Loss Clinic.

4. Shoreline Physical Therapy, 131 Boston Post Road, East Lyme, 860.739.4497, www.shoreline_pt.com. Evidenced based care provided by skilled and compassionate physical & occupational therapists. Sports, orthopedics, neurology & balance.

22. Skin Care Studio

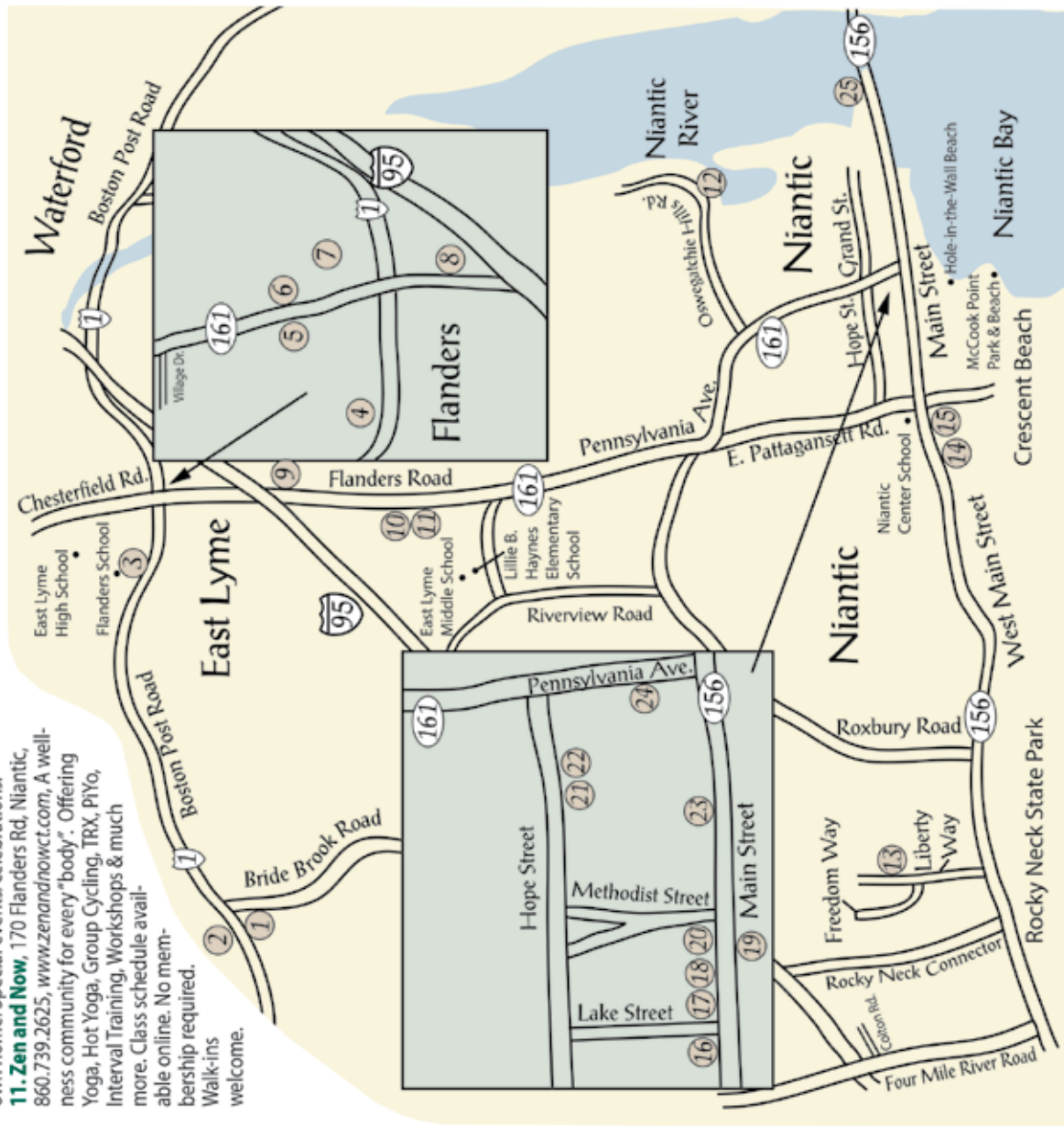
17 Hope Street, Niantic, 860.739.5252, www.skincaresstudio.info. New Location! Holistic French Yonka aromatherapeutic facial treatments & home care. Live the luxury of luminous skin every day and forever. You deserve it!

*** Yoga-Keeps-Me-Fit**, (not shown on map), 860.859.7217, www.yoga.keepsmeft.com. Specializing in Chair Yoga & Therapeutic Yoga. Private & small group sessions available in the comfort of your own home. Special events/celebrations.

11. Zen and Now, 170 Flanders Rd, Niantic, 860.739.2625, www.zenandnowct.com. A wellness community for every "body". Offering Yoga, Hot Yoga, Group Cycling, TRX, PIYO, Interval Training, Workshops & much more. Class schedule available online. No membership required. Walk-ins welcome.

Food & Accommodations

5. Flanders Fish Market and Restaurant, 22 Chesterfield Road, East Lyme, 860.739.8866, www.flandersfish.com, CT Restaurant Association Hall of Fame member. Fresh Fish Market, Private Demo Dining, Cappy's Bar, Outdoor Patio, New England Clambakes & Catering.





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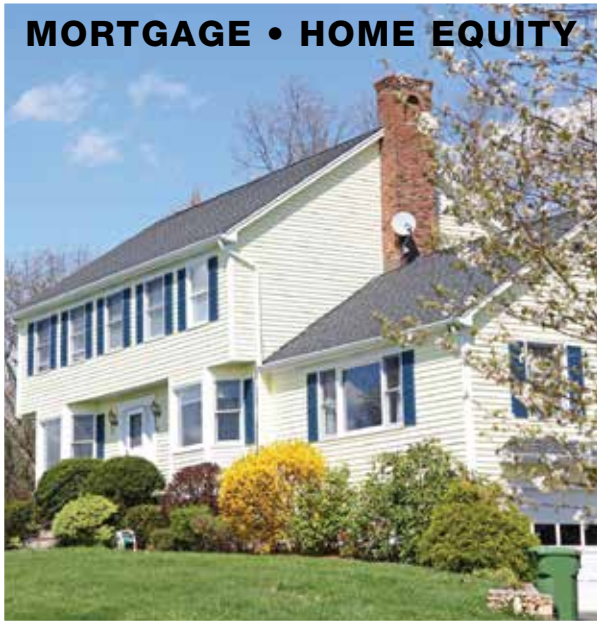
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