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events

VOLUME 4 • QUARTER 4 • 2016



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First Selectman's Corner

As the 2016 calendar year winds down, I'd like to take this moment to reflect on how great a year it was. It's hard to believe that the year is almost over. It has been such a pleasure and honor to have had the opportunity to work and interact with so many great people during the year. I sincerely hope that your year was as full and rich as mine. Whether it was a sports event, a child's graduation, a family reunion, celebrating at one of our town festivals and events, or just a quiet moment on the boardwalk or one of our beaches, I hope you found the time to embrace life's great blessings.

As the Chief Elected Official, I am constantly approached by citizens who tell me how much they love of our town. Whether you are a 4th generation East Lymer or you just got here, there always seems to be magic in the air. Our citizens remain enthusiastic about our town. We offer so much for so many... and our quality of life remains rich.

I don't for a second think that we are perfect or that we cannot do things even better. I remain open to hear from citizens who have ideas to improve communication, services, and procedures. And I'm constantly in touch with other leaders from area towns looking for ideas to improve our town.

I am particularly focused on the services we provide to our citizens and visitors to our seaside town. As many of you know, I operate a business that is service oriented. We are constantly reinventing ourselves and evaluating our operation to find ways to improve our performance. I have found that changing a municipality's policies and procedures is more difficult as I must also deal with state statutes and labor negotiated contracts. I encourage you to reach out to me with your suggestions and observations. Sometimes change happens quickly... and sometimes, seeds need to be planted and cultivated to create a change in a slow, deliberate way.

We didn't just happen to wake up one day and become the greatest little Connecticut town. It took work from so many people; volunteers, appointees and elected officials working together to make a difference. We have great people all over town who dedicate their time and talent on various boards, commissions and organizations. In addition, East Lyme is fortunate to have so many skilled and professional department heads who manage our various departments throughout town. Our town is great because our people are great - volunteers, department heads and staff members. We owe our gratitude to all those who came before us and made a difference... decades and decades of great leadership.

continued on page 2



Mark C. Nickerson

A photograph of a well-decorated living room. In the center is a light-colored sofa with a yellow and floral patterned throw pillow. A white coffee table is in front of it. To the left is a patterned armchair. To the right is a side table with a white lantern and a vase of flowers. A large window with patterned curtains is in the background. A dark oval logo with white text is overlaid on the coffee table.

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events

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In turn, it is our duty to step up and continue to make East Lyme great... for the next generation.

There is something for everyone during every season...and this magazine proves it. Take a look at all the programming that the Parks and Rec. Department is offering during this early winter season. I challenge you to do something that you've never tried before. We are committed to supporting the arts and also to keep healthy bodies in motion. Get out a pen right now, circle a program or two that is new to you, and get registered. You'll thank me later.

I am grateful for the opportunity to serve this town as the First Selectman. Serving my town has been a pleasure and certainly an honor for the past 17 years - these past two years as its leader has been especially rewarding. I thank the voters of East Lyme for this opportunity.

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

Director's Note

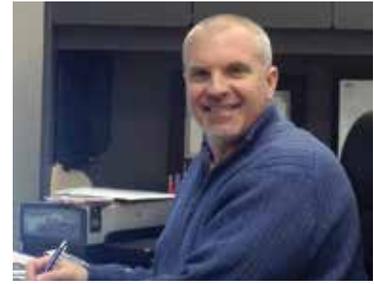
With winter rapidly approaching I would like to take this opportunity to thank my entire staff for all their continuous hard work and efforts to provide quality recreation and facilities for our patrons.

Recently the department has sponsored or introduced events that continue to enrich our community. They include the inaugural Bike and BBQ event, the Harlem Wizards Basketball game, which raised money for our Youth Coalition, and sponsoring the Chris Herren presentation of REBOUND. Chris was a basketball

legend for the Boston Celtics, but lost it all to substance abuse.

I would also like to thank the East Lyme Public Trust Foundation, the Niantic Lions Club and the Niantic Rotary Club for their generous donations towards the Band Shell at McCook Point Park. We are planning on a spring construction date.

Please take a few minutes to review our Events Magazine; we have provided a number of healthy activities for you and your family. As always a huge thank you



to the advertisers of this magazine for supporting our department and the Town of East Lyme.

Sincerely,
David 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** and must be under owner's control at all times. 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.

Tobacco-free parks

continued on page 4

Visit all our listings at www.fountaintimmons.bhhsneproperties.com



The Fountain-Timmons Team
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New England Properties
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BHHSNewEnglandProperites.com



Park & Beach Information ... continued from page 3

**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.

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.

As of Saturday, May 28 (Memorial Day Weekend) 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, beginning tentatively on June 11 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

continued on page 6

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Parks & Recreation Department ... continued from page 7

DEP Old Lyme 860-434-8638
Children's Museum of SE Connecticut 860-691-1255
East Lyme Aquatic & Fitness Center (Pool) 860-691-4681
www.nutmegaquatics.com
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

EAST LYME YOUTH CHEERLEADING

Tammy Bogue / 860-303-1741

EAST LYME YOUTH BASKETBALL

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

Clubs

NEW COMERS CLUB

Janet Banks / 860-739-2891 / janbanks@hotmail.co.uk

MOMS CLUB OF EAST LYME

www.eastlymemomsclub.org

WOMENS CLUB OF SE CONNECTICUT / 860-691-1948

AMERICAN LEGION AUXILIARY, UNIT 128

Pat Keegan / 860-739-2107

EAST LYME SCOUTING

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

CUB SCOUTS PACKS

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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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.

U.S. AMATEUR BALLROOM

DANCE ASSOCIATION DANCES

3rd Friday Dates: 12/16, 1/20, 2/17, 3/17 (7:00-10:00 pm)

1st Saturday Dates: 12/3, 1/7, 2/4, 3/4 (6:30 – 11:00 pm)

Location: East Lyme Library & Community Center Activity Room

For more information visit: www.usadancenewlondonct.com

SHORELINE SWING DANCES

Dates: 3rd Saturday of each month (12/17, 1/21, 2/18, 3/18) from 8:00 pm-11:00 pm

(Lessons from 7:00 pm-8:00 pm)

For more information visit: www.shorelineswingct.org

ANNUAL NIAN TIC LIGHT PARADE

Date: Saturday, December 10th at 6:00 pm

Rain date – Sunday, December 11th at 5:00 pm

Visit www.ellightparade.com or send an email to ellightparade@gmail.com with any questions.

Parks & Recreation

PRE-SCHOOL PROGRAMS

CREATIVE ARTS II FOR KIDS, AGES 3 & 5

Session: 350301-01

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: Jan. 5 to Feb. 9

Days: Thursday

Time: 10:30 am to 11:30 pm

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

Registration: Begins Dec. 28

Location: East Lyme Library/Community Center/
Youth Center

SIMPLE STEM, AGES 3 TO 5

Session #350401-01

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.

NEW YORK CITY BUS TRIP

Saturday, December 3rd. Bus departs East Lyme Community Center at 8:00 am and leaves NYC at 7:30 pm. Fee \$40.00.

PRESEASON SOFTBALL LEAGUE

ORGANIZATIONAL MEETING

Representatives from teams interested in participation in the league should attend this meeting. The League is scheduled to begin play the week of May 15. All games are played at Samuel M. Peretz Park @ Bridebrook.

Date and Day: Tuesday, March 14

Time: 6:30 pm

Location: Parks & Recreation Conference room

CHALLENGER BASKETBALL – FOR ALL

This is a free program and registrations will be taken on first night.

Dates: January 9 – March 6 (No program 1/16 & 2/20)

Days: Mondays

Time: 6:15 – 7:15 pm

Location: Lillie B Haynes School Gym

Dates: Jan. 9 to Feb. 27 (no class on 1/16, 2/20)

Day: Monday

Time: 9:45 to 10:30 am

Fee: Resident \$35/Non-Resident \$50

Registration: Begins on Dec. 28

Location: East Lyme Library/Community Center/
Youth Center

MOVIN' & GROOVIN', AGES 3 TO 5

Session #350501-01

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: Jan. 9 to Feb 27. (No class 1/16, 2/20)

Days: Monday

Time: 10:45 to 11:15 am

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

Registration: Begins Dec. 28

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

continued on page 8

P&R Pre-School Programs ... continued from page 7

KID CHEFS, AGES 3 TO 5

Session: 350201-01

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: Jan. 5 to Feb. 9

Days: Thursday

Time: 11:15 am to 12:00 noon

Fee: Resident \$35/Non-Resident \$50

Registration: Begins Dec. 28

Location: East Lyme Public Library/Community Center,
Youth Center

TOT SCHOOL, AGES 3-5

Session # 350101-01

This fun class introduces or enriches a child's preschool experience with such preschool setting and concepts as circle time, centers or group projects. Each week a new theme is incorporated to develop socialization, pre-reading/pre-math skills as well as music and movement.

Dates: Jan. 5 to Feb. 9

Days: Thursday



Time: 9:45 to 10:15 am

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

Registration: Begins April 8

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

YOGA FUN & FITNESS, AGES 3 TO 5

Session # 310303-02

Introducing & practicing yoga with fun music

Dates: Jan. 6 to Feb. 24

Days: Friday

Time: 1:00 to 1:45 pm

Fee: Resident \$35/Non-Resident \$50

Registration: Begins Dec. 1

Location: East Lyme Public Library/Community Center,
Activity Room

Instructor: Marsha Pirie

The following preschool programs are offered by East Lyme Regional Theater (ELRT) which is sponsored by the East Lyme Parks and Recreation Department. ELRT programs are held at 32 Society Road, Niantic (located in Bayview Masonic Temple).

MOMMY/DADDY & ME, INFANTS - 2 YEARS OLD

Session #340901-01

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.

Are you the parent of a child living with epilepsy?

The Epilepsy Foundation of CT invites you to join their support group in Branford CT. This will be a gathering of parents to talk about the challenges, fears, and coping tactics in caring for a child with epilepsy.

The support group will be held the fourth Wednesday of each month from 6:30 to 8 pm. Location will be at St. Therese Church Parish Center, 105 Leetes Island Rd, Branford, CT.

For more information
please call the Epilepsy Foundation of CT
at 860-346-1924.

Your baby will develop important listening and motor skills.
Adult participation required.

Dates: Jan. 6 to Feb. 24
Days: Friday
Time: 9:45 am – 10:30 am
Fee: Resident \$75.00/Non-Resident \$90.00
Registration: Begins Dec. 1
Where: ELRT home 32 Society Rd Niantic
Instructor: Erin Stanley

PRESCHOOL MUSIC, MOVEMENT AND EXPLORATION AGES 2 ½ - 5 YEARS OLD

Session #340903-01

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: Jan. 6 to Feb. 24
Days: Friday
Time: 10:45 am – 11:30 am
Fee: Resident \$75.00/Non-Resident \$90.00
Registration: Begins Dec. 1
Where: ELRT home 32 Society Rd Niantic
Instructor: Erin Stanley

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.

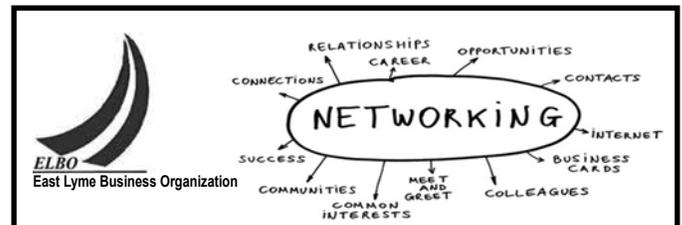
Dates: Jan. 5 to Feb. 23
Days: Thursday
Time: 4:15 pm – 5:00 pm
Fee: Resident \$75.00/Non-Resident \$90.00



Registration: Begins Dec. 1
Where: ELRT home 32 Society Rd Niantic
Instructor: Erin Stanley

DON'T MISS THE ELRT JR MUSICAL COMING THIS WINTER!

Your child (ages 9-15) will learn to act, sing and dance and can be part of this fantastic show! For Show Announcement and Audition info, go to Eastlymeregionaltheater.com or follow us on Facebook or Instagram @ East Lyme Regional Theater. You can also email us @elregionaltheater@gmail.com.



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

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

Parks & Recreation

ADULT PROGRAMS

MORNING AEROBICS

Session # 310101-01

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: Jan 4 - Feb 27 (No class 1/16, 2/20)

Days: Monday –Wednesday - Friday

Time: 8:30 am – 9:30 am

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

Registration: Begins Dec. 1

Where: East Lyme Library/Community Center – Activity Room

Instructor: Sue Roos AFFA/Donna Neaton AFFA

MORNING AEROBICS

Session # 310101-02

All information same as above except for:

Dates: March 6 – April 26 (No class 4/14)

Registration: Begins Feb. 27

COED CARDIO AND TOTAL BODY CONDITIONING

Session # 310202-01

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

Dates: Jan. 4 – Mar. 1 (No class 1/16, 2/20)

Days: Monday –Wednesday

Time: 5:00 pm – 6:00 pm

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

Registration: Begins Dec. 1

Where: East Lyme Library/Community Center – Activity Room

Instructor: Donna Neaton-AFFA

INTERVAL TRAINING (Formerly Tabata Training)

Session #310403-01

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: Jan. 4 to March 1 (No class 1/16, 2/20)

Days: Monday and Wednesday

Time: 4:10 to 4:55 pm

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

Registration: Begins Dec. 1

Where: East Lyme Library/CC-Activity Room

Instructor: Donna Neaton, AFFA

CORE AND MORE WITH STABILITY BALL WORKOUT

Session #310105-01

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: Jan. 12 to March 2

Days: Thursday

Time: 4:10 to 4:55 pm

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

Registration: Begins Dec. 1

Where: East Lyme Public Library/Community Center, activity room

Instructor: Donna Neaton, AFFA

TOTAL FITNESS

Session # 310104-01

Classes include circuit training, Body Shred, PiYo, weights, bands and balls to create a variety of exercises for the entire body. Participants are required to bring a non-slip exercise mat.

Dates: Jan. 3 to Feb. 16

Days: Tuesday – Thursday

Time: 10:15 am – 11:15 am

Fee: Resident \$50.00/\$30 (1-day)/
Non-Resident \$65.00/\$45(1 day)

Registration: Begins Dec. 1

Where: East Lyme Library/Community Center – Activity Room

Instructors: Marsha Pirie, AFFA PIYO

TOTAL FITNESS

Session # 310104-02

All information same as above except for:

Dates: Feb. 28 to April 13

Registration: Begins Feb. 1

Instructors: Donna Neaton-AFFA; Marsha Pirie, AFFA, PiYo

TUESDAY ZUMBA

Session #310103-03

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: Jan. 10 – March 28

Days: Tuesdays

Time: 5:30 pm – 6:25 pm

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

Registration: Begins Dec. 1

Where: East Lyme Library/Community Center – Activity Room

Instructor: Donna Neaton AFFA/Zumba Instructor

SATURDAY MORNING ZUMBA AEROBICS

Session #310103-04

This 1½ 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: Jan. 14 – March 25

Days: Saturdays

Time: 8:30 am – 10:00 am
 Fee: Resident \$50.00/Non-Resident \$65.00
 Registration: Begins Dec. 1
 Where: East Lyme Library/Community Center – Activity Room
 Instructor: Donna Neaton AFAA/Zumba Instructor

CORE WORKOUT

Session # 310301-01

This class incorporates the principles of Stott Pilates, using as resistance body weight, different equipment, and stretching. Participants in this class will 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.

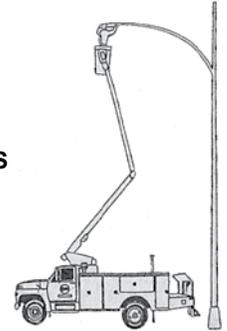
Dates: Jan. 3 – Feb. 28 (No class 2/21)
 Days: Tuesday
 Time: 6:30 pm – 7:30 pm
 Fee: Resident \$50.00/Non-Resident \$65.00
 Registration: Begins Dec. 1
 Where: East Lyme Library/Community Center – Activity Room
 Instructor: Kim Stirtan-BSPE, ACE & Stott Pilates
 continued on page 12



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P&R Adult Programs ... continued from page 11

CORE WORKOUT

Session # 310301-02

All information same as above except for:

Dates: March 14 – May 9 (No class 4/11)

Registration: Begins Feb. 1

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: Jan. 3 to March 7

Days: Tuesday

Time: 4:30 – 5:15 pm

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

Registration: Begins Dec. 1

Where: East Lyme Library/Community Center,
Activity room

Instructor: Marsh Pirie, AFFA, Jillian Michael's
Body Shred Certified

MONDAY COED YOGA

Session # 310501-01

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: Jan. 9 – April 12 (No class 1/16, 2/20)

Days: Monday

Time: 6:10 pm – 7:25 pm

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

Registration: Begins Dec. 1

Where: East Lyme Library/Community Center –
Activity Room

Instructor: Rosemary Gentile - RYT

WEDNESDAY NIGHT COED YOGA AND MEDITATION

Session # 310502-01

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: Jan. 4 – March 22

Days: Wednesday

Time: 6:30 pm – 8:15 pm

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

Registration: Begins Dec. 1

Where: East Lyme Library/Community Center –
Activity Room

Instructor: Michelle Flowers, RYT 500

EVENING PIYO CLASS

Session #310106-01

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: Jan. 5 to March 23

Days: Thursday

Time: 5:15 to 6:00 pm

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

Registration: Begins Dec. 1

Location: Activity Room, East Lyme Public Library/
Community Center

Instructor: Marsha A Pirie, Certified PiYo Instructor
& Yoga Fit; AFFA

MORNING PIYO CLASS

Session #310106-02

Same description as evening PiYo session except for:

Dates: Jan. 6 to March 24

Days: Friday

Time: 9:40 to 10:25 am

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

Registration: Begins Dec. 1

Location: Activity Room, East Lyme Public Library/
Community Center

Instructor: Marsha A Pirie, Certified PiYo Instructor

YOGA FITNESS

Session #310107-01

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: Jan. 9 to March 27 (No class 1/16, 2/20)

Days: Monday

Time: 9:40 to 10:40 am

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

Registration: Begins Dec. 1

Location: Activity Room, East Lyme Public Library/
Community Center

Instructor: Marsha A Pirie, AFFA, Certified PiYo Instructor

ADULT COED VOLLEYBALL

Session #310602-01

This volleyball program is a fun, informal, pick-up play that meets once a week. No food is allowed in the gym. (*Cancellations due to snow will not be made up)

Dates: Jan. 3 – May 30 (No class 2/21, 4/11)

Days: Tuesdays

Time: 6:00 to 8:15 pm

Fee: Resident \$30.00/Non Resident \$45.00 or Drop In:
\$5.00 per person

Where: East Lyme Middle School gymnasium

Registration: Begins Dec. 1

Supervisor: Cathleen Aquino

BALLROOM DANCE – BEGINNER LESSONS

Session # 330101-01

The Beginner Class will include instruction in waltz, foxtrot, rumba and swing.

Dates: Jan. 5 – Feb. 23
Days: Thursday
Time: 6:15 pm – 7:15 pm
Fee: Residents \$45.00/Non-Residents \$60.00
Registration: Begins Dec. 1
Where: East Lyme Library/Community Center – Activity Room
Instructor: Marjorie Winslow

BALLROOM DANCE – INTERMEDIATE LESSONS

Session # 330102-01

The Intermediate Class will include instruction in cha-cha, foxtrot, tango and swing.

Same information as the beginner's class except for time:
Time: 7:15 pm – 8:15 pm

WINTER FENCING CLASSES FOR ADULTS

Session: 380401-01

These classes cover basic fencing movements with the foil, including the guard positions, basic footwork, simple and compound attacks, defensive actions (parries), attacks

on the blade, counterattacks and attacks into preparation. The student develops sensitivity on the blade, timing and distance awareness and basic bouting skills. The class introduces the student to elementary tactics and the fencing rules.

Date: Jan. 9 to March 13 (no class 1/16, 2/20)
Days: Monday
Time: 7:45 to 9:15 pm
Fee: \$75.00 resident/\$90.00 non-resident
Registration: Begins Dec. 1
Location: East Lyme Library/Community Center – Activity Room
Instructor: Allan Kiem, Thames River Fencing Club

NEW YORK CITY BUS 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
Registration Begins on November 1.

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AFTER-SCHOOL TENNIS PROGRAMS FOR KIDS

Eight-week sessions throughout the school year

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Tue. & Thu., 4-5pm

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

Local Excellence (ages 10-12)

Tue. & Thu., 4-5pm

Tournament Tough (ages 13-15)

Mon. & Wed., 4-5:15pm

High School

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

ADULT TENNIS, PICKLEBALL & FITNESS

Beginner Tennis Drills

Wed., 5:30-7pm

Adv. Beginner Tennis Drills

Tue., 9-11am, 11am-12pm

Intermediate Tennis Drills

Mon., 10:30am-12pm

NTRP Tennis Drills

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

Cardio Tennis

Wed., 7-8pm, All levels

Tennis Round Robins/Socials

Tue., 9-11am, Fri., 12-2pm, 7-9pm

Drop-in Pickleball

Mon., 1-4pm, Thu., 9:30am-12pm

Strength Training

M/W/F, 10am, W/F, 8am

Circuit Training

Sat./Sun., 8am

Stability Ball

Mon., 8am

Yoga

M/W, 11am

Zumba

Sat., 9:15am



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EAST LYME PARKS AND RECREATION DEPARTMENT
REGISTRATION FORM



REGISTRATION INFORMATION:

Complete the registration form below. Include all pertinent information. Return the completed form with payment in full to the Recreation office. We accept cash, checks and Master Card/Visa only. **Checks are made payable to the Town of East Lyme.** Program cancellations will be heard on radio station WNLC, WICH, 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 _____

Parks and Recreation Registration Policies

The East Lyme Parks and Recreation Department reserves the right to reschedule, relocate, or cancel any announced program due to facility availability and public response.

The Parks and Recreation Department may also establish minimum or maximum class sizes to ensure appropriate instructor-to-participant ratios.

Program Registration Hours:

Monday - Friday / 8:30 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.

East Lyme Youth Services

45 Society Rd, Niantic, CT 06357
(860) 739 -6788

email: eastlymeparks@gmail.com

Office Hours: 8:00 am – 4:00 pm

Serving the East Lyme and
Salem Communities

Dave Putnam - Executive Director

Mike McDowell - Program Coordinator

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

YOUTH SERVICES COMMISSION

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

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 and program in the memo section.

CANCELLATIONS

All cancellations will be posted on our website: www.eltownhall.com, and on our Facebook page.

OPEN CENTER

AFTER SCHOOL PROGRAM

Monday through Friday 3:00 – 5:30 pm.
The program will be in the youth center,

Activity Room, 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 a long day. There are only 35 slots available for 5th – 8th graders. This program will begin run throughout the school year. Free program.

PARENTS NIGHT OUT

Whether you're looking for a night out to do holiday shopping or catching a movie without the kids, the Youth Center will be open for kids in grades K-5 to be dropped off for a night of games, a movie, and hanging out with friends. Friday, December 16th for kids in grades K-5 from 6:00 – 9:00 pm.

continued on page 16

Youth Services ... continued from page 15

The fee is \$10.00 per child and pre-registration is required. Space is limited so register early!

WHAT'S COOKING FOR KIDS

Tuesdays from 3:00 pm – 5:00 pm

1/10, 1/17, 1/24, 1/31

Fee: \$50 includes all food

Participants will learn cooking techniques while preparing yummy meals and having fun in the kitchen! Parents please take note: Youth should be mature and responsible, as they will be handling utensils including knives, and hot items such as the stove and oven. We recommend 6th – 8th graders for this class. Class will be held in the Main Kitchen in the Community Center. Please enter through the Senior Center.

SKI CLUB

Thursdays, January 5th – February 2nd, 2017 from 3-9 pm
5th – 12th grade

Fee: Varies by type of ticket, rental, lesson, etc.

Registration ends November 21st.

Students will meet at the Youth Center and depart by 3:15 for fun on the slopes of Mount Southington. Return time is 9:00 pm at the Youth Center. Brian T. Dagle Scholarship available. Call today to inquire!

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. This year's activities include educational and community events like the Trick or Trunk and organizing middle school dances. Meetings are held in Mr. Beale's room during lunch on Mondays. We encourage new members to bring their ideas and help plan the events/activities. Please stop by a meeting for more information and to be introduced to the club.

COUNTDOWN TO NOON

New Years Eve: Saturday, Dec. 31, 10:00 am-2 pm

We will be partnering with the Children's Museum of SECT on their ever-popular New Years Eve event for youngsters! This year the event will once again take place at the community center, and encompass the activity room, youth center, children's library, and senior center! Make 2017 a Fit & Healthy New Year. Explore the constellations with StarLab. Build, create, imagine with "Let's Get Building!" "Crazy Science" and activities galore! Storytelling with the Children's Librarians of East Lyme Public Library. Balloons drop at noon and activities continue until 2!

More information and fees can be found by calling the Children's Museum of SECT at 860-691-1111 or visiting their website at www.childrensmuseumsect.org.

VOLUNTEERING

If you love kids of all ages and you are interested in becoming a volunteer to work with Youth Services and our amazing kids, please call us to join our team of caring and dedicated staff. We are currently working on additional programs and events. Check out our website frequently for updates www.eltownhall.com (and click East Lyme Youth Services to the left), shoot us an email to: eastlymeparks@gmail.com, or give us a call at (860) 739 -6788 for more information.

Scholarships are available for programs for families in financial need. Please inquire to David Putnam, Executive Director.

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American Parkinson Disease Association

Connecticut Chapter Support Group

Mystic– Mystic Healthcare
475 High Street, Mystic, CT 06355

Meets the 3rd Wednesday of each month
from 1:15-3:15pm.

Contact Donna Weissman - 860-536-1020

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 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

Check out our monthly newsletter, The Courier, for a full list of activities, programs and services. It is available the first of every month at the Senior Center or you can receive it via email if you provide the Center with your email address. The complete newsletter is also online at the Town of East Lyme website at www.eltownhall.com. Hover over the “Community” Button and then click on “Senior Center.”

Websites

“Like Us” on Facebook

Use our online 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 LUNCHES

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 for about a possible discount after completion of this course.

AARP TAX-AIDE

The Senior Center and AARP provide tax assistance every February, March and April. The AARP Tax-Aide program provides free, confidential tax preparation for middle to low income people, with special attention paid to those 60 and older.

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:



Good hearing is
PRICELESS

Is it time to get your hearing checked?

County Hearing and Balance

WATERFORD
Cross Road - Lowe's Plaza
860-443-6944

Call us for a Free Initial Consultation
All services by Doctors of Audiology
www.countyhearingandbalance.com

DAY TRIPS

Open to any person 55+

Thurs., November 17th - Join us for a trip to the Newport Playhouse & Cabaret in Newport, RI to see "Last of the Red Hot Lovers." Trip fee is \$76 per person. Registration has begun. Minimal amount of walking. **WAIT LIST ONLY.**

Thurs., December 8th - Stocking Stuffer Holly Days in Central MA. Tower Hill Botanic Garden, Hebert's Candy Mansion, and Oakwood Farm Christmas Barn AND lunch included at the Old Mill in Westminster. Everyone gets a Christmas stocking and everyone gets a gift in their stocking! Trip fee is \$89 per person. Registration has begun. Moderate walking. 2017 Day Trip Schedule is being developed. Contact the Senior Center with your suggestions.

OVERNIGHT TRIPS/CRUISES

Open to any person 55+

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 of New York City. 11 days, 10 nights on the Norwegian Gem. Trips fees range from \$1259 to \$1809 (taxes included). Registration has begun.

May 28-June 5, 2017 - Steamboatin' on the Mississippi River aboard the American Queen paddleboat. 9 days and 8 nights. Trip fees from \$3068 to \$5468 (taxes included). Registration begins October 3rd.

October 1-11, 2017 - Fall Foliage Cruise in New England, Canada & Newfoundland with Royal Caribbean. 11 days and 10 nights. Trip fees from \$1530 to \$2620 (taxes included). Registration begins October 3rd.

October 24-November 8, 2017 - Escorted Panama Canal Cruise on Celebrity's Infinity. 16 days and 15 nights. Trip fees from \$3315 to \$3825 (taxes included). Registration begins October 3rd. 2017 - 2018 Overnight Trip Schedule is being developed. Contact the Senior Center with your suggestions.

FITNESS CLASSES

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

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

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

CHAIR YOGA: Tue. & Fri. 9:30 am & 10:30 am - Residents \$36.00/24 classes - Non-Residents \$41.00/24 classes. Pass required.

WEIGHT LIFTING: Tue. & Thurs. 10:15 am @ ELHS Fitness Center - Residents \$24.00/24 classes - Non-Residents \$29.00/24 classes. Pass required.

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

continued on page 20

Daily Lunch & Dinner Specials

**Don't Forget to Book
Your Holiday Parties Early!**
We can accommodate up to 80 people.



Great Food • Great Prices • Great Location

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SEASON'S BACK!**
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237 West Main Street
Next Door to Lyme Tavern

Part of Old Lyme

Senior Center ... continued from page 19

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

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

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

PACE: Thurs. 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 – Non-Residents \$29.00 for 20 classes. Pass required.

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

CRAFTS

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

LEARN TO DRAW: Thurs. 10 am. No fee. Minimal supplies needed. Call to register.

ADULT COLORING: Thurs. 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.

East Lyme Public Library

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!

12TH ANNUAL WINTER SOLSTICE CONCERT

Tuesday, December 20 – 7:00 pm

Allyn Bryson Donath presents her annual harp recital to welcome winter. Please be sure to register early, as this is always a popular event!

TRIVIA NIGHT

Tuesday, December 27 – 7:00 pm

Come by yourself or bring your friends. Test your knowledge

BRIDGE: Duplicate Bridge played Thurs. 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.

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

EDUCATION/ENRICHMENT

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

BRAIN AEROBICS: 1st & 3rd Wed. 12:45 pm – Call to register. No fee.

WOMEN'S ACAPPELLA GROUP: Wed. 7 pm – Looking for new people – Call to register. No fee.

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

DANCES: Every other month – Fri. at 7 pm. 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

REIKI: 2nd Mon. & 2nd Wed. of every month. Call to register. No fee.

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 Thurs. of every month, 12:15 pm to 12:45 pm and 4th Wed. of every month, 1:15 pm to 2:15 pm.

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

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. 12/13 Once We Were Brothers by Ronald Balson; 1/10 I'll Take You There by Wally Lamb; 2/14 The Underground Railroad by Colson Whitehead. 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.

12/1 *Cover Her Face* by P.D. James; 12/29 *Kissing Christmas Goodbye: An Agatha Raisin Mystery* by M.C. Beaton; 1/26 *In the Bleak Midwinter* by Julia Spencer-Fleming; 2/23 *Blue Monday* by Nicci French. No registration necessary. New online resources!

LYNDA.COM

Lynda.com is an online learning site that hosts a constantly growing library of over 3,000 courses that include over 130,000 videos. Courses cover a variety of topics (including business, design, web development and multimedia skills) and software (Microsoft Office, Adobe Creative Suite and open source applications) that can help you pursue personal and professional goals. These courses are delivered by expert instructors and feature searchable transcripts that make it easy to find quick answers to questions. They also feature Certificates of Completion that can be uploaded to a LinkedIn profile.

JOBNOW

JobNow offers live help with preparing to get the job, including "Ace the Interview," a live interview coaching service helping users hone their interviewing skills; "Resume Builder" resume preparation with the Resume Lab, offering live one-on-one help, as well as resume templates, and Career Resources which include a large number of college, career and graduate school test preparation materials, and personality and career assessments.

Lynda.com and JobNow are just a few of the online subscription resources that the East Lyme Public Library offers its cardholders. Other electronic resources include Universal Class (an online learning platform that includes over 500 continuing education courses), Mango Languages (a language learning site that includes 60+ courses in other languages), Chilton Library (repair and maintenance data on thousands of domestic and imported models of cars and light trucks from 1940 onward), and Morningstar (investment resource specialized in fund investing.)

WINTER EVENTS

DECEMBER

CHANUKAH PARTY & LIVE MUSIC CONCERT FOR ALL AGES

Tuesday, December 13 – 7:00 to 8:00 pm
(in the Senior Center)

All are welcome to this celebration of the Festival of Lights. Fun for children and adults! Enjoy toe-tapping music with Faye Ringel & Friends. Crafts, treats, and storytelling... plus live klezmer music for all. Bring the whole family! No registration required.

CHRISTMAS STORYTIME AND CAROLING PARTY

Friday, December 16 – 10:00 to 11:00 am
(in the Children's Library)

Come to all ages storytime with Miss Rebecca the Elf on Friday, December 16th for stories, dances, and songs about the winter holidays. After stories, we will walk down the hall together and serenade the folks at the Senior Center. No registration required.

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147 Boston Post Road
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**Cooking & Catalog Parties
Fundraisers & Showers**

Library ... continued from page 21

CHRISTMAS STORYTIME AND CAROLING PARTY

Monday, December 19 – 10:00 to 11:00 am
(in the Children's Library)

Come to all ages storytime with Miss Rebecca the Elf on Friday, December 16th for stories, dances, and songs about the winter holidays. After stories, we will walk down the hall together and sing carols for the folks at the Senior Center. No registration required.

FROZEN MOVIE SING-ALONG & WINTER SOLSTICE CELEBRATION

Wednesday, December 21 - 6:30 to 8:30 pm
(in the Children's Library)

Celebrate the Winter Solstice with Miss Rebecca the Winter Princess at our Frozen Movie Sing-Along and Winter Party. Wear your pajamas and bring a blanket. No registration required. Bring the whole family!

AFTERSCHOOL CHRISTMAS STORYTIME

Friday, December 23 – 1:00 to 2:00 pm

Join Miss Rebecca the Elf and the Library Tweens for this special Christmas Storytime. Read, sing, dance, and be merry! Recommended for ages 3 & up with parent or adult caregiver.

KWANZAA STORYTIME AND A MOVIE

Wednesday, December 28 – 7 to 8 pm

All are welcome to join this celebration of Kwanzaa. Featured stories will include The Story of Kwanzaa by Donna Washington, K is for Kwanzaa by Juwanda G. Ford, and Mufaro's Beautiful Daughters by John Steptoe. Wear your pajamas and bring a blanket!

COUNTDOWN TO NOON STORYTELLING SHOW

Saturday, December 31 – 10:30 to 11:15 am
(in the East Lyme Room)

Free Storytelling Show for children and families. Ring in the New Year with interactive stories, songs, and silly dances with Miss Rebecca and Mrs. Bull.

WINTER WONDERLAND STORYHOURS 2017

REGISTRATION BEGINS JAN. 9, 2017

SESSION STARTS JAN. 23 AND ENDS MAR. 17

860-739-6926 ext. 2

MONDAY

LIBRARY CLOSED FEB. 20 FOR PRESIDENT'S DAY

ALL AGES DROP-IN: 10:00 - 10:45

4s and 5s: 2:15 - 3:00

TUESDAY

BABY LAP-SIT: 10:00 - 10:30

2s and 3s: 11:00 - 11:30

4s and 5s: 2:15 - 3:00

WEDNESDAY

2s and 3s: 10:00 - 10:30

4s and 5s: 11:00 - 11:45

4s and 5: 2:15 - 3:00

PJ STORIES/MOVIE: 7:00 - 8:00 ** EVENING **

THURSDAY

BABY LAP-SIT: 10:00 - 10:30

2s and 3s: 11:00 - 11:30

4s and 5s: 2:15 - 3:00

FRIDAY

ALL AGES DROP-IN: 10:00 - 10:45

TWEEN MOVIES: 3:00 - 4:45

*** PLEASE NOTE ***

BABY LAP-SIT FOR BIRTH TO 23 MONTHS

CHILD NEEDS TO BE APPROPRIATE AGE BY JAN. 23, 2017

ALL AGES DROP-IN - REGISTRATION NOT REQUIRED

Library Public Trust

EAST LYME PUBLIC LIBRARY NOW PROVIDING A POPULAR VIDEO LEARNING SERVICE

Teenagers, hobbyists, lifelong learners, educators, and professionals in business, design, and computers now have a unique opportunity to pursue their personal and professional goals. The East Lyme Public Library has recently made available to patrons the online learning site called LYNDA.COM.

East Lyme Public Library patrons can access this site either at the Library or remotely. PC Magazine has pointed out that this service is "exceptional at teaching technical skills, business principles, and software training." Because the courses are organized into short segments featuring searchable transcripts, a person can easily find quick answers to questions and work at his/her own pace. The instructors are all experts knowledgeable in his/her field.

If a patron is interested in software training, some of the most popular programs are Excel, Flash, Illustrator, Lightroom, and Photoshop. Persons interested in software development can learn how to code, to debug, and to program many of the most used program languages. People who want to expand their computer

skills can explore Office-upgrading, Setting up a new P.C., Gmail Training, Chrome Browser, and Internet Explorer.

If patrons are interested in creative inspirations, they may want to explore Creating Logos, Graphic Design, Photoshop, and Illustrator. Non-profit volunteers may like to help by starting a blog for an organization. They will be interested in Word Press. To design a website, they will find Bootstrap.

People looking to refine their business skills can access Time Management, Personal Finance, Technical Recruiting, and Government Project Management. People interested in expanding their photography skills have available; Real Estate Photography, Product Photography, Landscape Photography, and Organizing Digital Photos and Videos.

Teenagers, in addition to being interested in many of the courses previously mentioned, may be especially interested in How to Draw Comic Books, 3D Animation, Producing Electronic Music, and Auto Design.

continued on page 24



East Lyme Psychological Associates

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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

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860-739-6974



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

Serving Sunday Breakfast
10 am - 3 pm

Lunch Specials 11 - 3

At the Bar \$6 Lunch, \$2 Drafts



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Steaks • Seafood • Pasta • Sandwiches and More!

Library Trust ... continued from page 23

Teachers can also expand their professional skills with Writing a Syllabus, Classroom Management, Teacher Professional Development, and Instructional Design. Since there are over 3,000 courses, this is just a small sampling of the knowledge available.

To access Lynda.com, East Lyme Public Library Patrons need only their East Lyme Library card which has on it a number needed to create an account. Once patrons have accessed the East Lyme Public Library website, www.eastlymepubliclibrary.org, they then go to "EBooks and Online Resources." There, they will find and click on Lynda.com.

The procedure is easy to follow. Tara Borden, the Assistant Director of the Library, said that if patrons experience difficulties, they can just call the Library to ask for help at (860)739-6926.

If a person were to subscribe to this service personally, it would cost many hundreds of dollars for a year. Lisa Timothy, the Library Director, pointed out that: "Although it is unusual for a public library of our size to be able to subscribe to such a service, we are able to do so because of generous donations to our annual fund drive."

The Library has made available an incredible service which can help people upgrade their business skills, pursue new hobbies, explore new fields of interest, start a new business, and improve their computer skills - all from the comfort of their own computers. Explore these offerings and then start learning!

East Lyme Public Works - Snow Removal

SNOW REMOVAL FACTS

Street safety is the Town of East Lyme Highway Department's primary concern during the winter months.

The Highway Department treats the pavement and removes snow whenever road conditions call for these services. Residents should remember that all snow removal operations are performed under emergency conditions. Our drivers work extended hours to ensure safe and effective snow removal. Please help the Highway Department by following the snow reminders listed below:

Town of East Lyme has 120 road miles to maintain. Each road requires at least four passes for the plow, adding up to more than 480 travel miles to plow.

The Highway Department is responsible for clearing all Fire Stations, the Police Station, Town Hall, Community Center, municipal parking lots, Town boat launch and the emergency dispatch center.

Roads within the Town are prioritized and treated and plowed in a hierarchical fashion. That order is 1) Primary Town roads 2) Secondary Town roads 3) Town subdivision roads 4) cul-de-sacs.

There are several State-controlled roads in Town. Any road that has a route number is a State-controlled road (e.g., Route 1, Route 156, and Route 161).

Please remember that proper plowing operations CANNOT prevent the redeposit of snow in driveway areas. To reduce the amount of snow plowed back into your driveway, shovel the driveway snow to the left (facing the property).

Please move all vehicles off the streets or cul-de-sacs during any major snowstorm. A major storm can be defined by accumulation of 4 or more inches.

The Town of East Lyme is not responsible for snow accumulated around the property owners' mailbox. Homeowners must remove the snow accumulated around their mailbox.

Please place your garbage cans on your property and NOT in the street. Objects in the street are the biggest deterrent to efficient plowing operations. Please hold garbage and recycling until the following week and do not put out to the curb if at all possible, as the drivers of those trucks also are also the drivers of the plowing trucks.

Never pass a snowplow or salt truck.

Never assume the snowplow drivers can see you. Stay at least three (3) car lengths or 25 feet behind the truck. If you cannot see the driver in his/her mirrors then he cannot see you either.

If you use a snow blower to clear your driveway, do not blow the snow into the street.

TOWN OF EAST LYME POLICY

Mailbox Damage by Town Snow Plows

In order to provide a fair and uniform resolution to incidents involving mailboxes damaged by a Town snow plow, the Town of East Lyme adheres to the following policy concerning repair/replacement of mailboxes.

It is the job of the Public Works Dept. to remove snow from road surfaces. Snow being thrown by the plow can significantly impact a mailbox and cause damage. There is nothing that can be done to prevent snow from being thrown from the plow blade. Mailboxes must be securely fastened to a sturdy post anchored in the ground to resist the impact of thrown snow.

The mailbox, post and arm should be at least nine (9) inches from the face of curb or edge of pavement in order to prevent direct contact by the snow plow.

If a mailbox has been hit by a Town snow plow it must be reported to the Public Works Department within 48 hours.

If it is determined a mailbox was struck directly by a Town snow plow, the Town will replace the existing mailbox and post with a standard mailbox and post. Custom mailboxes and posts will be not be replaced in-kind.

No mailbox or post will be considered for replacement if the post shows dry rot or is otherwise unstable or was placed too close to the travel way.

The Town will replace the mailbox and/or post only when the Town snow plow is

found to have made direct contact with the mailbox, not when the box is knocked over by snow or slush that is thrown by the plow.

Basketball hoops and sprinkler systems within the Town right-of-way are not

permitted and will not be replaced, repaired or reimbursed by the Town.

The Director of Public Works or a designated representative is authorized to use reasonable discretion in resolving matters involving unusual circumstances.

Trees for Tomorrow

NEW OFFERING - THE CLIFF WALK AT MCCOOK PARK, EAST LYME

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 trees available to be placed in public spaces in East Lyme. Now is the time to act to be included in the 2016 Fall Planting, which will help to raise funds for the support of the Niantic Bay Boardwalk and other projects of the Trust.

At the main location of McCook Point Park, the originally allotted 8 trees have been sold out. Therefore, for fall 2016 and spring 2017, we are offering Phase II - The Cliff Walk at McCook Park, a walk-way of four Princess Dog Wood Trees. These new trees will be planted along the "Cliff Walk" -recently created by the Parks and Recreation Department - from the Hole-in-the-Wall to McCook Point.

Trees can be sponsored 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.

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 for one growing season to assist in the stabilization of the tree.

Planting will again take place in the fall of 2016 and in the spring of 2017 in the various locations chosen by 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 - whether at the Cliff Walk or other locations in town.

This is a chance to use the resonating power of trees to create a lasting, living memorial. Profits will help to support the Niantic Bay Boardwalk and other projects of the East Lyme Public Trust Foundation, Inc. An explanation of choices and prices is on p. 3 of the application form, which is available at www.publictrustfoundation.org/, and left clicking View Application Form.

June Hoyer is the chairperson for the project in partnership with Dave Putnam, the Director of Parks and Recreation. Her committee includes Carol Marelli and Bill Rinowski - administration, and Pat and Jack Lewis, who will assist in publicity.

"The true meaning of life is to plant trees, under whose shade you do not expect to sit."

Author: Nelson Henderson

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.

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. They start by learning basic swimming skills, such as back floats, in level 1 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 - 5:30-6:00pm, or 6:00-6:30pm & Sat - 9:00-9:30am or 9:30-10:00am

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

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: 10:00-10:30am & 10:30-11:00 am

Stroke School, Advanced Stroke School, & Swim 4 Fitness

These programs are our pre-team lessons which prepare the enthusiastic swimmer for competitive swimming, 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

Member once/week: \$86, twice/week: \$154

Nonmember once/week: \$106, twice/week: \$170

Swim 4 Fitness: Tuesday 5:30-6:30 pm, Saturday 9:00-10:00 am; \$129 for a member, \$158 for a member

American Red Cross Course Offerings

These classes are taught by a certified American Red Cross Instructor and on successful completion of class and tests

Session 1	09/12/16– 10/22/16 No class on 10/10 → 10/24
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

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

participants will receive a certification from the American Red Cross.

Lifeguard Class

If you are interested in becoming a lifeguard or just learning some lifesaving skills, this class is for you. Participants enrolled in this course will learn how to perform CPR, use an AED, administer First-Aid, and perform in the water rescues. The certification is good for 2 years from the last date of the class. You must be 15 years of age by the last class date and you must be able to pass the prerequisite exam which consists of a 300 yard swim demonstrating front crawl and breaststroke, 2 minutes of treading water with no arms, and 10lb brick retrieval from the bottom of the pool. Class cost is \$325 and includes all necessary materials minimum 3 participants.

See www.nutmegaquatics.com for class dates.

Adult CPR/First-Aid/AED

In this course you will learn how to perform CPR for an adult victim as well as how to administer First-Aid to an adult in need. First-Aid portion of class covers burns, breaks, poisons and more. Class cost is \$70 minimum of 3 participants. See www.nutmegaquatics.com for class dates.

Pediatric CPR/First-Aid/AED

In this course you will learn how to perform CPR for a pediatric victim as well as how to administer First-Aid to a person in need. First-Aid portion of class covers burns, breaks, poisons and more. Class cost is \$70 minimum of 3 participants. See www.nutmegaquatics.com for class dates.

Nutmeg Swim Team

Nutmeg Aquatics is a sanctioned USA Swimming program offering competitive swimming to local youth athletes ages 6-18.

Experienced, professional coaches nurture and develop successful athletes from a novice to national level. Anyone interested should contact Rob Bouchey, Head Coach at coach.rob.bouchey@gmail.com

Private and Semi-Private Swim Lessons

We do offer private and semi-private swim lessons as 30 minute swim classes for those who are interested. Private lessons are taught by our certified coaching staff and are \$25 per class for a member and \$30 for a nonmember. Semi-Private Swim lessons are available as well and can be for up to 3 participants. Semi-Private lessons are \$20 per person per class if you are a member and \$25 per person per class if you are not a member. More information is available upon request.

Birthday Parties

Have a pool party for your child at the ELAFC Pool. 2 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(m), \$100(nm), \$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).

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.

Introduction to Springboard Diving

The class runs in conjunction with our Swim Lesson sessions and is offered Saturday mornings from 10-11 am and from 11 am-12 pm. 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!

**East Lyme Aquatics and Fitness Center
Facility Memberships & Schedule**

Membership Rates (through 12/31/16)		East Lyme Resident	Salem Resident	NON- Resident
Pool	Individual	\$152/\$49*	\$267/\$121*	\$267/\$121*
	Family	\$242/\$109*	\$424/\$194*	\$424/\$194*
	Youth (4-17)	\$107 [^] /\$49*	\$187/\$85*	\$187/\$85*
Fitness Center (16+ ONLY)	Individual	\$146/\$49*	\$146/\$49*	\$242/\$109*
	Family	\$230/\$109*	\$230/\$109*	\$388/\$176*
Combined	Individual	\$225/\$85*	\$310/\$121*	\$388/\$176*
	Family	\$315/\$146*	\$515/\$237*	\$545/\$249*
	Senior (65+)	Free	N/A	N/A
DAY Pass Pool		\$6	\$8	\$8
DAY Pass Fitness		\$6	\$6	\$8

***Summer Membership Rates. Effective Memorial-Labor Day + School vacations for colleges students with ID.
^Includes ALL ELHS students, irregardless of town of residence.
Family Memberships apply to husband/wife + children, or single parent + children. Children included until 23.**

continued on page 28

ELAFC Facility Schedule (8/29/16-12/23/16)

	Mon./Wednesday /Thur.	Tuesday	Friday	Saturday	Sunday
Front Desk Hours	7:00a-12:00p & 4:30-9:00p	7:00a-12:00p & 5:00-9:00p	7:00a-12:00p & 5:00-9:00p	8:30a-7:00p	12:00-5:00p
Adult Lap Swim	5:30-7:30a, & 10:30-11:15a 4:30-6:00p*, & 6:30-9:00p*	5:30-7:30a, & 10:30-11:15a 5:30-9:00p*	5:30-7:30a, & 10:30-11:15a 5:30-9:00p*	6:00-7:30a 9:00-11:30a 1:30-7:00p	12:00-5:00p
Lap Swim	7:30-9:00p	7:30-9:00p	7:30-9:00p	9:00-11:30a 1:30-7:00p	12:00-5:00p
Open Swim	7:30-9:00p	7:30-9:00p	7:30-9:00p	1:30-7:00p	12:00-5:00p
Fitness Center	6:00-7:30a, & 10:30-11:15a 5:00-9:00p	6:00-7:30a, & 10:30-11:15a 5:00-9:00p	6:00-7:30a, & 10:30-11:15a 5:00-9:00p	6:00-7:30a 10:00a-4:00p	12:00-5:00p

***During marked times, program usage is high and lap space is limited for the public. Circle swimming required. Please note, the facility will be closed 11/24/16, and 12/25/16.**

Bus Stop Safety

Walking to the Bus Stop

Tips for Parents and Students

Walk your young child to the bus stop and have older children walk in groups. There is safety in numbers; groups are easier for drivers to see.

Practice good pedestrian behavior. Your children should walk on the sidewalk; if there is no sidewalk, they should stay out of the street.

If they must walk in the street, they should walk single file, face traffic and stay as close to the edge of the road as they can.

Tell your child to stop and look left, right and then left again if they must cross the street. They should do the same thing at driveways and alleys.

Waiting at the Bus Stop

Don't let your child play running games or push and shove at the bus stop. It is dangerous near traffic.

Make sure your child stands at least 10 feet (5 giant steps) from the road while waiting for the bus. The child will then be out of the way of traffic.

Getting On and Off the Bus

Warn children that if they drop something, they should never pick it up. Instead, they should tell the driver and follow the driver's instructions. If they bend over to pick up a dropped object, they might not be seen by the driver and could be hurt if the driver pulls away from the stop.

Remind children to look to the right before they step off the bus. Drivers in a hurry sometimes try to sneak by busses on the right.

Teach your children to secure loose drawstrings and other objects that may get caught in the handrail or door of the bus as they are exiting.

Give your child a note or follow the school's procedures if you would like for the child to get off at a stop other than the one they are assigned. The driver isn't allowed to let a child off at another stop without written permission.

If you meet your child at the bus stop after school, wait on the side where the child will be dropped off, not across the street. Children can be so excited at seeing you after school that they dash across the street and forget the safety rules.

Thank You

Thank you to the following sponsors for the 4th Annual Living Water Golf Tournament in memory of Mike Giannattasio this past July 11, 2016 at Cedar Ridge Golf Course.

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Cathy Wilson	Cross Sound Deli	

Tips for Students When Exiting the Bus

If you leave something on the bus, never return to the bus to get it. The driver may not see you come back and he/she may begin moving the bus.

Respect the "Danger Zone" which surrounds all sides of the bus. The "Danger Zone" is ten feet wide on all sides of the bus. Always remain 10 steps away from the bus to be out of the "Danger Zone" and where the driver can see you.

Always cross the street in front of the bus. Never go behind the bus. If you drop something near the bus, tell the bus driver before you attempt to pick it up, so they will know where you are.

Never speak to strangers at the bus stop and never get into the car with a stranger. Always go straight home and tell your parents if a stranger tries to talk to you.

- School Bus Safety from the National Highway Traffic Safety Administration

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The 2017 season starts in March and culminates with our Coastal Jamboree held in June.

There will be an in-person registration/Meet 'n Greet tentatively scheduled for Saturday 1/28 from 9 am to 12 noon at the East Lyme Middle School (ELMS) for meeting coaches, asking questions and uniform sizing.

QUESTIONS?: Contact ELLA President Rich McCaffrey at ellalaxpresident@gmail.com. Additional information can be found at our above website or on our Facebook page at www.Facebook.com/ELLA.uslaxteams.

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East Lyme Public Safety Wants to Know... Are You Prepared for a Major Storm?

BUILD YOUR DISASTER SUPPLY KIT

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

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

- Water, one gallon of water per person per day for at least three days, for drinking and sanitation
- Food, at least a three-day supply of non-perishable food
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both
- Flashlight and extra batteries
- First aid kit
- Whistle to signal for help
- Dust mask to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place

- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities
- Manual can opener for food
- Local maps
- Cell phone with chargers, inverter or solar charger

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

- Prescription medications and glasses
- Infant formula and diapers
- Pet food and extra water for your pet
- Cash or traveler's checks and change
- Important family documents such as copies of insurance policies, identification and bank account records in a waterproof, portable container.
- Emergency reference material such as a first aid
- Sleeping bag or warm blanket for each person.
- Consider additional bedding if you live in a cold-weather climate.
- Complete change of clothing including a long sleeved shirt, long pants and sturdy shoes.
- Consider additional clothing if you live in a cold-weather climate.
- Household chlorine bleach and medicine dropper –
When diluted, nine parts water to one-part bleach, bleach can be used as a disinfectant. Or in an emergency, you can use it to

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treat water by using 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaners.

- Fire extinguisher
- Matches in a waterproof container
- Feminine supplies and personal hygiene items
- Mess kits, paper cups, plates, paper towels and plastic utensils
- Paper and pencil
- Books, games, puzzles or other activities for children

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

Know your surroundings.

Learn the elevation level of your property and whether the land is flood-prone. This will help you know how your property will be affected when storm surge or tidal flooding are forecasted.

Identify levees and dams in your area and determine whether they pose a hazard to you.

Learn community hurricane evacuation routes and how to find higher ground. Determine where you would go and how you would get there if you needed to evacuate.

Make plans to secure your property:

Consider permanent storm shutters which offer the best protection for windows. A second, less expensive option is 5/8" marine plywood, cut to fit and ready to install. Tape does not prevent windows from breaking.

Install straps or additional clips to securely fasten your roof to the frame structure. This will reduce roof damage.

Be sure trees and shrubs around your home are well trimmed so they are more wind resistant.

Clear loose and clogged rain gutters and downspouts.

Reinforce your garage doors; if wind enters a garage it can cause dangerous and expensive structural damage.

Plan to bring in all outdoor furniture, decorations, garbage cans and anything else that is not tied down. These items can become flying projectiles during a strong wind event.

Determine how and where to secure your boat.

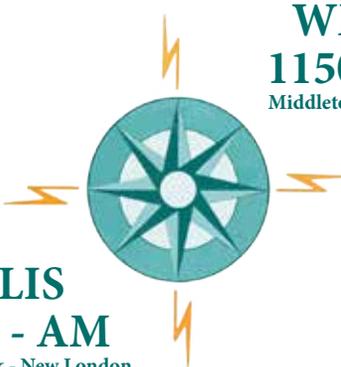
Install a generator for emergencies. Remember... never run generators inside!

facebook

East Lyme Public Safety is on Facebook. Be sure to "like" our page so you can stay informed. When the Emergency Operations Center has been activated, important updates on conditions during an emergency will be posted as we get them. Important updates will also be posted on eltownhall.com, local access channel 22 as well as the LED informational signs located at the town hall and the high school.

East Lyme Public Safety encourages everyone to sign up for CT Alert ENS (Emergency Notification System) today at ctalert.gov.

continued on page 34



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Public Safety / Storm ... continued from page 33

The CT Alert ENS uses the state's enhanced 9-1-1 (E9-1-1) database for location-based notifications to the public for life-threatening emergencies. The E9-1-1 database includes only traditional wire-line telephone numbers in the state (the "land line" phone you may have in your home).

CT Alert ENS Citizen Sign-up Page allows you to add other means of communication to the CT Alert ENS, in addition to your current home phone "land line" if you have one.

Important Contact Info:

Richard Morris, Emergency Management Director, Public Safety, Fire Marshal: 860-739-2420.

Julie Wilson, Administrative Assistant, Emergency Management: 860-739-4434.

Emergency Shelters:

Small Shelter (under 50 people): East Lyme Community Center, 37 Society Rd., Niantic

Regional Shelter: East Lyme Middle School, 31 Society Rd., Niantic

Secondary Regional Shelter if necessary: East Lyme High School, 30 Chesterfield Rd., East Lyme

Animal Control Information:

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

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Holiday Planning

With the holidays approaching, it is time to think about what we are teaching and sharing with our children. Soon, Black Friday ads will be telling us what will make our kids happy. We will be inundated with marketing about the newest toys, electronics, and fashions. It's so easy to get caught up in searching for the perfect gift, hopefully at the best discount! But take a moment to think back to your childhood holidays. What do you remember most? What is your favorite holiday memory? It probably has nothing to do with a toy you received or the newest clothing trend. Most of us, when asked, speak of memories of sitting around the family dinner table, swapping jokes and stories; family traditions of decorating the house or tree; preparing food or homemade gifts; attending an annual holiday event; or just having time off from school and spending that time with family and friends. Few of us even remember the gifts we received, but we remember the excitement of gathering together to open them - it was more about sharing the experience and knowing we'd been thought of with care.

When you plan your holidays this year, give your children the lifelong gifts that have held meaning for you - family traditions, time spent together, and the love that shines through the experiences.

Nancy Randall, Psy.D.

East Lyme Psychological Associates

A Note from the Veterans Representative for East Lyme

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.



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Eastern Connecticut Ballet's *THE NUTCRACKER*

Saturday, December 10, | 1:30 pm & 7 pm

Sunday December 11 | 1:30 pm

Share the magic and pageantry of the world's most beloved ballet with friends and family of all ages. New York City Ballet (NYCB) sensation, Sara Mearns, "the great American ballerina of our time," returns to the Garde Arts Center in New London for another breathtaking performance with Eastern Connecticut Ballet (ECB). New London's own "Nutcracker" is both a holiday tradition and a tour de force. Sharing the spotlight are guest artists from NYCB and Pennsylvania Ballet and more than 100 professionally trained dancers from ECB. Thirty-five musicians from Eastern Connecticut Symphony Orchestra, conducted by Maestro Paul Polivnick, perform Tchaikovsky's masterpiece. Join Clara on her spectacular journey around the world. Applaud her brave-hearted Nutcracker, The Snow King and Snow Queen, sailors and toy soldiers, the comical Mother Ginger, waltzing flowers, dancing snowflakes, and of course, the exquisite Sugar Plum Fairy. Sail away on an enchanted ship from a seaport



very much like New London in the 1850s and watch a battle on the high seas and a snowstorm in the Arctic. Live music and classic ballet in the tradition of Balanchine make this "Nutcracker" simply unforgettable. Performances are Saturday Dec 10th at 1:30 & 7 pm and Sunday Dec 11th at 1:30 pm. Tickets are available at The Garde Box Office. Call 860-444-7373 x1 or visiting gardearts.org.



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