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VOLUME 6 • QUARTER 1 • 2018



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First Selectman's Corner

Thank you for allowing me the opportunity to serve you as our town's First Selectman. Today, I would like to announce an exciting new chapter in our town's great history.

I believe our town's greatest asset is our citizens. East Lyme has benefited in so many ways from those who call it home. Whether these families have a multi-generation legacy or they just recently moved to our town because of our fine schools, great neighborhoods, or our natural beauty, our citizens make the difference day in and day out. I am constantly being made aware of the volunteer efforts from individuals who step up and make a difference.



It is in that spirit of giving that I introduce the EAST LYME VOLUNTEER CORPS to the community. We live in a town where neighbors want to pay it forward and make a difference yet don't always know how and where to help. I am constantly approached by people who say, "Boy, if I knew you needed volunteers, I would have helped." And how many times have we read on social media the efforts of our fellow citizens reaching out and doing a small act of kindness for someone else?

The East Lyme Volunteer Corps will match those in our community who want to help with organizations and neighbors who have a need

for help. The concept is actually quite simple. It's like a "match.com" for volunteers and opportunities.

How it works: Individuals will go to: www.ELTownhall.com and sign up. The questionnaire will ask for name, contact info, age, and areas of interests, skills, and abilities. Information will be kept confidential and private. Lists will NOT be distributed or used for any other purpose.



Mark C. Nickerson

Once a month (or as needed), a general email will be sent to our list of volunteers announcing opportunities and needs in our town. In most cases, volunteers will be able to contact the organization directly via email or phone and sign-up or further inquire about volunteer needs. Some of these opportunities will be one-time events and sometimes the request will be for a long-term volunteer.

In addition, sometimes there will be a need for a very specific skill or interest. We will then send direct messages to volunteers on our list matching the need.

continued on page 3

An advertisement for Saybrook Country Barn. On the right, a black metal bed frame with a white bedspread and several pillows is shown against a light grey wall. On the left, the text reads "Marvelous METAL BEDS" in a mix of script and bold sans-serif fonts. Below this, it says "Over 100 original designs available in over 30 finishes." At the bottom left is the Saybrook Country Barn logo in a blue box. At the bottom of the ad, contact information is provided: "2 Main St. Old Saybrook, CT | 860.388.0891 | www.saybrookcountrybarn.com".

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events

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Jeffrey's Rainbow Run

2018 Academic Scholarship Opportunity

The East Lyme Youth Services Bureau in cooperation with the Bourgeois family will be awarding scholarships to three graduating high school seniors in the amount of \$1,500 who reside in East Lyme or Salem and will be continuing their education in a field related to animal studies or working with children.

Applicants must submit their high school transcripts as well as a one page essay on how this scholarship will benefit them. Essays and transcripts must be submitted to the East Lyme Youth Services Bureau, 45 Society Road, Niantic, CT 06357 no later than Friday, April 20, 2018.

Monies for this scholarship are in honor of Jeffrey Bourgeois and funded by proceeds from the annual Jeffrey's 5K Rainbow Run held in September each year. For more information on the scholarship and the annual fun run please contact the Youth Services Bureau at 860-739-6788 or e-mail David Putnam at Dputnam@eltownhall.com.

East Lyme Athletic Organizations

East Lyme Soccer Association

Programs include Pre K (ages 3-5), K-2, 3-8 travel and recreational programs and High School Summer Soccer (current 8th-11th graders). We also offer camps and clinics for all ages Please visit our web site at www.eastlymesoccer.org for information on each program. For any questions please contact our registrar Lynda Mills at www.elsa.registrar@gmail.com

East Lyme Sports Hall of Fame Nomination

If you would like to nominate an East Lyme player, coach, administrator, sponsor or contributor to the East Lyme Sports Hall of Fame please contact Dave Putnam for nomination forms: 860-739-5828.

First Selectman's Corner... continued from page 1

General volunteer opportunities could include: Senior Center, Library, Parks and Rec, beach clean-up, youth organizations, Care and Share, church benefits, beautification, trade skills (carpentry, plumbing, electrical, etc), tutoring, committee work, helping seniors and disabled shovel, boardwalk ambassadors, food drives, litter patrol, special events, emergency clean-up and assistance, etc. I also can envision this program as a way to introduce our youth to a lifetime of giving.

It is that simple. Let's take our town to the next level. Let's all pitch in and pay it forward. Let's continue to spread kindness throughout our town. The website is ready now ... please sign-up! www.eltownhall.com

ALSO: 2018 will continue to be a busy year for our town. It seems that every department has a major project that it is working on to make our town better than ever.

Projects include: Main Street Park, bathrooms and dinghy dock at Cini Park, the elementary school rehab projects, newly paved roads, new water meters, and more!

During these tough economic times, it is important that we don't rest on our laurels, but rather we must work even harder to find ways to improve our services to the community and do it with better efficiency. You have my commitment that all those who work in service to our town do so with the best of their abilities and attitude.

If you have a question, comment, or idea, please feel free to reach out to me directly. It's an honor and privilege to serve YOU.

Mark C. Nickerson
First Selectman

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visit www.eventsmagazines.com
and download the issue you desire!

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Director's Note Spring 2018



David Putnam

The Parks and Recreation Department is looking forward to three upcoming projects that will improve our parks and the experiences of our users. At Cini Park the addition of a restroom trailer will replace the porta-potties. The restroom facility will be wheelchair accessible and include outdoor showers. The new park at the intersection of Pennsylvania Avenue and Main Street will allow for unobstructed

views of Long Island Sound and welcome visitors to Niantic. Thank you to the vision committee for their dedication and efforts to recommend a long term plan for this park, the plan is for a spring time construction start. Renovations to the basketball courts at Peretz Park @ Bridebrook are currently underway. The post-tension courts will be painted in the spring and will significantly improve the long term safety for our users.

The department would also like to recognize the passing of long-time Commission member Milan Keser. Milan passed away this past December. His passion for the community will be sorely missed. The main soccer field at Peretz Park @ Bridebrook is named in his honor as testimony to his dedication to youth of East Lyme.

The department also welcomes a new Commission member in Sue Kumro. We look forward to working with Sue on our programs and park initiatives. As always huge thanks to Events Magazine and the many advertisers who make this publication possible. Please feel free to contact the office with any questions or concerns and, "remember to feel great, recreate."

Sincerely,
David M. Putnam, Director

East Lyme Garden Club

March 12th, 1 pm, EL Garden Club
Niantic Community Church – Multipurpose Room
170 Pennsylvania Avenue

SAVING WHAT WE CAN, WHILE WE CAN

Join Mark Seth Lender for a fascinating look at what we can do to help the environment. Mark is a producer, essayist and web photographer for PRI's Living On Earth, the only nationally broadcast program on Public Radio exclusively dedicated to Environment and Wildlife. Refreshments will be available.

May 12th, 8 am – noon, East Lyme Town Hall Pavilion
108 Pennsylvania Avenue, Niantic, CT

MAY MART PLANT SALE

Featuring plants from Thomas Lee & Samuel Smith House's historic gardens with a great selection of well-established perennials from members' gardens as well as flowering annuals, herbs, veggies and hanging baskets. New this year – heirloom flower and vegetable seeds.



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Save the Date - Touch A Truck 2018



On Saturday, May 19, 2018, the East Lyme Auxiliary of Child and Family Agency of Southeastern Connecticut and the East Lyme Parks and Recreation Department will co-sponsor our eleventh annual Touch A Truck event. This is a family event that will take place from 9:00 am to 2:00 pm at McCook Point Park in Niantic, CT. This year there will be Horn Free Hour from 9:00 am to 10:00 am.

An event not to be missed, the Touch A Truck experience is for one and all, big

and small. Spend some time with us and have yourself a ball. It's an educational experience that will make you a 'hero' with your child/grandchild. Children can climb various vehicles, sit in the driver's seat and discover the world of trucks. They will be able to see, touch and interact with big trucks and learn their functions. This unique event will feature large trucks and heavy equipment from law enforcement, fire departments, commercial companies, industrial companies and rental companies.

Vehicle demonstrations will be conducted and we never know just who might make an appearance. In addition there will be face painting, hair beading, games and crafts. Refreshments will be available for sale.

The Rotary Club of Niantic has agreed to be with us again this year with Amber Alert. This is a great time to sign up and take steps to safeguard your children.

The suggested donation is \$4.00 per person (ages 2 and up) to benefit the Child and Family Agency of Southeastern Connecticut. Child & Family Agency nurtures children and families to develop their strengths through its service, partnership and advocacy. Its programs support children's mental health, children's physical healthcare, the prevention of child abuse, the treatment of family violence, teen pregnancy, parent education, child guidance and childcare. With a heritage that dates from 1809, Child and Family has grown to become the largest non-profit children's social service provider in southeastern Connecticut. Last year 18,000 families were served in 79 towns in New Haven, Middlesex, Windham and New London Counties.

To learn more, to volunteer or to donate, visit our website www.childandfamilyagency.org or Facebook page (Touch A Truck East Lyme) or call Child & Family Agency at 860-443-2896, Ext. 1406.




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Park & Beach Information

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

- Open daily from 8:00 am to sunset
- Pets are permitted on beaches from the Tuesday after Labor Day until the Friday before Memorial Day ONLY**; must be under owners control at all times and it is the owner's responsibility to clean-up all pet waste. Dogs are not permitted on the Niantic Bay Boardwalk at any time during the year.
- Restrooms will remain open until mid-November as weather permits.
- Contact the Parks and Recreation office for Pavilion reservations/availability.
- Tobacco Free Parks

State Statute 22-364 states that dogs must be under the direct control of their owners at all times when using town parks. It is the dog owner's responsibility to clean up all dog waste.

**NO PETS May 25 – Sept 3, 2018 AT ANY BEACH FACILITY: SEE BELOW REGULATION

State Regulation (Public Swimming Area Regulations) Section 19a-36-B61 (10) states domestic animals shall be prohibited in the water and the land immediately adjacent to the water of a public swimming area when the public swimming area is open for use.

BEACH/PARKING PASSES

Parking permits will go on sale beginning April 2nd at the Parks & Recreation Office. Permits will be sold from 8:30 am to 4:00 pm throughout the season. From May 24 – June 28 the office will extend the office hours to 7:00 pm on Thursdays. 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.

Fees for 2018

Resident	\$35.00
Resident (Add'l car)	\$25.00
Senior (62 & over)	\$15.00
Non-Resident	\$115.00
Resident Day	\$10.00
Non-Resident Day Parking M-F	\$30.00
Non-Resident Day Parking	
Weekends & Holidays	\$40.00

Non-Resident Day Walk In

\$10.00 per person

Non-Resident Season Walk –In..... \$60.00 per person

As of Saturday, May 26 (Memorial Day Weekend) all vehicles must have a parking permit to enter the parks through September 3 (Labor Day). Park hours are 8:00 am to dusk. Lifeguards are on duty daily from 9:00 am – 5:00 pm, beginning tentatively mid-June.

PAVILION/TENT RENTAL

The pavilion and tent are 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



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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

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: Jason Alves

Maintenance Support: Michael Rak, Austin Grouten

Parks & Recreation Commission Members

Chairman - J. Robert Pfanner

William Willets, Jr. Emeritus Member, Charles Fenick, Jackie

Curry, Patrick Larkin, Roger Nadeau, Milan Keser, Sue Kumro

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 860-691-4118

East Lyme Senior Center 860-739-5859

East Lyme Town Hall 860-739-6931

www.eltownhall.com

East Lyme Youth Services 860-739-6788

Commission Meetings are 2nd Thursday

Rocky Neck State Park 860-739-5471

DEP Old Lyme 860-434-8638

continued on page 8



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Parks & Recreation Department... continued from page 7

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

www.eastlymebaberuth.com

EAST LYME LACROSSE

Rich McCaffrey / 860-608-0465 / smongo51@gmail.com
www.ella.uslaxteams.com

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

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Pat Keegan / 860-739-2107

EAST LYME GARDEN CLUB

www.eastlymegardenclub.org or elgclub@gmail.com

GIRL SCOUTS REGIONAL OFFICE

Jenna Duff / 800-922-277 0 x 3728

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

NIANTIC LIONS CLUB

Ed Keens / www.nianticlions.org / 860-451-8333

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

Troop #24 / 860-443-5492, Richard Cushing, #240 / 860-739-5239

Parks & Recreation Programs

PRE SCHOOL PROGRAMS

Creative Arts for Kids, Ages 3 to 5

Session: 450301-01

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

Dates: April 4 to May 23

Days: Wednesday

Time: 9:30 to 10:10 am

Fee: Resident-\$35/Non-Resident-\$50.00

Registration: Begins March 12

Location: East Lyme Library/Community Center/Youth Center

Instructor: Rachel Skelton

Simple Stem, Ages 3 to 5

Session #450401-01

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.

Dates: April 4 to May 23

Day: Wednesday

Time: 10:30 to 11:10 am

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

Registration: Begins on March 12

Location: East Lyme Library/Community Center/Youth Center

Instructor: Rachel Skelton

Tot Gym, Ages 3 to 5

Session #450501-01

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! Two classes will be offered.

Dates: April 2 to May 21

Days: Monday

Time: 10:45 to 11:30 am

Fee: Resident \$35.00/Non Resident \$50.00

Registration: Begins March 12

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

Instructor: Rachel Skelton

“Got 2 Be Moving” for 2 year olds

Session #450202-01

A 30 minute movement class for 2 year olds that focuses on developing large motor skills such as running, hopping and balancing on one foot to fun games with balls & parachutes. This class is child participation only. (Maximum number of participants is 6.)

Dates: April 2 to May 21

Days: Monday

Time: 10:00 to 10:30 am

Fee: Resident-\$35.00/Non Resident \$50.00

Registration: Begins March 12

Location: East Lyme Public Library/Community Center,
Smith Harris Room

Instructor: Rachel Skelton

Creative Art for 2 year olds:

Session #450301-02

A 30 minute arts & crafts class designed for 2 year olds. Using different mediums, children will manipulate simple supplies to create original artwork all on their own. A first step towards self-discovery and independence, children will learn color recognition and simple art techniques to help their imagination grow. (Maximum number of participants is 6.)

Dates: April 2 to May 21

Days: Monday

Time: 9:15 to 9:45 am

Fee: Resident \$35.00/Non Resident \$50.00

Registration: Begins March 12

Location: East Lyme Library/Community Center/
Youth Center

Instructor: Rachel Skelton

THE FOLLOWING PRESCHOOL AND YOUTH PROGRAMS ARE OFFERED BY ELRT AND ARE SPONSORED BY EL PARKS & RECREATION

Mommy /Daddy & Me (Infants – 2 year olds)

Session: 440901-01

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

Dates: March 28 to May 23 (no class on 4/18)

Days: Wednesday

Time: 9:45 – 10:30 am

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

Where: ELRT 32 Society Rd., Niantic

Instructor: Erin Stanley

continued on page 10

SPRING ACTIVITIES AT LYME SHORES

After-School “Tennis Programs for Kids”

Eight-week sessions throughout the school year starting Sept. 5th

Big Shots (ages 4-6) Tue. or Thu., 4-5pm	Local Excellence (ages 10-12) Tue. & Thu., 4-5pm
Future Stars (ages 7-9) Tue. & Thu., 4-5pm	Tournament Tough (ages 13-15) Mon. & Wed., 4-5:15pm
Team Connecticut Mon. & Wed., 5:15-6:30pm For competitive junior players	High School Boys- Fri., 3:30-5pm Girls- Sat., 9-10:30am

Adult Programs

Drop in to our fitness, pickleball and tennis programs!


Strength & Balance M/W/F, 10am	Drop-in Pickleball Mon., 1-3pm, Beginners welcome
Stability Ball Mon., 8am	Adv. Beginner Tennis Drills Tue., 9-11am
Yoga M/W, 11am	Intermediate Tennis Drills Mon., 10:30am-12pm
Circuit Training T/Th/Sa/Su, 8am	NTRP Tennis Drills Sat., 10:30am-12pm, All levels
Cardio & Strength Fri., 8am	Cardio Tennis Wed., 6-7pm, All levels

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Parks & Rec - Pre School Programs ... continued from page 9

Preschool Music, Movement and Exploration

(ages 2 ½ - 5 year olds)

Session: 440903-01

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.

Dates: March 28 to May 23 (No class on 4/18)
Days: Wednesday
Time: 10:45 – 11:30 am
Fee: Resident \$75.00/Non-Resident \$90.00
Where: ELRT 32 Society Rd., Niantic
Instructor: Erin Stanley

Musical Theatre Audition Workshop (Ages 12 and up & Adults welcome)

Session #440902-03

Want to prepare for a big audition coming up? College auditions, community theater, professional theater or maybe even ELRT's summer production? Learn how to pick the right song, what to wear and how to put together a resume. Also learn what directors are looking for, how to impress the choreographer and how to

fight off those nerves. Each student is encouraged to bring a song and or a monologue that they may want to get feedback on. We will also explore reading sides and cold readings. This class will be taught by ELRT's Artistic Director and Musical Director; Erin and Chris Stanley.

Date: unday, April 28
Time: 2:00 – 4:30 pm
Fee: \$35.00 per class
REGISTER AT ELRT ONLY at (860) 501-1456
Where: ELRT 32 Society Rd., Niantic

Calling All Princesses! (Ages 3-6)

Session #440902-04

Ever wonder how a princess dances or how a princess walks? Join us for a magical Princess Workshop complete with games, dances, songs, treats, crafts, stories and more. Lots of surprises in store too! Costumes are encouraged but not needed.

Date: Sunday, April 8
Time: 2:00 – 3:30 pm
Fee: \$20.00
REGISTER AT ELRT ONLY at (860) 501-1456
Where: ELRT 32 Society Rd., Niantic

YOUTH PROGRAMS

Beginning Foil 1 – Ages 10 & older

Session #480101-01

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

Dates: March 27 to May 8 (no class 4/17)
Days: Tuesday
Time: 6:00 to 7:30 pm
Fee: Resident-\$75.00/Non Resident \$90.00 (includes equipment)
Registration: Begins March 12
Where: Lillie B. Haynes School, gymnasium
Instructor: Thames River Fencing Club

Advance Foil – Ages 10 & Older

Session: #480201-01

Intermediate 2 is a prerequisite for Advanced. This class covers advanced footwork & blade work techniques. It explores the tactical relationships between simple attacks, parry and riposte, compound attacks, counterattacks, and counter-timing. Bouting skills, tactics and the fencing rules are also covered in greater detail. The emphasis in Advanced Foil is training for competition.

Dates: March 22 to May 3 (no class on 4/19)
Days: Thursdays

Time: 6:00 to 7:30 pm
Fee: Resident-\$75/Non Resident \$90
Registration: Begins on March 12
Where: Lillie B. Haynes School, gymnasium
Instructor: Thames River Fencing Club

Skyhawks Sports Programs

Registration for Skyhawk programs is now only accepted online at www.skyhawks.com or call 800-804-3509. No registrations will be accepted at the Parks & Recreation Office.

Tiny Hawks (Ages 3 & 4) Soccer & Basketball

The essentials of soccer and basketball are introduced in a fun and safe environment with lots of encouragement. Children will learn balance, body movement, hand/eye coordination and skill development through a series of sport specific games tailored to their attention spans.

Dates: Session 1: June 25 – June 29 M-F 9:00 – 9:45 am
Session 2: July 30 – Aug 3 M-F 12:15 – 1:00 pm
Fee: \$79.00
Where: Samuel M. Peretz Park @ Bridebrook (Basketball Courts)

Mini Hawks (Ages 4 - 7) Soccer, Baseball & Basketball

This program gives children age 4 – 7 a fun and positive first step into athletics. All games and activities are designed to allow campers to explore balance, movement, hand/eye coordination

and skill development at their own pace.

Dates: Session 1: June 25 – June 30 M-F 10:00 am - 1:00 pm
Session 2: July 9 – July 13 M-F 9:00 am – 12:00 pm
Session 3: July 30 – Aug 3 M-F 9:00 am – 12:00 pm
Fee: \$125.00 per session
Where: Samuel M. Peretz Park @ Bridebrook
Basketball Courts

Teddy Tennis (Ages 3-5)

Teddy Tennis is a fantastic educational program that inspires kids to get active and learn to play tennis. Using special equipment like hand racquets, it is a totally interactive learning adventure that children love.

Dates: Session 1: June 25 – June 28 M-Th
Session 2: July 23 – July 26 M-Th
Time: 12:15 – 1:00 pm
Fee: \$70.00 per participant
Where: East Lyme High School – Tennis Courts

Red Ball Tennis (Ages 6-9)

This class provides a relaxed environment where fundamental tennis skills are taught along with a wide range of fun activities that help develop agility, balance, movement, sending, receiving and gross motor skills on a 36 foot court.

Dates: Session 1: June 25 – June 28 M-Th
Session 2: July 9 – July 12 M-Th
Session 3: July 23 – July 26 M-Th
Time: 9:00 am – 12:00 pm
Fee: \$125.00 per participant
Where: East Lyme High School – Tennis Courts

Orange Ball Tennis (Ages 7-10)

Players develop their tennis technique, athletic and court coverage skills in order to achieve success in rallying consistency and in point playing on a 60' court. Players will focus on using the proper shot techniques and court coverage skills before moving on to a 78' court.

Dates: Session 1: June 25 – June 28 M-Th
Session 2: July 9 – 12 M-Th
Session 3: July 23 – July 26 M-Th

Time: 9:00 am – 12:00 pm
Fee: \$125.00 per participant
Where: East Lyme High School – Tennis Courts

Green Ball Tennis (Ages 8-12)

This class emphasizes all aspects of the game and helps improve proper shot technique. Focus is placed on live ball drills that develop rallying and decision-making skills along with proper movement and recovery. Point playing games are used to reinforce the skills learned and to improve the players' competitive skills.

Dates: Session 1: June 25 – June 28 M-Th
Session 2: July 9 – 12 M-Th
Session 3: July 23 – July 26 M-Th
Time: 9:00 am – 12:00 pm
Fee: \$125.00 per participant
Where: East Lyme High School – Tennis Courts

Basketball (Ages 6-7 & Ages 7-10)

This fun, skill-intensive program is designed for beginning to intermediate athletes. An active week of passing, shooting, dribbling and rebounding makes this one of our most popular programs. Boys and girls will also learn vital life lessons such as respect, teamwork and responsibility.

Dates: July 16 – July 20 M-F
Time: 9:00 am – 12:00 pm
Fee: \$125.00 per participant
Where: Sam Peretz Park – Bridebrook Basketball Courts

Beach Volleyball Camp (Ages 10-14)

All aspects of the game are taught through drills and exercises that focus on passing, setting, hitting and serving. This co-ed program is designed for the beginner to intermediate player and will assist players in developing fundamental skills through game-speed drills and daily scrimmages.

Dates: July 23 – July 27
Time: 9:00 am to 1:00 pm
Fee: \$125.00 per participant
Location: Cini Park Beach

ADULT PROGRAMS

Registration is currently being accepted for spring adult programs.

Morning Aerobics

Session # 410101-01

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: May 7 to June 30 (No class 5/28)
Days: Monday-Wednesday-Friday
Time: 8:30 – 9:30 am
Fees: Resident \$55.00/Non-Resident \$70.00

Location: East Lyme Library/Community Center,
Activity Room
Instructors: Donna Neaton, AFAA

Pilates on the Mat

Session #410302-01

We will work to balance all muscle groups in strength and flexibility, with an emphasis on challenging the core muscles with each movement. Small exercise props such as Magic Circles, weights, body bars, bands & balls are utilized to engage specific muscle groups and assist with body positioning. Pilates on the mat is a safe method to sculpt your body and to feel increased agility in

continued on page 12



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

your every day movements. Modifications are provided therefore welcoming all levels. Please bring an exercise mat.

Dates: May 8 to June 26
Days: Tuesdays
Time: 10:15 to 11:15 am
Fees: Resident \$35.00/Non-Resident \$50.00
Instructor: Marsha Pirie, AFFA
Location: East Lye Library/Community Center Activity Room

Total Fitness

Session # 410104-01

This class will include a total fitness format utilizing the stability ball, hand weights and core balls to create a great workout for the entire body. The class will incorporate some cardio movement into each class. Participants are required to bring a non-slip exercise mat and own stability ball.

Dates: May 10 to June 21
Days: Thursday
Time: 10:15 – 11:05 am
Fee: Resident \$35.00/Non-Resident \$50.00
Where: East Lyme Library/Community Center – Activity Room
Instructor: Marsha Pirie, AFFA

Total Fitness with Interval workouts

Session #410403-01

This is a 45 minute cardio and strength training class using a variety of aerobic moves, weights, bands, balls and tubing and core exercises for a complete body workout. IT IS A PROGRAM DESIGNED FOR ALL FITNESS LEVELS! Please bring a non-slip exercise mat and plenty of water to drink!

Dates: May 7 to June 27
Days: Monday and Wednesday
Time: 4:10 to 4:55 pm
Fee: Resident \$45.00/Non-resident \$60.00
Where: East Lyme Library/CC-Activity Room
Instructor: Donna Neaton, AFAA & Leah Lopes

Core and More With Stability Ball

Session # 410105-01

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 a non-slip exercise mat and your own stability ball. (Ball is optional, but preferred!)

Dates: May 10 to June 28
Days: Thursday
Time: 4:10 to 4:55 pm
Fee: \$40.00 Resident/\$55.00 Non-resident
Where: East Lyme Public Library/Community Center, activity room
Instructor: Donna Neaton, AFFA

Body Shred (Cardio Interval Training)

Session #410303-01

This is an interval training class, including strength building with hand weights, cardio and core work. You will define muscle, sculpt your physique and enhance

your overall health and performance. Modifications are always provided. Please bring a non-slip exercise mat and water to drink!

Dates: May 8 to June 26
Days: Tuesday
Time: 4:40 to 5:25 pm
Fee: Resident \$45.00/Non Resident \$60.00
Where: East Lyme Library/Community Center,
Activity room
Instructor: Marsha Pirie. AFFA

Fascial Movement

Session # 410301-01

Using balls, bands and rollers to sense, bounce, expand and hydrate the Fascial tissue of our bodies. Fascial is the envelope of our bodies, it can also be called a sheath around every muscle, organ and bone. HEALTHY FASCIA HELPS MOVEMENT! Come and learn to move, exercise and release tight areas of your body. Participants are required to bring a non-slip exercise mat.

Dates: March 13 to May 1 (No class 4/17)
Days: Tuesday
Time: 6:30 – 7:30 pm
Fee: Resident \$50.00/Non-Resident \$65.00
Where: East Lyme Library/Community Center –
Activity Room
Instructor: Kim Stirtan-BSPE, ACE & Stott Pilates.
Level One Fascial Movement Instructor

Fascial Movement

Session # 410301-02

All info same as above except for:
Dates: May 15 to June 26

Tuesday Zumba

Session #410103-02

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

Dates: May 1 to July 3
Days: Tuesday
Time: 5:30 – 6:25 pm
Fee: Resident \$40.00/Non-Resident \$55.00
Where: East Lyme Library/community Center,
Activity room
Instructor: Donna Neaton AFAA/Zumba Instructor

Saturday Morning Zumba Aerobics

Session #410103-03

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: April 7 to June 30 (No class June 2)
Days: Saturdays

continued on page 14



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

Time: 8:30 – 10:00 am
Fee: Resident \$55.00/Non-Resident \$70.00
Where: East Lyme Library/Community Center,
Activity Room
Instructor: Donna Neaton AFAA/Zumba Instructor

Coed Cardio Total Body Conditioning

Session #410202-01

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

Dates: May 7 to June 27
Days: Monday – Wednesday
Time: 5:00 to 6:00 pm
Fee: Resident \$45.00/Non-Resident \$60.00
Where: East Lyme Library/Community Center,
Activity Room
Instructor: Donna Neaton-AFFA

Monday Coed Yoga

Session #410501-01

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: April 23 to July 2 (No class 5/28)
Days: Monday
Time: 6:10 – 7:25 pm
Fee: Resident \$50.00/Non-Resident \$65.00
Where: East Lyme Library/Community Center,
Activity Room
Instructor: Rosemary Gentile – M.S.R.D.-RYT

Wednesday Night Coed Yoga and Meditation

Session # 410502-01

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: April 11 to June 27
Days: Wednesday
Time: 6:15 – 7:45 pm
Fee: Resident \$60.00/Non-Resident \$75.00
Where: East Lyme Library/Community Center,
Activity Room
Instructor: Michele Flowers, RYT 500

Yoga Flex with Pilates Core (Evening)

Session #410106-01

Yoga can help improve flexibility, range of motion, balance

and posture. Pilates strengthens & tones muscles. It works at strengthening core which helps us in all areas of our physical fitness. Help your body to improve bone density. Modifications are always provided inviting all levels to attend. Please bring a yoga mat & some water.

Dates: March 22 to May 31
Days: Thursday
Time: 5:10 to 6:00 pm
Fee: Resident \$45.00/Non Resident \$60.00
Location: Activity Room, East Lyme Public Library/
Community Center
Instructor: Marsha A Pirie, AFFA, Katie Ziskind

Yoga Flex with Pilates Core (morning)

Session #410106-02

Dates: March 23 to June 1
Days: Friday
Time: 9:40 to 10:30 am
Fee: Residents \$45/Non Resident \$60
Location: East Lyme Public Library/Community
Center – Activity Room
Instructor: Marsha A Pirie, AFFA, Katie Young

Yoga Flow

Session #410107-01

Beginners and experienced Yogis will benefit from flow practices which will concentrate on mindful movement, linking breath and focusing on correct posture alignment. Participants are required to bring a non-slip exercise mat.

Dates: April 9 to June 25 (No class 5/28)
Days: Monday
Time: 9:35 to 10:35 am
Fee: Residents \$45.00/Non Residents \$60.00
Where: East Lyme Library/Community Center
Smith-Harris Room
Instructor: Marsha Pirie, AFFA

Ballroom Dance – Silver Dance Syllabus

Session #430102-01

This class will include instruction in “Silver Dance Syllabus,” such as the waltz, foxtrot and tango.

Dates: April 12 to May 31
Days: Thursday
Time: 6:15 to 7:15 pm
Fee: Resident \$45.00/Non-resident \$60.00 per person
Where: East Lyme Library/Community Center,
Activity room
Instructor: Marjorie Winslow

Ballroom Dance – Beginner Lessons

Session #430101-01

This class will include instruction in waltz, foxtrot, rumba and swing.

Same info as above except for:

Time: 7:15 to 8:15 pm

Dog Obedience – Beginners

Session # 430201-01

This class will teach the basic skills and work towards taking the dog off the leash. The FIRST class is held in the Olive Chendali room without your dog. Participants must provide proof of rabies and parvo at the time of registration. The dog must be 4 months and older.

Dates: April 9 to June 18 (no class on 5/28)

Days: Monday

Time: 5:15 to 6:15 pm

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

Where: East Lyme Public Library/Community Center parking lot

Instructor: Barbara Keck

Dog Obedience – Novice (AKC Canine Good Citizen Program)

Session #430202-01

This class refines the basic skills and work towards taking the dog off the leash. The beginner's class is a prerequisite. Participants must provide proof of rabies & parvo at the time of registration. The dog must be 4 months and older. Owner and dog

will participate in the AKC Canine Good Citizen Program. In order to receive the certificate, dogs must pass the Canine Good Citizen test.

Same information as the beginner's class except for:

Time: 6:30 to 7:30 pm

Growing Vegetables Organically (NEW)

SESSION #430203-01

An 8 hour program divided into 4 sessions, covering the growing season. Learn how to grow nutrient rich vegetables from the goodness of the earth, without the use of pesticides and synthetic chemicals. Learn about healthy soil, pest resistance and crop planning and crop schedules. The first 2 classes are indoors, the last 2 classes on an organic farm. As a participant you will take away a wealth of education, a garden plan, planting schedule and other assorted items. This program is co-sponsored by the East Lyme Agribusiness Committee.

Dates: March 6, March 13, May 19, and July (TBA)

Days: Tuesdays and Saturdays

Time: Tuesdays, 6:00 to 8:00 pm Saturdays, 9:00 to 11:00 am

Fee: \$95 (includes supplies & registration fee);

remaining amount will go to the Agricultural Education fund.

Where: Tuesdays-Olive Chendali room in the EL Public Library/Community Center Saturdays – TBA

Instructors: Members from the East Lyme Agribusiness Committee

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Parks & 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.

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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. Mail in registrations will be accepted after the initial walk in registrations.

Name: _____ Spouse's Name: _____
 Address: _____ Town: _____ Zip Code: _____
 Home Phone #: _____ Cell Phone #: _____ Provider: _____ Work Phone #: _____
 E-Mail: _____ Cash _____ Check _____ Visa _____ MC _____

Emergency Contact:
 Name: _____ Relationship: _____
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 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 _____

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Community Bulletin Board

PASSPORTS

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

Evening hours will be available on Thursday's only May 24 – June 28. Office will be open until 7:00 pm. Appointments must be made in advance for this day.

MEN'S SOFTBALL LEAGUE - ORGANIZATIONAL MEETING

The league is scheduled to begin play on mid May. All games are played at Samuel M. Peretz Park @ Bridebrook. The department is currently accepting teams for the 2016 season. Reminder: The meeting will be held on Tuesday March 13 at 6:30 pm in the Parks and Recreation Office.

DEEP BOATING COURSE

Dates: April 9, 11, 16

Time: 6:00-9:00 pm

Location: East Lyme Youth Center

Fee: \$25.00

East Lyme Parks & Recreation will be accepting registration into its DEEP State Boating class, for individuals age 10 & older. Classes will be held at East Lyme Youth Center. This 4 day class fulfills the education requirements for the CT Certificate of Personal Watercraft Operation, which allows boaters to operate a motor vessel, including personal watercraft (Jet Ski type boats), in the State of Connecticut. Students must attend all sessions to be certified.

SUMMER PLAYGROUND PROGRAM AND EXTENDED CARE

For Children Entering Grades 1-6

DATES: June 25 to August 10 (No Program on July 4)

DAYS: Monday - Friday

TIME: 8:30 am to 1 pm

FEES: \$245.00 Resident/\$345.00 Non-Resident

LOCATION: East Lyme Middle School (Grades 1-6)

EXTENDED CARE (WEEKLY PAYMENT):

TIME: 7:45 to 8:30 am (or TBA)

FEE: \$20.00 Resident/\$30.00 Non-Resident per WEEK

LOCATION: East Lyme Middle School

TIME: 1:00 to 5:00 pm

FEE: \$80.00 Resident/\$110.00 Non-Resident per WEEK

LOCATION: East Lyme Middle School

SUMMER HANG OUT FOR ENTERING Grades 7 -9

Weekly programs for East Lyme Residents Only, limited to the first 30 to register.

DATES: June 25 to August 10 (No program on July 4)

DAYS: Monday - Friday, Trips on Thursday

TIME: 8:30 am to 1:30 pm

FEE: Fees and Trip TBA

LOCATION: East Lyme Youth Services

REGISTRATION BEGINS ON JUNE 4 AT THE RECREATION OFFICE

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THAMES RIVER FENCING CLUB

The club meets at the East Lyme Library/Community Center Activity room on Monday evenings. 7:40 to 9:45 pm.

U.S. AMATEUR BALLROOM DANCE ASSOCIATION DANCES

Dates: Fridays, March 16, April 20, May 18 & June 15;

Saturdays, April 7, May 5 & June 2

Time: Fridays, 7:00 to 10:00 pm

Saturdays, 6:30 to 11:00 pm

Location: East Lyme Public Library/Community Center Activity Room

Contact: Ken Curry 860-501-3498; www: usadancenewlondonct.com

SHORELINE SWING DANCES

Dates: Third Saturday of each month: March 17, April 21, May 19 & June 16

Time: 8:00 to 11 pm. Dance lessons are offered from 7 to 8 pm

Location: East Lyme Public Library/Community Center Activity room. For more information please visit "shorelineswingct.com."

GOLF LESSONS: Golf instructional clinics coordinated and tailored specifically for women, juniors, and seniors will be held at the East Lyme Driving Range on Flanders Road. Clinics to be held are under the tutelage of Dick Bierkan, PGA Life Member. If interested, please contact Dick Bierkan at 860-539-0723 or by email at dbierkan@pga.com. Times and dates will be determined based on participation interest. Private lessons are also available.

EAST LYME PLAYERS

The "East Lyme Players" is a drama group offered through the East Lyme Senior Center. A new session is beginning in February. If the theater has always intrigued you but you never had the time to explore your interest, NOW is the time. No experience necessary. All skill levels are welcome. No memorizing of lines - Staged readings so scripts are handy! The Players are looking for folks who want to explore their creative side by either acting or working backstage. The East Lyme Players' Director, Joyce Beauvais, has tons of experience and wants to share her knowledge and passion with you. The program is held on Thursday afternoons at 1pm. A new session is starting February 1st and running for 17 weeks. Like them on Facebook - look up "East Lyme Players, Joyce Beauvais, Artistic Director". Session fee is \$125pp. For information, call the Senior Center at 860-739-5859.

THEATER UNDER THE SHELL - SUMMER STOCK THEATER

In the summer of 2017, Theater Under the Shell had its inaugural season and it was a rousing success. Come and support this terrific addition to summertime activities in our Town by volunteering for any number of activities to support this program. Join your fellow theater lovers by volunteering for Acting - Crew - Public Relations - if you're interested, we will find a job for you. Planning for this summer's season is starting now. Contact shorelinedrama@gmail.com with your name and interest and get ready for an outstanding experience!

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East Lyme Youth Services

East Lyme Youth Services

45 Society Rd., Niantic, CT 06357

(860) 739-6788 Email: mmcdowell@eltownhall.com

Serving the East Lyme and Salem Communities

Dave Putnam – Executive Director

Mike McDowell – Program Director

Office Hours 8:00 am – 4:00 pm

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

Youth Services Commission

The East Lyme Youth Services Commission meets on the 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

Registration for Spring Youth Service programs will begin on Friday, February 23rd

Niantic Bay Boardwalk 5k: Sunday, April 22nd

The Niantic Bay Boardwalk 5K invites you to run or walk down the Niantic Bay Boardwalk. This spectacular promenade in East Lyme, CT, boasts stunning views of Long Island Sound, lapping waves and the whoosh of trains passing on nearby tracks.

5K Runners and walkers will enjoy a mostly flat course from Niantic's McCook Point Park through the charming Village of Niantic, along Main Street and the Boardwalk, to a sparkling finish at Hole-in-the-Wall Beach. Post-race festivities and awards follow at the pavilion in McCook Point Park. Bring your family and friends. Visit eltownhall.com for additional information regarding this event!

Home Alone

Session #934010-01

Day: Monday's

Location: The Community Center in the Olive C. Room

Time: 3:00-4:00 pm

Meeting Dates: 3/12, 3/19, 3/26

Fee: \$45 residents/\$60 Non-residents

Recommended for all students in 5th and 6th grade. Participants learn how to be home without supervision responsibly, utilizing the expertise of local police and fire professionals and other guest speakers.

What's Cookin' for Kids

Session #932220-01

Day: Tuesdays

Time: 3:00-5:00 pm

Location: The Community Center in the main kitchen (near the senior center)

Meeting dates: 3/6, 3/13, 3/20, 3/27

Fee: \$50 resident/\$55 Non-resident

Participants will learn cooking techniques, while preparing yummy meals. Participants will be given instruction and assistance in learning some basic meals they can contribute to their family's weekly menu! Parents please take note: Youth must be mature and responsible, as they will be handling sharp knives and hot items in the kitchen. Participants should bring Tupperware to bring leftover goodies home with them on some days. This class is open to children in grades 6-8.

Mountain Biking Club (Grades 5-9)

Session #932170-01

Day: Thursdays

Location: Rocky Neck: Trailhead near Divine Wine Emporium

Time: 5:00-6:30 pm

Meeting Dates: 4/19, 4/26, 5/3, 5/10

Fee: FREE

Guided rides will be led by program Coordinator Mike McDowell along the trails of Rocky Neck. Participants will build confidence from tackling terrain found along the trails while also enjoying the time outdoors! Participants must have a working bike with front and rear brakes, helmet, a fix-a-flat kit, and water.

Free Open Center After School Program

On school days the youth center will be open from 3:00 – 5:30pm for all middle school students to come, hang out, and utilize all that the center has to offer! Our staff is available to assist with homework, and supervise the kids to ensure they are engaging in safe activities. Half days of school, the center opens at noon.

Student Advisory Board

The Student Advisory Board is a group of high school students who are interested in bettering the community by volunteering at town events, as well as planning and hosting events for advocates of youth in the community. Events the club has collaborated on are the Boardwalk 5k, the Niantic Bay 10k, Trick or Trunk, Holiday Stroll and various middle school dances.

Bikes for Kids

BRING YOUR OLD BICYCLES TO US. We are collecting bikes in any condition to bring to the Bikes For Kids organization in Centerbrook. Donated bikes are fixed up, and donated to families/organizations who otherwise cannot afford them. Drop-off location will be at the Youth Center on May 19th from 9:00-Noon (arrangements may be made for different time, please contact Youth Services staff to arrange) Adult bikes may be donated as well as they occasionally receive requests for them.



Flood Facts - Drainage System Maintenance

The Town of East Lyme is a participant in the Federal Emergency Management Agency Community Rating System program which entitles its residents to discounts on their flood insurance policies. One of the objectives of the Community Rating System is to encourage and recognize programs that preserve & restore the natural functions of floodplains and minimize damage & disruption to infrastructure & critical facilities.



Know your Flood Hazard

In the Town of East Lyme, one of the primary threats of flooding results from the “ponding” of water during heavy storms. Some flooding can result from small ditches and streams overflowing during significant storm events. Many local urban flood problems are caused when trash, yard waste, brush, fill or other debris is dumped into channels. This debris can clog storm drains & culverts, divert flows, and reduce the conveyance capacity of channels.

Stream Dumping Regulations

The house you flood may be your own. Do not dump or throw anything into drainage ditches or streams. Obstruction and pollution of our waterways and ditches is a violation of Town Ordinances and Regulations.

Dumping or disposal of debris throughout East Lyme’s drainage system is prohibited. A Town Ordinance regulating the disposal of solid waste indicates that no person shall throw or deposit any refuse in any stream or other body of water. According to the East Lyme Inland Wetlands and Watercourses Regulations, filling or depositing material within 100 feet of a wetland or watercourse is considered a Regulated Activity.

The regulations that prohibit disposal of debris in East Lyme’s drainage system are enforced throughout the entire community. The East Lyme Wetlands Enforcement Officer and the Town Engineer are responsible for receiving complaints and monitoring compliance.



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Smith Harris House

Spring Programs

Spring Clean-Up

Smith-Harris House grounds

Saturday, April 21 (rain date: Saturday, April 28)

8 am to 12 noon

Help us clear away winter and prepare the outbuildings, grounds, and gardens in time for the summer season! Please bring your own shovels, gloves, rakes, wheelbarrows, and other gardening tools. Tasks may include (but are not limited to): painting the garden fence, cleaning out the “herb” garden, removing branches and twigs from paths and driveway, stone wall repair, stump removal, basic weeding, raking, trimming. Coffee, water, and snacks will be provided. For more information, contact Gary Lakowsky, Commission Vice-Chair, 860-694-9650 or lakowsky@sbcglobal.net.

Annual Plant Sale

Friends of Smith-Harris House, Inc.

Smith-Harris House Barn

Saturday, May 5th, 9 am to 12 pm

Prepare your summer garden at the Friends of Smith-Harris House annual plant sale fundraiser! From blossoms to bulbs, this sale is sure to have everything you need to stay ‘in-bloom’ until the leaves fall! Annuals, perennials, hanging plants, and vegetable starters are just a few of the types of plants available, and all proceeds will benefit preservation and public programs at the Smith-Harris House, Inc, a non-profit 501c3 organization. Is your thumb “heirloom green?” Then consider volunteering with the Smith-Harris House garden team, to help keep our historic-varietals garden at it’s best year-round! Sign-up sheets will be available at the plant sale. For more information, call Donna Massung, Friends President, at 860-691-1872 or email dmmsew@sbcglobal.net.

Novel History: The Great War in Literature

Reading & Discussion Series

East Lyme Public Library & Smith-Harris House

February – May (specific dates listed), 7 pm, Free!

Join the Smith-Harris House and the East Lyme Public Library as we celebrate the 100th anniversary of America’s participation in the Great War. We’ll take a detailed, chronological look at how the Great War has been portrayed in American literature, and how these books both represented current historical scholarship and impacted the literary landscape. Meet guest lecturers, and participate in discussions about great books. Free, with refreshments provided. All dates are Mondays, at 7:00 pm in the Library’s East Lyme Room.

February 26 (snow date March 5) – *One of Ours* (1922) by Willa Cather. *One of Ours*, winner of the Pulitzer Prize in 1922, portrays the blighting effects of twentieth-century progress on a free spirit from the American frontier. Claude Wheeler, its hero, is an

imaginative, restless young man who leaves his claustrophobic small town to become a soldier in France during World War I. The Old World shows him culture, art, generosity, and appreciation, and also the horror, waste, and tragedy of war.

March 26 – *The Harlem Hellfighters* (2014) by Max Brooks. In 1919, the 369th infantry regiment marched home triumphantly from World War I. They had spent more time in combat than any other American unit, never losing a foot of ground to the enemy, or a man to capture, and winning countless decorations. Though they returned as heroes, this African American unit faced tremendous discrimination, even from their own government. The Harlem Hellfighters, as the Germans called them, fought courageously on – and off – the battlefield to make Europe, and America, safe for democracy.

In *The Harlem Hellfighters*, bestselling author Max Brooks and acclaimed illustrator Caanan White bring this history to life. From the enlistment lines in Harlem to the training camp at Spartanburg, South Carolina, to the trenches in France, they tell the heroic story of the 369th in an action-packed and powerful tale of honor and heart.

April 30 – *A Farewell to Arms* (1929) by Ernest Hemingway. Written when Ernest Hemingway was thirty years old and lauded as the best American novel to emerge from World War I, *A Farewell to Arms* is the unforgettable story of an American ambulance driver on the Italian front and his passion for a beautiful English nurse. Set against the looming horrors of the battlefield – weary, demoralized men marching in the rain during the German attack on Caporetto; the profound struggle between loyalty and desertion – this gripping, semi-autobiographical work captures the harsh realities of war and the pain of lovers caught in its inexorable sweep.

May 21 – *A Star for Mrs. Blake* (2014) by April Smith. Cora Blake never dreamed she’d go to Paris. She’s hardly ever left the small fishing village where she grew up. Yet in the summer of 1931, she is invited to travel to France with hundreds of other Gold Star Mothers, courtesy of the U.S. government, to say goodbye to their fallen sons, American casualties of World War I who were buried overseas.

Chaperoned by a dashing West Point officer, Cora’s group includes the wife of an immigrant chicken farmer; a housemaid; a socialite; a former tennis star in precarious mental health; and dozens of other women from all over the country. Along the way, the women will forge lifelong friendships as they face a death, a scandal, and a secret revealed.

To register, stop by in person or call the library at (860)739-6926. The library will carry multiple copies of the books; however, a library card is necessary for checkout.

EL Veterans

In October of 2013 the State of Connecticut established a Veterans Representative volunteer position in each town to help connect local Veterans to resources, services, organizations, and events. The Town of East Lyme would like to welcome Brian Burrige as our community's current Veterans Representative. For more information and a list of current events such as the "Veterans Coffeehouse" hosted by the

New London Senior Center, please contact Brian at eastlymevetrep@gmail.com or call Town Hall at 860-691-4110. The Town of East Lyme would like to thank Cheryl Six, former Veterans Representative, for her many years of support to our community and to our Veterans.

The New London Veterans Coffeehouse will be held the first Friday of each month

beginning on Feb 2nd at the New London Senior Center, 120 Broad Street, in the library from 9-11 am. The mission is to provide a comfortable location for veterans, both men and women of all ages; to meet, socialize, and receive information regarding veteran benefits through state and federal agencies and organizations. It is hosted by RSVP and the New London Senior Center.

Public Works

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

October 8 through December 17, 2018 (No collection Thanksgiving week.)
Week of May 7, 2018
Week of June 4, 2018
Week of July 9, 2018

- IT IS ILLEGAL TO BLOW OR RAKE LEAVES INTO THE ROAD. This will clog catch basins which can cause road flooding and icing. Leaves become very slippery when wet causing a hazard for motorists.

- Leaves must be in paper bags
- Leaves in plastic bags are not collected
- Brush can be bundled in lengths of 4 feet or less
- Grass clippings are not acceptable. Please visit the US EPA web site for information on grasscycling.
- Leaves can be brought to the designated area at the transfer station free of charge; however, plastic bags must be emptied at the site.
- Home composting and home recycling of leaves are encouraged as environmentally desirable alternatives.

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eastlymeaquaticsandfitness@gmail.com

www.nutmegaquatics.com

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

Sat: 9 am-7 pm; Sun: 12 pm-5 pm

Session 1	09/11/17—10/21/17 No class 10/09 makeup on 10/24
Session 2	10/30/17—12/16/17 No class 10/31, make up on 12/19. No classes 11/20-11/25
Inter-Session A	Tues/Wed/Thurs, 12/26/17—01/04/18 2 weeks, 3 classes per week
Session 3	01/08/18—02/17/18 No class 01/15 makeup 02/21**Wednesday
Session 4	02/26/18—04/07/18
Inter-Session B	Tues/Wed/Thurs, 04/09/18—04/20/18 2 weeks, 3 classes per week
Session 5	04/23/18—06/02/18 No class 05/28 makeup 06/01
Inter-Session C	Tues/Wed/Thurs, 06/04/18—06/16/18 2 weeks, 3 classes per week

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 - 5:30-6:00 pm, or 6:00-6:30 pm & Sat- 9:00-9:30 am or 9:30-10:00 am

Level 5 & Level 6: Mon, Thurs 6:30-7:00 pm, & Sat 9:00- 9:30 am, 9:30-10:00 am

**To schedule an evaluation call us at (860) 691-4681

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

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: Tuesday 5:30-6:15 pm & Saturday 10:00-10:45 am

Advanced Stroke School: Tuesday 6:15-7:00 pm, Friday 5:30-6:30 pm & Saturdays 10:45-11:30 am

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

Parent & Tot (3-36 months)

	Member	Non-Member
Once/Week	\$86	\$106
Twice/Week	\$154	\$170
Three/Week	\$230	\$255
Swim 4 Fitness	\$129	\$158

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

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

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 coach in a group setting and receive individual feedback. All coaches are USA Diving Certified. Cost for the session is \$99 (member) and \$112 (nonmember). Call 860-691-4681 if interested or stop by during our office hours!

Nutmeg Dive Team

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 their school season. Dive Team meets Monday, Wednesday, and Thursday from 7:30-9:00 pm as well as Sunday from 4:30-6:30 pm during the academic year and is billed monthly. Participants are instructed by USA Diving Certified coaches who will instruct on a wide range of skills. Participants must register through USA diving in order to participate in the class. The cost for each session varies depending on commitment level. Call Brandon if interested.

Nutmeg Swim Team

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

Swimmers are coached by USA Registered coaches and compete at USA Swimming sanctioned events. Contact Rob Bouchey at 860-691-4681 with questions regarding your child's ability to join the Nutmeg Swim Team.

Private & Semi-Private Lessons

Individual instruction is available for youth and adults to help achieve swimming goals. From "Tot" to Triathlon, we have instructors and coaches ready to provide you with the skills you need to be successful. Five, thirty minute private lessons \$150. Five, thirty minute semi-private lessons \$125 per person, minimum 2 students. Fill out a request form online if interested.

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.).

American Red Cross Offerings

We offer American Red Cross Lifeguarding Classes as well as some CPR Courses on a minimum of a quarterly basis. All of the classes that are currently being offered can be found on our website under the American Red Cross registration tab. All courses require a minimum of 3 participants to run, Lifeguard classes need 4.

Filters vs. Distortions, Where Is the Line?

The changes we make to our Instagram pictures are called filters. I like to call them distortions. Distortion is defined as "the action of giving a misleading account or impression." Social media allows, far too easily, young children and teens to access distorted views and expectations of the world and people around them. When we close the social media and enter back in the "real world" it is easy for us to blend the two worlds and carry those distortions with us. The social media might close, but the residual anxiety, depression, and negative view of self remains open, and the distorted lens we look through remains clear. How can we protect ourselves from the potential dangers of social media and compete with the increasing need and convenience of technology? How can we tell when it is time to unplug and connect as humans, not to WiFi? Talk with your loved ones if you are noticing behavioral or emotional changes that concern you, and recognize when you need to seek professional support and guidance to take back control in your real world. De-filter, De-stress, and Re-ignite your happiness.

Kristin Kiczuk, LCSW
East Lyme Psychological Associates



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East Lyme Public Trust Foundation

BANISH WINTER BY SUPPORTING THE EAST LYME PUBLIC TRUST FOUNDATION'S PROMISE OF TOMORROW'S TREES

We have survived temperatures that are cold and colder. We have endured inches of heavy snow. The blustery winds have not deterred us. Now, it is time to turn our thoughts to spring-2018.

The East Lyme Public Trust Foundation, through its project – the Promise of Tomorrow's Trees – would like to solicit all of the athletic community at Bridebrook who have played on its fields, watched from the sidelines, or coached teams, to consider sponsoring a living memento of these memorable times shared at this park.

In the early spring, the East Lyme Parks and Recreation Department will be gearing up to plant any trees that have been dedicated. The project at Peretz Park is to plant sugar maples along the outfield fence of the baseball field. There are already four trees planted to begin the project. The plaque for one of these trees thanks the donor's parents for "Summers at Niantic." We know there are many more people who are grateful for these experiences at Peretz Park. We are hoping to add many more trees to continue this line of shade along the outside of the fence. This memento, which would be planted in the spring of 2018, would live on to commemorate your memories.

The East Lyme Public Trust Foundation, in co-operation with

the East Lyme Parks and Recreation Department, uses the profits raised by THE PROMISE OF TOMORROW'S TREES – to support the Niantic Bay Boardwalk and other projects of the Trust. This commemorative tree program has made available to the public, trees to be placed in public spaces in East Lyme.

In 2015, 8 trees were sponsored at McCook Park. In 2016, 5 Dogwood trees were sponsored at the Cliff Walk to McCook Point. In 2017, we offered a walkway of trees along the chain-link fence at McCook Park on Columbus Ave. Other areas that still have trees available are the Smith Harris House, the Samuel Smith House, the Library, and the East Lyme Town Hall.

A contribution of \$600 for a tree will cover the cost of the tree, planting, an 8"x4" plaque, a base, and a water bag to assist in the stabilization of the tree. Since the East Lyme Public Trust Foundation is a non-profit 401c, contributions are tax deductible.

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



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- Deb Lewis



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

Jane Bowen – Senior Center Associate

Roxanne Kormos – Driver

John Hallissey – Driver

Melissa Victor – Driver

Joe Savoie - Driver

Check out our monthly newsletter, The Courier, for a full list of activities, programs and services. It is available the beginning of every month at the Senior Center, Public Library, Town Hall, at the senior housing sites, and the local grocery stores. The complete newsletter is available online at the Town of East Lyme website at www.eltownhall.com. Hover over the “Community” Button and then Click on “Senior Center.” If you would

like the newsletter emailed to you, contact the Senior Center office.

WEBSITES “Like Us” on Facebook. Use our 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 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 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 Monday through Friday at 11:45 am. Monthly menus are printed in The Courier newsletter. \$3.00 suggested donation.

continued on page 28



The Fountain-Timmons Team

Berkshire Hathaway HomeServices

New England Properties

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East Lyme Senior Center... continued from page 27

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 860-886-1720.

Mature Driver Safety Classes

The Senior Center and AARP provides Mature Driver Safety classes 10-12 times a year to anyone 50 or older. This 4-hour session develops safe, defensive driving techniques and refines existing skills. Contact your insurance company about a possible discount after completion of this course.

AARP Tax-Aide

The Senior Center and AARP provides tax assistance every February, March and April. The AARP Tax-Aide program provides free, confidential tax preparation of middle to low income people with special attention paid to those 60 and older. Appointments must be made and will be held on Monday and Friday mornings starting February 2nd.

Trips

The Senior Center offers a diverse selection of trips. Detailed flyers are available once registration begins. Below are the trips currently being promoted:

Day Trips

Open to any person 55+

Thu, April 5th - Join us for a trip to the Mohegan Sun Casino. Departure from the East Lyme Senior Center but checks made out to the Lymes' Senior Center. No meal included but you will receive a casino package. Trip fee is \$TBA. Registration begins February 1st. Moderate walking.

Tue, April 24th - Let's spend a day at the Norman Rockwell Museum in Stockbridge, MA. Lunch at Michael's Restaurant beforehand. Guided tour at the Museum. Time to explore the museum after the tour. Trip fee \$79 pp. Registration begins February 1st. Moderate walking.

Sat, May 5th - New York City on your own - Bus leaves East Lyme at 7:45 am and leaves NYC at 7:30 pm. Trip is \$48 pp. Registration begins March 1st. No meal included in trip price. Lots of walking.

Wed, May 9th - Join us for a production of "Sister Act" at the Westchester Broadway Theatre in Elmford, NY. Lunch included. Trip fee \$97pp. Registration begins March 1st. Minimal walking.

Thu, May 24th - Spend the day in The Berkshires of MA. Visit the Berkshire Botanical Garden in the morning, enjoy lunch on your own at the Barrington Brewery, and then tour Chesterwood, the home, studio, and gardens of Daniel Chester French. Trip fee \$85pp. Registration begins March 1st. Moderate walking.

Overnight Trips/Cruises

February 1-4, 2018 - Join us for the famous Quebec Winter Carnival and tour this beautiful city with a knowledgeable local guide. \$955/double, \$1249/single, \$889/triple. Registration has begun.

March 19-20, 2018 - We are partnering with the Groton Senior Center to offer a Ski Getaway at the Grand Summit Hotel in Mount Snow, VT. Ski costs not included as there are many activities to choose from if skiing is not your thing. \$367/double or triple, \$227/single. Registration has begun.

October 15-25, 2018 - Escorted tour of the Imperial Cities featuring Prague, Vienna & Budapest. Once in a life time trip. \$3649/double, \$4299/single, \$3619/triple. (travel insurance not included). Registration has begun.

Fitness Classes

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

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

SENIOR YOGA: Tue 9 am & Thu 9 am - R\$60.00/30 classes - NR\$65.00/30 classes. Pass required.

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

CHAIR YOGA: Tues & Fri 9:30 am & 10:30 am - R\$36.00/24 classes - NR\$41.00/24 classes. Pass required.

WEIGHT LIFTING: Tue & Thu 10:15 am @ ELHS Fitness Center - R\$24.00/24 classes - NR\$29.00/24 classes. Pass required.

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

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

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

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

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

Performing Art Classes

TAP CLASS: Tue 1 pm - R\$24.00/20 classes - NR\$29.00/20 classes. Pass required.

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

VALLEY SHORE WOMENS ACAPELLA: Wed 6:30 pm. Call for more information.

EAST LYME SENIOR CHORUS: Fri 10:45 am. Any level. Come join the fun.

Crafts

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

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

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

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 Fri 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 \$5.00pp. Must know the game/have a partner. Must register.

ACBL Santioned BRIDGE: Duplicate Bridge played Wed 1 pm. Fee \$7.00pp (\$1pp if 26 or younger). Must know the game. Contact mikehajosity@gmail.com for questions/registration.
 BRIDGE: Duplicate Bridge played Thu 1 pm. Fee \$1.00pp. Must know the game/have a partner. Must register.
 BINGO: Fri 1 pm. \$1.00 for the 1st card - 25¢ for every additional card up to 9 cards.

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.
 GUITAR LESSONS: Thu 12:30 pm – Session class – Call for class fee & schedule.
 DANCES: Every other month – Fri at 7 pm. Mar 9th, Jul 6th, Sep 7th & Nov 9th, 2018 dates. Fee \$10pp – tickets sold at the door. The Illusions Band plays.
 TECH SUPPORT: 2nd Tue of every month with ELHS students. Call to set up an appointment.

Health Programs/Benefits Info

REFLEXOLOGY: 2nd Wed of every month. \$5 fee. Register at the Senior Center Office.
 REIKI: Twice monthly. Call to register. \$5 fee. Register at the Senior Center Office.
 VNASC NURSE MANAGED WELLNESS CLINIC: 2nd Wed of every month 1pm for services that focus on prevention and self-care.
 VNASC BLOOD PRESSURE CLINIC: 2nd Thu of every month 12:15 pm to 12:45 pm and 4th Wed of every month 1:15 pm to 2:15 pm
 HEARING CLINIC: 1st Fri of every month at 10am. Must have an appointment.
 SENIOR LEARNING NETWORK: Monthly video conference learning sessions. Call for more details.
 Every Month
 Theme Meals & Musical Entertainment
 Special Events



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Library Events

MARCH

Creative Community

Wednesday, March 7 – 6:00-8:00 pm and
Thursday, March 8 – 10:00 am-12:00 pm

Are you looking to work on crafts and meet other people? Bring your project and materials and meet someone new.

Kerry Boys Irish Music

Saturday, March 10 – 2:00 pm

The Kerry Boys are Connecticut's favorite Irish balladeers. Their high-energy show will have you clapping and singing along, engaging you from start to finish with their wide collection of traditional and original Irish/Celtic songs.

Burne-Jones' *Chant d'Amour* and the Pre-Raphaelite Dream

Monday, March 12 – 7:00 pm

Connecticut College Art History Professor Robert Baldwin will present an engaging

lecture on Burne-Jones' *Chant d'Amour* and the Pre-Raphaelite Dream, specifically, examining its historical, gender, landscape and aesthetic significance.

Novel History: The Great War – A World War I Book Discussion

Monday, March 26 – 7:00 pm

Harlem Hell Fighters (2014) by Max Brooks. Bestselling author Max Brooks and acclaimed illustrator Caanan White bring the history of the 369th infantry regiment to life. From the enlistment lines in Harlem to the training camp at Spartanburg, South Carolina, to the trenches in France, they tell the heroic story of the 369th in an action-packed and powerful tale of honor and heart.

Trivia Night

Tuesday, March 27 – 7:00 pm

Come by yourself or bring your friends. Test your knowledge from general

categories, including pop culture, current events, history, music, and of course, literature.

APRIL

Imperial Faberge Eggs

Monday, April 2 – 7:00 pm

Marina Forbes will present on the life and remarkable work of Russian master jeweler and artist, Peter Carl Fabergé. The program will feature a spectacular photo-tour of Fabergé collections at the Faberge Museum at the Shuvalov Palace in St. Petersburg, the Kremlin Armory Museum in Moscow and other world famous museums and private collections around the world.

"Me and My Shadow"

Tuesday, April 3 – 7:00 pm

Join Harvey Snitkin for his twenty-first century one-man band and orchestra as he uniquely blends live performance

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East Lyme Regional Theater



East Lyme Regional Theater proudly announces auditions for their Spring Junior Musical

Disney's Little Mermaid Jr.

To be performed May 11th and 12th

The show is being presented with special arrangement with MTI NYC.

Auditions for students aged 8-16 will be held Friday Feb 23rd from 5-7 pm and Sunday Feb 25th 2-4 at ELRT 32 Society Rd in Niantic. To sign up go to eastlymeregionaltheater.com or email elregionaltheater@gmail.com.

Follow East Lyme Regional Theater on Facebook or Instagram for more info!

and technology. Harvey performs live on soprano, alto and tenor saxophone, clarinet, flute, oboe, English horn and vocals accompanied by his laptop computer, programmed to provide a wide variety of musical styles.

Creative Community

Wednesday, April 4 – 6:00-8:00 pm and Thursday, April 5 – 10:00 am-12:00 pm
Are you looking to work on crafts and meet other people? Bring your project and materials and meet someone new.

Trivia Night

Tuesday, April 24 – 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.

Novel History: The Great War – A World War I Book Discussion

Monday, April 30 – 7:00 pm
A Farewell to Arms (1929) by Ernest Hemingway. Written when Ernest Hem-

ingway was thirty years old and lauded as the best American novel to emerge from World War I.

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. 3/13 *Prairie Fires: The American Dreams of Laura Ingalls Wilder* by Caroline Fraser; 4/10 *A Piece of the World* by Christina Baker Kline. No registration necessary.

Mystery Book Discussion Group

This book discussion group meets on the last Thursday of each month (unless otherwise noted*) at 11:00 a.m. in the East Lyme Room. Copies of the current month's book are available at the library. 3/29 **Billy Boyle** by James Benn; 4/26 *Missing*, Presumed by Susie Steiner. No registration necessary.

New Book Discussion! ELBO – East Lyme Business Organization

Join us for this new lunch time book

discussion which explores marketing, leadership, customer service, and management through non-fiction. 3/27 *Extreme Ownership: How U.S. Navy SEALs Lead and Win* by Jocko Willink and Leif Babin. Bring you lunch and discuss on Tuesday, March 27 in the Chendali Room from 12 to 1:30 pm

2018 East Lyme Public Library Tween/Teen Tech Week Fair!

Friday, March 16th 3-4 pm in the Community Room of the East Lyme Community Center.

The East Lyme Public Library Style Council is partnering with East Lyme Middle School and the East Lyme Senior Center to present our 3rd annual Tech & Invention Fair. Middle school students will display, demonstrate, and talk about their inventions and science projects. Library Style Council members will demonstrate how to do coding activities and make videos with

continued on page 32

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Library Events... continued from page 31

iPads. The American Radio Relay League will demonstrate how to communicate via radio and Morse code. We will also have a very special interactive “retro tech” exhibit of record players, answering machines, typewriters and more!

What is Tween/Teen Tech Week?

Tween/Teen Tech Week is when libraries make the time to showcase all of the great digital resources and services that are available to help teens succeed in school and prepare for college and 21st century careers.

“Libraries are for Creating,”

March 16, 2018

This year’s theme encourages teens to take advantage of all the great digital tools offered through the library to become content creators, and to leverage library resources to share out their creations,

whether they be podcasts, videos, apps, games, or some other fabulous invention or creation!

East Lyme Public Library

Spring Splendors Storyhours 2018

Registration begins April 19

Session starts April 23 and ends June 1

(860) 739 - 6926 ext 2

Monday

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 5s 2:15 - 3:00

La hora de los cuentos 6:30 - 7:30 pm

** English-Spanish fun for the whole family **

Thursday

BABY LAP-SIT 10:00 - 10:30

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

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

Movies for Middle Schoolers 3:15 - 4:45+/-

Friday

All Ages Drop-In 10:00 - 10:45

Style Council 3:00 - 4:30

PLEASE NOTE

Baby Lap-Sit for Birth to 23 months

Child needs to be appropriate age by April 23, 2018.

All Ages Drop-In - Registration not required.

Please call (860-739-6926) to register for programs or register

online (www.eastlymepubliclibrary.org/events).



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