

East Lyme



Events

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Volume 1 • Quarter 3 • 2013



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East Lyme Parks & Recreation Magazine

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First Selectman's Corner

Greetings from the Connecticut Fan Favorite Town! That's right, Niantic beat out all of the other 168 towns in the State and was named the "Facebook Fan Favorite Town" for this year's state promotional tourism initiative. Congratulations to the Inn at Harbor Hill for winning the Fan Favorite Place in town.

The reason we won is simple – we have that one thing ... wonderful people that live and work here. Our Main Street is vibrant with shops, boutiques and restaurants all managed with the communities best interest in mind. Family farms abound in our north end and we have an abundance of open space to hike and enjoy. Our town departments and department heads work hard to support the community and you will find plenty of evidence in this edition of *Events Magazine* – Recreation Programs, Resource Management, Youth Services and Senior support groups and opportunities abound – and the business district in Flanders is growing all the time.

So please... browse through and enjoy this edition and gather ideas on what we have to offer and then "Come on Down!" Check out and enjoy first hand exactly what the Connecticut Fan Favorite Town has to offer you!



Paul M. Formica, First Selectman


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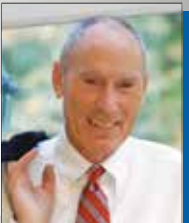
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Parks & Recreation Department



Parks & Recreation Department Staff

CONTACT INFORMATION & WEBSITES

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Administrative Secretary: Robin Grandieri
Administrative Assistant: Deb Levandoski
Special Events Coordinator: Mike McDowell
Park Foreman: Edward Ball
Maintenance Support: Michael Rak, Jason Alves,
Jake Pickerell

PARKS & RECREATION COMMISSION MEMBERS

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

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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
Rocky Neck State Park 860-739-5471
DEP Old Lyme 860-434-8638
Children's Museum of SE Connecticut 860-691-1255
East Lyme Aquatic & Fitness Center (Pool) 860-691-4681
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Robin Greer, #24 / 860-443-5492

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The beach is groomed prior to the Niantic Bay Triathlon, the lower parking lot is set-up as the transition area for this annual event.



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ELHS Football Coach Rudy Bagos instructs football clinic attendees on the new turf at East Lyme High School to prepare them for the upcoming football season.



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Fall Office Notes

As we begin down the final stretch of the summer of 2013, I would like to thank our park patrons and program participants for making this another awesome summer in East Lyme. Some of the department highlights were the opening of the Niantic Bay Beach and Boardwalk, Celebrate East Lyme day; including the sand sculpture competition and raft race, the Mike G. Living Water golf tournament, the Niantic Bay 10k, and our Summer Concert Series at McCook Point Park.

As the beach season winds down, and the last few patrons cling to the beach in denial of Summer passing us by, I would like to thank Beach Supervisors Rob Swan and John Lake, as well as Head Lifeguards Bill Fritz and Russ Newton for making the opening of the Niantic Bay Beach and Boardwalk as smooth a transition as possible, while also keeping McCook and Hole in the Wall beaches as family friendly as ever. These three individuals continue to build relationships with our park visitors and thoroughly enhance the experience of our beaches by ensuring clean facilities and attentive staff members.

A few highlights for the autumn season include an addition to our playscape at McCook Point Park, our first McCook Point Park overnight campout and back to school movie night on August 30th (register now!), our second year offering Open Center to middle school students in the Youth Center and the continuance of our office as an official passport acceptance facility.

Our department looks forward to seeing Keser, Berardo, and Firehouse fields at Peretz Park filled with aspiring athletes, as well as the Youth football field buzzing with activity as we transition to the fall sport season. Please take the time to look through our magazine and choose a new activity for you and your family to participate in to remain active and healthy individuals.

Mike McDowell

Special Events Coordinator, East Lyme Parks and Recreation



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.

Men's Basketball

Dates: November 6 – December 18 (No class 11/20)
(6 weeks)
Days: Wednesday
Time: 7:00 pm – 9:00 pm
Fee: \$5.00 per person per evening
Where: East Lyme Middle School - Gym

Parks & Recreation Bus Trip to New York City

Date: Saturday, December 7
Time: Bus Departs East Lyme Library Community Center @ 8:00 am. Departs New York City @ 7:30 pm
Fee: Resident \$40.00/Non-Resident \$55.00
Registration: Begins November 1
Class Size: Max 55

East Lyme Judo Club

Dates: Sept 10 – Nov 14 (Tues & Thurs)
Time: 6:00pm – 7:30pm Beginners/Int Mix Class (TUESDAY).
6:00pm – 7:30pm Int/Adult Class (THURSDAY)
Fee: \$30.00 Returning Students/\$35.00 New Students
Where: Flanders School
Registration: Sept 5 from 6:00pm-7:00pm at Flanders School Gym
For more information contact: Tony Pezzullo (860) 739-0417 or apezull@gdeb.com

Zumbathon

Dance for Diabetes Fund Raiser – Saturday, September 21
East Lyme Library/Community Center – Activity Room
Suggested Donation - \$15.00 / Pre-Register \$10.00
For more information email Donna at curlygurly2662@yahoo.com.

Thames River Fencing Club

Meets at the East Lyme Library/Community Center Activity Room on Monday Evenings from 7:35pm to 10:00pm.
For more information contact Allan Kiem at (860) 434-5216

U.S. Amateur Ballroom Dance Association Dances

Dates: FRIDAYS (9/13, 9/27, 10/18, 11/15)
7:00pm – 10:00pm
SATURDAYS (10/5 & 11/2) 6:30pm – 11:00pm
Where: East Lyme Library & Community Center Activity Room
For more information contact: Russ Carr (860) 574-4303

Shoreline Swing Dances

Dates: 3rd Saturday of each month beginning Sept. 21,
Oct 19, Nov 16, Dec 21 from 8:00 pm-11:00 pm
Where: East Lyme Community Center Activity Room
For more information contact Karen Griswold (860) 445-0582 or shorelineswingct.com

Duplicate Bridge Games

Duplicate Bridge games are associated with the American Contract Bridge League. This is ongoing and pre-registration is not required. No bridge will be held on Nov 5 or Dec 24, 2013
Days: Tuesday
Time: 10:00 am – 1:30 pm
Fee: \$6.00 per person, per day
Where: East Lyme Library/Community Center – Activity Room
Instructor: Pat Kelsey

Continued on page 8

Events

MAGAZINES



East Lyme Events

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*Living Water Golf Tournament July 2013,
in memory of Mike Giannattasio*

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Community Bulletin Board ... continued from page 7

East Lyme Shred Day

Saturday, September 28th from 9:00am – 12:00pm. East Lyme Community Center Parking lot at 37 Society Road, Niantic. A home pick up can be arranged if necessary by calling Senior Center (860) 739-5959 before September 25th. Event sponsored by East Lyme Police Benevolent Association. Asking for a non-perishable food item for Care & Share.

Wiffle Ball Tournament

Saturday, August 24th at 11:00 a.m. (Registration begins at 10:00am) at Bridebrook Park. \$20.00 per person (includes T-shirt & Lunch) To benefit The East Lyme Police K-9 Program sponsored by East Police Benevolent Association. 3-5 person teams/ Round Robin style/ Home Run Derby Style/ No Base Running. Contact Officers Lindsay Contillo or Dana Jezierski for additional info. lcutillo@eastlymepolice.com or djezierski@eastlymepolice.com. Registration forms available at Parks & Recreation Office.

East Lyme Annual Trail Ride

October 6th at Nehantic State Forest. Event sponsored by East Lyme Parks & Recreation Dept. This is a 10-15 mile pleasure ride and will be held Rain or Shine. 4-H riders are welcome. The fee is \$30.00 for adults and \$20.00 for ages 16 and under. For more info call Mark at (860) 442-1292 or email greenacresinc@sbcglobal.net.

Epilepsy Foundation of CT

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

"There are approximately 60,000 people in Connecticut who have epilepsy and an estimated 50,000,000 worldwide. Epilepsy is the most common neurological disorder in the United States and is equal in prevalence to cerebral palsy, multiple sclerosis and Parkinson's disease combined", said Linda Wallace, Executive Director.

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

The Epilepsy Foundation of Connecticut has many programs to offer those living with epilepsy. In particular, we offer 7 support groups throughout the state.

The Epilepsy Foundation of Connecticut is Connecticut's leading source of information for the thousands of people who have epilepsy. Founded in 1982, the Foundation works to ensure that people with epilepsy are able to participate in all life experiences through information, education, recreation, advocacy and support. For more information visit <http://www.epilepsyct.com> or call 800-899-3745.

Park and Beach Information for McCook's & Niantic Bay Boardwalk

McCOOK POINT PARK

- Open daily from 8:00 a.m. to sunset
- Pets are permitted from October 1 – April 30; must be under owners control at all times and it is the owner's responsibility to clean-up all pet waste.
- Restrooms will remain open until mid-November as weather permits.
- Contact the Parks and Recreation office for Pavilion reservations/availability
- Tobacco Free Parks

STATE STATUE 22-364

Statue 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. Dogs will be allowed on Town beaches from October 1 to April 30, and year round on Amtrak Beach. Dogs are not permitted on the Niantic Bay Boardwalk at any time during the year.

NIANTIC BAY BOARDWALK

Approximately half of the boardwalk that is accessed from Cini Park was opened in the beginning of June. The Hole in the Wall access will remain closed as repairs are expected to begin on this portion in late summer 2013.

PAVILION RENTAL

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

Registration Form on page 30

I'M TWO

Session # 250201-01

This play session is an opportunity for your child to begin meeting playmates on their own! Children will have a different activity each week utilizing all five senses. Parents do not stay in class with their child!

Dates: September 9 – October 21 (No class 10/14)
(6 classes)

Days: Monday

Time: 10:15 am – 11:00 am

Fee: Resident \$25.00/Non-Resident \$40.00

Registration: Begins August 26

Where: East Lyme Library/Community Center –
Olive C Room

Instructor: Paula Jessuck

I'M TWO

Session # 250201-03

All other information the same as the previous session, different session dates and registration date.

Dates: October 28 – December 9 (No Class 11/11)
(6 classes)

Time: 10:15 am – 11:00 am

Registration: Begins Monday, October 21

CREATIVE ART FOR 3 & 4 YEAR OLDS

Session# 250301-01

The program for 3 and 4 year olds concentrates on the process of expression through art. Children will learn to manipulate art supplies while creating their own designs. Parents do not participate with children!

Dates: September 9 – October 21 (No Class 10/14)
(6 classes)

Days: Monday

Time: 9:15 am – 10:00 am

Fee: Resident \$25.00/Non-Resident \$40.00

Registration: Begins Monday August 26

Where: East Lyme Library/Community Center/Youth
Center

Instructor: Paula Jessuck

CREATIVE ART FOR 3 & 4 YEAR OLDS

Session # 250301-02

All other information the same as the previous session, different session dates and registration date.

Dates: October 28 – December 9 (6 classes)

Time: 9:15 am – 10:00 am

Registration: Begins Monday, October 21

Continued on page 11

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Park & Rec Preschool & Programs ... continued from page 9

YOUNG EXPLORERS

Session #250401-01

This class for 3 and 4 year olds is designed to introduce the child to nature and the environment through "hands on" experiments and projects.

Dates: October 22 – November 26 (6 classes)

Days: Tuesday

Time: 10:15 am – 11:00 am

Fee: Resident \$25.00/Non-Resident \$40.00

Registration: Begins Friday, October 11

Where: East Lyme Library/Community Center – Youth Center

Instructor: Paula Jessuck

TOT GYM

Session #250501-01

Children ages 3 to 5 engage in physical activities designed to build their motor skills and explore movement. A guided way to use some of the energy each day brings!

Dates: September 6 – October 11 (6 classes)

Days: Friday

Time: 10:15 am – 11:00 am

Fee: Resident \$25.00/Non-Resident \$40.00

Registration: Begins Monday August 26

Where: East Lyme Library/Community Center – Smith Harris Room

Instructor: Paula Jessuck

TOT GYM

Session #250501-02

All other information the same as the previous session, different session dates and registration date.

Dates: October 18 – November 22 (6 classes)

Registration: Begins Friday October 11

CRAFTS FOR TWO'S

Session #250301-03

Arts & Crafts designed for the two year old (without parent). Children will learn to manipulate art supplies while creating their own designs.

Dates: September 3 – October 8 (6 classes)

Days: Tuesday

Time: 9:30 am – 10:00 am

Fee: Resident \$25.00/Non-Resident \$40.00

Registration: Begins Monday August 26

Where: Youth Center

Instructor: Paula Jessuck

CRAFTS FOR TWO'S

Session #250301-04

All other information the same as the previous session, different session dates and registration date.

Dates: October 15 – November 19 (6 classes)

Registration: Begins October 8

Continued on page 12

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*Park & Rec Preschool & Programs ... continued from page 11***OUTDOOR EDUCATION**

Session #250601-02
 Dates: September 3 – October 8
 Days: Tuesday
 Time: 10:30am – 11:15am
 Fee: Resident \$25.00/Non-Resident \$40.00
 Registration: Begins Monday August 26
 Where: McCook Point Park Pavillion
 Instructor: Paula Jessuck

PARENT & BABY PLAY

Session #250101-01
 Build a wonderful bond with your child (13-24 months) and other

parent/child groups in an environment made for fun.
 Dates: September 6 – October 11
 Days: Friday
 Time: 9:00am – 9:45am
 Fee: Resident \$25.00/Non-Resident \$40.00
 Registration: Begins Monday August 26
 Where: Olive C. Room
 Instructor: Paula Jessuck

PARENT & BABY PLAY

Session #250101-02
 All other information the same as the previous session, different session dates and registration date.
 Dates: October 18 – November 22
 Registration: Begins October 11

Parks & Recreation Youth & Adult Programs

YOUTH

Beginning Foil One – Ages 10 & Older

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

Dates: September 12 – October 24 (7 classes)
 Days: Thursday
 Time: 6:30 pm – 8:00 pm
 Fee: Resident \$65.00/Non-Resident \$80.00
 (Includes Equipment)
 Registration: Begins Monday August 26
 Where: Lillie B. Haynes Elementary School – Gymnasium
 Instructor: Thames River Fencing Club

INTERMEDIATE FOIL 1 – Ages 10 & Older

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

Dates: September 10 – October 22 (7 classes)
 Days: Tuesday
 Time: 6:30 pm – 8:00 pm
 Fee: Resident \$65.00/Non-Resident \$80.00
 (Includes Equipment)
 Registration: Begins Monday August 26
 Where: Lillie B. Haynes Elementary School – Gymnasium
 Instructor: Thames River Fencing Club

INTERMEDIATE FOIL 1 – Ages 10 & Older

Session # 280201-02
 Beginning Foil One, or equivalent, is a prerequisite.

Dates: October 31 – December 19 (No Class 11/28)
 (7classes)
 Days: Thursday
 Time: 6:30 pm – 8:00 pm
 Fee: Resident \$65.00/Non-Resident \$80.00
 (Includes Equipment)
 Registration: Begins Thursday October 24
 Where: Lillie B. Haynes Elementary School – Gymnasium
 Instructor: Thames River Fencing Club

INTERMEDIATE FOIL 2 – Ages 10 & Older

Session #280201-04
 Intermediate Foil One, or equivalent, is a prerequisite. This class builds upon the skills introduced in Intermediate Foil One and covers more complex footwork and blade work, including variations on attacks on the blade and blade takes (prises de fer). Bouting skills, tactics and the fencing rules are also covered in greater detail.

Dates: October 29 – December 17 (No Class 11/5)
 (7 classes)
 Days: Tuesday
 Time: 6:30 pm – 8:00 pm
 Fee: Resident \$65.00/Non-Resident \$80.00
 (Includes Equipment)
 Registration: Begins Thursday October 24
 Where: Lillie B. Haynes Elementary School – Gymnasium
 Instructor: Thames River Fencing Club

ADULTS

Dog Obedience - Beginners

Session # 230201-01
 This class will teach the basic skills and work towards taking the dog off the leash. The first class is held in the Parks & Recreation Conference Room without the dog. Participants must provide proof of rabies and parvo at the time of registration. The dog must be 4 months and older.

Dates: September 9 – October 28 (8 classes)
 (Class will meet on 10/14 Columbus Day)
 Days: Monday

Continued on page 14

OIL - THE SMART CHOICE

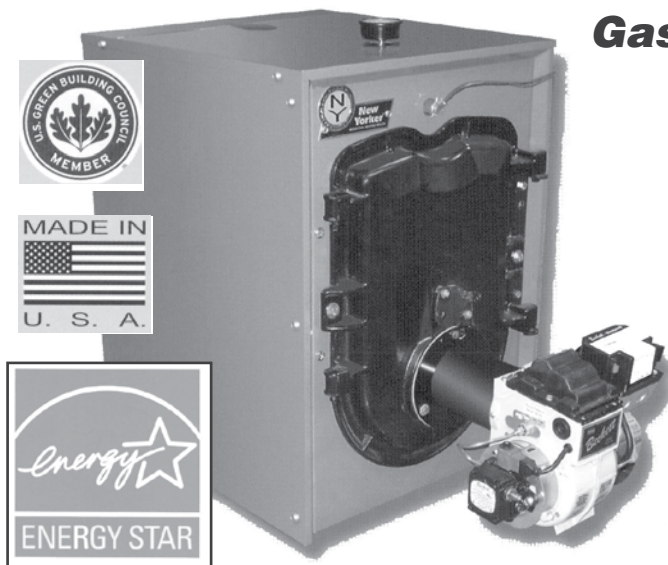
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Park & Rec Youth and Adult Programs ... continued from page 12

Time: 5:15 pm – 6:15 pm
 Fee: Resident \$45.00/Non-Resident \$60.00
 Registration: Begins Monday, August 26
 Where: Samuel M. Peretz Park @ Bridebrook – Basketball Courts
 Instructor: Barbara Keck

Days: Thursday
 Time: 6:00 pm – 7:00 pm
 Fee: Residents \$45.00/Non-Residents \$60.00
 Registration: Begins September 3
 Where: East Lyme Library/Community Center – Activity Room
 Instructor: Marjorie Winslow

DOG OBEDIENCE - NOVICE

Session # 230202-01
 This class refines the basic skills and work towards taking the dog off the leash. The Beginner's class is a prerequisite. Participants must provide proof of rabies and parvo at the time of registration. The dog must be 4 months and older. The first class will be held in East Lyme Library/Community Center Parking Lot.
 Dates: September 9 – October 28 (8 classes)
 (Class will meet on 10/14 Columbus Day)
 Days: Monday
 Time: 6:30 pm – 7:30 pm
 Fee: Resident \$45.00/Non-Resident \$60.00
 Registration: Begins Monday, August 26
 Where: Samuel M. Peretz Park @ Bridebrook – Basketball Courts
 Instructor: Barbara Keck

BALLROOM DANCE – INTERMEDIATE LESSONS

Session # 230102-01
 The Intermediate Class will include instruction in cha-cha, foxtrot, tango and swing
 Dates: September 26 – November 14 (8 classes)
 Days: Thursday
 Time: 7:00 pm – 8:00 pm
 Fee: Residents \$45.00/Non-Residents \$60.00
 Registration: Begins September 3
 Where: East Lyme Library/Community Center – Activity Room
 Instructor: Marjorie Winslow

BALLROOM DANCE – BEGINNER LESSONS

Session # 230101-01
 The Beginner Class will include instruction in waltz, foxtrot, rumba and swing.
 Dates: September 26 – November 14 (8 classes)

MORNING AEROBICS

Session # 210101-01
 The classes consist of 35 minutes of aerobics and 15 minutes of body toning using weights, body bars, bands, and balls. Each class concludes with 5 to 8 minute cool down. Participants are required to bring a non-slip exercise mat.
 Dates: September 4 – October 25 (No class 10/14) (22 classes)
 Days: Monday –Wednesday - Friday

Continued on next page

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1,000 -1,250 SF	2.5	5,350.00
1,250 -1,500 SF	3	5,600.00
1,500 -1,750 SF	3.5	6,200.00
1,750 -2,000 SF	4	6,400.00
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Continued from previous page

Time: 8:45 am – 9:45 am
 Fee: Resident \$50.00/Non-Resident \$65.00
 Registration: Begins Wednesday, August 21
 Where: East Lyme Library/Community Center – Activity Room
 Instructor: Sue Roos, AFFA, Donna Neaton, AFFA

MORNING AEROBICS

Session # 210101-02
 All other information the same as the previous session, different session dates and registration date.
 Dates: October 28 – December 20 (No class 11/11, 11/29) (22 classes)
 Registration: Begins Wednesday, October 23

ZUMBA AEROBICS

Session #210103-01
 A Latin inspired dance aerobic class that incorporates Latin and International music and dance. The class on Monday begins with 40 minutes of ZUMBA dance aerobics and will be followed by a core strengthening workout. On Wednesday the class will consist of 55 minutes of Zumba dance aerobics. Both classes end with stretching. On Mondays, participants are required to bring a non-slip exercise mat.
 Dates: August 26 – October 23 (No class 9/2, 10/9,10/14) (15 classes)
 Days: Monday – Wednesday
 Time: 3:55 pm – 4:55 pm
 Fee: Resident \$40.00/Non-Resident \$55.00
 Registration: Begins Wednesday, August 21
 Where: East Lyme Library/Community Center – Activity Room
 Instructor: Donna Neaton AFFA/Zumba Instructor

ZUMBA AEROBICS

Session #210103-02
 All information same as above, different dates.
 Dates: October 28 – December 23 (No class 11/4, 11/11) (15 Classes)
 Registration: Begins Wednesday, October 23

TUESDAY ZUMBA

Session #210103-03
 This class consists of 55 minutes of ZUMBA dance aerobics, and ends with stretching.
 Dates: August 27 - December 10 (No class 11/5) (15 Classes)
 Days: Tuesday
 Time: 5:30pm – 6:25pm
 Fee: Residents \$45.00/Non-Resident \$60.00
 Registration: Begins Wednesday, August 21
 Where: East Lyme Library/Community Center – Activity Room
 Instructor: Donna Neaton AFFA/Zumba Instructor

SATURDAY MORNING ZUMBA AEROBICS

Session #210103-04
 This 1-1/2 hour class begins with 55 minutes of Zumba dance aero-bics, followed by a core strengthening workout. Class ends

with a 10 minute stretch. Participants are required to bring a non-slip exercise mat.

Dates: August 31 – December 14 (No class 9/21, 10/12) (14 classes)

Days: Saturdays
 Time: 8:30 am – 10:00 am
 Fee: Resident \$50.00/Non-Resident \$65.00

Registration: Begins Wednesday, August 21
 Where: East Lyme library/Community Center Activity Room
 Instructor: Donna Neaton AFFA/Zumba Instructor

TOTAL FITNESS

Session # 210104-01
 Classes include circuit training, Pilates, body bars, weights, and bands to create a variety of exercises for the entire body. Every class is different. Donna Neaton and Kim Stirtan bring together their experience, education and many years of group training to instruct these classes. Participants are required to bring a non-slip exercise mat.

Dates: September 3 – October 24 (14 classes)
 Days: Tuesday Class (9/3-10/15) & Thursday Class (9/12-10/24)

Time: 10:15 am – 11:15 am
 Fee: Resident \$50/\$25 (1day)/Non-Resident \$65/\$35 (1day)

Registration: Begins Wednesday, August 21
 Where: East Lyme Library/Community Center – Beck Smith-Harris Room
 Instructor: Donna Neaton AFFA & Kim Stirtan-BSPE, ACE & Stott Pilates

Continued on page 16

FALL ACTIVITIES AT LYME SHORES

After-School Tennis Programs for Kids
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<p>Big Shots (ages 4-6) Tue. or Thu., 4-5pm</p> <p>Future Stars (ages 7-9) Tue. & Thu., 4-5pm</p> <p>Team Connecticut Mon. & Wed., 5:15-6:30pm For competitive junior players</p>	<p>Local Excellence (ages 10-12) Tue. & Thu., 4-5pm</p> <p>Tournament Tough (ages 13-15) Mon. & Wed., 4-5:15pm</p> <p>High School Boys- Fri., 3:30-5pm Girls- Sat., 9-10:30am</p>
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Fitness & Tennis for Adults
No set sessions - participate as your schedule allows!

<p>Strength & Balance M/W/F, 10am</p> <p>Stability Ball Mon., 8am</p> <p>Yoga M/W, 11am</p> <p>Circuit Training T/Th/Sa/Su, 8am</p> <p>Cardio & Strength F, 8am</p>	<p>Adv. Beginner Drill & Play Tue., 9-11am</p> <p>Intermediate Drills Mon., 10:30am-12pm</p> <p>NTRP Drills (all levels) Sat., 10:30am-12pm</p> <p>Cardio Tennis (all levels) Mon., 6-7pm</p> <p><i>Plus tennis lessons, club leagues, USTA leagues, and tournaments!</i></p>
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TOTAL FITNESS

Session # 210104-02

All other information the same as above, different registration and session dates. Participants are required to bring a non-slip exercise mat.

Dates: October 22 – December 19 (No class 11/5, 11/28)
(14 classes)

Days: Tuesday (10/22-12/10) & Thursday (10/31-12/19)

Registration: Begins Tuesday, October 15

CO-ED CARDIO & TOTAL BODY CONDITIONING

Session # 210201-01

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

Dates: August 26 – October 16 (No class 9/2, 10/14)
(14 classes)

Days: Monday –Wednesday

Time: 5:00 pm – 6:00 pm

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

Registration: Begins Wednesday, August 21

Where: East Lyme Library/Community Center – Activity Room

Instructor: Donna Neaton AFFA

CO-ED TOTAL BODY CONDITIONING

Session # 210202-02

All other information same as above, different registration and session dates.

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

Dates: October 21 – December 11 (No class 11/4, 11/11)
(14 classes)

Registration: Begins Wednesday, October 16

STABILITY BALL PLUS

Session 210403-01

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

Dates: September 5 – November 21 (No class 10/10)
(11 classes)

Days: Thursdays

Time: 4:45 pm – 5:45 pm

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

Registration: Begins Wednesday August 21

Where: East Lyme Library/Community Center –
Smith-Harris Room

Instructor: Donna Neaton AFFA/Zumba Instructor

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

Session # 210301-01

This training program will combine essential Pilates Mat exercises to develop strength and flexibility. The purpose will be to build Neuromuscular Fitness, the core to performing sports and everyday movements.

Continued on next page

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Continued from previous page

Participants are required to bring a non-slip exercise mat.
 Dates: September 10 – October 22 (7 classes)
 Days: Tuesday
 Time: 6:30 pm – 7:10 pm
 Fee: Resident \$30.00/Non-Resident \$45.00
 Registration: Begins Wednesday August 21
 Where: East Lyme Library/Community Center – Activity Room
 Instructor: Kim Stirtan-BSPE, ACE & Stott Pilates

**PILATES MAT & REEBOK FLEXIBLE STRENGTH
 BEG/INTERMEDIATE**
 Session # 210301-02

All other information same as above, different registration and session dates.
 Dates: October 29 – December 17 (No class 11/5) (7 classes)
 Registration: Begins Tuesday October 22

**PILATES MAT & REEBOK FLEXIBLE STRENGTH
 ADVANCED**
 Session # 210302-01

Having mastered the essential Pilates Mat exercises, more emphasis will be on Neuromuscular control. Participants are required to bring a non-slip exercise mat.
 Dates: September 10 – October 22 (7 classes)
 Days: Tuesday

Time: 7:15 pm – 8:15 pm
 Fee: Resident \$45.00/Non-Resident \$60.00
 Registration: Begins Wednesday, August 21
 Where: East Lyme Library/Community Center – Activity Room
 Instructor: Kim Stirtan-BSPE, ACE & Stott Pilates

**PILATES MAT & REEBOK FLEXIBLE STRENGTH
 ADVANCED**

Session # 210302-02
 All other information same as above, different registration and session dates. Participants are required to bring a non-slip exercise mat.
 Dates: October 29 – December 17 (No class 11/5) (7 classes)
 Registration: Begins Tuesday, October 22

MONDAY COED YOGA

Session # 210501-01
 Class is for all levels of students. Students will learn postures, deep relaxation, and breathing techniques. Participants are required to bring a non-slip exercise mat.
 Dates: September 9 – December 16 (12 classes) (No classes 10/14, 11/4, 11/11)
 Days: Monday
 Time: 6:10 pm – 7:25 pm
 Fee: Resident \$60.00/Non-Resident \$75.00
 Registration: Begins Wednesday, August 21

Continued on page 18

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Park & Rec Youth and Adult Programs ... continued from page 17

Where: East Lyme Library/Community Center – Activity Room
 Instructor: Rosemary Gentile (RYT)

WEDNESDAY NIGHT COED YOGA AND MEDITATION

Session # 210502-01
 Class is for all levels of students. Students will learn postures, deep relaxation, and breathing techniques. This class will be from 6:30 – 7:55 pm with an optional meditation followed by the class, from 8:00 to 8:15 pm. Participants are required to bring a non-slip exercise mat.

Dates: September 11 – December 11 (No class 11/27) (13 classes)
 Days: Wednesday
 Time: 6:30 pm – 8:15 pm
 Fee: Resident \$65.00/Non-Resident \$80.00
 Registration: Begins Wednesday, August 21
 Where: East Lyme Library/Community Center – Activity Room
 Instructor: Michele Flowers (RYT-500)

ADULT CO-ED VOLLEYBALL

Session # 210602-01
 For adults ages 18 and over, this volleyball program is a fun, informal, pick-up play that meets once a week. This program is a great way to stay in shape, while interacting with other players. Please note, participants are reminded to wear appropriate athletic shoes. No food or beverages are allowed in the gym.

Dates: September 24 – December 17 (No class 11/5) (12 classes)
 Days: Tuesday
 Time: 6:30 pm – 8:30 pm
 Fee: Resident \$30.00/Non-Resident \$45.00
 Drop in \$5 per evening
 Registration: Begins Tuesday, September 3
 Where: East Lyme Middle School Gymnasium
 Instructor: Cathleen Aquino

REGISTRATION POLICIES

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

Program Registration Hours: Monday-Friday 8:30a.m. – 4:00 p.m.

Directions:

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

95 North, Take Exit 73; turn left onto Society Road. Follow road until 3-way stop sign. Bear left onto Society Rd. and follow to Lillie B. Haynes School; take Left (see above).

There are two ways to register for programs: In person at the Parks and Recreation Department office in the E. Lyme Library/Community Center on Society Road or by mail (Mailing address: 41 Society Rd., Niantic, CT 06357). Programs limiting the number of participants will be determined on a first-come-first-served basis. Non-residents will be charged an additional \$15 fee for programs.

Payment 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.

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 Senior Center

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 5:00pm. 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.

SENIOR LUNCHES

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

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

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 a possible discount after completion of this course.

TRIPS

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

DAY TRIPS - Open to any person 55+

Thursday, August 22nd - Newport Dinner Train. Fee \$84pp. Registration has begun. Moderate walking. WAIT LIST ONLY.

Tuesday, September 10th - Wines & Spirits of Ulster County in the Hudson Valley. Visit Tuthilltown Spirits Distillery, Whitecliff Winery and have lunch at the Tuthill House at the Mill Restaurant. Fee \$83pp. Registration has begun. Moderate walking.

Wednesday, September 18th - The Big E in Springfield, MA. Spend the day on your own at New England's largest fair. Fee \$42pp. Registration has begun. Lots of walking.

Tuesday, September 24th - 3.5 Hour Guided Tour of Martha's Vineyard with a 90 minute stop in Edgartown for lunch on your own. Space is limited. Fee is \$86pp. Registration has begun. Moderate walking.

Monday, October 7th - Join us Adams & Apples in VT which includes a wagon ride at The Adams Farm in Southern VT as well as hands on interactions with the farm animals. After lunch (which is included) enjoy a narrated tour of The Apple Barn. Fee \$103pp. Registration has begun. Moderate walking.

Thursday, October 24th - Come see the Great Jack O'Lantern Blaze in Tarrytown, NY - a spectacular Halloween event that takes place at Van Cortlandt Manor. Dinner on your own. Fee \$60pp. Registration has begun. Lots of walking.

OVERNIGHT TRIPS/CRUISES - Open to any person 55+ **Sep 9-10, Ogunquit & Portland, ME.** \$256pp double occupancy. Registration has begun.

CLASSES

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

GOLF GAME: Mon at 9:00am at Cedar Crest Golf Course - \$14.00pp - continues until cold weather.

SENIOR FITNESS: Mon & Wed & Fri 10:15am to 11:30am - Mon & Wed 12:30pm to 1:30pm - Residents \$45.00/30 classes - Nonresidents \$50.00/30 classes. Pass required.

SENIOR YOGA: Mon 2:30pm to 3:30pm & Tue 8:30am to 9:30am & Thu 9:00am to 10:00am & - Residents \$60.00/30 classes - Nonresidents \$65.00/30 classes. Pass required.

WALKING: Tue at Hole in the Wall & Thu at Cini Park - starts at 9:00am - No fee.

TAI CHI: Tue & Fri 9:00am to 10:00am - Residents \$48.00/24 classes - Nonresidents \$53.00/24 classes. Pass required.

CHAIR YOGA: Tues 9:30am and 10:30am & Fri 10:00am - Residents \$36.00/24 classes - Nonresidents \$41.00/24 classes. Pass required.

WEIGHT LIFTING: Tue & Thu 10:30am to 11:15am @ ELHS Fitness Center - Residents \$24.00/24 classes - Nonresidents \$29.00/24 classes. Pass required.

LAUGHTER YOGA: Thu 11:30am - No fee - No residency issues. Great fun - be prepared to work your abdominal muscles.

ZUMBA GOLD: Tue & Thu 3:00pm to 4:00pm - Session Class - Call for class fee & schedule.

PACE: Thu 1:00pm to 2:00pm - Session Class - Call for class fee & schedule - People with Arthritis Can Exercise program for people with limited mobility or arthritis.

Continued on next page

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PICKLEBALL: Tues. at 8:30am at Peretz Park @ Bridebrook and Thu at 5:00pm at Peretz Park @ Bridebrook. \$1 drop in fee. No residency issues. For adults only.

DANCE CLASSES

TAP CLASS: Tue 1:00pm to 2:00pm – Residents \$20.00 for 20 classes – Nonresidents \$25.00 for 20 classes. Pass required.

CRAFTS

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

HAND APPLIQUE: 1st & 3rd Thu of every month 6:00pm to 9:00pm. No sewing machines. Intermediate to Advanced level.

QUILTING: 3rd Fri and the 4th Tue of every month 5:00pm to 9:00pm and the 1st Mon of every month from 1:00pm to 4:00pm. Fee is \$2.00. Bring a dish to share for dinner quilting. Intermediate to Advanced level.

GAMES/CARDS

CRIBBAGE: Mon 9:00am to 11:30am. No fee. Will teach interested players. No fee.

CANASTA: Mon 1:00pm to 3:00pm. Will teach interested players. No fee.

MAH JONGG: Tue 9:30am to 11:30am & Tue 1:00pm to 3:00pm. Will teach interested players. No fee.

SCRABBLE: Tue 9:30am to 11:30am. No fee.

BRIDGE: Rubber Bridge Shoot Out - Tue 1:00pm to 4:00pm. Fee \$5.00pp per day played. Must know the game and have a partner. Must register.

BRIDGE: Contract Bridge - Wed 1:00pm to 4:00pm. Must know basics of the game. No fee. Must register.

DOMINOES: Mexican Train Dominoes - Thu 9:00am to 12:00pm. Will teach interested players. No fee.

BRIDGE: Duplicate Bridge - Thu 1:00pm to 4:00pm. Fee \$1.00pp per day played. Must know the game and have a partner. Must register.

BINGO: Fri 1:00pm to 3:00pm. \$1.00 for the first card - .25c for every additional card to a total of 9 cards.

EDUCATION / ENRICHMENT

INTERNET INSTRUCTION: 1st Tue of every month 10:15am to 12:15pm. One-to-one hourly sessions. \$12.00 for residents- \$14.00 for Non-residents.

VNASC NURSE MANAGED WELLNESS CLINIC: 2nd Wed of every month 1:00pm to 3:00pm for services that focus on prevention and self-care.

VNASC BLOOD PRESSURE CLINIC: 4th Wed of every month 1:15pm to 2:15pm.

BENEFITS CHECKUP: Two Weds every month 9:00am to 12:00pm. One-to-one counseling on available government benefits.

DANCES: Sep 6th - Nov 1st - 7:00pm to 10:00pm. Admission is \$9.00.

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

Cathy Wilson - Senior Services Coordinator

Gail Glenn – Program Assistant

Anna Hartung – Administrative Secretary

Roxanne Kormos – Full Time Driver

Lee James – Part Time Driver

Jan Larson – TVCCA Site Server

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

Next Deadline for
East Lyme Events
is October 25



THE
HIDEAWAY
RESTAURANT & PUB

Old Lyme Shopping Center
Exit 70 off I-95
Halls Road, Old Lyme

Lunch & Dinner
Open 7 Days
Full Service Bar
Late Night Menu
Sunday Brunch ~ 10 - 3

Friday ~ Jazz Duo
Saturday ~ Piano

860.434.1455 or 860-434.3335

FRESH LOCAL SEAFOOD

Historical Society



Smith-Harris House

Scary Story Contest - The East Lyme Historical Society and the East Lyme Parks and Recreation Department are sponsoring a Scary Story contest for 3-5th and 6-8th graders.

Each entry must start "It was a dark and stormy night" and/or end with "... and they were never seen again." The story must take place on an historic property in East Lyme and should be set in the 1800s or before.

Entries for 3-5th grades must be 1-3 pages, typed and double spaced. 6-8th grade stories must be 1-5 pages. Each entry must include the author's name, address, telephone number, grade and school on a separate sheet of paper, but attached to the story. Submit entries between Oct. 1-15 in the orange boxes at the East Lyme Library or the Parks and Recreation office. Winners will be notified by Oct. 23.

The winning stories will be read by their authors and scary stories will be told at a reception at the Smith-Harris Barn on Friday, Oct. 25 at 7:00 pm. Prizes will be awarded for the scariest stories, most historically accurate, and funniest in each grade category. For additional information please contact East Lyme Historical Society at info@eastlymehistoricalsociety.org.

East Lyme Public Library

The cool days are ahead of us, the kids will be heading back to school, and we will be spending more time indoors. It's the perfect time to see what is happening at your library. Take a look at our upcoming programs, there is sure to be something of interest to you!

SEPTEMBER

CONNECTICUT AND THE WAR OF 1812

Tuesday, September 24 – 7:00 p.m.

Glenn S. Gordinier, Ph.D., author of *The Rockets' Red Glare: The War of 1812 and Connecticut*, will discuss his new book.

MANGA CLUB

Wednesday, September 25 - 7:00 p.m.

Come gather and discuss two popular media: manga, or Japanese print comics, and anime, or Japanese animation. Manga Club is open to those in 7th-12th grade. This program will be repeated on Wednesday, October 30, November 20, and December 18 at 7:00 p.m. Please call to register.

FUN WITH FREAKY FRACTALS AND DIGITAL MEDIA

Wednesday, September 25 – 7:00 p.m.

Art is about patterns of color, math is about patterns of numbers, and computers can be used to easily make fantastic patterns of color from patterns of numbers. Dr. Roger J. Tremblay is a freelance artist and engineer with more than 30 years experience in both Research Engineering and Fine Art who will demonstrate how to "draw with code".

LIVE HEALTHY FOR LIFE WORKSHOP SERIES

Monday, September 30 – 7:00 p.m.

Dr. Christopher Lachowski will lead a three-part workshop series on the science of aging well. You will learn practical ways to take control of your health to help feel better and improve your quality of life as you get older. The other sessions will take place Tuesday, October 22 and Tuesday, November 19 at 7:00 p.m.

OCTOBER

HOW TO PSEUDONYMOUSLY SELF-PUBLISH AN AWARD-WINNING NOVEL AND MAKE BIG BUCKS!

Tuesday, October 1 – 7:00 p.m. J. Jeffrey, International Man of Mystery (also known as Andrew Pessin, Professor of Philosophy at Connecticut College) will speak about his newest work of fiction, *The Second Daughter*.

LAUREL DOUBLE REED ENSEMBLE PERFORMANCE

Saturday, October 5 – 2:00 p.m. The Laurel Reed Double Reed Ensemble is a Connecticut based chamber group that performs in various combinations of Oboe, Oboe d'amore, English Horn and Bassoon. The members play and teach professionally in New England and include Anne Megan on oboe, Kathryn Giampietro on Oboe d'amore, Marilyn Krentzman on English Horn, and Rebecca Noreen on Bassoon.

THE MUSIC OF KENNY CUNNINGHAM

Wednesday, October 9 – 7:00 p.m. Kenny comes from Liverpool, England and will play a wide range of acoustic hits from the 60's and 70's. His main influence in music came after going to the movie theatre as a lad and seeing a movie called 'The Graduate'. His style of playing is very similar to that of Paul Simon, and if requested, Kenny would be happy to play some of the songs he has written over the years.

LEARN SOMETHING NEW

Learn something new with the Library's online resources. Tuesday, October 15 – 7:00 p.m. Take an online tour of the computer resources in the Library's collection: ChiltonLibrary (automotive repair), Mango Languages (foreign languages), and Universal Class (over 500 online continuing education in subjects such as: arts & photography, gardening, nutrition, computer programming and many, many more). Please call to register.

Continued on next page

Public Library ... continued from previous page

HOLISTIC WELLNESS: MEDITATION AND APPLIED LIFESTYLE WELLNESS SERIES

Thursdays: October 17, 24, 31, November 7, 14, 21 – 2:30 – 3:30 p.m. David LoPriore, Clinical Director of Acupuncture, Shiatsu and Oriental Medicine of New England, will teach how to be holistically healthy and live free from self-imposing suffering by using the natural principles and virtues of Eastern philosophy and meditation. Participants will find it most useful to attend each session. Please call to register.

THE LIBRARY'S E-BOOKS AND YOUR E-READER

One-on-one help sessions are available by appointment with Greg Rice on Mondays (5 – 9 p.m.), Tuesdays (9 – 12 p.m.), and Fridays (9 – 12 p.m.). Reference librarian Greg Rice will demonstrate use of the library's e-books. Bring your e-readers and any questions. Please call to register for the one-on-one help sessions.

iPHONE /iPAD HELP SESSIONS

One-on-one help sessions are available by appointment with Stephen Moss. Reference librarian Stephen Moss will share insights for users of iPhones and iPads. Bring your devices and any questions. Please call to register for the one-on-one help sessions.

MYSTERY BOOK DISCUSSION GROUP

This book discussion group meets on the last Thursday of each month at 11:00 a.m. in the East Lyme Room. Copies of the current month's book are available at the library. 9/26 Towards Zero by Agatha Christie; 10/31 Gone Girl by Gillian Flynn; 11/21 Crooked letter, crooked letter by Tom Franklin; 12/26 The Twelve Clues of Christmas by Rhys Bowen. No registration necessary.

BOOK DISCUSSION GROUP

A book discussion group meets the second Tuesday of each month at 7:00 p.m. in the East Lyme Room. Copies of the current month's book are available at the library. 9/10 The Impeachment of Abraham Lincoln by Stephen Carter; 10/8 City of Women by David Gilham; 11/12 A Hologram for the King by Dave Eggers; 8/13 Life After Life by Kate Atkinson. No registration necessary.

FILM DISCUSSIONS

42 (directed by Brian Helgeland, 2013). Wednesday, September 18 - 5:30 p.m. for film screening (128 minutes), discussion follows screening.

The Birds (directed by Alfred Hitchcock, 1963). Wednesday, October 16 - 5:30 p.m. for film screening (119 minutes), discussion follows screening.

AUTUMN ADVENTURES STORY HOURS

September 30 – November 22 (No classes 10/14 or 11/11; Make-up classes on 11/25).

Register Monday, September 16. Child needs to be 2, 3, 4, 5-years old, or in Kindergarten by September 30

2's

Tuesday 10:00 – 10:30 a.m.

Tuesday 11:00 – 11:30 a.m.

Wednesday 10:00 – 10:30 a.m.

Thursday 10:00 – 10:30 a.m.

3's

Monday 10:00 – 10:30 a.m.

Wednesday 11:00 – 11:30 a.m.

Wednesday 1:30 – 2:00 p.m.

4's

Monday 11:00 – 11:30 a.m.

Tuesday 1:30 – 2:00 p.m.

Thursday 11:00 – 11:30 a.m.

5's & K's

Monday 1:30 – 2:15 p.m.

Thursday 1:30 – 2:15 p.m.

Friday 10:00 – 10:45 a.m.

All programs are free and open to the public. Advanced registration is suggested because of limited seating. Please call 860-739-6926 to register.

If you register for one of our programs and cannot make it to the program please call and let us know. Often we have waiting lists for our programs and we want as many people as possible to be able to enjoy our programs.

During inclement weather the library sometimes closes. To check the status of the library call 860-739-6926 and listen to the announcement. Library closings will also be listed on the library's web page <http://www.ely.lioninc.org>.

SPOTLIGHT

on our Newest East Lyme Events Customers!

Coldwell Banker – Lisa Bernard
East Lyme Business Organization
East Lyme Psychological Associates
The Pampered Chef - Susan Napiany

East Lyme Athletic Organizations

EAST LYME CHEERLEADING

The ELYCL program strives to provide a safe & respectful environment that will enrich the athletes understanding of the sport. Through cheerleading the emphasis will be to provide opportunities to the athletes that will encourage personal growth, promote teamwork, respect, and help develop positive self confidence. We welcome all levels, beginners to advanced. Season starts on August 1st and runs through early November. The ELYCL program is open to children who reside in East Lyme, Salem and Old Lyme. Registration is open to kids entering grades 1st through 8th and are between the ages

of 6 and 14. For more info: visit EastLymeYouthCheer.com or email President Tammy Bogue: tammybogue@sbcglobal.net

YOUTH BASKETBALL

Registration Dates:

September 11 6:00-8:00pm @ ELMS

September 14 9:00am-12:00pm @ ELMS

September 17 6:00-8:00pm @ ELMS

For more information contact: Mike Catanzaro, ELYB President at mcat1926@gmail.com or (860) 941-7272. Visit website: eastlymeyouthbasketball.org.

Single Stream Recycling

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

No other containers are used for recycling. A gray recycling can is the only one that will be picked up. Recycling collection

has been moved to a cycle of every other week. To view the single stream recycling calendar visit our web site at www.eltownhall.com/publicworks.

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

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

Single Stream Recyclables

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

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

Paper labels do not need to be removed from cans, bottles, etc. before recycling.

Unacceptable Items

Not allowed – food waste in any containers
Needles or syringes
Hazardous or biohazard waste
Trash or bagged material
All other non-recyclable items

Leaf Collection Schedule

Leaves will be collected during the following weeks on your regular collection day: October 15 through December 16. (No collection Thanksgiving week.)

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

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

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

Post-Adoption Services Beneficial

Adoption has increasingly become a part of our lives, as the numbers of adoptees and adoptive families have grown substantially.

We have come to understand that adoption brings with it unique features and challenges, whether the adoption comes through foster care, domestic private adoption, international adoption, or kinship care. The adoption of a child is a time of joy, anticipation, and great celebration. But adoptions also involve loss, uncertainty, and for most families, unexplored territory. We think about the child's attachment, influences from birth parents (both genetic and emotional), and how to help the child cope with the always-challenging "family tree" projects in school.

When new challenges arise, long after the adoption has been finalized and the adoption worker is no longer

in regular contact, families struggle to know whether their challenges are adoption-related or simply typical family stressors. Families feel unsure of how to answer questions that arise, and what information they should provide either to the child or others.

How does a family sort through these matters, and when should they seek outside help? An adoption competent therapist, with particular expertise in adoption related issues, can help to sort through your specific questions or concerns, and restore your focus on the celebration of your family.

Nancy Randall, Psy.D.
 East Lyme Psychological Associates
 29 Chesterfield Road
 East Lyme, CT 06333
 860-739-6974



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East Lyme Youth Services



"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 6:00pm. The public is welcome to attend.

ASAP COALITION: Join our ASAP (Alcohol Substance Abuse Prevention) Coalition to address underage drinking and addiction in our town. We have monthly meetings on the fourth Monday of the month. High school students, school and town officials, parents, and community members are all welcome to attend and/ or join. Please contact Sarah at sbutterfield@eltownhall.com for more information.

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 8am-4pm or can be mailed to us. All payments by check should be made out to Town of East Lyme/ELYS with the participant's name in the memo section.

CANCELLATIONS

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

FALL PROGRAMS AND ACTIVITIES

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

AFTER-SCHOOL PROGRAM

Monday thru Friday 3:00 – 5:00 p.m. The program will be in the youth center, or outside- weather permitting- where youth can enjoy air hockey, ping pong, our flat screen TV for Wii games, movies, or appropriate television, in a fun, and safe environment. Our experienced and youthful staff will serve as positive role models, while maintaining a fun, and relaxed atmosphere for youth to unwind after a long day. There are only 35 slots available for 5th – 8th graders. Registration opens August 26th at 8:30 a.m. This program will begin September 9th and run throughout the school year. Free Program.

SITTER SURVIVAL

Tuesdays in the Olive Chendali Room, 10/1/13-10/22/13 from 3-4 p.m., and also on October 29 and November 12 from 3-5 pm for CPR and First Aid certification. (No class November 5). Recommended for 7th graders +. Youth get an introduction to the world of babysitting, talk to guest speakers such as parents, police officers, and the Fire Marshall. Safety and responsibility are stressed as well as proper engagement

and entertainment of children. Late Bus is available. Classes are located in the Olive Chendali Room in the Community Center. This class is open to only the first 25 students who register. The cost is \$75 EL/Salem Residents & \$90 Non Residents, including CPR Certification.

HOME ALONE

On Mondays 3-4pm 10/7/13 – 11/4/13 in the Olive Chendali Room in the Community Center. This course is recommended for ALL 5th and 6th graders. Participants learn how to be home without supervision responsibly, utilizing expertise from area police, fire marshals, and other guest speakers. This popular course fills up fast and is limited to the first 25 who register. Course will take place in the Olive Chendali room @ the Community Center. (There will be no Home Alone on 10/14/13) Cost is \$45 EL/Salem Residents & \$60 Non Residents.

STUDENT PLANNING ASSOCIATION

Wednesdays throughout the school year starting September 11th from 3-4pm. Open to 5th-8th graders. Youth meet after school, hang out and plan community service events. Fall activities are focused around our Trick or Trunk Halloween Party and Festivities at the Smith Harris House on October 30th. (There will be no SPA any time there is no full day of school) Free Program.

FIRST ANNUAL TRICK OR TRUNK FESTIVITIES AT THE SMITH HARRIS BARN

October 30th 7-9pm. Trick or Trunk Party!

Please contact Sarah if you are willing to decorate your trunk and park it full of candy for our "trunk or treaters"

LET'S GET SEWING

Wednesdays Sept. 25, Oct. 2,9,16

4:00 to 6:00 p.m. Ages 8 and older. Fee: \$85.00 EL & Salem Residents /Non-Residents \$95. Here's your chance to learn about sewing on a machine while creating one of a kind pillows, purses, stuffed animals and more! Experiment with patchwork designs, hand sewing and embroidery techniques. Experienced sewers may choose a project of their own. Make new friends, learn a useful skill and have a fun and creative afternoon.

SEW A COZY QUILT

Wednesdays Oct. 30th, Nov.6, 13, 20 (omitting the 23)

4:00 to 6:00

8 and older

Fee:\$85.00 EL & Salem Residents/Non-Resident: \$95

Learn patchwork and quilting techniques and sew a cozy small quilt to cuddle under during chilly winter nights. Choose colorful fabrics and create your own design. No sewing experience needed.

AMERICAN GIRL EVENTS

10:00 to 12:00 - 5 yr. and older.

Resident Fee: \$21 EL & Salem Residents/Non-Resident: \$26.

Continued on next page

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Saturday Sept. 21 Autumn Crafts with Molly.
 Saturday Oct. 19th Halloween Arts with Saige.
 Saturday Nov. 16th Kaya's Thanksgiving Crafts.

Join your friends for a festive and crafty morning making seasonal themed American Girl crafts, listening to AG stories, playing games and enjoying refreshments. American Girl books and accessories will be for sale at discounted prices with a percentage given to ELYSB.

MOUNTAIN BIKE CLUB

Saturdays September 21st – October 26th . All participants should have a working bike with front and rear brakes, helmet, and a fix-a-flat kit, and bring plenty of water. Expert-guided rides will leave from Niantic Bay Bicycles at the following times:

Middle School: 9 a.m. - 11 a.m.

High School: 11 a.m. - 1:00 p.m.

Cost is \$50 EL & Salem Residents (\$65 Non-Residents) and includes a safety check on participant's bike on the first day.

KEEP AN EYE OUT FOR THE FOLLOWING ACTIVITIES - DETAILS TBA

THE SECOND ANNUAL JEFFREY'S RAINBOW RUN

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

Youth Services Registration Form Page 29

SKI & SNOWBOARD CLUB

Grades 5-12 - information will be posted in October. The deadline is usually November 22nd. (Ski Club takes place on Thursday nights in Jan-February from 3-9 p.m.)

HIGH SCHOOL

Student Advisory Board (SAB) A service club facilitated by ELYS for high school students to help plan activities for peers that are fun and drug/alcohol free. SAB hosted a flash mob, completed a PSA, and made a presentation to the Parks and Recreation Commission, which culminated in a policy change banning tobacco from our parks and beaches last July.

Meetings will be held in Mr. Beale's room during lunches on Tuesdays starting September 3rd.

VOLUNTEERING

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

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

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



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East Lyme Public Safety

East Lyme Public Safety wants to know.... Are you prepared for a Major Storm? To prepare you should take the following measures:

BUILD YOUR DISASTER SUPPLY KIT:

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

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

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

- Cell phone with chargers, inverter or solar charger
CONSIDER ADDING THE FOLLOWING ITEMS:

- Prescription medications and glasses
 - Infant formula and diapers
 - Pet food and extra water for your pet
 - Cash or travelers checks and change
 - Important family documents such as copies of insurance policies, identification and bank account records in a waterproof container
 - Emergency reference material such as a first aid kit
 - Sleeping bag or warm blanket for each person.
 - Complete change of clothing including a long sleeve shirt, long pants and sturdy shoes.
 - Household chlorine bleach and medicine dropper when diluted, nine parts water to one part bleach, bleach can be used as a disinfectant. Or in an emergency, you can use it to treat water by using 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe or bleach with added cleaners
 - Fire extinguisher
 - Matches in waterproof container
 - Feminine supplies and personal hygiene items
 - Mess kits, paper cups, plates, paper towels and plastic utensils
 - Paper and pencil
 - Books, games, puzzles or activities for children
- Additionally, basic services such as electricity, gas, water, sewage treatment and telephones may be cut off for days or even a week, or longer. Your supply kit should contain items to help you during these outages.

Continued on page 31



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

2013 Activities Application

(one application per person)

Specify Program Registering for: _____

Child's Name _____ Age _____ School _____ Grade _____ Home Phone _____ E-Mail Address _____

Address _____ City _____ Zip _____

Mother's Name _____ Father's Name _____ Guardian(s) _____

Employer (Mother) _____ Phone _____ Employer (Father) _____ Phone _____

Emergency Contact _____ Relationship _____ Phone _____ **Parent/Guardian(s) Cell Phone Number** _____
(other than parent)

Please list any medical restrictions including allergies that your child may have: _____

Family Medical/Health Plan Name _____ Policy/Group Number _____

Optional Information

Family Income Level: Below \$14,350 _____ \$14,350-\$26,550 _____ \$26,550-\$40,000 _____ Above \$40,000 _____
 Ethnic/Racial Origin: Asian _____ Black _____ Hispanic _____ White _____ Other _____

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

I give my child permission to walk or be transported to the event associated with ELYS. I understand that ELYS and its personnel are not responsible for personal injury or loss of property. I give permission for photographs of my child at the event to be used in any and all marketing materials produced by the ELYS. 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.

In consideration of being allowed to participate in any way in the ELYS activities, the undersigned acknowledges, and agrees that: The risk of injury from the activities involved in this program may be significant, including the potential for permanent paralysis and death, and while particular rules, equipment and personal discipline may reduce this risk, the risk of serious injury does exist; and I knowingly and freely assume all such risk, both known and unknown.

I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, hereby release and hold harmless East Lyme Youth Services its employees, volunteers, directors, sponsoring agencies, and advertisers with respect to any and all injury, disability, or death incurred while traveling to or from or participating in these activities.

I certify that my child is in good physical condition and fully able to participate in all activities.

In the event your efforts to reach me are unsuccessful, I _____, parent/legal guardian of _____ consent to emergency evaluation and/or treatment of my child while participating in this program. The physician in charge of the care of the above named child will determine treatment and/or admissions. I hereby authorize the ELYS to release any information necessary to facilitate that treatment.

I have read and reviewed the above together with an ELYS staff member and understand the contents.

Parent/Guardian Signature _____

Date _____

**EAST LYME PARKS AND RECREATION DEPARTMENT
REGISTRATION FORM—FALL 2013**



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. **(The exception is "Music Together".)** 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 _____

Public Safety ... continued from page 28

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

*Richard Morris, Emergency Management Director,
Public Safety, Fire Marshal Phone: (860) 739-2420*

*Julie Wilson, Administrative Assistant,
(860) 739-4434*

FACEBOOK

East Lyme Public Safety is on Facebook. Even if you don't have a Facebook account, you can type "East Lyme Public Safety Facebook" into your search box and you can view our page. When the Emergency Operations Center has been activated, important updates on conditions during an emergency will be posted as we get them. Important updates will also be posted on eltownhall.com and local access Channel 22.

East Lyme Public Safety encourages everyone to sign up for CT Alert ENS (Emergency Notification System) at ctalert.gov. The CT Alert ENS uses the state's enhanced 911 (E9-1-1) database for location-based notifications to the public for life-threatening emergencies. The E9-1-1 database includes only traditional wire-line telephone numbers in the state (the "land line" phone you may have in your home). CT Alert ENS Citizen Sign-up Page allows you to add other means of communications to CT Alert ENS, in addition to your current home phone "land line" if you have one.

EMERGENCY SHELTERS

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

ANIMAL CONTROL INFORMATION

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



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We are so grateful to have Essex Printing as part of our business community.

Thanks for everything!

*- Judy Sullivan, Executive Director,
Old Saybrook Chamber of Commerce*



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eventsmagazines.com

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 lisa.bernard@cbmoves.com

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www.shorelineperio.com

Eastern Connecticut Ballet

ECB, the shoreline's preeminent school for dance education with a 22 year history of exceptional quality programming, will begin classes in September, for ages 2 to adult. Look for Ballet, Bounding Boys! Pointe, Repertory, Jazz, Modern, Tap and Mommy & Me. A complete program of adult classes including Ballet, Tap, Modern and Jazz is also available at the newly expanded state-of-the-art facility at 435 Boston Post Road, East Lyme, CT.

We will also be launching Ballet and Jazz classes in Old Saybrook this fall at the Estuary Senior Center, 220 Main Street, lower level. Experience the same excitement, energy and beauty characteristic of classes held in ECB's home school in East Lyme. Three levels of Jazz will be held on Mondays: ages 3-5, ages 5-7 and ages 8-10. Three levels of Ballet are offered on Thursdays: Ballet A/B ages 3-4, Ballet C age 5 and Ballet D age 6. Ballet D students are eligible to audition for participation in the region's Nutcracker of choice to be performed Dec. 13,14, and 15 at the Garde Arts Center.

A mandatory Nutcracker parent information meeting will be held on September 6 at 6:00 pm. Nutcracker auditions for this age group will be held on September 7 from 4-4:45 pm.

All students will have the opportunity to perform in ECB's spring showcase.



Ballet classes will be taught by Marylu Clark, Director of ECB's Young Children's Ballet Program, with the same age and developmentally appropriate focus and curriculum emphasized at ECB's main campus. ECB faculty member and Saybrook resident, Amy Brady, will lead the Jazz program.

Call Today to Register at 860 739-7899 or to receive additional information on East Lyme & Old Saybrook classes.

Visit the website at easternctballet.com for a full listing of audition and class times. Eastern CT Ballet is a 501 (c)(3) nonprofit organization. Fun, Friendly and First-class!
Photos: V. Murgio & T. Giroir

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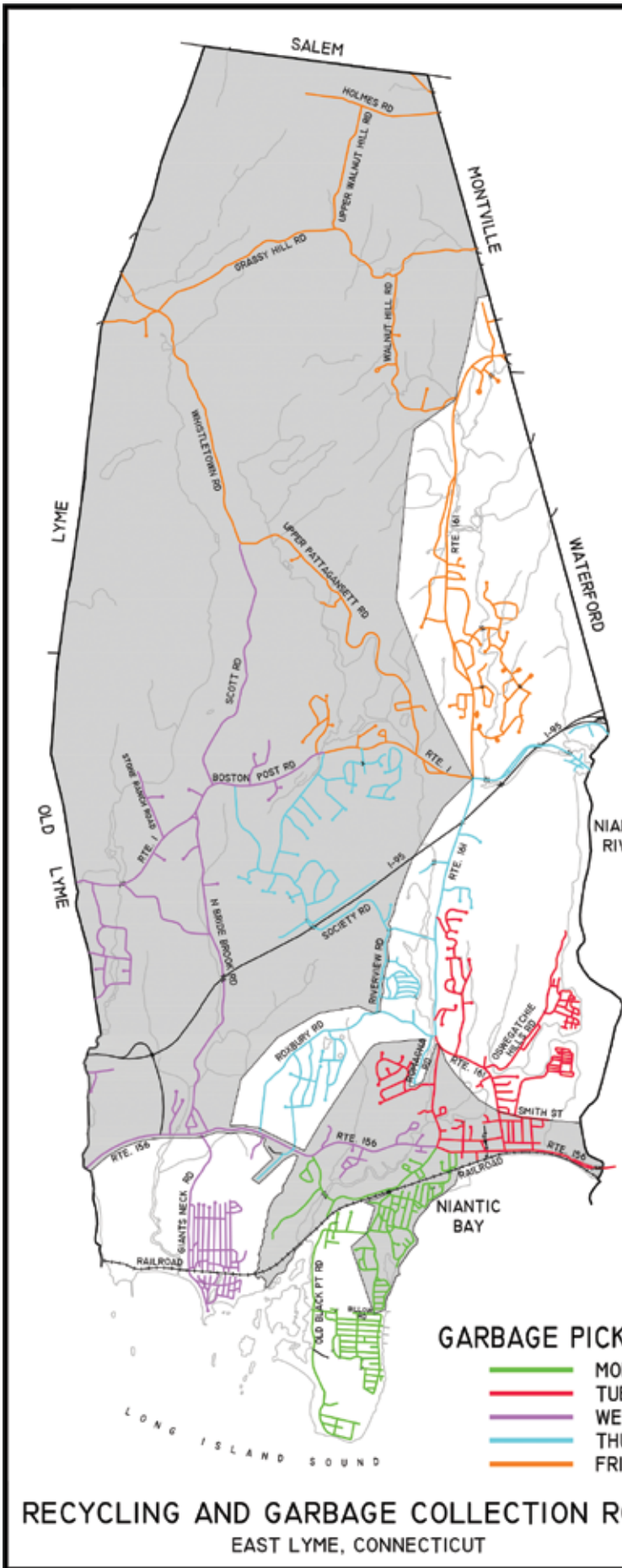
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Recycling Schedule 2013

(see next page for entire calendar year)

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

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

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

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

HOW TO DETERMINE YOUR RECYCLING COLLECTION DAY

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

GARBAGE PICKUP LEGEND

- MONDAY
- TUESDAY
- WEDNESDAY
- THURSDAY
- FRIDAY

RECYCLING AND GARBAGE COLLECTION ROUTE
EAST LYME, CONNECTICUT

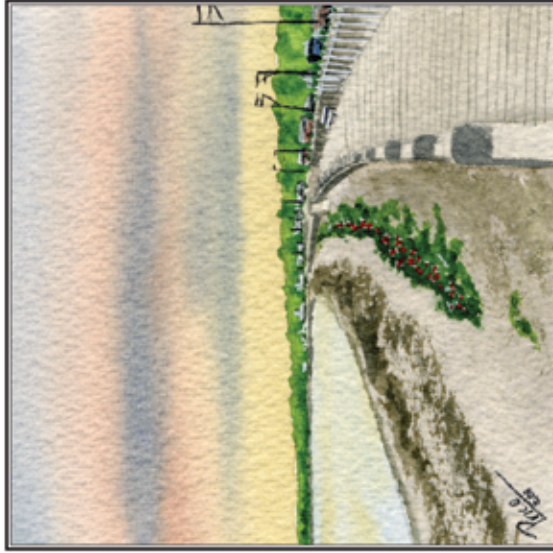
REVISED: DECEMBER 1, 2012

FOR QUESTIONS, CALL 860-739-6931

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Explore East Lyme and Niantic Village

Map & Business Listings



4541, 12 Hope Street, Niantic, 860.739.0219, www.libertybank.com, Local Connecticut Bank Since 1825. Open an Account Today!
 * **Performance Healthcare Products**, (not shown on map), 5 Village Court, East Lyme, 860.460.3384, www.performancehealthcareproducts.com. Scrubs and sleepwear that are stylish, comfortable, moisture wicking and made 100% in the USA.
 3. **Premier Business Services, P.C.**, 211 Boston Post Road, East Lyme, 860.739.8222, www.premierpos.com, "Your success is our business" Full service certified public accounting firm and certified Quickbooks training and support experts.

cream and party favors.
 36. **The Inn at Harbor Hill Marina**, 60 Grand St, Niantic, 860.739.0331, www.innharborhill.com, www.facebook.com/InnatHarborHillMarina, Where Niantic River meets the bay... gracious hospitality at a seaside escape.
 35. **Main Street Grille in Niantic**, 252 Main St, Niantic, 860.739.5300, MainStreetGrilleNiantic.com, www.facebook.com/MainStreetGrille, A family friendly, neighborhood restaurant with outdoor dining available. Where all the locals eat and drink.
 37. **Mermaid Liquors**, 125 Main Street, Niantic, 860.739.2300, www.mermaidliquors.com, facebook.com/mermaidliquors, Beer, wine & liquor. Delivery and party planning available.
 7. **Tri Town Foods**, 15 Chesterfield Rd, East Lyme, 860.739.2434, www.tritownfoods.com, The best in local
 20. **Village Pizza & Grille**, 53 West Main Street, Niantic, 860.691.1000, www.villagepizzaaandgrille.com, Family owned & operated. Great service & a fresh, delicious menu. Dine in, take out or enjoy the outdoor patio.

Home & Garden

* **The Pampered Chef**, (not shown on map), Susan Napiany, Ind. Consultant, 860.460.3390, www.pamperedchef.biz/suenapiany, www.facebook.com/pamperedchefCT, Quality products to make healthy & delicious meals. Make your life easier! Home or catalog parties, facebook shows, fundraisers, wedding showers!
 1. **Scott's Yankee Farmer, LLC**, 436 Boston Post Road, East Lyme, 860.739.5209, www.scottsyankeefarmer.net, www.facebook.com/scottsyankeefarmer1, A family owned & operated fruit and vegetable farm. Visit their roadside stand, pick your own or participate in their CSA program.
 22. **Smith's Acres, LLC**, 4 West Main Street, Niantic, 860.691.0528, www.smithsacres.com, www.facebook.com/SmithsAcres, A locally owned garden center & farm stand featuring CT grown plants and fresh fruits & vegetables. Spring - Christmas.
 13. **Wild Birds Unlimited**, 190 Flanders Road, Niantic, 860.739.7302, www.niantic.wbu.com, From birdseed to binoculars - birds love us & so will you! Great gifts for you & mother nature.

Business Services & Organizations

26. **Charter Oak Federal Credit Union**, 335 Main Street, Niantic, 860.446.8085, www.charteroak.org, A full service financial institution, offering business & personal account services, internet café, drive-up, ATMs and online bill paying.
 21. **Dutch Point Credit Union**, 8 West Main Street, Niantic, 860.739.2722, www.dutchpoint.org, A community credit union serving Hartford, Middlesex, New Haven and New London counties.
 4. **East Lyme Public Schools**, 165 Boston Post Road, East Lyme, 860.625.4299, www.eastlymeschools.org, The mission of East Lyme Public Schools is to inspire, engage and educate each student to become a contributing citizen and a responsible, independent, and critical thinker.
 10. & 34. **Liberty Bank**, 314 Flanders Road, East Lyme, 860.691.

28. **Pro Tek Auto**, 315 Main St, Niantic, 860.739.5729, www.protekauto.com, Providing quality auto repair & service since 1985. Protek has earned the trust of patrons through honesty, hard work & dedication.

11. **Save the River - Save the Hills**, 35 Oswegatchie Road, Waterford, www.savetheriver-savethehills.org, A grassroots environmental organization dedicated to preserving the Niantic River & Estuary, Waterford & the Oswegatchie Hills, East Lyme.

Specialty Boutiques

31. **Artisan Framing and Gallery**, 293 Main Street, Niantic, 860.739.2286, www.artisanframingandgallery.com, Custom framing, fine art & restoration. Craftsmanship & design executed in the highest of standards.

23. **Leila & Libbie Eats & Treats**, 413 Main Street, Niantic, 860.739.3344, www.leilaandlibbie.com, Organic and holistic pet food, nutritional supplements & products.

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



Arts, Entertainment & Leisure

Please cut out, fold and use.

32. Arthur Murray, 287 Main Street, Niantic, 860.739.3991, [www.facebook.com/arthurmurray](http://www.nianticballroom.com), [www.facebook.com/arthurmurray](http://www.nianticballroom.com). Come dance with us. It's Easier than you think! Offering classes for beginner to advanced levels! Walk in, dance out.

24. Children's Museum of Southeastern CT, 409 Main Street, Niantic, 860.691.1111, www.childrensmuseumct.org, www.facebook.com/childrensmuseumsect. An interactive, hands-on, educational opportunity for children. Learning & imagination are sparked by creative play in a safe & accessible environment.

*** East Lyme Waterford Newcomers Club** (not shown on map), www.facebook.com/groups/ELWNEW/. Want to make new friends? Join Newcomers for monthly meetings, book club, ladies night, lunch bunch, movie nights, playgroups, etc.

2. Eastern Connecticut Ballet, 435 Boston Post Rd. East Lyme, 860.739.7899, www.easternctballet.com, www.facebook.com/EasternCTBallet. A quality education focused on classical and contemporary training by professional artists * ages 2 to adult * Spectacular Performances * Fun, Friendly and First Class.

33. Niantic Cinema, 279 Main Street, Niantic, 860.739.6929, [www.facebook.com/NianticCinema](http://www.nianticcinema.com), [www.facebook.com/NianticCinema](http://www.nianticcinema.com). A family-owned, 5-screen theater showing the best in new releases and art films.

16. String Theory School of Music, 11 Freedom Way, Unit D3/D4, Niantic, 860.691.8022, www.stringtheoryschoolofmusic.com. Where the music you love is the music you learn. Private instruction, rock & jazz bands, vocal groups, ensembles & Kinderband!

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

Beauty & Wellness

19. Anytime Fitness, 17 Liberty Way, Niantic, 860.691.1611, www.anytimefitness.com, www.facebook.com/AnytimeFitnessNianticCT. Convenient & non-intimidating, we fit your schedule and help you reach your goals with 24/7 access, classes, dietary and personal training.

*** Abonne International** (not shown on map), 5 Village Court, East Lyme, 860.460.3384, www.teowithakaren.myabonne.com/, Beauty, health & wellness from the inside out. Swiss formulated, botanically based anti-aging skincare, cosmetics, detox, nutritional & weight loss products.

8. Body Kneadz Therapeutic Massage & Wellness Center, 15 Chesterfield Road, Suite 213, East Lyme, 860.739.8242, www.mybodykneadz.com. Therapeutic massage, couples, facials, waxing, manicures, pedicures, yoga, clinical hypnosis and belly dance.

27. Healing Connections Energy Medicine, 321 Main St. Suite 4, Niantic, 860-739-3129, www.healingcem.com. Private & confidential energy healing sessions for physical & emotional chal-

lenges. Reiki certification classes. Groups & classes. Twenty years of healing experience.

25. Niantic Acupuncture & Family Wellness, 369 Main Street, Niantic, 860.451.5558, www.NianticAcupuncture.com. A holistic family health practice for all ages. Treating a variety of health issues and providing preventive health care.

18. Pape Chiropractic & Wellness Center, 11 Freedom Way, Unit B-01, Niantic, 860.739.3600, www.papechiropractic.com. Providing the highest quality chiropractic care and nutritional counseling for patients from birth through adulthood. Now a certified Ideal Protein Weight Loss Clinic.

5. Shoreline Physical Therapy, 131 Boston Post Road, East Lyme, 860.739.4497, www.ShorelinePT.com. Evidenced based care provided by skilled and compassionate physical & occupational therapists. Individualized attention for all ages and stages. Since 1985.

17. Southshore Physical Therapy, 11 Freedom Way, Suite 82-4, Niantic, 860.691.8960, www.southshoretherapyct.com. Your choice for evidence based rehabilitation in East Lyme. Bringing quality back to life.

*** Yoga-Keeps-Me-Fit** (not shown on map), 860.859.7217, www.yogakeepsmeffit.com, www.facebook.com/yogakeepsmeffit. High quality personal instruction for individuals and small groups. Enjoy yoga in the comfort of your home. Yoga parties available.

14. Zen and Now, 170 Flanders Rd, Niantic, 860.739.2625, www.zenandnowct.com. A wellness community for every "body". Expert instructors, instructor training & certification, yoga, hot yoga, group cycling, bootcamp & more.

Food & Accommodations

12. Best of Everything Country Gourmet, 214 Flanders Road, Niantic, 860.739.7300, www.bofcountrygourmet.com.

Take Away Gourmet & Fine Catering. Experience the art of mozzarella in the making & hand rolled European thin crust pizza.

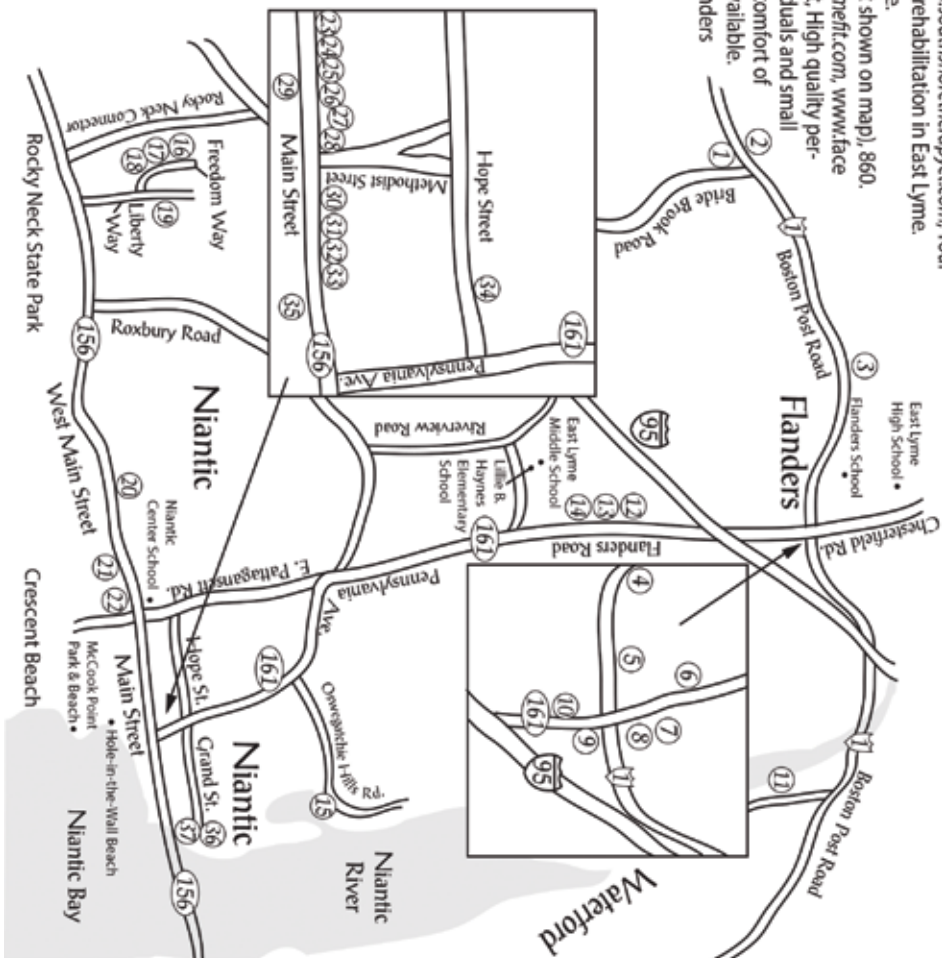
30. Covino's Groceria Italiana, 301 Main Street, Niantic, 860.739.1996, www.covinosgroceria.com.

www.facebook.com/covinosgroceriataliana. Food like my mom's with a gourmet twist. Imported Italian Dell storemade entees, grinders on bread from the Bronx fresh daily. We cater.

9. Flanders Donut and Bake Shop, 327 Flanders Rd, East Lyme, 860.739.6320. A family tradition since January 1972! Donuts, bagels, pastries, coffee, breakfast sandwiches and more. Try us once and you'll be back.

6. Flanders Fish Market and Restaurant, 22 Chesterfield Road, East Lyme, 860.739.8866, www.flandersfish.com, www.facebook.com/FlandersFish. Consistently rated #1 in Connecticut Magazine! Fresh Fish Market, Gourmet Dining, Catering, and Cappi's Bar. 30 years fresh!

29. Gumdrops & Lollipops, 334 Main Street, Niantic, 860.739.7800, www.gumdropsandlollipops.com, www.facebook.com/gumdropsandlollipops. An old-fashioned seaside candy shoppe, homemade fudge, pies, chocolate, popcorn, candy/taffy, ice



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860-691-1300

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