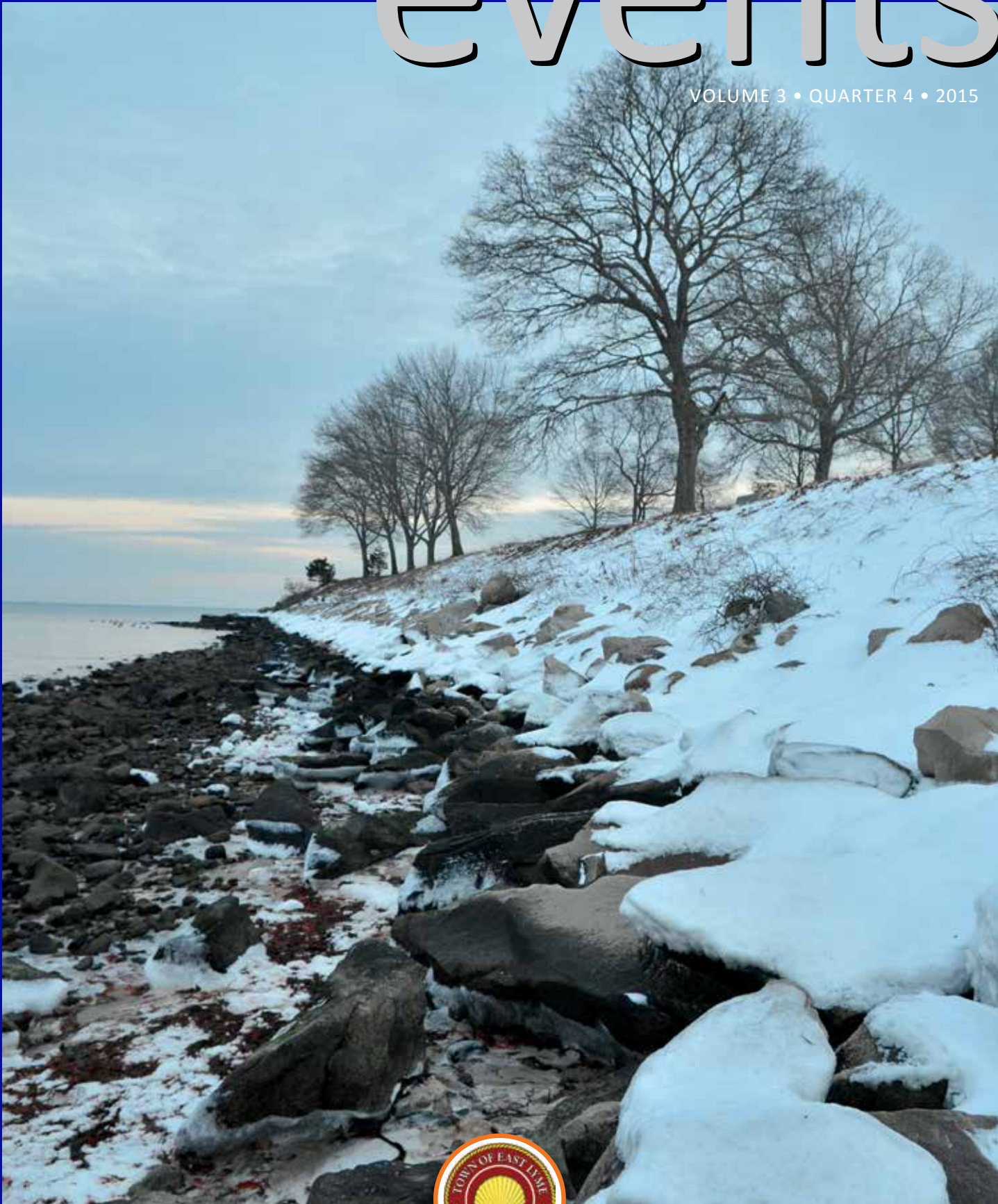


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# First Selectman's Corner

Autumn has most certainly arrived here on the shoreline. After an "endless summer" from June right thru the end of September, with perfect weather nearly every day, the fall season has now squeezed its way in. Eighty degree temperatures have given way to a crispness in the air and signs that another winter is upon us.

November is a time that our nation takes pause and honors all those who served our great nation - and those who continue to stand the watch. We are all so grateful for our veterans... for all they sacrificed, for standing up for liberty and freedom.

When given the chance (either here in a column or speaking in a public forum) I like to remind the audience of the hundreds and hundreds of our citizens who participate in the well-being of our town by volunteering and lending some of their time, talent and energy to our town. Whether it's a sport coach, an elected

official, or a neighbor who helps another, our community is filled with people willing to give back to our community. No matter what the cause, every single person who steps up makes a difference.

The same is true with our military. We can never forget the veterans in our community. We can never, ever say "thank you" enough. The VFW and the American Legion groups in our town are dedicated to supporting veterans. I urge all our citizens to participate in their activities, their fundraisers, and their terrific social events. I have had the pleasure of doing so in the past year and both organizations are filled with terrific people!

Our Parks and Recreation group is second to none. Their programming is outstanding and has something for everyone. I truly am amazed at what Dave Putnam and his team does during the course of the year. During the summer, we are focused on our outdoor facilities

including miles of beaches, beautiful parks, and sports fields. Additionally, the P&R team produces cherished events such as the Niantic Triathlon and Celebrate



Mark C. Nickerson

East Lyme. But the colder months are no reason to hibernate. I urge you to look through this magazine, as I have. Find an activity and get off the couch. I promise you will not be disappointed!

I wish you and your family great health and happiness during the coming holiday season. If I can be of any service to you, please do not hesitate to reach out to me.

Mark C. Nickerson,  
First Selectman



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## Director's Note

I am excited to announce the launch of our new registration software WEBTRAC which will allow you to register for our programs and facilities on-line. Starting this winter you will be able to log onto our Parks & Recreation homepage at [www.eltownhall.com](http://www.eltownhall.com) and complete the registration process without having to come into the office, the registration will be taken in real time.

As always, you can still stop into the office and do the registration in person or by mail. RECTRAC households with email addresses on file will receive a message informing you when the software will be activated. I hope you will find this process convenient for you and your family.

Winter is quickly approaching and I hope you will take the time to review our program offerings and that you remain

active during the winter season. My staff continues to come up with innovative and healthy programs for you to take advantage of.

I would like to also take this time to thank the many advertisers who make this *East Lyme Events* possible, I continually receive very favorable comments on the magazine and our program offerings.



David M. Putnam

Please feel free to contact the Parks and Recreation or Youth Services offices with any program ideas or suggestions. I hope that you take advantage of our on-line registration system and that you and your family have a healthy and safe holiday season. Remember, To Feel Great - "Recreate".

Sincerely,

David Putnam, Director / Parks and Recreation



## PARADE ACTIVITIES

4:00 to 6:00 p.m.

**Ice Sculpture Demonstrations  
on Liberty Green**

5:00 to 7:00 p.m.

**Face Painting and Balloon Creations  
at Police Dept.**

4:30 p.m. to Parade End  
**Food Trucks will be located on  
Methodist Street  
and parade route**


**NEW for this year... DVD's of the  
parade will be available for purchase  
after the event for  
\$10.00 at Parks & Recreation office.  
Please call (860) 739-5828 for details.**

**Rain date Sunday, December 13  
5:00 p.m.**


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## East Lyme Veterans

In October of 2013 the state of Connecticut established a Veterans Representative volunteer position in each town to help connect local vets to resources, services, organizations, and events. Cheryl Six is currently serving as the Veterans Representative for East Lyme and can be reached by emailing eastlymevetrep@gmail.com or by calling 860-691-4110 at the East Lyme Town Hall.



# Park & Beach Information

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

Open daily from 8:00 a.m. to sunset. Pets are permitted on beaches from the Tuesday after Labor Day until the Friday before Memorial Day ONLY\*\*; must be under 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 Statue 22-364 states that dogs must be under the direct control of their owners at all times when using town parks. It is the dog owner's responsibility to clean up all dog waste.

**\*\*NO PETS** May 22 – Sept 8, 2015 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.

## Boardwalk Construction Update

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

## Pavilion Rental

The pavilion is available for full day or half day rental (9:00 am to 1:00 pm or 1:30 pm until dusk) during the summer season (Memorial Day weekend through Labor Day) for East Lyme/Niantic residents/taxpayers. Rentals are also available before Memorial Day and after Labor Day; Non-Residents are able to rent

during that period. Please contact the Parks & Recreation office for information and availability.

## Parks & Beaches Addresses

### CINI PARK

Route 156, Niantic - (located at end of boardwalk by Niantic Bridge).

### HOLE-N-WALL BEACH

Baptist Lane, Niantic

### MCCOOK POINT PARK

8-10 Atlantic Street, Niantic. Main beach, pavilion, picnic area, restrooms, Hole-N-Wall beach, playground, bocce court, outdoor showers.

### PERETZ PARK AT BRIDEBROOK

221 West Main Street, Niantic  
Baseball, soccer, basketball court, softball, lacrosse, utility fields.

### SMITH-HARRIS PARK

31 Society Road, Niantic (Behind EL Middle School). Little League, Pee-Wee football.

### VETERAN'S MEMORIAL PARK

10 Memorial Park Road, Niantic  
Baseball, softball.



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# 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 SOFTBALL LEAGUE ORGANIZATIONAL MEETING

Representatives from teams interested in participation in the League should attend this meeting. The League is scheduled to begin May 9. All games are played at Samuel M. Peretz Park @ Bridebrook.  
Date: Tuesday, March 15, 2016  
Time: 6:30 pm  
Location: Parks & Rec. Conference Room

## U.S. AMATEUR BALLROOM DANCE ASSOCIATION DANCES

3rd Friday Dates: 12/18, 1/15, 2/19, 3/18 (7:00-10:00pm)  
1st Saturday Dates: 12/5, 2/6, 3/5 (no January) (6:30 – 11:00pm)  
Location: East Lyme Library & Community Center Activity Room

For more information visit:  
[www.usadancenewlondonct.com](http://www.usadancenewlondonct.com)

## SHORELINE SWING DANCES

Dates: 3rd Saturday of each month (1/16, 2/20, 3/19) from 8:00 pm-11:00 pm (Lessons from 7:00 pm-8:00 pm)  
For more information visit: [www.shorelineswingct.org](http://www.shorelineswingct.org)

## ANNUAL NIANTIC LIGHT PARADE

Date: Saturday, December 12th at 6:00pm  
Rain date – Sunday, December 13th at 5:00pm. Visit [www.ellightparade.com](http://www.ellightparade.com) or send an email to [ellightparade@gmail.com](mailto:ellightparade@gmail.com) with any questions.

## NEW YORK CITY BUS TRIP

Saturday, December 12th. Bus departs East Lyme Community Center at 8:00 a.m. and leaves NYC at 7:30 p.m. \$40 Resident/\$45 NonResident

## CHALLENGER BASKETBALL

FOR ALL-This is a free program and registrations will be taken on first night.  
Dates: January 4 – March 21

Days: Mondays  
Time: 6:15 – 7:15 pm  
Location: Lillie B Haynes School Gym

## DUPLICATE BRIDGE GAMES

Duplicate Bridge will end on December 22nd . No Duplicate Bridge will be held in January – March and will resume in April.

## EAST LYME JUDO CLUB

Dates: January 5 – March 15 (No class 2/16)  
Day: Tuesday  
Time: 6:15pm – 7:30pm  
Fee: \$30.00 Returning Students/\$35.00 New Students  
Where: Flanders School Gym  
Registration: Tues, January 5  
For more information contact: Nancy Kelly (860) 691-3314

## WINTER SOCCER CLINIC

Please visit East Lyme Soccer at [www.eastlymesoccer.org](http://www.eastlymesoccer.org) for information. For questions concerning our program please contact our registrar Lynda Mills at [www.elsa.registrar@gmail.com](mailto:www.elsa.registrar@gmail.com)

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# Parks & Recreation Department

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

## Contact Information & Websites

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

## Parks & Recreation Commission Members

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

East Lyme Police Department 860-739-5900  
East Lyme Public Library 860-739-6926  
www.ely.lioninc.org  
East Lyme Public Works 860-739-8444  
East Lyme Senior Center 860-739-5859  
East Lyme Town Hall 860-739-6931  
www.eltownhall.com  
East Lyme Youth Services 860-739-6788  
Commission Meetings are 2nd Thursday  
Rocky Neck State Park 860-739-5471  
DEP Old Lyme 860-434-8638  
Children's Museum of SE Connecticut 860-691-1255  
East Lyme Aquatic & Fitness Center (Pool) 860-691-4681  
www.nutmegaquatics.com  
East Lyme Business Organization  
Contact Lynnea Mahlke 860-691-1611

## Athletic Organizations

**EAST LYME BABE RUTH LEAGUE**  
Jay Reid, President / 860-326-1579  
www.eastlymebaberuth.com  
**EAST LYME LACROSSE**  
Judd Andres / 860-739-2260 / Cell 860-912-3106  
www.ella.uslaxteams.com  
**EAST LYME LITTLE LEAGUE**  
Rob Tukey / 860-912-2679 / rtukey71@gmail.com  
www.ETEAMZ.com/EastLymeLittleLeague  
**EAST LYME SOCCER CLUB**  
Chuck Massung / 860-739-9147 / www.eastlymesoccer.org



Parks & Recreation Department Staff

### EAST LYME YOUTH FOOTBALL

Chip Mundell / 860-271-6191

### EAST LYME YOUTH CHEERLEADING

Tammy Bogue / 860-303-1741

### EAST LYME JUDO CLUB

Nancy Kelly / 860-691-3314

### EAST LYME YOUTH BASKETBALL

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

www.eastlymeyouthbasketball.org

## Clubs

### NEW COMERS CLUB

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

### MOMS CLUB OF EAST LYME

www.eastlymemomsclub.org

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

### EAST LYME GARDEN CLUB

Colleen Gebhard / 860-691-0088 / elgclub@gmail.com

### AMERICAN LEGION AUXILIARY, UNIT 128

Pat Keegan / 860-739-2107

### EAST LYME SCOUTING

#### GIRL SCOUTS REGIONAL OFFICE

Jenna Duff / 800-922-2770 x 3728

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

#### DISTRICT SCOUTS REGIONAL OFFICE

Mike Cooney / 860-373-0097

#### CUB SCOUTS PACKS

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

www.pack24eastlyme.org / pack24eastlyme@gmail.com

Axel Mahlke, #7 / 860-287-1174

#### BOY SCOUT TROOPS

George Sisson, #7 / 860-691-2165

Robin Greer, #24 / 860-443-5492

Richard Cushing, #240 / 860-739-5239

## Smith-Harris House



### ANNUAL WREATH & GREENS SALE AND OPEN-HOUSE

Saturday, December 5th, 9 a.m. to 1 p.m. Admission to the wreath & greens sale is free. Admission to the open-house is a non-perishable food item to benefit Care & Share of East Lyme, Inc. Deck your halls with an assortment of wreaths, swags, centerpieces, and arrangements in

live and permanent greens at our annual wreath & greens sale! All proceeds benefit the Friends of Smith-Harris House, for preservation and public programming. Afterwards, visit the Smith-Harris House, where it is 1860, and performer Maggi Prokop portrays Elizabeth Avery Henderson welcoming holiday visitors to her home with refreshments inspired by historic recipes! At noon, join the Montville High School Choir for caroling in the Barn! For more information call (860) 739-0761 or visit our website at [www.smithharris.org](http://www.smithharris.org).

### AN EVENING WITH THE BELSNICKEL

Thursday, December 17th, 6 p.m. Admission is a non-perishable food item

to benefit Care & Share of East Lyme, Inc. Escape the frenzy of holiday preparations and join the Smith-Harris House for an evening of family-friendly festivities! Children of all ages are welcome to make an old-fashioned tree ornament, join musician Judy MacDonald around a cozy fire to sing carols, and meet our kindly Belsnickel! A "Belsnickel," or "St. Nicholas in fur," was a German folk tradition that preceded the modern Santa Claus, and our Belsnickel will share a winter's tale and hand out a treat to each of our young visitors! Afterwards, enjoy a sip of cocoa and gingersnaps. For more information, call (860) 739-0761 or visit our website at [www.smithharris.org](http://www.smithharris.org).

## FEMA News for Residents


The Town of East Lyme is a participant in the Federal Emergency Management Agency Community Rating System (CRS) program which entitles its residents to discounts on their flood insurance policies. The CRS program recognizes and encourages activities that reduce flood damage to existing buildings, protects new

buildings beyond the minimum Nation Flood Insurance Program protection level. The Town of East Lyme currently provides property protection advice by providing individuals with information as to what they can do to protect their own properties from flood damage. Those who have a federally backed mortgage, or plan to refinance with a federally backed lender, are required to purchase flood insurance if their home is shown in a high-risk flood area known as a Special Flood Hazard Area on the FEMA Flood Insurance Rate Maps. Residents are urged to contact their insurance agent or visit [www.floodsmart.gov](http://www.floodsmart.gov) to learn more about how and where to get a policy.

There are many ways to protect a property from flood damage, including but not limited to the following:

- Demolish the building or relocate it out of harm's way;
- Elevate the building above the flood level;
- Elevate damage-prone components, such as the furnace or air conditioning unit;
- Dry flood proof the building so water cannot get into it;
- Wet flood proof portions of the building so water won't cause damage;
- Construct a berm or redirect drainage away from the building;
- Maintain nearby streams, ditches, and storm drains so debris does not obstruct them; and
- Correct sewer backup problems.

There are several qualified people at the Town of East Lyme that can talk to you about flood hazard, flood protection measures, and/or possible financial assistance. For more information, please visit the town website at the following link: <http://eltownhall.com/zoning/flood-claims-information/>.



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# Parks & Recreation / Pre School & Youth Programs

## I'M 2 CRAFTS

Session #350301-03

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

Dates: Jan 7 to Feb 11  
 Days: Thursday  
 Time: 10:00 to 10:30 am  
 Fee: Resident \$30.00/Non-Resident \$45.00  
 Registration: Begins Dec 17  
 Location: East Lyme Library/Community Center/  
 Youth Center  
 Instructor: Christina Jessuck

## I'M 2 CRAFTS

Session #350301-04

All other information, see previous session

Dates: Feb 25 to March 31  
 Fee: Resident \$30.00/Non Resident \$45.00  
 Registration: Begins Feb 11

## GOT "2" BE MOVING

Session #350501-03

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

Dates: Jan 7 to Feb 11  
 Day: Thursday  
 Time: 9:15 to 9:45 am  
 Fee: Resident \$30.00/Non Resident \$45.00  
 Registration: Begins Dec 17  
 Location: East Lyme Library/Community Center/  
 Olive Chendali Room  
 Instructor: Christina Jessuck

## GOT "2" BE MOVING

Session #350501-04

All other information, see previous session.

Dates: Feb 25 to March 31  
 Fee: Resident \$30.00/Non-Resident \$45.00  
 Registration: Begins Feb 11

continued on page 10

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continued on page 10  
 HOD# 0000591 B1-0403715

## P&R Pre School & Youth Programs ... continued from page 9

### CREATIVE ARTS FOR KIDS AGES 3 & 4

Session: 350301-01

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

Dates: Jan 8 to Feb 12  
Days: Friday  
Time: 11:15 to 12:00 pm  
Fee: Resident \$30.00/  
Non-Resident \$45.00  
Registration: Begins Dec 18  
Location: East Lyme Library/  
Community Center/  
Youth Center  
Instructor: Christina Jessuck

### CREATIVE ARTS FOR KIDS AGES 3 & 4

Session: 350301-02

All other information, see previous session.

Dates: Feb 26 to April 8  
(no class 3/25)  
Fee: Resident \$30.00/  
Non-Resident \$45.00  
Registration: Begins on Feb 12

### YOUNG SCIENTISTS AGES 3 TO 5

Session #350401-01

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

Dates: Jan 7 to Feb 11  
Day: Thursday  
Time: 10:45 to 11:30 am  
Fee: Resident \$30.00/

Non Resident \$45.00  
Registration: Begins Dec 17  
Location: East Lyme Library/  
Community Center/  
Youth Center  
Instructor: Christina Jessuck

### TOT GYM, AGES 3 TO 5

Session #350501-01

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

Dates: Jan 8 to Feb 12  
Days: Friday  
Time: 10:15 to 11:00 am  
Fee: Resident \$30.00/  
Non Resident \$45.00  
Registration: Begins Dec 18  
Location: East Lyme Library/  
Community Center/  
Smith-Harris Room  
Instructor: Christina Jessuck

### TOT GYM, AGES 3 TO 5

Session #350501-02

All other information, see previous session

Dates: Feb 26 to April 8  
(no class 3/25)  
Fee: Resident \$30.00/  
Non-Resident \$45.00  
Registration: Begins Feb 12

### MOMMY/DADDY & ME

Session #340901-01

Infants – 2 years old  
Stimulate your baby's natural response to music! Parents and babies learn rhymes, songs, lullabies, floor and lap games. Dance, shake and play together to an array of musical styles and genres. Your baby will develop important listening and motor skills. Adult participation required.

Dates: Jan 8 to Feb 26  
Days: Friday  
Time: 9:45 am – 10:30 am

Fee: Resident \$75.00/  
Non-Resident \$90.00  
Registration: Begins Dec 4  
Where: Niantic Center School  
Room 107  
Instructor: Erin Stanley

### PRESCHOOL MUSIC, MOVEMENT AND EXPLORATION

Session #340903

Ages 2 ½ - 5 years old 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: Jan 8 to Feb 26  
Days: Friday  
Time: 10:45 am – 11:30 am  
Fee: Resident \$75.00/  
Non-Resident \$90.00  
Registration: Begins Dec 4  
Where: Niantic Center School,  
Room 107  
Instructor: Erin Stanley

### PARKS & RECREATION / EAST LYME REGIONAL THEATER

#### LITTLE BROADWAY STARS

Session# 340911-01

Ages 5-7

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

Dates: Jan 7 to Feb 25  
Days: Thursday  
Time: 4:15– 5:00 pm  
Fee: Resident \$75.00/  
Non-Resident \$90.00  
Registration: Begins Dec 4  
Where: Niantic Center School  
Room 107  
Instructor: Erin Stanley

#### GLEE (SHOW CHOIR)

Session#340912-01

Ages 10 & up

If you have watched GLEE & wanted to



sing & dance in a show choir of your own, this is the class for you. The show choir will help you develop greater musicianship, proper use of breath support, phrasing, interpretation, postures, stage presence, and other disciplines needed to put on a great show. Learn choreography to some of your favorite show-stopping numbers. Students **MUST AUDITION** for class acceptance. Call Erin Stanley, the director, to schedule an audition time, 860-501-1456.

Fee includes music, CD, and materials.

Dates: Jan 5 to March 15 (No class 2/16)  
 Days: Tuesday  
 Time: 6:15 pm – 7:30 pm  
 Fee: Resident \$160.00/  
 Non-Resident \$175.00 (Plus minimal costume fee)

Registration: Open after auditions  
 Where: Niantic Center School, Room 107  
 Instructor: Erin Stanley

## BE PART OF A MUSICAL CABARET

Session#340904-01

Ages 11 & up

Join ELRT's artistic director and guest cabaret artists as we create a cabaret style concert. Students in this class will explore different approaches to understanding what motivates a song, while working on proper vocal technique and stage presence. Students will master dance steps, build their confidence and bring their personality to the stage. Solos, duets and small group numbers will be performed at the end of the term.

Additional classes may be added to prepare for performance. Performance will be held on March 26th.

Dates: Jan 9 – March 26 (No class 2/20)  
 Days: Saturday  
 Time: 9:30-11:00 am  
 Fee: Resident \$140.00/Non-Resident \$155.00  
 Registration: Begins Dec 4  
 Where: East Lyme Community Center  
 Instructor: Erin Stanley and Guests Artists

## YOUTH PROGRAMS

### YOUTH/TEEN WRESTLING (NEW)

Session #350201-01

Youth Wrestling for ages 4 – 18, for new or experienced wrestlers. Come learn about wrestling and get in great condition as well. Located in the basement of Midway Plaza (entrance is in back behind the American Nails side). Tournaments are optional and at additional costs.

Dates: Dec 1 to Jan 28 (No class 12/24, 12/31)  
 Day: Tuesday & Thursday  
 Time: 5:00-6:30 pm  
 Fee: Resident \$175.00/Non Resident \$190.00  
 Registration: Begins Nov 23

continued on page 12

## WINTER ACTIVITIES AT LYME SHORES

### After-School Tennis Programs for Kids

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 Tue. & Thu., 4-5pm

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

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

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

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



### Adult Programs



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

**Stability Ball**  
 Mon., 8am

**Yoga**  
 M/W, 11am

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

**Cardio & Strength**  
 Fri, 8am

**Drop-in Pickleball**  
 Mon., 1-3pm, All levels  
 Wed., 6:30-8pm, All levels

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

**Intermediate Tennis Drills**  
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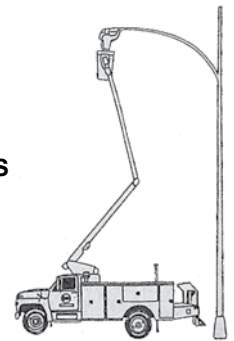
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## P&R Pre School & Youth Programs ... continued from page 11

Location: Midway Plaza Basement  
Instructor: TJ MarcAurele

**YOUTH/TEEN WRESTLING (NEW)**  
Session #350201-02

All other information, see previous session  
Dates: Feb 2 to Mar 31  
Fee: Resident \$175.00/Non Resident \$190.00  
Registration: Begins Jan 15

## Parks & Recreation / Adult Programs

### MORNING AEROBICS

Session # 310101-01

The classes consist of 35 minutes of aerobics and 15 minutes of body toning using weights, body bars, bands, and balls. Each class concludes with 5 to 8 minute cool down. Participants are required to bring a non-slip exercise mat.

Dates: Jan 4 - Feb 26

(No class 1/18, 2/15)

Days: Monday - Wednesday - Friday

Time: 8:30 am - 9:30 am

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

Registration: Begins Dec 18

Where: East Lyme Library/

Community Center -  
Activity Room

Instructor: Sue Roos AFFA/  
Donna Neaton AFFA

### MORNING AEROBICS

Session # 310101-02

All information same as above except for:

Dates: March 7 - April 29

(No class 3/25)

Registration: Begins Feb 26

### COED CARDIO AND TOTAL BODY CONDITIONING

Session # 310202-01

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

Dates: Jan 4 - Feb 24 (No class 2/15)

Days: Monday - Wednesday

Time: 5:00 pm - 6:00 pm

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

Registration: Begins Dec 18

Where: East Lyme Library/  
Community Center -  
Activity Room

Instructor: Donna Neaton-AFFA

### COED CARDIO AND TOTAL BODY CONDITIONING

Session # 310202-02

All information same as above except for:

Dates: March 7 - April 20

Registration: Begins Feb 24

### TABATA TRAINING

Session #310403-01

This is a "High Intensity Interval Training (HIIT) class offering the maximum benefit

with the least amount of time to improve both the aerobic and anaerobic systems. The structure of this program is 20 seconds of "all out" hard work to 10 seconds of rest repeated 8 times which equals one "Tabata". The class will consist of a warm-up, 5 rounds of Tabata, additional core work and a stretch. It is a program designed for ALL FITNESS LEVELS. Please bring a non-slip exercise mat and plenty of water to drink!

Dates: Jan 4 - Feb 18

(No class 1/18, 2/15)

Days: Monday and Thursday

Time: 4:10 to 4:55 p.m.

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

Registration: Begins Dec 18

Where: East Lyme Library/  
CC-Activity Room

Instructor: Donna Neaton, AFFA

### TABATA TRAINING

Session #310403-02

Same information as above except for:

Dates: Feb 29 - April 7

Registration: Begins Feb 18

### AEROBICS AND CORE STRENGTHENING (NEW)

Session # 310105-01

This class will consist of 25 minutes of aerobic exercises; and 20 minutes of core strengthening exercises. Participants are required to bring a non-slip mat.

Dates: Jan 6 to March 23  
(No Class 1/27, 2/3)

Days: Wednesday

Time: 4:10 to 4:55 pm

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

Registration: Begins Dec 18

Where: East Lyme Library/  
Community Center -  
Activity Room

Instructor: Donna Neaton AFFA



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## TOTAL FITNESS

Session # 310104-01

Classes include circuit training, PIYO, weights, bands and balls to create a variety of exercises for the entire body. Every class is different; Donna Neaton and Marsha Pirie bring together their experience, education and many years of group training to instruct the classes. Participants are required to bring a non-slip exercise mat.

Dates: Jan 5 to Feb 18  
Days: Tuesday – Thursday  
Time: 10:15 am – 11:15 am  
Fee: Resident \$50/\$30 (1-day)/  
Non-Resident \$65/\$45  
(1 day)  
Registration: Begins Dec 18  
Where: East Lyme Library/  
Community Center –  
Activity Room  
Instructors: Donna Neaton-AFFA;  
Marsha Pirie, AFFA PIYO

## TOTAL FITNESS

Session # 310104-02

All information same as above except for:

Dates: March 1 – April 14  
Registration: Begins Feb 18

## TUESDAY ZUMBA

Session #310103-03

This class consists of 55 minutes of ZUMBA dance aerobics. Please bring water.

Dates: Jan 5 – March 22 (No class 2/2)  
Days: Tuesdays  
Time: 5:30pm – 6:25 pm  
Fee: Residents \$45.00 Non-Resident \$60.00  
Registration: Begins Dec 18  
Where: East Lyme Library/Community Center –  
Activity Room  
Instructor: Donna Neaton AFAA/Zumba Instructor

## SATURDAY MORNING ZUMBA AEROBICS

Session #310103-04

This 1½ hour class begins with a full hour of Zumba fitness, followed by some upper body conditioning exercises, core work and a stretch. Participants are required to bring a non-slip exercise mat.

Dates: Jan 2 – March 26 (No class 1/30)  
Days: Saturdays  
Time: 8:30 am – 10:00 am  
Fee: Resident \$50.00/  
Non-Resident \$65.00

Registration: Begins Dec 18

continued on page 14

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

Where: East Lyme Library/  
Community Center –  
Activity Room  
Instructor: Donna Neaton AFAA/  
Zumba Instructor

### CORE WORKOUT

Session # 310301-01

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

Dates: Jan 5 – Feb 23 (No class 2/16)

Days: Tuesday

Time: 6:30 pm – 7:30 pm

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

Registration: Begins Dec 18

Where: East Lyme Library/  
Community Center –

Activity Room  
Instructor: Kim Stirtan-BSPE, ACE  
& Stott Pilates

### CORE WORKOUT

Session # 310301-02

All information same as above except for:

Dates: March 8 – April 26 (No class 4/19)

Registration: Begins Feb 18

### JILLIAN MICHAELS BODY-SHRED (NEW) MONDAY

Session #310303-01

This is a 45 minute class. Thirty minutes will involve intervals of 3 minutes of strength using hand held weights, 2 minutes of cardio and 1 minute of abs. The other 15 minutes will include warming up, stretching, cooling down and more stretching. You will define muscle, sculpt your physique and enhance your overall health & performance. Please bring a non-slip exercise mat and water to drink!

Dates: Nov 30 - Feb 22  
(No class on 1/18 & 2/15)

Days: Monday

Time: 11:15 a.m. to 12 pm

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

Registration: Begins Nov 24

Where: East Lyme Library/  
Community Center,  
Activity room

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

### JILLIAN MICHAELS BODYSHRED (NEW) TUESDAY

Session #310303-02

Information same as above

Dates: Dec 1 - Feb 16

Days: Tuesday

Time: 4:15 – 5:00 pm

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

Registration: Begins Nov 24

Where: East Lyme Library/  
Community Center,  
Activity room

Instructor: Marsh Pirie. AFFA,  
Jillian4 Michael's Body Shred  
Certified

### MONDAY COED YOGA

Session # 310501-01

Class is for all levels of students. Students will learn postures, deep relaxation, and breathing techniques. Participants are required to bring a non-slip exercise mat.

Dates: Jan 4 – April 4  
(No class 1/18, 2/15)

Days: Monday

Time: 6:10 pm – 7:25 pm

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

Registration: Begins Dec 21

Where: East Lyme Library/  
Community Center –  
Activity Room

Instructor: Rosemary Gentile - RYT

### WEDNESDAY NIGHT COED YOGA AND MEDITATION

Session # 310502-01

Class is for all levels of students. Students will learn postures, deep relaxation, and breathing techniques. This class will begin with the regular class from 6:30 – 7:45 pm followed by optional meditation from 7:55-8:15 pm. Participants are required to bring a non-slip exercise mat.

Dates: Jan 6 – March 23

Days: Wednesday

Time: 6:30 pm – 8:15 pm

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

Registration: Begins Dec 21

Where: East Lyme Library/  
Community Center –  
Activity Room

Instructor: Michelle Flowers, RYT 500

### EVENING PIYO CLASS

Session #310106-01

PIYO Strength is a fun, work at your own level class, joining Pilates and Yoga into one workout. You will burn calories, tone muscles, work on balance and get a great stretch. It is designed to build strength and flexibility. You will exercise your body, mind & spirit.

Dates: Dec 3 – Feb 25  
(No class 12/31)

Days: Thursday

Time: 5:10 to 6:00 pm

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Fee: Resident \$45.00/  
Non Resident \$60.00  
Registration: Begins Nov 24  
Location: Activity Room,  
East Lyme Public Library/  
Community Center  
Instructor: Marsha A Pirie,  
Certified PiYo Instructor  
& Yoga Fit; AFFA

### MORNING PIYO CLASS

Session #310106-02  
Same description as evening PIYO  
session except for:

Dates: Dec 4 – Feb 26  
Days: Friday  
Time: 9:35 to 10:25 am  
Fee: Resident \$45.00/  
Non Resident \$60.00  
Registration Begins Nov 24  
Location: Activity Room,  
East Lyme Public Library/  
Community Center  
Instructor: Marsha A Pirie, Certified  
PiYo Instructor

### YOGA FITNESS

Session #310107-01  
This class is Yoga for the active mind and body. Postures are linked together through breath to create an invigorating flow. The class will focus on toning & sculpting through flow and core work. Participants are required to bring a non-slip exercise mat.  
Dates: Nov 30 – Feb 22 (No class 1/18, 2/15)  
Days: Monday  
Time: 9:35 to 10:35 am  
Fee: Resident \$50.00/Non Resident \$65.00  
Registration: Begins Nov 23  
Location: Activity Room, East Lyme Public Library/  
Community Center  
Instructor: Marsha A Pirie, AFFA, Certified PiYo Instructor

### ADULT COED VOLLEYBALL

Session #310602-01  
This volleyball program is a fun, informal, pick-up play that meets once a week. No food is allowed in the gym.  
Dates: Jan 5 – April 12 (No class 2/16)  
Days: Tuesdays  
Time: 6:00 to 8:15 p.m.  
Fee: Resident \$30/Non Resident \$45  
or Drop In: \$5.00 per person  
Where: East Lyme Middle School gymnasium  
**continued on page 16**

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**P&R Adult Programs ... continued from page 15**

Registration: Begins Dec 21  
Supervisor: Cathleen Aquino

**BALLROOM DANCE – BEGINNER LESSONS**

Session # 330101-01  
The Beginner Class will include instruction in waltz, foxtrot, rumba and swing.  
Dates: Jan 7 – Feb 25  
Days: Thursday  
Time: 6:15 pm – 7:15 pm  
Fee: Residents \$45.00/Non-Residents \$60.00  
Registration: Begins Dec 18  
Where: East Lyme Library/Community Center – Activity Room  
Instructor: Marjorie Winslow

**BALLROOM DANCE INTERMEDIATE LESSONS**

Session # 330102-01  
The Intermediate Class will include instruction in cha-cha, foxtrot, tango and swing.  
Same information as the beginner's class except for time:  
Time: 7:15 pm – 8:15 pm

**LATIN LINE DANCE**

Session #330103-01  
Instruct various Latin Line Dance routines. The following dances will be taught: Samba, Meringue, Salsa, Rumba, Cha-cha, as well as Flamenco, Mambo & other non-Latin.  
Dates: March 3 – April 21  
Days: Thursday  
Time: 5:15 – 6:15 pm  
Fee: Resident \$45.00/Non Resident \$60.00  
Where: East Lyme Library/Community Center – Activity Room  
Registration: Begins Feb 15  
Supervisor: Marjorie Winslow

**NEW YORK CITY TRIP:**

Session #390101-01  
Date: December 12  
Day: Saturday  
Time: Bus departs East Lyme Library/Community Center @ 8 am  
Bus departs New York City @ 7:30 pm  
Fee: Resident \$40/Non-resident \$50  
Registration: Begins on November 4



# East Lyme Youth Services

Serving the East Lyme and Salem Communities

45 Society Rd, Niantic, CT 06357 Office Hours: 8:00 am – 4:00 pm

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Dave Putnam- Executive Director / Mike McDowell- Program Coordinator

“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 INFORMATION

In order to attend our activities and programs, participants must turn in a signed registration form for each of the programs they attend. Registration forms are available at Youth Services, the Parks and Recreation office, ELMS cafeteria, and online at [www.eltownhall.com](http://www.eltownhall.com). Registration forms and fees should be turned in to the Parks and Recreation Department offices from 8 am-4 pm

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

## CANCELLATIONS

All cancellations will be posted on our website: [www.eltownhall.com](http://www.eltownhall.com), and on our Facebook page.

## OPEN CENTER AFTER SCHOOL PROGRAM

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

**continued on page 18**

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## Youth Services ... continued from page 17

### PARENTS NIGHT OUT

Whether you're looking for a night out to do holiday shopping or catching a movie without the kids, the Youth Center will be open for kids in grades K-5 to be dropped off for a night of games, a movie, and hanging out with friends.

Friday, December 19th for kids in grades K-5 from 6:00 – 9:00 pm. The fee is \$10.00 per child and pre-registration is required. Space is limited so register early!

### WHAT'S COOKING FOR KIDS

Saturdays from 9:00 am. – 11:00 am.

12/5,12/12,12/19,1/2

Fee: \$50 includes all food

Participants will learn cooking techniques while preparing yummy meals and having fun in the kitchen! Parents please take note: Youth should be mature and responsible, as they will be handling utensils including knives, and hot items such as the stove and oven. Youth should bring Tupperware to class to bring goodies home

with them. We recommend 6th – 8th graders for this class. Class will be held in the Main Kitchen in the Community Center. Please enter through the Senior Center.

### SKI CLUB

Thursdays, January 14 – February 11, 2016 from 3-9 p.m. 5th – 12th grade

Fee: Varies by type of ticket, rental, lesson, etc. Registration ends November 21st. Students will meet at the Youth Center and depart by 3:15 for fun on the slopes of Mount Southington return time is 9:00 pm. at the Youth Center. Brian T. Dagle Scholarship available. Call today to inquire!

### STUDENT ADVISORY BOARD (SAB)

A service club facilitated by ELYS for high school students to help plan activities for peers that are fun and drug/alcohol free. This year's activities included educational and community events like the Trick or Trunk, and organizing middle school dances. Meetings are held in Mr. Beale's room during lunch on Mondays. We encourage new members to bring their ideas and help plan the events/activities. Please stop by a meeting for more information and to be introduced to the club.

### WINTER WONDERLAND WORKSHOP WITH LEGO

In this workshop we will apply engineering, architecture, creativity and fun to create a magical Winter Wonderland! Build motorized contraptions like snowmobiles, gondolas and more. We will build a hilltop village complete with slopes for our LEGO skiers and sledders, and even holiday lighting.

Fee: \$94

Dates: 12/28-12/30

(Monday thru Wednesday)

Ages: 5 & 6 Year Olds 9:00 am-12:00 pm

Ages: 7 to 12 Year Olds 1:00 pm - 4:00 pm

### COUNTDOWN TO NOON: NEW YEARS EVE

Thursday, Dec. 31, 10:00 am-2 pm

We will be partnering with the Children's Museum of SECT on their ever-popular New Years Eve event for youngsters!

This year the event will once again take place at the community center, and encompass the activity room, youth center, children's library, and senior center! Make 2016 a Fit & Healthy New Year. Explore the constellations with StarLab. Build, create, imagine with "Let's Get Building!" "Crazy Science" and activities galore!

Storytelling with the Children's Librarians of East Lyme Public Library. Balloons drop at Noon and activities continue until 2! More information and fees can be found by calling the Children's Museum of SECT at 860-691-1111 or visiting their website [www.childrensmuseumsect.org](http://www.childrensmuseumsect.org).

### VOLUNTEERING

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

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

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



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Cooking & Catalog Shows,  
Fundraisers & Showers

### The Shoreline Soup Kitchens & Pantries

#### EAST LYME

Every Thursday from 5 - 6:00 pm

St. John's Episcopal Church / 400 Main Street, Niantic

Guests are reminded to bring bags.



## Sen. Formica Honored by Connecticut Youth Services Association

Sen. Paul Formica (R- East Lyme) has been recognized for his outstanding support and advocacy on behalf of youth service bureaus in Connecticut.

The Connecticut Youth Services Association (CYSA) honored Formica and other legislators for their support during an October 2nd ceremony.

CYSA leads, strengthens and supports a unified network of Youth Service Bureaus dedicated to promoting the well-being of Connecticut's children, youth, and families.

The support of area legislators is integral to the sustainability and continued success of Youth Service Bureaus in Connecticut.

Formica represents the 20th District, which includes Bozrah, East Lyme, a portion of Montville, New London, Old Lyme, a portion of Old Saybrook, Salem, and Waterford.

## Relief for Downtown Niantic

Sen. Paul Formica (R-East Lyme) applauded the state's announcement of \$500,000 for the extension of water and sewer mains and construction of public restrooms along the pedestrian way that connects Cini and McCook Point Parks and the Hole-in-the-Wall Beach with downtown Niantic's Main Street. The extension of water and sewer mains will provide resources to operate new public restroom facilities.

"The Niantic Bay Boardwalk is a popular destination for both locals and tourists alike," Sen. Formica said. "This grant will complement the 1.1 mile walkway along Long Island Sound with the addition of a water and sewer connection to Cini Park. The infrastructure improvement will allow for new restroom and shower facilities to be built at the easterly entrance to the park and support the local fishing and party boat trade at the town docks at Cini Park. This will add greatly to the experience of the estimated 70,000 to 80,000 annual visitors each year who enjoy our walkway along Long Island Sound and visit the newly renovated downtown area in Niantic Village. We want to encourage greater economic vitality, not only in Niantic, but also across the river in Waterford where a new grant is helping to renovate the Mago Point area on the opposite side of Niantic River. That's good news for residents and business owners in southeastern Connecticut, and we thank Gov. Malloy for awarding this latest grant."

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# East Lyme Senior Center

East Lyme Senior Center / 37 Society Road, Niantic, CT 06357 / 860-739-5859

Monday – Friday 8:30 am to 4:30 pm

Cathy Wilson – Director / Kristen Caramanica – Program Coordinator / Anna Hartung – Senior Center Associate

Roxanne Kormos – Full Time Driver / Lee James – Part Time Driver

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

## COMMISSION ON AGING

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

## TRANSPORTATION

### IN-TOWN TRANSIT SERVICES

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

### MEDICAL TRANSIT/ SOUTHERN NEW LONDON COUNTY

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

## SENIOR LUNCHESES

### SENIOR NUTRITION PROGRAM

The Senior Center and TVCCA provide lunches with a 24 hour reservation Tuesday through Friday at 11:45 am.

Monthly menus are printed in The Courier newsletter. \$3.00 suggested donation.

## THE BISTRO

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

## MEALS ON WHEELS

The Senior Center and TVCCA provide Meals on Wheels Monday through Friday to East Lyme adults age 60 and over who are temporarily or long term 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.

## 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.

## 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+.

### WED, DEC 2nd

**Radio City Music Hall** for their Christmas Spectacular. Trip fee is \$145pp. Lunch included. Minimal walking. WAIT LIST only.

**Wed, Dec 2nd - A 2nd Bus** has been reserved for Radio City Music Hall and their Christmas Spectacular. Trip fee is \$156pp. Lunch included. Minimal walking. WAIT LIST.

**2016 Day Trip Schedule** is being developed. Contact the Senior Center with your suggestions.

## OVERNIGHT TRIPS/CRUISES

Open to any person 55+.

### JANUARY 28 - FEBRUARY 7, 2016

Fully escorted Hawaiian Cruise - 11 days. 7 shore excursions included in price. Starting at \$4449pp. Registration has begun.

### JUNE 6-19, 2016

Fully escorted Alaska Land & Cruise - 6 nights Land Tour & 7 night Cruise aboard the Holland American "Zaandam." Starting at \$4434pp with port and government taxes included. Registration has begun.

### AUGUST 27 - SEPTEMBER 13, 2016

Trans/Atlantic Cruise with flight and motorcoach included aboard the Royal Caribbean's "Serenade of the Seas." 18 days. Starting at \$3136pp with port and government taxes included. Registration has begun.

### OCTOBER 30 - NOVEMBER 11, 2016

Escorted Caribbean Cruise aboard the Royal Caribbean "Serenade of the Seas." Fly out of Boston and return from Fort Lauderdale. 12 nights. Starting at \$2027 with port and government taxes included. Registration has begun.

2016 Overnight Trip Schedule is being developed.  
Contact the Senior Center with your suggestions.

*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 card is full, a new pass must be purchased.*

## FITNESS CLASSES

### SENIOR FITNESS

Mon & Wed & Fri 10:15 am – Mon & Wed 12:30 pm.  
Residents \$45.00/30 classes – Nonresidents \$50.00/30 classes.  
Pass required.

### SENIOR YOGA

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

### TAI CHI

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

### CHAIR YOGA

Tues & Fri 9:30 am & 10:30 am – Residents \$36.00/24 classes – Nonresidents \$41.00/24 classes. Pass required.

## WEIGHT LIFTING

Tue & Thu 10:30 am @ ELHS Fitness Center – Residents \$24.00/24 classes – Nonresidents \$29.00/24 classes. Pass required.

## ZUMBA GOLD

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

## PIYO: NEW TIME & DAY

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

## INDOOR BOOCE

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

## PACE

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

## PICKLEBALL

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

## DANCE/THEATER CLASSES

### TAP CLASS

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

continued on page 22



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## Senior Center ... continued from page 21

### DRAMA GROUP

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

### CRAFTS

#### PAINTING W/FRIENDS

Tue at 9:30 am. No instructions only camaraderie! No fee.

### QUILTING

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

### GAMES/CARDS

#### CRIBBAGE

Mon from 9 am. No fee.

#### CANASTA

Mon from 1 pm. Will teach. No fee.

#### SCRABBLE

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

#### MAH JONGG LESSONS

Tue 10 am starting Nov 17th. Call for more information.

#### MAH JONGG

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

#### BRIDGE

Shoot Out played Tue from 1:30 pm. Fee \$5.00pp per day played. Must know the game and have a partner. Must register to play.

#### POKER

Poker played every Wed from 9 am. Minimal fee to play.

#### BRIDGE

Contract Bridge played Wed from 1 pm. Must know basics of the game. No fee. Must register to play.

#### BRIDGE

Duplicate Bridge played Thu from 1 pm. Fee \$1.00pp per day played. Must know the game and have a partner. Must register to play.

#### BINGO

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

### EDUCATION/ENRICHMENT

#### UKULELE LESSONS

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

#### GUITAR LESSONS

Beginner Guitar Lessons beginning in Nov. Call for more information.

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#### INTERNET INSTRUCTION

1st Tue of every month starts at 10:15 am.  
One-to-one hourly sessions. Fee is \$12.00  
- \$14.00 for Non-residents.

#### DANCES

Every other month - Fri at 7 pm.  
Schedule for 2016 to be set. Fee \$10pp  
- tickets sold at the door. The Illusions  
Band plays.

#### HEALTH PROGRAMS/ BENEFITS INFO

Watch for a new Health & Wellness  
Series to start.

#### VNASC NURSE MANAGED WELLNESS CLINIC

2nd Wed of every month 1 pm for  
services that focus on prevention and  
self-care.

#### VNASC BLOOD PRESSURE CLINIC

2nd Thu of every month 12:15 pm to

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

#### FINANCIAL CHECKUP

4th Wed of every month starting at 1 pm.  
1on1 session. Appointments required.

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# East Lyme Public Library

## ACTIVITIES FOR ADULTS

### DECEMBER

#### TRIVIA NIGHT

Tuesday, December 1 – 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!

#### CANDLE MAKING

Saturday, December 12 – 2:00 pm.

Candle making hobbyist Tara Borden will teach you how to make taper candles and a pillar candle using natural beeswax sheets. Class size is limited to 15 participants. Materials will be provided.

#### 11TH ANNUAL WINTER SOLSTICE CONCERT

Tuesday, December 15 – 7:00 pm.

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

### JANUARY

#### BOSCH'S GARDEN OF EARTHLY DELIGHTS

Tuesday, January 19 – 7:00 pm.

The most original Northern European painter of his day, Hieronymus Bosch, developed innovative secular allegories spurning traditional religious subjects for everyday life seen as satire. Robert Baldwin (Connecticut College Professor of Art History) will examine works such as the Haywain, the Seven Deadly Sins, and the Garden of Earthly Delights, in which Bosch imagined a comprehensive, visual universe of human sin and folly, all headed toward hell. At the same time, he introduced under the cover of Christian condemnation an unprecedented eroticism to satisfy pleasure-loving aristocrats. And he converted sin and hell into visually appealing arenas of his own artistic imagination.

#### TRIVIA NIGHT

Tuesday, January 26 – 7:00 pm.

Test your knowledge from general categories, including pop culture, current events, history, music, and of course, literature!

### FEBRUARY

William Burt Slide Presentation

Tuesday, February 2 – 7:00 pm.

William Burt is a naturalist, photographer and writer with a passion for wild places and elusive birds – especially marshes, and the shy birds within. His photographs and stories are seen in Smithsonian, Audubon, National Wildlife and other magazines, and he is the author of four books: *Shadowbirds* (1994); *Rare & Elusive Birds of North America* (2001); *Marshes: The Disappearing Edens* (2007); and *Water Babies: The Hidden Lives of Baby Wetland Birds* (2015). He will discuss his newest book with a slide presentation.

#### “ME AND MY SHADOW”

Tuesday, February 16 – 7:00 pm.

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

#### TRIVIA NIGHT

Tuesday, February 23 – 7:00 pm.

Test your knowledge from general categories, including pop culture, current events, history, music, and of course, literature!

### MARCH

#### KERRY BOYS IRISH MUSIC

Saturday, March 7 – 2:00 pm.

The Kerry Boys are Connecticut's favorite Irish balladeers. Their high-energy show will have you clapping and singing along in no time, engaging you from start to finish with their wide collection of traditional and original Irish/Celtic songs.

#### BOOK DISCUSSION GROUP

A book discussion group meets the second Tuesday of each month at 7:00 pm. in the East Lyme Room. Copies of the current month's book are available at the library. 12/8 *Daughters of the Samurai* by Janice Nimura; 1/12 *The Nightingale* by Kristen Hannah; 2/9 *Everything I Never Told You* by Celeste Ng; 3/8 *The Warmth of Other Suns* by Isabel Wilkerson; 4/12 *A Tale of Two Cities* by Charles Dickens. No registration necessary.

#### MYSTERY BOOK DISCUSSION GROUP

This book discussion group meets on the fourth Thursday of each month at 11:00 am. in the East Lyme Room. Copies of the current month's book are available at the library. 12/17 *Christmas Guest* by Anne Perry; 1/ 28 *Maltese Falcon* by Dashiell Hammett; 2/25 *And Then There Were None* by Agatha Christie; and 3/24 *The Case of the Missing Books* by Ian Sansom. No registration necessary.

## ACTIVITIES FOR CHILDREN, TWEENS, AND TEENS

Visit [eastlymelibrarykids.blogspot.com](http://eastlymelibrarykids.blogspot.com) for great book recommendations, educational Internet games, and the latest news about library events for kids.

#### iMOVIE MINI WORKSHOP FOR GRADES 5 TO 8.

Learn how to use iMovie to make a short “trailer” to promote your favorite book. Bring your own iPad, or use one of ours! This project is made possible in part by the Institute of Museum and Library Services under the provisions of the Library Services and Technology Act, administered by the Connecticut State Library. Registration begins Tuesday, December 1st. Please come in per-



son to register and bring your parent or guardian to sign the required permission forms. Spaces are limited.

Tuesday, December 15th from 3-5 pm.

Wednesday, December 30th from 2-4 pm.

#### NEW YEAR'S EVE

#### STORYTELLING SHOW

Thursday, December 31

FREE Interactive Storytime Show for all ages / 11:00 to 11:45 am. No registration required.

#### TWEEN STYLE COUNCIL

Fridays / 3:00 to 4:30 pm.

Express your sense of style at the Library.

The Tween Style Council meets every Friday afternoon 3:30 to plan tween events, make decorations for the library, and help at the coloring table and craft table. Grades 5-8. No registration required.

#### TAKE YOUR CHILD TO THE LIBRARY WEEK

February 1 – February 6

Free bookmarks, stickers, and surprise

guests all weeklong! Take Your Child to the Library Day (TYCLD) is an international initiative that encourages families everywhere to take their children to their local library. We decided to make it a weeklong celebration!

#### MEET CHILDREN'S BOOK AUTHOR DEB CIOFI

Wednesday, February 3, 2016, 7-8 pm.

Celebrate with children's book author, Deb Ciofi! She will share her newest book, *Out and about with Howard and Jane*, at our evening storytime program. All ages. No registration required.

#### STORYTIME AT THE LIBRARY

January 25 – March 21

Grow a reader at the East Lyme Public Library! Bring your child to Storytime to enjoy books, rhymes, and fun activities that promote early literacy skills and inspire a love of reading. Storytime is also a great time to meet other parents, learn tips on how to encourage your child to become

a reader, and have FUN! No registration required. For more information, call 860-739-6926 ex. 2.

#### MONDAYS

All ages / 10:00 to 10:45 am.

Ages 4 & 5 / 2:00 to 2:45 pm.

#### TUESDAYS

Babies up to 23 months / 10:00 to 10:30 am.

Ages 2 and 3 / 11:00 to 11:30 am.

Ages 4 and 5 / 2:00 to 2:45 pm.

#### WEDNESDAYS

Ages 2 and 3 / 10:00 to 10:30 am.

Ages 4 and 5 / 11:00 to 11:45 am.

Ages 4 and 5 / 2:00 to 2:45 pm.

All ages / 7:00 to 7:45 pm.

Wednesday Night Storytime!

#### THURSDAYS

Ages 2 and 3 / 10:00 to 10:30 am.

Babies up to 23 months / 11:00 to 11:30 am.

Ages 4 and 5 / 2:00 to 2:45 pm.

#### FRIDAYS

All ages / 10:00 to 10:45 am.

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**PROGRAM REGISTRATION FORM**

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

**PARTICIPANT INFORMATION**

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

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

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

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

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

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

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

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

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

**Race:**

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

**Family:**

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

**Ethnicity:**

- Hispanic/Latino
- Not Hispanic/Latino

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

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

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

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

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

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

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

**EAST LYME PARKS AND RECREATION DEPARTMENT  
REGISTRATION FORM**

**REGISTRATION INFORMATION:**

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

Name: \_\_\_\_\_ Spouse's Name: \_\_\_\_\_

Address: \_\_\_\_\_ Town: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Home Phone #: \_\_\_\_\_ Work Phone #: \_\_\_\_\_ E-Mail: \_\_\_\_\_

Cell Phone # \_\_\_\_\_ Cell Phone Provider: \_\_\_\_\_ \*(i.e. Verizon, Sprint)

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

\*\*\*\*\*

**Emergency Contact:**

Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

Address: \_\_\_\_\_ Town: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Home Phone #: \_\_\_\_\_ Cell Phone #: \_\_\_\_\_ Work Phone #: \_\_\_\_\_

Participants Name	DOB	Gender	MEDICAL CONCERNS	Program	Session Number	Fee

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

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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

Medical concerns \_\_\_\_\_



# Parks and Recreation Registration Policies

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

Program Registration Hours:

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

## Directions

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

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

There are two ways to register for programs: In person at the Parks and Recreation Department office in the E. Lyme Library Community Center on Society Road or by mail (Mailing address: 41 Society Rd., Niantic, CT 06357). Programs limiting

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

## Payment

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

## Cancellations

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

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

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

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# East Lyme Public Works

## SNOW REMOVAL FACTS

Street safety is the Town of East Lyme Highway Department's primary concern during the winter months. The Highway Department treats the pavement and removes snow whenever road conditions call for these services. Residents should remember that all snow removal operations are performed under emergency conditions. Our drivers work extended hours to ensure safe and effective snow removal. Please help the Highway Department by following the snow reminders listed below:

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

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

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

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

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

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

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

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

Never pass a snowplow or salt truck.

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

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

## TOWN OF EAST LYME POLICY

### MAILBOX DAMAGE BY TOWN SNOW PLOWS

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

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

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

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

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

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

The Town will replace the mailbox and/or post only when the Town snow plow is found to have made direct contact with the mailbox, not when the box is knocked over by snow or slush that is thrown by the plow.

Basketball hoops and sprinkler systems within the Town right-of-way are not permitted and will not be replaced, repaired or reimbursed by the Town.

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

# Preparing for a Hurricane

Hurricane readiness should begin long before the event occurs. If you live in a hurricane-prone area, you can prepare far in advance for the possible dangers to health and safety resulting from a hurricane by learning about your community's emergency plans, warning signals, evacuation routes, and locations of emergency shelters.

Identify potential home hazards that could develop during a hurricane, such as those involving gas, electricity, chemicals, and structural damage

- install a smoke detector
- buy a fire extinguisher and make sure your family knows where to find it and how to use it
- conduct an evacuation drill for at least two ways out of your home
- provide escape ladders for multi-story structures
- establish an assembly point where the family meets in the event of fire or if a disaster occurs when the family is not together at home
- give your relatives and friends the name of a contact person who will know where you are and how you are doing
- know the location of your important papers, such as insurance policies, wills, licenses, stocks, etc.
- instruct family members about how to shut off the gas, water, and electric mains
- post emergency phone numbers at every phone; inform local authorities about any special needs, i.e., elderly or bedridden people, or anyone with a disability
- properly dispose of all chemicals, pesticides, and solvents not being used

**You should stock your home with supplies that may be needed. These supplies should include:**

- several clean containers for water, large enough for a 3-5 day supply of water (about five gallons for each person)
- a 3-5 day supply of non-perishable food
- a first aid kit and manual
- a battery-powered radio, flashlights, and extra batteries
- sleeping bags or extra blankets
- a large supply of non-breakable spoons, forks, knives, cups, plates, etc.
- water-purifying supplies, such as chlorine or iodine tablets or unscented, ordinary household chlorine bleach

- prescription medicines and special medical needs
- baby food and/or prepared formula, diapers, and other baby supplies
- disposable cleaning cloths, such as "baby wipes" for the whole family to use in case bathing facilities are not available
- a portable toilet, and toilet paper; 1 personal hygiene supplies, such as soap, toothpaste, sanitary napkins, etc.
- alternate heat and cooking sources, such as a kerosene heater and a camp stove - use these only in well-ventilated areas
- shovels and hand tools
- candles and matches
- a mop, bucket, and towels
- one or more rolls of plastic sheeting, a staple gun with staples, and duct tape
- plastic trash bags and ties
- an emergency kit for your car with food, flares, booster cables, maps, tools, a first aid kit, fire extinguisher, sleeping bags, etc.
- a citizens band radio or a cellular phone, if possible
- extra cash
- pet food
- rubber boots/rubber gloves

## During the Storm

**To get through the storm in the safest possible manner:**

- monitor the radio or television for weather conditions, if possible stay indoors until the authorities declare the storm is over.
- do not go outside, even if the weather appears to have calmed; the calm "eye" of the storm can pass quickly, leaving you outside when strong winds resume
- expect the loss of electricity, gas, and water
- stay away from all windows and exterior doors, seeking shelter in a bathroom or basement. Bathtubs can provide some shelter if you cover yourself with plywood or other materials
- prepare to evacuate to a shelter or to a neighbor's home if your home is damaged, or if you are instructed to do so by emergency personnel
- if you should lose electrical power, eat perishable food first.

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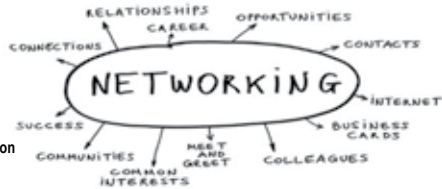
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East Lyme Business Organization



## East Lyme Business Organization

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

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

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

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

Check out local events and news at:

[www.facebook.com/EastLymeBusinessOrganization](http://www.facebook.com/EastLymeBusinessOrganization)

## Managing Grief During the Holidays

As the leaves turn color and the air gets chilly, our thoughts turn to the approaching holiday season. Holidays can be both joyous and stressful, but for those who have faced loss or trauma, they can be especially difficult. Some hope the days will pass quickly and that they will find ways to avoid the gatherings where one is expected to be cheerful, and others may find unhealthy ways to cope such as drinking too much or overeating.

If you are someone who has experienced losses or trauma which have made just getting through the day a challenge, it may be helpful to talk to friends, a therapist or a clergy member who can help you find ways to make this a time of hope and renewal. A new tradition or reconnecting with people who you've lost touch with are ways to feel as if one is moving forward, and a symbolic gesture to acknowledge the losses may help bring a sense of peace. If there are children involved, use this as an opportunity to show them that we can acknowledge pain and still allow new joy into your lives, and that one does not have to grieve alone.

Faith Marrion, LCSW

East Lyme Psychological Associates

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