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First Selectman's Corner

We are only weeks away from opening the new Main Street Park. After decades of discussion on the importance of taking control of this important property and almost 7 years spent acquiring the land and funding for the development of the park, we are nearing the end. Our new park will have a raised platform to look out at the Sound but also to look back at our beautiful downtown. It's sure to become a great gathering place for pedestrians. Watch for our big dedication day (to be announced soon).

Additionally, this will be our first full season with the McCook's bandshell in operation. Our great Parks and Recreation Department has scheduled dozens of great bands and performances throughout the summer. There will be something for everyone. Make it a point to head up to McCook's Point on a music night, pack a picnic and embrace Fantastic Niantic. I look forward to seeing you up there.

Cini Park will be receiving an important upgrade too! We will be adding a bathroom facility near the entrance to the Boardwalk. This will greatly improve the park for Boardwalk walkers, beachcombers, people who fish off our piers and those who hop aboard one of the boats that operate from the town dock. The restrooms will be housed in a trailer that will

be removed during violent storms and during the winter months.

Have you considered joining the new EAST LYME VOLUNTEER CORPS? We already have a couple hundred residents signed up. We are sending out a newsletter monthly to the "Corps" highlighting several volunteer opportunities in our community and surrounding region. Find our link on www.ELTownhall.com. And if you are part of an organization looking for help, drop me a line at mnickerson@eltownhall.com.



Mark C. Nickerson

Nothing beats Niantic in the summer. Visit our fine restaurants and shops; take in a concert, a movie, or summer-stock play; or learn to dance. But don't you dare go home before grabbing an ice cream cone!

You should expect nothing but the best summer ever in Niantic. Our 3 town beaches, our ball fields, our playgrounds, and parks have all been readied and prepped for the season. All we need now is sunshine ... and you!

An advertisement for Saybrook Country Barn. The main image shows a white plastic outdoor dining set with blue cushions on a stone patio next to a swimming pool. In the background, there's a lake with boats and a house. The text "Outdoor Furniture Built To Last" is overlaid on the top right of the image. The Saybrook Country Barn logo is in a dark blue box at the bottom right. Below the logo is the address "2 Main Street - Old Saybrook CT". At the bottom left, there's a phone number "860-388-0891" and the website "saybrookcountrybarn.com". At the bottom center, the slogan "Home is better when you love where you live." is written in a large, white, serif font.

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COVER PHOTO

Courtesy of the Town of East Lyme

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Some comments about our town budget in relation to the state's budget crisis. Our state's economy continues to slide downward and Connecticut residents are increasingly paying the price. Our state government's budget crisis dominates the headlines and creates anxiety and worry for all of us. It has put extreme pressure on families and small businesses across our state. It is far more expensive to live (and die) in Connecticut than ever before. And based on the state's balance sheet, we have not yet hit our bottom.

Because of the state's fiscal mess, these are tough days for municipalities too. We are caught between reductions in state aid, a mediocre business climate, and rising costs for goods and services. In our town's budget, health care, liability insurance, energy costs, collective bargaining wages and associated benefits have all significantly outpaced the private sector's cost of living. Containing costs on the municipal level has been a real challenge for most towns. I'm proud to say that East Lyme has been extremely successful thus far in weathering the storm.

Balance Is The Key

East Lyme is a quality town. We all moved here and/or we choose to stay here because of the quality of life and the quality of our schools. Striking a balance between rising property taxes and maintaining the quality of our town is the key. Town leaders on the Boards of Selectmen and Finance as well as every town department head and team member are supremely focused on this mission. We must continue to work to keep our town as affordable as possible WITHOUT losing the quality of our education and town services. Already, we have created an atmosphere where that "equation" or "balance" plays into every single decision we make in our town ... 365 days a year. We don't just consider these issues during budget season. Literally, the value of return of the tax money we spend (the ROI) is part of every conversation I have with every town employee and commission member throughout the year.

I delivered a ZERO PERCENT INCREASE in the town's budget this year. We lost personnel through attrition and consolidation, and we were able to merge or eliminate some services that created new efficiencies. Needless to say, this is a bare bones budget. I'm also pleased that the Board of Education brought forth a no-nonsense budget to the table during the recent budget process. There is NO new programming, services or expansion of our town's government. Most of our budget goes to labor and the benefits that are provided to our workforce. While we must continue to invest in materials, equipment, maintenance, roads, and other resources, we only do so only after an exhausting process of scrutinizing every detail and measuring each item's value.

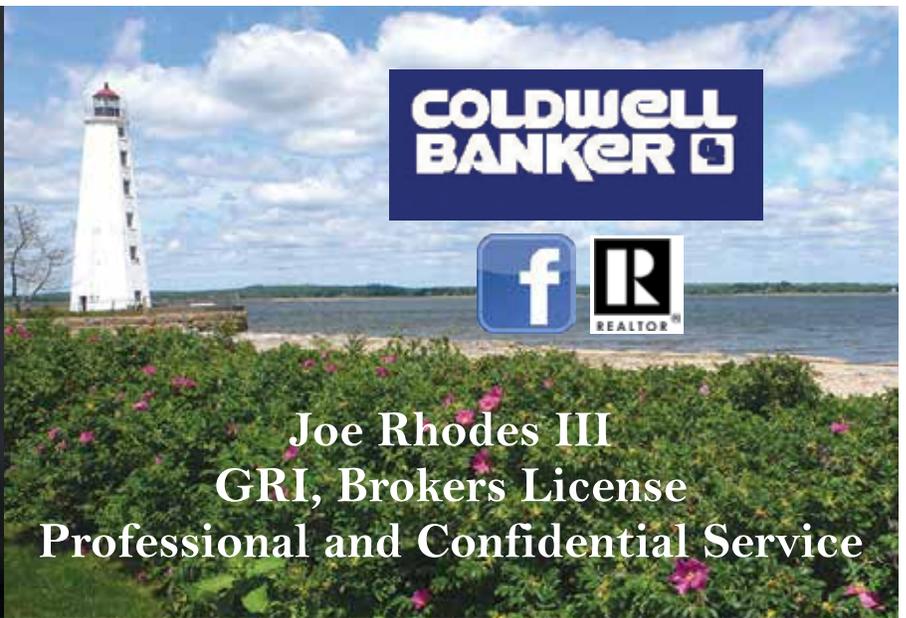
The entire town's leadership – department heads, supervisors, commissioners and board members – know that we are in survival mode right now. We are struggling to keep taxes and expenses as low as possible yet we are still trying to deliver the high quality of town services and programming that our residents have come to love and expect. I thank each and every member of our community for the support you give our town. I am always here for a conversation, a suggestion or comment.

It's an honor to serve you.

Mark C. Nickerson, First Selectman, Town of East Lyme

East Lyme Puppetry Project Presents
The Three Little Pigs Build a Better House
 by Crabgrass Puppet Theater
 East Lyme Community Center – Friday, June 29th at 1 PM

Join the East Lyme Puppetry Project on Friday, June 29th at 1 pm for the hilarious story "The Three Little Pigs Build a Better House" by Crabgrass Puppet Theater. Tickets at the door. For more info contact ELPPI at eastlymepuppetry@gmail.com, 860-739-7225 or on Facebook at The East Lyme Puppetry Project, Inc.



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Director's Note Summer 2018



David Putnam

With the summer of 2018 quickly approaching it is with great appreciation that the Parks and Recreation Department has accepted donations from community organizations to make our beaches and waterfront more accessible. The Niantic Rotary Club, Niantic Lions Club and United Cerebral Palsy of Eastern Connecticut have all contributed towards two Mobi-Chair Wheelchairs

which are amphibious rolling beach wheelchairs which will provide a seamless transition from the beach to the water. The two wheelchairs will be available at the Main Beach at McCook and the Hole in the Wall Beach. The East Lyme Public Trust Foundation has donated two Mobi-Mats which is a removable roll-out access pathway for pedestrians, wheelchair users and strollers to access the waterfront. We will be installing the two Mats at the Hole in the Wall entrance and at the end of the Handicap Access Ramp on the Boardwalk. A huge thanks to the four organizations for their generous donations and support of all of our patrons.

This events magazine is full of fun and exciting activities for you and your entire family to get out and take advantage of. As always please feel free to contact the Parks and Recreation Office with any program ideas or suggestions. Thank you to all of the advertisers in this magazine who make this a reality.

The department would also like to recognize the passing of one of our long-time seasonal employees Warren "Whitey" Whitehouse. His presence at the beach and on the athletic fields will be missed.

REMEMBER TO FEEL GREAT "RECREATE"

Sincerely,
David M. Putnam, Director

ELRT



East Lyme Parks and Recreation are proud to announce
EAST LYME PERFORMING ARTS CAMP
JULY 9-13

Information under Parks & Recreation
Youth Programs

SUMMER PRODUCTION

East Lyme Regional Theater will celebrate its 8th year as a vibrant successful theater group producing high quality musical theater productions. This July 27th – July 29th they will proudly present the classic musical All Shook Up at East Lyme High School. Go to www.eastlymeregionaltheater.com for more information. Like us on Facebook- East Lyme Regional Theater for all the latest info.

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Parks & Recreation Department

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www.eltownhall.com

Contact Information & Websites

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

Parks & Recreation Commission Members

Chairman - J. Robert Pfanner
William Willets, Jr. Emeritus Member, Charles Fenick, Jackie Curry, Patrick Larkin, Roger Nadeau, Sue Kumro, Thomas Beebe
The Parks and Recreation Commission meets in the Parks and Recreation conference room on the second Thursday of each month at 7:00 pm. The public is welcome to attend the meetings.
East Lyme Police Department 860-739-5900
East Lyme Public Library 860-739-6926
www.ely.lioninc.org

East Lyme Public Works 860-691-4118
East Lyme Senior Center 860-739-5859
East Lyme Town Hall 860-739-6931
www.eltownhall.com
East Lyme Youth Services 860-739-6788
Commission Meetings are 2nd Thursday
Rocky Neck State Park 860-739-5471
DEP Old Lyme 860-434-8638
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

Jill Karrenberg / (860) 810-8250 / jillcrane17@gmail.com/
www.eastlymebaberuth.com

EAST LYME LACROSSE

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

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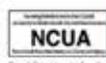
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Kristina Bartelt / me2ma2ct@aol.com / www.eastlymesoccer.org

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Tammy Bogue / (860) 303-1741

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Pat Keegan / 860-739-2107

EAST LYME GARDEN CLUB

www.eastlymegardenclub.org or elgclub@gmail.com

GIRL SCOUTS REGIONAL OFFICE

Jenna Duff / 800-922-277 0 x 3728

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

NIANTIC LIONS CLUB

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

DISTRICT SCOUTS REGIONAL OFFICE

Mike Cooney / 860-373-0097

CUB SCOUTS PACKS

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

www.pack24eastlyme.org / pack24eastlyme@gmail.com

Axel Mahlke, #7 / 860-287-1174

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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 and for any questions.

The hours for passports are Monday – Friday from 8:15 am – 3:30 pm. Evening hours will be available on Thursdays only starting May 24 – June 28. Office will be open until 7:00 pm. Appointments must be made in advance for this day. Saturday hours will be available by appointment only June 2– June 23 from 8:30 am – 11:00 am.

NIANTIC BAY TRIATHLON

Sponsor: Hartford Marathon Foundation
Date: Sunday August 5th beginning at 7:30 am

Location: Start and Finish at McCook Point Park

More Information: Call (860) 652-8866 or visit: www.hartfordmarathon.com

NIANTIC LIONS CLUB

The 58th Annual Outdoor Arts & Craft Show with new Food Court will be held on June 30 from 10 am – 5 pm and July 1 from 10 am – 4 pm at the East Lyme Town Hall grounds. It will feature over 1150 artists and crafters. Admission and parking are free. Proceeds support local Lion charities.

U.S. AMATEUR BALLROOM DANCE

Dates: Fridays: 7:00 – 10:00 pm (June 15, July 13, July 27, Aug 10, Aug 24)
Saturday 6:30 to 11:00 pm (June 2)
Where: East Lyme Library & Community Center-Activity Room
For more information: Raymond O'Connell @ (860) 501-5260
www.usadancenewlondonct.com

SHORELINE SWING DANCES

Dates: Third Saturday of each month: May 19 & June 16
Time: 8:00 to 11 pm. Dance lessons are

offered from 7 to 8 pm.

Location: East Lyme Public Library/Community Center Activity room.

For more information please visit “shoreswingct.com”

CONNECTICUT TRAILS DAY HIKE

CT Trails Day

Educational Walk

Saturday, June 2 from 10:00 am to 1:00 pm

Oswegatchie Hills Nature Preserve

Join David Putnam and Greg Decker, of the Friends of Oswegatchie

Hills Nature Preserve, for this 8th Annual

Connecticut Trails Day Hike. Points

of interest will include: Smith Cove Over-

look, Clark Pond Vista East and

West, Rocky Ledge Overlook, Granite

Quarry, and Mount Tabor. Open to all

ages and abilities. Meet at the Oswegatchie

Hills Nature Preserve trailhead

at Veterans Memorial Park (Memorial

Drive, Niantic) at the registration tent

that will be in the parking lot adjacent to



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the softball field. Sponsored by East Lyme Parks and Recreation (eltownhall.com) and Friends of Oswegatchie Hills (oswhills.org). Rain or shine. Pre-registration is NOT NECESSARY. Questions: contact David Putnam, dputnam@eltownhall.com.

COMMUNITY READ
 "The Declaration of Independence"
 Tuesday, July 3, 3:30 pm
 East Lyme Senior Center

Light refreshments and conversation. Sponsored by East Lyme Public Library, East Lyme Senior Center, Smith- Harris House, and East Lyme Parks and Recreation

BEACH VOLLEYBALL
 Open Beach Volleyball at Cini Park on Monday evenings beginning on May 14th for adults, ages 18 and older. The time will be from 5:30 pm until dusk.

TENNIS TRAINING
 Monday evenings beginning June 25 with Susan Welshock.
 5:00 – 6:00 pm (Red Ball & Green Ball) and 6:00 – 7:00 pm for advanced juniors and adults.
 For more info contact Susan Welshock at saw246@sbcglobal.net

NIANTIC BAY SAILING ACADEMY
 2018 Junior sailing classes. June - August. Please visit www.nianticsailing.org for info..

EL Veterans

In October of 2013 the State of Connecticut established a Veterans Representative volunteer position in each town to help connect local veterans to resources, services, organizations, and events. The Town of East Lyme would like to welcome Brian Burrige as our community's current Veterans Representative. For more information and a list of current events such as the "Veterans Coffeehouse" hosted by the New London Senior Center, please contact Brian at eastlymevetrep@gmail.com or call Town Hall at 860-691-4110. The Town of East Lyme would like to thank Cheryl Six, former Veterans Representative, for

her many years of support to our community and to our veterans.

The New London Veterans Coffeehouse will be held the first Friday of each month at the New London Senior Center, 120 Broad Street, in the library from 9-11 am. The mission is to provide a comfortable location for veterans, both men and women of all ages; to meet, socialize, and receive information regarding veteran benefits through state and federal agencies and organizations. It is hosted by RSVP and the New London Senior Center.

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Park & Beach Information

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

Open daily from 8:00 am to sunset

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

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

****NO PETS May 25 – Sept 3, 2018 AT ANY BEACH**

FACILITY: SEE BELOW REGULATION

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

BEACH/PARKING PASSES

Parking permits will go on sale beginning April 2nd at the Parks & Recreation Office. Permits will be sold from 8:30 am to 4:00 pm throughout the season. From May 24 – June 28 the office will extend the office hours to 7:00 pm on Thursdays. To obtain a season permit, ALL applicants must present their valid car registration at time of purchase. If you are new to town, please bring your tax bill or lease to expedite the process. To avoid lines, you can mail in a copy of your registration, a copy of your latest tax bill (if vehicle is not registered to an East Lyme/Niantic address), the fee (checks payable to Town of East Lyme) and a self addressed envelope, and we will process your request and mail your beach pass to you.

FEES FOR 2018

Resident	\$35.00
Resident (Add'l car)	\$25.00
Senior (62 & over)	\$15.00
Non-Resident	\$115.00
Resident Day	\$10.00
Non-Resident Day Parking M-F	\$30.0

Non-Resident Day Parking

WEEKENDS & HOLIDAYS	\$40.00
Non-Resident Day Walk In	\$10.00 per person
Non-Resident Season Walk -In	\$60.00 per person

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

PAVILION/TENT RENTAL

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

PARKS & BEACHES ADDRESSES

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

Hole-N-Wall Beach – Baptist Lane, Niantic

McCook Point Park – 8-10 Atlantic Street, Niantic

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

Peretz Park at Bridebrook – 221 West Main Street, Niantic
Baseball, soccer, basketball court, softball, lacrosse, utility fields

Smith-Harris Park – 31 Society Road, Niantic
(Behind EL Middle School) Little League, Pee-Wee football

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

Parks & Recreation Programs

SUMMER 2018 SPECIAL EVENTS

Celebrate East Lyme:

Join 35,000 local residents and vacationers to Celebrate East Lyme on Saturday July 21st from 3:00 pm-9:00 pm.

This premier outdoor celebration will showcase all things local throughout Niantic, capped by a wonderful fireworks display over Niantic Bay! Browse over 200 local creative, community and business vendors, a wide variety of treats, multiple live music stages and much more!

Be sure to stop by the all of these other popular attractions: Amber Alert, Cooking Demonstrations, Interactive Children's Area, Diamond Dig, Sand Castle Competition, and more! The day is capped

with an excellent fireworks display sponsored by Dominion over Niantic Bay. Make your way to McCook Point Park and enjoy them with thousands of others while listening to the tunes of East Lyme's own, The Paul Lussier Band. Interested in signing on as a vendor or sponsor? Contact Special Events Coordinator Mike McDowell via email at eastlymeparks@gmail.com or call 860-739-5828. For up to date information go to celebrateeastlyme.com and "like" the event on Facebook by searching "Celebrate East Lyme."

Sandcastle/Sculpture Contest

Our 12th annual sandcastle/sculpture contest will be held at 9:00 am, the morning of Celebrate East Lyme Day at Hole in the Wall beach. Please register ahead of time by stopping by the Parks

continued on page 12



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Parks & Rec - Summer 2018 Special Events ... continued from page 11

and Recreation Office. Prizes will be awarded to the top three sculptures (judged by participating teams) as well as a judges' pick.

Niantic Bay 10k, June 8th

The Niantic Bay 10k returns this year to raise money toward East Lyme Youth Services goal of offering free afterschool programming for East Lyme Middle School students. The event will take place at McCook Point Park on Friday, June 8th in the lower level parking lot.

McCook Summer Concert Series

The music will be flowing through the park once again this summer! We will be hosting concerts on both Wednesday and Friday evenings, on the beach and in the bandshell. Parking passes will not be needed to enter the park beginning at 5:00 pm on concert evenings, and attendees are encouraged to bring lawn chairs, blankets, food and beverages. No alcohol is permitted at McCook Point Park. The schedule is as follows:

Wednesday Nights on the Beach (6:00-8:00 pm)

July 18th: DizzyFish
 July 25th: Whiskey, Wine, and Coke
 August 1st: Second Chance
 August 8th: Devin Noe
 August 15th: Five Bean Row

August 22nd: Boathouse Blues
 August 29th: Vince Del Gaudio

Friday Nights in the Bandshell (7:00-9:00 pm)

July 13th: TBA
 July 21st: (Saturday during Celebrate East Lyme)
 Paul Lussier Band
 July 27th: All Funk'd Up
 August 3rd: Dixie Land Jazz
 August 10th: Branded
 August 17th: Cover 2 Cover
 August 24th: Levine Insurance
 August 31st: Time and Changes Orchestra (Time TBA)

Back to School Movie Night and Family Campout at McCook's

To cap the summer we will be holding our second annual Back to School Family Campout at McCook Point Park on Friday, August 31st. Bring your tent, sleeping bags, food and necessary items to enjoy a nice night outdoors with the whole family. A concert will take place in the band shell from 5-7 pm, followed by a movie being shown on a large, inflatable screen beginning at 7:30, patrons not intending to stay over are encouraged to join for the show at no cost! Registration ends August 28th and the fee is \$10.00 per campsite. For additional information contact Mike McDowell, at 860-739-5828.

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Friday Night Movies in the Park

We have partnered with the East Lyme Public Library to bring our popular movie series back to the park this summer! The movie series will be shown Friday evenings in September at sunset, at McCook Point Park. The following is the lineup for this summer.

August 31st: 7:30 pm – Wonder
September 7th: 7:15 pm – Star Wars: The Last Jedi
September 14th: 7:15 pm – Coco
September 21st: 7:00 pm – Wonder Woman

Niantic Farmers Market

Come on down to Methodist Street on Thursdays from 3-6 pm from June 7th through October 11th and get your hands on some locally grown and made goodies! The market takes place on Methodist Street, so park in the municipal parking lot and mosey on over for fresh produce, meats, cheeses, arts and crafts, and the food truck of the week! See the Niantic Main Street/Park and Rec.

SUMMER PLAYGROUND

(Please see Playground Registration form located in this magazine)

Summer Playground Program

Entering Grades 1-3

Entering Grades 4-6

Fun daily activities planned; crafts, sports & games, beach days and optional field trips. Children are grouped according to grades with a ratio of 15:1. This program is available for both East Lyme residents and Non-Residents. Both programs will be held at the East Lyme Middle School this summer. *Please see refund policy.

Dates: June 25 – August 10 (No program 7/4)

Days: Monday-Friday

Time: 8:30 am – 1:00 pm

Fee: \$245.00 Residents / Non-Residents \$345.00
(Includes T-shirt)

Registration: Begins May 30 at EL Parks & Recreation Office

Extended Summer Playground Hours

Extended playground hours for children registered in the summer playground program will be available for entering grades 1-7. Registration will be by the week. This program is available for both East Lyme residents and Non-Residents. *Please see refund policy.

Morning Hours

Time: 7:30 am – 8:30 am

Fee: \$20.00 Resident/\$30.00 Non-Resident (Per Week)

Location: East Lyme Middle School

Afternoon Hours

Time: 1:00 pm – 5:00 pm

Fee: \$80.00 Resident/\$110.00 Non-Resident
(Per Week)

Location: East Lyme Middle School

Hangout for Grades 7-10

This program offers a variety of recreational activities that appeal to a wide range of youthful interests and some creative

content for the schedule of special market events or for info on upcoming community events! www.nianticfarmersmarket.com.

East Lyme Bike & BBQ

Saturday, September 29th

The 3rd annual cycling event is returning after a phenomenal 2nd year! Join us at the Smith Harris House and challenge yourself with one of six rides ranging from the No-Jive 25 miler to two different 100 mile rides. New this year, for the non-cycling folks, we have guided hikes of Oswegatchie Hills and Niantic, and then join us for the feast at the Smith Harris House. Registration includes the ride or walk of choice, BBQ meal, goody bag, and event t-shirt. Proceeds from this event will benefit historic places and open spaces in town through the following groups: EL Land Trust, EL Historical Society, Friends of Samuel Smith House, Friends of Smith Harris House, Friends of Oswegatchie Hills Nature Preserve.

community service projects, which the students will organize during the week. Weekly field trips and/or special events will be scheduled each week. *Please see refund policy. This program is available for East Lyme resident/taxpayers only due to limited number of spaces available.

Dates: June 25 – August 10 (No program 7/4)

Days: Monday-Friday

Time: 8:30 am – 1:30 pm

Where: East Lyme Youth Services

Registration: Begins May 30

Week 1: June 25 – June 29 Checkered Flag \$115.00

Week 2: July 2 – July 6 Beach Day McCooks \$65.00

Week 3: July 9 – July 13 Brownstone \$130.00

Week 4: July 16 – July 20 Matt's Outback Paint Ball \$125.00

Week 5: July 23 – July 27 Blackhall Outfitter \$125.00

Week 6: July 30 – Aug 3 Lake Compounce \$130.00

Week 7: Aug 6 – Aug 10 Field Day; Fields of Fire \$125.00

REFUND POLICY*

PLAYGROUND & HANG-OUT PROGRAM

All refund requests must be made in writing to the Parks & Recreation Dept. An administrative fee of \$25.00 will be charged. *An exception may be considered should a health related issue arise.

PLAYGROUND PROGRAM

Refunds will only be issued during the first week of the program.

EXTENDED CARE

When purchasing all seven weeks or multiple weeks at one time; no refunds will be issued. There is the option of signing up on a weekly basis if you are uncertain of the dates you need.

HANG OUT

Once registered, no refunds will be issued unless your spot is purchased by another participant.

*Approved by Parks & Recreation Commission April 9, 2015

Calling the Athletic Community at Bridebrook Park, Niantic, East Lyme

As we all enjoy the fine summer weather, walks along the boardwalk, picnics at McCook Park, and especially athletic events at Bridebrook Park, it is time to look ahead to fall planting time. Are you an adult who has fond memories of playing baseball at Bridebrook Park as a child? Are you a parent who has had a child who enjoyed learning the principles of sportsmanship at soccer games at Bridebrook? Are you a grandparent who has enjoyed many games watching family members grow and learn the game of lacrosse? If so, the Promise of Tomorrow's Trees is hoping you will consider a living memento of these memorable times you shared at this park.

The project at Peretz Park is to plant Sugar Maples along the outfield fence of the baseball field. There are already five trees planted for this project. The plaque for one of these trees thanks the donor's parents for "Summers at Niantic." We are hoping to add many more trees to continue this line of shade along the outside of the fence. These trees would be planted in the fall of 2018.

The East Lyme Public Trust Foundation, in co-operation with the East Lyme Parks and Recreation Department, uses the profits raised by THE PROMISE of TOMORROW'S TREES to support the Niantic Bay Boardwalk and other projects of the Trust, such as this commemorative tree program. In 2015, 8 trees were sponsored at McCook Park. In 2016, 5 dog-wood trees were sponsored at the Cliff Walk to McCook Point. In 2017, we offered a walkway of trees along the chain-link fence at McCook Park on Columbus Ave.

A contribution of \$600 for a tree will cover the cost of the tree, planting, an 8"x4" plaque, a base, and a water bag to assist in the stabilization of the tree. Contributions are tax deductible. Application forms are available at: East Lyme Town Hall-Town Clerk's Office, East Lyme Parks and Rec., East Lyme Library, and the E.L. Book Barn. They also can be found on the Trust website: www.publictrustfoundation.org.

Athletic Organizations

East Lyme Soccer Association

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

and clinics for all ages. Please visit our web site at www.eastlymesoccer.org for information on each program. Please like our Facebook page East Lyme Soccer for up-to-date information on any upcoming

events, deadlines, camps and much more. For any questions please contact our registrar Lynda Mills at www.elsa.registrar@gmail.com.

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EAST LYME PARKS AND RECREATION DEPARTMENT PLAYGROUND REGISTRATION FORM-2018

PARTICIPANT'S NAME _____ AGE: _____ BIRTHDATE: _____ GRADE ENTERING _____

LEGAL GUARDIAN/PARENTS' NAME(s): 1. _____ RELATION: _____ CELL# _____
2. _____ RELATION _____ CELL# _____

FAMILY/LEGAL GUARDIAN'S ADDRESS _____

HOME TELEPHONE # _____ WORK TELEPHONE #1 _____

WORK TELEPHONE #2 _____ EMAIL ADDRESS: _____

LIST ALLERGIES/MEDICINES*/CONDITIONS: _____

PLEASE INDICATE ANY LEGAL CUSTODY/RESTRAINING ORDERS THAT ARE CURRENTLY IN PLACE: _____

ALL MEDICINES MUST BE IN ORIGINAL CONTAINERS & IT IS THE PARENT'S RESPONSIBILITY TO HAND IT TO AND PICK IT UP FROM THE SITE LEADER EACH DAY. ALL MEDICATIONS ARE SELF ADMINISTERED UNDER THE SITE LEADER'S SUPERVISION. COUNSELORS AND SITE LEADERS ARE NOT PERMITTED TO DISPENSE ANY MEDICATIONS. IF THE CHILD IS ON MEDICATION AND CANNOT SELF ADMINISTER, THE PARENT MUST COME TO THE SITE TO DISPENSE THE MEDICATION. IF IN CASE OF AN EMERGENCY, SITE LEADERS WILL GIVE IMMEDIATE FIRST AID. IF FURTHER ATTENTION IS NEEDED, PARENTS AND/OR CAREGIVERS WILL BE NOTIFIED. IF A PARENT OR CAREGIVER IS UNREACHABLE, EMERGENCY PICK UP PEOPLE LISTED BELOW WILL BE NOTIFIED. **IF EMERGENCY MEDICAL ATTENTION IS NECESSARY, 911 WILL BE CALLED FIRST BEFORE PARENT IS CALLED!**

EMERGENCY CONTACT (OTHER THAN PARENT):

NAME _____ TELEPHONE #'S _____

In the event of an emergency, I, _____ give the staff permission to authorize emergency medical treatment. PLEASE LIST A MINIMUM OF TWO PEOPLE OTHER THAN PARENTS OR EMERGENCY CONTACT WHO HAVE PERMISSION TO PICK UP YOUR CHILD. (PLEASE INFORM THEM THEY WILL NEED AN ID, IF UNKNOWN TO SITE LEADER). NO ONE OTHER THAN THE PEOPLE LISTED BELOW CAN PICK UP YOUR CHILD.

NAME & TELEPHONE _____ NAME & TELEPHONE _____

I understand that EL Parks & Recreation Department reserves the right to expel from the program any child who is disruptive or disrespectful, or who jeopardizes his/her safety or the safety of other program members. By signing this registration form, I acknowledge that I have read and understand this policy.

I agree to hold the East Lyme Parks and Recreation Commission & 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. **PHOTO RELEASE:** I understand that for promotional purposes the Town takes photographs of participants enrolled in recreation activities, classes or programs. I hereby release and permit the Town of East Lyme to utilize for said promotional purposes any photographs of my child engaged in the playground activities. (Please notify Parks & Recreation if you do not want picture published.) **BEFORE & AFTER CARE AVAILABLE FOR PARTICIPANTS ENTERING 7th GRADE**

EXTENDED CARE ONLY: PLEASE INDICATE: AM _____ PM _____ BOTH _____

WK1 _____ WK2 _____ WK3 _____ WK4 _____ WK5 _____ WK6 _____ WK7 _____
6/25 - 6/29 7/2-7/6 7/9-7/13 7/16-7/20 7/23-7/27 7/30-8/3 8/6-8/10

PARENT/GUARDIAN/CAREGIVER'S SIGNATURE _____ **DATE:** _____

Per Connecticut General Statute 19a-77 we are required to disclose that our programs are not licensed by the State Office of Early Childhood.



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YOUTH PROGRAMS

Summer Strings – grades 3 - 12

Session: 140501-01

String ensembles for students in grades 3 –12. Held on Tuesdays & Thursdays. Students must provide their own instrument for this program. Flyers available in the Parks & Recreation Office. Please contact Karin Carlson at Karin.carlson@elpsk12org for more information.

Dates: July 3 to August 2

Days: Tuesdays & Thursdays

Time: 9:00 am to 1:00 pm (See flyer for specific classes)

Fee: Residents \$140/Non Residents \$150

Where: East Lyme Middle School

Instructor: Karin Carlson

Performing Arts Camp – Ages 4 through entering Grade 9

Session #180806-02

Join us for a week full of Musical Theater for ages 4 through those entering 9th grade. This musical theater camp will meet Monday through Friday at ELHS auditorium. Classes will be taught in ACTING, SINGING DANCE AND ART FOR THE THEATER. Special workshops for audition technique, piano, guitar, stagecraft and acting for the camera will also be given. The session ends with a fabulous performance for friends and family. Enrollment is limited to a max of 50 participants. Participants should bring a drink and snack each day. Registration for this program is at the Parks & Recreation Office. See eastlymeregion-altheater.com and East Lyme Regional Theater Facebook page for more info.

Dates: July 9 to July 13

Days: Monday – Friday

Time: 8:30 am to 12:30 pm

Fees: \$165.00 Residents/\$180.00 Non-Residents

Location: ELHS Auditorium

Registration: Begins June 1

Beginners/Intermediate/Advanced Foil Camps – Ages 10 & Older

Information listed under Sports Camps page

SUMMER SPORTS CLINICS & CAMPS

Girls Basketball Clinic

Session #140602-01

For players entering grades 4-12

June 25 – June 30 (Monday –Saturday)

Monday – Friday June 25 – June 29

4:30 – 6:00 pm for entering 9th grade through grade twelve,

6:00 – 7:30 pm for entering 4th through entering 8th grade

Saturday June 30

9:00 – 10:30 am for entering 9th grade through grade twelve,

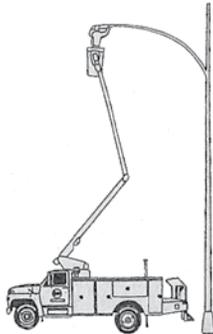
10:30 am – 12:00 pm for entering 4th through entering 8th grade



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Fee: \$90 (East Lyme & Salem students)/\$105
Non-residents
Location: East Lyme High School north gymnasium
Instructors: Salvatore Fiorillo

Volleyball Camp – run by Sound Volleyball Club

Session: 140301-01

For High School girls entering grades 8 through 12. This is an all-day camp, 9 am to 3 pm, with a break for lunch. Participants must register with the Recreation Office.

Dates: August 6 to August 9
Days: Monday-Thursday
Time: 9 am to 3 pm
Fee: \$190 East Lyme & Salem
Students/\$205-non-resident students

Registration Begins May 29. Participants must register by July 27

Where: East Lyme High School, north & south gymnasium

Instructors: Josh Edmed, Patty Giannattasio, and Molly Giannattasio

Contact: Carol Rossiter, 860-739-5828

Girls Lacrosse Summer Camp

Session #140701-01

players. Players must bring stick, goggles, & mouthpiece.

Dates: July 23 – July 26
Days: Monday – Thursday
Time: 5:30 pm – 8:30 pm
Fee: \$125.00 Residents/\$175.00 Non-Residents
Where: East Lyme High School Turf Field

Women's Adult Lacrosse League

Session: #140701-02

For women players in high school, college and post-collegiate. Players must bring stick, goggles, & mouthpiece.

Dates: June 19, 21, 26, 28
July 3, 10, 12, 17, 19, 24
Time: 7:30 pm – 9:30 pm
Fee: \$100.00 EL/Salem Residents/\$125.00
Non-Residents
Half sessions \$55.00 Residents/
\$70.00 Non-Residents
Where: East Lyme High School Turf Field
Contact: Phil Schneider at (860) 884-1980 or
phillip-schneider@att.net

FENCING CLINICS instructed by Thames River

Fencing Club

All classes will be held in the activity room at the East Lyme Public Library/Community Center on Society Road. Registration for all classes will begin on June 5. The minimum number will be 4, maximum number is 12. The fee for each session will be: Residents \$60.00 and non-residents \$75.00

continued on page 18



Niantic Lions Club Presents

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Parks & Rec - Sports Camps ... continued from page 17

Beginning Foil 1 – Ages 10 & older

Session #180101-01

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

Dates: July 9, 12, 13
Days: Monday-Thursday-Friday
Time: 2:00 to 4:00 pm

Intermediate Foil – Ages 10 & Older

Session: #180201-01

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

Dates: July 16, 19, 20
Days: Monday-Thursday-Friday
Time: 2:00 to 4:00 pm

Advanced Foil – Ages 10 & Older

Session: #180301-01

Intermediate Foil is a prerequisite.

Dates: July 23, 26, 26
Days: Monday-Thursday-Friday
Time: 2:00 to 4:00 pm

SKYHAWKS SPORTS PROGRAMS

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

Tiny Hawks (Ages 3 & 4)

(This is a “Parent & Child team” camp. Adult participation is highly encouraged).

Dates: Session 1: June 26 – June 30 M-F
Session 2: July 31 to Aug 4 5 M-F
Time: 9:00 am – 9:45 am
Fee: \$75.00
Where: Samuel M. Peretz Park @ Bridebrook

Mini Hawks (Ages 4 - 7)

This program gives children age 4-7 a fun and positive first step into athletics.

Dates: Session 1: June 26- June 30 M-F 10:00 am-1:00 pm
Session 2: July 10 – July 14 M-F 9:00 am – 12:00 pm
Session 3: July 31– Aug 4 M-F 10:00 am-1:00 pm
Fee: \$120.00 per session
Where: Samuel M. Peretz Park @ Bridebrook

Teddy Tennis (Ages 3 TO 5)

Teddy Tennis is a fantastic educational program that inspires children to get active and

learn to play tennis. It works by combining music, pictures and teddy bear stories into a totally interactive learning adventure that children love.

Dates: June 26 – June 29 Monday-Thursday,
Time: 12:15 to 1:00 pm
Fee: \$70 per participant
Where: East Lyme High School, tennis courts

Multi-Sport (Ages 7 -12)

(Flag Football, Capture the Flag, Ultimate Frisbee & Kickball)
Multi sports programs are tailored to your child's age & skill level while teaching life sessions such as respect & teamwork. Boys & girls will learn the rules and essential skills of each sport.

Dates: July 10 – July 14 M-F
Time: 9:00 am – 12:00 pm
Fee: \$120.00
Where: Sam Peretz Park – Bridebrook

Basketball (Ages 5-7 & Ages 7-10)

An active week of passing, shooting, dribbling and rebounding makes this one of our most popular programs. There are two separate age groups.

Dates: July 24 – July 28 M-F
Time: 9:00 am – 12:00 pm Ages 5-7
9:00 am – 12:00 pm Ages 7-10
Fee: \$120.00

Where: Sam Peretz Park – Bridebrook, basketball courts

Red Ball Tennis (Ages 6 – 9)

This class provides a relaxed environment where fundamental tennis skills are taught along with a wide range of fun activities that help develop agility, balance, movement, sending, receiving and gross motor skills on a 36 foot court. A variety of fun activities are used to improve player athleticism through agility, valance, coordination & movement development.

Dates, Time & Fees:

Session 1: June 26 to June 29; M-Th, 9 am – 12-noon (\$125.00)
Session 2: July 5 to July 7; W-F, 9 am – 12-noon, (\$79.00)
Session 3: July 17 to July 20; M-Th, 9:00 am to 12-noon (\$125.00)
Location: East Lyme High School tennis courts.

Orange Ball Tennis (Ages 7 – 10)

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

Dates, Time & Fees:

Session 1: June 26 to June 29; M-Th, 9 am to 12-noon (\$125.00)

continued on page 20

Niantic Acupuncture & Family Wellness



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Parks & Rec - Sports Camps ... continued from page 19

Session 2: July 5 to July 7; W-F, 9 am – 12-noon, (\$79.00)
Session 3: July 17 to July 20; M-Th, 9:00 am to 12-noon (\$125.00)
Location: East Lyme High School tennis courts.

Green Ball Tennis (Ages 8 – 12)

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

Dates, Time & Fees:

Session 1: June 26 to June 29; M-Th, 9 am to 12-noon (\$125.00)
Session 2: July 5 to July 7; W-F, 9 am – 12-noon, (\$79.00)
Session 3: July 17 to July 20; M-Th, 9:00 am to 12-noon (\$125.00)
Location: East Lyme High School tennis courts.

Field Hockey Pre-Season Camp – Grades 9-12

This three day camp is geared towards preparing high school players for the upcoming season. Players will improve individual fundamental skills as well as tactical development through small games and situations.

Dates: August 20 to 22

Time: Session 1: 11:00 am – 2:00 pm (EL players)

Session 2: 2:45 – 5:30 pm (non resident players)

Fee: EL Residents: Free Non Residents \$70.00

Registration: Deadline July 1st

Where: East Lyme High School Turf

Instructor: Chrissy Needham

ADULT PROGRAMS

Morning Aerobics

Session # 110101-01

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: July 9 to Aug 31

Days: Monday-Wednesday-Friday

Time: 8:30 am – 9:30 am

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

Location: East Lyme Library/Community Center,
Activity Room

Instructors: Donna Neaton, AFAA

Total Fitness with Interval workouts

Session #110403-01

This is a 50 minute cardio & strength training class using a variety of aerobic moves, weights, bands, balls, and tubing and core exercises for a complete body workout. The class concludes with a 10 minute cool down. IT IS A PROGRAM DESIGNED FOR ALL FITNESS LEVELS! Please bring a non-slip exercise mat and plenty of water to drink!

Dates: July 9 to Aug 22

Days: Monday and Wednesday

Time: 4:10 – 4:55 pm

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

Where: East Lyme Library/CC-Activity Room

Instructor: Donna Neaton, AFAA

Tuesday Zumba

Session #110103-02

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

Dates: July 10 to Aug 28 (No class 7/17)

Days: Tuesday

Time: 5:30 pm – 6:25 pm

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

Where: East Lyme Library/community Center/
Activity room

Instructor: Donna Neaton AFAA/Zumba Instructor

Saturday Morning Zumba Aerobics

Session #110103-03

This 1½ hour class begins with 50 minutes of ZUMBA dance aerobics and will be followed by a core strengthening workout. Class ends with a 5 minute stretch. Participants are required to bring a non-slip exercise mat.

Dates: July 7 to Aug 25

Days: Saturdays

Time: 8:30 am – 10:00 am

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

Where: East Lyme Library/Community Center/
Activity Room

Instructor: Donna Neaton AFAA/Zumba Instructor

Pilates on the Mat

Session #110302-02

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

Dates: July 10 to Aug 21

Days: Tuesdays

Time: 10:15 – 11:15 am

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

Instructor: Marsha Pirie, AFFA, PiYo
Location: East Lyme Library/Community Center/
Activity Room

Days: Saturday
Time: 8:15 to 9:15 am
Fee: Resident \$60/Non-Resident \$75.00/Drop in \$10.00
Where: McCook Point Park, main beach
Instructor: Michele Flowers, RYT 500

Fascial Movement – Active Isolated Stretching

Session # 110301-01

This class incorporates the principles of Pilates, using as resistance body weight, different equipment, and stretching. Participants in this class will work 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: July 11 to Aug 22
Days: Tuesday
Time: 6:30 pm – 7:30 pm
Fee: Resident \$50.00/Non-Resident \$65.00
Where: East Lyme Library/Community Center/
Activity Room
Instructor: Kim Stirtan-BSPE, ACE & Stott Pilates.
Level One Fascial Movement Instructor
(StretchingUSA.com)

Monday Coed Yoga

Session #110501-01

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: July 9 to Aug 28
Days: Monday
Time: 6:00 pm – 7:25 pm
Fee: Resident \$40.00/Non-Resident \$55.00
Where: East Lyme Library/Community Center/
Activity Room
Instructor: Rosemary Gentile – M.S.R.D.-RYT

Wednesday Night Coed Yoga and Meditation

Session # 110502-01

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

Dates: July 11 to Aug 29
Days: Wednesday
Time: 5:45 pm – 7:00 pm
Fee: Resident \$40.00/Non-Resident \$55.00
Where: East Lyme Library/Community Center/
Activity Room
Instructor: Michele Flowers, RYT 500

Beach Yoga at McCook Point Park

Session #110503-01

Class is for all levels of students. The class will meet on Saturday mornings at McCook Point Park, main beach. Participants are required to bring a non-slip exercise mat. Drop-ins are welcomed.

Dates: June 9 – Aug 25

Evening Yoga Flex with Pilates Core

Session #110106-01

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: June 7 to Aug 23
Days: Thursday
Time: 5:10 – 6:00 pm
Fee: Resident \$45.00/Non Resident \$60.00
Location: East Lyme Public Library/Community Center/
Activity Room
Instructor: Marsha A Pirie, AFFA; Certified PiYo –
Strength & Yoga Fit

Yoga Flow

Session #110107-01

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

Dates: July 2 to Aug 20
Days: Monday
Time: 9:35 – 10:35 am
Fee: Residents \$40.00/Non Residents \$55.00
Where: East Lyme Library/Community
Center-Smith-Harris Room
Instructor: Marsha Pirie, AFFA; Certified PiYo –
Strength & Yoga Fit

Ballroom Dance – Beginner Lessons

Session #130101-01

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

Dates: June 14 to Aug 2
Days: Thursday
Time: 7:15 – 8:15 pm
Fee: Resident \$45.00/Non-resident \$60.00
per person
Where: East Lyme Library/Community Center/
Activity Room
Instructor: Marjorie Winslow

Ballroom Dance – Silver Dance Syllabus

Session #430102-01

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

Time: 6:15 to 7:15 pm.

YOUTH SERVICES

East Lyme Youth Services

45 Society Road, Niantic, CT 06357

(860) 739-6788

David Putnam – Director

Michael R. McDowell – Program Director

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

Youth Services Commission

The East Lyme Youth Services Commission meets on the 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 and Cancellation Information

In order to attend our activities and programs, participants must turn in a signed registration form for each of the programs they attend (with the exception of Summer Family Nights at McCook). Registration forms are available at Youth Services, the Parks and Recreation office, ELMS cafeteria, and online at www.eltownhall.com. Registration forms and fees should be turned in to the Parks

and Recreation Department offices from 8 am – 4 pm or can be mailed to us. All payments by check should be made out to Town of East Lyme/ELYS with the participant's name and program in the memo section. All cancellations will be posted on our website: www.eltownhall.com, and on our Facebook page.

Summer Programs and Activities: East Lyme Youth Services holds after-school programs and activities to foster positive youth development throughout the school year, and recreational and safety programs throughout the summer. Registration begins May 31st for Youth Services summer programs.

The 8th Annual Black & White Ball: Open to graduating 8th graders from East Lyme and Salem. Black and white semiformal attire requested. June 29th East Lyme Community Center from 7:00 – 9:00 pm. \$7.00 and a signed ELYS registration form required for admission

Mountain Biking Club (Grades 5-9)

Day: Thursdays

Location: Rocky Neck: Trailhead near Divine Wine Emporium

Time: 4:30 – 6:30 pm

Meeting Dates: 7/5, 7/12, 7/19, 7/26

*Additional rides dependant on interest of participants

Fee: FREE

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

Three Belles Kayaking and Paddleboarding

Day: Tuesday- Kayaking

Thursday- Paddleboarding

Location: Three Belles Marina- Quarry Dock Road

Time: 12- 2 pm

Meeting Dates: July 24th – August 16th

Fee: \$65 Resident/ \$75 Non-Resident

Get your feet wet with one, or both, of our intro to kayaking or paddleboarding programs! Each program will be led by Youth Services Staff to ensure fun and safe times on the water! Your child will get to use a state of the art kayak or paddleboard from Three Belles Outfitters to get accustomed to being on the water in a personal watercraft! This is a great program for your youngster to try a new activity, and perhaps fall in love with it to become a lifelong hobby!

Inclusive Kayaking Camp

Dates: August 20th – August 24th

Location: Three Belles Marina, Quarry Dock Road, Niantic

Time: Session A- 10 am – 11 am

Session B- 11:30 am – 12:30 pm

Fee: \$80 per camper

This kayaking camp is for participants with disabilities to build confidence and become comfortable on the water in a kayak! Utilizing hobie mirage drive tandem kayaks, your child and a peer will learn to kayak in the protected waters of Smith Cove. Each session is limited to only 5 participants, a waitlist will be taken. The first day of camp will be used for campers to become familiar with the equipment and will not be on the water. Personal floatation devices are mandatory for all participants!

What's Cookin' For Kids

Session #942220-01

Participants will learn cooking techniques, while preparing yummy meals. Participants will be given instruction and assistance in learning some basic meals they can contribute to their family's weekly menu! Parents please take note: Youth must be mature and responsible, as they will be handling sharp knives and hot items in the kitchen.

This class is open to children in grades 5-8.

continued on page 24

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Parks & Rec - Youth Services ... continued from page 23

Classes will meet at the Community Center on Mondays from 1:30-3:30 pm
Dates: July 9th, 16th, 23rd, 30th
Fee: EL & Salem Residents \$60.00/\$75.00 Non-Residents.
Maximum of 8 participants

Lego Camp

Pre-Engineering: (Session #941240-01)
Dates: August 21 – August 25
Location: East Lyme Youth Center
Fee: \$140.00 Residents / \$150.00 Non-residents
Time: 9:00 am – 12:00 pm
Recommended for children ages 5 to 7. Let your imagination run wild with tens of thousands of LEGO®! Build engineer designed projects such as boats, bridges, mazes and motorized cars, and use special pieces to create your own unique design! Explore the endless creative possibilities of the LEGO® building system with the guidance of an experienced Play-Well instructor, who will

challenge new and returning students to engineer at the next level. This camp is open to the first 24 registrants.

VOLUNTEERING

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

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

RENTAL

The Youth Center is available for rental for private events and meetings. Please call or email for more info.

Library Events

MAY

Novel History: The Great War – A World War I Book Discussion
Monday, May 21 – 7:00 pm

A Star for Mrs. Blake (2014) by April Smith
This is the story of five courageous World War I Gold Star mothers’ journey to France to visit the Meuse-Argonne American Cemetery to gain closure. The author will join the discussion via Skype.

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

JUNE

Evaluating Electricity Plans

Tuesday, June 5 – 7:00 pm
Bring your electric bill and any questions you have. AARP will help guide you through an interactive presentation to find the best deal on your monthly bill.

Creative Community

Wednesday, June 6 – 6:00 – 8:00 pm
Thursday, June 7 – 10:00 am – 12:00 pm
Are you looking to work on crafts and meet other people? Bring your project and materials and make a new friend.

Summer Solstice Concert

Tuesday, June 19 – 7:00 pm
The Riverside Quartet will feature quartets by Schumann and Prokofiev to welcome summer!

Trivia Night

Tuesday, June 26 – 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.

ELBO (East Lyme Business Organization) Book Discussion

Tuesday, May 22 – 12:00 pm
The Obstacle is the Way: The Ancient Art of Turning Adversity to Advantage by Ryan Holiday will be discussed. Some of the most successful people in history – from Amelia Earhart to Steve Jobs – have applied stoicism, the ancient Greek philosophy of enduring pain or adversity with perseverance and resilience, to overcome difficult or even impossible situations. Copies will be available to check out. Bring your lunch to the discussion!

Storytelling: Morning Star (Sister Bette-Jean Coderre)

Tuesday, May 22 – 7:00 pm
Mohegan tribal member storyteller and author, Morning Star, will share her tales and Native American lore for the entire family.

Trivia Night

Tuesday, May 29 – 7:00 pm
Come by yourself or bring your friends.

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JULY

Creative Community

Thursday, July 5 – 10:00 am – 12:00 pm

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

Cookbook Club

Wednesday, July 11 – 10:00 am

Salads

Choose your own cookbook (or check out one of ours); make a recipe (i.e., green salad, potato salad, macaroni salad, fruit salad); bring along the cookbook and copies of the recipe; bring in samples for all to taste, and discuss!

Jan & Willie Sing the 60s! & Classic Car Show

Tuesday, July 24 – 7:00 pm

Popular singer and songwriter Willie Nininger and his musical partner, Jan Scruggs, are back to perform the hits of the 1960s, including Sonny & Cher, Simon & Garfunkel, the Turtles, the Beatles, the Everly Brothers, and more. Bring your classic car and park in the lot – there will be time to view the cars before the concert – arrive by 5:30 pm for the prime spots!

AUGUST

Creative Community

Wednesday, August 1 – 6:00 – 8:00 pm

Thursday, August 2 – 10:00 am – 12:00 pm

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

Library Open House and Food Truck Festival

Saturday, August 11 – 10:00 am

See the Library behind the scenes and learn about all we do! Food Truck Festival in the Community Center parking lot.

Connecticut Authors' Trail Presents Pat Kelbaugh

Tuesday, August 21 – 7:00 pm

Pat Kelbaugh is the author of the ongoing Dreamtime series. As a watercolor artist specializing in maritime, she has a special fondness for detective fiction, ghost stories, vampire tales, and black cats. Join us on the trail!

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. 6/12 *Beneath a Scarlet Sky* by Mark Sullivan; 7/10 *Brass* by Xhenet Aliu; 8/14 *Educated* by Tara Westover. No registration necessary.

Mystery Book Discussion Group

This book discussion group meets on the last Thursday of

continued on page 26



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Library Events ... continued from page 25

each month (unless otherwise noted*) at 11:00 am in the East Lyme Room. Copies of the current month's book are available at the library. 5/31 *Before the Fall* by Noah Hawley; 6/28 *Still Midnight* by Denise Mina; 7/26 *Sun Storm* by Asa Larsson; 8/30 *Mission Flats* by William Landry. No registration necessary.

100 YEARS AT "THE FARM"

July 10, 2018 marks the 100th anniversary of the opening of The Connecticut State Farm for Women, now known as the York Correctional Institution for Women. Over the past century this institution has had a fascinating and often changing mission and history. The prison has played various roles in the life of East Lyme, from active town partner to essentially invisible entity. This summer the library will examine this institution from many points of view:

Book Discussion – *The Farm : Life Inside a Women's Prison* by Andi Rierden – Wednesday, 6/20, 7 pm

Historical photography exhibit – Community Center Lobby, Month of July

Prison History Lecture Program – Paul Harrison, former Correctional Officer, town resident, and unofficial prison historian, will give an illustrated talk on the founding and history of the prison. Wednesday, 7/18, 7 pm

Book Discussion – *Couldn't Keep it to Myself: Testimonies from our Imprisoned Sisters* by Wally Lamb and the Women of York Correctional Institution – Monday, 7/23, 7 pm

Book Discussion – *The New Jim Crow: Mass Incarceration in the Age of Colorblindness* by Michelle Alexander. Wednesday, 8/15, 7 pm

Grant funding for a performance by the *Judy Dworin Performance Project, Inc.* is being sought for a presentation sometime this summer. When funding is secured the

date will be announced.

All events to be held at the East Lyme Public Library.

CHILDREN'S

Libraries Rock!

2018 Summer Events for Children and Families at the East Lyme Public Library

All programs are free and open to the public. Registration begins June 18th. To register please call (860)-739-6926 ext. 2 or stop by the Children's room.

Programs begin on July 2nd. No registration is required for the big Wednesday shows or Miss Rebecca's storytime or movie programs.

Pop Open a Good Book! Earn Reading Rewards!

This year's Summer Reading Rewards theme is "Libraries Rock!" Read 5 books to



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earn a bronze medal, 20 for silver, and 40 for gold! Weekly prize drawings, too! We have separate reading rewards programs for pre-readers, elementary schoolers, middle schoolers, and high schoolers. The Adult department even has a program for grown-ups. **Registration for the Summer Reading Rewards program begins on June 18th and continues through August 1st.** You can start earning reading rewards right after the last day of school. You can continue to tell us about your books and win prizes through August 2nd.

Mondays

- Miss Rebecca's Storytime for all ages: read, sing, dance & play!: 10:00 to 10:45 am
- Mrs. Bull's Friends: stories, movies & crafts for 5's & fall kindergartners: 1:00 to 1:45 pm
- Mrs. Bull's Pals: stories, movies & crafts for fall 1st & 2nd graders: 2:00 to 3:00 pm
- Mrs. Bull's Mates: books, movies & crafts for fall 3rd & 4th graders: 7:00 to 8:00 pm

Tuesdays

- Mrs. Bull's Buddies: stories, movies & crafts for ages 3 & 4: 10:00 to 10:45 am
- Mrs. Bull's Friends: stories, movies &

crafts for 5's & fall kindergartners: 11:00 to 11:45 am

- Music History Rocks! Book discussion for children entering 2nd, 3rd, & 4th grade.

Pre-registration required. 3-3:45 pm in the East Lyme Room. Librarian: Miss Rebecca.

- * July 3rd: *This Land is Your Land* by Woody Guthrie illustrated by Kathy Jakobsen
- * July 10th: *Charlie Parker Played BeBop* by Chris Rascka
- * July 17th: *The Beatles Were Fab (and They Were Funny)* by Kathleen Krull
- * July 24: *Music of Life: Bartolomeo Cristofori and the Invention of the Piano* by Elizabeth Rusch; illustrated by Marjorie Priceman
- * July 31: *We're All Wonders* by RJ Palacio

Wednesdays

- Mrs. Bull's Buddies: stories, movies & crafts for ages 3 & 4: 10:00 to 10:45 am
- Mrs. Bull's Pals: stories, movies & crafts for fall 1st & 2nd graders: 11 am to 12 pm
- Wednesday Afternoon Shows in the Community Room: silly fun for everyone!: 2:30 to 3:15 pm

*July 11th: Bubbleology Show with Keith Michael Johnson

*July 18: The Zambonis Duo: music about hockey featuring their zany mascot, Hockey Monkey. If you like music and fun, you will love The Zambonis!

*July 25th: The Rob Duquette Band: live interactive concert for kids

*August 1st: DJ Austin Dailey's dance party

*August 8th : The Whizbangers: rock music for kids

*August 15th : Chinese Acrobat Li Liu

- Wednesday Evenings July 11th through August 15th :

Family Movies that Rock: 6:30 to 8:30 pm. Singing is encouraged!!! No registration required. Call each week for movie titles.

Thursdays

- Baby Storytime with Miss Rebecca: 10:00 to 10:45 am
- Mrs. Bull's Mates: books, movies & crafts for fall 3rd & 4th graders: 11 am to 12 pm
- Reading Rocks! Book Discussion for tweens & teens entering middle school

continued on page 28



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Library Events ... continued from page 27

grades 5 through 8. 3-4pm in the East Lyme Room. Pre-registration required.

Librarian: Miss Rebecca

*July 5th: *Man in the Ceiling* by Jules Feiffer.

*July 12th: *Drums, Girls, and Dangerous Pie* by Jordan Sonnenblick

*July 19th: *The Way to Bea* by Kat Yeh

*July 26th: *A Crooked Kind of Perfect* by Linda Urban

*August 2nd: *Wonder* by R.J. Palacio

Fridays

- Miss Rebecca's Storytime for all ages: read, sing, dance & play!: 10:00 to 10:45 am
- Friday Crafternoons: simple make and take crafts for kids and their families. 2:00 to 3:00pm

End of Summer: Storytelling at the Hole in the Wall Beach with Miss Rebecca the Storytelling Queen. Free! Call us each week at (860)-739-6926 ext. 2 to register and find out the weekly password.

- Monday, August 6th 10 -10:45 am
- Friday, August 10th 10 - 10:45 am
- Monday, August 13th 10 - 10:45 am
- Friday, August 17th 10 - 10:45 am

Town Clerk Dog License Reminder

The Town Clerk's Office is reminding dog owners that they must register their dogs by June 30, 2018.

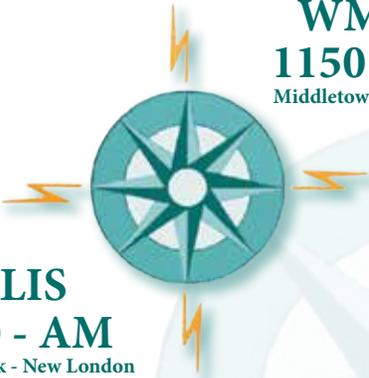
All dogs 6 months of age or older must be licensed. Fees for neutered or spayed dogs are \$8.00 and for dogs that are not neutered or not spayed, the fee is \$19.

A certificate of neutering or spaying from a licensed vet must be presented when licensing a dog for the first time.

An up-to-date certificate of rabies vaccination must be presented before a dog can be licensed. The rabies tag is not acceptable.

To license by mail, send all required information (which will be returned) along with a self-addressed, stamped envelope and your check made payable to Town of East Lyme and mail to East Lyme Town Clerk, PO Box 519, Niantic, CT 06357.

The penalty of \$1 per month will be assessed for payments received after June 30, 2018. For information, call the Town Clerk's Office at 860-739-6931 ext. 1135.



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East Lyme Senior Center

East Lyme Senior Center
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860-739-5859

Monday – Friday 8:30 am to 4:30 pm

Cathy Wilson – Director

Kristen Caramanica – Program Coordinator

Jane Bowen – Senior Center Associate

Roxanne Kormos – Driver

John Hallissey – Driver

Melissa Victor – Driver

Joe Savoie - Driver

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

WEBSITES Like Us” on Facebook. Use our online registration feature located at www.register.eltownhall.com.

Check out our Regional Website at www.seniorcentersct.org

Commission on Aging

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

Transportation - In-Town Transit Services

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

Medical Transit/Southern New London County

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

Senior Lunches

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

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Senior Center ... continued from page 29

Meals on Wheels

The Senior Center and TVCCA provide Meals on Wheels Monday through Friday to East Lyme adults age 60 and over who are temporarily or long term homebound. Please contact TVCCA for eligibility at 860-886-1720.

Mature Driver Safety Classes

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

Trips

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

DAY TRIPS

Open to any person 55+

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

Sat, June 9th - Join us for an escorted tour of the New York Public Library and The Morgan Library in NYC. Lunch on your own at the Grand Central Terminal food court. Trip fee \$94pp. Registration has begun. A lot of walking.

Fri, June 22nd - Trip to the Newport Flower Show at Rosecliff Mansion in Newport with lunch/shopping on your own at the Wharf. Trip fee is \$49pp. Registration has begun. A lot of walking.

Tue, July 10th - Spend a day learning about one of our historic cities, Boston. We will enjoy an escorted tour of Harvard, lunch included at The Hong Kong Restaurant, and then on to an afternoon ride on the **famous Boston Duck Tour**. Trip fee \$97pp. Registration begins May 1st. Moderate walking.

Thu, July 26th - See New York City in a completely different way. Jump on board the Circle Line as we take a 3 hour cruise that circumnavigates Manhattan. Lunch not included but we will stop at Chelsea Market before the cruise to grab a bite. Trip fee \$96pp. Registration begins May 1st. Moderate walking.

OVERNIGHT TRIPS/CRUISES

August 27-29, 2018 - Canadian Niagara Falls. 3 day, 2 night tour which includes the Hornblower Cruise. \$679/double, \$619/triple, \$929/single. Registration begins May 1st.

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

October 17-19, 2018 - Lancaster, PA to visit the Sight & Sound Millennial Theater and enjoy their production of "Jesus." 3 days and 2 nights. \$595/double, \$545/triple, \$745/single. Registration has begun.

November 27-29, 2018 - Stowe, VT to the Trapp family Lodge. 3 day, 2 night trip which includes guided tour of Stowe, Ben & Jerry's Factory Tour, and Trapp Family History Tour. \$601/double or triple, \$781/single. Registration begins May 1st.

FITNESS CLASSES

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

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

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

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

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

WEIGHT LIFTING: Tue & Thu 10:15 am @ ELHS Fitness Center

- R\$24.00/24 classes - NR\$29.00/24 classes. Pass required.

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

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

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

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

People with Arthritis Can Exercise.

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

PERFORMING ART CLASSES

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

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

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

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

CRAFTS

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

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

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Senior Center ... continued from page 31

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

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

GAMES/CARDS

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

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

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

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

BRIDGE: Shoot Out played Tue 1 pm. Fee \$5.00pp. Must know the game/have a partner. Must register.

ACBL Santedoned BRIDGE: Duplicate Bridge played Wed 1 pm. Fee \$7.00pp (\$1pp if 26 or younger). Must know the game. Contact mikehajosa@gmail.com for questions/registration.

BRIDGE: Duplicate Bridge played Thu 1 pm. Fee \$1.00pp. Must know the game/have a partner. Must register.

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

EDUCATION/ENRICHMENT

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

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

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

DANCES: Every other month – Fri at 7 pm. May 25th, Jul 6th, Sep 7th & Nov 9th, 2018 dates. Fee \$10pp – tickets sold at the door. The Illusions Band plays.

TECH SUPPORT: 2ND Tue of every month with ELHS students during their school year. Call to set up an appointment.

HEALTH PROGRAMS/BENEFITS INFO

REFLEXOLOGY: 2nd Wed of every month. \$5 fee. Register at the Senior Center Office.

REIKI: Twice monthly. Call to register. \$5 fee. Register at the Senior Center Office.

VNASC NURSE MANAGED WELLNESS CLINIC: 2nd Wed of every month 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

HEARING CLINIC: 1st Fri of every month at 10 am. Must have an appointment.

SENIOR LEARNING NETWORK: Monthly video conference learning sessions. Call for more details.

Every Month -Theme Meals & Musical Entertainment Special Events

Summer Tennis for Kids Ages 5-16

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All students receive a free t-shirt and access to the pool.

PROGRAM OVERVIEW

Full Day Students: Arrive 9 am and depart 4 pm Monday - Friday.
Lunch included.

Half Day Students: Arrive at 9 am and depart at 12 pm Monday-Friday.
Availability limited by space and to children ages 8 and under.

Session 1: June 18 - 22	Session 6: July 23 - 27
Session 2: June 25 - 29	Session 7: July 30 - August 3
Session 3: July 2 - 6*	Session 8: August 6 - 10
Session 4: July 9 - 13	Session 9: August 13 - 17
Session 5: July 16 - 20	Session 10: August 20 - 24

"54321" Games

5 things you can see; 4 things you can hear; 3 things you can feel; 2 things you can smell; 1 positive trait of yourself.

What do you think of when you hear the word 'mindfulness'? With children finishing school soon and summer break quickly approaching, let's think about ways to incorporate mindfulness into the daily routine. Children's needs such as active energy and play, learning, and socializing will not get a break this summer, and finding new ways to make their play also an effective tool aiding in their healthy development could be just the trick. Structuring specific activities into the morning/evening routines or throughout the many transitions during the days can provide a sense of predictability, control, and emotional rest.

Young children face many stressors throughout the day. Helping children feel stronger to navigate through their own personal and emotional struggles can increase positive growth in their social emotional domains, while also connecting as a family through mindful play activities.

Kristin Kiczuk, LCSW
East Lyme Psychological Associates



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